

Youth Exchange "Together for Healthy Lifestyle"

Bakuriani, Georgia

22-29 October

2017

Erasmus+ Youth Exchange "Together for Healthy Lifestyle" will be implemented in Bakuriani, Georgia, from 22-29 October, 2017. Participants will be represented from 7 different countries: Austria, Germany, Italy, Poland, Moldova, Ukraine and Georgia, from European Union and from Eastern Partnership countries. Partner organizations were selected according to their motivation, working field/experience and contribution to the Youth Exchange. Young people who desire to obtain knowledge and experience regarding the Healthy Lifestyle, or problems regarding the subject in Europe and partner countries. Project includes Advanced planning visit in Tbilisi, Georgia 11-14 September. Applicant organization is Studenten Entwicklungsgesellschaft Österreich, Austria and hosting organization is Caucasus Youth Nexus, Georgia.

Main idea of the project is to learn and share local realities, best practices and knowledge regarding the young people motivated to follow the way of healthy lifestyle. Moreover, we include young people with fewer opportunities in our Youth Exchange, who has various economic, social and other obstacles. All the methods used during the Youth Exchange will be based on non-formal education principles: group work and discussions, group works, creative verbal presentations, creative workshops, inter-cultural evenings, team building and trust building activities, energizers, ice-breakers, reflection groups, art workshops, creating a guide book, hiking and etc. Sustainability of the project will be setting up a network of like-minded organizations and youth, creating of guide book that will be prepared during the project, thus after coming back to their countries they will keep working on the same issue, they will share this guide book and knowledge, experience to their organizations, universities, friends and etc.

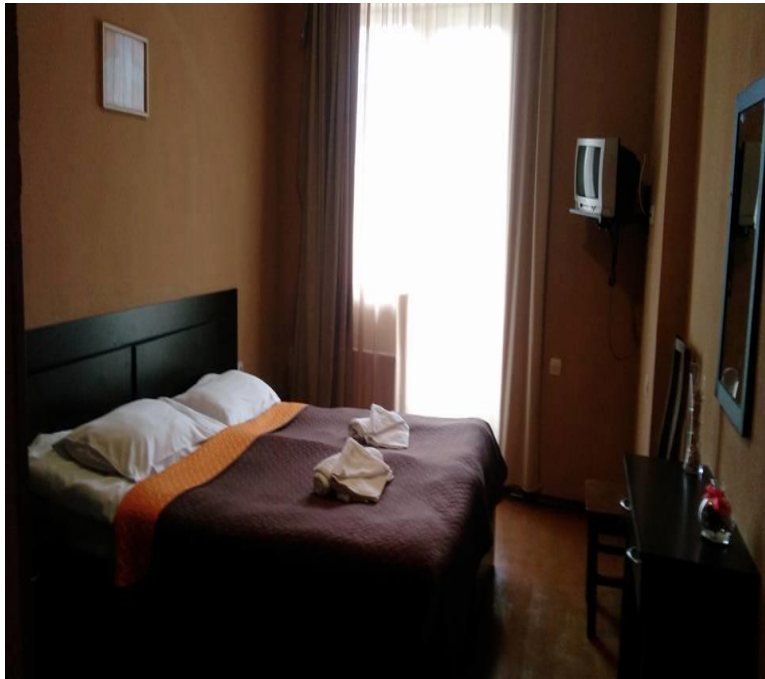
In the end of the project, all participants will obtain Youthpass certificate

Hotel and Meal

Youth Exchange “Together for Healthy Lifestyle” will take place in Hotel "Ritsa" Bakuriani, Georgia (<https://www.facebook.com/სასტუმრო-რიჭა-256489294537842/>).

Participants will be provided with meals three times in a day

All the participants will be placed in rooms with 2 and 3 persons



We took into consideration that some of the participants in our project are vegetarians or have some other dietary needs, thus respective food will be provided for them as well.

Bathrooms:

Each room has its bathroom

Conference Room/working room:

The working space is located inside to the hotel

Kitchen:

We will have opportunity to use hotel kitchen according to our exchange plan

Internet Access:

There will be available Wi-Fi connection, however we strongly encourage participants to communicate with other participants instead of interaction with mobile devices :)

Arrival in Tbilisi International Airport



As all of you should already know your destination airport is Tbilisi International Airport. According to your arrival time, we will provide you with taxi service from the airport to host organization's Office, (Ingorokva Street 14, Tbilisi) after the project from venue to airport. Travel dates are 22 and 29 October. On 22nd of October first group of participants will depart to project venue by mini bus at 10:00AM, second group will depart to project venue by minibus at 19:00PM. Approximate cost is 30 EURO total per person for both ways, this amount will be deducted from participants travel reimbursements.

Additionally, we included excursion and hiking in nearby areas.

Weather in Bakuriani

Generally, weather in this period of time in Bakuriani is cool, maybe cold, but it can be sunny as well. So, we strongly encourage you to take some warm clothes with you as well.

