



ABOVYAN, YEREVAN, ARMENIA
09.09.2019-17.09.2019

HEALTHY YOUTH

All You Need to Know

VENUE: ARMENIA, ABOVYAN, YEREVAN

**PERIOD: 09.09.2019-15.09.2019 (ABOVYAN)
15.09.2019-17.09.2019 (YEREVAN)**

**Age of participants: 20-25 years old
Number of participants: 4+1 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



PROFILE OF PARTICIPANTS

- to have the ability to use English as the working language throughout the project (at least basic);
- to have a willingness to fulfill an open and active role in the youth exchange;
- to be interested in healthy lifestyle, sportive (not professional required)
- the availability to attend the full duration of the project;
- an opportunity to share new information, skills and contacts within their own organization and youth in their countries;
- to have a willingness to share the gained skills with his/her communities, to make the project to have multiplier effect.



VENUES

THE PROJECT TAKES PLACE IN SMALL TOWN ABOVYAN, ARMENIA WITH DIFFERENT TRIPS AND LAST TWO DAYS HELD IN YEREVAN. PARTICIPANTS WILL VISIT SEVERAL CENTERS AND PLACES WHICH SUPPORT YOUNG ARTISTS.



ABOVYAN

Abovyan is a town and urban municipal community in Armenia. It is located 16 kilometers northeast of Yerevan. The population of the town is 43,495. Abovyan covers an area of around 11 square kilometers.



YEREVAN

Yerevan is the capital and largest city of Armenia as well as one of the world's oldest continuously inhabited cities. It has been the capital since 1918, the fourteenth in the history of Armenia. The capital has 1,107,800 inhabitants. It covers 223 square kilometers.

ACCOMODATION

HIN PARVANA HOTEL

Rooms for 2 or 3 persons with shower.



HOLIDAY HOSTEL

Rooms for 6 or 8 persons with shower.

The image shows the front of a green bus. The windshield is decorated with two large, black, spiky eyelashes. Below the windshield, the bus has a smiling mouth with white teeth and a black outline. The bus is parked outdoors, and the background shows some trees and a blue 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.

You should arrive to the venue until 17:00, we can pick you up in the center (Republic Square next to the drinking fountains :D enjoy the fresh water until we meet you). There is a shuttle bus from the airport to Republic Square every hour (300AMD/0.60EUR).

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).

PLEASE do not come later than 19:00 since we have a night agenda prepared for you.

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).

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

The Netherlands 530 EUR

Italy 360 EUR

Czech Republic 360 EUR

Ukraine 275 EUR

Morocco 820 EUR



WEATHER & CLOTHING

As long as we will be in Abovyan,
which is not in the city center, so there will be a nice weather, in the day time hot and
in the evenings a little bit cool, so don't forget a jacket.

ALSO DO NOT FORGET

- Passport
- Authorization (for all under age participants)
- Tickets of plane, boarding passes
- Insurance
- Typical food or drinks from your countries for intercultural evening
 - Bring national dance activities prepared
- Comfortable Sport Shoes and sportive outwear
 - Sun glasses
 - Your hygiene accessories
 - Towel
 - Flip flops
 - Indoor shoes

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

IMPORTANT: THERE IS WIFI AT THE HOTEL, BUT THE SPEED IS OUT OF OUR RESPONSIBILITY!!!

PLEASE MAKE SURE THAT YOU ARE COMING FOR THE EXCHANGE AND WIFI IS NOT PRIORITY!!!



Meet the Team



**ANNIE
GRIGORYAN**

Project Coordinator of
FIOH



**TIGRANUHI
ALEKSANYAN**

Director of FIOH



**IRINA
MAKARYAN**

Project Manager of
FIOH