

Co-funded by the
Erasmus+ Programme
of the European Union



INTERNATIONAL YOUTH EXCHANGE PROJECT

**17-28 OCTOBER 2021
TSAGHKADZOR, ARMENIA**

BE THE GAME CHANGER



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PROJECT DESCRIPTION

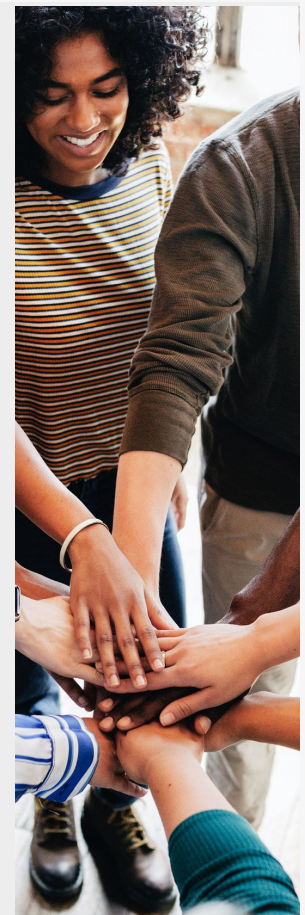
"Be the Game Changer" will provide hands-on knowledge and awareness regarding different cultures, traditions, and habits through practicing national games of 8 participating countries. We do think, that national games are a unique tool for self-expression and cultural education, that doesn't require any prior competencies and can ensure the involvement of every person. Moreover, national games can be represented as innovative tools for group buildings, group dynamics, communication activities, energizers, etc.

Youth exchange "Be the Game Changer" meets the objectives of the Erasmus + program, since it promotes mobility and cooperation between stakeholders from program and partner countries, fosters mutual understanding, intercultural dialogue, social inclusion, and solidarity between young people in different countries, improves the level of key competencies and skills of young people, including those with fewer opportunities, etc.

OUR GOALS AND OBJECTIVES

The main objectives of the project are:

- To boost participants' awareness about European multiculturalism, cultural values, and tolerance;
- To advance intercultural dialogue, solidarity, social inclusion and mutual understanding between youth from the EU and EaP region countries;
- To provide knowledge about partner countries' traditional games and explore them from educational and cultural perspectives;
- To transform traditional games' learning components into team building activities, energizers and icebreakers, that can be used within non-formal education projects;
- To identify and explore the opportunities provided by the EU Erasmus+ program from mobility, non-formal and cultural education perspectives;
- To identify the competencies obtained through European non-formal education projects and their certification by Youthpass;



OUR PARTNERS

THE AWESOME PEOPLE BEHIND THIS PROJECT



PARTICIPANTS PROFILE

Our target audience is young people aged between 18 and 30:

a) Who are interested in the topics of intercultural dialogue, cultural diversity, discrimination, and traditional games.

b) Who can communicate in English

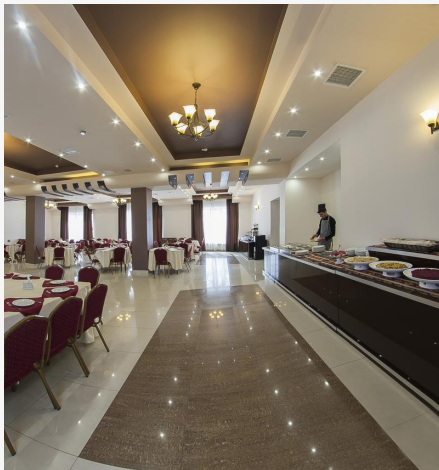
c) Who show a big motivation for participation and are available for the whole duration of the Youth Exchange,

d) Who are citizens/residents of one of the participating countries.

The number of participants per country:

4 participants aged 18-30 + 1 group leader at least 18 y.o.

DATES AND VENUE



"ALPINA HOTEL" TSAGHKADZOR, ARMENIA

Yeghishe Charents Street (Turn 7)

17 OCT- ARRIVAL DAY
28 OCT - DEPARTURE DAY

Participants will be accommodated in double/triple rooms. They will be provided with 3-time buffet food and a coffee break per day. The hotel provides bed sheets and towels.

We strongly ask group leaders to inform the host organization about participants' special needs, such as allergy, special diet, food, etc.

A separate menu will be prepared for vegetarians.

Please note, that the organizers are not responsible for participants' accommodation, food, transport and other expenses for extra days both before and after the project dates .



FINANCIAL CONDITIONS

THIS SECTION INCLUDES COSTS AND TRAVEL REIMBURSEMENT

The Youth Exchange will be implemented in the frames of the ERASMUS+ Programme.

Board and accommodation will be covered by the organizers.

