



INFOPACK

FIND YOUR INNER PEACE

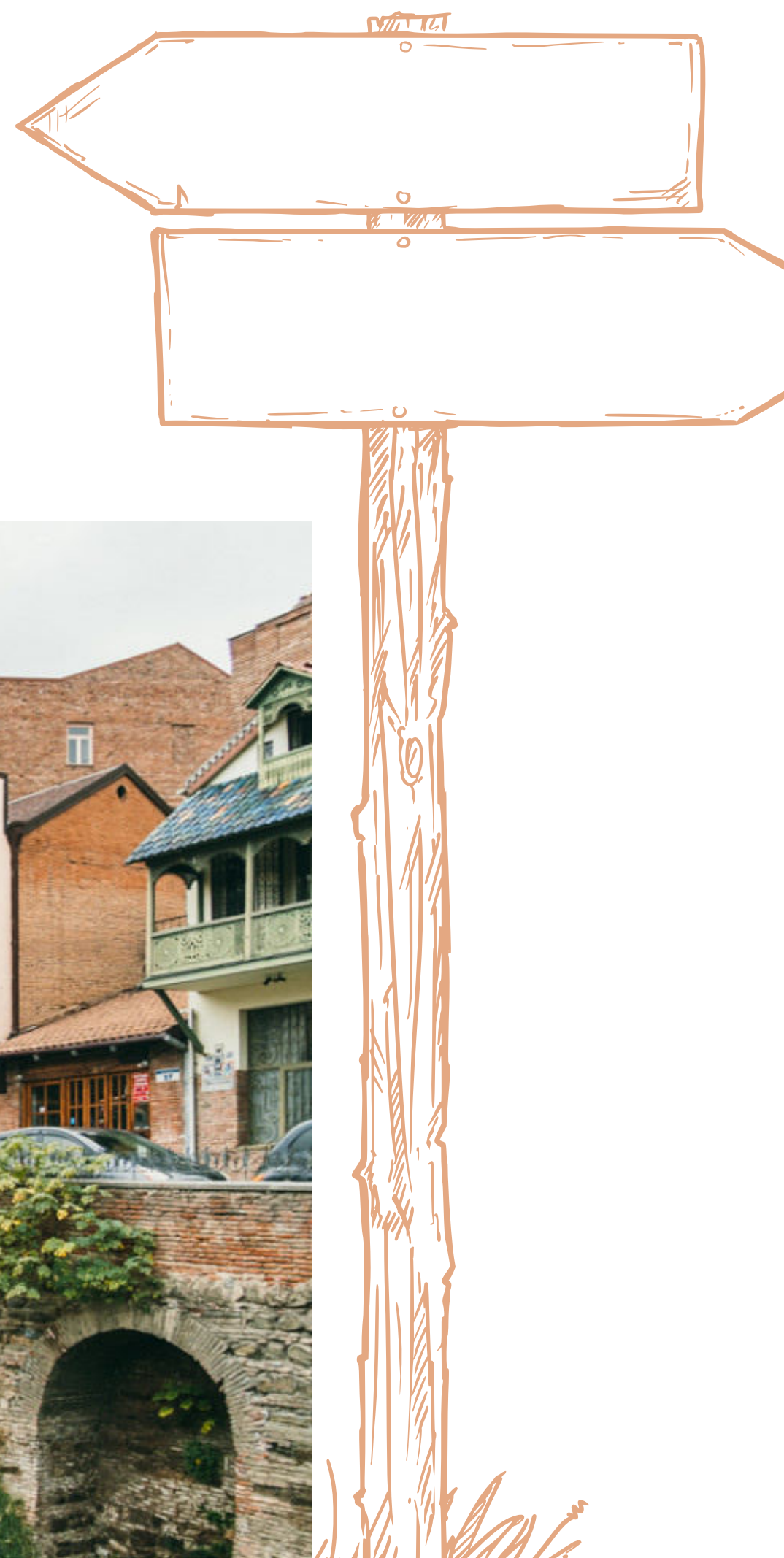
*“Quiet your mind.
Free your body.”*

**YOUTH EXCHANGE
13 - 22 SEPTEMBER 2021**

Bakuriani. Georgia

HERE YOU WILL FIND

- Project description
- Brief information about the hosting country
- How to get to the city centre
- Meeting point & time
- Accommodation & food
- Travel limits & reimbursement
- Weather & what to bring
- Cultural evenings
- COVID-regulations
- Practical information



