

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



**STAND WITH
UKRAINE**

CULT(R)URAL SUSTAINABILITY



15-26 October 2022
Tsaghkadzor, Armenia

INTERNATIONAL YOUTH EXCHANGE

PROJECT DESCRIPTION

Following the aim of a general reduction of plastic waste and the effective reuse and recycling of discarded material, the “Cult(R)ural Sustainability” project makes an attempt to stimulate young individuals to take actions that can create social and environmental benefits, simultaneously contributing to the alleviation of the problem.

Through integrated and peer-to-peer learning approaches, the project will uncover the environmental and social benefits of plastic waste recycling on different levels (communal, regional, etc.), expose the existing potential for local/rural initiatives in this field and provide roadmaps for the implementation of relevant activities.

In addition, the project incorporates practical sessions on plastic material reuse and recycling to impart applied skills and knowledge allowing participants to produce goods from recycled material and yield real profit



OUR GOALS AND OBJECTIVES

- Creating a safe, informal learning environment, where participants can improve their awareness of issues related to plastic waste generation and the importance of reuse, reduction and recycling through peer-to-peer learning;
- Stimulation of participants' engagement in reaching the UN Sustainable Development Goals through a clear definition of potential social-economic benefits;
- Promote mutual understanding, and tolerance, as well as a safe atmosphere where stereotypical thinking, prejudice, and discrimination may be challenged, thus boosting cultural awareness and expression.
- Promotion of creative thinking among participants through practical sessions and disposal of their dormant potential;
- To identify the competencies that can be obtained through European non-formal learning projects and their certification by Youthpass;
- To explore the possibilities of the Erasmus + program as a tool for cultural education and mobility.

OUR PARTNERS

THE AWESOME PEOPLE BEHIND THIS PROJECT



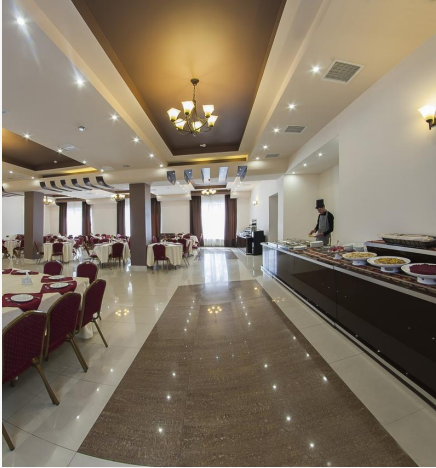
PARTICIPANTS PROFILE

Our target audience is young people **who**:

- have a strong interest in plastic waste management, cultural learning and sustainability topics.
- are facing social, geographic, economic, and cultural barriers, and/or representing NEET group, rural/small community, war-affected zone
- Who have a good command of English.
- are aged **between 16 and 25** (no upper age limit for group leaders - at least 18 y.o.)
- shows a big motivation for participation and are available for the whole duration of the project,
- are citizens/residents of one of the participating countries.
- hold valid international passport.

Each partner organization should be represented by **8** participants and **2** group leaders.

DATES AND VENUE



"ALPINA HOTEL" TSAGHKADZOR, ARMENIA

Yeghishe Charents str., 7th turn,
Tsaghkadzor

15 OCT - ARRIVAL DAY
26 OCT - DEPARTURE DAY

Participants will be accommodated in double/triple rooms, in separate houses for 10 people. 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. 1 extra day before and 1 extra day after the project dates are allowed (2 extra days in total).



FINANCIAL CONDITIONS

THIS SECTION INCLUDES COSTS AND TRAVEL REIMBURSEMENT

The whole project will be implemented in the frames of the ERASMUS+ Programme.

Board and accommodation will be covered by the hosting organization.

