

Stay Healthier Outside

Second stage of the project

Youth exchange: **Adventure to live**

Georgia, Gombori 19/05/2017 – 28/05/2017



Project hosted by SOF Italy and ICPI under Erasmus+ programme

SUMMARY OF THE PROJECT

GOMBORI, GEORGIA

20 – 27 . 05 . 2017

Adventure to Live is a stimulating **outdoor camp** that gives participants several inputs related to healthy lifestyle and outdoor practices. Objectives of the youth exchange include, but are not limited to increased respect and care towards their health; the experience and importance of being in nature as an important component of maintaining a healthy lifestyle; stretching of the mind, body and sociality; motivation and input in reflecting on one's personal level of lifestyle and competencies in outdoor activities. We will show participants that, without special lessons and lectures, it is possible to gain competencies on how to live well with the help of outdoor activities, while enforcing the will of youngsters in enrolling in healthy lifestyle practices and outdoor activity and to become promoters of these among their personal and professional networks.

Activities will vary from group to individual, from moving to staying, from practical to talkative, in order to satisfy all learning styles and to stimulate participants completely. Participants will be considered an active part of the project and will be protagonist of its realization.

This call is **exclusive** for the Youth Exchange in Georgia .

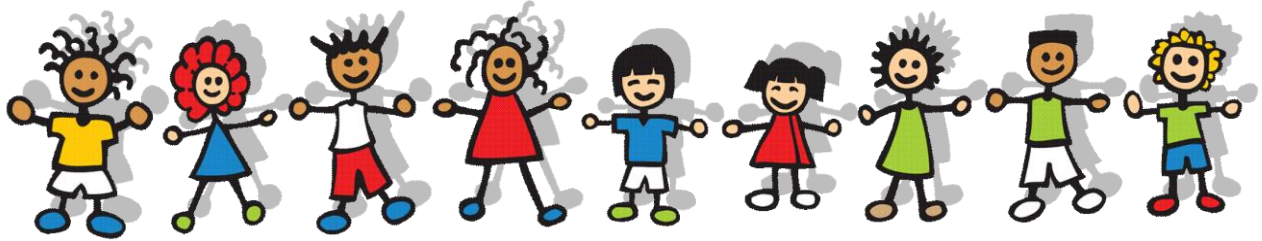
Youth Exchange "ADVENTURE TO LIVE"

19st MAY is arrival day, 28th May is departure day

"Stay Healthier Outside" is a two-stage project that aims to promote a healthy lifestyle among youth workers (training course) and youngsters (youth exchange) coming from the EU (Italy, Romania, Turkey, Poland) and the EECA region (Lebanon, Armenia, Ukraine, Georgia).

"ADVENTURE TO LIVE" is an intensive and stimulating **outdoor camp** that gives participants several inputs related to healthy lifestyle and outdoor initiatives and practices. Objectives of the youth exchange include:

- **Increase of respect** and care toward health;
- **Experience** and importance of being in contact with nature and the environment as a means for feeding a healthy lifestyle;
- **Stretching** of mind, body and sociality;
- **Motivation** and input in reflecting on personal level of lifestyle and competencies in outdoor activities;
- To show participants that without special lessons and lectures it is possible to **develop** competencies on how to live well through appreciation of nature and interacting in the natural environment;
- Encourage healthy lifestyle practices through **outdoor activity**, and to become a promoter of these among their personal and professional networks;
- Promotion of inter cultural curiosity and appreciation of **diversity**;
- Stretching of personal limits in order to **self-develop**;
- For group leaders, development of facilitation competencies);
- **Opportunity** to learn and share participants' experiences in the field of health and outdoors.



PARTICIPANTS' PROFILE

“Adventure to Live”: The second part of the program will have 42 . Participants in this program will be selected according this characteristics:

- Be **active members** of their organization;
- Have some **experience** in outdoor/scout methods;
- Be healthy enough to participate in the **outdoor** activities
- Be aware of what **camping** is and understand the lifestyle change it engenders (**i.e. no private bathroom, shared showers, lack of comfort, no internet, etc.)**)
- Have a **real interest** in healthy lifestyle and outdoor activity;
- Want to **improve** their quality of life and increase their competencies in the outdoors;
- Identify something that they would like to **change** in their lifestyle as a result of this youth exchange;
- Have at least an **intermediate** level of English;
- **Age preference: 18-30 (group leader can be any age).**

During the youth exchange selection process, priority will be given to participants with fewer a socio-economic opportunities, and those with a strong desire to learn new perspectives from interaction with nature. It is proven that youngsters coming from low socio-economic communities tend toward more unhealthy lifestyles and lifestyle choices.