PROJECT DESCRIPTION

Find your inner peace is an Erasmus+ youth exchange which will take place in Bakuriani, Georgia from 13 - 22 September 2021.

It is getting harder and harder to unwind ourselves, develop own ways, separate own views from societal ones, and develop critical thinking. It's difficult when our mind is constantly affected by overwhelming news, useless information, standardized & stereotypical views and approaches characterizing certain societies and cultures.

Internet has turned our existence upside down. We organize our knowledge about the world around us by sorting and simplifying received information from different sources. Therefore, we create cognitive schemes, which are certain representations of the reality displaying its most typical and fundamental elements and properties. These schemes are responsible for defining the essence of our worldview and have a significant influence on social cognition – understanding, anticipation, situation and emotion control.

In order to try to avoid this, through this project we would like to give the participants a possibility to be more aware of themselves and their lives, own fundamental values, views, personal attitudes, decisions and actions.

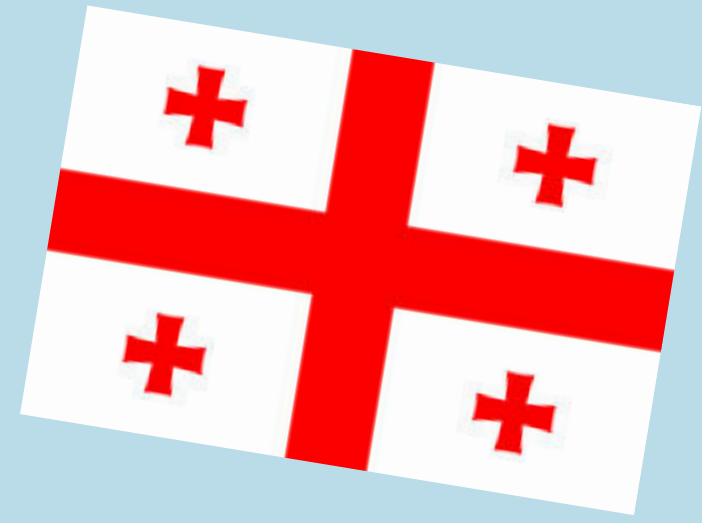
The project guides the participants to find new ways of personal development, self-expression and self-transformation through experimenting various methodologies of yoga, meditation, body-movement, massage, music and breathing techniques.

PARTICIPANT PROFILE

- Between 18-30 years old (no limits for group leader)
- Resident in the country of their sending/receiving organization
- Balanced gender
- Basic level of English
- Readiness and availability to be actively involved in the project
- Experience/interest in one of the following fields: yoga, meditation, coaching, massage or dance



WELCOME TO GEORGIA



Total area: 69.700 km²



Time zone: GET (UTC +4)



Capital city: Tbilisi



Currency: GEL

1 USD = 3.08 GEL

1 EUR = 3.62 GEL



Population: 3.591.000



Official language: Georgian



Prefix code: +995



**IN CASE OF
EMERGENCY
CALL 112**



How to go to Tbilisi's city centre from Tbilisi airport

Exit the airport and go to the bus stop in front of the airport (it's really small) and jump on the bus 37 (the buses are going 24 hours). 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). The bus stops in Tbilisi in "Liberty square".

