

# iExpress



**13-22 December, 2017**  
**Oivanki, Finland**

**Partner promoters of TC;** Finland, Armenia, Greece, Italy, Spain, Ukraine, the Netherlands

## **Description of the TC**

In nowadays society, when digital technology is transforming almost every aspect of our public, private or work life, some of young people have difficulties to express themselves. This is applicable, especially to those who have fewer opportunities and weak background and who are "at a high risk"

young people. Who have never had positive relationships, have not got proper care, support and trustful environment. They have not got the ability to develop positive self-confidence or a positive self-image.

We decided to launch an online survey, in order to figure out, where is the problem coming from. We encouraged our partners to give to all their present youth workers and also to the youth workers from the NGOs, that they have ever worked with in the past. We realized that there is also important to ask the young people about their needs and to see their point of view - so the initial survey was transformed into 2 online surveys. We managed to get 84 youth workers and 103 young people to answer to our survey.

After precise analyzing of answers, we managed to subtract most common problems of the youth workers and young people:

*lack of confidence to express themselves*

*lack of ways to express themselves*

*lack of confidence in using digital skills*

*lack of awareness how to use digital technology as a tool for self-expression*

*to fill included into society*

After several common brainstorming, which included participation of the young people we worked with and who joined the project development team during the survey, we saw that we have different methods which can be combined to achieve a better result. Actually, the young people showed that to us.

After precise analyzing of all collected data, we managed to formulate main aim of the project:

To develop personal and professional competencies, which support self-expression of youth workers and young people. Based on all stated above, objectives of the project are:

- To develop digital competencies as tool for self-expression
- To share, exchange and create methods, which support self-expression
- To develop competencies of self-expression through cooking, language, music, dance and sport
- To create video tutorials and good practice guide for youth workers with methods supporting self-expression

- To develop the participants' capacity of writing high-quality Erasmus+ projects supporting self-expression

### **These objectives are linked to the Erasmus+ objectives**

to improve the level of key competences and skills of young people, including those with fewer opportunities, as well as to promote participation in democratic life in Europe and the labour market, active citizenship, intercultural dialogue, social inclusion and solidarity, in particular through increased learning mobility opportunities for young people, those active in youth work or youth organisations and youth leaders, and through strengthened links between the youth field and the labour market;

to enhance the international dimension of youth activities and improve the capacity of youth workers and organisations in their support for young people in a complementarity with the European Union's external action, in particular through the promotion of mobility and cooperation between stakeholders from Programme, Partner Countries and international organisations.

### **Profile of the participants**

We welcome Youth workers who want to

- improve their self-confidence and sense of worth
- improve their personal and professional competencies in supporting self-expression
- increase number of methods that support self-expression in their daily work
- improve their digital competencies to better promote their NGOs
- improve their digital competencies to share them with young people when they return home

### **Travel information**

The most convenient way to get to the project venue is to fly via Helsinki to Kuusamo airport. Another option is flying to City of Oulu (215 from Kuusamo). There are several bus connections from Oulu to Kuusamo during weekdays. If there are more than 8 participants flying to Oulu, we can organize a group transport.

After the group is gathered in Kuusamo, we will organize their transportation from Kuusamo to the project venue. At this phase of the project the tasks of the participants are to organize their travel to Kuusamo Airport(or bus station).

More information about flights: [www.finnair.com](http://www.finnair.com).

Bus schedules available at [www.matkahuolto.fi](http://www.matkahuolto.fi) There is no train station in Kuusamo, but in Oulu, Kajaani, and Rovaniemi there are.

### Arrival and departure information and the Erasmus+ travel rules

**Arrival and departure information:** 13 of December 2017 is the Arrival Day. Make sure you arrive the Kuusamo airport (either city bus station or any other city location) till 20:00. We will provide dinner for the participants. The official program starts on 14 of December 2017 in the morning. The official program ends on 21 of December 2017 late in the evening. 22 of December 2017 is the Departure Day. We will provide breakfast for the participants.

**Erasmus + rules.** It is the participant's right to have 2 extra days for the travel. This gives them the following opportunities for the travel process.

- December 11 (two days earlier)-December 22(on time)(total + 2 days)
- December 12(One day earlier)-December 22(on time)(total + 1 day)
- December 12(One day earlier)-December 23(one day later)(total +2 days)
- December 13(on time)-December 23(on day later)(total +1 day)
- December 13(on time)-December 24(two days later)(total +2 days)

All those opportunities can be used by the participants when buying the tickets. Please take into consideration that you have to cover yourself the expenses for those extra days, and the host organization is covering your accommodation starting 13 December 19:00 (providing dinner) till 22 December 10:00 am (providing breakfast).

**Erasmus+ also implements rules that define the maximum reimbursement for the participants' travel tickets according to the travel distance they use. Attached you can find the maximum reimbursement for your travel to the project venue and back.**

### Travel costs

Country	Partner Promoter	Number of participants	Max. travel cost per person
Armenia	Armenian Progressive Youth	4	530
Greece	Modern Youth of Greece	3	530
Italy	YouNet	3	360
Spain	Intercambia	3	530
Ukraine	Vzayemopomich	4	275
The Netherlands	SOFA Ventures	4	360

**Note:** if your travel cost within Finland exceeds 225 Euros (for example, Travel ticket Helsinki-Kuusamo and back costs 234 Euros (more than 225 Euro)), in that case your reimbursement limit exceeds 180 Euros (instead for example 275 Euros it becomes 455 Euros)

### Tickets & Registration

You should make a small research and purchase the cheapest tickets. The deadline to purchase the tickets is **November 5, 2017!**

**NOTE!** When you are sure that you buy the tickets according to Erasmus+ rules (you can also approach for advice to your organization contact person) you can buy them yourself and without consulting the organizers, if you need help with the purchasing the tickets, you can always keep contact with Panu Paivarinta [Panu.Paivarinta@kuusamo.fi](mailto:Panu.Paivarinta@kuusamo.fi)

### Financial issues

100% of the total travel expenses will be reimbursed. Reimbursement will be done in EUR after the training during a 2 months period, when all the invoices and tickets are collected.

