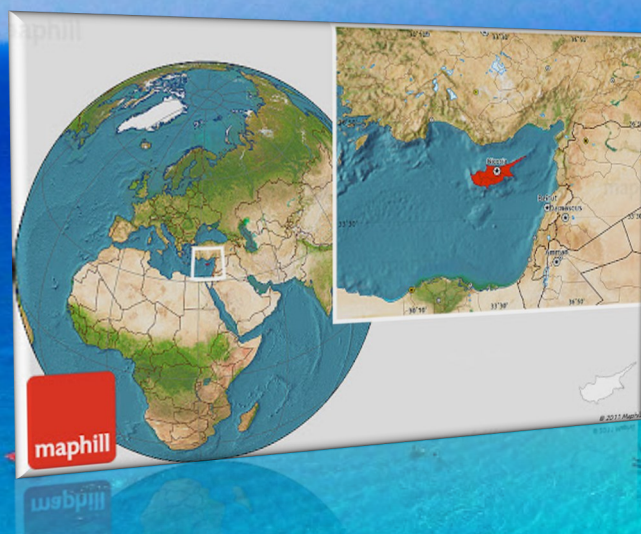




MESOYIOS EDUCATION GROUP
WISDOM | CREATIVITY | PERFECTION | GLORY

Erasmus Plus Hosting Courses & Internships in Cyprus

Welcome to Cyprus!



Erasmus+

ERASMUS PLUS OID: E10098327

About Mesoyios Education Group

Welcome to Mesoyios Education Group!

Mesoyios was founded in 1998 as a vocational training institution licensed by the HRDA. A few years after its founding, it became one of the largest educational institutions in Cyprus, offering high quality education and thousands of hours of training each year, both for beginners and professionals. In 2013 Mesoyios was upgraded to a Higher Education Institution (College) offering Academic Study Programs. Mesoyios continued to offer simultaneously vocational training programs. Today, MC Mesoyios College Ltd has evolved into an Education Group with four departments offering academic and vocational education / training.

The first department is Mesoyios College, registered to the registry of the Ministry of Education, Culture, Sport and Youth, offering academic study programs in the fields of Hospitality and Business Administration. Mesoyios College, fully compliant with the regulations and legislation of the Ministry of Education and the Cyprus Agency of Quality Assurance and Accreditation in Higher Education, is affiliated with the European Erasmus Plus, as well as with distinguished European academic institutions and research centers. The college operates with 32 academic and other administrative staff.

The second department is Mesoyios Business Academy (MBA), certified as a vocational training center (VTC) and vocational training structures (VTS) by the Human Resource Development Authority of Cyprus (HRDA), offering vocational education and training as well as vocational training programs covering subjects in all industries and sectors (e.g. hospitality, business and finance, manufacturing, construction, wholesale and retail, technology and information networks, etc.). In addition, MBA offers vocational qualification programs that are evaluated and certified by the Institute of Sales Management (ISM - UK) and the Learning Resources Network (LRN - UK). MBA operates with more than 35 members, including administrative staff and trainer associates.

The third department is Mesoyios Neo-Hippocratic Academy (MHA) which offers vocational degrees in Natural Therapeutic and Alternative Therapies in collaboration with the University of America (USA) and College of Naturopathic Medicine (CNM - UK). MHA operates with more than 10 members, including administrative staff and trainer associates.

The Group is completed by the fourth department, ECCC.CY (European Digital Competence Certificate), which is affiliated with the ECCC Foundation of Poland as the National Contractor for Cyprus, implementing, developing and promoting the ECCC Digital Skills Certification System. ECCC Cyprus is the newest part of our Education Group and started its operation in April 2020, offering education / training and examinations in digital skills, which lead to certified qualifications in all social and professional fields of Cyprus.

Finally, in addition to the four educational departments above, the Group has recently launched the Mesoyios Research Center, which aims to enhance the educational work of the other four departments and to provide a broader contribution to business and civil society.



Hosting of Erasmus Plus Internships & Courses

What we do:

Our professional knowledge, experience, creativity, dynamism and multilingualism allow us to deliver Erasmus mobility projects, tailored to our partners' specific needs. We match our internships to your participants' language skills as well as their vocational experience and knowledge.

Our team will propose internships, which will best meet individual and group needs and expectations. We not only provide suitable placements for the internship students but also logistic and professional conditions, which will enable mobility. What is more, our team offer continuous on-site care and support to facilitate cultural, educational, social and professional integration of the interns into the local environment.