SOF NGO and ICPI strongly support a gender balance among participants

Criteria for selecting group leaders of the youth exchange, among those youth workers applying during the training course, are:

- **motivation** and objective for covering that role;
- **contribution** they can give to the group as leaders and to participants of the exchange;
- **previous experience** as group leader or in delivering sessions;
- **outdoor** skills and lifestyle habits (i.e. we would not recommend to choose somebody that smokes);

- cooperating, involving, **team working**, delivering competences.

INTERNATIONAL CENTER FOR PEACE AND INTEGRATION (ICPI) will be hosting organization in **Georgia** for **42** participants as following in table:

Country	Number of participants
ITALY	6
Romania	5
Turkey	5
Lebanon	5
Poland	5
Armenia	5
Ukraine	5
Georgia	6

WHAT TO BRING WITH YOU?

- **Prepare for intercultural evenings by bringing from home:**
 - some dry/ready traditional food and drinks;
 - five A4 pictures of famous locations of your country and five usually unknown;
 - three objects representing your nation;
 - a curious story/legend/event in history;
 - one traditional song and dance (you can actually sing and dance);
- **Bring materials that are needed to carry out certain activities:**
 - sleeping bag;
 - flashlight;
 - a board game;
 - old t-shirt;
 - camera;
- **Medicines:** For preventive reasons we recommend for those who may have health problems to bring their own medicines for all your stay;

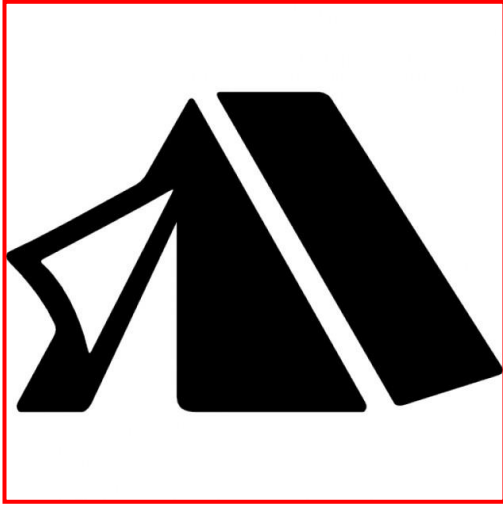


- **Bring your own towels and personal cosmetics** such as shampoos, gel, toothpaste, etc.;
- Cultural evenings will be organized during the YE where all the countries will present their culture (dances, songs, and typical food).
- Every participant from each country must be involved in the cultural presentations. We ask you to make it interactive (involving other participants): you can
- make a quiz, organize competitions, play typical games, teach a dance or a song, etc.
- Projector(s), maps are not to be used for presentations, and there are no facilities for preparing food in the hotel kitchen so please come ready with cooked food items.
- Please bring **information (leaflets, posters) about your organization** as you will need it in order to present your NGO. It will be a good way of establishing contacts;
- Any dictionaries you might need for a smoother communication in English.



SPECIAL NEEDS

If you have special needs such as vegetarian food, food allergies, food intolerance, etc., we would like you to formulate these in details to sofngo@gmail.com ICPI.Georgia@gmail.com
We will do our best to arrange all things with the venue.



ABOUT ACCOMMODATION

Concerning Gombori or the closest countryside, the camping area is a free location. The space is wind-protected and offers both sunny and shaded land. About 10 mins from the camping there is a small lake where it is possible to swim. At the same distance, a tiny river offers drinkable water. There are shared

toilets and sun-showers set by the staff. A generator provides the electricity needed for activities. Participants and staff will overnight in high quality tents (3-4 persons each) which are water and stretch resistant. Participants, through some workshops, will provide their own benches, cooking places and tables by their own construction with the assistance of the staff. There will be two big tents, one dedicated to sessions and one for dining. There will also be an open-air fire space around which many activities will take place.



INTERCULTURAL EVENING

During project we planned to arrange the Intercultural evening. You will present your own cultures – national, regional, personal or any kind of culture you feel you belong. This presentations/activity should not be just a “lecture” so try to find most creative way to show your culture. It means that all options are possible. A culture may be presented by a song, games, a story, poem, dance, some local special drinks or food, etc. So, **please bring a flag of your country, some traditional food, drinks and other stuff that you consider relevant.**



TRAVEL TIPS: There are airports both in Kutaisi (3hours by bus) and Batumi (half an hour), close to the venue of the project. If you cannot find cheap tickets for those airports, you can look for Tbilisi international airport. You will receive further information on how reach the venue of the project by email



SUPPORT Spot:

If you arriving to Tbilisi international airport, you can find a “support spot” at our social bar **“Generator 9.8”** and leave there your luggage for a while.

How to reach Generator9.8: Exit the airport and go to the bus stop in front of the airport (it is really small) and jump on the bus 37.

