

'Promoting Peace & Wellness in Cyprus' Project

Background Info about the research:

This research forms part of the 'Promoting Peace and Wellness in Cyprus' project which was implemented by PeacePlayers International-Cyprus (PPI-Cyprus) in partnership with the Cyprus Turkish Diabetes Association (CTDA) and funded by the European Union under the Cypriot Civil Society in Action IV Programme.

The aim of the research was to:

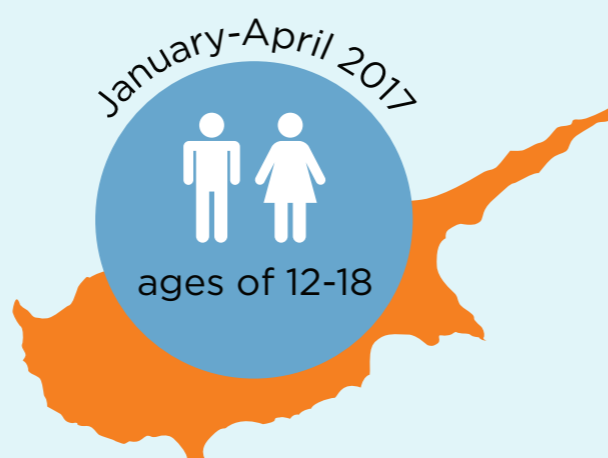
- Conduct a **rigorous, long-term evaluation** of the project
- **Inter-ethnic contact, sport, & health education** over three years to promote **reconciliation between Greek-Cypriot and Turkish-Cypriot youth**
- **It aimed to examine the change in intergroup and intra-group perceptions, political identity formation among youth in a deeply divided society and the change in wellness behaviour, health knowledge and fitness levels**
- The results from the research will **help refine reconciliation programs** in sport and **help improve future** contact interventions and related "people-to-people" peace building programs

A **full report** can be obtained from the partner organisations
This infographic provides **key findings** from research results

Over 200 individuals including youth, parents and key stakeholders from across the island were surveyed [Demographics]

Target group of approx. **200 people** in the Northern & Southern part of Cyprus

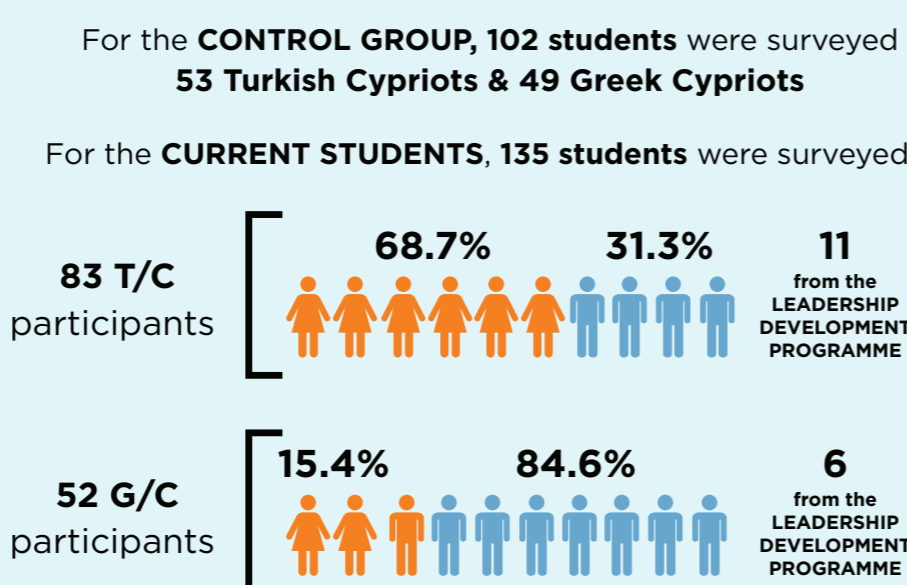
Based on this number and 95% confidence interval, the sample size (including control group) is 237 people with error level of ±% 4.44. The field work took place between January-April 2017.



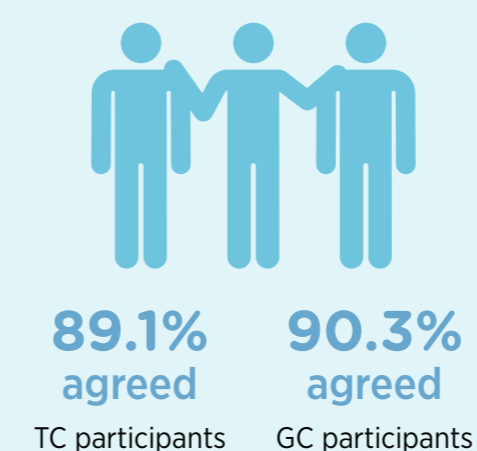
April 2017
The focus group: Turkish Cypriot LDP participation of **7 Turkish Cypriot players**

