



Co-funded by
the European Union

(MIND)CRAFTING EMOTIONS

03-12 October, 2025
Tsaghkadzor, Armenia

INTERNATIONAL YOUTH EXCHANGE

PROJECT DESCRIPTION

Many young people struggle with identifying, understanding, and managing their emotions in an online context, leading to increased stress, anxiety, and social isolation. The need for emotional intelligence development has never been more crucial, particularly in fostering self-awareness, empathy, and resilience in digital interactions. However, existing educational frameworks often do not provide sufficient opportunities for young people to explore emotional intelligence in structured, creative, and engaging way.

The “(Mind)Crafting Emotions” project aims to address these challenges by creating a safe and creative space where participants can explore their emotions, develop emotional intelligence, and acquire digital literacy skills necessary for responsible online behavior. By integrating artistic expression, creative workshops, and interactive learning, this project will provide young people with practical tools to navigate emotions and digital challenges in a mindful and informed way.



OUR GOALS AND OBJECTIVES

- Provide a safe and inclusive space for young people to explore and express their emotions.
- Offer creative workshops using visual arts, performing arts, and multimedia projects as tools for emotional expression and self-discovery.
- Deepen participants’ understanding of emotional intelligence, including self-awareness, empathy, emotional regulation, and social skills.
- Equip young people with digital literacy skills to navigate online spaces responsibly and critically assess digital content.
- Promote responsible digital citizenship, encouraging ethical online behaviour, respectful communication, and mindful social media use.
- Foster peer-to-peer learning and community-building among participants to encourage mutual support and learning beyond the project.
- Develop creative outputs (e.g., digital stories, artistic projects, social campaigns) to share knowledge and experiences with a broader audience.

OUR PARTNERS

THE AWESOME PARTNERS BEHIND THIS PROJECT



PARTICIPANTS PROFILE

Our target audience includes young people coming from the rural areas of the project partner countries and targets those, who:

a) are interested in the topics of digital literacy, and photography
b) can communicate in English.

c) Have **fewer opportunities and/or represent NEET group.**

d) are aged between **18 and 30 y.o.**,

e) show a big motivation for participation and are available for the whole duration of the youth exchange,

f) are citizens/residents of one of the participating countries.

Each partner organization should be represented by **4 participants and 1 group leader** (the group leaders should be a minimum **21 y.o.**, no upper limit).

DATES AND VENUE



"POPOCK TSAGHKADZOR" TSAGHKADZOR, ARMENIA

Nor taghamas 3., 2310 Tsaghkadzor, Armenia

03 OCT - ARRIVAL DAY

12 OCT - DEPARTURE DAY

Participants will be accommodated in double/triple rooms. They will be provided with 3-time buffet food and 1 coffee break per day. The hotel provides bed sheets and towels as well.

We strongly ask group leaders to inform the host organization about participants' special needs, such as allergies, special diets, food, etc.

A separate menu will be prepared for vegetarians.

Please note, that the organizers are not responsible for participants' accommodation, food, transport and other expenses for extra days both before and after the project dates .

FINANCIAL CONDITIONS

THIS SECTION INCLUDES COSTS AND TRAVEL REIMBURSEMENT

The training will be implemented in the frames of the ERASMUS+ Programme. Board and accommodation will be covered by the hosting organization. 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. The travel costs will be reimbursed up to a certain amount. **Only the tickets that were confirmed by the organizing team will be reimbursed.**

Participants travel from Yerevan to the project venue on **03 October**, as well as their departure from the venue on **12 October**, will be organized by the host organization. The cost of those trips (**30 Eur/person**) will be deducted from the reimbursement amount. Further details will be provided as soon as the national teams are formed and the tickets are booked. Thus, the maximum travel reimbursement per person is as follows:

COUNTRY	MAX. TRAVEL REIMB. / EUR	TOTAL NUMBER OF PARTICIPANTS
LATVIA	395	4+2
UKRAINE	309	4+1
Portugal	580	4+1
Spain	580	4+1
Armenia	56	4+2
Georgia	285	4+1
Moldova	309	4+1
Poland	395	4+1

Travel reimbursement:

Travel expenses will be reimbursed **via bank transfer** after the project, upon presentation of all necessary documents (next sections).

All tickets' costs purchased in a local currency will be converted and calculated according to the exchange rate of the month given by the European Commission (<https://bit.ly/384sXo0>).

METHODOLOGY

The whole training course will be based on non-formal education.

Different methods, such as outdoor education, simulation activities, cooperative games, individual work, small discussion groups, plenary work, group dynamics etc. will be used.

Please get acquainted with key components of non-formal education through the following resource: <https://www.youtube.com/watch?v=Xm7PioKwkGo&t=3s>

DRAFT AGENDA

The home tasks to prepare.*

- Sharing local realities: Each national team will present its prior research that covers the best practices of digital storytelling and social/economic geographical issues in their respective countries. In this way, each national team will study its local situation and bring best practices of digital learning and discuss their impact on the society. Special note will be done on best examples and success stories

*Each session should last no more than **15** minutes. The sessions should be based on interactive methods of nonformal education.

