

# PEACE CAMP

## INFOPACK



**PART 1** - 4-12.10.2022, VAYK, ARMENIA

**PART 2** - 20-28.02.2023, KRANENBURG,  
GERMANY

Young people nowadays experience anxiety and stress in their daily life than in the past decades. Clinical depression hits only 6.8% of youngsters, but more than half of the young people reported living under high stress, causing persistent sadness, loss of interest in activities that they usually enjoy and an inability to carry out daily activities. We have created this youth exchange "Peace Camp" to enhance effective stress management and self-help techniques in young people, to help them break the hold stress has on their life, so they can be happier, healthier, more productive and peaceful.

# THE GOALS FOR THE COURSE ARE

TO IDENTIFY SOURCES OF STRESS IN YOUNG PEOPLE'S LIVES TO HELP THEM GET STRESS UNDER CONTROL.

TO MOTIVATE YOUNG PEOPLE TO TAKE PART IN FUTURE ERASMUS+ ACTIVITIES AS A WAY TO GAIN NEW KNOWLEDGE, EXPERIENCE, AND SKILLS.

TO PROVIDE SOME TECHNIQUES, THAT WILL HELP THE YOUNGSTERS TO STAY IN PEACE, SUCH AS MEDITATION, YOGA AND MINDFULNESS TECHNIQUES.

TO ESTABLISH A CREATIVE LEARNING ENVIRONMENT FOR MUTUAL LEARNING.

TO MOTIVATE YOUNG PEOPLE TO MAINTAIN BALANCE WITH A HEALTHY LIFESTYLE, AS HEALTHY EATING AND REGULAR EXERCISING.

TO CREATE A SPACE WHERE YOUNG PEOPLE CAN SHARE AND EXPERIENCE THEIR FEELINGS INSTEAD OF BOTTLING THEM UP, WHICH WILL HELP THEM TO VIEW STRESSFUL SITUATIONS FROM A MORE POSITIVE PERSPECTIVE.

# NUMBER AND PROFILE OF PARTICIPANTS

## PART 1 AND 2:

GERMANY, ARMENIA – 5 PARTICIPANTS;

BOSNIA AND HERZEGOVINA, CROATIA, ESTONIA,

GREECE AND UKRAINE – 4 PARTICIPANTS + 1 LEADER

The leaders should be at least 18 years old, and the age of the participants is 18-26 years old.

The participant should be a resident in one of the partner countries, highly motivated and is willing to actively participate during the whole project in both parts.

Language: English.





# PART 1: VAYK, ARMENIA

OCTOBER 4-12, 2022



# PROJECT VENUE



During the 1 part in Armenia we will stay in a hotel **"VAYK"** in the town of the same name: **10A Jermuk highway, 3801,**

**Vayk, Armenia.** More info about the location: [www.facebook.com/hotelvayk/](http://www.facebook.com/hotelvayk/)

Vayk town is located in Vayots Dzor region, 137 km from Yerevan-Meghri interstate highway. The hotel is located right in the center of Vayk. There are shops, pharmacies, a medical center, etc. near the hotel.

Every 2-3 participants will live in separate rooms and have their own bathrooms. Hot and cold water, air conditioning and free Wi-Fi are provided. We will have meals 3 times and a coffee break available during the day.

KEEP IN MIND THAT WE HAVE A NO STRONG ALCOHOL AND NO DRUGS POLICY DURING THE PROGRAM AND WE HIGHLY RECOMMEND TO NOT USE THEM AT ALL DURING THE WHOLE EXCHANGE, WITH INTENTION TO ALLOW SPACE FOR AUTHENTIC CONNECTION WITH YOURSELF AND WITH THE ONES AROUND YOU.

# TRAVELLING

**Arrival day is October 4, and departure day is October 12, by 12 pm.**

After landing at **Zvartnots International Airport in Yerevan** you can take a taxi to Yerevan city center or **the microbus (marshrutka) #201**. The microbus comes once every hour and costs 200 AMD (less than 50 cents). The taxi you can order online by these apps (and you can also add your card as a payment method in these apps): Yandex Go (Android Google Play, iOS App Store), GG Taxi (Android Google Play, iOS App Store). The taxi will cost around 2500-3500 AMD (~6-8.5 EUR).

**EWE will NOT REFUND the cost of taxi, so please use public transport.** For detailed rules on refunding tickets, read below.

On October 4 at 17:00 we will arrange the bus for all the participants from the city center to Vayk Hotel (we will tell you the exact location closer to the project time).