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. **Only the tickets that were confirmed by the organizing team will be reimbursed.**

Participants travel from Yerevan to the project venue on **15 Oct**, as well as their departure from the venue on **26 Oct**, will be organized by the host organization. The cost of those trips (**25 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. In case participants prefer reaching the place on their own, please inform the host organization well in advance. Thus, the maximum travel reimbursement per person is as follows:

COUNTRY	MAX. TRAVEL REIMBURSEMENT IN EUR
The Netherlands	- 530
Spain	- 530
Georgia (green travel)	- 210
Armenia (green travel)	- 23

Travel reimbursement: Travel expenses will be reimbursed **via bank transfer** after the project, upon presentation of all necessary documents (following sections). The total travel reimbursement amount will be transferred to partner organizations' bank accounts.

All ticket 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>).

Inclusion support for organizations

A specific budget is planned for each partner organization upon the involvement of participants with fewer opportunities.

FURTHER RULES

TICKETS / REIMBURSEMENT

- The selected participants choose flight connections and send them to the organizing team for confirmation. **Please don't book any tickets without our confirmation. Reservation for the whole group is highly recommended.**
- 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 insurance, etc. 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.
- We can't reimburse taxi or private cars, only public transport will be covered.
- You can arrive 1 day before the activity and depart 1 day 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 website are not very much reliable.
- PRINT your flight tickets and invoices and provide them at the youth exchange. 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 amendments of the Government Decree: № 1514-N of September 11, 2020, which entered into force on May 1, 2022:

The passengers are **NO LONGER REQUIRED** to present a COVID-19 PCR test or a Certificate of complete vaccination against COVID-19 to enter the Republic of Armenia.

For foreigners, the entry to the Republic of Armenia continues to remain open both via air and land borders.

- Nevertheless, to ensure safety of participants, vaccination is highly recommended.

- Participants are **self-responsible for acquiring travel/health insurance** valid for the whole duration of the project.
- Travel/health insurance that is valid in the territory of Armenia for the whole project duration is **MANDATORY**.

Transit through Georgia

In case you are travelling through Georgia, please follow the most recent regulations here:

<https://www.geoconsul.gov.ge/en>

Currently, no travel/COVID restrictions apply for entering Georgia neither

METHODOLOGY

The whole project will be based on non-formal tools and methods of education. Cultural exchange among representatives of different countries and their full inclusion is indispensable.

Different methods, such as cultural expression and learning, hiking/cultural trips, simulation activities, cooperative games, individual work, small discussion groups, plenary work, group dynamics, practical workshops on plastic upcycling and recycling, exploring domestic case studies, research and presentation of local realities, arts and crafts from plastic recycling, and more will be used.

Please get acquainted with key components of non-formal education through the following resource: <https://www.youtube.com/watch?v=Xm7PioKwkGo&t=3s>

HOME TASKS

The home tasks to prepare.

- Sharing local realities: Each national team will be given a stage to present research that covers the best practices of plastic recycling as a social entrepreneurial activity in their respective countries and its impact. Rural youth unemployment, its involvement in social entrepreneurship and success stories will be the second component of this research.
- * Each session should last no more than **15** minutes. The sessions should be based on interactive methods of nonformal education.
 - Organizing 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 nonformal education.
 - Presenting their organisation/non-formal group.
 - Running energizers, name games, reflection meetings, etc.
 - Plastic recycling workshops. Each team will be provided with 45 minutes to run a practical session on how we can upcycle plastic. Some examples: Making Zipper cases, vertical gardens, musical instruments, outdoor brooms, bird feeders, etc.
 - Spain - 1) "Top facts about plastic pollution". How bad the plastic pollution problem is?; 2) Plastic pollution: Impacts on marine ecosystems (each session for 45 min),
 - Netherlands - 1) Session about creative thinking tools. This session is dedicated to creative thinking techniques and innovative ideas' development, due to which participants will learn how to see out of the box, view things from different angles and accumulate business seeds from general ideas (45 min); 2) Facilitating the "Open evening for locals".
 - Georgia - 1) Plastic pollution: Impacts on food and human health; 2) Formal, informal and non-formal education. (45 min each)
 - Armenia - 1) Plastic pollution: Impacts on tourism; 2) Erasmus+ and YouthPass (45 min each)



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**.

