



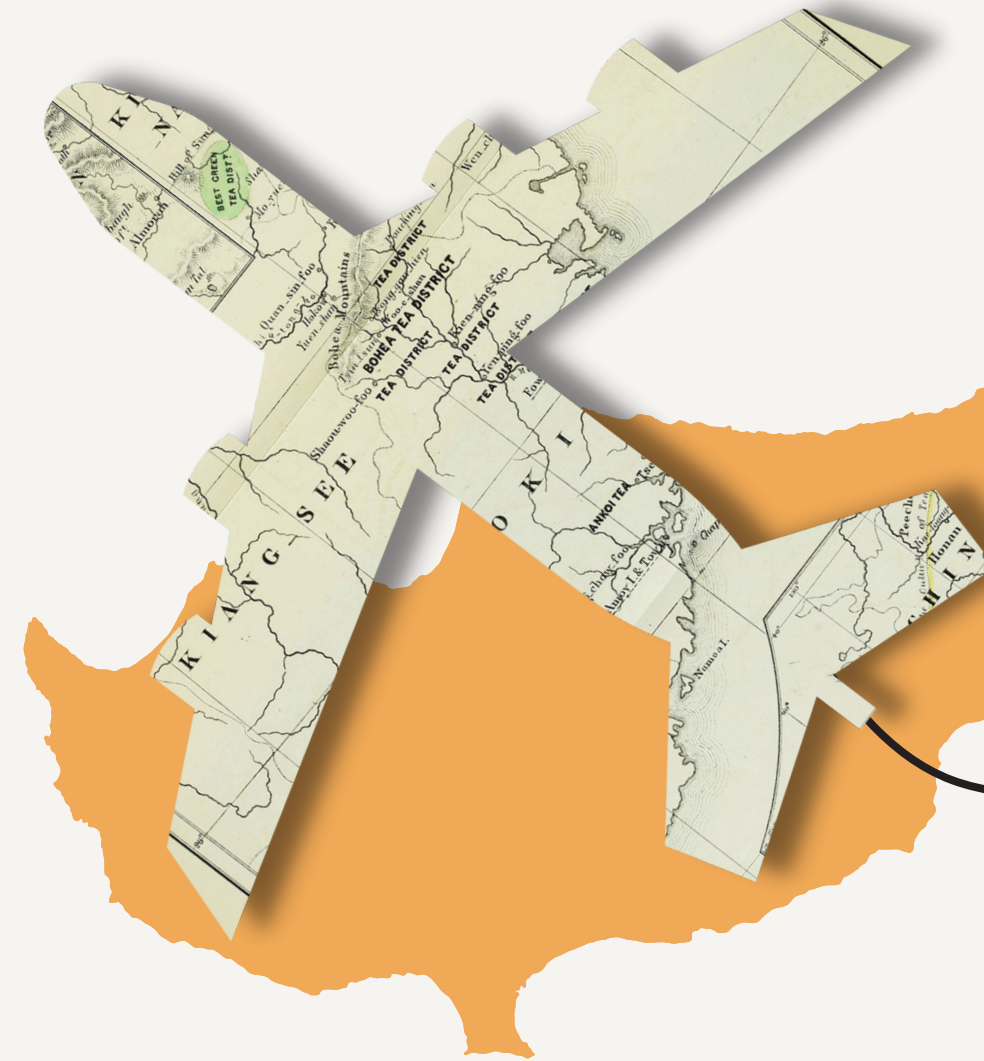
Marta Gómez, Mario García and Uxue Hermoso

23/02/25 - 1/03/25

OUR

EXPERIENCE

Destination: Cyprus





# What is Erasmus+?



The Erasmus+ program offers high schools the opportunity to participate in short-term international mobility programs, usually lasting one week, to promote intercultural learning, language development, and personal development. These programs are for students in "ESO", "Bachillerato", or vocational studies.

