



Erasmus+

**FAIRbund**



**ERASMUS+  
YOUTH  
EXCHANGE**



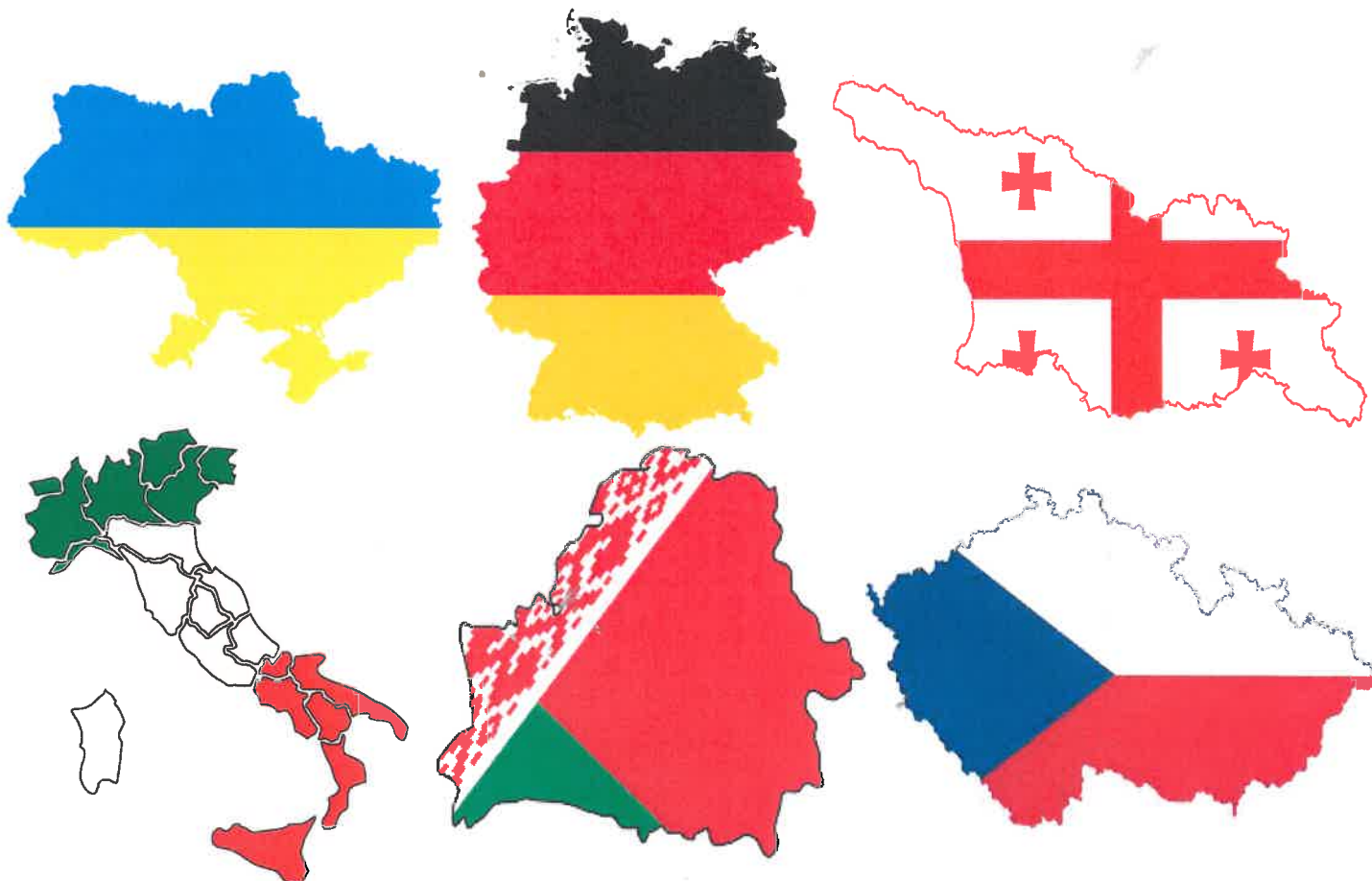
**„HEALTHY LIFESTYLE, SPORT & INCLUSION“**

**CARPATHIAN MOUNTAINS (Volosyanka, Ukraine)**

**10<sup>th</sup> October 2015 - 19<sup>th</sup> October 2015**

**<https://www.facebook.com/groups/951580641551034/>**

## **INFOPACK**



## DESCRIPTION OF THE PROJECT

Even though we have more time available for us than the preceding generations, still people find themselves under a huge performance pressure. Stressful work, lectures and exams often lead to difficulties to maintain a healthy lifestyle. The increasing digitization also increases the tempo of our life. The consequences of this are clearly visible: psychological exhaustion which manifests itself with time in the so-called „Burnout“; sedentary lifestyle and unhealthy eating habits cause obesity, problems with heart and blood pressure and the general discontent which in their turn affect the quality of life.

