

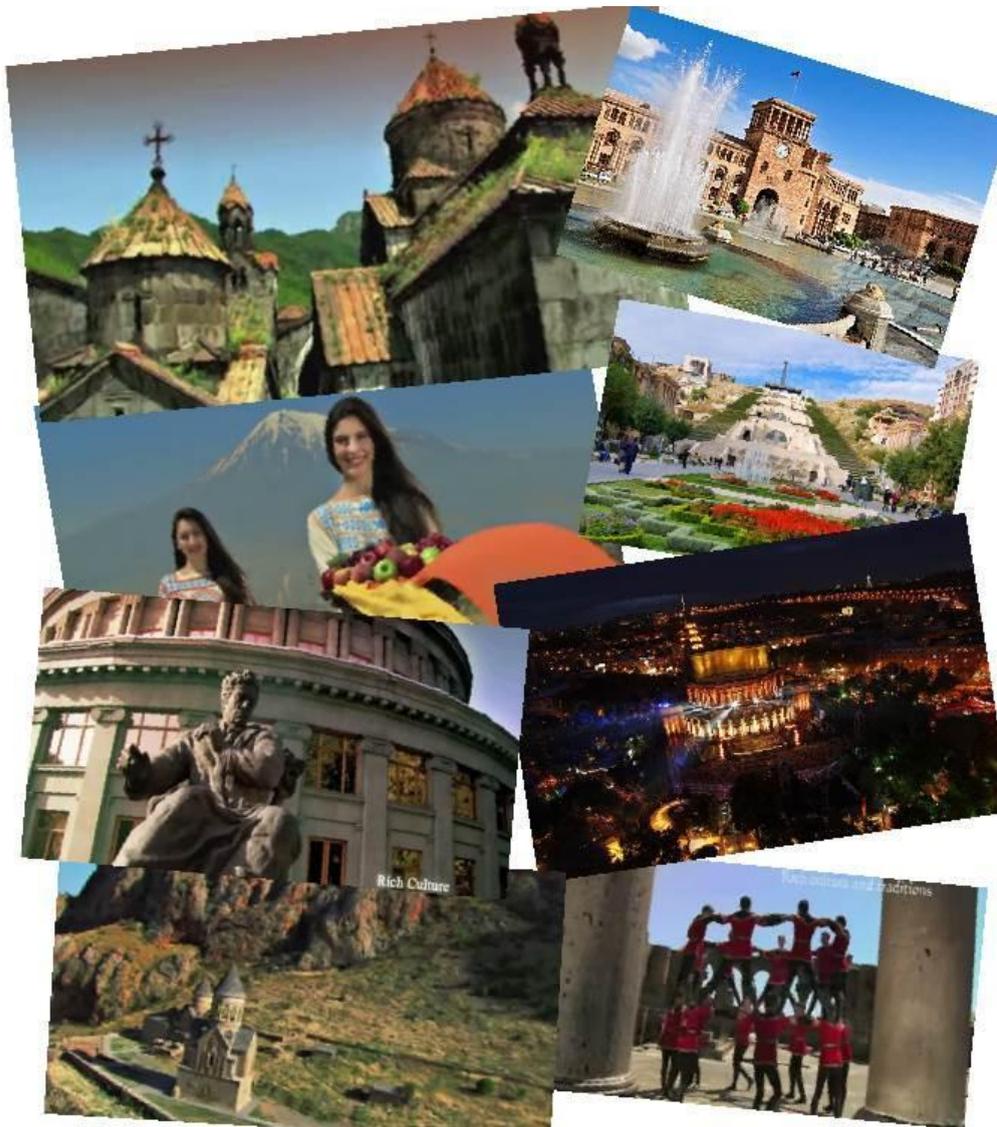


Funded by  
the European Union

# “Young People Against Hate Speech”

## Youth Exchange

A1 Yerevan | Armenia 17-26 November 2023



## Summary

**Countries:** Lithuania, Armenia, Georgia and Romania

**Location:** Yerevan, Armenia

**Dates:** 17-26 November 2023

**Coordinator Organization:** Kaunas University of Technology Students Union

**Hosting organization:** "Catalyst" Educational NGO

No one is immune from being impacted by hate speech that occurs both in online and offline realms. Hate speech covers all forms of expression that spread, incite, promote, or attempt to justify hatred, stereotyping or discrimination based on intolerance.

