



Education and Culture DG

'Youth in Action' Programme

PRACTICAL INFORMATION



“Your time – Yours Possibilities” youth exchange

28 August – 7 September, 2010
Tsakhkadzor, Armenia

Main Organizers:

UNESCO Initiatives Centre (Poland)
Youth for Exchange and Understanding –
Informal Youth group (Armenia)



BACKGROUND OF THE PROJECT

Nowadays the time management is one of the most essential part of our social life. All our activities are surrounded by the matter of time management. We are able to manage our work, our educational path but we often don't know how creatively spend our free time. Right now young people suffer a lack of knowledge of what to do during their spare time. They fall in addiction to drugs, alcohol and Internet. That is why we want organize this youth exchange to gather together 30 different people from 6 different countries (Armenia, Poland, Ukraine, Lithuania, Georgia and Czech Republic) in order discuss different ways of spending free time, share their knowledge and skills concerning time management and rediscover richness of possibilities how to spend spare time in outdoor. We want to meet in beautiful village of Tsakhkadzor in Armenia between 28th August and 7thth of September 2010. The synergy effect, made by all participants and appropriate methods based on creativity and interactivity, will bring up workshop and set of activities which will be delivered to youngsters in Tsakhkadzor and Yerevan. This youth exchange will empower young people to spend actively their free time that's why its name is "Your time – yours possibilities", because we all have free time and different possibilities how to use it.

AIMS

The main aim of our exchange is to share knowledge and skills about free-time management that will help participants to manage their free time more effectively and free time of young people with fewer opportunities in their own communities, in order to prevent youngsters from modern addictions, like Internet, TV, drugs and alcohol.

TIME

Arrival: 28th August 2010

Departure: 7th September 2010

Tsakhkadzor, Armenia (www.tsakhkadzor.am)

PROMOTERS

Czech Republic: **LOS - Liberecká Občanská Společnost**

Georgia: **Youth Association DRONI**

Lithuania: **KRC - Kūrybinės Raiškos Centras**

Ukraine: **Donetsk Youth Debate Centre**

TRANSPORT DETAILS

All participants will be picked up from the airport and immediately transported by minibuses to Tsakhkadzor.

Transportation to Tsakhkadzor takes about 1 hour.

7th of September participants will be transported to Yerevan by minibuses.

The cost for your transportation Airport –Tsakhkadzor-Airport will be reduced from your travel reimbursement, which will be not more than 5 euros per each person.

! Please note that if some participants stay longer (max 2 days) for holiday reasons, organizers will not provide them with transportation to the Airport.

TRAVEL COSTS

The Organizers will reimburse **70% of participants' travel costs from your home City to Tsakhkadzor, Armenia.**

70 % of the Reimbursement of travel costs will be done upon presenting original tickets, receipt/invoice and boarding tags.

Reimbursement will be done in **EURO/PLN**, regardless of the currency indicated on your ticket and a receipt/invoice. Participants from Ukraine and Georgia will get their reimbursements on the spot. For participants from Czech Republic and Lithuania – by bank transfer immediately after receiving all original travel documents.

! Please note that all partners are strongly requested to send original tickets and boarding tags to the UNESCO Initiative Centre, as soon as they are back home. No bank transfer will be done without original travel documents.

TERMS OF PARTICIPATION

TRAVEL EXPENSES	Travel expenses are 70% reimbursed according to the following rules: The flight's departure and return points are the closest international airport to the participant's usual residence, Participants are requested to arrive on 28th of August before 14 PM The flight and/or bus is based on the cheapest fare available in the issuing country. However TRAVEL total cost for each participant cannot exceed the amount which is indicated in the application. *** Separate document will be provided for travel cost details.
PARTICIPATION FEES	No Participation fee
	The project will provide with board, lodging, transportation and program's related events costs. Expenses will be covered only from the

OTHER EXPENSES	date of arrival (28 th August) till the departure date (7 th September).
REIMBURSEMENT and DOCUMENTS REQUIRED	<p>Reimbursement of the relevant amount will be made on spot or via bank transfer (to be discussed during APV) after receiving the participants' flight tickets copies and boarding passes.</p> <p>Participants will be required to bring to the activity a complete copy of their tickets and original travel agency receipt with the copy of their passport pages, indicating their identity and entry stamp for Armenia.</p>

VISA ARRANGEMENTS

EECA countries do not need visa to enter Armenia!

