

ERASMUS PLUS TRAINING COURSE

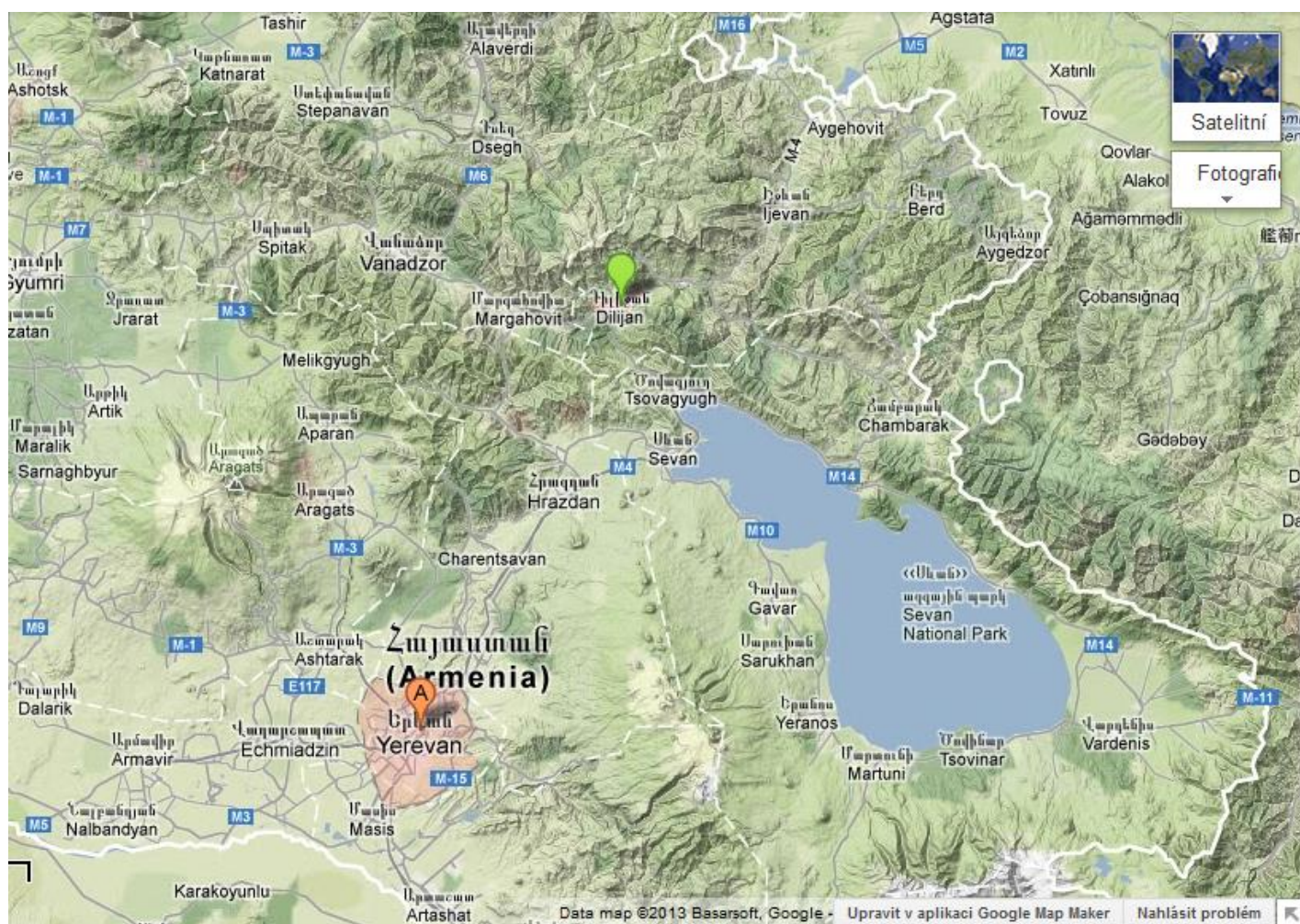
YOUTH EMPOWERMENT & PARTICIPATION (YEP)



22-30 NOVEMBER 2015
DILIJAN, ARMENIA

Come with us for a 8-days walk which can bring you one one step further on your way...