- Organizing cultural evening. Here participants are free to present their culture, national dances, cuisine, music, etc.

* Each session should last no more than 30 minutes. The sessions should be based on interactive methods of nonformal education.

- Preparing, implementing and evaluating activities on the following topics:

--- Latvia: Cyberbullying awareness and response

--- Poland: Emotional intelligence introduction

--- Portugal: The digital balance game

--- Spain: Emoji Your Mood (Describe current mood through emojis)

--- Georgia: Non-formal education learning

--- Moldova: The impact of social media on emotions, Simulation navigating on online conflict

--- Ukraine: Reflective journaling and self-awareness

--- Armenia: Digital footprint awareness

*Each session should last around 1,5 hours. The sessions should be based on interactive methods of nonformal education.

- Presenting their organization/non-formal group.

FURTHER RULES

TICKETS / REIMBURSEMENT

- The selected participants choose flight connections and send them to us or via the partners for confirmation. **Please don't book any tickets without our confirmation.**
- Only the cheapest tickets will be reimbursed. Tickets with the deviation from the direct route, extra unnecessary stops and layovers will not be reimbursed. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, etc. Only 1 piece of checked-in baggage of a maximum of 15-23 kg will be covered.
- Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees, thus, their invoices won't be accepted for reimbursement.
- We can't reimburse taxi or private cars, only public transport will be covered.
- You can arrive 2-3 days before the activity and depart 2-3 days after if you want to spend more time in Armenia on your own, provided that the tickets on these days are not more expensive than on the official travel days.
- Eurowings, Ryanair, Wizzair tickets should be purchased only on the websites of the airlines. Tickets purchased via the KIWI website are not very much reliable.
- PRINT your flight tickets and invoices and provide them at the training course. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.
- Travelling through **Tbilisi, Georgia** is also possible. The project venue is 3-4 hours of driving distance from Tbilisi.

Participants, who are **citizens** in project partner countries **DO NOT NEED A VISA** to enter the Republic of Armenia. Participants should only present a **valid International Passport**.

VISA



TRAVEL DOCUMENTS

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets for plane/bus/train (also e-tickets),
3. Invoices,
4. Payment checks.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment proves that you will get during your travel.

THINGS TO BRING

- Valid international passport for travel;
- Travel insurance;
- All required travel documents;
- Laptop (at least 1 per national team);
- Photo cameras and photo/video editing programs you may need;
- Traditional food, drinks, music, dances, songs, etc.
- Personal hygiene items
- What can entertain participants during free time, e.g. games, music, musical instruments, etc.;
- Group activities and new ideas are welcome;
- The medicine you may need, etc.

! Participants are self-responsible for acquiring travel/health insurance valid for the whole duration of the project, which preferably covers flight cancellation/rescheduling.

INSURANCE

MONEY

The Armenian Currency is called ARMENIAN DRAM.
If you want to see the specimens of banknotes and coins access the website: www.cba.am.

The approximate exchange rate is:
1 USD = app. 385 AMD
1 EUR = app. 420 AMD

In the shops, US dollars and Euros are not accepted. ATMs are widely spread. However, the interest is taken for cashing if using ATM.

In public transport and small shops, only cash is accepted!



COMMUNICATION / WIFI



Communication

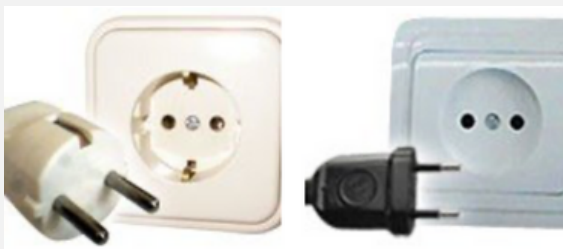
In case you need an Armenian Sim card, please look for operators at the airport arrival hall directly. There are 3 operators in Armenia: Vivacell-MTS, U-Com and Beeline. The network in Armenia is pretty good, nevertheless, we advise taking Vivacell-MTS.

The cost for a SIM card with 5GB Internet is around 7 Eur.

Internet Access

There is a free WiFi network in the hotel territory. Nevertheless, for your own convenience, we highly advise buying a Sim card.

POWER PLUGS / ELECTRICITY



In Armenia, the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

IMPORTANT NOTES

PARTICIPANTS' SELECTION

Participants' selection should be finalized by **15 JULY 2025** by using the below-mentioned form.

Partners are free to use any selection procedure/form, making sure that at the end the selected candidates have filled in the provided application form.

Note! The organizing team reserves the right to the final selection/rejection of participants. Thus, please make sure, that the candidates correspond to the minimal requirements:

- Strong interest in the project topic;
- Full engagement in all activities;
- Availability during the whole project;
- Awareness of the project details provided in the info pack;
- Ability to communicate in English;
- Aged between 18 and 28.

