



Participants Info Pack

I NEE[T] ART

2018-3-CY02-KA105-001374

Training course

1st April, Monday (7:30 pm, starts) – 7th Sunday (9am, finishes) April 2019

Larnaca, Cyprus

Deadline to send participants forms is **8th/February/2019**

Deadline to book tickets (Citizens in Power need to confirm the flights before participants proceed with the booking, bookings through a local travel agency will not be accepted):

15/February/2019.

The international training course 'I NEE[T] ART' will be hosted in Larnaca by 'Citizens in Power' from **1st /April/2019 until 7th /April/2019.**

Each partner organization will be represented **by 2 participants.**

Organizer





Partners

ASSOCIATION OF EUROPEAN PROJECTS IN BULGARIA (Bulgaria)

Digijeunes (France)

JUGEND, BILDUNG UND KULTUR EV (JUBUK, Germany)

ASSOCIAZIONE DEAFAL (Italy)

EUROPEAN ASSOCIATION WORLD-OUR HOME (Latvia)

Unique Projects (Lithuania)

Copenhagen Youth Network (Denmark)

SEIKLEJATE VENNASKOND (Estonia)

KINONIKI SINETAIRISTIKI EPICHERISIELLINIKI SYMMETOCHI NEON (Greece)

Fundacja "Zielony Slon" (Poland)

TEATRO METAPHORA - ASSOCIACAO DE AMIGOS DAS ARTES (Portugal)

ASOCIATIA TINERILOR CU INITIATIVA CIVICA (Romania)

SYTEV (Slovakia)

Ticket2Europe (Spain).



About the organizer

Citizens In Power (CIP) is an independent non-profit, non-governmental organization that addresses the needs and demands of people through their involvement in social and civic life, by simultaneously providing them innovative material and free trainings related with a variety of fields, such as education (including on-line education), inclusion, entrepreneurship and business, culture, labour market and lifelong learning.

CIP mainly aims at the development of education, entrepreneurship and lifelong learning in Cyprus and abroad. To achieve these targets CIP has an ongoing collaboration with the leading universities, schools, NGOs and research organizations in Cyprus for the development of projects, trainings and educational material.

CIP retains a valuable network of professional trainers and educational experts experienced in both formal and non-formal education. This particular network is considered competent to contribute to the implementation of activities related to the initiatives of CIP and its partners.

Our functions/ our vision

CIP is primarily seeking to:

-expand contemporary methods of different levels of education, by developing both formal and non-formal methods of teaching;

-collaborate with the relevant stakeholders to promote research and creativity for the modernization of teaching;

-increase the employability of young people through entrepreneurship education, practical experience and lifelong learning by simultaneously aiming to reintegrate the



marginalized or disadvantaged groups such as migrants and refugees into the society in numerous ways and;

-support and train members of its local and international networks in numerous ways such as the exchange of information and good practices, through the sharing of experiences and ideas.

CIP currently is involved in 12 KA2 proposals, 1 KA3 centralized and have delivered 17 Erasmus+ youth worker trainings in Cyprus.

www.citizensinpower.org

Like us on Facebook:

www.facebook.com/citizensinpower

The Training Course

As the majority of recent scientific studies related with NEET population have proven, risk factors associated with NEET status are always interwoven with indications of low self confidence and selfesteem (Dorsett and Lucchino, 2014, Public Health England, 2014), as a result of various problematic socioeconomic and domestic conditions, structures and barriers (Genda, 2007, UCL Institute of Health Equity, 2012).

Besides, from our personal experience in the years of working with vulnerable youngsters, we have also come to the conclusion that the problem of NEET constitutes the consequence of different situational barriers, medical issues and social and economic distresses, which eventually lead to social exclusion, poverty and tendency to delinquent acts, as a result of the cultivation of a series of negative feelings and thoughts which bring undesirable effects in the formation of individuals' selfconfidence and self-esteem. It is also proven that NEET youth show higher rates of mental health and addictions (MHA) problems (Baggio et al., 2015; Fergusson et al., 2014).