Erasmus mobility programs at our school include:

- Stays with local families
- Visits and outings abroad
- Activities and workshops(human rights)
- Cooperative and cultural activities







# Where have we been?

## NICOSIA

Location of the school

## AKAKI

Village where Marta and Uxue were

## MAMMARI

Village where Mario was

## ASTROMERITIS

Village where Celia was

## KOKKINOTRIMITHIA

Village where Inés was

## OTHERS...







# Where have we been?

**MAMMARI**



**KOKKINOTRIMITHIA**



**AKAKI**



**ASTROMERITIS**



**NICOSIA**





# SCHOOL



*Perifereiako Lykeio  
Palaioметоchoy  
M. Koutsofta - A. Panagidi*

- Location: Paliometochos, Nicosia, Cyprus.
- The school is named after two local heroes, Michalis Koutsouftas and Andreas Panagidis, members of the EOKA organization, who were executed by the British colonial authorities.
- It opened on September 1, 1997, with 13 teachers.
- Students are approximately 15 to 18 years old.
- The center has 25 classrooms, laboratories for Physics, Chemistry, Biology, Technology, Computer Science, Music, Art, Home Economics, History, Languages and more.
- It has modern sports facilities and a chapel dedicated to Saint Demetrius, built with a donation of a local.



# SCHOOL





# SCHOOL





# SCHOOL





# Schedule

	Nicosia	Cyprus 24th-28th February 2025	Zamora
TIME	MON	TUE	WED
7:30 - 8:45	<b>WELCOMING EVENT (SCHOOL HALL)</b> 1. Welcoming speech and Presentation of our school Chrysanthi Nicolaides 2. Presentation by Spanish Students about local customs, traditions and their school. 3. International book day Book exchange among partner schools Chrysanthi Nicolaides, Eleni Papacostas  <b>A TASTE OF CYPRIOT CULTURE: DANCES (SCHOOL GYM)</b> A taste of Cypriot culture: dances - modern dances. Then Papadimitriou, Christina Dorysiou, Eleni Papacostas  <b>School Tour</b> C. Nicolaides  <b>BREAK (OFFER OF CYPRIOT BREAKFAST)</b>  <b>POST-BREAKFAST ACTIVITY (HALL)</b> Find the Giant HINGO: Needyta-Savva  <b>WORKSHOP: "MARTARIA WEAVING TRADITION ONTO OUR WRIST" (HALL)</b> Georgina Karagiorgi, Styliana Athanasiou	<b>MINI-PROJECT "CULTURE COMES ALIVE" (ROOM 211)</b> My story: Preparation for photo taking and recording of monuments and artifacts during the field trips in Nicosia Chrysanthi Nicolaides  <b>DEPARTURE FROM SCHOOL BY BUS 8:30</b>  <b>9:30-12:30 GREEN LINE FIELD TRIP</b> Green Line field trip: A walk along the Green Line within the city walls - activities and tour by the Association of Historical Dialogue and Research Christiana Dorysiou, Maria Georgiou  <b>12:30-14:00: LUNCH BREAK AT CITY CENTER- LEDRA STREET</b>  <b>WALKING CITY TOUR BY CITY COUNCIL, OR (STUDENT GUIDES)</b>  (14:30-15:30) Leventis Municipal Museum (14:00-14:20 or 15:45-16:15) Shaulas Tower Museum & Observatory  <b>DEPARTURE FROM NICOSIA TO THE SCHOOL</b>	<b>VISUAL ART AND HUMAN RIGHTS: 211 (COMPUTER LAB)</b> Students will be divided in groups to research artworks negotiating human rights and social justice from across the world. Olga Michael  <b>PRESENTATION OF PABLO PICASSO'S GUERNICA (211 (COMPUTER LAB))</b> Presentation of Pablo Picasso's Guernica by the Spanish students, an introduction and the process to be followed for the painting. Olga Michael, Irene Myrianiou <b>08:15 - 09:00</b>  <b>WORKSHOP IN EDUCATIONAL ROBOTICS BY FREDERICK UNIVERSITY (211 (COMPUTER LAB))</b> Eleni Papacostas <b>09:30-11:00</b>  <b>MURAL PAINTING</b>  <b>14:00 LUNCH BREAK AT "MY MALL" LIMASSOL</b>  <b>DEPARTURE FROM LIMASSOL TO RETURN TO NICOSIA</b>
8:00 - 8:50			
8:50 - 9:05			
9:05 - 9:45			
9:45 - 10:25			
10:25 - 10:45			
10:45 - 11:25			
11:25 - 12:05			
12:40 - 12:50			
12:55 - 13:35			
14:00			
14:30 - 17:30			
17:30			

