

“The Art of Mentoring”

International training course on mentorship

Gyumri, Armenia

April 8 – 15, 2023



Practical Information

1. General Information about the TC

Gyumri “Youth Initiative Centre” NGO from Armenia and **Exploring Cultural campfire Opportunities** from Norway will host a 7-days international training course aiming at empowering mentors in European Solidarity Corps to provide adequate learning support to the ESC volunteers, therefore to raise volunteers’ capacity for future employment.

European Solidarity Corps (ESC) provides an enormous opportunity to young people regardless of their religion, race, culture, convictions, economic situation, political affiliation to build a more inclusive society, to learn, to live in a new culture, to gain unique experience and have a positive impact on community through their solidarity activities.

Throughout the whole process of a volunteering activity a mentor has an important role to empower volunteers in applying their skills and knowledge to real life, in providing learning support and guidance to acknowledge the development of competences for enriching job-related skills and being prepared for the job market.

This project is designed to enhance knowledge, transfer instrumental tools and methods to European Volunteering Projects Coordinators and Mentors to work productively with Volunteers in terms of raising their competitiveness in labour market.

Aim: To increase the quality of European Volunteering Projects through developing capacities of coordinators and mentors by equipping them with vital methods and tools to support and guide volunteers towards the development of competences for future employment.

Objectives:

To introduce to the participants a wide variety of means and instruments for supporting volunteers’ growth and development process.

To explore tools and methods which help to transfer competences (knowledge-HEAD, skills-HAND, attitude-HEART) gained in the European Volunteering Projects to further life and enhance employability of ex-volunteers.

To present different tools to reflect on key competences of Youthpass as a recognition of non-formal learning and Europass as an introduction of academic, training and professional accomplishments.

To provide space to the participants to present challenges and share best practices in European Volunteering Projects.

To build partnership network and peer learning support for further work on the local and international levels.

The anticipated **impact** of the Training is to ensure higher employability of ex-volunteers due to support and learning acquired in the course of European Volunteering Projects.

Methodology:

The TC is based on the principles of non-formal learning and will fartherly contribute to the recognition of it. The experienced project team will support learning process of participants, and also will help them plan the application of skills and knowledge.

2. Profile of Participants:

The project will bring together 22 participants. Age limits: **18 +**

The participants should meet the following criteria/have the following criteria:

- Involved as an ESC Mentor/Coordinator/support person in an accredited organizations,
 - Motivation and interest to take part in a mutual learning process in a very intercultural setting,
 - Good level of English to follow the course and ability to participate fully in the event,
- * European volunteers under the EVS/ESC programme are NOT allowed to participate.

! The participants are expected to participate fully in all activities. Unauthorized absence from activities and workshops will not be permitted and will result in cancellation of the travel reimbursements. We would really appreciate energetic and active participation!

Country	Organization	Number of participants
ARMENIA	GYUMRI YOUTH INITIATIVE CENTRE	2
NORWAY	EXPLORING CULTURAL CAMPFIRE OPPORTUNITIES	2
JORDAN	DESERT BLOOM FOR TRAINING AND SUSTAINABLE DEVELOPMENT	2
FRANCE	NOUVEAUDEPART	2
BULGARIA	SDRUZHENIE WALK TOGETHER	2
GEORGIA	YOUTH ASSOCIATION DRONI	2
UKRAINE	CENTER FOR EUROINITIATIVES	2
MOLDOVA	INSTITUTUL DE INSTRUIRE IN DEZVOLTARE "MILLENIUM"	2
ESTONIA	MITTETULUNDUS UHING CONTINUOUS ACTION	2
ITALY	IDENTITIES	2
GREECE	UNITED SOCIETIES OF BALKANS	2

The selected participants should fill in the following [Participants Registration Form](#) till the 5th of March 2023.

