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Erasmus+ youth exchange

ASPIRING AND INSPIRING YOUTH

1 2 3 4 5
S T A R T



September 18-27, 2023
Project will be held in Lithuania

Accommodation, meals
and transportation covered

Age 18-29

 Goodness of People Sweden

PARTNER IN LITHUANIA

 Stovykla Draugai



We are glad to welcome you to the youth exchange project
"ASPIRING AND INSPIRING YOUTH"
and look forward to meeting you in
Lithuania.

Please read all the provided information carefully
and do not hesitate to ask questions if needed.



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OBJECTIVES OF THE PROJECT

The aim of the project is to develop personal leadership skills, using sports as a tool to increase social inclusion and active participation in public life.

Objectives:

1. to provide participants with knowledge and practical skills in developing leadership skills;
2. to teach leadership skills to apply in practice - through sports and physical activities;
3. to acquaint participants with the benefits of sports for increasing social inclusion.



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PARTICIPATING ORGANISATIONS

LITHUANIA	VšĮ Vaikų ir jaunimo centras "Džiaugsmo slėnis"
SWEDEN	Goodness of People
BULGARIA	CHAMPIONS FACTORY
ITALY	Associazione Sportiva Dilettantistica Angel
ROMANIA	Asociatia Comunitatilor Interculturale
POLAND	FUNDACJA CENTRUM AKTYWNOŚCI TWORCZEJ



ADVANCE PLANNING VISIT (APV)

There is 1 person from each partner organization invited to the advance planning visit.

The APV will happen online on:

March 17, 2023

10:00 - 14:00 (Vilnius time)

Topic: Advanced Planning Visit: Aspiring and Inspiring Youth

Time: Mar 17, 2023 10:00 AM Europe/Vilnius

Join Zoom Meeting

<https://us06web.zoom.us/j/83170865185?pwd=SzIybDVEVkk2MjlrMjNMcUFscGU2Zz09>

Meeting ID: 831 7086 5185

Passcode: 042125



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TARGET GROUP OF THE PROJECT

Basic English language skills are necessary.

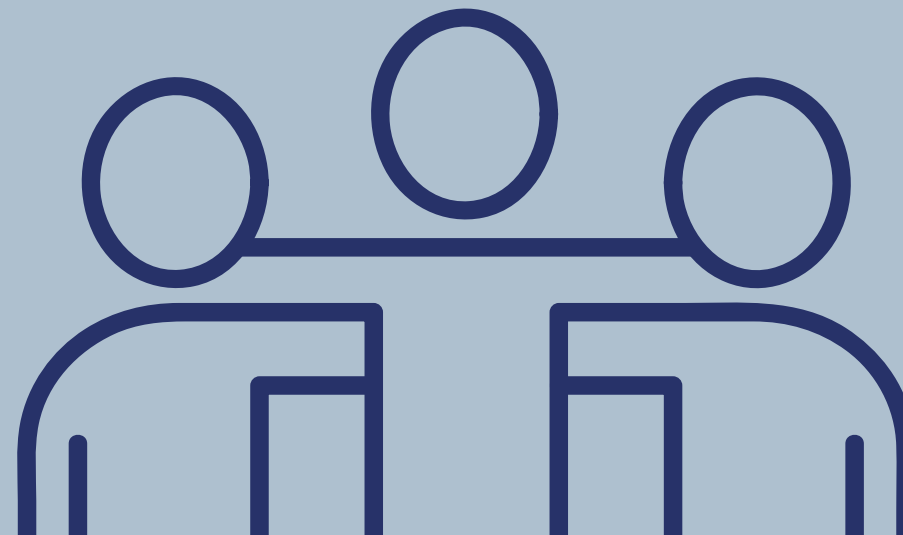
Participants: 18-29 y.o.

Each national group has to include 2 participants with fewer opportunities.

Each national group will consist of 7 participants (6 youngsters + 1 leader).

In total: 42 participants.

Gender balance is expected and welcomed



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FINANCIAL CONDITIONS

Accommodation, food, and planned activities will be covered by the project budget.

Unit costs of your travel expenses (see table below) will be covered by the organizers with the support of the ERASMUS+ program.

COUNTRY	Travel budget (Amount per person in Eur)	Distance band (calculated by Erasmus+ distance calculator)
SWEDEN	Up to 275 Eur	500 - 1999 km
BULGARIA	Up to 275 Eur	500 - 1999 km
ITALY	Up to 275 Eur	500 - 1999 km
ROMANIA	Up to 275 Eur	500 - 1999 km
POLAND	Up to 275 Eur	500 - 1999 km

If your distance band is lower - the budget decreases. Please contact us for more information.

Travel documents should be uploaded on Google Drive

https://drive.google.com/drive/folders/1HnG0vYij5te4aU3hJeJZ9Dyshbwfjh5q?usp=share_link

In order to receive this money for transportation, please upload ALL original invoices, tickets, boarding passes, or any other transport documents, a copy of any ticket payment from the bank account to be able to see who paid for the ticket (if paid not in cash).

You should also fill in the form of claim for reimbursement (found in Google Drive). There is a sample form included to see how it should be filled in.

In this form, please, do not change the amounts from other currencies to the euro. Organizers will count by themselves according to all the rules.

Please note: only the cheapest means of transport/fares are subject to reimbursement. Travel and/or baggage insurance is not covered.