How to go to Tbilisi's city centre from Kutaisi airport

Directly from the airport you can take a bus to Tbilisi (price: 20 Lari/GEL). The buses are going according to the flight arrivals, check the website for more information (<http://georgianbus.com>).

The bus stops in Tbilisi on Freedom square and Rustaveli metro station.

MEETING POINT & TIME

Participants need to arrive to Tbilisi city center on the day of arrival.

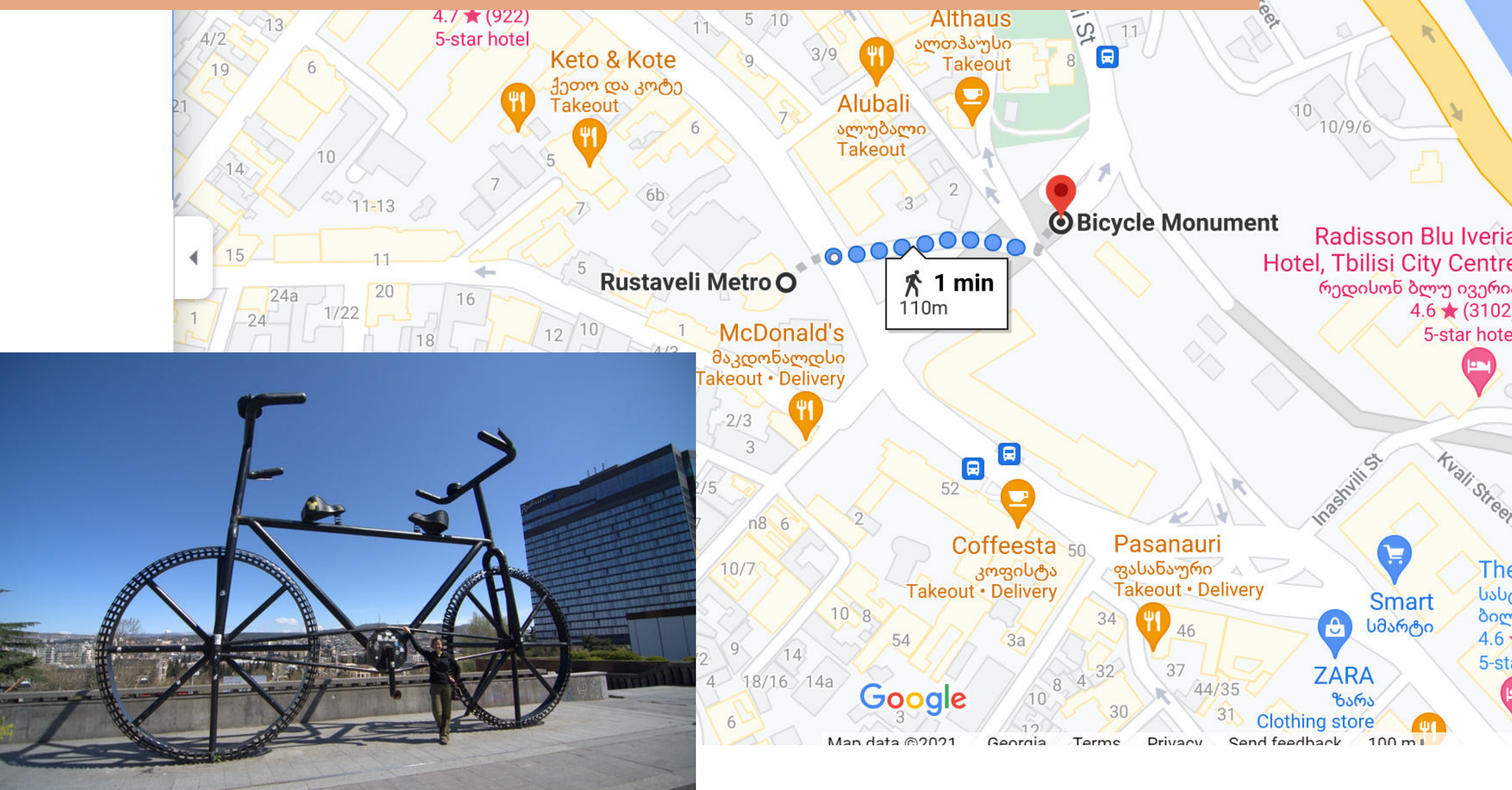
Meeting point: the **BICYCLE STATUE** on the Republic square, next to metro station "**Rustaveli**".