3. Project Team

MARIAM GHARAGYOZIAN



Project Manager
Armenia

ANITA LØVER



Project Coordinator
Norway

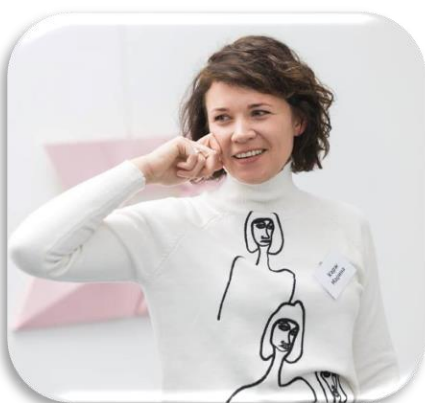
JULIETA SARGSYAN



Project Assistant
Armenia

Trainers

MARISHA KORZH



Belarus

ANNA YEGHOYAN



Armenia

4. Venue & Accommodation

The TC will be held in Gyumri – the city where the hosting organization is based and which is the second city of Armenia. The hotel where the participants will stay is called “Berlin Art Hotel” right in the city centre (Haghtanaki Street 25). The project venue is equipped with all the necessary facilities and conveniences. The participants will be accommodated in 2-beds and 3-beds rooms. Each room has private bathroom and toilets. Bed linens and towels are provided.



5. Travel:



As soon as you search for suitable flights, please contact us at mariam.gharagyozyan@yic.am and anita@svelgen.com to consult on the dates and times of your travel. By getting a **GREEN LIGHT** from the organizers, you are requested to book your tickets.

The travel details should be provided through filling in the following [Travel Form](#) till the 15th of March, 2023 in order to be able to arrange your meeting at the airport and transfer to the training venue.

ARRIVAL

Travelling to Yerevan

You should organize your travel to **arrive** in the capital of Armenia on the **8th of April**. According to the travel details provided beforehand you will be picked up at “Zvartnots” International Airport, Yerevan (<http://www.aia-zvartnots.aero>), where one of the organizers with the sign of YIC will be waiting for you at the airport or you will be provided with detailed instructions how to get to Gyumri.

Travelling to Georgia

As soon as you arrive in Tbilisi or Kutaisi you take public transport (in case of Kutaisi-at first a bus to Tbilisi) and from Tbilisi airport you need to take a bus number 37 and get off on Rustaveli street from where a yellow mini-bus number 133 should be taken to **Ortachala bus station or you will be instructed on how to take a train or a shared transportation to come to Gyumri**. You will be met at the Gyumri bus station or train station by the organizers with the YIC sign or you will be provided with detailed instructions how to get to the hotel.

You are kindly asked to be in Gyumri on the 8th of April until 16:00 (4 p.m).

In case there will be too many people flying to Tbilisi we will arrange a mini-bus which will take you to the project venue right from the airport.

DEPARTURE

The participants will be taken to Yerevan or to Tbilisi /according to their flight/ by the organizers or they will be instructed how to get to the airport. In case you want to stay longer you need to agree that with the organizers in advance (extra days are not covered by the organizers), otherwise your travel costs will not be covered by the project.

In case of emergency or any travel changes, please call **Mariam + 374 77477382** (also Viber and WhatsApp are available by this number).

! Note: The above mentioned information regarding your pickups, transfer to the training venue and drop offs is initial. It may be changed depending on the arrival place, time and number of participants. As soon as we have the final list of arrival days and times you will get more detailed and final information via e-mails.

!! Note: Don't forget to take your passports with you as you will not be able to travel to Armenia only with your ID cards.

6. Travel Reimbursement:

Reimbursement of travel costs will ONLY be done upon full attendance in the training and presentation of the original tickets with boarding passes and receipt/invoices. **Unauthorized absence from activities and workshops will not be permitted and if happening, may result in the cancellation of travel costs' reimbursements and/or expulsion of the event.**

Reimbursement for the countries coming outside of the European Union will be done during the training course in cash and for the EU countries will be done via bank transfer.

!! Note: Bring original invoices and tickets, print out e-tickets and keep your boarding passes. Price, currency, name of passenger, date of purchase and travel should be clearly visible on all documents; otherwise we will be unable to reimburse the travel costs.

!!! Note: If you wish to travel on other dates as the project's dates (April 8 –15), please ask for confirmation before booking the tickets (we accept 2 travel days before the event and 2 days after the event under the condition that no stop-overs are done on the travel).

!!!! Note: Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be

converted and calculated accordingly to the exchange rate of the month when the tickets were purchased, as stated in the official European Commission website at: https://ec.europa.eu/info/funding-tenders/procedures-guidelines-tenders/information-contractors-and-beneficiaries/exchange-rate-infoeuro_en

!!!! Note: The costs of pickups and drop offs arranged by the organizers from and to the respective cities: Yerevan/Tbilisi will be included in the travel and deducted from the overall reimbursement of international travel.

