EUPHORIA

CIVIC EDUCATION WORKSHOPS IN CYPRUS

Emphasys TRAINING CENTRE

Emphasys Training Centre

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EUPHORIA

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Introduction

EUphoria is a 24-month Erasmus+ Cooperation Partnership in the youth field dedicated to supporting the civic, social, and educational integration of Ukrainian young people displaced by the war. The project responds to the urgent need to create inclusive spaces where displaced youth can rebuild a sense of belonging, develop new skills, and actively engage in their host communities.

Through non-formal learning activities and innovative digital tools, EUphoria promotes European civic values, intercultural dialogue, solidarity, and inclusion. The project creates opportunities for young people to reflect on democratic participation, cultural diversity, and shared European principles in a safe and empowering environment.

EUphoria brings together youth workers, vulnerable youths aged 15–18, and partner organisations across Europe. By fostering collaboration, peer learning, and active participation, the project strengthens mutual understanding and supports young people in becoming confident, engaged citizens who can actively contribute to democratic life.

Overall ↘

Objective of the Workshops

The workshops aim to promote and actively share core EU civic values—democracy, human rights, solidarity, equality, and cultural diversity—among Ukrainian and local youths. By creating inclusive and participatory learning environments, the activities encourage young people to explore what these values mean in their daily lives and how they can be upheld within their communities.

A key objective is to foster meaningful intercultural dialogue and mutual understanding through engaging, non-formal civic education methods.

Through group discussions, collaborative tasks, role-playing, and creative exercises, participants are encouraged to exchange perspectives, challenge stereotypes, and build respectful relationships across cultural backgrounds. The workshops also seek to empower young people to become active civic agents. By strengthening their confidence, critical thinking, and communication skills, participants are supported in understanding their rights and responsibilities, expressing their voices, and advocating for issues that matter to them at local, national, and European levels.

Finally, the initiative aims to strengthen the capacity of youth workers to effectively support the civic and social integration of Ukrainian youths in EU host countries. By equipping professionals with practical tools, methodologies, and intercultural competencies, the workshops contribute to more inclusive youth work practices and sustainable community engagement.

CIVIC EDUCATION WORKSHOPS IN CYPRUS

Discovering and embracing the values of the European Union can inspire us to make better decisions, respect others, and contribute positively to our communities

WORKSHOP 1 - VALUES FOR A BETTER FUTURE

DATE: 29.04.2026 | DURATION: 2.5 HOURS | PARTICIPANTS: 7 | PLATFORM: IN PERSON

This workshop guided participants through the process of creating a collective declaration of the values they consider essential for building a better future. Drawing inspiration from core European values such as democracy, freedom, equality, sustainability, and human rights, participants engaged in interactive discussions, group work, and debates to explore their vision of a fair, inclusive, and democratic Europe.

Throughout the session, participants reflected on the importance of these values in their daily lives and communities, identifying those they considered most relevant to their personal experiences and aspirations.

As part of the workshop, participants presented and justified their own ranking of the values they considered most important, fostering meaningful dialogue and encouraging the exchange of diverse perspectives. This activity provided an opportunity for participants to articulate their views, learn from one another, and gain a deeper understanding of how shared values can contribute to stronger and more cohesive communities.





WORKSHOP 2 - PERSONAL & INTERPERSONAL SKILLS

DATE: 06.05.2026 | DURATION: 2.5 HOURS | PARTICIPANTS: 4 | PLATFORM: IN PERSON

This workshop focused on strengthening participants' personal and interpersonal competences in digital environments, empowering them to communicate responsibly, express their opinions confidently, and engage respectfully with others both online and offline. Particular emphasis was placed on promoting equality, inclusion, and respectful dialogue, highlighting the importance of ensuring that all voices are heard and valued regardless of background or identity.



Learning results demonstrated that young people's voices matter and can contribute to meaningful social change. By fostering digital awareness, critical thinking, and self-confidence, the workshop supported participants in becoming active and responsible digital citizens committed to the values of equality, respect, and democratic participation.