Armenia



Armenia is situated at a cultural, historical, and religious intersection and located at the crossroads between Europe and Asia, in the southern Transcaucasus to the north and east the Georgian and the Azerbaijan, while its neighbours to the west and south Turkey and Iran. Situated in the very southeastern corner of Europe, Armenia is a member of the Council of Europe. The country spans 29,743 square kilometers (11,490 square miles, about the size of Belgium or Maryland) of mountainous terrain centered around the Ararat Valley, the heart of the Armenian nation since biblical times. Ancient geographers called the Armenian Highlands the "Island of Mountains" or the "Rooftop of Asia Minor." In fact, the average altitude of the country is over a mile high, at about 1800 meters above sea level.



Armenia is often referred to as an open air museum. Tourists find over 4,000 historical monuments throughout Armenia, covering various periods of the country's history from prehistoric to Hellenistic times, and from the early to medieval Christian era.

Armenia was converted and embraced Christianity as its official state religion in 301. In 405 Mesrop Mashtots, the scholar, invented the Armenian alphabet, which is still in use today. Armenia is often described as "sunny" and it is a fact that the Ararat Valley has almost as much sunshine as Egypt – 2,700 hours a year.

Yerevan is the capital city of the Republic of Armenia, the 12th capital of historic Armenia and one of the oldest and continuously inhabited cities of the world. May you not be surprised, like many other guests of our capital, by the fact that Yerevan is 29 years older than Rome, the "eternal city". It is true indeed.

It is situated on the shores of river Hrazdan and is the administrative, cultural and economic center of the country. Its majestic peak and the rolling Ararat Valley are very much a part of Yerevan's cityscape (*you can see photo above*). Yerevan is one of the oldest cities in the world.

Yerevan truly comes alive in the summertime. With literally hundreds of cafes throughout the city, Yerevan's sunny days and cool breezy nights beckon all to enjoy a round of drinks among friends, an evening of ice cream indulgence, or the ubiquitous cup of coffee to sip and relax after a long day.



Dilijan

The training program will last 7 in Dilijan, one of the best resort towns of Armenia. Dilijan has a mild climate with a moderately cool summer and a warm and sunny winter, air heady with ozone, and mineral springs which are said to be as health-giving as the waters of Vichy in France. Because of all these qualities Dilijan works miracles with people who come here for treatment and rest. It is located in the northern Armenian province of Tavush. It will be a perfect space for all participants to work in a healthy environment and feel them closer to nature, far from the city noise.

For those who are interested in history and medieval architecture, Dilijan holds quite a few attractions. One of them is the Haghartzin Monastery (10th-13th centuries). It is to be found about seven kilometres up a stream which falls into the Agstev River to the northwest of the town. Another monastery, Nor-Ghetik or Goshavank, is situated to the east of Lake Parzich, 10 kilometres away from Dilijan.



PRISMS - MALTA

Prisms is a group of experienced youth workers/leaders that came together with the aim to cater for the requirements of young people. As an NGO, Prisms is always striving to provide informal and non-formal learning opportunities. PRISMS aims to empower young people, youth workers, youth leaders and all those interested in their own personal development, with the skills, tools, information and values necessary for personal growth and to be active participants within society.

YCCD - ARMENIA

YCCD NGO was established in 2006 and registered in 2008 on the basis of volunteerism of some young people with 4-5 years working experience in NGO sector. Youth Cooperation Center of Dilijan is a non-governmental organization with the mission to increase civic participation of young people for the community development. The main activities of the YCCD NGO include the spheres of Non formal education, Environment, Culture and Civic Participation with different target groups (children, youth, students, and teachers).

About the TC

What are the aims and objectives of this training course?

In today's society many young people tend to feel marginalised and unable to find their place. It is therefore very important that adults, in particular, youth workers and youth leaders encourage young people so that they can realise their capabilities and be actively involved within society. Youth participation and empowerment have indeed become very important issues in youth work and youth policy. Importance on these areas has also been given in the Erasmus+ programme since youth participation is emphasized as a precondition for active citizenship. Undoubtedly, a very important technique that can be utilised by youth leaders and youth workers to increase the participation of young people within the community/society is empowerment through coaching.

These issues will be tackled in this training course since we aim to reach the following objectives;

- empowering youth workers by practicing specific tools, exploring new educational theories of youth empowerment and participation
- enhancing participation, coaching and mentoring of youth workers
- assessment of good practices in empowerment of youth and inclusion
- improve knowledge, skills and attitudes of coaching
- understanding the relevance of the coaching process in supporting young peoples' active participation
- understanding how nature and outdoor activities can be used for youth empowerment
- supporting the creation of empowering and sustainable projects
- and develop cooperation with other organizations working in the same field within Erasmus + programme

These objectives will be reached through a number of hands-on activities thus equipping youth leaders and workers with new skills and competences related to empowerment and coaching..

