

EUROPEAN YEAR OF YOUTH

Programme

A full day of interactive workshops, discussions, access to European networks and funding programmes, career and skill-building and job opportunities.

23 November 2022

10:00–16:30

Carob Mills,
Limassol, Cyprus



Prizes!

Info visits to
the EU
institutions
and more!

Discussions and workshops

10:30–11:15
11:45–12:30
13:30–16:30

Full programme
overleaf

European networks and programmes

10:30–16:30

Erasmus+, Euroguidance,
Europass, Creative
Europe, CERV, European
Solidarity Corps,
Enterprise Europe
Network, EURAXESS
for Researchers and
more!

HR Corner

10:30–16:30

Improve your skills in
interviews and job
seeking

Take part in speed
interviews



FREE ENTRY!

REGISTRATION REQUIRED

Organisers



Transport to/from
venue provided

Discussions & workshops



10:00-10:30 Welcome

- Myrto Zambarta, Head of the Representation of the European Commission in Cyprus
- Charalambos Chrisostoumou, Head of Research Services, Cyprus University of Technology
- Panayiotis Sentonas, Commissioner of Citizens
- Rafaela Miltiadous, Road Safety Ambassador

10:30-11:15 Discussions

Mental health and Wellbeing

What does it mean, best practice for improvement and support

Languages: Greek/English

Panelists:

- **Dr. Georgia Panayiotou**
Professor of Clinical Psychology, University of Cyprus
- **Anna Maria Papadopoulou**
Health Psychologist and Systemic Psychotherapist
- **Nektarios Alexandrou**
Founder of GDA Sports

Sustainable Green Europe

The need for a new approach and green jobs

Languages: Greek/English

Panelists:

- **Dr. Konstantinos C. Makris**
Associate Professor of Environmental Health, Cyprus University of Technology
- **Savvas Vlachos**
Director, Cyprus Energy Agency
- **Stelios Yiatros**
Associate Professor, Cyprus University of Technology / EIT Climate-KIC Hub Cyprus

11:15-11:45



Coffee break

11:45-12:30 Discussions

Equality of All Genders

What does it mean, why does it affect me and how can I contribute?

Languages: Greek/English

Panelists:

- **Costa Gavrielides**
Advisor to the President of the Republic of Cyprus on Multiculturalism, Acceptance and Respect for Diversity
- **Susana Elisa Pavlou**
Director, Mediterranean Institute of Gender Studies
- **Eleni Pasia**
Research Associate, Cyprus University of Technology

Quality Employment for All

Find out about EU opportunities for jobs

Languages: Greek/English

Presenters:

- **Antonis Kafouros**
EuroGuidance network
- **Melina Neophytou**
Europass Cyprus

12:30-14:00



Light lunch

13:30 - 14:15

Realising your Vision:

How to think strategically to realise your vision through a growth mindset

Languages: Greek/English

- **Dimitris Tolis**
CEO of Human Asset Greece

14:30 - 16:30

Interactive workshops

Mental health and Wellbeing

Language: Greek

- **Natassa Lambitsi**
Pool of Trainers, Youth Board of Cyprus

Equality of All Genders

Language: Greek

- **Eliana Petrides**
Pool of Trainers, Youth Board of Cyprus

Quality Learning

Language: Greek

- **Kyriakos Stouppas**
Pool of Trainers, Youth Board of Cyprus



More info and registration:

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