



FIND YOUR INNER PEACE

*“Quiet your mind.
Free your body.”*



YOUTH EXCHANGE
26 MARCH - 4 APRIL, 2020

Bakuriani, Georgia



Erasmus+

Project description

Find your inner peace is a erasmus+ project.

Advance planning visit (APV) 21st - 23rd February

Youth exchange (YE) 25th March - 4th April

It is getting harder and harder to unwind ourselves, develop own ways, separate own views from societal ones, and develop critical thinking. It's getting harder when our mind is constantly affected by overwhelming news, useless information, those standardized, stereotypical views and approaches characterizing the 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 their selves and their lives, own fundamental values, views, personal attitudes, decisions and actions.

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

In order to guarantee the high quality of the youth exchange, the project team is willing to organize an Advance Planning Visit (APV), involving 1 group leader per country. The APV takes place during 21st to 23rd of February, 2020 in Tbilisi, Georgia.



Organizators

Foundation Istituto Morcelliano was reestablished in 2001, though its origins are to be established in 1817. The activities of the Foundation are carried out in Oglio Nord-Western Commune of Province of Brescia, composed by 11 Commune, in totale of 94.441 inhabitants. As a non-profit organisation, our mission is to educate, help and support individuals, groups and the whole society, promoting initiatives in sector of training/development of minors and youngsters with a particular attention to

individuals with social and material problems. One particular aim of "Istituto Morcelliano" is to organize events and researches, trainings and meetings, become a trustable center for Youth. We aim to improve the daily life of any youngster of our town involving him/her into social, economic and cultural life of Europe. In January 2015 Istituto Morcelliano has become qualified as a Local Agency of Eurodesk Italy. In this case our Foundation becomes a trustworthy partner in Italy in implementation of mobility, education, training objectives for young generations throughout enormous projects realized with the support of European Commission and Italian National Agency for Youth.



ICPI
International Center for Peace
and Integration

The International Center for Peace and Integration (ICPI) is a Georgian not-for-profit nongovernmental organization with a mission to provide the platform for the development of self-aware, progressive and engaged youth in civil society. We encourage personal growth, innovation and positive change through critical thinking, intercultural understanding, support for

new initiatives and collaboration. The team of ICPI promotes democratic values, peace-building and social entrepreneurship for a more sustainable society. We believe in the power of education as a means to plant the seeds of change in attitude and action.

Partners:

- FUTURE IN OUR HANDS NGO
- CHARITABLE ORGANIZATION VZAEMOPOMICH
- ASSOCIACIO GLOBES
- AEGEE-Moskva
- NGO Loovkeskus
- AVENTURA MARAO CLUBE



Project objectives

-  To develop focus, concentration and clear mind
-  To stimulate self-reflection through personal development sessions
-  To equip participants with competences and methods for their personal and professional development, needed for transferring the common European values, preventing violent radicalisation
-  To discover the new ways of self-awareness through meditation, yoga, massage, bodymovement and breath techniques
-  To enhance healthy lifestyle, physical flexibility, coordination and body awareness through experimenting different styles of Yoga and contemporary dance movements
-  To promoting the respect of diversity, intercultural and inter-religious dialogue, common values of freedom and human rights, practice tolerance, break stereotypes and prejudices, and fight against discrimination
-  To build meaningful relationships and future cooperation.



Advance Planning Visit

Advance Planning Visit (APV), involving 1 group leader per country. The APV takes place during 21st - 23rd February, 2020 in Tbilisi, Georgia



Tbilisi is the capital and the largest city of the hosting country - Georgia, with a population of approximately 1.5 million people. Located on the crossroads between Europe and Asia, the city offers the diversity and mixture, reflected in its everyday life, interculturality, cuisine and architecture.

The project is designed as a long-learning process: The APV, is followed by the YE, therefore the participation of the **group leaders** in both stages is crucial to reach the desired impact.

The main aims of the APV are to:

- Find out about the background and expertise of the leaders and already selected participants
- Identify the possible gaps, challenges and think of the ways to tackle them
- Decide the strategy how to select the rest of the participants and prepare them for the project
- Update the YE programme and divide the roles and responsibilities among the leaders and the national teams.

The selection criteria of the leaders:

- Previous experience in participation/facilitation/management of Erasmus+ projects
- Previous relevant experience/interest into the project topic
- Ability to plan, prepare and deliver the session during the YE in collaboration with the team
- Team management skills
- Sufficient knowledge of English language in order to be able to communicate with other participants and the project team

Advance planning visit (APV) - agenda and more practical information about APV will be send to selected leaders.