VISA

THINGS TO BRING

- Valid international passport for travel;
- Vaccination certificate / PCR test results
- Travel insurance;
- All required travel documents;
- Comfortable shoes, outdoor suits, raincoats, and backpacks which are needed for outdoor activities;
- Laptop (at least 2 per national team);
- Photo cameras and photo/video editing programs you may need;
- Personal hygiene items
- What can entertain participants during free time, e.g. games, music, musical instruments, etc.;
- Group activities and new ideas are welcome;
- Traditional food, drinks, music, dances, songs, etc.
- The medicine you may need, etc.

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. 407 AMD

1 EUR = app. 407 AMD

In the shops, US dollars and Euros are not accepted. 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 6 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.

IMPORTANT NOTES

TIMELINE

Activity	Deadline
Participants' Selection	20 August 2022
Purchasing tickets and filling in the travel form	25 August 2022

PICK UP PLAN

Participants' pick up will be organized from **Yerevan city centre and/or Zvartnots airport on 15 October**.

Departures from the venue on **26 October** will be provided by the organizers as well. Details on participants' pick up and departures will be provided in the project's **Facebook group**, as soon as the national teams are formed.

FACEBOOK GROUP

All the selected participants are requested to join the Facebook group of the Youth Exchange to stay tuned to the latest updates and news.

<https://www.facebook.com/groups/1966585977064321>

TRAVEL FORM

As soon as the tickets are booked, participants are requested to fill in the following travel form. This is needed for practical/logistic arrangements.

<https://docs.google.com/forms/d/e/1FAIpQLScJkdYh-nyHXTdpgrklb52DyQS1Xhi9XJH0mokri9d3gJtvw/viewform>

DRAFT AGENDA

	15.Oct	16.Oct	17.Oct	18.Oct	19.Oct	20.Oct	21.Oct	22.Oct	23.Oct	24.Oct	25.Oct	26.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.	Team building. Expectations, contributions and fears. Rule of conduct, responsibilities.	Top facts about plastic pollution	Cultural Sightseeing tour to Geghard monastery and Garni temple.	Plastic pollution: Impacts on climate change	Plastic pollution: Impacts on marine ecosystems	Study visit: "Terev" restocafe social enterprise in Yeghvard	Open Space	Working on guidebook / video / open evening	Presentation of the guidebook and promotional videos	
12:00-12:30		☞ Coffee break				☞ Coffee break						
12:30-14:00		Introduction to the programme. Erasmus+	Formal, Informal, Non-formal education & learning	Plastic pollution: Impacts on food and human health	Hiking trip to the Symphony of Stones.	Plastic recycling/upcycling workshop: Netherlands	Plastic recycling/upcycling workshop: Spain	Study visit in Yerevan	Open Space	Working on guidebook / video / open evening	"Erasmus +" & "Youthpass"	
14:00-15:00		Lunch										
15:00-17:00		"City Quizz"		Working groups		Traditional Lavash baking workshop at Garni village	Working groups		Study visit in Yerevan	Working groups		
Local realities				Plastic pollution: Impacts on tourism	Plastic recycling/upcycling workshop: Georgia		Plastic recycling/upcycling workshop: Armenia	Working on guidebook / video / open evening		"Open evening for locals"	Transfer & Follow Up. Final evaluation & closing	
17:00-18:30												
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	TEDx Talks on sustainability	Intercultural evening	Participants' space	Intercultural evening	Participants' space	Farewell evening "See you soon".	

Departures

All the activities will be prepared, implemented and evaluated by the participants.

The use of interactive forms of running those sessions, such as quizzes, simulation activities, sketches, visual presentations, group discussions, debates, workshops, master classes, case studies, personal story sharing etc. is highly welcomed.



JOIN THE ADVENTURE



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