



**"Mind Gym: Gamified Challenges in Problem-Solving"
Youth Exchange Program**

5-13 April 2025 Baku, Azerbaijan

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Welcome Message

Dear Participants,

It is with great enthusiasm that we welcome you to the "**Mind Gym: Gamified Challenges in Problem-Solving**" Youth Exchange Program! This exciting Erasmus+ project brings together young minds from diverse backgrounds to explore innovative, gamified approaches to problem-solving, creativity, and critical thinking.

Over the course of this transformative program, you will engage in an interactive and dynamic learning experience designed to challenge your thinking, enhance your teamwork skills, and develop your ability to tackle real-world problems in a fun and engaging way. Through **gamified workshops, role-playing activities, strategic challenges, and intercultural exchanges**, you will gain invaluable insights and practical tools to navigate complex situations with confidence and creativity.

Set against the backdrop of a vibrant and inspiring environment, this youth exchange will not only provide opportunities for learning but also for building meaningful connections. You will have the chance to collaborate with peers from different cultures, share your perspectives, and forge lasting friendships that extend beyond borders.

Your participation and active engagement are the key to the success of this program. We encourage you to embrace this opportunity wholeheartedly, immerse yourself in the challenges, and be open to new experiences that will shape your personal and professional growth. Together, we will create an unforgettable journey of learning, collaboration, and innovation.

We look forward to meeting you and embarking on this exciting adventure of problem-solving and discovery!

Warm regards,

The Organizing Team

Project Description

The "Mind Gym: Gamified Challenges in Problem-Solving" project is designed to enhance young people's critical thinking, creativity, and problem-solving abilities through innovative, gamified approaches. This Erasmus+ youth exchange program will provide participants with interactive challenges, role-playing scenarios, and strategic thinking exercises to develop essential skills for tackling real-life problems.

Through engaging activities and collaborative teamwork, participants will improve their ability to analyze challenges, think outside the box, and make effective decisions. The program will also foster intercultural learning, enabling young people from different backgrounds to share experiences, exchange ideas, and develop mutual understanding.

Participant Countries

- ✓ **Azerbaijan** – 6 participants
- ✓ **Lithuania** – 6 participants
- ✓ **Spain** – 6 participants
- ✓ **Turkiye** – 6 participants
- ✓ **Republic of Moldova** – 6 participants
- ✓ **Ukraine** – 6 participants

✓ **Age:** Participants aged **18-30** are included to represent the **dynamism of youth and early professionals**. Age balance has been intentionally considered, with each team having at least one participant from the following age brackets: **18-21, 22-25, and 26-30**.

✓ **Education Level:** Our participants will offer a **rich educational mosaic**, ranging from **secondary school attendees to university graduates and young professionals**.

✓ **Socio-Economic Background:** Participants contribute a **wealth of perspectives** by spanning various **socio-economic categories** and originating from **both rural and urban areas**. We must ensure that **at least 30% come from low-income backgrounds**.

✔ **Skill Levels:** Ranging from **problem-solving novices to experts**, participants bring **varied skill levels** to the table, **enhancing the richness of the learning environment**.

International Collaboration

This initiative fosters international cooperation, bringing together young participants from different cultural and educational backgrounds across Europe. By uniting youth through interactive and gamified problem-solving experiences, the project aims to create a platform for **shared learning, best practice exchange, and the development of innovative solutions** to tackle real-world challenges.

Through intercultural dialogue and teamwork, participants will **enhance their global perspective, develop creative thinking strategies, and build strong networks** that transcend national borders. This collaborative approach will not only strengthen problem-solving skills but also promote **mutual understanding, inclusion, and active citizenship** among young people from diverse communities.

Aim

The main aim of the "**Mind Gym: Gamified Challenges in Problem-Solving**" project is to **enhance young people's critical thinking, creativity, and decision-making skills** through engaging and interactive gamified methods. The project seeks to **foster cross-cultural collaboration, encourage teamwork, and equip participants with practical tools** to solve real-world challenges in a dynamic and innovative way.

Through hands-on workshops, strategic games, and collaborative activities, participants will develop **problem-solving strategies, improve their resilience, and strengthen their leadership abilities**. By the end of the program, they will be better prepared to tackle personal, academic, and professional challenges,

contributing to a **more innovative, solution-oriented, and globally connected society**.

Objectives

- ✔ **Enhance Problem-Solving Skills:** Equip young participants with critical thinking and decision-making abilities through gamified challenges and interactive activities. These skills will empower them to analyze complex situations, develop creative solutions, and approach problems with a strategic mindset.
- ✔ **Promote Teamwork and Leadership:** Foster collaboration and leadership by engaging participants in team-based problem-solving exercises, encouraging effective communication, adaptability, and decision-making in group settings.
- ✔ **Encourage Creativity and Innovation:** Inspire young people to think outside the box by integrating role-playing, simulations, and strategic games that challenge traditional approaches to problem-solving.
- ✔ **Strengthen Intercultural Cooperation:** Bring together youth from different cultural backgrounds to share diverse perspectives, exchange best practices, and develop a deeper understanding of global problem-solving approaches.
- ✔ **Boost Resilience and Confidence:** Help participants build mental resilience, adaptability, and self-confidence by engaging in dynamic challenges that encourage persistence and overcoming obstacles in a fun and engaging way.