The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. The travel costs will be reimbursed up to a certain amount.

Participants' travel from Yerevan to the project venue on **17 October**, as well as their departure from the venue on **28 October** will be organized by the host organization. The cost of those trips (**20 Eur/person**) will be deducted from the reimbursement amount. Further details will be provided as soon as the national teams are formed and the tickets are booked. Thus, the maximum travel reimbursement per person is as follows:

| COUNTRY | MAX. TRAVEL REIMBURSEMENT IN EUR |
|-----------|----------------------------------|
| Belgium | 510 |
| Lithuania | 340 |
| Spain | 520 |
| Armenia | 0 |
| Moldova | 255 |
| Latvia | 340 |
| Georgia | 160 |
| Ukraine | 255 |

Travel reimbursement

Travel expenses will be reimbursed **via bank transfer only** after the project, upon presentation of all necessary documents (next sections).

All tickets' costs purchased in a local currency will be converted and calculated according to the exchange rate of the month given by the **European Commission**. (<https://bit.ly/384sXo0>)

The project participation fee is 40 Euro.

Please, bring this amount in cash (there is no possibility of withdrawing euros from ATMs in Armenia).

FURTHER RULES

TICKETS / REIMBURSEMENT

- The selected participants choose flight connections and send them to organizers for confirmation. **Please, do not book any tickets without organizers' confirmation.**
- Only the cheapest tickets will be reimbursed. Tickets with the deviation from the direct route, extra unnecessary stops, and layovers will not be reimbursed. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees. Only 1 piece of checked-in baggage of a maximum of 15-23 kg will be covered.
- Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees, thus, their invoices won't be accepted for reimbursement.
- We can't reimburse taxis or private cars, only public transport will be covered.
- You can arrive 2 days before the activity and depart 2 days after if you want to spend more time in Armenia on your own, provided that the tickets on these days are not more expensive than on the official travel days.
- Eurowings, Ryanair, Wizzair tickets should be purchased only on the websites of the airlines. Tickets purchased via the KIWI or similar websites may cause problems, thus it is not so much advised.
- PRINT your flight tickets and invoices and provide them at the training. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.

COVID-19 / PCR / INSURANCE

According to the current regulations, upon entering the territory of the Republic of Armenia via air and land borders travelers will be asked to:

- Provide a COVID-19 PCR test certificate with negative results taken within the previous 72 hours. The certificate should be in Armenian, Russian or English, include the name, surname, date of birth, and passport number of the examined person. (<https://www.mfa.am/en/COVID-19/2021/09/08/covid-19/10955>)
- Provide certification of complete vaccination against COVID-19 with 2 dosages and the second dosage taken at least 14 days before entering the country.
- Non-holders of the relevant certificate are subjected to PCR sampling at the airport or border checkpoint sampling points and to compulsory isolation until the negative PCR test result will be obtained.
- Participants are self-responsible for all the costs related to PCR tests. PCR costs will NOT be reimbursed.
- Participants are self-responsible for acquiring travel insurance valid for the whole duration of the project, which also covers COVID-19 and flight cancellation/reschedule.

Transit through Georgia

In case you are traveling through Georgia, please follow the most recent regulations here: <https://www.geoconsul.gov.ge/en>



TRAVEL DOCUMENTS

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets for plane/bus/train (also e-tickets),
3. Invoices,
4. Payment checks.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment proves that you will get during your travel.

Participants, who are **citizens** in project partner countries **DO NOT NEED A VISA** to enter the Republic of Armenia. Participants should only present a **valid International Passport**.

More information at
<http://www.mfa.am/en/visa/>

VISA

THINGS TO BRING

- Valid international passport for travel;
- PCR test result / full vaccination certificate;
- Travel insurance;
- All required travel documents;
- Comfortable shoes, outdoor suits, raincoats backpacks which are needed for outdoor activities and trips;
- Photo cameras and photo/video editing programs you may need;
- Laptop (at least 1 per national team);
- Mug for a mug exchange activity;
- Personal hygiene items;
- What can entertain participants during free time, e.g. games, music, musical instruments, etc.;
- Traditional food, drinks, music, dances, songs, etc.;
- The medicine you may need, etc.

DRAFT AGENDA

The Youth Exchange will be based on non-formal education tools and methods.

Different methods, such as team-buildings, simulation activities, cooperative games, individual work, small discussion groups, plenary work, group dynamics and etc. will be used.