"The most valuable thing I learnt is the importance of respect"





CIVIC EDUCATION WORKSHOPS IN CYPRUS

Active citizenship starts with small actions: when we share ideas, work together and take responsibility, we can create positive change in our communities.

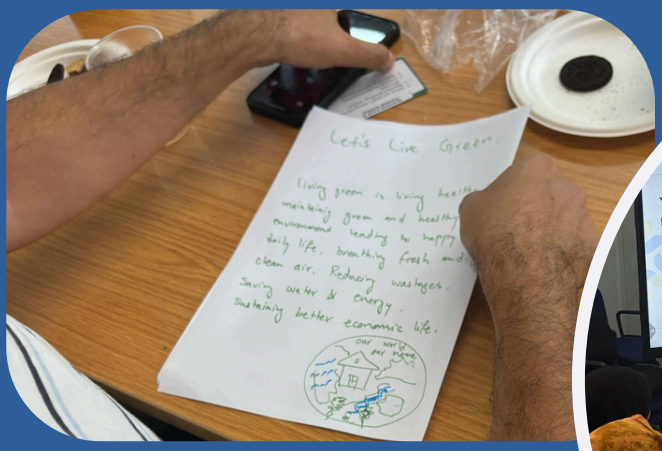
WORKSHOP 3 - ENVIRONMENTAL PROTECTION

DATE: 13.05.2026 | DURATION: 2.5 HOURS | PARTICIPANTS: 13 | PLATFORM: IN PERSON

This workshop aimed to familiarise participants with key EU environmental principles and priorities, with a particular focus on environmental protection, climate action and sustainability.

As part of the "Environmental Detectives" activity, participants worked individually or in small groups to analyse environmental problems currently affecting Cyprus. They examined the causes and consequences of each issue, identified those most affected, and proposed realistic solutions that could be implemented by young people and local communities. Each group then presented their findings and recommendations.

Another activity, challenged participants to develop an environmental awareness campaign or propose an eco-friendly improvement for their community. Each group presented their work and explained how it could contribute to creating a more environmentally responsible and sustainable community.





WORKSHOP 4 - CIVIC COMPETENCES

DATE: 10.06.2026 | DURATION: 2.5 HOURS | PARTICIPANTS: 3 | PLATFORM: IN PERSON

This workshop focused on strengthening participants' civic competences by promoting cooperation, and active community involvement. Through interactive activities and collaborative exercises, participants explored the role that individuals play in building stronger, resilient, and supportive communities, while developing practical skills related to civic participation, communication, and problem-solving.



The session introduced the concept of "citizenship in action," highlighting how young people can actively participate in their communities and contribute to addressing local issues. As part of the main activity, participants identified community issues that they considered important. They analysed the causes and impacts of these issues and discussed how collective action could help address them. Participants then developed simple action plans for active citizenship and community participation. The workshop concluded with presentations of the action plans.





CIVIC EDUCATION WORKSHOPS IN CYPRUS

The workshops aimed to empower young people to become active and responsible citizens by developing their understanding of civic engagement, democratic values and community involvement.

WORKSHOP 5 - EU VALUES THROUGH CREATIVE EXPRESSION

DATE: 10.06.2026 | DURATION: 2.5 HOURS | PARTICIPANTS: 11 | PLATFORM: IN PERSON

This workshop introduced participants to core European Union values and social competences through creative and artistic expression, encouraging them to explore concepts such of love, solidarity, inclusion and active citizenship in a participatory way. By combining creativity with reflection, the session enabled young people to connect abstract values with real-life experiences and community challenges.

Participants reflected on examples of EU values in their daily lives and examined how art and creative expression can be used as tools for social awareness and civic engagement. A central activity involved the creation of symbolic artworks using paper mâché. Participants worked individually and in groups to design and produce symbols representing values and messages they considered important for a better society.