Our main goal is to provide the best professional and personal experience for each participant and partner engaged in the European projects.

Also, within selected sectors, we organize job shadowing and workshop group placements. Which consist of practical classes supervised by professional trainers, with an option to study visits to private and public organizations. Such placements are tailored to the needs of groups of students.

Who may join our Internships & Courses:

- Teachers (elementary schools, high schools, technical schools, post-secondary schools, colleges and universities)
- Students (public and private colleges and universities)

When may join: All year round for Internships. Courses require minimum 5 pax.



Offered Mobility Sectors

We organize Internships in the following mobility sectors:

- Train the Trainers / Teachers
- Tourism
- Hotel Industry
- Gastronomy
- Forestry
- Horticulture (gardening)
- Agriculture
- Geodesy
- Logistics
- IT Technologies / EU DigComp Digital Competence Certification
- Electrical Engineering
- Mechanical Engineering
- Electronics
- Economy
- Sports / Health & Safety
- Naturopathy / Acupuncture / Nutritional Therapy / Reflexology / Cosmetic Acupuncture / SPA Therapies



Erasmus Plus Courses

What we offer

Mesoyios Education Group (OID Number: E10098327) organizes Erasmus+ Staff Mobility training courses that respond to the needs of pre-primary, primary and secondary school staff and Higher Education Institutions, VET Providers and staff employed in Adult Education Centers. Our courses contribute to the professional development and skill acquisition of the target groups through the use of active learning processes, problem-based learning and higher-order thinking tasks.

Regarding the Erasmus+ Staff Mobility training courses, we aim to:

- ◆ give learners the support to acquire competencies in order to improve their personal development and employability in the labor market,
- ◆ support the professional development of people who work in education, training, and youth and aim at improving their quality of teaching, training and youth work around Europe,
- ◆ raise participants' awareness and understanding of other cultures, traditions, beliefs, and way of life,
- ◆ actively participate in society and develop a sense of European citizenship and identity,
- ◆ reinforce synergies and transitions between formal, non-formal education, vocational training, employment, and entrepreneurship.

Particularly, our organization offers opportunities for professional development to teaching and non-teaching staff belonging to the following fields of education:

Higher Education (HE): Training period for the professional development of HEI teaching and non-teaching staff in the form of training events abroad (excluding conferences) and job shadowing/observation periods/training at a partner HEI or another relevant organization abroad,

Vocational and Educational Training (VET): VET staff can live a work placement or a job shadowing/observation period abroad in an enterprise or any other VET organization.

School Education: This activity supports the professional development of participants, school leaders or other school education staff in the form of participation in structured courses or training events abroad and a job shadowing/observation period abroad in a partner school or another relevant organization active in the field of school education,

Adult Education: This activity supports the professional development of adult education staff in the form of participation in structured courses or training events abroad and a job shadowing/observation period abroad in any relevant organization active in the adult education field,

Youth (Informal Education): This activity supports the professional development of youth workers in the form of participation in seminars, training courses, contact-making events, study visits and job shadowing/observation period abroad in an organization active in the youth field.



Offered Erasmus Plus Courses

Empowering environmental awareness

Human existence depends on a healthy, balanced, and sustainable planet, but our very existence puts pressure on the globe and all who live on it. The needs for contribution and growth of environmental awareness are the top two priority needs to be fulfilled as we have reached a critical point for the existence of our species. The rent we pay for our stay here on earth is counted by caring for our surroundings and really protecting Mother Nature. We live in a holistic world where everything is connected whether we want to believe it or not. There exists a universal consciousness that connects all the creation together and unless we care for each other and especially our home which is mother nature, then our survivor on this planet has an expiration date.



This course offers the opportunity to establish a strong connection with our surroundings and includes a variety of activities and techniques which reinforce that connection.

Environmental awareness is a global issue so anyone of any specialization could participate.

The course will take place within Limassol District and will include outdoor activities. There will be visits to beautiful landscapes on Troodos mountain as well as a day trip to cape Akrotiri and the beautiful beaches of Limassol.

The art of living a healthy life

Health is not just the absence of disease. It is a state of joyfulness.

“A sane mind in a healthy body” Socrates

This course enriches our knowledge as to what really is Health and how do we teach our learners to live their lives so that they enjoy a blissful lifestyle. Our body mirrors the way we live our lives and it speaks to us and whispers every moment. We only have to learn to listen and respond with the necessary actions.