The travel costs will be reimbursed via bank transfer.

It is possible to come to Lithuania several days earlier or leave several days later after the end of the project. In this case, you will have to cover any extra costs for accommodation and food.



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REIMBURSEMENT

IMPORTANT!

Reimbursement of travel costs will only be done:

1. upon full attendance in the program;
2. all travel tickets are given in;
3. dissemination is done by the national group;
4. the group leader has filled in the official Erasmus+ questionnaire;



TRAVEL DAYS

The project will last for eight days:
September 19-26

Travel days for foreign participants:

Arrival day: 18th of September

Departure day: 27th of September

Lithuanian participants arrive in the morning of the 19th of September and depart in the evening on the 26th of September.



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TRAVEL PLANS

Your travel budget consists of:

1. Inside travel in your country
2. Flights (back and forth)
3. Airport-Renavas-Airport

Transfer costs:

Riga -30 Eur (one way)

Vilnius -40 Eur (one way)

You will have to pay the amount in cash.



Select connections that arrive at the airport before 7 PM on the arrival day, and leave on departure day.

We will organize the trip Airport-Renavas-Airport.

PROJECT VENUE



Renavas is a village in Mažeikiai District, Lithuania.
It is located on the left bank of the Varduva river.
The village is known for its 16th-century manor.



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PROJECT VENUE



The participants will be accommodated and the activities will take place at the Guesthouse of Education Center.

Address: Renavo st. 35, Vadagiai, Mazeikiai district, Lithuania



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ACTIVITY ROOM



SHOWERS



SMALL ROOMS
(4 people together)



BIG ROOMS
(7-8 people together)



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BEFORE YOU TRAVEL TO LITHUANIA...

1. Make sure your passport is valid for 6 months counting from the departure day.
2. Participants from the European Economic Area (EEA) do not need to fill in a Passenger Questionnaire and do not need testing for COVID-19, even if the person has not been vaccinated or recovered from COVID-19 disease.
3. We strongly recommend you purchase travel insurance (cannot be covered by the project budget).

You can check all current restrictions concerning entering Lithuania here:

<https://nvsc.lrv.lt/en/information-on-covid-19/for-arrivals-from-abroad>



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PREPARATION

Project WhatsApp chat:

<https://chat.whatsapp.com/KOK9RHU11Ew6EgMLyK4ict>

Join this chat to follow the information about the project and to meet each other in advance virtually!



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DISSEMINATION OF THE PROJECT

We would expect to see this promotion:

- on your website
- you can download the prepared poster from Google Drive;
- on your social media;
- in the media (any if possible);



Make sure to use the Erasmus+ Programme logo with any promotion.



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NEED TO KNOW

Lithuania has banned alcohol advertising and raised the legal drinking age to 20 from 18 as part of efforts to curb consumption in one of the world's hardest-drinking nations” since January 1st, 2018.

(<https://www.rte.ie/news/world/2017/0601/879701-lithuania-drinking/>).

Smoking – only outside. No smoking inside. Smoking in Lithuania is allowed from 18 years old.

Energy drinks – in 2014, Lithuania became the first country in the EU to ban the selling of energy drinks to anyone under the age of 18. (<https://www.businessinsider.com/lithuania-bans-energy-drinks-for-minors-2014-11>).

Insurance - It is the participant’s responsibility to have travel health insurance or a European Health Card (EU countries). The European Health Card is accepted in every country within the European Union, can be obtained for free, and is valid for 1 year. Any other insurance is welcome, however, organizers do not cover insurance costs.



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THINGS NEEDED

Necessary documents, such as passports, travel documents, etc.

Personal care products, such as shower gel, shampoo, comb, etc.

Any medication you will need during your stay.

Comfortable clothes and shoes (please check the weather forecast before packing your luggage).

Slippers (if wanted - for the activities' time inside).

Typical taste (food, sweets, snacks...) of your country for the cultural evening.

Earplugs if you are sensitive to noise. You will be sharing a room with other people, so you may want to take it if you are sensitive to noise.

Cameras, laptops, and other equipment make life and work easier. At least one person per national group is recommended to **BRING THE COMPUTER**. Also, to have some video editing app on the phone or the computer.

Joy and lots of positive energy! Endless amounts of good mood and motivation for work and leisure! Positive attitude, desire to learn, and meet cool new people!

We encourage participants to be an active part of this project, embrace responsibility and enjoy the cultural side of this experience!



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LITHUANIAN FOOD

Lithuanian food is well known as delicious and quite heavy.

If you want to learn more about Lithuanian cuisine, you are welcome to visit this page!

We hope you will enjoy the meals that will be served.

<https://www.lithuania.travel/en/category/lithuanian-cuisine>

Please let us know as soon as possible whether you have any special needs (vegetarian, vegan, no pork, no fish) or allergies we need to know. We will do our best to accommodate the needs of everyone.



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CULTURAL EVENINGS

As part of our cultural evenings, we would like to find out more about your country.

We kindly ask you to prepare an interactive presentation of your country (you can present your country's food, music, traditional dances, games, etc.).

Creativity is the basic requirement.

Participants will also have the opportunity to present their organization and its activities.

You can bring some materials (brochures, posters, PowerPoint presentations, films, photos, etc.).

Be creative! 😊



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CONTACT DETAILS

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