WORKSHOP 6 - CULTURAL COMPETENCES

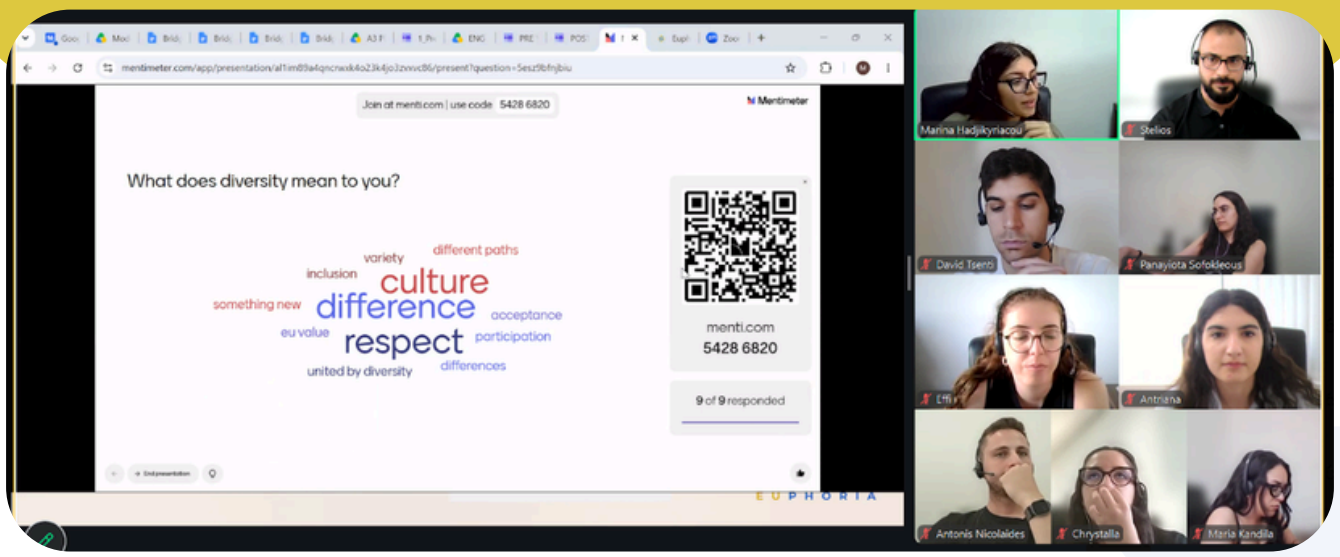
DATE: 10.06.2026 | DURATION: 2.5 HOURS | PARTICIPANTS: 9 | PLATFORM: ZOOM

This workshop focused on promoting intercultural understanding, respect for diversity, and appreciation of Europe's rich cultural heritage. Youth workers explored how cultural diversity contributes to a dynamic and united Europe, while reflecting on the connections between cultural heritage, inclusion, human rights, and other core European values.

Given Cyprus' multicultural reality, the workshop also explored the importance of creating inclusive environments where everyone feels respected, valued, and able to participate fully in society.

The workshop also explored practical strategies for promoting inclusion and participation and discussed how stereotypes and unconscious biases can affect interactions.

I"'ll start using the visual storytelling and scenario-based activities in my regular youth sessions, especially when working with mixed groups, to get young people actively discussing civic issues rather than just listening."





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WORKSHOP 7 - ACTIVE CITIZENSHIP

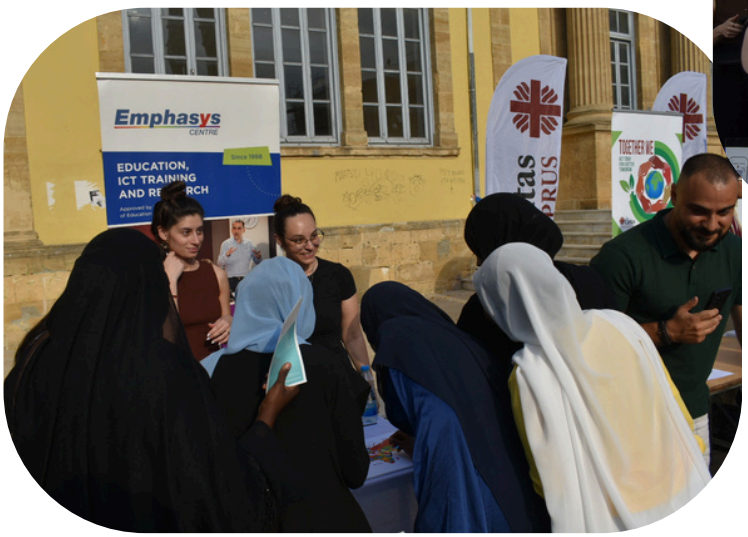
DATE: 19.06.2026 | DURATION: 2 HOURS | PARTICIPANTS: 20 | PLATFORM: IN PERSON