Taking into consideration that when it comes to NEET population, the parameter of low self-esteem functions in multiple levels, as at the same time it constitutes both the reason for becoming NEET, but also the effect of becoming NEET, this particular



work aims at the enhancement of the basic pillars of self-empowerment of NEET population through alternative methods, primarily interwoven with Performing Arts. Specifically, the project 'I NEE[T] ART' is addressed to staff, youth workers, social workers and educators who specialize on the didactic methods of the notions of selfempowerment and self-esteem, with the aim those to be endowed with innovative tools and modernized methods of operating towards their target groups, thus achieving an increased ability in addressing the needs of NEET population.

The following outcomes will be accomplished through the conduction of specially designed workshops, that could be divided into three different categories: (i) Contact Improvisation Based Workshops; (ii) Dance and Movement Therapy oriented Workshops, and; (iii) Storytelling and Theatre Improvisation-based workshops.

In other words, individuals who belong to NEET population will use methods that derive from performing arts, in order to emphasize on their self-empowerment, whilst in parallel realizing and experiencing the notions of discipline, courage, teamwork, self-esteem, passion and confidence.

Furthermore, they will learn alternative ways to communicate their emotions and to convey human experience. They will cultivate empathy and imagination, by being able to put themselves into the shoes of another character/ person. Through public speaking, disadvantaged groups such as NEET, in this particular case, will be encouraged to share their thoughts, feelings and opinions openly in a supportive environment.

Exercises will also challenge participants to be quick thinkers and decisive actors, channeling them to listen carefully, speak clearly and use language authentically and spontaneously, thus guiding them on how to achieve social integration and inclusion by simultaneously forcing them one to step out of fixed or premeditated behaviors, helping them to explore their unique creative impulses.

Additionally, through Contact Improvisation activities participants (NEET) will experience mutual trust and support in order to realize the notions of uniqueness of individuality, but at the same time they will experience the necessity for being supported and projected through the others. Hence, participants-NEET trainers will realize the importance of existence of an organized group which operates within equality conditions whilst in parallel shows respectfulness to the individuality of all its component members; in this way, notions such as social inclusion, social integration and active citizenship will be reinforced.



To conclude, the main aim of the 'I NEE[T] ART' training constitutes the modernization in terms of teaching and training staff's skills, by using (a) more effective contemporary activities, based on well established methodologies for the benefit of local communities and generally all the people of their societies who belong to disadvantaged groups and (b) improved youth work methods and practices to actively involve young people and/or to address long-term unemployed and NEET in general, etc.

'I NEE[T] ART' project will be hosted in Larnaca, Cyprus by C.I.P. Citizens In Power from 1st to 7th of April 2019, in cooperation with partner organizations from Bulgaria, France, Germany, Italy, Latvia, Lithuania, Denmark, Estonia, Greece, Poland, Portugal, Romania, Slovakia and Spain, which will be represented by two participants each.

Working Methods and Language

WORKING METHODS

- The training will be based on non-formal education methods, encouraging active participation of young people involved.
- Ice-breakers, energizers, group-building games
- Simulations
- Role plays
- Intercultural and experiential learning
- Brainstorming and discussions both in working groups and in plenary
- Inputs from experts
- Theatrical play
- Kinesiological exercises
- Physical activities
- Story telling
- Presentations
- Dance

WORKING LANGUAGE

English

Eligible Participants



- Youth workers with strong interest on the topic and they are willing to share what they will learn in their respective organizations especially through a local workshop.
- Young people interested at the objectives of this project and they are willing to share what they will learn in their respective organizations especially through a local workshop.
- Age 18+

👉 Travel and Finances

Travel expenses are a heavy burden on the budget of this project. Participants are therefore required to arrange their journeys in the most economical manner possible. In order to find the most economic tickets we advise you to visit www.skyscanner.net . Tips for cheap flights <http://www.farecompare.com/travel-advice/tips-from-air-travel-insiders/#/>

-Larnaca International Airport - has the biggest number of airlines and connections. Closest to the venue, cheap flights by blue air, wizzair, Aegean airlines and others. (Prefer Larnaca's Airport because is close to the venue)

- Paphos Airport (second airport of Cyprus, **this should be your second option**). Cheap flights by Ryanair, easy jet and others.