Ticket machine is on the bus (we use LARI (GEL), ticket costs 0.50 Lari, you can exchange money in the airport and keep coins with you for a ticket).

Get out of the bus stop which is in city center, called “Baratashvili street” (Kolmeurneoba) – according to the web page calculation it takes maximum 50 minutes. From there you walk way of the Dry Bridge. (In Georgian it is called Mshrali Khidi) which is just 5 min from bus station.

There you can find a Generator 9.8 (address: Atoneli street 29). If you arrive at night, there are no buses after 23:00. In that case there are two options: you wait till the morning at the airport and then you will take bus or you do not wait and take taxi which cost maximum 25-30 GEL.



TRAVEL REIMBURSEMENT DETAILS

Please keep your ORIGINAL invoices, receipts, tickets, boarding-passes or any other transport document.

Be careful, since without these documents, we could not reimburse your travel costs!

LIMIT FOR TRAVEL COST FOR YOUTH EXCHANGE IN GEORGIA

Country	Travel grant per participant
Italy	270 €
Romania	170 €
Turkey	170 €
Lebanon	170 €
Poland	270 €
Armenia	80 €
Ukraine	170 €
Georgia	20 €

! Note: Please note if you bought your ticket in your local currency which might be different than EURO, we will calculate your travel costs according to the exchange rates from official European Commission web-site: <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

!! Note: TAXI service won't be reimbursed.

!!! Note: Please make sure you have return tickets for all stages of your travel (return plane tickets, return bus tickets, etc.). Reimbursement will be given only on the basis of an existing ticket. No advance reimbursement for future tickets will be given.

!!! Note: Be aware that regarding your flights itinerary, excess /additional luggage will not be refunded

***DRAFT WEEKLY PLAN**

ARRIVAL DAY 19 MAY (Participants should arrive already in Georgia)

- Participants meet a staff member at the Station Square and from there, by bus, they all go to the venue of the YE (Gombori Range). Get to know each other in informal way.
- Informal evening and Welcome party

Day 1: 20 MAY

- Theme of the day: **Let's start**
- Ice Breaking Exercises & name games
- Rules of the YE; Comfort, Stretching, Panic Zones
- Session and Workshop on Youthpass
- The Iron Curtain

Day 2: 21 MAY

- Theme of the day: **Buildings structures**
- "From the first stage... with love"
- Challenges of outdoor activities connected to healthy lifestyle
- Forest Game
- Night around the fire

Day 3: 22 MAY

- Theme of the day: **Fire**
- Workshop on cooking on fire
- Walk to Gombori Lake
- "The Red Flower"

Day 4: 23 MAY

- Theme of the day: **healthy lifestyle and good practices of outdoor**
- Announcement of outdoor
- Living Library: Good and bad experiences of outdoors and lifestyles
- Social Night

Day 5: 24 MAY

- Theme of the day: **Adventure is coming**
- Preparation Outdoor mission
- Sharing the outdoor;
- Working on individual Youth-pass

Day 6: 25 MAY

- Theme of the day: **Outdoor mission**

Day 7: 26 MAY

- Theme of the day: **back space and time**
- Sharing and Evaluation the outdoor
- Self evaluation and goal setting
- Final Evaluation

Day 8: 27 MAY

- Theme of the day: **Looking to the future**
- Future projects and making the impact planning
- Erasmus+ and Youth-pass sum-up
- Luggage Closing and coming to Tbilisi
- Traditional Georgian dinner

DEPARTURE DAY 28 MAY

* Please be aware that activities in the weekly plan can be changed according to the needs of the participants

PARTICIPATING ORGANISATION

If you want to participate in this project, you are requested to contact sending organization from your country, via the following email address:

SOF ITALY, ITALY (APPLICANT)

sofngo@gmail.com

INTERNATIONAL CENTER FOR PEACE AND INTEGRATION (ICPI), GEORGIA (PROJECT COORDINATOR)

ICPI.Georgia@gmail.com gocha1gelashvili@gmail.com

FUNDACJA INICJATYW SPOLECZNYCH, POLAND

Fis@fis.org.pl

ASOCIATIA TINERILOR ACTIVI CIVIC, ROMANIA

atac.romania2010@gmail.com laurpetrea@gmail.com

"YOUTH BREATH" YOUTH SUPPORT NGO, ARMENIA

anijanyan@gmail.com

ULUSLARARASI GENCLIK DERNEGI, TURKEY

fatihgokyildiz34@gmail.com

NON-GOVERNMENT ORGANIZATION "UNIT", UKRAINE

helen.manko@gmail.com

WORLD YOUTH ALLIANCE MIDDLE EAST, LEBANON

jessica@wya.net