



# Get Active Get Healthy Get Involved

10.07.2018-19.07.2018  
ARMENIA



**Venue: Armenia, Abovyan, Yerevan**

**Period: 10.07.2018-17.07.2018 (Abovyan)  
17.07.2018-19.07.2018 (Yerevan)**

**Age of participants: 17-23 years old**

**Number of participants: 5+1 leader**



# PROJECT SUMMARY

**Get active** -We want to promote active citizenship and healthy lifestyle through physical activities including sport, outdoor activities and different workshops.

**Get healthy** -The other aim is to promote healthy lifestyle and pushing youngsters to bring it into their daily life.

**Get Involved** -This is also part of active citizenship, but we want also youngster with fewer opportunities to be involved in social life and similar activities.

The project will promote healthy lifestyles through physical activities including sport and at the time will raise cultural awareness of participant. They'll learn about traditions and cultures of different countries. prepared program of Youth Exchange will help to foster social inclusion. Sport activities and traditional games will have a direct impact on active participation of young people in society. During these 8 days the participants will share their culture and traditions, will discover the similarities and diversity of cultures presented on youth exchange project. The project takes an asset based, person centered approach to getting inactive people into sport, into healthy, active lifestyle and social inclusion.



# The purpose of the project

- International cooperation
- Learning Mobility of Individuals
- Youth mobility
- Social dialogue
- Different key competencies including the youngsters with fewer opportunities
- Intercultural dialogue
- Peace building
- Barriers remove
- Make people active in society
- Learn about healthy lifestyle



# PROFILE OF PARTICIPANTS

A dark silhouette of a person's head and shoulders in profile, facing right. The person has long hair tied back, and a pair of large, feathered wings extends from their back, suggesting a theme of freedom, flight, or aspiration.

- have ability to use English as the working language throughout the project
- have willingness to fulfill an open and active role in the youth exchange
- have motivation learning and promoting importance of Healthy lifestyle and sport in our lives
- have the availability to attend the full duration of the project
- have an opportunity to share new information, skills and contacts within their own organization and youth in their countries

# WORKING METHODS

- Ice-breakers and activities to get to know each other
- Energizers
- Team-building and trust-building activities
- Simulations
- Intercultural and experiential learning
- Sport activities, competitions
- Creative working sessions
- Activities prepared and run by participants
- Brainstorming, discussions, debates
- Meeting with local organizations
- Intercultural learning activities
- Activities concerning prejudice, discrimination, racism, xenophobia
- Evening activities and free time







# ACCOMMODATION

**In Abovyan**

**10.07- 17.07**

*rooms will be shared  
between 2-3 participants*



**In Yerevan**

**17.07-19.07**

*rooms will be shared  
between 4-6 participants*

# TRANSPORTATION

The flight should be either to Yerevan (Zvartnots International Airport ) or Tbilisi-Georgia(Tbilisi International Airport), depending on the flight costs.

The driving distance from Yerevan to Abovyan is 25 km.

The driving distance from Tbilisi to Abovyan is 255 km.

We will pick you up at the airport, but We will need to get information about the trip in advance, so that we can organize the transfer from the airport to the venue.





# PROJECT COSTS

All the costs are covered in the frames of the project:

3 times food

Accommodation in Abovyan and Yerevan

Trips

Transfers

Materials for the activities

Travel budget per country: Armenia 20 EUR

Czech Republic 360 EUR

Spain 820 EUR

Georgia 180 EUR

Macedonia 275 EUR

Ireland 820 EUR



# WEATHER & CLOTHING

June is one of the hottest months in Armenia, so be prepared for the hot weather, (Hope it won't reach +50C° ; ) ). But DO NOT be afraid. We will be in Abovyan, which is not in the city center, so there will be a nice weather, but it may be a bit cold in the evenings, so don't forget a jacket.

## ALSO DO NOT FORGET

- Passport
- Authorization (for all under age participants)
- Tickets of plane
- Typical food or drinks from your countries for intercultural evening
- Bring national dance activities prepared.
- Comfortable Sport Shoes
- Sun glasses
- Your hygiene accessories
- Towel
- Flip flops
- Shoes for wearing inside of the hotel
- Swimming suites

And the most important thing **SMILE AND GOOD MOOD**



# About Armenia



Armenia (Hayastan in Armenian), officially the Republic of Armenia is situated between Europe and Asia, in Transcaucasia occupying 29.800sq/km area. Armenia is divided into 11 regions (Marz). The capital of the country is Yerevan. The population of Armenia is 3.2 million people. The country has a very homogeneous ethnic composition, 97.9% of the population are of ethnic Armenian origin. Among other minorities are Russians, Yezidi, Assyrians, Ukrainians, Greeks, Georgians, and Belarusians. Armenia has a very large diasporas, as an average of 8 million Armenians live in the world. Culturally, historically and politically, Armenia is considered to be a part of Europe. However, due to its location in the southern Caucasus, on the conventional boundary between Europe and Asia, we can say that it's an intercontinental country. Endowed with rich cultural heritage, Armenia is considered to be the first country to officially accept Christianity in the IV century (301).



# Staff

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**Leader**



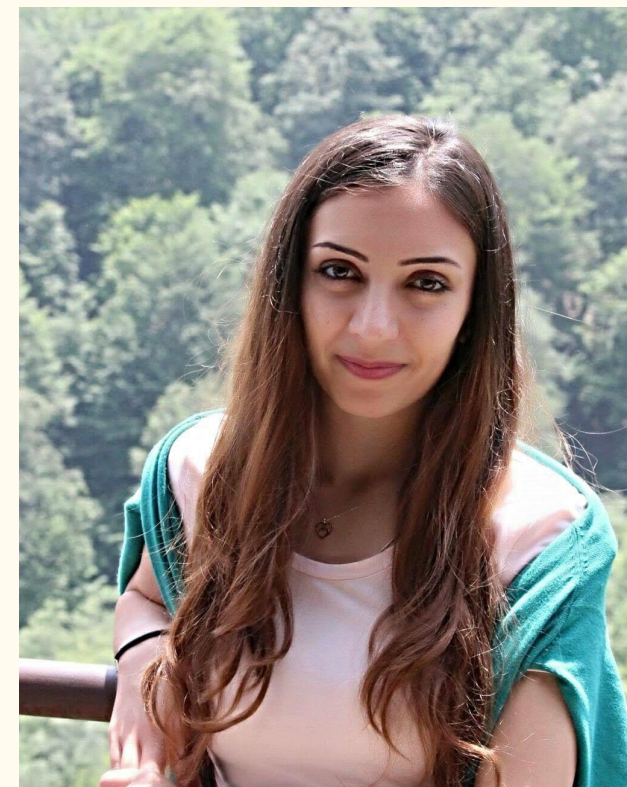
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