When we change our perception as to what our body actually is, recognizing that it is an activity of continuous transformation then we have the choice of stop doing what we should and start doing what we feel in order to keep it running in high energy frequencies. We all know of the term “a balanced life “and we definitely agree with this concept but how do we learn this art of living a healthy life? During this course we will perform activities and learn technics to teach our learners how to balance their lives. Course participants will perform outdoor exercises as well as commune with nature.



The course is addressed to participants of any specialization and it will take place within Limassol District. It will include outdoor activities as well as field studies. There will be visits to beautiful landscapes on Troodos mountain as well as a day trip to cape Akrotiri and the beautiful beaches of Limassol.

Offered Erasmus Plus Courses



Inspiring creative minds through Fine Arts

Every person is unique and has a special talent. The people who possess a creative mind respond differently towards life than the average human being. Their mind focuses, feels, fights and responds through expression of movement color and sound! These extraordinary minds have a special connection with the source of creation and are able to express themselves in a more naturalistic way. During this course participants will learn to analyze creativity as a central source of meaning and purpose in their lives.

A creative mind can absorb information from the world and relate it to his/her own way of learning, solving

problems, developing, expressing feelings and ideas, finding solutions and motivating.

Through this course teachers, students and children will encounter ways which will help them activate their skills through the fine arts of dancing, music and painting.

This course is addressed to anyone interested in learning how to teach art in schools by stimulating learners' creativity and imagination.

It will include outdoor activities as well as field studies. There will be visits to beautiful landscapes on Troodos mountain as well as a day trip to cape Akrotiri and the beautiful beaches of Limassol.



Considering Stress as a friend

In today's society, we thrive on performance, competition and perfection. This situation leads to an alarming body reaction which we humans labeled it as "stress". It is a social phenomenon that has been developed in to a global pandemic. Extensive research shows that it is the number one reason that causes psychopathic disorders and chronic illnesses.

It is a major issue that affects everyone's quality of life especially in the western world, on a day to day basis. It is essential that we find the way to live a stress free life in order to be more productive and live a quality life.

How we think and how we act can transform our experience of stress. When we choose to see stress as a helpful friend then we create the biology of courage.

Learning strategies that help us manage our thoughts and emotions is the answer to a stress free lifestyle.

In this course participants can learn to teach these strategies to learners as well as adopt them in their everyday life. They can develop awareness towards their abilities and learn to be present.

Once you discover the benefits of these strategies you will apply them both in your personal and professional life!

This course is a great opportunity for personal and academic development and it is addressed to participants of any specialization.

It will include outdoor activities as well as field studies. There will be visits to beautiful landscapes on Troodos mountain as well as a day trip to cape Akrotiri and the beautiful beaches of Limassol.

Offered Erasmus Plus Courses

Games as a mean for learning Soft skills

The ability to communicate in an effective way along with being able to cooperate and work together are the most powerful skills that a person can have.

Soft skills are a great tool for teaching, communicating, working, interacting and understanding the people in your environment but unfortunately they don't come naturally to everyone.

Soft skills cannot be easily measured because they are more about interpersonal interactions of a person. For example:

- ◆ Solving problems easily and effectively
- ◆ Being positive and encouraging others
- ◆ Having integrity and being a team player
- ◆ Being a good listener and good communicator

This program will inspire the participants to work in an entertaining and fun environment. It will teach learners to develop an effective way of an activity-based training through promoting a positive and creative mind.

Teachers students and children will have the opportunity to interact with each other and develop soft skills through games.

Games are the most effective way of learning because while you play you are having fun and when you have fun you are more relaxed and open minded therefore the learning process becomes effortless.

Through this program the participants will be able to develop, inspire and motivate themselves and others thus helping in confidence-building.

The course will include outdoor activities as well as field studies. There will be visits to beautiful landscapes on Troodos mountain as well as a day trip to cape Akrotiri and the beautiful beaches of Limassol.



Emotional Intelligence as a tool for Sculpturing leadership skills

Emotional intelligence refers to how well we handle ourselves and our relationships.

In order to achieve this great task, we need to develop the ability of understanding our thoughts and emotions and be able to manage them in a positive way.