## Monday:

7:30- 8:50 french

8:50-9:05 break

9:05- 9:45 religion

9:45- 10:25 english

10:25- 10:45 break

10:45- 11:25 maths

11:25-12:05 history

12:05-12:15 break

12:15- 12:55 greek

12:55- 13:35 english

## Tuesday:

7:30-8:15 maths

8:15-9:00 french

9:00-9:20 break

9:20-10:05 greek

10:05-10:50 greek

10:50-11:10 break

11:10- 11:55 economics

11:55- 12:40 economics

11:55-12:40 economics

12:40-12:50 break

12:50-13:35 history

## Wednesday:

7:30-8:15 history

8:15-9:00 history

9:00-9:20 break

9:20-10:05 gym

10:05-10:50 english

10:50-11:10 break

11:10- 11:55 physics

11:55- 12:40 maths

12:40-12:50 break

12:50-13:35 greek

## Thursday:

7:30- 8:50 french

8:50-9:05 break

9:05- 9:45 history

9:45- 10:25 english

10:25- 10:45 break

10:45- 11:25 religion

11:25-12:05 greek

12:05-12:15 break

## Thursday:

7:30- 8:50 french

8:50-9:05 break

9:05- 9:45 history

9:45- 10:25 english

10:25- 10:45 break

10:45- 11:25 religion

11:25-12:05 greek

12:05-12:15 break

12:15- 12:55 history

12:55- 13:35 english

## Friday:

7:30-8:15 economics

8:15-9:00 economics

9:00-9:20 break

9:20-10:05 history

10:05-10:50 english

10:50-11:10 break

11:10- 11:55 english

11:55- 12:40 greek

12:40-12:50 break

12:50-13:35 french



# CULTURE DIFFERENCES

Cyprus and Spain share a Mediterranean spirit, but they differ in several cultural aspects. In Cyprus, Greek and Turkish are the main languages, with English widely spoken, while Spain uses Spanish along with several regional languages. Cypriot society tends to be more traditional, especially regarding family and religion, with strong Orthodox and Muslim influences. Spain, is generally more liberal.





# Cypriot food



*Halloumi*

A semi-hard cheese made from goat and sheep milk, often grilled or fried.



*Souvlaki*

Small pieces of grilled meat (usually pork or chicken) served on skewers or in pita bread with salad and sauces.



*Loukoumades*

Small, fried dough balls that are crispy on the outside and soft on the inside. They're soaked in honey syrup and often sprinkled with cinnamon.



# Cypriot Culture



**FOOTBALL**



**CARNIVAL**



**LOUTTA**



# NICOSIA

Nicosia, the capital of Cyprus, is the last divided capital in Europe, with a UN-controlled buffer zone separating the Greek Cypriot south and the Turkish Cypriot north. It's a city where ancient history meets modern life, featuring Venetian walls, vibrant markets, and a rich blend of cultures.