Practical Information

✓ Accommodation

Participants will be accommodated at the Royal Hotel in Baku, where the training room is also located. Rooms are shared and come with free Wi-Fi. For a sneak peek and more details, visit www.royalhotel.az

✓ Meals

Indulge in three diverse and healthy meals daily, tailored to accommodate various dietary restrictions and preferences.

✓ Weather

In April, Baku experiences mild spring weather, with average high temperatures around 16°C and average lows near 10°C. Rainfall is minimal, averaging about 8mm over approximately 6.7 days during the month.

✓ Packing Suggestions:

- **Clothing:** Pack light layers, such as long-sleeve shirts and lightweight sweaters, to adapt to fluctuating temperatures. A light jacket or sweater is advisable for cooler evenings.
- **Footwear:** Comfortable walking shoes are essential for exploring the city.
- **Accessories:** Include a compact umbrella or rain jacket to prepare for occasional light rain.

By packing appropriately for Baku's pleasant spring climate, you'll ensure a comfortable and enjoyable experience during your visit.

✓ Currency

The local currency in Baku is the AZN (Azerbaijani New Manat), with a rough exchange rate of 1.76 to the Euro. ATMs and money changers are conveniently accessible. Stay updated with the daily exchange rates here: <https://www.cbar.az/currency/rates?language=en>

✓ Dietary/Special Requirements

Your health and comfort are our priorities. Please inform us of any **dietary restrictions, allergies, or specific medications** you'll need, so we can make the necessary arrangements to ensure your well-being during the program.

We will do our best to accommodate **vegetarian, vegan, gluten-free, halal, and other dietary needs**, but advance notice is essential. If you have any severe allergies or medical conditions, please bring any required medications and let the organizers know in case of emergency assistance.

Additionally, if you have **mobility limitations, special accommodations, or other personal requirements**, kindly share them with us in advance so we can ensure a smooth and comfortable experience for you.

Travel Information

✓ Eligible Transport

You are entitled for the reimbursement of your travel cost up to the limit which is given below. However, to receive this, there are a few rules you need to follow:

1. Economy/2nd Class: Travel must be economy/2nd class for plane, train, or bus. Taxis are not refundable unless there's no available public transport.
2. Economical Routes: Opt for the most economical travel means.
3. Document Presentation: All travel documents and receipts, including boarding passes, must be presented.

Please note that you can only claim the amount within the lump sum limit of the travel cost. *If this exceeds our budget, you must cover these costs yourself.*

Maximum Travel Costs Per Person

#	Organization	Country	Max Travel costs in euro/per person
1	Gənclər Beynəlxalq Dialoq və İnkişaf Naminə	Azerbaijan	0
2	UNİT	Ukraine	275
3	Genc Zihin Derneği	Turkiye	275
4	Milzinu Lizdas	Lithuania	360
5	Asociația Internațională a Tinerilor	Moldova	275
6	AEGEE Burgos	Spain	530

Reimbursement Process

To claim the reimbursement, you will need to provide all your tickets including boarding cards so please try to get the online tickets and boarding passes, as without these documents we cannot reimburse your travel costs on the spot. Before arriving, you need to send us the travel details form, explaining your travel details.

If you can only provide one-way travel tickets for the journey, you will be asked to send us all your complete travel expenses and receipts ASAP with the mentioned reimbursement.

Arrival/Departure

You will be picked up in from the airport if you arrive on the arrival day, so please look for your name on the paper at the arrival hall of the airport, our support staff will be waiting for you. *If you arrive on earlier dates you will have to arrange your travel yourself. The same rules apply for departure.*

Visa

Participants have to apply for the electronic visa at least 3 (three) working days before their planned date of arrival in the Republic of Azerbaijan from the Portal - <https://evisa.gov.az/en/>

The e-visa is issued within 3 (three) working days. The fee for the e-visa is paid electronically via the system. The e-visa is sent to the e-mail address of an applicant. You can get the e-visa in just 3 steps (apply, pay and download the e-Visa) via the Portal. Participants can apply directly through the portal for a single entry visa valid for 30 days stay in the country.

The expiry date of the participant's passport or other travel document should be at least 3 (three) months later than the expiry date of e-Visa.

For more information, you can go to this link:

https://evisa.gov.az/en/information_

☑ Important Visa Information

Each Participant is Responsible for their Own Visa Process!

The hosting organization will not apply for e-Visas on behalf of participants.

Please ensure to manage your visa application promptly and accurately to avoid any travel disruptions.

☑ Need Assistance?

If you encounter any issues or have questions during your visa application process, feel free to contact the hosting organization. We're here to support you!

☑ Contact Us

For further questions or additional information, feel free to contact **Tofig Sadikhov** at tofig.sadikhov@gmail.com or write us at wa.me/994556406487 .

We're here to assist you!