We highly value the experience and expertise of each participant and based on this approach one of the main objectives of our group leaders and participants will be to create a safe, informal learning environment where every participant will teach and will learn from his peers and will organize and manage his learning process based on his needs.

| | 17.Oct | 18.Oct | 19.Oct | 20.Oct | 21.Oct | 22.Oct | 23.Oct | 24.Oct | 25.Oct | 26.Oct | 27.Oct | 28.Oct | |
|-------------|--------------------------|-------------------------------|---|----------------------------------|-------------------------------------|---|------------------------------|---------------------------|---------------------------------|-----------------------|---|------------|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | |
| 09:00-10:30 | Arrival and registration | Breakfast | | | | | | | | | | | |
| 10:30-12:00 | | Getting to know each other. | Getting to know each other / Team building | Understanding the discrimination | Discrimination through Social Media | Cultural Sightseeing tour to Geghard monastery and Garni temple | National Games: Georgia | National Games: Spain | National Games: Armenia | Handbook development | Presentation of the handbook and promotional videos | Departures | |
| 12:00-12:30 | | ☕ Coffee break | | | | | ☕ Coffee break | | | | | | |
| 12:30-14:00 | | Introduction to the programme | Formal, Informal, Non-formal education & learning | Why do we discriminate? | National Games: Latvia | Traditional Lavash baking workshop at Garni village | National Games: Belgium | National Games: Ukraine | Group work on promotional video | Open Space | "Erasmus +" & "Youthpass" | | |
| 14:00-15:00 | | Lunch | | | | | | | | | | | |
| 15:00-17:00 | | "City hunting" | Working groups | | | | Fleshmob at the Garni temple | Working groups | | | | | Transfer & Follow Up. Final evaluation & closing |
| 17:00-18:30 | | | Local realities | How to fight discrimination? | Preparation for the fleshmob | National Games: Moldova | | National Games: Lithuania | Group work on promotional video | Open Space | | | |
| 18:30-19:00 | | Welcome to the youth exchange | Reflection groups | Reflection groups | Reflection groups | Reflection groups | Reflection groups | Reflection groups | Reflection groups | Reflection groups | Reflection groups | | Reflection groups |
| 19:00-20:00 | | Dinner | | | | | | | | | | | |
| 20:30-23:00 | | Welcome evening "My name is" | Intercultural evening | 1 minute of fame | Intercultural evening | Participants' space | Participants' space | Intercultural evening | Movie night | Intercultural evening | Participants' space | | Farewell evening "See you soon". |

HOME TASKS

Each national team is requested to:

1. Investigate and present the current situation of discrimination and radicalism in their countries, likewise introducing their types, grounds, and causes. Special notes will be done on case studies and success stories

* Each session should last no more than 15 minutes. The sessions should be based on interactive methods of non-formal education.

2. Prepare and run a session on the below-mentioned topics and components:

- Lithuania - Formal, Informal, Non-formal education & learning.
- Latvia - Understanding the discrimination. Session dedicated to ideas and notions about what is discrimination and what forms does it have.
- Georgia - Why do we discriminate? Session dedicated to the exploration of causes and grounds of discrimination.
- Ukraine - How to fight discrimination? Session dedicated to the tools and methods to fight discrimination.
- Spain - Discrimination in Social Media

* Each session should last no more than 45 minutes. The sessions should be based on interactive methods of non-formal education (Debates, discussions, forum theatre, group discussions, etc.).

3. Prepare and run at least 2 traditional games. The cultural component of those games and their history should be presented as well.

* Each session should last no more than 45 minutes. The sessions should be based on interactive methods of non-formal education, as well as practicing the games.

4. Organize a cultural evening. Here participants are free to present their culture, national dances, cuisine, music, etc.

* Each session should last no more than 30 minutes. The sessions should be based on interactive methods of non-formal education.

MONEY

The Armenian Currency is called ARMENIAN DRAM.

If you want to see the specimens of banknotes and coins access the website: www.cba.am.

The approximate exchange rate is:

1 USD = app. 480 AMD

1 EUR = app. 560 AMD

In the shops, US dollars and Euros are not accepted. The ATMs are widely spread. However, the interest is taken for cashing if using ATM.

In public transport and small shops, only cash is accepted!



COMMUNICATION / WIFI



Communication

In case you need an Armenian Sim card, please look for operators at the airport arrival hall directly. There are 3 operators in Armenia: Vivacell-MTS, U-Com and Beeline. The network in Armenia is pretty good, nevertheless, we advise taking Vivacell-MTS.

The cost for a SIM card with 5GB Internet is around 5 Eur.

Internet Access

There is a free WiFi network in the hotel territory.

Nevertheless, for your own convenience, we highly advise buying a Sim card.

POWER PLUGS / ELECTRICITY



In Armenia, the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

FURTHER INFORMATION

PICK UP PLAN

Participants' pick up from their arrival places on 17 October, as well as their departures from the venue on 28 October, will be provided by the organizers. Details on participants' pick up and departures will be provided in the project's **Facebook group**.

