



April 21, 2021

**Press Release:** Sport Activity “Clip and Grow Project”

A sport activity entitled “Clip and Grow project” was implemented on April 17, 2021, at Petra ton Chasampoulion, in Paphos district, aiming to promote the sport of Rock Climbing to young people. The sport activity was organized by the Cyprus NGO Active Zone Outdoor under the ‘Youth Initiatives’ Programme, funded by the Youth Board of Cyprus.

The activity aimed to give the unique opportunity to young people aged between 18 to 30, to get to know the non-popular outdoor sport of rock climbing, contributing to a better physical and mental health and to personal skills’ development. The “Clip and Grow Project” meets the general goal of the organisation namely to provide equal opportunities and access to all young people from any social, economic, educational and geographical background to be familiar and engaged in a variety of sport and outdoor activities.

The activity included three different workshops and a practical exercise of rock climbing. The first workshop was related to team and trust building between participants, two fundamental values basic for the sport. During the second workshop, participants learned how to use the climbing equipment, tight knots, and learn about safety measures that correspond to the activity. The final workshop was under the topic of fear factor and fear management where participants and trainers discussed how fear and the management of their feelings influenced their effort to complete the task of climbing the rock. The activity was supported by the CMCOF, Cyprus Mountaineering, Climbing and Orienteering Federation. Particularly, all activities were coordinated by George Andreou, a Rock Climbing Instructor, certified by the International Climbing and Mountaineering Federation, UIAA. The sessions were also reinforced by Tania Matsouka, also a Rock Climbing Instructor.

Through their active participation, young people achieved to get out of their comfort zone, to reach the top of the rock managing their feelings of fear and insecurity, practice their self-focus and boost their self-confidence. Switching roles and tasks helped them to develop a sense of responsibility and trust and expand their communication skills. The accomplishment of conquering the rock led young people to the realization that daily challenges can be overcome through effort and self-concentration. The implementation of the activity in the natural environment brought youth closer to nature and contributed towards the enhancement of their mental health and well-being and acquisition of a sense of protecting the mountainous physical environment. Lastly, due to a great percentage of female participation, the project bridged the gap and disproved any gender stereotype related to male and female participation in sport and outdoor activities.

During the activity, measures to contain Covid-19 were followed.

Sponsor ‘Youth Board of Cyprus’

Supporter ‘CMCOF, Cyprus Mountaineering, Climbing and Orienteering Federation’

