

# **“ChangeYOUth -Empowering Meaningful Impact on Community” Information Package**



**16<sup>th</sup> - 25<sup>th</sup> NOVEMBER 2019**

**TSAGHKADZOR**

**ARMENIA**

## Project description

The world and life of the human beings is transforming in a very rapid way. In line with the development of technologies, behavioral and societal changes, all the fields of the activities are passing through massive changes, reaching new forms and evolving further. This breakthrough of current developments is creating both challenges and opportunities for young people.

The actors who are driving these changes have an extraordinary way of thinking, who come up with ambitious ideas and create value on a global scale. But are those change-makers special among us? Or it is within each and every one of us? Is this a talent or personal set of characteristics? What is really required for youth to embrace their potential, to sense opportunities, to see challenges and provide exceedingly creative solutions for overcoming them?

Nowadays we can witness many creative and talented young people who fail to realize their potential and promote their ideas as they lack self-confidence, support and guidance in promoting their ideas that could make a real change. Young people need empowerment and facilitation by youth workers, who are highly skilled in the field of self-development and social change. It is of essential importance to inspire and integrate their initiatives in life of communities, as well as to navigate them in overcoming the challenges on personal, local or global context.

In this sense there is a need of active youth workers who can become change makers and develop such skills as transformational leadership, sense of initiative, emotional intelligence, effective communication and creative problem solving.

To become a change maker in their communities youth workers need to be equipped with innovative toolkits, which would ease the process of youth's involvement and also give them an inspiring environment to develop their potential and provide solutions to ever-increasing challenges.

Hence, the main goal of the proposed TC is to empower current and future leaders of civil society with tools and competences in the area of self-development, change-making and social entrepreneurship, in order to support the creation of sustainable social initiatives in the spirit of participation of youth, solidarity and active citizenship.

## Hosted by



### UniGrowth Development Center

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## Supported by



## Objectives

- to develop participants' competencies on using natural environment for self-reflection and self-exploration
- to equip participants with experiential outdoor tools for intercultural dialogue and social integration
- to raise participants' awareness and sensitivity towards environmentally conscious behaviour
- to form a network among like-minded organizations and individuals and develop follow-up projects on the similar topic

## Participants Profile

- The training course is open to youth workers and leaders from various countries, who are interested in challenging their own perceptions and to deeply reflect about topics related to the objectives of the Training Course.
- The Training Course is open for staff members or active volunteers in the NGOs dealing with projects in the thematic field of the training.
- Participants should be committed to take part in the full duration of the project and have a mandate from their sending organizations for the initiation, development and implementation of follow-up projects for young people of their communities in the thematic fields of the Training Course.
- As the working language of the Training will be English, participants should be able to communicate fluently in English

## Venue

The project will be held in Tsagkhadzor, which is a spa town and a popular health resort located in Kotayk Province and has 1250 inhabitants. Surrounded with alpine meadows, the town is situated on the southeastern slope of Mount Teghenis. It is 50km north from the capital city Yerevan and is only 45 min drive away from it.

The average temperature in November is around 8-10°C and colder in the evenings so it is therefore recommended to take warm jackets with you.

The project venue is "Popock" which is fully equipped to host international youth projects with appropriate equipment, working spaces and leisure time activities. The territory also gives an opportunity to organize outdoor dynamic activities.

You will be accommodated 2-3 people in one room of the same gender. Each room has 1 bathroom.

There is wireless internet available in the guest house.



## Travel costs

Travel costs will be reimbursed up to the following maximum amounts:

Country of origin	Reimbursement
Spain	820 €
Germany, Estonia, Italy	360 €
Ukraine, Moldova	275 €
Georgia	180 €
Armenia	20 €

The amounts are set by the European Commission based on the distance to the venue.

## Travelling

Please note that the **complete travel costs** will consist of:

Your travel to the airport in your country (e.g. train, bus)

+ Flight costs to Armenia

+ *Local transport from Yerevan to project venue and back will be organized by hosting organization (-20 € in total, which will be deducted from the max. amount of travel costs reimbursement)*

Take a flight to Yerevan Zvartnots International Airport from all the countries except Georgia; from Georgia you can either take a train or a minibus. It is also possible to fly to Georgia and come from there with Georgian team.