Who can participate

Participants for this training course should:

- Be over 18 years of age
- Have experience in working within NGOs as youth leaders/worker
- Have a good level of English
- Are willing to apply their learning in their organization to act as multiplier
- And most importantly a lot of enthusiasm and 'can do' attitude

Application

All selected applicants must fill in the online registration form. Please click on the link and the required information:

[APPLICATION FORM](#)

Reimbursement

Please make sure you read the below information:

It is very important that when buying tickets you buy the most efficient mode of transport.

- When you purchase the tickets send a copy of the invoice/receipt to yep.prisms@gmail.com
- Hereunder you can find the maximum amount of money that can be reimbursed for travel. The Travel is covered by the lump sum provided by the distance calculator (see table below). By Travelling we mean, Buses, Trains, Flights and any transport you might take to arrive from home in your country to the hotel in Armenia. Please note that only the cheapest option will be reimbursed, therefore no 1st class tickets please!!! Choose your cheapest viable option to get from home to Dilijan, Armenia in Time. You have to make your travelling arrangements yourselves!!
- IMP!! Keep any receipts/tickets/boarding passes you might have since we cannot reimburse any tickets if we are not given these documents!!

Country	Number of participants per country	Travel allocated Lump Sum per participant
Malta	5 (including trainer and support staff)	€360
Armenia	5 (including trainer and support staff)	€0
Belarus	3	€275
Moldova	3	€275
Denmark	3	€360
Czech Republic	3	€360
Latvia	3	€360
Ukraine	2	€275
Germany	2	€360

Arrival: November 22nd, 2015 in **Yerevan/ Dilijan, Armenia**
Departure: November 30th, 2015 from **Yerevan/ Dilijan, Armenia**

Please plan your journey so that your arrival and departure is at these dates. Also, we kindly ask you to fill in the travel information in the attached file and send to the organizers.

Should you wish to spend more time in Armenia this is possible but you would have to cover the accommodation yourselves (up to a maximum of 2 days before or after the training course). We will be more than happy to suggest places of interest for you.



Photo of Dilijan

Transport Details

Most of you are arriving at Zvartnots International Airport. For more information about the airport, please visit <http://www.zvartnots.aero/>. While arriving, please look for someone from our staff with the TC logo.

In case of emergency or any travel changes please call or send a text message to:
 Artur: +374 55223214, +374 77 772505, Mkrtich Dallakyan : 00 374 55 08 08 10

!Please note that we will not arrange transportation from/ to airport for participants arriving earlier than November 22nd and departing later than November 30th.

Stay In Yerevan

If for any reason you will be arriving or departing outside of the above dates, we will not be able to reimburse you those costs that occur due to your longer stay. However, we can recommend hotels, means of travel, and other information when requested. [The Envoy Hostel](http://envoyhostel.com/) (<http://envoyhostel.com/>) and [The Grammy Hostel](http://grammyhostel.com/) (<http://grammyhostel.com/>) are ones that we highly recommend, they are relatively cheap and comfortable.