Please bear in mind that according to the guidelines of our National Agency the travel dates can be plus or minus 2 days (the cost for the extra travel dates is not covered, for example accommodation, food and transportation). You can either a) arrive one day earlier and leave one day later or b) arrive two days earlier and leave on time c) or arrive on time and leave 2 days later d) or arrive on time and leave one day later or e) arrive one day earlier and leave on time. **All these options will be accepted only if they have the same or lower value with the actual travel dates of the training course** (start day and last day of the training).

Irrespective of the means of the transport used, participants will be reimbursed on the



basis of the **least expensive route** between their place of residence and the town in which the course is held.

Please don't book any tickets before receiving our written confirmation.

FUNDING CONDITIONS:

ERAMSUS+ Programme, Key Action 1

100% of accommodation and activity costs are covered by the programme

The international travel costs are covered according to the rules of ERAMUS+ YiA KA1 (distance band calculator, 100-499 km = 180 euro, 500-1999 km = 275 euro, 2000-2999 km = 360 euro, 3000-3999 km = 530 euro, 4000-7999 km = 820 euro).

Reimbursement will be provided to the participants who are involved in all the activities of the training, participants can request exception for some of the activities, which can be approved only when is an urgent need and with the provision of evidence.

Participants' travel costs to and from Cyprus per country (including the cost of plane, bus:

Country	Total Grant per participant
Greece	275
Denmark	360
Italy	275
Estonia	360
Germany	360
Bulgaria	275
Romania	275
Poland	275
Spain	530
Slovakia	275
Latvia	360
Lithuania	360
France	360
Portugal	820



Please note: eligible airports for landing are the international airport of Larnaca and in special cases Paphos (second option)

Visa

In case you need a visa to come to Cyprus. Please inform the organizers first and then have a look at these sites,

<http://www.mfa.gov.cy/mfa/mfa2006.nsf/0/BCD9E71A8FBBA8DCC225720B001D9AFE?OpenDocument>

or

<http://www.cyprusvisa.eu>

After you receive our confirmation for booking your tickets and you're not sure how to book your flight, feel free to ask us, we will be happy to help you. ☺

Documents/actions needed to complete your reimbursement:

In order for the Citizens in Power to precede to your travel reimbursement you must present when requested the following documents:

- Invoice or copy of credit card slip of the travel payments.
- Boarding pass (please resist throwing them away in the nearest bin after you leave the plane – you will NOT be refunded without them).
- Travel reimbursement form (which you should collect in the reception on your arrival).
- Relevant tickets or a copy (plane, bus, etc).

- **NOTE that NO electronic tickets will be reimbursed if the original invoice is not provided.** The reimbursement will be done via bank transfer within 30 days, after the receipt of all travel documents including boarding passes.

- Travel refund to the participants will be paid by bank transfer to organizational account/personal account for the whole group after all travel documents will be received by the Citizens in Power within 30 days after the training course.



- Before the execution of the reimbursement, participants need to fill a questionnaire that is generated from the mobility tool (organizers will inform you accordingly).

Without the originals, we can't reimburse the travel costs. Please print out all your flights tickets, even if you sent them to us before, we need them in paper for the reimbursement!!!!

📍 Accommodation

ABOUT THE VENUE

The venue of the training course is Hotel Cactus in Larnaca (6-8 Tyrimou Street), near MacKenzy area, very close to the airport of Larnaca. MacKenzy is actually a beach full of life, café and restaurants, especially the weekends. More information about the city of Larnaca, here

<http://www.Larnaca.org.cy/index.php/en/page/home#.Vo4zWfI95D9>

YOUR ROOM

Twin rooms (mostly, at least for 85% of the participants) or triple, fully equipped with everything you may need. Towels are changed every 2-3 days, bed sheets every 3 days. The rooms are very close to the training venue. Most probably we will combine people from different countries in the same room so as all the participants to have the opportunity to get to know each other.