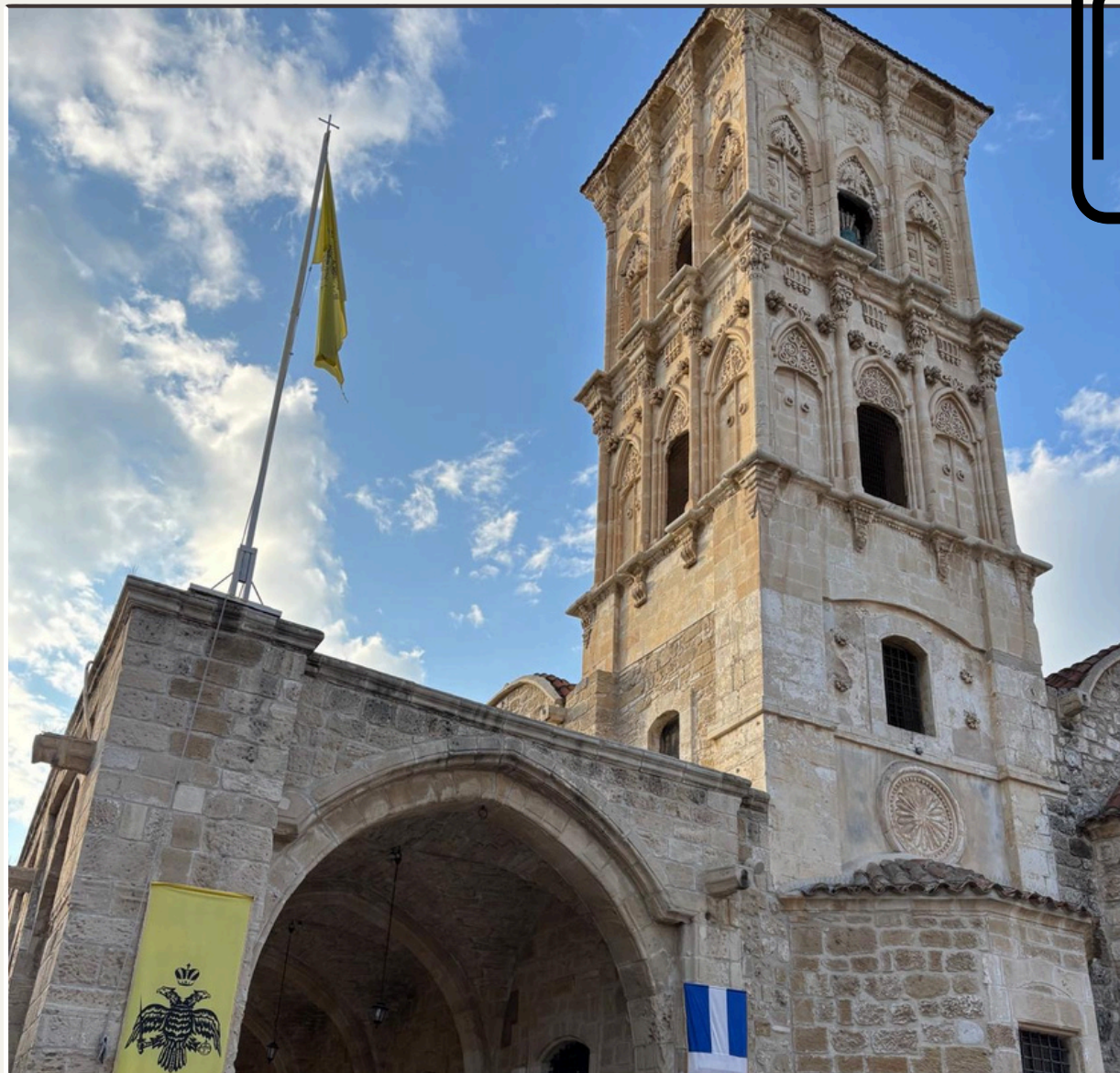


**LEDRA STREET**



# LARNACA

Larnaca is a coastal city in southern Cyprus known for its beautiful palm-lined promenade, relaxed atmosphere, and historical depth. It's home to the impressive Church of Saint Lazarus, ancient ruins, and popular beaches like Finikoudes, making it a favorite spot for both locals and visitors.