Emotional intelligence is based on 5 domains:

Self-awareness: Knowing what you are feeling and why you feel that way

Social skills: Developing Contribution, Communication and Leadership skills

Empathy: Acknowledging someone else's feelings

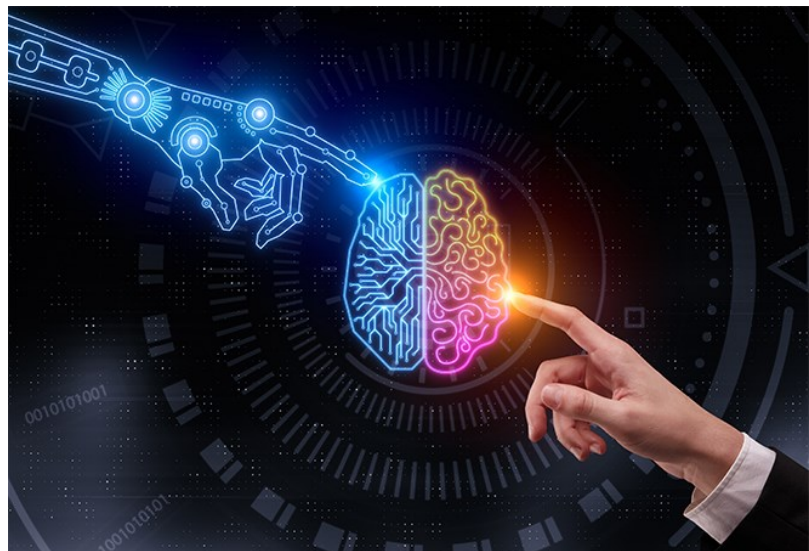
Motivation: Referring to self-motivation and goals setting

Self-regulation: Controlling your thoughts, actions and emotions

The Emotional Intelligence course aims to stimulate the participants interest in learning and interacting so that all of them will gain a better understanding of self-management and self-awareness.

The learners will be able to teach their students to gain a better understanding and control over their actions and emotions. All the participants will be able to experience a positive impact on their professional and personal lives. It is a valuable course and a "must" for every "Intelligent" human being.

The course includes outdoor activities as well as field studies. There will be visits to beautiful landscapes on Troodos mountain as well as a day trip to cape Akrotiri and the beautiful beaches of Limassol.



Offered Erasmus Plus Courses



Robotics

This course aims to introduce participants to the world of Robotics and their use in STEAM (Science, Technology, Engineering, Arts and Mathematics) education. They will get hands on-experience with the latest Robotics Platforms available for today's classrooms in a fun and exciting learning environment based on collaborative learning, problem solving and critical thinking.

The course will provide the necessary knowledge to construct and program robots using various sensors. By the end of the course participants will have the skills to create

their own interactive and educational robotic activities that will inspire students to foster their creative and innovative thinking. This course is suitable for anyone interested in Robotics and their use in STEAM education regardless of their programming experience.

The course will include outdoor activities as well as field studies. There will be visits to beautiful landscapes on Troodos mountain as well as a day trip to cape Akrotiri and the beautiful beaches of Limassol.



EU DigComp: Digital Competences for Teaching

Digital education (EU DigComp) enables teachers to deal with all teaching formats, methods and practices, especially the electronic teaching, learning, collaboration, correspondence and communication.

Covid19 pandemic proved once again that digital competences is not a luxury anymore, but vital skills required to see the future in a positive manner.

This course is addressed to participants of any specialization, any teacher who would like to enrich their digital competences, get certified with at least one ECCC DigComp certificate and become more effective and more productive at work.

The Digitally Competent Teachers for Creative Digital Students MOOC will help participants to reflect upon their digital competence for lifelong learning and to get familiar with digital technology for teaching and learning, by exploring different tools and strategies. Teachers will gain

knowledge on European frameworks for digital competence and discover how to boost digital competence through European projects such as Code Week, eTwinning, or SELFIE. Teachers will also explore strategies and tools for remote teaching, digital assessment, and classroom management.

The overall objective of the course is for teachers to learn how to effectively integrate technology in the classroom and ultimately reach the students to empower them to be creators of technology, rather than being only consumers.

While the content of the course will be in English, national moderators in the following languages will support participants with lower levels of English: Spanish, Italian, French and German.

For course details, outlines, schedules and prices, please visit

www.mesoyios.ac.cy/erasmus

or send an email to erasmus@mesoyios.ac.cy

Project Support and Monitoring

Erasmus Plus Application

A team of Erasmus Plus experts are ready to provide any assistance and support you may need, to build your application for both Erasmus Plus KA1 and KA2 projects, as far as the details concerning the proposed mobility activities in Cyprus.