TIMELINE

Activity	Deadline	Form
Participants' Selection	15 July 2025	***
Purchasing tickets and filling in the travel form	20 July 2025	https://bit.ly/4jOvYLy

FURTHER INFORMATION

PICK UP PLAN

Participants' pick up will be organized from **Yerevan city centre / Zvartnots Airport on 03 October**.

Departures from the venue on **12 October** will be provided by the organizers as well.

Details on participants' pick-up and departures will be provided in the project's **Facebook group**, as soon as the national teams are formed and all tickets are purchased.

FACEBOOK GROUP

All the selected participants are requested to join the Facebook group of the Training Course to stay tuned to the latest updates and news.

<https://www.facebook.com/groups/718842907217691>

TRAVEL FORM

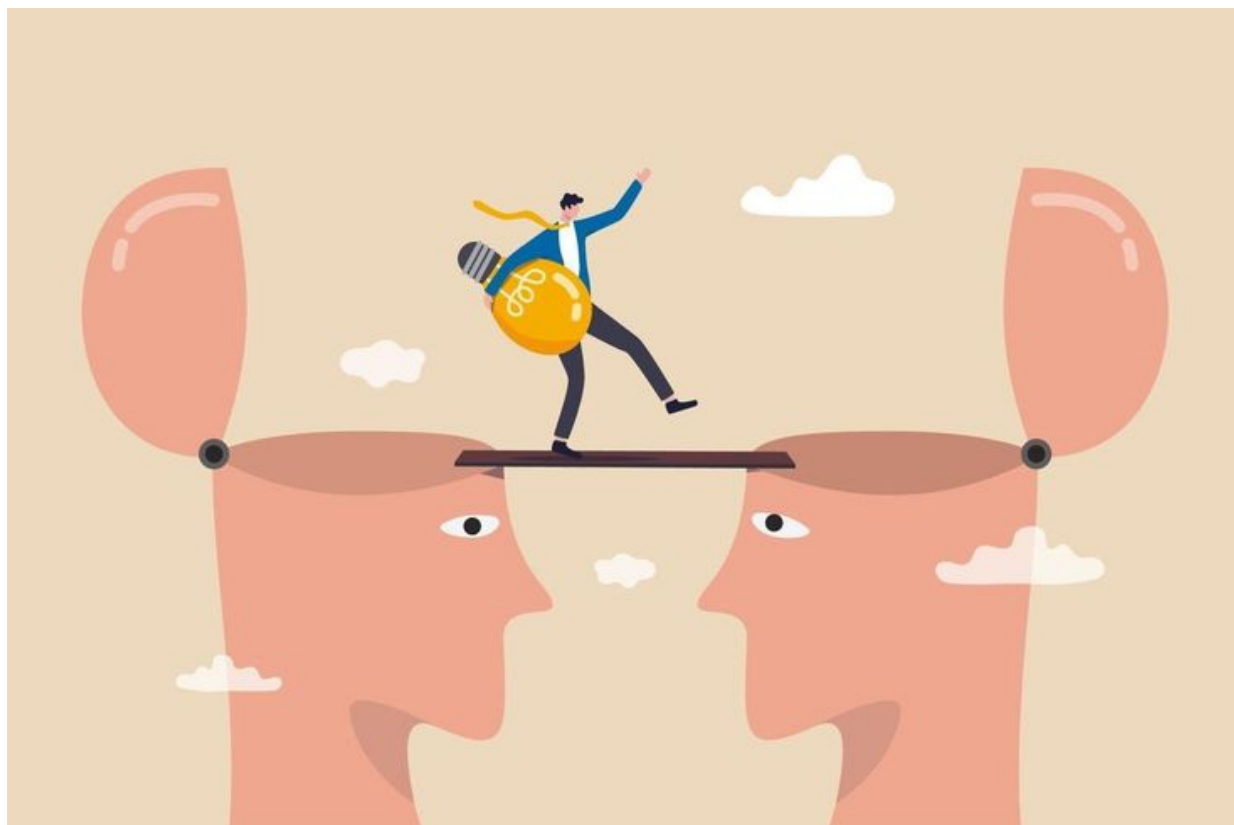
As soon as the tickets are booked, participants are requested to fill in the following travel form. This is needed for practical/logistic arrangements.

https://docs.google.com/forms/d/1P3da0ii2_UuCDOrBBq-nmRgEM7vCre07LTUrT7C0uow/edit

WHATS App Group Chat

For more informal discussions, photos, videos.

<https://chat.whatsapp.com/EVCgCFITWPIJwgsQHPBrie>



JOIN THE ADVENTRUE



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by
the European Union



CONTACT US

ON TRAVEL/TICKETS MATTERS: youthmix.mobility@gmail.com

**ON ORGANIZATIONAL
MATTERS:**

gatis_meiris@inbox.lv
youthmix.mobility@gmail.com