Hate speech may cause fear and can be why people withdraw from public debate. As a result, important voices that should be heard in the public debate are silenced. Hate speech may be directed against People based on ethnicity, religion, disability, or sexual orientation. Hate speech has severe consequences for individuals, groups, and society.

With this project, we want to combine the following elements:

- Creating awareness of hate speech.
- Spreading the message of the defense of Human Rights.
- Boosting creativity.
- Giving young people instruments to combat the phenomena, which will meet in the activities carried out by the project.

For these reasons, we thought of planning a project on this topic, focusing especially on creating awareness among the local community and the people affected by the project results.

The project focuses on and involves young people from refugee backgrounds and those who fled the war in Ukraine, as often, they are the target of hate speech.

Objectives of the project:

- Create awareness among the participants and the local community on the topic of No Hate Speech;
- Fight ignorance on Hate Speech and its consequences among the local community;
- Encourage young people to take concrete actions in defense of Human Rights;
- Support young people in finding instruments, boosting their knowledge and awareness of what institutions do on the subject;
- Foster active youth participation, helping young people to become agents of positive change in their society and in Europe;
- Develop a better understanding of the concepts of democracy, citizenship, and participation;

The project "Young people Against Hate Speech" has 3 phases:

Phase 1: Youth Exchange #1 in Yerevan, Armenia (17-26 November 2023)

Phase 2: Organizing No-Hate Speech campaigns in local communities

Phase 3: Youth Exchange #2 in Kaunas, Lithuania (To be decided)

We believe inclusion is possible only through renewal on all **4 levels (Mind, Body, Heart and Spirit)**. This training will explore this model that leads to personal and then society level harmony and inclusion.

### **Learn and share!**

Participants of this project will be encouraged to facilitate/co-facilitate, share and present topics within the theme of the project. We aim to create a mutual learning environment where everyone can share and learn at the same time.

### **Unforgettable intercultural experience!**

The project aims to provide a unforgettable and rich intercultural experience where people from different countries and culture bring their touch and insights to the project creating a synergy of learning and new friendships.

### **Supporting participants with fewer opportunities**

The project is geared towards young people with fewer opportunities and the new comers to this field. There might be participants with different level of English command and educational backgrounds. Participants will be expected to contribute to creating an inclusive and supportive environment for everyone.

**For employers and educational institutions: Erasmus + Programme is an official programme of the European Union. Employers and educational institutions of potential participants are encouraged to provide leave days for their employees and students so that they can properly participate in this project.**

### **Arrival and Departure dates**

#### **Yerevan | Armenia 17-26 November 2023**

Arrival: 16 November 2023 in Yerevan (Hostel check in after 15:00)

Departure: 27 November 2023 from Yerevan (Hostel check out by 11:00)

#### **Note:**

- 1. Erasmus + requires participants to arrive before the activity starts and leave after the activity ends. NO LATE ARRIVALS OR EARLY DEPARTURES.** If you have any travel concerns/questions, always discuss with organizers.
- 2. Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. **Always get the approval from organizers for your flight before purchasing it.****
- 3. Early arrivals or late departures** are at the responsibility of the participants to pay for stay. If you arrive early or leave later than the dates above you have to cover your own accommodation or food.

### **Participant profiles:**

#### **32 Participants**

- Young people citizens of Lithuania, Armenia, Georgia, Romania (6+2 per country)
- Age limit: max 30 (Note: NO age limit for group leaders)
- 2 facilitators and 1 accompanying person will be involved.
- Gender balance: Equal number of male and female participants will be invited.
- Priority given to participants with fewer opportunities.
- Be committed to attend the full duration of the course and implement follow up and dissemination activities after the project.
- Preferable: ability and willingness to contribute to lead a session or facilitate a group activity

Registration of participants is final only upon purchase of flight tickets and/or payment of the registration fee.

## Accommodation and food

The project will be implemented in the framework of the Erasmus + Programme. Accommodation and food will be covered 100% by the organizer.

Participants will stay in **Jr's House** (4/1 James Bryce St (010) 229857) which is situated in downtown Yerevan. So you will be at the heart of Yerevan and every attraction is within walking distance!



Towels are available in the rooms. There is WiFi Internet Connection in the reception hall

Participants will share rooms. 2-8 person

Participants will be provided with three meals per day & a coffee break.