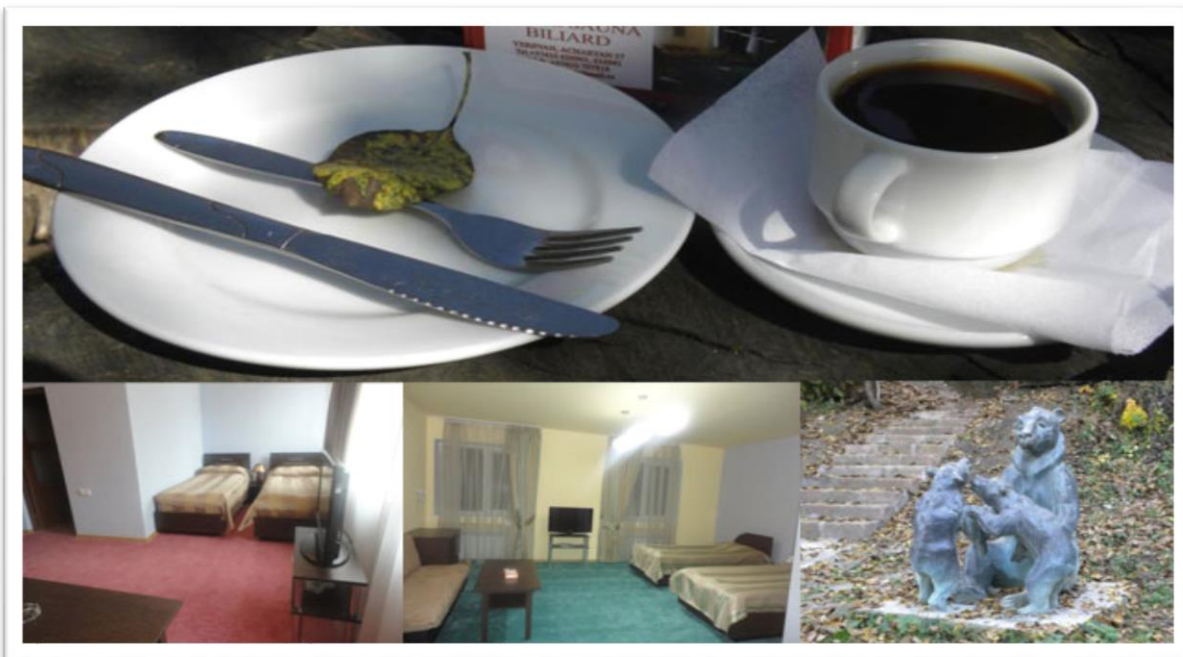
Visa

Participants from European Union and Eastern Europe and Caucasus countries do not need visa to enter Armenia. However, all participants will need a valid international passport.

! Please, check the validity of the passports before the departure –its validity must exceed the validity of the requested visa by at least one month!

Venue

The Training Course will be hosted at one of the most beautiful Resort towns of Armenia. [Dghyak Dilijan Pansion](#) is ready to host our TC, and provide comfortable rooms and territory to us. Here are some pictures.





Accommodation And Food

You will stay in double/triple rooms with bathroom and toilet in the room. You will be provided with bed sheets and towels. There are hair dryers in the rooms. The training room and dining room are located in the same building. Organizers will provide participants with three meals per day, coffee breaks and purified water. As we expect a rather diverse group, we will make sure both vegetarians and those who prefer meat to something else have what they like. We strongly recommend participants to inform the organisers IN ADVANCE about any special needs such as dietary, vegetarian or any other kind of special needs.

Checklist

What you need to bring with you:

 **Obligatory:** Proof of all the travel expenses you wish to reclaim: No payment will be made without a proof of your expenses! If you come by plane, please be sure to bring evidence of the sum actually paid (invoice, copy of credit card slip), a copy of the ticket and your boarding passes, or in the case of an email booking, a print out of the reservation confirmation and financial transaction. DO KEEP ALL FLIGHT/TRAIN/BUS TICKETS, BOARDING CARDS, INVOICES ETC WITH YOU AND DO NOT THROW THEM AWAY!!!

 **Obligatory:** Other Expenses: All other expenses during the activity, such as board, lodging and transportation, will be borne by the organizers. However, all participants' personal costs (like telephone calls, gifts and souvenirs, etc.) and/or any other cost not linked to programme's events have to be covered by the participants and will be settled directly by them.

- ✚ **Obligatory:** Food and drinks from your country/region for the intercultural evening obligatory: snacks from your country for the intercultural coffee breaks (every morning and every afternoon we will have the snacks for the coffee break provided by another country)
- ✚ **Recommended:** “Standard seminar equipment”: An alarm clock, any dictionaries you might require, music CDs and tapes, instruments that you may need, comfortable clothes, warm clothes to be worn both inside and outside, etc
- ✚ **Recommended:** Please bring all necessary identity documents (social and medical insurance, I.D. etc.) in the case of need

Weather

Usually in November it is cold in Armenia. The weather in Dilijan is very changeable. During the day it can be cold and after a while it can be rainy, so be prepared. The temperature varies from +12 to +14 C.

Money

The Armenian Currency is called ARMENIAN DRAM. In the shops US dollars and Euros are not taken. There are many places in Dilijan where you may exchange money (from Euros and US dollars). We recommend using cash instead of credit or debit cards as fees usually have to be paid when withdrawing money in Armenia.

Internet

There is WiFi Internet coverage only at the reception hall of the hotel.

Mobile Sim:

There are three mobile operators in Armenia: Beeline, VivaCell-MTS and Orange. You can buy SIM card also in Airport. It costs some 500 AMD (approx. 1 EUR) with 400 AMD charged.

Rules

You are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshops will not be permitted. We would really appreciate energetic and active participation.

Tobacco: In the Hotel area you can smoke only outside of the building.
Please respect all the rules stated above!

Contact

If you need any other additional information on logistics and organising please contact:

YEP Team

E-mail: yep.prisms@gmail.com

Have a nice trip !!!
& See you in **armenia**