



Co-funded by
the European Union



YOUTH EXCHANGE

YOGA FOR PEACE

GEORGIA
FEBRUARY 3-11, 2024



INFOPACK



WHAT



Youth Exchange “Yoga for Peace” will support youth dragging much attention to their inner peace, and emotional, mental, and physical health behaviors while capturing the importance of peace. The YE involves Ukraine with an ongoing war, and other countries with different conflict history. That is why we think partnerships among these countries starting from youngsters are crucial in nowadays reality. The project will be implemented during Feb 3-11, 2024 in Bakuriani, Georgia, and gather 36 young people from the following 6 countries: Belgium, Georgia, Greece, Spain, Armenia, Ukraine.

OBJECTIVES

- To raise awareness about peacebuilding
- To gain an awareness of non-violent forms of conflict resolution and how non-violent methods and tactics can be effective in bringing about social change
- To practice Yoga to find inner peace
- To promote European values, interculturality, and break stereotypes
- To discuss and practice different ways of a healthy lifestyle



ABOUT US



JOETZ's mission is to be a health promoter for children and young people (3-30 years old) in Flanders and Brussels. We strengthen and support a sensitized and solidarity-based society able to develop the health and well-being of its children and young people in a high-quality, sustainable, and participative manner.

JOETZ wants to achieve this mission through various health projects (healthy workshops, online and offline health content, health campaigns), activities (children's and youth holidays, playground activities, children's events) & training (animator/youth leader training, training courses, peer to peer education) and does this for, by and with children and young people. This happens locally, supra-locally, and internationally.

As a health promoter, JOETZ wants to have an impact on children and young people, always starting from its youth work DNA: in a fun and playful non-formal way.

JOETZ's specific core tasks are health projects, activities & and holidays, training for our unpaid youth workers, international youth work, and giving a voice to young people through our online platform ZAPmag.

LightUP (non-profit (non-commercial) legal entity) is established by four youngsters. Founders of the organization have participated in numerous different international trainings and youth exchanges, have been volunteers and workers in various Georgian and Foreign NGOs where they have gained experience in organizing and implementing such projects. Over the last eight years they have obtained big experience working for public or private sector. LightUP was founded on the basis of these experience, views and ideas. They believe that organization's work field answers the problems and challenges that are actual in Georgia and Europe.

Light-UP's mission is to promote creation of educated, modern society and sustainable healthy environment through supporting youth growth and development.

Main goals of LightUP :

- Support professional and personal growth of youth by using non-formal education, intercultural exchanges, cooperation with international and local organizations and other tools.
- Support sustainable development by promoting healthy life-style and environmental protection.
- Support lifelong learning by promoting social entrepreneurship and professional education.

Team on the spot

Davit Daiauri, Georgia: Trainer, Coordinator :

A youth worker in the field since 2009. Had participated in, organized projects and been trainer under Youth in Action and Erasmus+ programs. Currently receding and working in Georgia as a youth worker, coordinating youth program involving over 500 young people.

Mariam Machavariani, Georgia: Facilitator:

has participated in Youth in Action and Erasmus+ projects. Organized 2 YiA and 1 E+ projects so far. Currently working as a part time projects coordinator at LightUP.



PARTICIPANTS

- 18-30-YEAR-OLD
- NO AGE LIMIT FOR GROUP LEADERS
- COUNTRIES: BELGIUM, CROATIA, SPAIN, GEORGIA, UKRAINE, ARMENIA.
- 6 PARTICIPANTS FROM EACH COUNTRY. 5 PARTICIPANTS + 1 LEADER.
- THE LANGUAGE USED WILL BE ENGLISH
- THE ACTIVITY IS OPEN FOR BOTH EXPERIENCED AND INEXPERIENCED PARTICIPANTS IN THE TOPIC.
- GROUP LEADERS WILL HAVE ADDITIONAL RESPONSIBILITIES AND WILL BE REQUIRED TO ATTEND AN ONLINE PLANING MEETING BEFORE THE EXCHANGE.

Engagement in the project

BEFORE

Follow-up of your emails/Whatsapp regarding the practical organization and presence during an online pre-departure meeting if necessary with the group (date tbd based on the possibility of participants).

DURING

100% active presence during the project.

AFTER

Follow-up on your emails/Whatsapp regarding the further practical/ financial handling and dissemination of the project.

Follow-up activities:

You will gain a lot of insight during the exchange. After 2 months of the project activities, we will ask how you will have used the gained experience in a written form.





MAIN ACTIVITIES

We are gathering in Bakuriani to act, eat and think healthy while dragging attention to our inner peace

Main activities during the project will be :
Workshops about conflict resolution skills

Yoga/Meditation

Peace space

Types of health

Cultural diversity

Sulfur baths

Other activities

And of course eat healthy and try adopting healthy habits like

* No Smoking

* No Drinking



PRACTICALITIES

The youth exchange will take place in Bakuriani in the “Noel Hotel Bakuriani”. See the hotel link below:
<https://www.facebook.com/noelhotel/photos>.

The hotel will be in compliance with all regulations and meet all health measures. The accommodation will be well-experienced by the organizing team and the quality of the service, food, and accommodation will satisfy the needs of participants and project activities.

Three meals and two coffee breaks will be provided daily, accustomed to the needs of the participants (f.e. vegan, vegetarian)..

Participants will be accommodated in 2-4 place rooms.



ARRIVAL AND DEPARTURE

The project team will provide transportation from the meeting point, to and from the project venue in Georgia.

Therefore we ask participants to arrive in Tbilisi before 3PM on the arrival day and plan their departure after 2PM on the departure day.