Youth exchange devoted to the topic „Healthy Lifestyle, Sport & Inclusion“ will take place in the Ukrainian Carpathian Mountains in autumn 2015 and will bring together 30 young people aged 18-30 y.o. from 6 European countries.

During the youth exchange we will show the participants that regardless of the hectic daily lives there are a lot of opportunities to keep ourselves up in a good shape. During various workshops we will touch upon the topics of health, nutrition and physical activities. In the focus of the programme there will be an intercultural dialogue among the participants concerning the topic. The aim of the youth exchange is to show to which degree a balanced lifestyle influences our psychological state and our work performance. Meanwhile we aim to develop in the participants a positive attitude towards sport and positively influence their eating habits.

The participants will themselves become active through sport, hiking in the Carpathian mountains and doing relaxation exercises and will feel what a huge influence movement has on our body. The framework of the project consists in looking into the actual studies on the subject, relaxing our bodies and minds.

## GENERAL INFORMATION (WHAT? WHEN? WHERE?)

**WHAT:** YOUTH EXCHANGE (ERASMUS+ PROGRAM)

**PROJECT TITLE:** HEALTHY LIFESTYLE, SPORT & INCLUSION

**VENUE:** CARPATHIAN MOUNTAINS IN UKRAINE – VOLOSZYANKA (ABSOLUTELY SAFE)

**PROJECT DATES:** APV 11.09.15 – 13.09.15; YOUTH EXCHANGE: 10.10.15. - 19.10.15.

**COORDINATING ORGANISATION:** FAIRbund e.V. - GERMANY

**PARTNER ORGANISATIONS:** YOUTH GROUP (UKRAINE), EUROPEAN YOUTH CENTER BRECLAV (CZECH REPUBLIC), RESEARCH-INTELLECTUAL CLUB „DIALOGUE OF GENERATIONS“ (GEORGIA), ASSOCIAZIONE ARTISTICA CULTURALE „A ROCCA“ (ITALY), LEAGUE OF YOUTH VOLUNTARY SERVICE (BELARUS)

## PARTICIPANTS PROFILE

For amazing 10 days in the ukrainian Carpathian mountains we kindly invite young people who is interested on the project-topic and feels motivated to learn more about other countries.

- 5 PARTICIPANTS FROM EACH COUNTRY (1 GROUP LEADER + 4 PARTICIPANTS)
- GROUP LEADER: NO AGE LIMIT; PARTICIPANTS: 18 – 30 YEARS
- 2 MODERATORS (1 FROM GERMANY & 1 FROM UKRAINE)
- ENGLISH KNOWLEDGE (AT LEAST A1)
- OPEN-MINDED AND CREATIVE PERSONS



## ACCOMMODATION AND FOOD & @

PARTICIPANTS WILL STAY IN THE HOTEL „ZAHAR BERKUT“ - <http://www.zaharberkut.net/>

ADDRESS: BOGDANA HMELNIZKOGO STREET 1, 82663 VOLOSZYANKA, UKRAINE

TELEFON/FAX: +38 (03251) 4-27-99; MOBILE PHONE NUMBER: +38 (067) 353-14-15

(participants are taking responsibilities for damaged by them items in the hotel)

ROOMS: 2 & 3 SINGLE-BED ROOMS

FOOD: 3 meals and 2 coffee breaks a day; Please inform us about special needs (vegan etc.)

INTERNET: WIFI (ONLY IN FREE TIME PLEASE)

## ADVANCE PLANNED VISIT

In order to discuss all the question and be better prepared for the project we decided to organise Advance Planned Visit (APV)

Dates: 11.09. - 13.09. (you can also arrive some days before APV and departure some days after APV, if you want).

Who: 1 group-leader from each country, but 2 from Ukraine and 2 from Germany.