This workshop, conducted as part of the Cyprus Refugee Festival, focused on strengthening participants' civic competences by encouraging active citizenship, democratic participation, and a deeper understanding of fundamental European values. The session explored the importance of participation, human rights, equality, inclusion, and respect for diversity, highlighting the role that young people can play in building more inclusive and democratic communities.

Through interactive activities, group discussions, and collaborative exercises, participants reflected on the responsibilities and opportunities associated with active citizenship, examined real-life social issues, and explored ways to contribute positively to their local communities. The workshop also encouraged critical thinking, dialogue, and cooperation, enabling participants to exchange perspectives and develop a greater appreciation for different viewpoints.







WORKSHOP 8 - PERSONAL & INTERPERSONAL SKILLS

DATE: 24.06.2026 | DURATION: 2 HOURS | PARTICIPANTS: 6 | PLATFORM: IN-PERSON

This workshop focused on strengthening participants' personal and interpersonal competences, by developing effective time management and organisational skills. Recognising that many young people face challenges in balancing their responsibilities, the session aimed to equip participants with practical strategies for setting priorities, managing their time efficiently, and improving their planning and organisational abilities.

Through interactive activities, group discussions, and practical exercises, participants explored techniques for goal setting, prioritisation, scheduling, and overcoming procrastination. They also reflected on how effective organisation and time management contribute to personal wellbeing, academic and professional success, and stronger interpersonal relationships.

The workshop encouraged participants to identify their own strengths and areas for improvement while fostering self-discipline, responsibility, communication, and collaboration. By enhancing these essential life skills, the session supported participants in becoming more confident, organised, and resilient individuals, better prepared to manage everyday challenges and actively participate in their personal, educational, and professional lives.



Conclusion

Overall, the workshops conducted by Emphasys Training Centre resulted in increased awareness, knowledge, and confidence among participants. Discussions frequently highlighted the importance of equal participation, respectful dialogue, community engagement, environmental responsibility, and the positive contribution of cultural diversity to society. The results of the workshops' activities indicated improvements in participants' understanding of European values, civic engagement, intercultural dialogue, environmental responsibility, and active citizenship.

Overall, participants expressed a high level of satisfaction with the workshops, particularly appreciating their interactive and participatory format. The most valued elements included practical activities, especially involving artistic expression, and opportunities to share personal experiences. Participants valued the inclusivity, diversity and the exchange of diverse perspectives.

The aftermath of the workshops demonstrate that participatory, learner-centred approaches are highly effective in promoting civic engagement, intercultural understanding, and awareness of European values among young people. Interactive methods, including group discussions, practical exercises that incorporate art, and peer learning, created an inclusive environment where participants felt comfortable sharing their perspectives and learning from one another. This approach is particularly valuable in culturally diverse groups, as it encourages mutual respect, dialogue and collaboration while helping to reduce language barriers through peer support.

The workshops also highlighted the importance of creating safe spaces where participants can openly discuss their experiences and reflect on different viewpoints. Such environments foster not only knowledge acquisition but also personal growth, increased confidence, and a stronger motivation to participate actively in community life.

Feedback from youth workers confirmed the practical relevance of the EUphoria methodology and its applicability in their daily work with young people. The training strengthened their confidence in facilitating intercultural learning and encouraged greater self-reflection on unconscious biases. This underlines the value of combining theoretical content with practical facilitation techniques and reflective exercises.

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