For the purposes of Peer to Peer chat and E-VOIP calls Project XIII randomly grabs an internal and an external tcp/ip port for UDP hole punching. A basic description of UDP hole punching can be found here: http://en.wikipedia.org/wiki/UDP_hole_punching
2). UDP hole punching is used to create the connection

Once the P2P session has been agreed, each device chats with the STUN server to figure out where the other IP address is. The STUN server tells each party where the other is. When your device opens the communication with the STUN server a port on the firewall is opened up. The STUN server passes this port address to the other party. This is considered a ‘hole punch’. The other side can now send data directly to you (P2P). The devices have each asked for the hole in the firewall to be opened. The packets between the devices are always UDP packets. Some routers/firewalls do not support this behavior.
Once communication has been established via the UDP hole punch, data is now flowing between the devices.
Here is a configuration with a VPN tunnel on one side. Certain ISPs are not providing access to UDP hole punching. So we use a VPN tunnel to take care of that.