

PATH OF PEACEFUL WARRIOR

Aghveran, Armenia

08-14th of September 2013



About the Training



The Path of Peaceful Warrior training course will take place in Aghveran, Armenia in the beginning of September. The main aim of the project is to confront the widespread opinion about the aggressive and physical aspect of martial arts and to emphasize their peaceful aspects and holistic approach to the personal development.

The training course will bring together in Aghveran, a green area surrounded by forests, 26 participants from EU and ECA countries (*Hungary, Romania, Italy, Norway, Croatia, Belarus, Moldova, Czech Republic, Ukraine, Georgia and Armenia*) who consider outdoor activities as a non-formal education tool for the promotion of peace and healthy lifestyle. The objectives of the training course are.

- ✓ *To present martial arts to the participants as a complex of holistic system of individual development which includes physical, mental and spiritual aspects;*
- ✓ *To analyze the reasons of the popularity of unhealthy lifestyle among youth and to promote the idea of interconnection between healthy living of separate members of society and the whole society itself;*
- ✓ *To provide the participants with new tools for achievement of inner peace and conflict resolution from the perspective of martial arts;*
- ✓ *To generate new project ideas aiming at promoting healthy lifestyle and peace.*

We believe that martial arts and sports can be actively used as a tool for non-formal education and that through these tools in line with health and physical abilities, also inner peace, sense of responsibility, tolerance, patience and other mental and spiritual qualities can be developed.

Venue

The training course will take place in Aghveran, a small green mountain resort village in Armenia which is 47 km far from the capital Yerevan. The pure and fresh air will double the effect of breathing healthy exercises foreseen by the training programme every morning; while the surrounding forests will turn into a natural powerful energy source on the outdoor day of the training course planned by the programme.



During the training course participants will share rooms (two participants of the same gender).

Weather in Armenia: Armenian weather is characterized by dry and sunny summers and cold winters. The average yearly summer temperature varies from 15 degree Celsius to 30 degree Celsius in this mountainous region. Cool refreshing breezes blow from the mountains in the evening during this time. Make sure you have lights clothing as well as something warm to wear in the evening.

Weather in Aghveran: The average temperature in Aghveran during the first half of September is nearly 15-25°C.

Armenian VISA!

Since January the 10th of 2013 EU citizens do not need visa to enter Armenia. Participants from Croatia will have to take visa which is given on border. Please consider having 3000 AMD (about 6 EURO) with you to pay for your visa. You should ask for short term 21 days single entry visa. It is possible to exchange money in the airport just after your arrival.

Visa reimbursement will be done during the project and it will be **reimbursed 100%**. Please, ask for receipts and keep them!

Travel Arrangement

The organisers will reimburse **70% of your travel costs from your home city to Aghveran, Armenia and back**. Reimbursement of travel costs will only be done upon full attendance in the project programme and presentation of the original tickets with boarding passes and receipt/invoices.

The Reimbursement will be done in EURO and will be calculated according to the exchange rates of European Commission official website for the month of ticket purchase:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>.

Organisation	Country	Pax number	100%	70%
InnovaTeam Informal Group	Hungary	2 persons	670	469
Support for Youth Development	Romania	3 person	730	511
SCAMBIEUROPEI	Italy	1 person	730	511
CEIPES	Italy	1 person	740	518
RAPLECTION	Croatia	2 persons	780	546
League of Youth Voluntary Service	Belarus	2 persons	540	378
New Faces	Belarus	1 person	540	378
CREATORII	Moldova	3 persons	680	476
European Youth Center Breclav	Czeck Republic	2 persons	700	490
SIQA	Georgia	2 persons	100	70
Chernivtsi cell of allukrainian organization "PORA!"	Ukraine	2 persons	600	420
Norsk Taiji Senter	Norway	2 persons	620	434

! Note: The above mentioned travel costs are per person.

!! Note: Officially the project starts on the **1st of August**. Therefore you can buy your tickets ONLY after the **1st of August**. **Please, send us your flight details before buying the ticket!**

!!! Note: The above mentioned travel costs are for the costs from your home town to Yerevan. Minibuses from Yerevan Airport to Aghveran village and back will be arranged by the organizers which will costs 20 EUR per person.