Please see the country-specific travel budget limits given below per person, per country which is given according to Erasmus+ distance calculator: **EC Distance Calculator**

The costs of travel will be reimbursed 100% according to Erasmus+ travel framework maximum up to:

Country	Amount
ARMENIA	23 EUR
NORWAY	530 EUR
JORDAN	275 EUR
FRANCE	530 EUR
BULGARIA	275 EUR
GEORGIA	180 EUR
UKRAINE	275 EUR
MOLDOVA	275 EUR
ESTONIA	360 EUR
ITALY	360 EUR
GREECE	275 EUR

7. Visa:

The participants will not need visa to enter Armenia.

Visa is required only for nationals of Jordan.

Visa to Armenia can be obtained:

- by E-VISA system
- at the border of Armenia
- at the Armenian Embassies and Consulates

More details can be found here: <https://www.mfa.am/en/visa>

8. COVID-19 rules:



Travelling to Yerevan

At the moment the passengers are NO LONGER REQUIRED to present a COVID-19 PCR test or a Certificate of complete vaccination against COVID-19 to enter the Republic of Armenia.

For foreigners, the entry to the Republic of Armenia continues to remain open both via air and land borders.

For further information and more details check [here](#):

Travelling to Georgia

Citizens of any foreign countries, traveling to Georgia via any route (by  air, land and  sea) are no longer obliged to present either Covid-vaccination certificate or PCR-examination negative result report from June 15, 2022.

For further information and more details check [here](#):

9. Participants' contribution

THE SELECTED PARTICIPANTS WILL BE ASKED TO CONTRIBUTE **25 EURO PARTICIPATION FEE EACH**.

The participation fee should be paid by the participant during the project dates in Armenia to the hosting organization. The participation fee is the contribution of each participant to cover the very small part of the project organizational expenses. The symbolic amount is the participant's contribution in the quality project.

10. Health Insurance

The insurance is the responsibility of the participants; please make sure you are covered with an insurance plan during your stay in Armenia!

11. Things to bring:



Each national group should present shortly their country and culture during the intercultural evening. Additionally participants may present food or whatever they prefer from their country and region and any other items about their country (brochure, pictures, costumes, etc.) that they want to share with the group.

12. Communication:

Sim Cards/Mobile Phones:

In case you need a Mobile/Sim card with Armenian number, please ask for it just after your Passport Control at the airport. There are 3 main operators in Armenia: Vivacell-MTS, U-Come and Team Telecom Armenia. In case you get a local Sim card you'd better choose Vivacell. 😊



Internet Access:

There will be Wi-Fi in the whole hotel building.

13. Money:



The Armenian Currency is called **ARMENIAN DRAM**.

Banknotes: 1000 DRAM; 2000 DRAM; 5000 DRAM; 10000 DRAM; 20000 DRAM; 50000 DRAM and 100000 DRAM.

As Coins DRAMS in low sum are being used, such as 10 DRAM, 20 DRAM, 50 DRAM, 100 DRAM, 200 & 500 DRAM.

If you want to see the specimens of banknotes and coins access the web site: <http://www.cba.am>

Approximate exchange rate is:

1 USD = app. 393 AMD

1 EUR = app. 410 AMD

In the shops US dollars and Euros are not taken. However there are many places you may exchange money in also pay with a card. The ATMs are widely spread. In public transport and local shops, they take just cash.

14. Weather



In April the weather is rather warm though evenings can be cold and windy. Have some warm jackets and clothes with you. It may also be rainy and cloudy, so jackets are a must!! For an accurate information on the weather, make sure you look up the weather in Gyumri www.bbc.com/weather.

15. Public Transport:



Public transports accept only cash in Armenia. The approximate cost of transportation:

Type	Cost
City bus or “marshutkas”	100 AMD
Taxi (in the city)	100-120 AMD per 1 km

16. Contact Information:

If you need help, have questions or need further information please contact:

On behalf of the hosting organization YIC

MARIAM GHARAGYOZIAN

Mobile: + 374 77477382 (also Viber and WhatsApp are available by this number)

E-mail: mariam.gharagyozyan@yic.am

Regarding travel reimbursement details, please contact **Anita Løver**

(on behalf of the applicant organization Exploring Cultural campfire Opportunities)

E-mail: anita@svelgen.com

Mobile: +479 1302768

Have a nice trip 😊

See you in