Project Support

The main objective of our organization is to achieve the best possible educational and professional results as well as to ensure satisfaction of all partners engaged in the project. Also, we make sure each internship progresses well and is properly fulfilled. In addition, our team provide the trainers with support in essential matters and with the help of linguistic problems.

Every group has a mentor allocated to them, who is available 24/7 to assist in any emergencies. What is more, we stay in close touch with the internship supervisors in each institution providing internship in order to monitor progress and offer assistance if needed. Also, our team prepare assessments, final reports and all the necessary documents and certificates.



Lodging Services, Facilities and Support

For all **Erasmus Plus Courses**, we organize full or half board accommodation near the city center. The interns are housed in studio apartments with bathrooms. Rooms are double or triple, fully furnished and with Internet access. However, a single room could be arranged with a small extra charge. Each student receives a weekly pass for the public transport to move freely within the city and its surroundings. Although accommodation and meals are included in Package I, you can also make your own lodging arrangements.

For **Erasmus Plus Internships**, lodging needs are discussed with students individually, according to the nature of the Internships.



Why Cyprus?



Cyprus is a small Paradise that brings together the old and the new!

It combines tradition and history together with evolution and modern European lifestyle in the most unique way. Cyprus is a beautiful island that provides the visitor with an excellent opportunity to gain knowledge through learning and experiencing the combination of traditional culture and modernization.

Within 24 hours you can enjoy a sea view, a mountain view or a city view of the island. You can enjoy pure pleasure and adventure while exploring the amazing beaches or the traditional villages, the wonderful mountains or the vibrant modern cities. Cyprus is considered as a dream destination because it provides all kinds of international experiences and a great opportunity for personal and academic development.

While discovering the tastes of Cyprus you will be carried away from the warmth and hospitality of the people.

There is always something new to discover here in Cyprus. You will be surprised by the richness of the islands ancient history looking at the monuments located in various places. You can enjoy an amazing sunset and a fascinating night life. You are going to be filled with joy during your extraordinary visit to our dream island "Cyprus".

- The island of Christian Apostles and Saints! Old and modern monasteries, churches and chapels can be found just everywhere
- The birth place of Aphrodite... the goddess of beauty, love and creativity. Ancient temples, monuments and natural astonishing venues devoted to Aphrodite, can be found everywhere in Cyprus.
- One of the most healthy and safe places in the world
- **The less pandemic covid19 affected country in Europe (totally controlled)**
- More than 9,000 years of history... ancient monuments simply everywhere
- With approximately 320 sunny days per year, beautiful sandy beaches around and the best tourist infrastructure and services, Cyprus is one of the most exotic tourist destinations in Europe
- Mediterranean natural beauty in its best throughout the year
- The highest mountains of the island are just one hour from the beach
- Traditional stone-built villages are unique in Europe
- All types of sports can be found everywhere
- ...and of course, never forget the famous Cypriot Cuisine and Meze!!!

www.visitcyprus.com/index.php/en/



Why Limassol?

Limassol is probably the most beautiful city in the Eastern Mediterranean Sea and one of the most exotic beach-side cities in Europe, Located on the south coast of Cyprus, here life is more vivid, full of colors and spirituality.

- 30 minutes drive from Larnaca airport and 20 minutes from Pafos airport
- One of the 100 best tourist destinations in the world
- 23 kilometers of astonishing sandy beach
- Central location in the island... Whatever places you want to visit from Limassol, is no more than 90 minutes drive
- Is the most developing city in Eastern Mediterranean Sea
- Famous for its carnival, wine festival and many other unique annual events
- The best entertainment services, facilities and venues in Cyprus
- The biggest and most luxurious marina in Eastern Mediterranean Sea
- Excellent health system with European standards
- Very convenient public transportation network
- The main port of Cyprus with many options for short cruises to Lebanon, Israel and Greek Islands
- Every possible group and individual water, land and sky sports



www.limassoltourism.com/en/



Cultural / Recreation Activities



Cultural Activities

- Christian Orthodox Monasteries
- Kolossi Castle
- Tomb of the Kings — Pafos
- Kourion Ancient City & Theatre
- Goddess Aphrodite: Baths of Aphrodite, Venus Rock, Aphrodite's Temple
- Richard Lionheart's Castle of Limassol
- Pafos Archeological Park
- Amathus Ancient City
- Mosaic Workshops
- Limassol Carnival (40 days before the Christian Orthodox Easter Sunday)
- Old City of Limassol
- Limassol Wine Festival
- Cyprus Traditional Cuisine Hands-on experience
- Exploring local wineries
- Zorba Dance Workshop
- The Olive Park
- Beekeeping
- Morning sunrise meditations (by the beach)
- Sunset meditations (by the beach)

