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Erasmus+ youth exchange

OUTDOOR. BONUS FOR LIFE

May 14-23, 2025

LITHUANIA



Project topic: ecology, sustainability

Activities in the nature and hiking awaits you!

Age 17-29



INFOPACK



 Stovykla "Draugai"

 @stovykladraugai



We are glad to welcome you to the youth exchange
project

“Outdoor. Bonus for Life”

and look forward to meeting you in Lithuania.




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










OBJECTIVES OF THE PROJECT

The goal of the project is to develop youth awareness and understanding of environmental challenges and promote the implementation of sustainability principles in everyday life.

Objectives:

-  to encourage participants to create and maintain a sustainable lifestyle both in nature and in everyday life;
-  to increase participants' awareness, and strengthen connection with their environment;
-  to gain motivation and tools to contribute to nature protection activities in their countries in the future.

PARTICIPATING ORGANISATIONS

LITHUANIA	Public Company Children and Youth Center “Valley of Joy”	
TURKEY	Genc Girişimci Zihinler Derneği	
ITALY	Coda di Lupo APS	
ROMANIA	Asociatia 21st Greentury	
BULGARIA	Pangea Native	
CROATIA	Udruga Murtila	
CZECHIA	EDDA, z.ú.	

ADVANCE PLANNING VISIT (APV) INFORMATION

April 7-9, 2025



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Each partner organization must send **2 people** (leader + youth participant).



Those participating in the APV MUST also participate in the youth exchange!

The advance planning visit will be held:

Arrival day: 7th of April

Departure day: 9th of April

APV meeting venue:

Guest house “Villa Kaunensis”

Address: Rotušės aikštė 21, Kaunas city,
Lithuania

<https://www.villakaunensis.lt>

COUNTRY	TRAVEL BUDGET (Amount per person in Euro)
TURKEY	Up to 395 Eur
ITALY	Up to 395 Eur
ROMANIA	Up to 309 Eur
BULGARIA	Up to 309 Eur
CROATIA	Up to 309 Eur
CZECHIA	Up to 309 Eur

TRAVEL PLAN

Your travel budget consists of:

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

You can fly to Vilnius or Kaunas airport.

Also, you can check options to Riga (Latvia) airport.

If you fly to Vilnius, you can travel to Kaunas by public transport:

- bus tickets <https://www.autobusubilietai.lt/en>
- train tickets <https://bilietas.lt/glink.lt/>
- airport express <https://www.ollex.lt/en>



**Travel tickets MUST be approved
by project organizers before
buying!**

YOUTH EXCHANGE INFORMATION

May 14-23, 2025



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TARGET GROUP OF THE PROJECT



Each national group will consist of **6** participants (5 youngsters + 1 leader).
In total: 42 participants.



Participants: 17-29 years old. (There is no age limit for a leader of the group).

Basic English language skills are necessary.



Each national group has to include **2** participants with fewer opportunities.
Gender balance is expected !



FINANCIAL CONDITIONS

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

This is in accordance to the rules of the Erasmus + programme. We can cover the travel costs within this limit.

If the travel costs are exceeding this price limit the rest has to be covered by the participants themselves.

COUNTRY	TRAVEL BUDGET (Amount per person in Euro)	DISTANCE BAND (Calculated by Erasmus+ distance calculator)
TURKEY	Up to 395 Eur	2000 – 2999 km
ITALY	Up to 395 Eur	2000 – 2999 km
ROMANIA	Up to 309 Eur	500 – 1999 km
BULGARIA	Up to 309 Eur	500 – 1999 km
CROATIA	Up to 309 Eur	500 – 1999 km
CZECHIA	Up to 309 Eur	500 – 1999 km

If your distance band is lower - the budget decreases. Please contact us for more information or check [here](#).

The travel costs will be reimbursed via bank transfer.

Reimbursement may take up to 6 months from the end of project activities, so please plan your budget accordingly.

FINANCIAL CONDITIONS

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

In order to receive reimbursement 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).

Travel documents should be uploaded on **Google Drive**.

On some apps the boarding pass disappears after the travel. Remember to take a screenshot!

Reimbursement may take up to 6 months from the end of project activities, so please plan your budget accordingly!



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.

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.

FINANCIAL CONDITIONS



REIMBURSEMENT OF TRAVEL COSTS WILL ONLY BE DONE:

- ▶ Upon full attendance of the program;
- ▶ All travel tickets are uploaded and reimbursement form filled in correctly;
- ▶ Dissemination is completed by sending organisation and participants;
- ▶ The group leader has filled in the official Erasmus+ questionnaire;

COMMUNICATION

You will have to fill in participant form to ensure that organizers have necessary information for project preparation.

All communication with the participants will be held via WhatsApp group and email.



You will receive invitation to the WhatsApp group and link to participant form after your **participation is confirmed** by your sending organization.

TRAVEL DAYS

The project will last for eight days:
May 15-22, 2025.

Travel days for foreign participants:

Arrival day: 14th of May

Departure day: 23rd of May

Lithuanian participants arrive in the morning of the 15th of May and depart in the evening on the 22nd of May.