Meeting time: **15:00 on Monday 13 September 2021.**

Georgian participants will meet you there with a big paper with the name of the project on it. A bus will take us all together to the venue in Bakuriani.

Make sure that you are **ON TIME**. The bus will not be able to wait for late people.

DEPARTURE: On the last day of the project, we will leave again from the project venue after lunchtime. Participants will be back at the meeting point in Tbilisi around 17:00 on 22 September 2021.



ACCOMMODATION & FOOD



The training will take place in the "Hotel Eco House" situated in a picturesque landscape of Bakuriani in which is located in the Borjomi district on the northern slope of the Trialeti Range at an elevation of 1700 meters above sea level.

Participants will be allocated in three-bedded and four-bedded rooms. Every room has a bathroom. Rooms will be divided according to the same gender, but different nationalities.



About food:

- each day there will be 3 main meals and two coffee breaks with fruits;
- Accustomed to vegan, vegetarian and halal diets;
- Consumption of local and organic food is the advantage of this venue.

Before the project start the participants will be asked about their special needs and organizers will maximally satisfy all the needs in frame of the project.



Wireless internet connection is available in the hotel.

TRAVEL REIMBURSEMENT

STEPS for reimbursement:

1. After selection, you can start looking for travel options
2. Send your travel proposal to inner.peace.erasmus@gmail.com
3. Wait for our confirmation before you buy the tickets!
4. You will receive a link where to upload your tickets
5. Keep **ALL** paper boarding passes and tickets with you and hand them over during the project
6. Paper tickets and boarding passes from your return travel should be send by post to the applicant organization
7. Reimbursement will be made in cash during the project.

100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+.

It is necessary for participants to have **travel and health insurance** (not covered by project).

Only the most economical transportation will be reimbursed! Travel must be economy/2nd class for a plane, train or bus ticket. No taxi costs will be refunded unless there is no public transport that covers your journey.

Due to COVID, we strongly recommend to buy **refundable or flexible tickets**.

COVID tests are **NOT** covered: Since the project was applied before COVID we have no budget for the tests, unfortunately.

Participants can use up to **2 extra travel days**. These days are **NOT** covered by the project regarding food and accommodation.

Possible travel days can be:
Arrival 11/9 - Departure 22/9
Arrival 12/9 - Departure 22/9
Arrival 12/9 - Departure 23/9
Arrival 13/9 - Departure 22/9
Arrival 13/9 - Departure 23/9
Arrival 13/9 - Departure 24/9

TRAVEL LIMITS

COUNTRY	PARTNER ORGANIZATION	PARTICIPANTS	TRAVEL LIMITS
Italy	Fondazione Istituto Morcelliano	4 + 1 leader	268 Euro
Spain	Associacio Globers	4 + 1 leader	404 Euro
Ukraine	Charitbale Organization	4 + 1 leader	200 Euro
Estonia	NGO Loovkeskus	4 + 1 leader	268 Euro
Armenia	Future in our hands NGO	4 + 1 leader	124 Euro
Russia	AEGEE-Moskva	4 + 1 leader	200 Euro
Portugal	Aventura Marao	4 + 1 leader	636 Euro

Please note: Applicant organization has to operate with a reduced budget - the travel limits are a **bit less than usual**. But together with the partner organizations, we accepted the challenge to implement the project with limited budget.

20 Euros have **already** been deducted from the travel limits in order to cover transportation **from Tbilisi to Bakuriani** and back during the project.