Recreation Activities

- Sea Water Sports
- Mountain Climbing
- Nature Trails
- Cycling / Cycling Tours
- Akamas National Park Safari
- High Mountains Safari
- Natural Path Hiking
- Golf
- Scuba Diving
- Hiking
- Football / Futsal
- Basketball
- Tennis
- Water Parks
- Camping
- Sailing
- Scuba Diving
- Windsurfing / Kitesurfing

For more activities in Limassol, you can visit:

www.limassoltourism.com/en/things-to-do/activities

Mesoyios' Venues & Facilities



Athens Amphitheatre



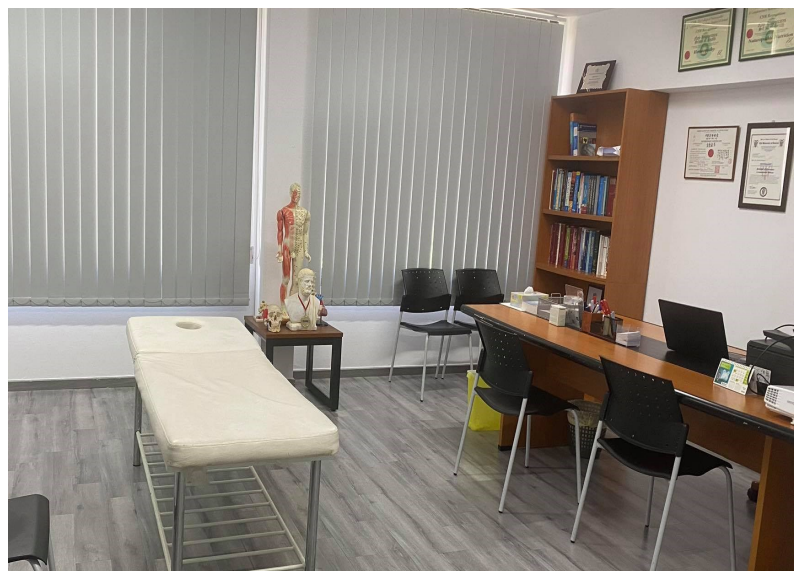
Front Office



Barcelona Computer Lab



Tel Aviv Auditorium



Physiopathy Lab

Mesoyios' Venues & Facilities



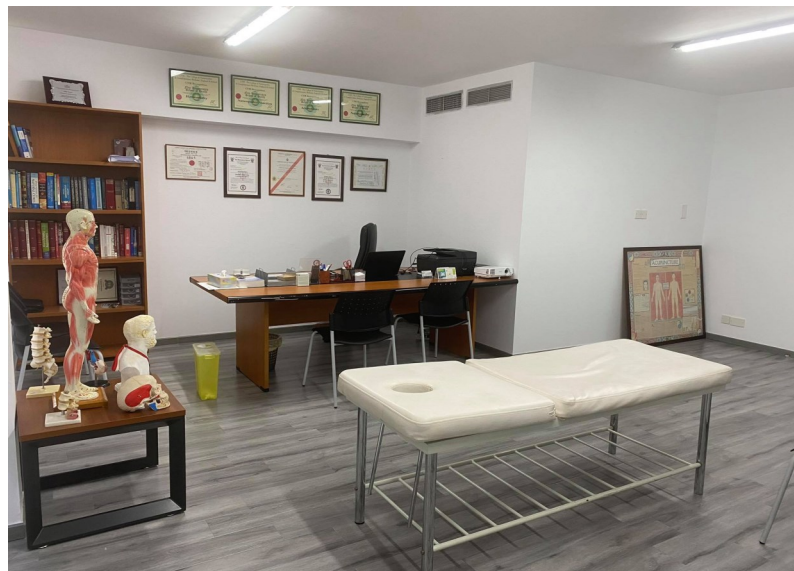
Rome-Marseille Amphitheatre



Beirut Auditorium



Alexandria Auditorium



Naturopathy Laboratory



Hospitality Laboratory



Hospitality Laboratory



*We look forward to welcome
your Erasmus Plus project
in Limassol, Cyprus!*



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MESOYIOS
NEO-HIPPOCRATIC ACADEMY