Additionally, you can check weather forecast few days before the exchange in Georgia:

web-page for weather forecast: <http://amindi.ge/city/bakuriani/ბაკურიანი>

What to bring/what to prepare

- Each partner will have a chance to facilitate a session. In order to do so we ask you to prepare one workshop for the exchange participants, related to healthy lifestyle learning/awareness (Take into consideration the whole number of participants will be 35). This activity can be funny, interactive, inspiring, participants will be able to learn something new. Session can last for 45 minutes each;
- Each partner organization's group will be asked to present national realities about the healthy lifestyle in their countries, so participants are asked to prepare the presentation in advance;
- Intercultural Evenings - We ask you to bring your national clothes, food, music, dances for the intercultural evenings, where each country will have possibility to have verbal presentation about their countries. We strongly encourage you to bring some ingredients in order to cook your traditional food as well, (we can use kitchen in the hotel!) and to teach others as well to cook your traditional food (maybe some basics);
- Bring comfortable clothes and shoes for the excursion and hiking;
- Be ready to teach your national songs, dances to other participants (at least some basic movements);
- **Bring positive and good mood**
- **Bring Smile! :)**

Reimbursement of Travel Expenses

Each participant according to their countries will be provided with fixed amount of travel expenses reimbursement (below you can check table #1 for detailed information)

Table #1 (Reimbursement amounts per participant)

Travel Reimbursement for countries (per person)	Amount (Euros)
Moldova	275 Euro
Ukraine	275 Euro
Poland	360 Euro
Italy	360 Euro
Austria	360 Euro
Germany	360 Euro

Important!!

In order to receive your travel reimbursement participants must provide respective documents: Remember, we will not be able to reimburse your travel expenses without providing documents mentioned below. In those documents we must be able to identify your first and last name, travelling dates and prices of the tickets.

- Airfare tickets (printed version of electronic ticket, or scan/copy of original ticket)
- Airplane Boarding passes (for both ways)
- Invoices issued by travel agency or respective institutions during the buying flight tickets
- Receipts issued by travel agency or respective institutions during the buying flight tickets (in case participants bought tickets via online web-pages or online banking, they must present statement from the bank account that payment had been made for clear purposes, in this case airfare ticket payment)

Documents collection:

Participants must provide organizers with all these document during the Youth Exchange in Georgia, so bring them all with you. Documents that will not be provided or can't be provided during the Youth Exchange (e.g back way boarding pass, some missing documents, etc) must be sent after the project to following address via POST:

Address:

Giorgi Gorgadse,

Porzellangasse 30/113 1090 Vienna, Austria

Currency Exchange

Currency exchange rates are subject to change time by time, current status can be found below:

1 Euro = 2.80 Georgian Lari

1 US Dollar = 2.40 Georgian Lari

Emergency Contact Information

Please in case of emergency during your stay in Georgia call at numbers:

+995 597 75 79 84 - Levan

+995 555 755 977 - Giorgi

or E-mail: caynexyia@gmail.com

Bakuriani, Georgia

Bakuriani (Georgian: ბაკურიანი) is a daba and a skiing resort in the Borjomi district of Georgia. It is located on the northern slope of the Trialeti Range, at an elevation of 1,700 meters (5,576 feet) above sea level.

The region around Bakuriani is covered by coniferous forests (mainly made up of spruce). The resort lies 30 km (19 mi) from Borjomi and is located within the so-called Bakuriani Depression/caldera. The resort is connected with Borjomi by an electrified narrow-gauge railway. The present-day area of the town was built up by the lava flows from the Mukherivolcano. The highest mountain of the resort used for skiing is called Mount Kohta at around 2,200 meters (7,216 feet) above sea level.

The climate of Bakuriani is transitional from humid maritime to relatively humid continental. The winters are cold and experience significant snowfall while the summers are long and warm. Average annual temperature of the town is 4.3 degrees Celsius. The average temperature in January is -7.3 degrees Celsius while the average August temperature is 15 degrees Celsius. The annual precipitation is 734 mm (28.9 in). The depth of snow from December to March is 64 cm (25.2 in). Bakuriani is also home to the Botanical Garden of the Georgian Academy of Sciences.

It was the home town of luger Nodar Kumaritashvili, who died during event training on the first day of the 2010 Winter Olympics in Vancouver, British Columbia, Canada. He lived in Bakuriani



for much his life, and the street he lived on was named in his honor after his death. Georgia's flag-bearing athlete at the opening ceremony, alpine skier Iason Abramashvili, also resides there; he thought of withdrawing, but ultimately decided to compete to honor Kumaritashvili's memory.

The 37 km Borjomi-Bakuriani railway "Kukushka" uses 912 mm track gauge.

A few km south of Bakuriani lies the trajectory of the Baku–Tbilisi–Ceyhan pipeline.



Some

Basic

Georgian :)

In order to have an idea about some basic Georgian words to communicate with locals or personnel in Hotel we will teach you some useful words

English	Georgia (Qartuli)
Hello	Gamarjoba გამარჯობა
Good Morning	Dila Mshvidobis დილა მშვიდობისა
How are you?	Rogor Khar? როგორ ხარ?
Thank you	Madloba მადლობა
You are welcome	Arafris არაფრის
Good/bad	Kargi/Tsudi კარგი/ცუდი
I do not understand	Ar Mesmis არ მესმის
What time is it?	Romeli Saatia? რომელი საათია?
I love Georgia	Me Mikvars Sakartvelo მე მიყვარს საქართველო

We wish you safe journey to Georgia and hope you will find this experience useful.

Looking forward to meet you! :)