On October 12 in the morning we will arrange a bus from Vayk Hotel to Yerevan. From there you can take a taxi or microbus to the airport at your convenient/appropriate time.

# TRAVELLING

**BEFORE BOOKING & PURCHASING YOUR TICKETS please confirm the logistic options with us**, sending the screenshots to **anush.avetisyan.hk@gmail.com** and/or **eastwesteastnetwork@gmail.com**. Please look for flights as soon as possible. Tickets become more expensive, and if the total cost of the trip exceeds the specified limit, **the participant must cover the overcosts himself/herself.**

If you have purchased tickets for your flights without our confirmation, we cannot guarantee you a stress-free trip to our project-location, nor can we guarantee you a 100% refund if you exceed your travel limit. Thank you for your understanding.



THE LOCAL CURRENCY IN ARMENIA IS AMD (ARMENIAN DRAM), AND IT WOULD BE PRACTICAL TO EXCHANGE SOME EUR OR USD IN YEREVAN PRIOR TO ARRIVAL AT THE VENUE IN VAYK AS IN YEREVAN MOST PLACES ACCEPT CREDIT CARDS, BUT IN VAYK IN CASE YOU WISH TO GO TO THE STORE/MARKET, ONLY CASH MAY BE ACCEPTED.

# TRAVEL COSTS REIMBURSEMENT REGULATIONS



100% accommodation, food and program materials are covered under the Erasmus+ Program. Please note that the program does not include touristic trips, therefore in case you are interested in such possibilities we invite you to plan them for yourselves by arranging (on your own costs) some days before or after the project. You can travel +2 days before OR +2 days after the project.

1. The group leader should send all the booked tickets of their participants to the email **eastwesteastnetwork@gmail.com** no longer than 3 days before the project.
2. EWE covers travel costs for every participant to get to the project venue and return back to the home country if the total reimbursement sum per participant does not exceed the lump sum stated in Infopack. The Infopack is sent to every partner organisation before every project.
3. In case the total travel cost exceeds the stated limit, the participant should cover the overcosts by themselves.
4. EWE reimburses the money for flights, train and bus tickets as well as a cabin bag.
5. Any extra costs that were not agreed upon before and occurred to happen during the travel e.g. additional luggage, meal on board, fines and penalties for late check-in, oversized luggage, etc. should be covered by participants themselves.
6. EWE can book the flights to participants if it is agreed with the partner organisation. In this case group leader/coordinator should send the ticket proposal for the whole group travelling together from the home country to the project venue and back.



# TRAVEL COSTS REIMBURSEMENT REGULATIONS



7. EWE can book the flights only if the participant has all the necessary documents to enter the country of the project (e.g. participant already has a visa to the EU).
8. Should the participants come to the venue of the project not directly from their home countries e.g. via a long connection in a third country EWE does not book the flights in this case.
9. Should the participant break the project rules EWE has the right to eliminate them from the project and refuse travel costs reimbursement.
10. If the participant does not attend the sessions, EWE has the right to refuse travel costs reimbursement.
11. Reimbursement will be done after the project in cash and in €.
- 12. EWE will NOT REFUND any tickets that have been purchased by a travel agency.**
- 13. EWE will NOT REFUND the cost of taxi, so please use public transport.**

ARMENIAN PART: GERMANY - 510 EUR, ESTONIA - 340 EUR, CROATIA - 340 EUR, BOSNIA AND HERZEGOVINA - 340 EUR, GREECE - 255 EUR, UKRAINE - 255 EUR.

GERMAN PART: ESTONIA - 275 EUR, CROATIA - 275 EUR, BOSNIA AND HERZEGOVINA - 275 EUR, ARMENIA - 530 EUR, GREECE - 360 EUR, UKRAINE - 275 EUR.

# WHAT TO TAKE WITH YOU

We will have many possibilities for indoor and outdoor activities. Please, pack comfortable clothes and shoes. During the day the temperatures average at 20-25 degrees Celsius, and it gets colder by the night - 5-10 degrees Celsius. Remember to double check the forecast before you pack your bag. The venue will provide shampoo, shower gel, towels, beddings, and slippers.