**CHURCH OF SAINT LAZARUS**



# LIMASSOL

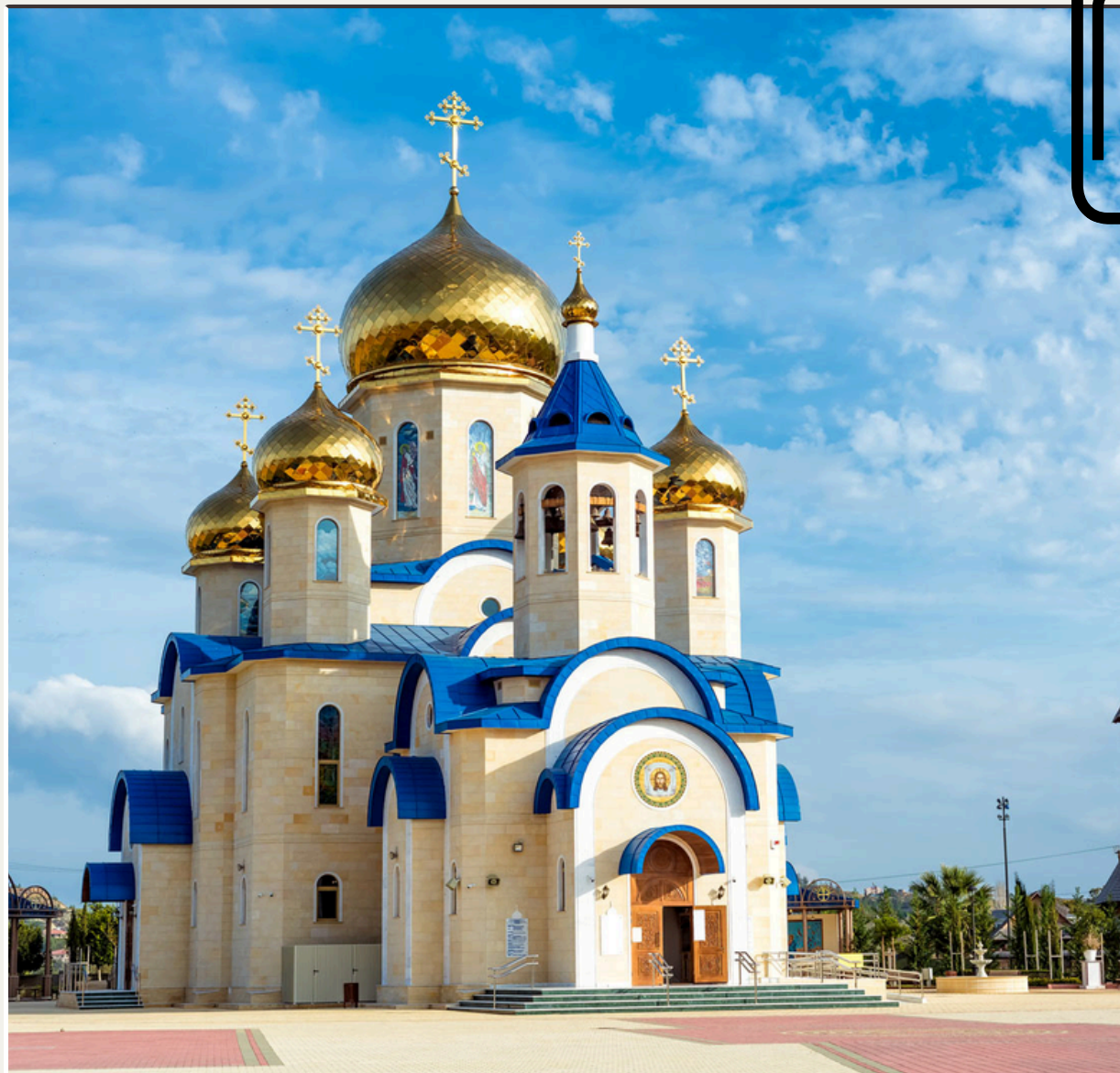
Limassol is a lively seaside city on the southern coast of Cyprus, famous for its vibrant nightlife, modern marina, and long sandy beaches. Blending tradition and modernity, it also boasts a charming old town, medieval castle, and hosts some of the island's biggest festivals, like the Limassol Carnival.



**LIMASSOL**



## RUSSIAN CHURCH OF ST. ANDREW AND ALL RUSSIAN SAINTS



**RUSSIAN CHURCH**

The Russian Church of St. Andrew and All Russian Saints is a beautiful Orthodox church located in Episkopi, near Limassol, Cyprus. It was built to serve the growing Russian-speaking Orthodox community on the island.



# TEMPLE OF APOLLO HYLATES

The Temple of Apollo Hylates is a significant archaeological site located near the ancient city of Kourion. Dedicated to Apollo Hylates, revered as the god of woodlands and protector of Kourion, the sanctuary was a major religious center from the 8th century BC until the 4th century AD.



**TEMPLE OF APOLLO HYLATES**



# HUMAN RIGHTS ACTIVITIES

## ACTIVITY 1

We divided into 2 groups to do the same activity.

Different characters were randomly distributed, they were from different origins, religions....

The teacher would ask a question related to the day to day or about what she could or could not do and we would take a step forward if our character would correspond and if not a step back.

At the end of the questions we looked at where we were in relation to where we had started.

To finish we paired up with the other group with the same character as yours and reflected on how to answer the same question and on the human rights violated and defended.



## ACTIVITY 3

We painted Guernica in bright colors with the Cypriot students. This represents a more optimistic future where human rights are respected and the dignity of all people is valued, although the original work reflects the horror and suffering caused by war.