Where/When: Meeting point **Lviv Main Station – Main Entrance** (I will hold a shield in my hand), **11<sup>th</sup> September at 4pm**, than by **train** (we will book the tickets) at **4:50 pm** from Lviv Main station to Slavske (2 hours) and than by mini-bus to our Hotel (15 minutes). We will stay for 1 night in the Hotel „Zahar Berkut“. Saturday – working day in Volosyanka and in the evening (at 7:27 pm or 08:41 pm) we are going by train back to Lviv and stay there in the hotel, so that you can take a flight on Sunday morning, if you want.



### Travel costs

CZECH REPUBLIC – 170,00 €

ITALY – 170,00 € (probably we will be able to reimburse up to 200 €)

GEORGIA – 170,00 €

BELARUS – 170,00 €

UKRAINE – 80,00 €

GERMANY – 170,00 €

**Reimbursement** of the travel costs: on the basis of the original tickets up to the max. amount. Please bring the original invoices + boarding passes.

EU-countries – bank transfer;

Non-EU countries: cash during the meeting;



### Travel Tips

**ITALY:** book separately – Palermo – Rom, Rom – Kiev (or Lviv), with ryanair to Rom (50-60 € both ways), than with ukraine international airlines to Kiev or Lviv. There are many trains on day going from Kiev to Lviv (also night train). Please let me know if you need any help by booking.

**CZECH REPUBLIC:** flight Prague – Lviv (via Kiev) with ukraine international airlines (160 € both ways); or by train/bus/car to Lviv;

**GEORGIA:** flight Tbilisi – Lviv or Tbilisi-Kiev;

**BELARUS:** flight Minsk – Kiev, than by train to Lviv or flight Minsk – Lviv, but it costs more...

**GERMANY:** flight Leipzig – Lviv (Kiev) or Berlin – Lviv (Kiev); or by train/bus/car.

## TRAVEL YOUTH EXCHANGE (10.10. - 19.10.)

Meeting point and time: 10.10. at 4pm at the main entrance of the MAIN STATION LVIV.

Departure: 19.10. - train Slavske – Lviv, than flight from Lviv or train to Kiev;

### HEALTH / TRAVEL INSURANCE

Every participant must have a travel/health insurance for the whole period of the project.

We are not going to insure the participants and

we can not defray the costs for any medical treatment of the participants.



### LOCATION & SOME FACTS ABOUT UKRAINE

First of all, don't be afraid to travel to Ukraine, because the conflict region (Donetsk) is 1.000 km far away from the project venue.

**Volosyanka** (Ukrainian: Волюсянка)— village (*selo*) in Skole Raion, Lviv Oblast, of Western Ukraine. It is located in the Ukrainian Carpathians within the limits the Eastern Beskids. The population of village is 1452 persons. Local government – Volosiankivska village council.

([https://en.wikipedia.org/wiki/Volosyanka\\_\(Skole\\_Raion\)](https://en.wikipedia.org/wiki/Volosyanka_(Skole_Raion)))



Capital City – KIEV (KYIV)

Currency – HRIVNA (UAH)  
(1 € - 24 UAH)



**Hello! – Pryvit!** **Bye – Poka! (Ciao)** **Good afternoon – Dobrogo dnya**

**YES – TAK** **NO – NI** **Thanks! – Dyakuyu!** **Please – Bud' laska**



**I don't understand**  
**Ya ne rozumiyu**

**nice to meet you**  
**duzhe pryemno**



## CONTACT INFORMATION:

### Coordinating organization:

FAIRbund e.V.  
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04157 Leipzig  
Germany



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Tel: +49 341 231 6122 (office)  
Fax: +49 341 2316120  
<http://www.verein-fairbund.de/euprojects/>

**PROJECT MANAGER:** SASHA (reimbursement; travel; SOS etc)  
Mobile phone number in Germany: +49 174 1381654  
Mobile phone number during the project: +380 63 8320603  
Languages: English; German; Ukrainian; Russian;



### MODERATOR (UKRAINE)

IRYNA (program, support)

E-Mail: [irenetehl@gmail.com](mailto:irenetehl@gmail.com)

Tel: +380 63 7131448



Languages: English; German; Italian; French; Polish; Ukrainian; Russian;

### MODERATOR (GERMANY)

MARJAM (program, support)

E-Mail: [marjam87@hotmail.de](mailto:marjam87@hotmail.de)

Tel: +49 152 57963667



Languages: English; German; Russian (approx. B1)