**NOTE!** Please check travel budget limits above. If travel costs exceed the amount budgeted in the project. The organizers will only be able to reimburse participants the maximum travel costs

indicated in the travel budget. You are therefore strongly advised to book trip travel well in advance and look for the cheapest option. Reimbursement:

**IMPORTANT!** to manage the reimbursement project easier, we would kindly request our participants to provide the following information at the project venue;

- Tickets (there must be price and name of the person stated on it).
- Boarding passes (in case of loss – please get a confirmation from the airlines, that the flight was taken)
- Invoices –even if you have a ticket, our accounting still needs an **INVOICE**.

### Project venue and Accommodation

We will stay and work in Oivanki Outdoor Education Centre, one of Finnish Youth Centres. ([www.snk.fi](http://www.snk.fi)). You will find more information of the venue from Internet: [www.oivanki.fi](http://www.oivanki.fi)



**Accommodation** will be in a building called “Riekko”. Rooms are mainly 2-3 persons each (like in the photo). Rooms are equipped with towels and bed-linen. If you need any special medicine or other

personal items please take those with you. In addition to your rooms, there is also available public premises for our use, sauna facilities, tv and a room with a fireplace.



### Intercultural Evening

One of the evenings will be the intercultural night where the participants will present their countries, culture, and traditions. We suggest you bring with you pieces of your culture; food, drinks, traditional

clothes, music and everything that you consider as a part of your culture. With the help of the social committee consisted of the participants we will organize the intercultural evening together.

**Facebook Group** Please join our [Facebook group](#)

### Participation selection and ticket booking deadlines;

**November 1st** – The participants are chosen by the sending organizations.

**November 5-th**–The tickets are bought by the participants.

**November 20th** – The Registration Forms(will be additionally sent) are submitted by the participants.

**December 1st**– The arrival list and the airport/city location pick up information is sent to the participants.

### The applicant and host organization

**Nuoriso- ja luontomatkailukeskus Oivanki** is a Youth Centre. It is a non-profit organization and it is owned by the town of Kuusamo (" Yleishyödyllinen tytäryhtiö") though it is run as a LTD-company, with separate budget lines for youth activities which are controlled by the Ministry. Yearly there is approx. 12000contacts/overnight stays/contacts of young people in the centre. One of our key values and main topics is to serve and support the youth work and education sector. Oivanki works as a regional resource centre for youth work development, for example, organising seminars, training courses, thematic projects and international cooperation among youth work and education. In this application our centre goes under the name Oivanki OEC.

### The project team



**Erik Ghazaryan** is an experienced trainer and is a member of Salto Youth TOY and Youth for Exchange and Understanding PET. Erik Ghazaryan is experienced as a trainer in the field of Human rights and anti-discrimination. During the recent years he worked on Youth for Exchange and Understanding(YEU) three step projects "Excuse me is this hate yours" (Belgium), MOJU (Portugal) "Mojoyouthniversity" training course and JUB (The Netherlands)"Youth work and European Citizenship" training course.

**contact:** erikghazaryan@apy.am

**Vitalii Volodchenko** is an experienced trainer and the member of Salto Youth TOY. During the recent years, he acted as a trainer on inclusion topics during the Training courses "Professional Video Positive Impact(Bradford, UK)" and " "Camera. Action. Promotion. Impact(Nafpulsion, Greece)" and etc.

**contact:** vildaycom@gmail.com



**The project organizer** Panu Päivärinta works as the Coordinator of International Affairs Oivanki. He has graduated from Humanities Polytechnic (civic and international youth work 1999-2003). He guides Oivanki's incoming international and national groups from various countries and backgrounds.

At the local level the coordinator gathers local young people "International Club"-groups and with these groups, we develop projects according to the actual need and opinions of the young people and people working with them. Panu Päivärinta will be responsible for the submission and the management of the project.

**contact:** Panu.Paivarinta@kuusamo.fi

### Project location information

**Weather** It is real winter in Kuusamo. The weather during the project dates will be around from -5 till -15 C.. We recommend you to take winter cloths with you. More information about the weather you can explore here; <http://ilmatieteenlaitos.fi/>

**What to bring?** The youth centre is located in a rural area, 17 km from the town. Take your personal clothes, hygiene products. Also, it is good to have clothes for outdoor-moments since there are activities available for the free time. In Finland we do not use outdoor shoes indoors, you might like to take indoor shoes or woolen socks with you. There are opportunities for saunas and swimming, so take a swimming suit.

**Shop.** Be aware that the next shop is really far away and it will not be possible to do shopping every day. The town can be reached by taxis and that is not very cheap in Finland and more manageable in a group. Once during each two days, the organizers will go to the shop and buy the necessities that the participants request.

**Currency:** In Finland the official currency is EURO

# We welcome you to Finland :)

The project team