## ACTIVITY 2

After our presentation on Guernica, we paired up and did a paper and poster on human rights and social justice activists. For example, Nelson Mandela, Marilyn Monroe...



## ACTIVITY 4

You had a videocall with Safdar Ahmed, a Sydney-based artist, writer, and educator. He is the founder of the Refugee Art Project, which empowers asylum seekers and refugees through art. During the session, he talked about his graphic novel Still Alive, which highlights the experiences of refugees in Australia's immigration detention centers, blending journalism, history, and personal reflection to address human rights issues.



# CURIOSITIES

- The capital of Cyprus, Nicosia, is the only capital city in the world divided by a border.
- The flag of Cyprus includes the map of its territory, a historical landmark, since it was the first country to do so. Currently, only one other country has included the map on its flag, Kosovo.
- According to Greek mythology, Aphrodite, the goddess of love and beauty, was born in Cyprus. It was on the rock of the beach of Petra to Romiou. There are also several locations that follow in the footsteps of the goddess, such as the Baths of Aphrodite (Akamas) or the Paleopafos Site (Kouklia).
- Cyprus is home to the Larnaca Salt Lagoon, where colonies of flamingos can be seen.





# CONCLUSION

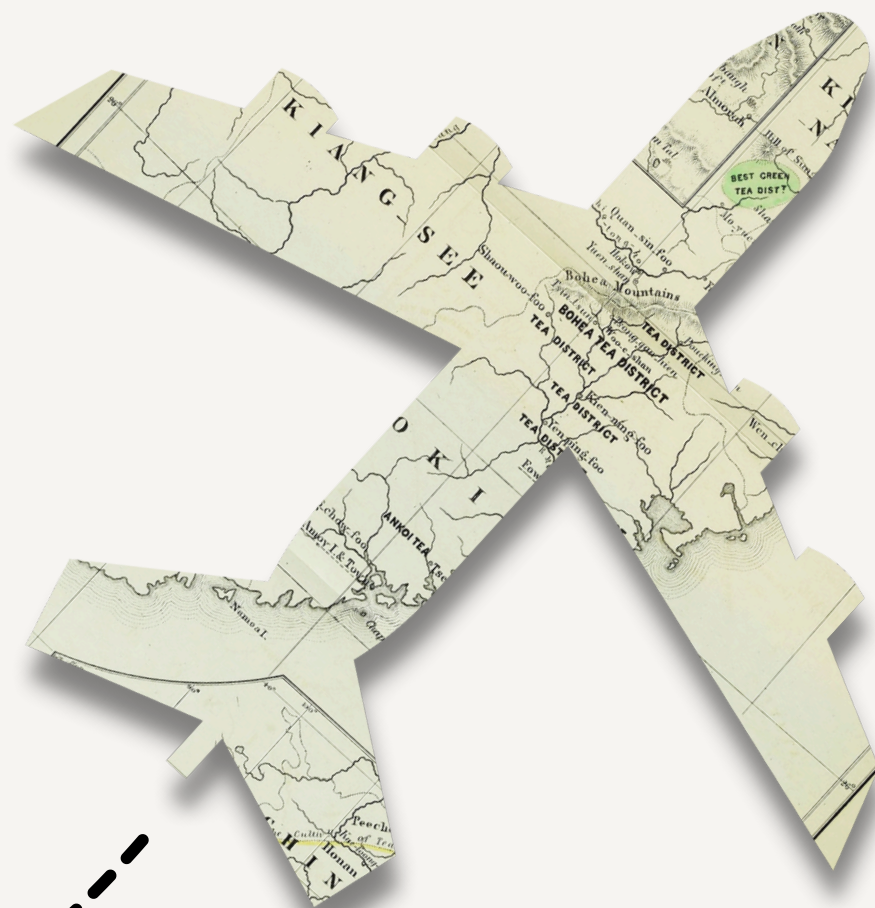
It has been an incredible experience. During this week, we have learned about a different culture, practiced English and lived with students from another country. The activities and workshops have helped us reflect on the importance of diversity and human rights. In addition, we have made friendships that will surely last forever. It has been a unique experience that motivates us to continue learning and exploring the world.











THANK YOU!

