

Kola Program 2019 - St. Petersburg and the Kola Peninsula, Russia  
Yuriy Gavrilin - March 24, 2019

# KOLA PROJECT 2019

OPEN YOUR ORIGINAL MIND!

**A. Why? Our goals**

- BUILDING PERSONAL RELATIONSHIPS WITH HEAVENLY PARENT AND TRUE PARENTS
- STUDYING THE TRUTH
- BUILDING HEAVENLY CHARACTER (PERSONALITY)
- DEVELOPING A DESIRE TO LIVE FOR THE SAKE OF OTHERS
- OVERCOMING MIND AND BODY LIMITATIONS

**B. When?** July 1 to 28, 2019

**C. Where?** Russia: Approximately two weeks in St. Petersburg, followed by one week in the Kola Peninsula (the Lapland Nature Reserve), and then the final week back in St. Petersburg

**D. What will we do?**

- Educational program: DP lectures, discussions, True Parents' life course, spiritual guidance
- Practice: Fundraising in St. Petersburg, usually short and a lot of fun. Three hours a day in pairs for six days.  
What we will practice: To love and accept all people with their different characters, to overcome myself for the sake of God's Will and a greater goal, to open my mind and break through all barriers and concepts.
- Service project: During the first week, after the course of DP lectures, there will be a short outdoors project in St. Petersburg; after several days of fundraising in the second week, we will depart for the Lapland Nature Reserve (around 10 days in tents; facilities: sauna, toilets, dining room). The program includes a hiking challenge, organizing 'The Lapland Nature Reserve Open Doors' event for tourists, and building an eco-trail.
- Inspiration: St. Petersburg city tour, Russian culture (visiting the Hermitage State Museum), sightseeing

**E. Who?** Young 1<sup>st</sup> Gen and 2<sup>nd</sup> Gen from the EUME Region (in past years there also were 2<sup>nd</sup> Gen from Korea and Japan)

# Kola Project goals

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**It's always about participants having vivid experiences!**

**1<sup>st</sup> Generation** : finding the determination to continue their dedication.

**2<sup>nd</sup> Generation** : strengthening their identity.

# When?

- July 1 to 28, 2019

# Where?

- Russia
- 1<sup>st</sup> part : St. Petersburg
- 2<sup>nd</sup> part : Kola Peninsula (the Lapland Nature Reserve)

# Program structure

# Divine Principle

DP lectures

Discussions

DP-based sports activities

Spiritual guidance

# Fundraising in St. Petersburg

Short, a lot of fun

3 hours a day in pairs, 6 days

True Parents' life course lectures

Spiritual guidance

# Kola Peninsula Service Project



10 days in nature, sleeping in tents

Building an eco-trail

Hiking challenge

Experience of organizing 'The Lapland Nature Reserve Open Doors' event for tourists

**Final stage of the program  
True Love in action!**

# What else?



**City tours, climbing, creative tasks and various responsibilities throughout the program!**

## Rafting challenge



# Weekend challenge



## Climbing challenge



# Building an arbor at a tourist trail on the Kola Peninsula



# Hiking challenge on the Kola Peninsula





Sightseeing in St. Petersburg

## 2. Main schedule - Week 1

Time	_ July (Mon)	(Tue)	(Wed)	(Thu)	(Fri)	(Sat)	(Sun)
	Pick up	Lecture, Discussion	Lecture, Discussion	Lecture, Discussion	Lecture, Discussion	Lecture, Discussion	Sunday Service
07:00~08:00	Opening, HDH, sports exercise						
08:00~09:00	Breakfast, cleaning						
09:00~10:00	Arrivals and Orientation	Program Introduction	DP	DP	DP	Going outdoors	Sunday service
10:00~11:00							
11:00~12:00		Main orientation, icebreaking					
12:00~13:00		Lunch					
13:00~14:00		Sports					
14:00~15:00							
15:00~18:00		DP	DP	DP	DP	Rafting or mountain climbing	DP
18:00~19:00		Dinner					
19:00~20:00	Evening program: games, creativity, sports						
20:00~21:00	Information, rest	Reflection time, journal writing, team meeting and sharing					
21:00~22:00	Closing prayer						
22:00~23:00	Rest						
Accommodations	St. Petersburg church center	St. Petersburg church center	St. Petersburg church center	St. Petersburg church center	St. Petersburg church center	Night in tents	St. Petersburg church center

## 2. Main schedule - Week 2

Time	_ July (Mon)	(Tue)	(Wed)	(Thu)	(Fri)	(Sat)	(Sun)
	Lecture, FR	Lecture, FR	Lecture, FR	Lecture, FR	Lecture, FR	Lecture, FR	Sunday Service
07:00~08:00	Opening, HDH, sports exercise						
08:00~09:00	Breakfast, cleaning						
09:00~10:00		True Parents' Life Course	True Parents' Life Course	True Parents' Life Course	True Parents' Life Course	True Parents' Life Course	Sunday service
10:00~11:00							
11:00~12:00							
12:00~13:00		Lunch					
13:00~18:00		FR					Packing
18:00~19:00		Dinner					Dinner
19:00~20:00		Evening program: games, creativity, sports					Departure
20:00~21:00		Reflection time, journal writing, team meeting and sharing					
21:00~22:00	Closing prayer						
22:00~23:00	Rest						
Accommodations	St. Petersburg church center	St. Petersburg church center	St. Petersburg church center	St. Petersburg church center	St. Petersburg church center	St. Petersburg church center	Train to the Kola Peninsula

