

## ***INFO PACK***

# ***“From Couch to Coach”***

*Training Course on Coaching As a Tool in Youth Work*

*Yerevan, Armenia 22-30 APRIL, 2014*

### Content

- BACKGROUND OF THE PROJECT
- TIME/DURATION
- PARTNERS/PROMOTERS
- HOMEWORK OR WHAT TO BRING?
- ABOUT ARMENIA
- VISA ARRANGEMENTS
- TRANSPORT-REIMBURSEMENT
- WEATHER
- ACCOMMODATION AND FOOD
- SAFETY and SECURITY ADVICE
- EMERGENCY CONTACTS IN ARMENIA
- EXCHANGE RATE
- CONTACTS

## SUMMARY OF THE PROJECT

“From Couch to Coach” project is created for youth workers to develop skills, knowledge and attitudes necessary in youth work. As youth worker is a person who dedicates his/her time to the youth and engages them into active participation through methods of non-formal education. It is like a road sign which indicates a right direction. Besides, it is worth to remember that youth worker is also a young person, who sometimes needs attention and support in determining path of his/her own development.

“From Couch to Coach” will be hosted by Civic Forum NGO from 22-30 April, 2014 in Yerevan, Armenia, where through wandering, climbing and hiking in the mountains participants will have an opportunity to take advantages, accept challenges, deepen strengths and fight with their weaknesses. During this eight day project trainers will help 30 youth workers from Armenia, Poland, Czech Republic, Moldova, Belarus, Turkey, Estonia, Germany, Georgia and Ukraine to define ambitious goals connected with leadership and move toward them through coaching. Participants will learn how to maximize their potential and how to keep balance between work and privacy for more effective youth work.

## TIME/DURATION

**The time in Yerevan is +3 hours from Brussels.**

**Arrival: 22 APRIL 2014**

**Departure: 30 APRIL 2014**

**Duration: 8 nights or 9 days**

**Yerevan, ARMENIA**

## PARTNERS/PROMOTERS

### List of the Organizations

<u>Partner</u>	<u>Role</u>	<u>Organization Name</u>	<u>City</u>	<u>Country</u>	<u>Number of pax</u>
P1	Applicant	Civic Forum NGO	Yerevan	Armenia	5
P2	Sending organization	Centrum Inicjatyw UNESCO	Wroclaw	Poland	6
P3	Sending organization	CREATORII	Ungheni	Moldova	3
P4	Sending organization	Youth Association DRONI	Tbilisi	Georgia	3
P5	Sending organization	Group Zenith	Istanbul	Turkey	3
P6	Sending organization	Jugendhilfe und Sozialarbeit e.V.	Fürstenwalde	Germany	3
P7	Sending organization	Estonian UNESCO Youth Association	Tartu	Estonia	3
P8	Sending organization	LOS - Liberecká občanská společnost, o. s.	Liberec	Czech Republic	4
P9	Sending organization	New Group Belarus	Minsk	Belarus	3
P10	Sending organization	Kherson youth non governmental organisation "Kherson palanka"	Kherson	UKRAINE	3

## HOMWORK OR WHAT TO BRING?

Please don't forget to bring with you:

- **All the tickets, invoice, bank statements, boarding passes that prove your travel.**
- **Make sure to buy your return bus, plane, train tickets, if you do not have them we will not reimburse the costs.**
- **DON'T FORGET YOUR PASSPORTS.** Armenia is not in EU so please don't forget to take your passports with you while traveling☺. For **Turkish participants make sure to bring your RED passports.**
- Pictures, short movies, dances, flags, drinks and food that you consider representative for your culture for the international evening.
- Some warm clothes and comfortable shoes for the hiking in the mountains, etc
- **Health insurance: please note that the organizers will not cover your health insurance and it is completely under your responsibility, make sure to add special point such as hiking.**
- Good mood and creativity!

## ABOUT ARMENIA

**Armenia** is a small country which is north-eastern part of an extensive high-mountainous area of the Armenian Upland and in the South Caucasus neighboring Turkey to the west, Georgia to the north, Iran to the south, Azerbaijan and self-declared republic of Nagorno Karabakh to the east, and Azerbaijan's Nakhijevan exclave to the southwest.

The country's total land area is roughly 30,000 square kilometers, and its population is estimated at 3 million. The capital of Armenia is the city of Yerevan. National day is celebrated on 21 September.

Christianity is the main religion in Armenian which was adopted as a state religion in 301.

Armenians speak and write in Armenian. The Armenian alphabet is one of the 14 unique alphabets in the world.

If you're interested in learning more about Armenia Google it or visit <http://www.armeniainfo.am/>, <http://en.wikipedia.org/wiki/Armenia>.

## VISA ARRANGEMENTS

**!!! NOTE:** EU and EECA countries do not need visa to enter Armenia!

!!! Traveling with RED passport Turkish participants can easily get visa on the boarder upon arrival. **DO NOT BRING YOUR GREEN PASSPORT!!!**

!!! In case you need an address to fill in at the boarder

**Terjan hotel**

**39/1 house, Silikyan 5th Street**

**Yerevan, Armenia**

## TRANSPORT-REIMBURSEMENT

MAKE SURE TO KEEP ALL THE BOARDING PASSES, INVOICES, TICKETS

All participants will be met at the Airport and bus station. A volunteer from Civic Forum will be holding the title of the TC **"COACHING"**. In case you get lost or you don't find the volunteer please call [+37496992979](tel:+37496992979) or [+37491360872](tel:+37491360872).

The airport pickup and other local transportation of the participants from the capital city Yerevan or from Tbilisi to the venue of the TC and back will be organized in groups depending on the time of arrivals and departures.

**! Note: the host organization will reimburse the tickets which are within the limit indicated in the budget.**

## ACCOMMODATION AND FOOD

The hotel where you are going to stay in Yerevan is called TERJAN, you can see some photos [here](#).

**!!!Please ignore all the special services as there is going to be only the cook and the cleaning ladies in the building except us. !!!**

You will be sharing the room with participants from different countries. In the rooms you will have towels and bed linen. There are toilets and showers in the rooms.

Organizers will provide participants with three times food per day and two coffee breaks.

**! Please let us know if you have any special needs, dietary, allergies, vegetarian or any other kind of special need.**

## SAFETY and SECURITY ADVICE

### **A few pieces of advice**

Armenia is a safe country with a very low level of crime; however please take the same safety measure as anywhere in the world.

- Do not leave your personal belongings unattended
- Be careful while crossing the streets in Armenia
- It is forbidden to bring in strangers to the hotel
- You do not have to carry IDs or passports with you, police does not check documents on the streets

## WEATHER

The weather in Yerevan is going to be from +10C' at night to +25C' during the day. So be prepared and get some sunscreen cream with you.

## EXCHANGE RATE

The national currency of Armenia is the Armenian Dram (AMD). Foreign currency is **NOT** accepted in the shops.

You can exchange Euros, Dollars and Georgian Lari and pay with credit cards in Yerevan, however please keep in mind that the hotel is far from the center.

Exchange rates (approximately):

**1 EUR= 570 AMD**

**1 USD= 415 AMD**

**1 GEL= 260 AMD**

## EMERGENCY CONTACTS IN ARMENIA

**POLICE 1-02**

**AMBULANCE 1-03**

You can find pharmacies (APOTHEKA) with commonly used medicine in Yerevan.

## CONTACTS

**Contacts of the local host organization Civic Forum**

**Phones:** +374(0)91360872

+374(0)96992979

**E-mail:** [info@civicforum.am](mailto:info@civicforum.am)

**SEE YOU SOON IN ARMENIA! 😊 !**