

"YOUth CONNECTs CULTUREs"

international youth exchange

Information Package



24.02.2022 - 05.03.2022 - Berlin, Germany
22.08.2022 - 31.08.2022 - Aparan, Armenia

The youth exchange is organized by:



The youth exchange is funded by:



General description of the youth exchange

In contemporary societies, youth is forced to focus on the development of cognitive skills and materialistic & individualistic success, which leads to difficulties with human interactions, emotional intelligence, and social communication. Under the social pressure, young people's identities, beliefs, perceptions, relationships and lifestyles can become challenged, and they can feel lost and disconnected from their true selves.

Thus, as modern world developments lead to globalization, there can be a lack of intercultural peaceful communication and dialogue for better understanding, and integration into multicultural environments.

Because of this, young people often need empowerment from more experienced peers who can provide insights on the topics of mindfulness, emotional intelligence, healthy lifestyle, intercultural learning and non-formal education.

It is therefore of essential importance to inspire the youngsters, integrate their emotional and mental state into a healthy educational environment, and navigate them in overcoming the challenges of modern society in personal, social and intercultural context with non-formal education methods.

And this is what this project is all about.



Phase One: objectives of the youth exchange in Germany

In short, when in Germany, we will put more emphasis on self-exploration, inner connection and social interactions.

In addition to this, we will try to help establish a connection between the participants and nature, even though the exchange takes place in the urban area of Berlin.

As a matter of fact, we believe this actually can be done more effectively in a big city such as Berlin by demonstrating the contrast between the gray urbanised areas and the scarce green zones peeking out here and there in the city. The participants will be able to visit the parks and gardens, including community managed gardens ("Himmelbeet" and "Prinzessinnengärten"), and take part in study visits to local organisations promoting environmentally conscious lifestyle.

During the first phase of the exchange, the participants will be able to:

- understand who they are: work on their identity, deep reflections and understanding of self, revealing inner potential and hidden abilities;
- gain some tools to overcome everyday stress, regulate emotions and rise concentration;
- learn more about nutrition and how it affects not only our body but also mental health;
- improve skills in social interactions with peers, learning authentic ways of communication being present with body-mind-emotion balanced combination.



Phase Two in Armenia: objectives of the youth exchange

The youth exchange in Armenia will be the logical continuation of the first exchange where the same participants, having gained some knowledge and skills previously, will delve deeper in intercultural learning and dialogue as well as developing a healthy and mindful lifestyle, getting to know the local community and learning case studies within the topic.

As the phase two will take place countryside, the participants will get used to reconnecting with nature and using its power in their everyday life through mindful walking, meditations, physical exercises, interactions with natural elements.

During the second phase of the exchange, the participants will be able to:

- spend more time in/with nature and learn how to recharge own energy from the power of mother Earth;
- To reconnect and interact with nature in a healthy way being environmentally conscious and caring;
- gain some tools to calm down the mind and balance spiritual & materialistic states;
- learn and understand more about another culture's peculiarities building tolerance and dialogue.



Conditions of participation

The project will bring together 20 young people and 4 team leaders – from Germany, Portugal, Russia and Armenia. The conditions of participation are the following:

- Age: 18 - 30 years old;
- Readiness for active cooperation and working on the ideas;
- Working language is English (participants having a language barrier will be provided with the linguistic support).

The project is funded by Erasmus + Programm. The accommodation, food, exchange activities will be covered by the organisers.

Travel budget (both ways):

German part:	Armenian part:
Germany – 20 eur	Germany – 360 eur
Portugal – 530 eur	Portugal – 820 eur
Russia – 360 eur	Russia – 275 eur
Armenia – 360 eur	Armenia – 20 eur



Venue in Germany

The project venue in Germany will be "The Seminarhaus Weissensee", which is located in the capital of Germany, Berlin. It is located at Indira-Gandghi-Strasse 13, 13088.

You will be accommodated with participants of the same gender in 2-8 bedrooms. Bedlinen and towels are provided. As we want to foster community-based living within the non-formal education process, please be prepared to take care of the space you are staying at.

We have prepared the instruction on how to get to the venue, which can be accessed [here](#).

Venue in Armenia

The project venue in Armenia will be “altera lab youth center&housing” in Aparan community, which is located at the eastern slopes of Mount Aragats and the northern slopes of Mount Ara, on the shores of Kasagh River, with an elevation of 1880 metres above sea level. Aragatsotn Province is about 50 kilometers northwest of the capital Yerevan. Aparan has a very beautiful nature and a small community of active young people looking forward to host an international exchange program in their town.

Important notice: as this project promotes healthy lifestyle and mindfulness therefore:

- at all stages the project will be alcohol free, which means - no alcohol at venues;
- the food provided during the project will be vegetarian only.



COVID 19 related information

Germany

To travel to Germany, various restrictions can apply depending on the country you are travelling from. For visits from EU states, states associated with Schengen, and other countries indicated in this [list](#), Germany allows unrestricted entry.

For other countries, as a general rule, entry is only possible for fully vaccinated people only, as for December 2021. The traveller must have received the last vaccination dose that is necessary for full vaccination at least 14 days before the date of travel, and the vaccine the person has received must be among those listed on the [website of the Paul Ehrlich Institute](#).

Armenia

To travel to Armenia, you need to have a vaccination passport or PCR negative test that was issued not later than 72 hours before your departure.

Additionally, all participants are strongly advised to:

- avoid being in close contact with other people 2 weeks before the course;
- keep good hand hygiene and avoid close contact with others;
- follow the applicable national quarantine rules within the hosting country and after return to the home country.

During the project all participants will be provided with masks and disinfection means.



Preparing for the journey

When you travel to Germany and Armenia, we advise you to bring:

- some traditional snacks and drinks from your country to share a little bit about your culture;
- comfortable cloth and shoes;
- some games or musical instruments to spend the evenings together;

For those of you who are not Armenian, we thought it would be useful to prepare a list of some Armenian words and phrases:

- Yes – (ayo)
- No – (voch)
- Thanks – (shnorhakalutyun)
- Please – (khndrum em)
- Sorry – (knerek)
- Hello – (barev dzez)
- Good morning – (bari luys)
- Good afternoon – (bari or)
- Good evening – (bari yereko)
- Goodbye – (Tstesutyun)
- How are you? – (vonc es?)
- I am well – (yes lav em)
- I do not speak Armenian – (yes chem khosum hayeren)



Program of the youth exchange

You can find the youth exchange's daily program through the links below:

German part: <https://tinyurl.com/44y9hbxv>

Armenian part: <https://tinyurl.com/j9ahx9er>

Please bear in mind that the program can change depending on new circumstances. We also kindly ask you to remember that the minimum of 90% of the program has to be attended. Unauthorized absence from activities and workshops is not permitted and may cost you your travel reimbursement.

To make sure that you will receive back the money you spent on the tickets, please preapprove your travel plan with the coordinating organization from your country before buying any of the tickets as there are some restrictions that has to be followed.

Please, don't forget to validate your tickets and save all the originals of all tickets and receipts. Without it we won't be able to make the reimbursement.

Other conditions

Please bring specific food and materials for the intercultural night.

Furthermore, we would like to create an international sweet box, which will be shared during the coffee breaks. Therefore, please bring your favorite sweet snacks with you.

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.).

If you have any questions or need further clarification, please contact:

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Partner Organisations:



***The project is implemented within
the ERASMUS+ PROGRAMME**