Important: Please wait for our confirmation before buying the flight tickets. Thank you!

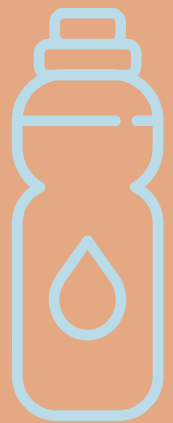


The project team will provide transportation from the meeting point in Tbilisi, to and from the project venue in Bakuriani. Therefore we ask participants to arrive in Tbilisi before 2PM on the arrival day and plan their departure not earlier than 6PM on the departure day.

WEATHER & WHAT TO BRING



Bakuriani has mountain weather. The average temperature in Bakuriani in this period can range during the day from 10°C to 21°C, mostly it's sunny but there might also be rain, therefore participants must bring appropriate clothes for weather conditions. At night temperature drops and it might be cold (0-9°C). Take warm clothes for mornings and evenings.



Refillable bottle/cup for water. Plastic cups won't be available.

Hygiene necessities, any medicine that you use.



Comfortable clothes in which you are able to move, outdoor & indoor shoes

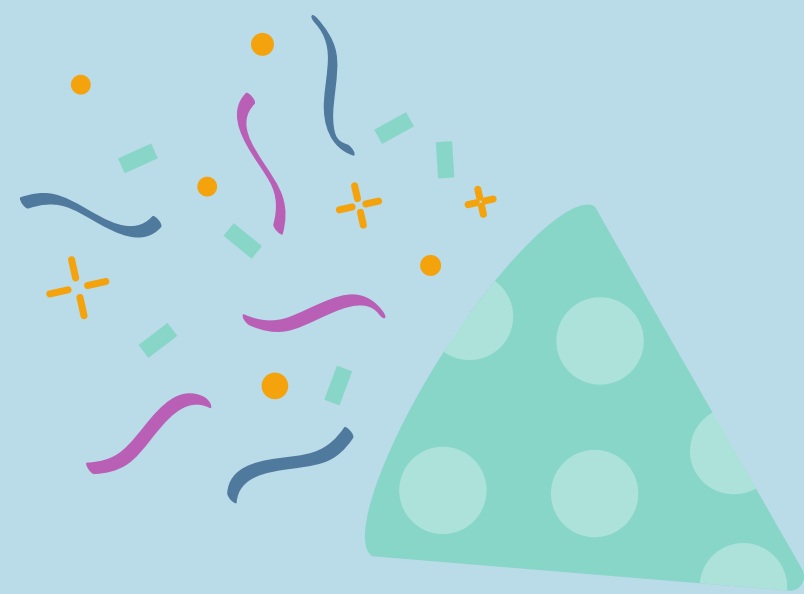
If you have any specific talent (painting, dancing, singing, juggling,..) or workshop/presentation on related topic and you would like to share it to others, please feel free to prepare for it and bring needed instruments/materials with you.



**AND ESPECIALLY BRING
POSITIVE ENERGY
AND GOOD MOOD!**



CULTURAL EVENING



During the stay we will organize cultural evenings where all countries will present their culture. Each country will have 45-60 minutes for this evening.

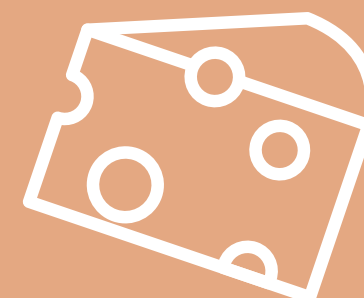


Make it as creative as you can!



You can play music, teach us dances, songs, words from your country, games, prepare a quiz, explain traditions, make plays, games, performances, competitions etc.

