

“The 15-Minute Limassolian” at the Cyprus Forum: Listening to Youth Experiences in the City

20 April 2026 | Pefkos Hotel, Limassol

The Urban Planning and Development Unit of Frederick University proudly participated as KnowledgePartner in the panel discussion “The 15-Minute Limassolian: Resilience and Youth Realities”, which took place during this year’s Cyprus Forum at Pefkos Hotel, in Limassol.

Moderated by Agni Gregoriou, Research Associate and PhD Candidate at Frederick University, the session created an open and honest conversation around how young people experience everyday mobility in the city of Limassol.

Five teenagers, Elettra, Amina, Chrysanthi, Orthodoxia, and Nefeli, shared personal stories, photographs, and reflections from their daily commutes, speaking about the realities of moving through the city from morning to evening. Their experiences revealed not only the practical challenges they face, but also the emotional and social dimensions of urban mobility: feelings of safety, independence, accessibility, and connection to the city around them.

Throughout the discussion, important themes emerged regarding the future of a more inclusive and youth-friendly Limassol.



Among the key needs identified were:

- Better and more frequent bus services
- Wider, continuous, and obstacle-free sidewalks
- Safer cycling infrastructure beyond the city center, along with secure bicycle parking
- More comfortable, accessible, and protected bus stops

At the same time, participants highlighted several ongoing issues affecting their daily experience:

- Illegal parking on sidewalks and limited enforcement
- A feeling of being restricted within their own neighborhoods
- Poor street lighting maintenance, affecting safety and comfort during evening hours
- Although each participant described different routes, neighborhoods, and transportation habits, their experiences pointed toward a shared vision: a city that is safer, more accessible, and designed with young people's everyday realities in mind.

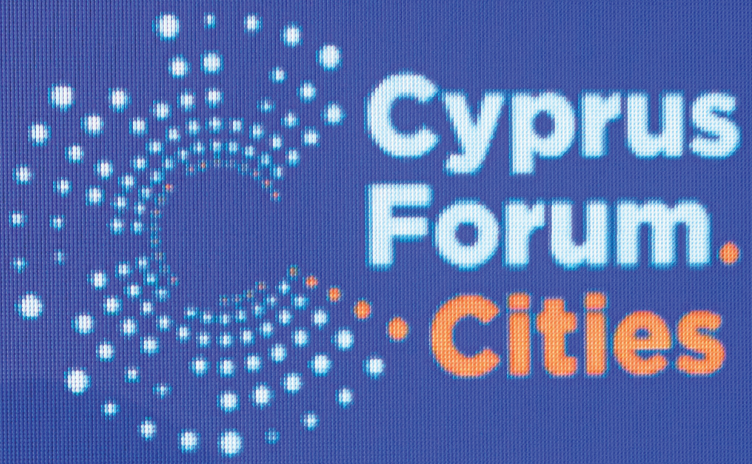
The session demonstrated the importance of listening to youth voices in conversations around urban planning and mobility. Their insights offered valuable perspectives on how cities can become more inclusive, resilient, and responsive to the needs of future generations.



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