!!!! Note: Please make the copies of your tickets and invoices before you come to the project.

!!!! Note: It is allowed to stay in Armenia 1, 2 days before and 1, 2 days after the event ONLY if there are no flights or the flights are considerably expensive on arrival/departure dates. Here is a comment made by the Commission 3.1 project officer on this issue: *"In case of non-availability of a flight ticket the expenses might be accepted conditionally. We would need a proof of non-availability of flights for the two consecutive days after the end of the Activity (prints from booking sites) and a declaration signed by the participant. The non respect of the rules will lead to the refusal of reimbursement of ineligible part of travel costs"*.

Therefore, we kindly ask you first to send us your flight details before buying the tickets.

You should arrange flights to Yerevan **Zvartnots International Airport**. **In case you** arrive to Tbilisi, Georgia you can either take a train or a minibus.

For those coming by plane the best flight connections to Yerevan are flights via Prague (Czech Airlines) and Vienna (Austrian Airlines). It might be also convenient for you to check out the flights via Moscow (Aeroflot).

All the participants will be picked up from the Airport, Train or Bus Station as well as we will arrange you with transportation to the Airport, Train or Bus Station after the project. You will receive more detailed information regarding picking you up and transporting to the project venue once we get your flight/minibus/train tickets information.

Please look at the Airport, Train/Bus Station for the **volunteer with a paper with the name of our project: "PATH OF PEACEFUL WARRIOR"**. In emergency cases contact our project coordinator, Anna - **+374 55 639779**.

Accommodation

You will be sharing a room with one more participant of the same sex at the Park Resort Aghveran. Bed linen and towels will be provided.

Note: The hosting organizations and their members can support you in arranging accommodation of those participants who arrive earlier to Armenia or decide to stay longer due to their flight non-availability or the flights are considerably cheaper.

!!!! Note: Please, keep more or less the gender balance of the teams.

Special needs

In case of having special needs, whatever kind they are of, please feel free to communicate these needs to us (allergies, traumas, physical limitations, disability, vegetarian, etc.)

Health Insurance

Health insurance is not provided by the organizers. All participants are required to purchase health insurance individually.

Preparation

We are going to have a session where all participants will present their organizations. So, please, bring some information materials about your organisation, photos and/or reports from former projects and other things which will help the group to learn about your organisations.

Do not forget to bring some national drinks and snacks for the intercultural evening. ☺

As this is a training course where martial arts and sports are considered as a learning tools, please bring some comfortable cloths to enable you to take part in the practical part of the training (morning exercises, outdoor activities, meditation sessions etc) It is also recommended to have warm cloths and sunscreen as the weather though sunny might be quit windy and cold (in the evenings).

About Armenia

You can find information about Armenia under the following links:

- ✓ <http://www.armeniainfo.am>
- ✓ <http://www.lonelyplanet.com/armenia>

National currency in Armenia is DRAM (AMD) and its value in euro is about 520-540 drams for 1 EUR. However, you can check the exact rate before you depart on the website of **Central Bank of Armenia** (www.cba.am). Payments everywhere in Armenia (except Airport) are accepted only in national currency. The best currencies for exchanging in Armenia are EUR, USD, RUB, and GEL.

Participants' Profile

From each organization there will be 1-3 participants. The potential participants should be:

- youth workers/youth leader or just young people using/wishing to use martial art and/or sports as a personal development tool,
- practicing any martial art and/or sports for the aims of personal development,
- speaking basic English,
- interested in setting further co-operation with other organizations.

WE ARE EXPECTING:

Please send the following information of your potential participant(s) by **the 5th of August 2013** to gevorgyan.school@gmail.com email address:

- full name (as written in passport)
- gender
- role in the organisation
- travel schedule and price
- email address
- phone number
- special needs if any

For any further information you can always contact

Anna Yeghoyan

Gevorgyan.school@gmail.com or anna.yeghoyan@gmail.com

+374 55 639779

or

visit our website: www.gevorgyankungfu.com

See you soon in Armenia!!!