What to bring:

Please bring any medicine you might need. We don't have all the medicines you might need in Cyprus (brand, ingredients etc) also the medicines in Cyprus are very expensive in comparison to other EU countries.

LAPTOP

Please try to bring one laptop per country we might use it in some of the sessions.



INTERNET ACCESS

We will have free internet access in the plenary room and in the lobby area but not in the rooms. You can connect with your laptops. There is WI-FI in most areas of the hotel.

Information regarding extra Facilities

The hotel offer free wi-fi in the communal areas.

If you want to have internet in your room (per room), the cost is as follows

€4 per day

€8 for 3 days or

€16/ for a week

The Hotel can install you a fridge in tour room for 2 Euros per day.

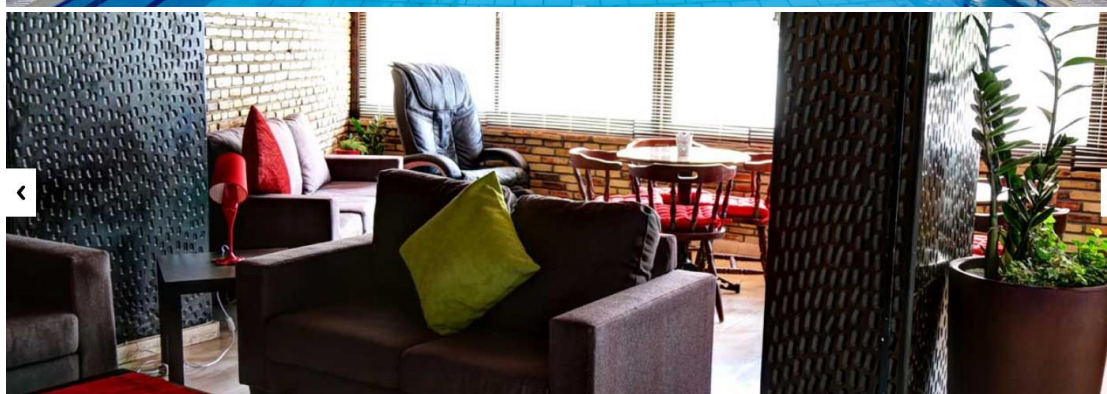
Please contact in advance the hotel if you want to make a booking for your extra stay in Cyprus. Prefer to arrange your stay with other participants in double or triple rooms because single rooms are very expensive.

Few pictures of Larnaca





Few pictures of the Hotel



Contact details

CACTUS HOTEL

Email: cactushotel@cytanet.com.cy

Tel: 00357 24 627400

6-8 Tyrimou Street ,P.O. BOX 40188, ,6301 Larnaca



website: <http://cactushotelcyprus.com/Home>

SAFETY AND INSURANCE

Travel and accident insurance is a responsibility of the participants. **You are responsible to obtain a travel and/ or accident insurance during your travel and your whole stay in Cyprus.**

Please do not forget to arrange your travel insurance including the responsibility insurance (in case of causing third party damage). Health insurance is not provided by the organizers, the citizens of the European Union are entitled to the European Health Card. All the participants are strongly advised to bring with them the European Health Card, not to be forced, in case of an emergency, to pay the costs of health care in Cyprus.

Participation fee/ cost

Food and accommodation is FREE. **There is a participation fee of 40 euros** which the participants are required to pay **in cash during the TC**. Please, pay special attention to this point as we will not be able to keep this amount from the money you will get back for your travel expenses.

The participation fee among other organizational expenses covers the cost of dining in a restaurant near the beach. It covers also a trip or site visit

Food

The food will be prepared by the hotel.

If you are a vegetarian or you have any allergy problems, please inform us as soon as possible.

Participants might be asked to choose their food for lunch or dinner (1-2 times only for the whole duration of the training) by themselves so they can eat at a restaurant



of their choice in the city center. We will announce during the training the reimbursement limit for eating at the city center.

How to get to Cactus hotel from Larnaca's airport

🕒 All the participants need to use bus to reach the hotel (except those who depart or arrive from 24 pm to 6 am, see attachment 1). The bus stop is located at departures, you arrive on the ground floor, you need to take the escalators to get to the first floor. Please ask staff of the airport if you get lost or you are unsure. Do not worry is easy to find it!

