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Empowering Voices – Equipping Youth in Media Creation for Social Change

Training Course

Yerevan | Armenia **23 May – 1 June 2025**



Summary

Countries: Armenia, Estonia, Georgia & Lithuania

Location: Yerevan, Armenia

Dates: 23 May – 1 June 2025

Coordinator Organization: Kaunas University of Technology Students Union

Hosting organization: “Catalyst” Educational NGO

Project Summary: Empowering Voices – Equipping Youth in Media Creation for Social Change

In an era where hate speech and stereotypes dominate media spaces, this project aims to equip youth workers with the skills to empower young people in creating media content that promotes diversity, inclusion, and mutual respect. By fostering counter-narratives, youth can challenge prejudices and contribute to a more tolerant society.

Main Goal

The project seeks to train youth workers and leaders to mentor young creators in producing impactful media that confronts hate speech and advocates for positive social change.

Key Objectives

- **Skill Development:** Train youth workers in mentoring young people to create inclusive media content.
- **Media Utilization:** Enable youth workers to use media platforms for amplifying diverse voices and countering stereotypes.
- **International Collaboration:** Facilitate knowledge-sharing between youth workers from different countries to enhance media-based advocacy.

Training Course in Yerevan, Armenia (May 23–June 1, 2025)

A 10-day training course will bring together 37 participants from Lithuania, Estonia, Armenia, and Georgia. Participants will develop practical media skills to guide young creators in producing responsible and impactful content.

Tangible Outputs

1. **Empowering Voices Training Manual:** A resource guide for youth workers on mentoring young media creators.
2. **No to Hate: Youth Media Workshops:** Four national workshops (one per country) where participants apply learned strategies in media production and storytelling.

Non-Formal Learning Methods

- **Interactive Workshops:** Hands-on media creation sessions.
- **Group Discussions:** Sharing strategies for combating hate speech.
- **Role-Playing:** Simulations to explore media influence.
- **Peer Learning:** Knowledge exchange among participants.
- **Creative Assignments:** Practical projects to reinforce learning.



We believe inclusion is possible only through renewal on all **4 levels (Mind, Body, Heart and Spirit)**. This training course 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 23 May -1 June 2025

Arrival: 22 May 2025 in Yerevan (Hostel check in after 15:00)

Departure: 2 June 2025 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:

28 Participants

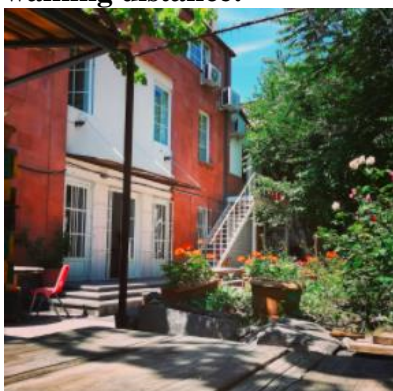
- Youth Workers citizens of Armenia, Estonia, Georgia and Lithuania (6 participants + 1 Facilitator)
- Age limit: No age limit
- Gender balance: Equal number of male and female participants will be invited.
- Priority given to participants with fewer opportunities.
- Be committed to attend the full duration 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. 3-8 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 395 |
| Armenia | Kapan | Will be organized by organizers |
| Georgia | Mtskheta | Will be organized by organizers |
| Estonia | Tallinn | EUR 395 |



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.
- **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

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.** Make sure you have an insurance (travel, health, accident, liability), to inform you this costs cannot be reimbursed, it's fully on participants.
- 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 projects.youth@yahoo.com a small written report with pictures and explanation.

Recommended!

- Music, games, photo camera, cash.
- laptop (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:

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To apply

To apply please fill in the attached application form and return to: projects.youth@yahoo.com