- Don't forget to bring medication, insect bite treatments, allergy pills and whatever else you might need with you.
- Don't forget to bring health insurance (European Health Card as well if you have one) and COVID-certificate.
- We recommend to bring your own yoga/fitness mat or beach towel to use for outdoor activities and meditation.
- Your own bottle of water. We want to be eco-friendly and don't want to waste much water washing a lot of cups.
- Food/drinks from your countries for the intercultural night. It's a suggestion, it's not mandatory 😊



# CONTACT INFORMATION

More information needed? Feel free to contact us!

## YOUR TEAM GERMANY:

**Olga Sokolova**, (questions regarding participation, project's program, documentation: invitations, visa, etc.)

Email: [olga.sokolova.ee@gmail.com](mailto:olga.sokolova.ee@gmail.com) / Tel: +49 179 7266062.

**Daria Gaskova**, (reimbursement, project promotion in social media)

Email: [gaskovadaria@gmail.com](mailto:gaskovadaria@gmail.com) / Tel: +49 176 58873696

**Lenara Fazlyeva**, (reimbursement)

Email: [lenarafazlyeva@gmail.com](mailto:lenarafazlyeva@gmail.com)

## YOUR TEAM ARMENIA:

**Varsik Nikoyan**, (questions regarding venue, logistic, etc.)

E-mail: [nikoyanvarsik@gmail.com](mailto:nikoyanvarsik@gmail.com) / Tel: +374 41676562

**Anush Avetisyan**, (tickets confirmation, questions regarding venue and accomodation, logistic, etc.)

E-mail: [anush.avetisyan.hk@gmail.com](mailto:anush.avetisyan.hk@gmail.com)



YOU ALSO ARE INVITED TO HAVE A LOOK AT OUR WEBSITE: [EASTWESTEAST.DE](http://EASTWESTEAST.DE) AND FOLLOW US IN SOCIAL MEDIA!



EAST-WEST-EAST GERMANY:



INMOTION ARMENIA:



**EAST•WEST•EAST**  
GERMANY



Co-funded by the  
Erasmus+ Programme  
of the European Union



# PART 2: KRANENBURG, GERMANY

*FEBRUARY 20-28, 2023*



# PROJECT VENUE

During the 2. part in Germany we will stay together in a house "**Jugendtagungsstätte Wolfsberg**", **Wolfsbergstraße 10, 47559, Kranenburg-Nütterden, Germany.**

More info about the location: [wolfsberg.de](http://wolfsberg.de)



It is in a remote area in nature, chosen with intention to create a calm space for the group to focus on learning. The accommodation is simple and cosy, there are rooms with 4-6 beds and shared bathrooms, training rooms, areas to socialise.

You will be taking part in light housework such as daily cleaning after the meal time and during the evening program. These tasks are part of a learning process in a group environment. We will have meals 3 times and a smaller coffee break.

KEEP IN MIND THAT WE HAVE A NO STRONG ALCOHOL AND NO DRUGS POLICY DURING THE PROGRAM AND WE HIGHLY RECOMMEND TO NOT USE THEM AT ALL DURING THE WHOLE EXCHANGE, WITH INTENTION TO ALLOW SPACE FOR AUTHENTIC CONNECTION WITH YOURSELF AND WITH THE ONES AROUND YOU.

# WHAT TO TAKE WITH YOU

We will have many possibilities for indoor and outdoor activities. Please, pack some comfortable clothes and shoes. It gets colder by the night and we would spend some cosy evenings by the fire. Remember to double check the forecast before you pack your bag.

- For your personal comfort don't forget to bring towels, bathroom supplies, slippers, a hairdryer;
- Medication, allergy pills and whatever else you might need with you. Beddings are provided.
- Don't forget to bring health insurance (European Health Card as well if you have one) and COVID-certificate.
- Your own bottle of water. We want to be eco-friendly and don't want to waste much water washing a lot of cups.
- Food/drinks from your countries for the intercultural night. It's a suggestion, it's not mandatory 😊

## LET'S KEEP IN TOUCH

**MORE INFORMATION NEEDED? FEEL FREE TO CONTACT US:**

**OLGA SOKOLOVA, PROJECT MANAGER**

**EMAIL: [OLGA.SOKOLOVA.EE@GMAIL.COM](mailto:OLGA.SOKOLOVA.EE@GMAIL.COM) /**

**TEL: +49 179 7266062.**

**DARIA GASKOVA, PROJECT COORDINATOR**

**EMAIL: [GASKOVADARIA@GMAIL.COM](mailto:GASKOVADARIA@GMAIL.COM) / TEL: +4917658873696**

**FOLLOW US IN SOCIAL MEDIA**