The hotel is 10 minutes by bus from the airport.

From Larnaca airport you can take the bus number 425 or 446 that has a stop very near to the hotel. The nearest bus station is Oum Charam (9th stop with 425 bus, 8th stop with bus 446) . The bus passes from the airport (for your departure) and nearby the hotel (for your return) every 20 minutes.

Timetable 425: <http://www.cyprusbybus.com/RouteDetails.aspx?id=106&t=2>

Timetable 446: <http://www.cyprusbybus.com/RouteDetails.aspx?id=127>

Remember to ask the bus driver to remind you about the stop (do not count just on the bus driver, is not their responsibility to remind you but most of them are friendly and they are willing to help).



You will need to inform us in advance by text (00357 96619661) or email (angelos.p@citizensinpower.org) about any changes in your arrival time.

Cactus hotel address: 6-8 Tyrimou Str(Makenzy) P.O.Box40640 Larnaca CY,
6301 **Phone:** 24 627400

Please note that participants who arrive or depart at dates that are different from the schedule, they have to make their own arrangement to and from the airport at their cost. For example the training starts (arrival day) on 03 Oct, and participants arrive on 2 Oct, he/she is considered out of schedule. Also, they have to cover the cost for the accommodation for the extra days.

☙ **How to get to Larnaca from Paphos airport**

Please check the detailed schedule at <http://www.kapnosairportshuttle.com/> and then book your tickets. In case you miss the bus, you will not be charged. The payment is made in Cyprus at Kapnos station. The booking guarantees you a sit in the bus.

You can take either Travel Express from 0800 – 14:00 (sometimes from 06:00 to 1700) (you have to book in advance <http://www.travelexpress.com.cy/>) or Kapnos Airport Shuttle (you better book in advance).

Please check the prices and choose the cheapest one. The travel express will bring you to the venue directly and with Kapnos you will have to take another bus from the central station in Larnaca to the venue (Cactus Hotel in 6-8 Tyrimou Street).The nearest bus station is Oum Charam with bus 425, <http://www.cyprusbybus.com/busesmap.aspx> . Remember to ask people or the bus driver for help, Larnaca is a small place, everyone knows the hotel and the bus drivers are very friendly. If you arrive or depart during the programme period, one of our volunteers might pick you (detailed schedule for transportation to the venue will be



send 1 week before the training) from Kapanos shuttle in Larnaca, in this case you will not need to take a second bus.

So from Paphos International Airport one of the options is to take KAPNOS Airport Shuttle to Larnaca. Before exiting the airport, search for the Airport Shuttle KAPNOS (meaning – in Greek- and moving like SMOKE!) and buy your ticket to Larnaca, and then search for your bus outside the airport. The ticket will cost around 15 Euros from Paphos (oneway ticket, the amount for the tickets is already included in the given budget, keep The receipt!), and the 80-90-minute-long trip.

Kapnos telephone number: +357 24008718.

About your travel details (from the airport to bus station, arrival to Larnaca, all the schedules), please contact **Angelos Parmatzias**, by email at angelos.p@citizensinpower.org or by phone at **+357 96619661** (mobile phone). Detailed schedule for transportation from the airport to the venue and from the venue to the airport will be send 1 week before the training.

Please note that taxi service is not reimbursed in any case!

☪ **Some Practicalities**

The price of products and services in Cyprus varies depending on the season and the location.