**Important notice on food:** This is an educational program with a limited budget. The food provided will be simple yet nutritious, offering two options: regular and vegetarian. Participants are encouraged to prioritize meeting new people and learning, understanding that the food may vary from their usual preferences. If participants have any specific dietary requirements, they are encouraged to communicate them in advance.

## Travel and reimbursement

**Travel expenses will be covered 100% according to Erasmus + limits as follow:**

Country	Calculated start city	Maximum Reimbursement amount
Lithuania	Kaunas	EUR 360
Armenia	Kapan	Will be organized by organizers
Georgia	Mtskheta	Will be organized by organizers
Romania	Aninoasa	EUR 275



**Important! Please read carefully!**



- **Maximum reimbursement amount** is the maximum amount a participant can be reimbursed. Anything above this amount will have to be covered by the participant.
- **Entry to Armenia DOES NOT require any PCR test.** See <https://www.gov.am/en/covid-travel-restrictions/>

- **To be reimbursed:** Participants must fill a reimbursement form and provide tickets, invoices, and boarding passes. We will send extra details later.
- **Travel will be reimbursed via bank transfer within maximum 2 months** after the project and after submission of all travel documentation including return boarding passes (Does not apply to Georgia & Armenia). 2 months is the limit. Practically though, if possible we plan to reimburse participants sooner than later.
- Bear in mind that according to the guidelines of Erasmus+ program the travel back must be realized by participants on direct way within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement. **Always get the approval from organizers for your flight before purchasing it.**
- **Travel might not be reimbursed if participant arrives late (after the start of the activity) or leaves before the activity is over.** In case of travel concerns, always discuss with organizers in advance.

### For Participants from Georgia

We will schedule an eco-friendly bus to pick all Georgian Participants from Tbilisi center and bring to Yerevan. Return will also be organized. Further details will be provided.

#### Visa:

EU and CIS member state citizens do not need a visa to enter Armenia. In case of need, you can apply for e-visa here <http://www.mfa.am/eVisa/>

Please, check the validity of the passports before the departure!

**Watch for your passport! Do not lose it while traveling!**

#### Local Money:

The Armenian Currency is called ARMENIAN DRAM. In the shops US dollars and Euros are not taken. There are many places in Yerevan where you may exchange money (from Euros and US dollars). We recommend using cash instead of credit or debit cards as fees usually have to be paid when withdrawing money in Armenia

The approximate exchange rate is:

1 USD - 385 AMD ; 1 EUR - 400 AMD;

You can always check the exchange rate at: [www.cba.am](http://www.cba.am)

#### Taxi services in Yerevan

There are official airport taxi services at the airport. You can also order taxi via your mobile using [GG](#) and [Yandex](#) upon arrival. The cost of Taxi ride to hostel should be around 10-15 EUR

#### Armenian Mobile Phones:

There are three mobile operators in Armenia: Beeline, VivaCell-MTS and Orange. In case you need an **Armenian Mobile/Sim card**, please inform the organizers and we'll help you get one!

## Things to bring and do



**Important**

### Mandatory!

- **Health Insurance including COVID coverage recommended.**

Make sure you have an insurance (travel, health, accident, liability), to inform you this costs cannot be reimbursed, it's fully on participants.

Make sure your health insurance covers cost in case you get sick with COVID. Should you get sick while in Armenia or not able to return to your home country you need to cover your own costs related to treatment, quarantine or further stay if any.

- Bring Healty food and drinks from your country/region for the intercultural evening (We kindly ask all participants to bring some national drinks, snacks and music from their home countries, as a contribution to the intercultural evening, please bring already prepared snacks/food, you will have possibility to cook.
- Bring sweets from your countries as we are going to have intercultural coffee breaks
- Your Country Flag
- Medicine, if you have allergies/or you periodically need medicine, please bring what you may need!
- Within 30 days after the end of the course participants must implement a dissemination activity in their country and send to [international.project.office@gmail.com](mailto:international.project.office@gmail.com) a small written report with pictures and explanation.

### Recommended!

- Music, games, photo camera, cash.
- Laptop - at least one per team (we will have wifi access in the reception of the hotel)

### Organizers:

The project in Armenia will be implemented by “**Catalyst**” **Educational NGO** in cooperation with its partners and is responsible for organization, administration and logistics in Armenia.

### Contacts:

**Coordinator in Lithuania:** [international.project.office@gmail.com](mailto:international.project.office@gmail.com) | +370 679 31214