PREPARATION OF PARTICIPANTS



Weather in Bakuriani in February is usually between -10 and +1 degrees. So Please bring with you:

- Warm Clothes - Since it's cold and snowy in bakuriani
- Yoga mats (we will have some here too) and 2 pairs of loose clothes as we will do a number of yoga exercises
- Ski clothes/accessories - in case you have them and love skiing, since it's ski season in Bakuriani .Ski equipment and instructor cost approximately Euro 20 an hour. Please take into account that such costs are covered by participants.
- Swim Suite - in case you would love to experience sulfur baths :)
- Please bring your personal hygiene kit and medicines of your own necessities. Please note that towels are provided by the hotel, bring your own ones if you prefer.
- Please get ready for the intercultural evening, your country leader will help you to organize it before coming

Participants must have travel and health insurance (not covered by the project!).

Please, bring your European Health Insurance Card.

Working language: The working language will be English. For the quality of the project, it's important that you can express in good English. It doesn't have to be excellent, we all make grammar mistakes. But to avoid disappointments in the group it's important that you can express your feelings in English. Please, take this into consideration. There will be vocal sharing in all the sessions!

The local currency is the GEL (Georgian Lari).
Local time is GMT +4.



Your Travel Plan

- We expect you to draw up your own itinerary and travel plan. Your sending organization will support this where necessary. You can start looking for travel options before selection and find out the most ecological and economical option. However, **you can only buy the tickets after selection and approval!**
- After selection, send your travel plan to ngo.lightup@gmail.com. LightUP will approve only the most ecological and/or economical option. Travel must be economy/2nd class for a plane, train, or bus ticket. No taxi costs will be refunded unless there is no public transport that covers your journey. After approval, you can buy.
- Participants can use up to **2 extra travel days**. These days are NOT covered by the project regarding food and accommodation.

Keep in mind that you can only arrive at the venue between these dates. Thank you for respecting this request.

You pay yourself in advance for transport costs. Reimbursement takes place approximately two to three months after the end of the project and from the moment we are in possession of what is asked for (see costs and reimbursement).

A few days after the project you will receive an email from us regarding the procedure of reimbursement.



Possible travel days can be

Arrival 1/02 - Departure 11/02
Arrival 2/02 - Departure 11/02
Arrival 2/02 - Departure 12/02
Arrival 3/02 - Departure 11/02
Arrival 3/02 - Departure 12/02
Arrival 3/02 - Departure 13/02

REIMBURSEMENT

STEPS FOR REIMBURSEMENT

- The project is funded by the Erasmus+ program so reimbursement will be done according to the most recent rules of this program. Erasmus+ provides a fixed budget for transport with tram, bus, train, and plane according to the travel distance calculator indicated by the EU.
- If your transport to and from the project stays within this budget, you pay nothing. If you go over the budget you will have to pay for the difference.
- Reimbursement is only possible when:
- JOETZ is in possession of your personal details and all original tickets/boarding passes as proof of transport costs incurred. Therefore a Google Drive folder will be used.
- We are informed of your follow-up activity after the project is finished.
- Leaders have completed the online survey of Erasmus+ which will be sent to your email after the project.
- Reimbursement takes place approximately two to three months after the end of the project and from the moment we are in possession of what is asked for here above.
- Food, accommodation, and transportation are included only during the project dates. Overnight stays outside this period are at your own cost.
- There is no participation fee.
- Maximum travel reimbursement per participant per country





TRAVEL LIMIT

Country	Travel Budget Limit
Belgium	EUR 510
Greece	EUR 340
Spain	EUR 510
Ukraine	EUR 255
Armenia	EUR 160
Georgia	EUR 160

***Please note that €20 has been already deducted from the travel budget as the organizers will provide transportation to and from the project venue.**

YOUTHPASS

Youthpass is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes. So this also counts for your participation in this project. You receive the Youthpass at the end of the project or a few days after.

The responsibility to issue the Youthpass certificates to you as a participant lies with JOETZ.



Your privacy, safety and health

1.1. Privacy

Please note that all the partner organizations in this project may use audiovisual tools (pictures, videos, livestream, project movie) for the purpose of dissemination of the project results. If you do not wish to appear in these digital materials, please inform us.

1.2. Integrity

JOETZ attaches great importance to guaranteeing everyone's integrity before, during and after a project. We see it as the task of all parties involved to create a safe space for everyone involved during the project (being the trainers, facilitators, participants, ...).

Violation of integrity is any form of physical, sexual, moral or psychological behavior that someone believes is beyond their own or someone else's boundaries. Situations in which there may be a violation of integrity are, for example: aggression, sexually transgressive behavior, bullying, discrimination, peer pressure or pressure carried out from one person, etc.

Before, during and after the project, everyone is given the opportunity to make a report of violation of his/her integrity or the integrity of someone else. This can initially be done by email to the team coordinator of the international youth work of JOETZ which is Liselotte Bekaert (liselotte.bekaert@joetz.be). For more information [visit our website](#).

Of course everyone is free to talk about a violation with anyone involved during the project and with whom you feel safe. You ultimately decide whether to report this or not. If another person makes a report, we analyze the situation by contacting the victim concerned in all serenity. We never take any further steps without the victim's approval.

CONTACT US FOR ANY QUESTIONS!

For questions before, during, or after the project, send an email to ngo.lightup@gmail.com.

Once you are selected, we will be in contact with each other via email and WhatsApp. You receive all the necessary information via e-mail. WhatsApp will be used for sending reminders and sharing photos and information. If quick answers are needed or last-minute information needs to be distributed, we also use WhatsApp. This WhatsApp group can also be used by the team on the spot during the project.



Whatsapp



+995 598 543 151



+995 555 506 551