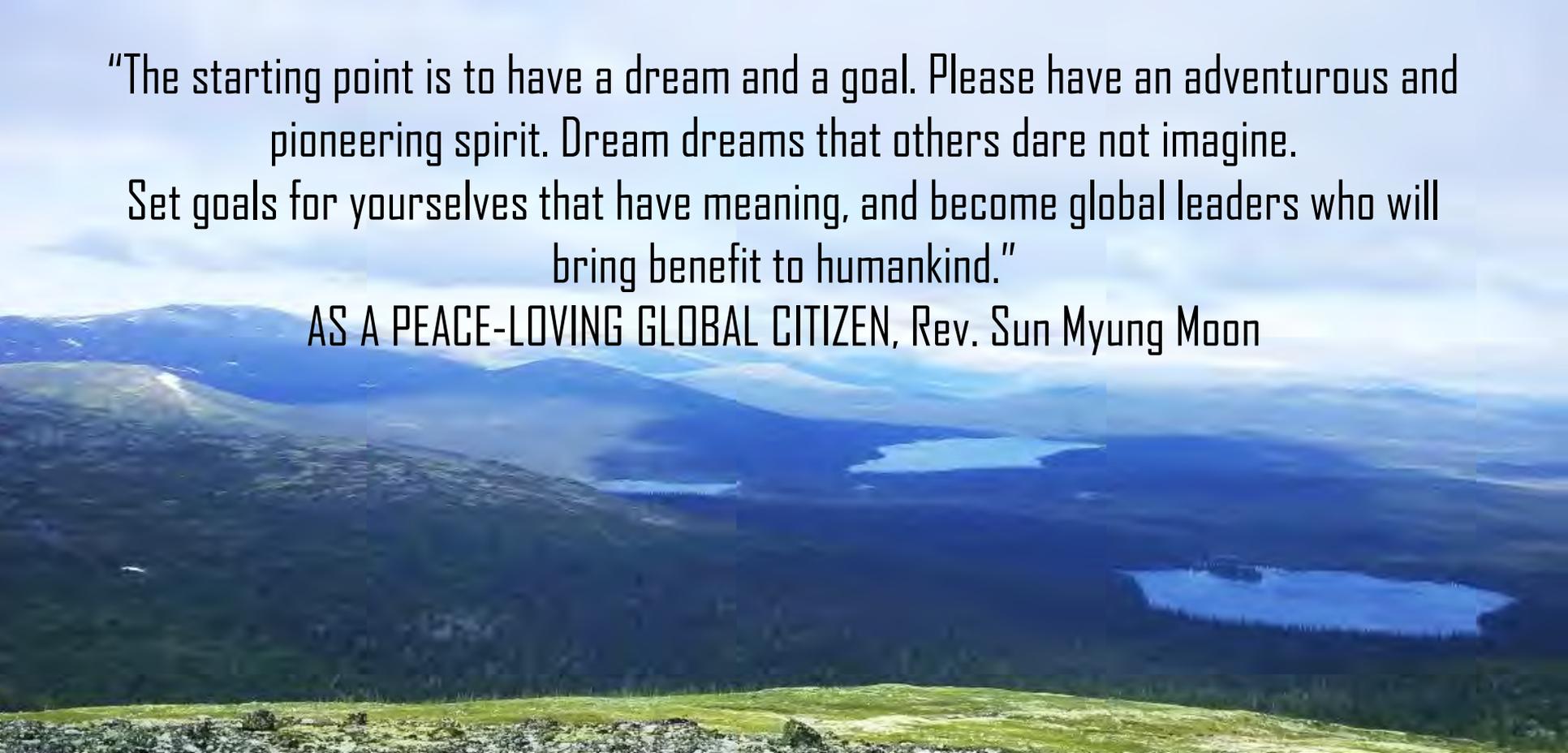


## 2. Main schedule - Week 4

Time	_ July (Mon)	(Tue)	(Wed)	(Thu)	(Fri)	(Sat)	(Sun)	
	The Lapland Reserve	The Lapland Reserve	City tour	City tour	City tour	Closing and departure		
07:00~08:00	Opening, HDH, sports exercise							
08:00~09:00	Breakfast, cleaning							
09:00~10:00		Departure	Unpacking, washing	The Hermitage State Museum	Neva River tour	Closing ceremony and departure	Departure	
10:00~11:00								
11:00~12:00								
12:00~13:00		Lunch						
13:00~14:00	Intercultural event for the Lapland Nature Reserve employees	Traveling by train	Sightseeing				Departure	
14:00~15:00								
15:00~18:00								
18:00~19:00		Dinner						
19:00~20:00		Evening program: games, creativity, sports						
20:00~21:00	Information, packing, rest	Reflection time, journal writing, team meeting and sharing						
21:00~22:00	Closing prayer							
22:00~23:00	Rest							
Accommodations	Tents in Kola Peninsula	Train back to St. Petersburg	St. Petersburg church center					

### 3. Expected expenses per participant (\*Participants cover their travel to Russia themselves)

Item	Cost details	Amount
Accommodations	150 USD for the whole program stay	150 USD
Food		
Transportation during the program	In case of traveling from Moscow to St. Petersburg and back : 75 USD round-trip	75 USD
Personal expenses	Amount is up to the participant Ex.: souvenirs, sightseeing in Moscow, etc.	Extra money
<b>Total</b>		<b>225 USD</b>



"The starting point is to have a dream and a goal. Please have an adventurous and pioneering spirit. Dream dreams that others dare not imagine. Set goals for yourselves that have meaning, and become global leaders who will bring benefit to humankind."

AS A PEACE-LOVING GLOBAL CITIZEN, Rev. Sun Myung Moon

**Kola Project 2019 is waiting for you!  
Come and join us! You are very welcome!**