January 2017
The focus group: Greek Cypriot LDP participation of **7 Greek Cypriot players**

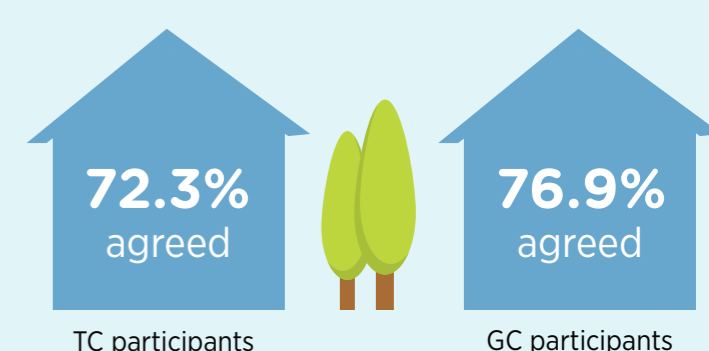
The structured interviews with the participation of 11 stakeholders.



Willing to make friends from the other community



Willing to live in the same neighbourhood



Willing to attend the same school



Willing to play sport / activities



Key Stakeholder Messages:



If we want people to **start eating healthier & living healthier lives** we need to start from a **younger age** and make it part of our **educational system**

GC parents want their children to **get involved** in PPI-CY activities because of its **bicommunal nature**. TC parents children are much more **confident**, and their **team spirit improved** greatly since joining the PPI-CY.

PPI-CY program & Leadership



Participants of the PPI-CY are very passionate about basketball, and they strongly believe that sports bring the young people together



They trust the coaches, and coaches play an important role in recruiting more players and ensuring trust among the players



Participants & LDP participants have become much more extrovert and confident after joining, and they believe that they possess the necessary skills to become good leaders.

Relationship with the other community:

The main conclusion is that students over 12 years old and leaders participating in the PPI-Cyprus programs and the EU project are **more optimistic** about reconciliation, **more tolerant** and **more positive** towards the other community.

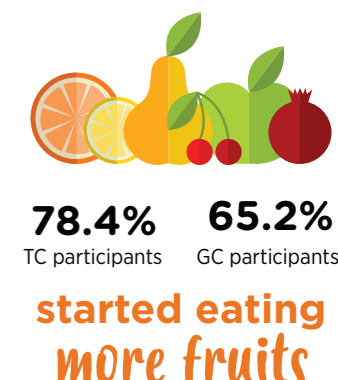
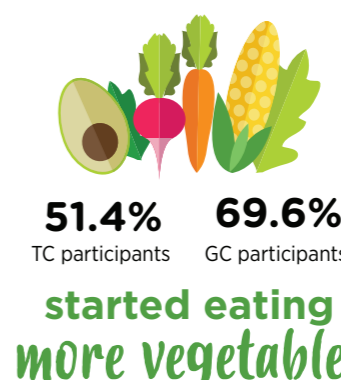
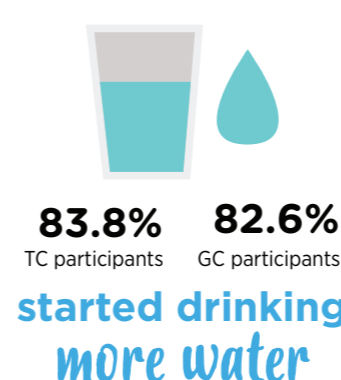


Dietary aspect

Based on the surveys and focus groups, all the stakeholders and beneficiaries involved believe that nutrition training should continue and snack and meal options in schools should be healthier.



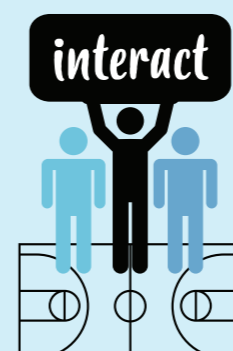
After attending the Nutrition Sessions



39.4% Turkish Cypriots
33.3% Greek Cypriots
rated the **activity as useful** as they can **meet friends** from the other **community**.

The research results indicate:

- **Youth use sport to connect with each other**
- **More opportunities** should be available to them within their communities
- **Local municipalities & schools, civil society organisations & sports clubs should come together to provide youth a positive space** to play sports, interact and **engage** with each other



- More **nutritional training is needed in schools** to reduce the rate of child obesity & health issues in later life
- Education & Health authorities and institutions must make changes and introduce nutrition education into schools
- **All snacks & meals on school premises must be healthier**



This project is funded by the European Union under the Cypriot Civil Society in Action IV, Grant Programme and implemented by Cyprus Turkish Diabetes Association and PeacePlayers - Cyprus. The contents of this publication are the sole responsibility of Cyprus Turkish Diabetes Association and PeacePlayers-Cyprus and can in no way be taken to reflect the views of the European Union.

