



YOUTH EXCHANGE

EU 2 YOUTH

KAUNAS, LITHUANIA

7 - 15 JUNE, 2023

PREPARATORY MEETING 17-19 MAY, 2023



Co-funded by the
Erasmus+ Programme
of the European Union

ABOUT THE PROJECT



The youth exchange project **"EU 2 YOUTH"** aims to achieve that young people are more informed and interested in being politically engaged in the EU matters, increase their knowledge in decision making process of key EU institutions such as European Parliament. In this way they would be more informed and better motivated and prepared for the EP elections in 2024.

OBJECTIVES:

- Contribute to a more politically-aware, politically-engaged youth by analyzing level of political engagement of youth.
- Familiarize youth with the institutions of the European union, focusing on European Parliament, and its decision making process.
- Provide knowledge and space for youth to discuss democracy, fundamental rights and to strengthen European values.
- Provide opportunity for young people to express their views and stimulate active participation by actually experiencing decision-making process through the simulation methods.

COUNTRIES INVOLVED:

- LITHUANIA
- ESTONIA
- ITALY
- CROATIA
- CZECH REPUBLIC

ABOUT THE PROJECT

The project will consist of two main activities:

- 1) **Preparatory meeting** – youth leader from each participating country and a facilitator (in total 6 people).
- 2) **Youth exchange** – it will be 7 working days activity gathering 30 young participants in Kaunas, Lithuania.

DATES:

The project will consist of two main activities:

- 1) **Preparatory meeting: 17–19 May, 2023 (17th May will be arrival and 19th May will be departure after 2pm).**
- 2) **Youth exchange – between 7–15 June, 2023 (7th June will be arrival and 15th June will be departure).**

PARTICIPANTS:

Profile of **Team Leader** for **Preparatory Visit:**

- At least 21+ years old;
- Leadership skills;
- Management and coordinating skills;
- Good communication and English language skills;
- Experienced in dealing with people coming from a difficult background;
- Experience in being a youth leader;
- **Team Leader must be able to attend both activities, i.e. Preparatory Visit and Youth Exchange.**

Profile of participant for **Youth Exchange:**

- Between 18–26 years old;
- young activist engaged in youth work and social/political activities or young person who wants to be active;
- Demonstrate an interest in the youth advocacy at the European level;
- Passionate about political dialogue;
- Ready to share experience and gain new one in multicultural environment;
- Able to act as a multiplier in local community;
- **Committed to attend for the full duration of the project and actively participate in all project activities;**
- Able to communicate in English language.

VENUE

Participants will be hosted in the city center of Kaunas (a few minutes from Kaunas old town).

Participants will be accommodated in the rooms of **2-4 people**, each room has a private bathroom.

Bedsheets, one towel will be provided.



PREPARATION & FOLLOW UP

WHAT TO BRING AND PREPARE?

- Please bring **comfortable shoes and clothes** as we might have some activities outside and do not forget to check the weather before coming.
- Personal care products: shampoo, toothpaste, necessary medicine if you require any, etc.
- At least one laptop per country is required.
- European Health Insurance Card (EHIC card) - for EU residents
- Food or other important things for the intercultural night and **your country flag**. Please prepare upfront interesting traditions, songs or games for your intercultural night as we will **NOT** have presentations or Youtube videos of how amazing your country is (be creative) ;)
- Energizers: every day we will have energizer session so think of some unique fun energizers to show to the group.

FOLLOW UP:

- Each participant, and their respective NGO, is required to do follow up activities after the youth mobility. It is very important for us to have the project outputs disseminated by all participants and also to engage participants in doing follow up activities. We will brainstorm together during the youth mobility what those follow up activities could be, according to your local context.

FOOD PREFERENCES:

- As you are coming to a different country than your home country it is important to understand that the food diet you will have on project will not necessarily be the type of food diet you are used to in your home country.

IMPORTANT TRAVELING INFORMATION!

- We suggest you to check flights to **Kaunas or Vilnius airport**.
- Experience shows that reimbursement allowances are sufficient to cover your travel and local transportation if everything is booked in advance.
- **Arrival is 7th June, departure is 15th June, 2023.**
- On 7th June participants will get dinner (around 19:30 h). On 15th June participants will depart from the venue after breakfast.
- Before buying any tickets **participants must get confirmation from Asociacion "Mano Europa"**. Tickets not approved by the host organisation will not be reimbursed.
- Maximum travel budget for youth mobility:
 - > **Lithuania (10-99 km) maximum 23 EUR per participant;**
 - > **Estonia (100-499 km) maximum 210 EUR per participant for green travel (bus, train);**
 - > **Croatia (500-1999 km) maximum 275 EUR per participant;**
 - > **Czech Republic (500-1999 km) maximum 275 EUR per participant;**
 - > **Italy (500-1999 km) maximum 275 EUR per participant.**

REIMBURSEMENT:

- Reimbursement of travel distance will be calculated using **the distance calculator**.
- **Participants will be eligible to get reimbursement only if they provide original tickets, invoices, boarding passes and receipts.**
- Participants must use public transport, economy class.
- TAXI will NOT be reimbursed in any circumstances!
- Please keep all your tickets and boarding passes as without them we can't reimburse you the money!!
- After going back home you should send us original remaining boarding passes and any other travel documents from return journey by post to organizer address.
- **The reimbursement will be done by bank transfer to the account of partner NGO** after the project once we receive rest funds from National Agency (usually up to 4 months). Partner NGO is in charge to distribute the reimbursement, send by organizer, to their participants.

ADDITIONAL INFORMATION

- Each participant must have **a valid health insurance** throughout project.
- If any of the participants have any special requirements regarding food and/or health issues, please inform us in advance.
- Number for emergencies (police, ambulance) during your stay in Lithuania: 112
- This project has a **25 EUR contribution fee** paid on spot on first day.

WEATHER:

- Weather in Lithuania in June is usually warm (22-25 degrees). Of course we hope for sunny days.

CURRENCY AND PRICES:

- The official currency in Lithuania since 2015 is EURO.
- Public transport ticket is around 1 - 1,5 €.
- Inflation is quite high in Lithuania (20%), therefore, expect higher prices than usual in local shops, restaurants etc.

CONTACT INFORMATION:

If you have any questions please reach out to MANO EUROPA by email info@manoeuropa.org

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