From Yerevan airport you can get to city center (Republic Square) by Zvartnots Express minibuses which run every hour (24 hours/day) and cost 300 AMD. If you prefer to take a taxi please use airport official taxi or order through online apps (GG, Yandex Taxi). It will cost you from 3000-5000AMD.

We organize transfer from Yerevan to Tsaghkadzor and back and will provide you with information about the place and hour we will meet to depart on 16<sup>th</sup> November.

On the departure day 25<sup>th</sup> November we will not have any program and after the breakfast we will arrange your transfer from Tsaghkadzor to Yerevan city center from where you will have to arrange your travel to your departure point (airport, bus/ train station) on your own.

It is possible to **extend your stay for maximum of 4 days in total (2 before or/and 2 after the exchange)**. Any additional costs which occur during these extra-days are of course to be covered by you!

Please remember the following steps

1. You send the details of your chosen flight option to [unigrowth.center@gmail.com](mailto:unigrowth.center@gmail.com)
2. **After** confirmation from our side, you will be able to purchase the ticket on your own and send us the e-Ticket as a final confirmation of your participation.

**IMPORTANT:**

Please while buying the tickets make sure you will be in Yerevan before **16:00 on 16<sup>th</sup> November!** (in some cases flight options show +1 which means e.g. you depart on 16<sup>th</sup> but arrive on 17<sup>th</sup> morning). There is no public transport running from Yerevan to Tsaghkadzor so if you miss the bus we organize, you have to arrange your travel to venue on your own with taxi which will Not be reimbursed!!

3. The travel reimbursement will be made after collecting all the original travel documents.

## **VISA Arrangement**

*None of the participating countries need visa to enter Armenia. In case you have a different nationality then your countries of residency please inform us immediately to check if additional procedures need to be done.*

## **Money**

*National currency in Armenia is DRAM (AMD) and its value in euro is about 530 drams for 1 euro but it would be good for you to check the exact rate before you depart. Payments everywhere in Armenia (except the Airport) are accepted only in national currency. The best currencies for exchanging in Armenia are EUR, USD, RUB, and GEL.*

## **Special Needs and Insurance**

*In case of having special needs, whatever kind they are of, please feel free to communicate these needs to us (allergies, health problems, special diet, etc.). **Health insurance is NOT provided by the organizers.** All participants are required to purchase health insurance individually.*

If you have other questions regarding travel arrangements and preparation, please do not hesitate to contact us at [unigrowth.center@gmail.com](mailto:unigrowth.center@gmail.com) or +374 93418481, +37493371334

## Information about trainers



**SUREN MKHITARYAN** has over 8 years of professional experience in the field of civil society, social entrepreneurship, non-formal education and quality assurance of education.

He has extensive experience in developing and managing various local and international projects focused on social entrepreneurship, with which he extensively contributed to the development of the ecosystem in Armenia by supporting establishment of 10+ social enterprises, E-learning courses, training of trainers, establishing cooperation schemes etc.

Suren has organized and supported many national and international conferences, training courses and seminars (including Erasmus+ projects). Currently he is an individual entrepreneur, providing trainings, consultations on self-development, entrepreneurship and social entrepreneurship.



**LAURA POGHOSYAN** has an academic background of Master's in Psychology and has been involved in non-formal education field since 7 years. She is a Co-founder of "UniGrowth Development Center" Youth NGO in Armenia. Being experienced youth worker, trainer and project manager on local and international levels her main focus is personal development, social inclusion, youth participation and active citizenship, social entrepreneurship, community art, intercultural learning, communication and dialogue with the use of experiential learning and non-formal education methodology. Additionally, she is a

co-founder of product design studio company "DZZZ", which aims to bring local impact on spreading modern and minimalist design esthetics in Armenia.



**TAMARA AYDINYAN** holds a Master degree in psychology; she is a youth worker and a certified trainer in organizing non-formal learning process since 2009.

She has experience of designing and implementing local and international projects, including those within Erasmus+ framework. Main topics she works under are personal growth, soft skills development, career guidance and youth unemployment tackling active citizenship, social inclusion.

Tamara was involved in youth work support programme as well as was a part of CAS (Creativity, Activity, Service) implementation in Kenya, Africa. She is also a co-founder of "UniGrowth Development Center"

youth NGO established in Armenia, which carries out both local and international projects under above mentioned topics.