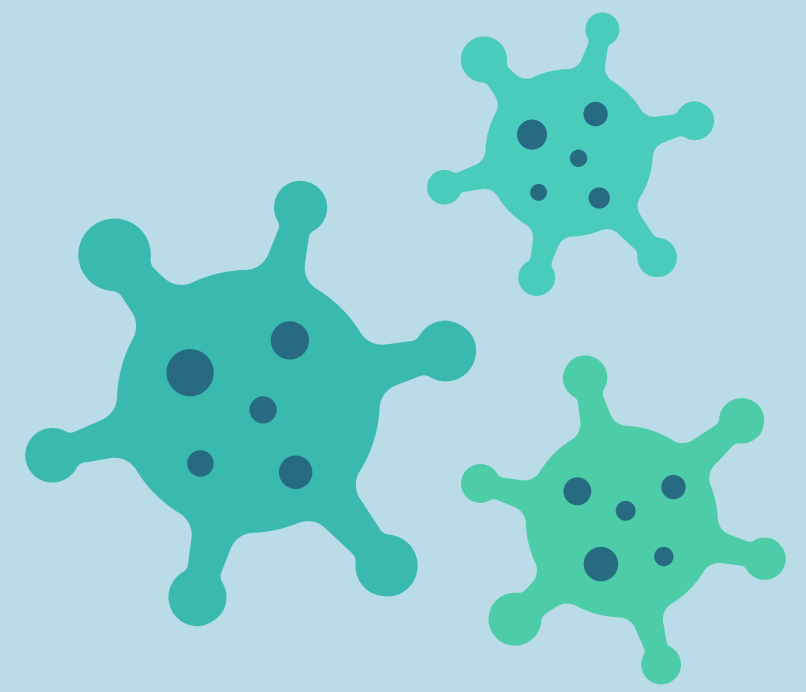
It will not be possible to cook food at the project venue, you can of course heat something. Be sure to bring some typical food from your country to share with the participants (snacks, candies, cheese, juices, cookies, chocolates etc).



Use of alcohol during the project cycle will be forbidden.

Participants will be able to have a taste of some typical alcoholic drinks during the cultural evening only, max 2L per country.

COVID-19 REGULATIONS



Please note, these are the current regulations regarding border crossing. We can not guarantee that these regulations remain the same towards the start of the project. We will stay in touch with our partners and group leaders, in case they might change.

For the most updated and full information, check:

1. <https://stopcov.ge/en/page/sazRvris-kveTis-regulaciebi>

2. <https://www.geoconsul.gov.ge/HtmlPage/Html/View?id=2131&lang=Eng>

YES, I am fully vaccinated by the start of the project

- ✓ Present document confirming full course of vaccination.
(Document must be in English, Georgian or Russian language!)
- ✓ PCR-test is not required when traveling by air. PCR-test is still required when traveling by land or sea!
- ✓ No pre-registration required.

NO, I am not fully vaccinated by the start of the project

- ✓ Present negative PCR-test performed within last 72 hours before arrival. (Document must be in English, Georgian or Russian language!)
- ✓ On third day of arrival, new PCR-examination (for more information, contact your group leader)
- ✓ Before traveling, online registration form must be completed!
This document must also be presented when crossing borders.
[CLICK HERE](#)

The hotel is in line with all COVID-regulations and we'll make sure all health measures are being taken. During the project safety rules will be respected and safety equipment (masks, hand sanitizers) will be available.

PRACTICAL INFORMATION

Deadline for selecting participants: 20 August 2021

Deadline for buying tickets: 27 August 2021



If you have any questions or queries,
do not hesitate to contact us at:

inner.peace.erasmus@gmail.com

SELECTED participants will receive link to our Facebook-group and the online questionnaire on mail.



Please note that **Foundation Istituto Morcelliano** and the **International Center for Peace and Integration** may use **audiovisual tools** (pictures, videos, live stream, project movie) for the purpose of **dissemination of the project results**. If you DO NOT wish to appear in these digital material, please indicate so in the questionnaire which will be sent to you.

Looking forward to meet you soon!

The Project Team