Below is an indicative list in Euro:

- A single bus ticket costs around €1.50
- Water (0,5l) from €0.50 in a local kiosk
- Shower gel from €2.50
- Small juice pack (0,20L) from €0.70
- Toothpaste from €2.50
- Phone card with €5 of credit from €5.00
- Chocolate from €0,85
- Fast food from €3.00-7.00
- A glass of beer costs between €3.50 and €5.00
- A ticket to the cinema costs around €7.00 for adults and €5.00 for children



- Dinner at a local tavern (meze, including beer or cold drink) costs around €22.00

☎ **COMMUNICATIONS: MAKING PHONE CALLS**

In order to make a phone call to Cyprus from abroad, dial 00357 and then the eight-digit phone number. If you wish to make a phone call abroad while in Cyprus, dial 00, followed by the country code and the telephone number. International calls can be made from public telephones available at various central locations in all cities and villages, as well as at international airports, harbours and elsewhere. There are three types of public telephones – coin phones, outdoor card phones and indoor card phones. Public payphones can be used for both national and international calls. Dialing instructions as well as rates are displayed in all payphones. Calling within Cyprus simply requires dialing the eight-digit telephone number.

☎ **Money and Currency**

The currency of the Republic of Cyprus is the Euro. There are seven denominations in Euro banknotes: 5, 10, 20, 50, 100, 200 and 500 euro. They all have different colour and size, the higher the denomination, the bigger the size. One euro is divided into 100 cent. There are eight euro coins: 1, 2, 5, 10, 20 and 50 cent, €1 and €2. The designs on one side of the coins are common to all the countries of the euro area, while the other side reflects national identities. All euro coins can be used in all euro area countries, irrespective of their national side.

☎ **Weather Conditions**

Cyprus enjoys an intense Mediterranean climate of hot dry summers starting in mid-May and lasting until mid-September and rainy, quite mild winters from November to mid-March. Spring and autumn are effectively short intervals in between, characterized by smooth weather. With almost year-round clear skies and sunshine, daylight length ranges from 9.8 hours in December to 14.5 hours in June.

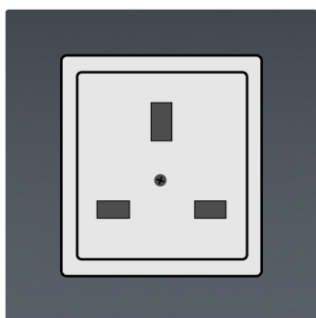
And for a very accurate ten-day weather forecast by CNN (that will also help you organize your clothing and suitcase accordingly)

☎ **What to bring**

- ❖ Autumn- summer Clothes.
- ❖ Medicines if you need.
- ❖ Musical instruments and other stuff – we will have free time to enjoy together.



- ❖ Alarm clock.
- ❖ Athletic shoes.
- ❖ Motivation and good mood.
- ❖ Sport cloths suitable for dancing
- ❖ Please bring your plug. We use UK plugs, if you forget the hotel will provide you one with 1 Euro deposit.



We will try to hold some of our activities outdoors, so bring comfortable clothes and shoes. Do not forget your swimming suit and equipment if you want to try the pool or the sea. Keep in mind that the hotel is near the beach. **You have to bring your own beach towel.**

Bring also:

For the intercultural night:

Local food and/or drinks. There is a refrigerator in the hotel.

For the Marketplace:

Information material about your country, your organisation, culture and general aspects of the culture that are typical characteristic of the area you belong to. It will be great if you could bring posters, brochures and other small things. Please bring short video or power point presentation of your organisation and/ or country.

🌐 **Some facts about Cyprus**

Floating on the waters of the Mediterranean, but pointing longingly towards the shores of Syria, Turkey and Lebanon, Cyprus is an odd mixture. It is a kaleidoscopic blend: its cultural influences are dominated by Western Europe, but its geographic proximity to Asia and Africa gives it more than just a hint of the East. Long coveted by mainland Greece and Turkey, this small island has its own definite and beguiling character.



Cyprus is the island for all seasons, the island of good weather, good mood and loads of sunshine! The people of Cyprus are warm – hearted, hospitable and kind, people who love to go out and who appreciate good company and good food. In fact, most of the social outings and relationships revolve around food! And that’s food that is coming in a lot of variety and large quantities for massive stomachs!



