



YEREVAN, ARMENIA
25.06.2019-28.06.2019

APV

HEALTHY YOUTH

1 participant + 1 group leader

PROJECT SUMMARY



The project will promote healthy lifestyle through physical activities including sport and at the same time will raise cultural awareness of participants. They'll learn about traditions and cultures of different countries. The participants involved in the youth exchange will learn, see and explore different types of sports and healthy lifestyle as well as they will learn about the problems that youth have in other countries and try to rise and reveal it to the society. It hopes to initiate a change in culture whereby inactive people take small steps to being active in society, feeling encouraged to take part in sport and physical activities in an environment where they feel welcomed and comfortable, and getting to know about healthy lifestyle.

KEY ACTIVITIES

- Ice-Breakers And Activities To Get To Know Each Other
 - Team-Building And Trust-Building Activities
 - City Games
 - Sportive events and competitions
 - Intercultural Learning Activities
 - Other different workshops
 - Evening Activities And Free Time
- Erasmus+ Informational Workshops
 - Final - Sport Competition
 - Study Visits
 - Tours



PARTICIPANT ORGANISATIONS

ARMENIA

THE NETHERLANDS

CZECH REPUBLIC

MOROCCO

ITALY

UKRAINE

Future In Our Hands

Stiching Don Bosco Youthnet Nederlands

Proactive Mind

Forum Connecting Cultures In Morocco

Club Amici di Salvatore Quasimodo

Educatio

PROGRAM

25.06

Travelling to Armenia
Arrival Day

19:00 Dinner
20:00 Getting to know
each other
20:30 NGO fair

26.06

09:00 Breakfast
10:00 Sightseeing Tour
13:00 Lunch
16:00 Introduction,
Discussion of the
exchange draft
program Offers,
comments
19:00 Dinner
20:00 Walking tour in
Yerevan

27.06

10:00 Breakfast
11:00 Travelling to the
location of the
exchange (Abovyan)
12:00 Discussion
14:00 Lunch
15:00 Final agreements
17:00 Travelling back
18:00 Evaluation
19:00 Dinner

28.06

10:00 Breakfast

Departure Day
Travelling back

ACCOMODATION



JRs HOUSE
Rooms for 3 or 4
persons with shower.

A green bus is shown from a front-quarter perspective. The windshield is decorated with two large, black, spiky eyelashes. Below the windshield, a large, black, cartoonish smiling mouth with white teeth is superimposed on the bus's front panel. The bus has a silver grille with a diamond-shaped logo in the center, a round headlight, and a rectangular vent above the grille. The background shows trees and a clear sky.

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 Zvartnots Airport.

In case you arrive to Tbilisi we will arrange transportation depending on the number of participants flying to Tbilisi. We will provide with the additional information. (The costs from Tbilisi to the venue will be reimbursed in case it is still in your travel budget).

Travel allowance: You are allowed to stay in Armenia 2 days before or after the project.

Reimbursement: Travel expenses will be reimbursed up to the reimbursement limit after the project by wire transfer (upon providing boarding passes and receipts).

Meet the Team



**ANNIE
GRIGORYAN**

Project Coordinator of
FIOH



**TIGRANUHI
ALEKSANYAN**

Director of FIOH



**IRINA
MAKARYAN**

Project Manager of
FIOH