EU member states will need visa to enter Armenia. No special invitations need for visa arrangement. You can get it right at the border of Armenia. The cost for 21 days one entry visa is 3000 AMD (6 EUR).

! Please, check the visa at the border, the cost and the duration of your stay. Also be attentive to get the invoice for your visa.

You are strongly recommended to convert your money into Armenian drams, in order to pay 3000 drams, otherwise you will have to pay more. There is an exchange office in the airport.

Also at the airport you can take a mobile phone card free of charge!!! (take Viva cell MTS, they have a lots of social programs☺)

WHAT TO BE PREPARED FOR?

Participants will be requested to bring with them:

- "Young people in my hometown" - creative presentation of what young people are doing in their hometown – max 15 minutes
- Music, pictures, drinks and food that you consider representative for your culture for the international party,
- swimming suit, sun cream, good shoes for mountain trip, some warm clothes for evenings...

For Intercultural Evening all partner countries will be divided into couples:

Here are couples:

- ✓ Ukraine feat. Czech Republic ☺
- ✓ Poland feat. Georgia ☺
- ✓ Lithuania feat. Armenia ☺

Participants should present each others countries/cultures:

- ✓ Presentations should be interactive and attractive☺
- ✓ No power point presentation or any other multimedia should be used

- ✓ Participants should find some links between their own countries and partner country

Be prepared to lead a blog!!!

Participants will be in charge of the daily blog at official site of our project <http://yourtime2010.webnode.cz>

ACCOMMODATION AND FOOD

The youth exchange will be organized in a Hotel. Two and three participants of the same sex but different nationalities will share one room, in the room for participants will be provided towels and bed linen. There are toilets and bathrooms in the rooms.

Even though almost all the sessions will be implemented outside the seminar room will be provided just in case. Dining room is located inside of the building. Organizers will provide participants with three times food per day and one coffee break (possibly).

We strongly recommend to inform the organizers about any special needs of participants such are dietary, vegetarian or any other kind of special need.

WEATHER

In August and September in Tsakhkadzor is usually warm weather. Normally temperatures are around 23-25 C°, but sometimes it can be colder or windy, so please be prepared.

As Tsakhkadzor is on almost 1700 m. above level the sun is quite strong, so please be prepared for that, in order not to get sun attack or burnt yourself. If you have after-sun-burnt cream, take it with you, if not we will provide macun (Armenian yogurt☺).

SECURITY ADVISES

- **Participants should not leave any personal belongings unattended in the streets**
- Participants should be very carefully during the crossing streets, as many drivers are not carefully and driving very fast
- Participants are not allowed to bring strangers to the hotel

EXCHANGE RATES

Approximately:

1 USD = 365 AMD

1 EUR = 460 AMD

SMALL VACABULARY

Here are several useful words and expressions:

Hello	Բարև	Barev (you can easily use PRIVET)
How are you ?	Ինչպե՞ս ես	Inchpes es? / vonc es?
How much does cost	Ինչ արժե՞	Inch arzhe?
I love you	Ես քեզ սիրում եմ	Yes qez sirum em
I like you	Հավանում եմ քեզ	Havanum em qez
This is very tasty	Շատ համով է	Shat hamov e
What is your name?	Անունդ ի՞նչ է	Anund inch e?
You are very beautiful/ handsome	Դու շատ սիրուն ես	Du shat sirun es

CONTACTS

If you need help, have questions or need further information please contact:

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EMERGENCY CONTACTS IN ARMENIA

Police: 1 -02

Emergency first health care: 1-03