



info-pack for an international training course



**"VolumeUp –
Volunteer Management Upgrowth"**

**01-09 October, 2018
Yerevan, Armenia**

General Idea:

Volunteerism, as a form of civic participation, can be a powerful mechanism for giving youth a voice in decision making. Studies show that engaging in volunteerism helps people take their first steps towards long-term involvement in development. But recently it becomes more usual for organisations to have gaps in bringing quality in volunteers' development.

The general aim of the training course “Volume Up” to give tools to the organizations working with youth and to improve the quality of volunteering by bringing to higher scale personal and professional development of the volunteers.

The 7-day training course will explore key principles in the development and promotion of voluntary opportunities for young people, good practice in recruitment and selection and range of effective and appropriate methods for the support and management of young peoples.

A variety of non-formal educational tools such workshops, debates, exercises, feedback and evaluation sessions, and cultural evenings organized by the participants will be integral parts of the project.

Objectives:

- Empower organizers of voluntary activities – to improve the quality of voluntary activities in order to facilitate voluntary activities and help organizers to implement new types of voluntary activities and to encourage networking, mobility, cooperation and synergies within civil society and between civil society and other sectors in an EU context
- Improve a quality of support systems for youth activities and a capacity of organizations engaged in youth work.
- To create a space for reflection on the meaning of volunteering in European, national, local and personal and professional contexts and create common standards on what a good quality volunteering means.
- To increase participants' awareness on the power and potential of volunteering as a tool of youth work, community development and inclusion tool for youngsters with fewer opportunities.

Dates:

The international training course will be organized from 1st - 9th of October, 2018 in Yerevan, Republic of Armenia. Duration of the course 7 days (+2 travelling days).

Travel dates:

Arrival: October 1st , in Yerevan, Armenia.

Departure: October 9th , in Yerevan, Armenia.

NOTE! You can arrive to Yerevan max 2 days before and stay 2 days after the project to see around or to travel. However, this should be done at your own expenses. The Hosting organization can help you to find a hostel for extra days, but you should bear those extra costs.

Participants and profiles:

3 participants per organization, in total 24 participants. The course is designed for youth leaders and youth workers, who represent organization working on a daily basis with young people.

List of Partner countries, number of participants and maximum travel costs

Country	Number of participants	Travel cost limit	Visa costs
Czech Republic	3	360 EUR	none
Romania	3	275 EUR	none
Armenia	3	20 EUR	none
Georgia	3	180 EUR	none
Belarus	3	275 EUR	none
Bulgaria	3	275 EUR	none
Italy	3	360 EUR	none
Germany	3	360 EUR	none

Participation fee:

Each participant will be asked to pay 30 euros participation fee during the training course.

Transport details:

It is possible to reach Yerevan through 4 airports: Yerevan International Airport (Armenia), Gyumri Airport (Armenia), Tbilisi International Airport (Georgia) and Kutaisi Airport (Georgia).

If you arrive to **Yerevan International Airport**: The participants landing in Yerevan will be picked up by the organizers.

If you arrive to **Gyumri Airport**: The transfer from Gyumri to Yerevan will be organized by the organizers.

If you arrive to **Tbilisi International Airport**: We will share with you details how to arrive from Tbilisi to Yerevan.

If you arrive to **Kutaisi Airport**: You have to take bus to Tbilisi (cost 20 GEL) and take the bus that will bring you to Yerevan.

Visa

Participants from European Union and Eastern Europe and Caucasus countries do not need visa to enter Armenia. However, all participants will need a valid international passport.

! Please, check the validity of the passports before the departure –its validity must exceed the validity of the requested visa by at least one month!

Accommodation:

The participants will be accommodated in Hotel Capital in Yerevan city centre. Here is the web-site of the hotel: <http://capitalhotel.am/>

Address of the Hotel: Aygedzor 53 B, Yerevan, Republic of Armenia

The Capital Hotel is a friendly and comfortable hotel located in Aygedzor area of Yerevan - one of the most beautiful areas in the city centre with a beautiful sight to ravine from balconies. It is located on 10 minutes walking distance from the city centre and 5 minutes from the Metro Station and Lover's Park.

Free Services:

- Wi-Fi Internet
- 24 hours Reception and Security
- Satellite TV
- Phone

- Air conditioning
- Hairdryer
- Single use sanitary-hygienic items

Rooms:

The accommodation will be organized in Double and Triple Rooms, 2-3 participants per room. Here are some photos from the hotel.



The Training Course

Application: All the participants should fill in the online Registration Form till 16th of July, 2018. This will help the trainers' team to develop the program that meets your expectations!

Here is the link to the Form:

<https://goo.gl/forms/FPwCakpNJk00J7nm1>

Language: The language of the course is English. Participants should be able to communicate in English.

Intercultural Evening

During a special evening we will share characteristics from our culture. We ask you to bring foods and drinks to share! You can also think of some other things to share with the group from your culture: stories, dances / songs etc. In case you play an instrument, it might be very nice to bring it. Just no power point presentation or country promotion videos, as it would be the best if you can share something in your own words! By the way, to present something from your culture does not mean it has to be something from your country: it can also be from a region, a city etc.

Homework and Daily Program

Two weeks before the Training Course we will send you a small homework to complete in your Country group. The Daily program will be also sent together with the homework.

NGO Fair

One of the aims of the Training Course is to develop cooperation and new projects between the NGO's/ That is why we are going to organize an NGO fair where every organization will have a chance to present itself. Make sure you bring some informational materials, flyers, booklets or publications representing your organization.

YOUTHPASS Certificates

All participants will receive a Youth Pass certificate in the end of the Training Course. Upon their request participants will get also Annex to Youth Pass with 8 Key Competences

Deadlines

JULY 8th – The participants are chosen by the sending organizations.

JULY 16th – The Registration Forms are submitted by the participants.

JULY 30th – The tickets are bought by the participants.

AUGUST 15th – The daily program and the homework is sent to the participants

Weather in Armenia

Armenia is usually referred to as a sunny country. Its climate ranges from dry subtropical to cold. The mountain peaks are covered with eternal snow, while their slopes are lined by alpine meadows. September is the ideal month for visiting Armenia with pleasant temperature and virtually no rain, except for possible thunderstorms in the mountains. More info: <http://www.meteo.am>

Currency in Armenia

Armenian national currency is the Dram (AMD). There are ATM machines and banks all around the city. Payments with VISA/Master Card credit cards are possible in most of the supermarkets, cafes, shops and restaurants. For the small local shops it's always good to have some cash. The exchange offices are located in the banks and some big supermarkets. No passport is needed to exchange money.



USEFUL CONTACTS

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