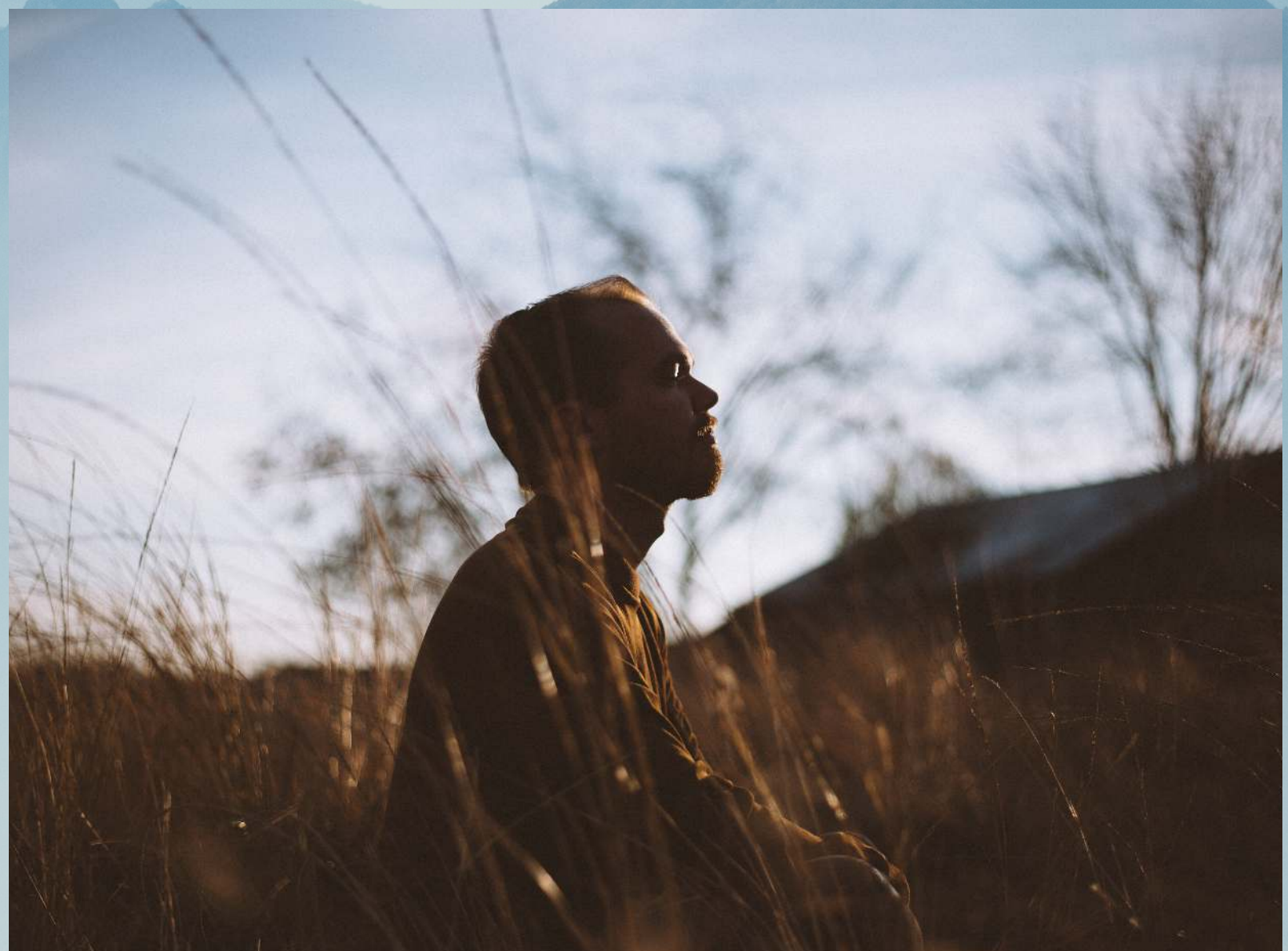
Who are we looking for?

The general profile of the participants is following:

- Resident in the country of their sending/receiving organization
- Age: 21-30 years (age of the leader is not limited)
- Balanced gender
- Readiness and availability to involve in the project actively and dedicate time and effort. (*Newcomers in Erasmus+ programme are highly welcomed*)

Required competences and background of the participants:

- Basic level of English
- An expertise/interest in one of the following fields: yoga, meditation, coaching, massage or dance (as they will be responsible to plan and facilitate the workshops/sessions of the youth exchange, supported by the facilitators).



Accommodation & Food

Youth Exchange - accommodation will be provided near Bakuriani Alpine Botanical Garden, in "Eco House" Hotel. Participants will be allocated in three-bedded and four-bedded rooms. Rooms will be divided according to the same gender, but different nationalities.



About food, common aspects for both stages are:

- special menus for vegetarians, vegans and Muslims;
- each day there will be 3 main meals and two healthy breaks with fruits;
- consumption of local and organic food is the advantage of this venue.

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.


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.



Project costs & reimbursement




DURING THE PROJECT DATES 100% OF ACCOMMODATION, FOOD AND TRANSPORTATION COSTS WILL BE COVERED WITH THE SUPPORT OF ERASMUS+.



The travel costs will be reimbursed for the **cheapest** and **direct way** of transport and only under the condition that the participant will take part in the whole project. Only **most economical** transportation can be used. The travel costs will be reimbursed according to the amount **limits** stated in the next page.

You are allowed to use maximum **2 extra days for travel**. You should arrange your travels in order for you to be in Tbilisi before 3pm of the first day of the project, and not leave before 2pm on the last day of the project.



Participants must have **TRAVEL & HEALTH INSURANCE** valid for **GEORGIA** (this is not covered by the project).

You must present all the **travel documents** such as boarding passes, invoices & receipts, otherwise applicant organization will not be able to make reimbursement.

Please note that selected participants will have to pay a participation fee of 20 euros for dissemination of a project.

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.

**Recommended
cheap flight:
Wizzair
Ryanair**



Reimbursement will be made in cash during the activity. Participants have to present original tickets and boarding passes.

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



Practical information

Working Language
English

Deadline for choosing participants and
purchasing tickets:

16th December 2020



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

inner.peace.erasmus@gmail.com

Please join our facebook group
([CLICK HERE](#))



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 below.

And finally, **once you have been selected**,
complete the **online questionnaire** ([click here](#)).