PROJECT VENUE



The participants will be accommodated and the activities will take place at the homestead “***Luobos vienkiemis***”.

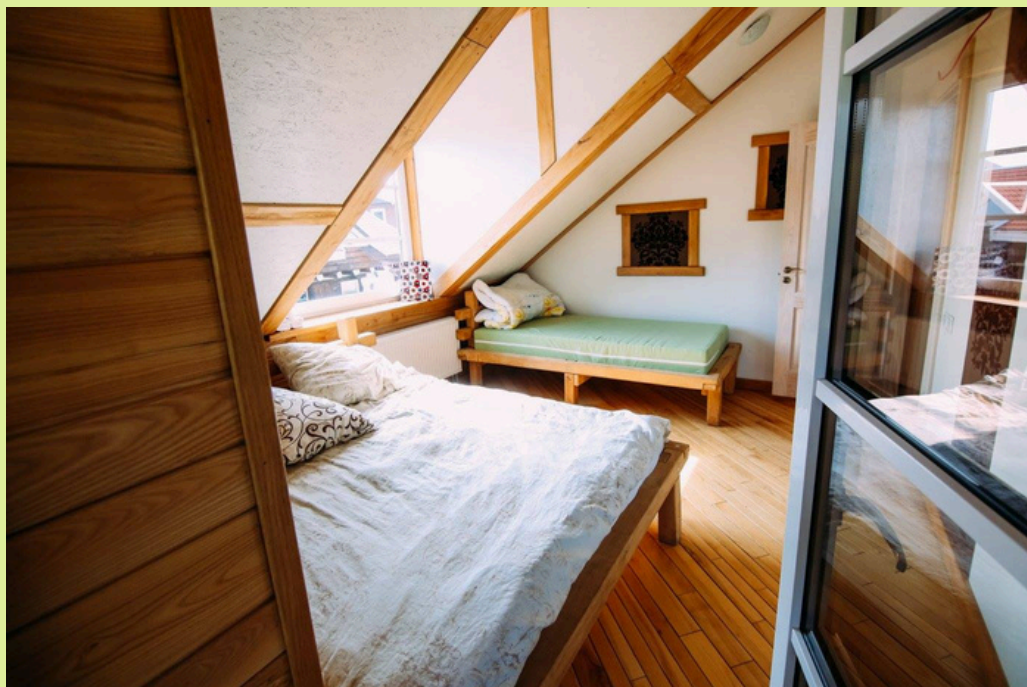
Address: Sedos st. 11, Luoba village, Skuodas district, Lithuania

PROJECT VENUE



Please note that accommodation will be spread across three different buildings in the territory, each offering rooms of varying sizes due to their unique layouts.

You will be accommodated in rooms of 2-4-8-10 people (divided by gender).



- ▶ Towels are NOT provided
- ▶ Wi-Fi will be available
- ▶ Closest village shop is 4-5 km away. Shopping opportunities will be limited to certain days.

TRAVEL PLAN

Your travel budget consists of:

- Inside travel in your country;
- Flights (back and forth);
- Arrival Airport - Project venue - Departure airport;

We will organize the transport Airport - Project venue - Airport, because there is no public transport to the project venue.

Transportation will pick you up (in groups) from the airport and take you directly to/from project location.



TRANSFER COSTS:

From/To Riga: 30-35 Eur (one way)

From/To Vilnius 35-40 Eur (one way)

You will have to pay the amount in cash.

Each participant will receive a receipt that can be added to travel expenses.

Travel tickets MUST be approved by project organizers before buying!

BEFORE TRAVEL TO LITHUANIA

- Make sure your passport is valid for 6 months counting from the departure day.
- Insurance. Make sure you have insurance for the period of your travel (required by the Erasmus+ rules):
 - Wherever relevant, travel insurance (including damage or loss of luggage);
 - Accident and serious illness (including permanent or temporary incapacity);
 - Death (including repatriation in case of projects carried out abroad).
- If applicable, it is strongly recommended that participants in transnational activities are in possession of a European Health Insurance Card.
- Lithuania has banned alcohol advertising and raised the legal drinking age to 20.
- 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>).

DISSEMINATION OF THE PROJECT

Dissemination must be completed by:

- Sending organisation;
- At least 2-3 participants from the national team.

Dissemination of the project should include:

- Results achieved during the youth exchange;
- Sharing competences achieved while participating;
- Project name, date and location.

We would expect to see this promotion:

- On social media platforms;
- Organization's website;
- In traditional media (if possible).

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




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All dissemination links must be uploaded to Google drive file **“dissemination”**


All visual materials as project poster, logos can be found in **Google drive.**




WHAT TO PACK?



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



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




Any medication you will need during your stay.




Reusable bottle

For using less plastic cups and being sustainable



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



Earplugs if you are sensitive to sound while sleeping



LITHUANIAN FOOD

Lithuanian food is well known as delicious and quite heavy.

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

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.

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

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



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! 😊



CONTACT DETAILS

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Stovykla "Draugai"



@dziaugsmoslenis