While in Cyprus it’s a must that you try:

- Cypriot meze (appetizers akin to Spanish tapas) are an art form, and some restaurant serves nothing but just that! Meze are available in a meat variety or fish variety but quite often come as a mixed batch, which is rather pleasing.
- Sheftalia which is a kind of sausage without skin. The filling of sheftalia is made of ground pork or lamb shoulder and leg. It is mixed with fine chopped onions and parsley and seasoned with salt and pepper. Instead of sausage casing it uses caul fat, the membrane that covers the stomach of a lamb or pig, to wrap the ingredients. In words it may not sound so good but in the mouth it is simply yummy yummy!!!
- Halloumi is a uniquely Cypriot cheese, made from a mix of cow's and sheep's milk. Hard and salty when raw, it mellows and softens when cooked and is hence often served grilled.
- Taramosalata is traditionally made out of taramas, the salted roe of the cod or carp. The roe is either mixed with bread crumbs or mashed potatoes. Parsley, onion, lemon juice, olive oil and vinegar are added and it is seasoned with salt and pepper.

And of course this is just a short list. There are plenty more tastes and dishes to try! Another important thing about Cyprus is the social life of Cypriots who normally spend their free time (mornings, afternoons, evenings, we simply don’t mind) going for coffee in several coffee shops around the city, that stay open until around one o’clock at night! Coffee is quite popular even at 10 or 11 pm and what is also very popular is the special “frappe”, which seems to be something like a Greek coffee invention. Later,



during the evenings people hit the clubs at around 12:30 with the party lasting until the early hours of the morning/

Please take note of the following conditions that will apply if you are selected to take part in the training

- ☪ - Commit to participate in the whole process, including: to prepare carefully for the training course; to do all remote preparation work the team will ask for; to take part in the full duration of the TC; to participate in the whole evaluation process.
- ☪ - Be aware that obtaining a health and a full travel insurance is your own responsibility and at your own expenses. Understand that the information you provided on your special needs does not remove your own personal responsibility for ensuring your own health.
- ☪ - Authorise National Agencies and the European Commission to publish, in whatever form and by whatever medium, including the Internet, my correspondence address, information about my organisation and work, pictures and videos taken at the seminar.
- ☪ -Respect the deadline for booking your tickets to Cyprus.
- ☪ -There is a participation fee of 40 Euros.
- ☪ -Participants per country will create one dissemination report related to the training that might be published in social media (size: one A4 page max) and apply one local workshop
- ☪ Photos and videos that will be taken in various activities of the training, the participant agrees to provide us the permission to publish videos and pictures in any social media and website without any royalty fee.

Useful telephone numbers



-Angelos Parmatzias 00357 96619661

-112 is the common emergency telephone number that can be dialed free of charge from any fixed or mobile telephone in order to reach emergency services (ambulance, fire and rescue, police) in numerous European Countries including Cyprus

Some Phrases in Greek

Hello! – Yia sou! (for one person)

Yia sas! (for more than one person)

Good morning – Kalimera

Good afternoon – Kalispera

Good night – Kalinihta

Excuse me – Siggnomi

Please – Sas parakalo

Thank you – Efharisto

Help – Voithia

Beer – Mbira

Wine – Krasi

Water – Nero

Food – Fayito

Money – Lefta

Restaurant – Estiatorio

Toilet – Tualetta

Bus station – Stasi Leoforiou

How much does it cost? – Poso kostizi?

How can I go...? – Pos mboro na pao...?

Where is the bus station? – Pou ine i stasi leoforion?

One beer, please – Mia mbira, parakalo

I like you – Maresis

I am from Cyprus– Ime apo tin Kipro

I am from Bulgaria – Ime apo ti Voulgaria

I am from Italy– Ime apo tin Italia

I am from Latvia– Ime apo ti Lettonia

I am from Poland – Ime apo tin Polonia

I am from Romania – Ime apo tin Roumania

I am from Greece – Ime apo tin Ellada

I am from Spain– Ime apo tin Ispania

I am from Malta– Ime apo ti Malta



Where is the toilet? – Pou ine i tualetta?

You are very kind – Ise poli evgenikos (male) Ise poli evgeniki (female)

I want... – Thelo

I don't eat meat – Den troo kreas

How are you? – Pos ise?

My name is.. – Me lene

Can you give me.... – Mboris na mu dosis...

It was delicious – Itan pentanostimo