FACEBOOK GROUP

Please join the Facebook group of the Youth Exchange to stay tuned to the latest updates and news.

<https://www.facebook.com/groups/1174997242984297>

TRAVEL FORM

Please fill in the following travel form as soon as the tickets are booked. This is needed for practical/logistic arrangements.

<https://forms.gle/E4pnzbFX7J4vbc2e9>

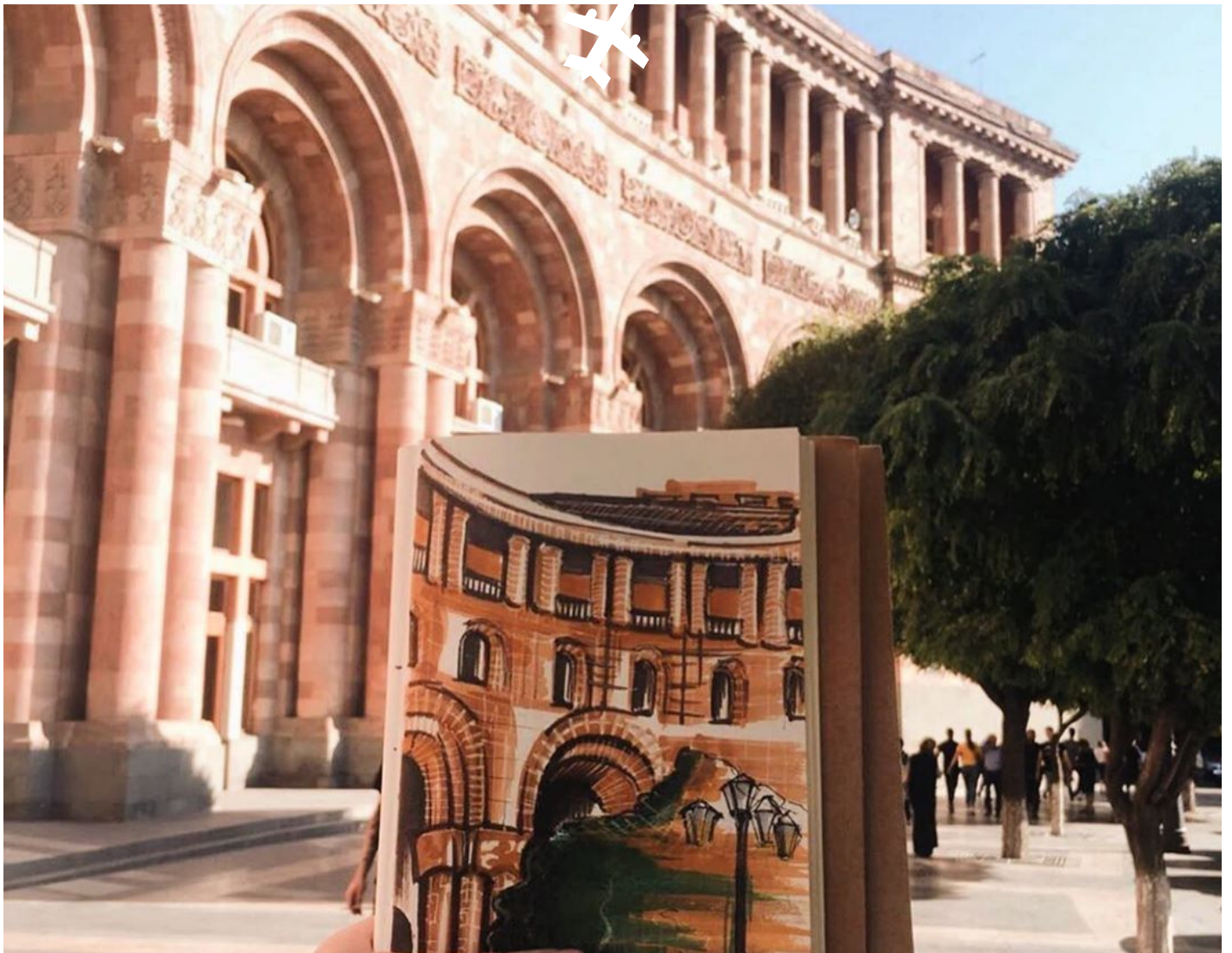
YOUTHPASS

At the end of the project, all participants will be provided with YouthPass certificates.

More information: <https://www.youthpass.eu/en/>

PROJECT TIMELINE

| TASK | DEADLINE |
|---------------------------------|-----------------|
| FILLING IN THE APPLICATION FORM | 25 SEPTEMBER |
| BOOKING THE TICKETS | 30 SEPTEMBER |



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CONTACT US

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