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YOUTH EXCHANGE

 UNDERSTANDING
ENVIRONMENT

TRAKAI, LITHUANIA
12-21 JUNE 2023



Erasmus+

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Understanding Environment

Travel dates: arrival; **12.06.2023** and departure **21.06.2023**

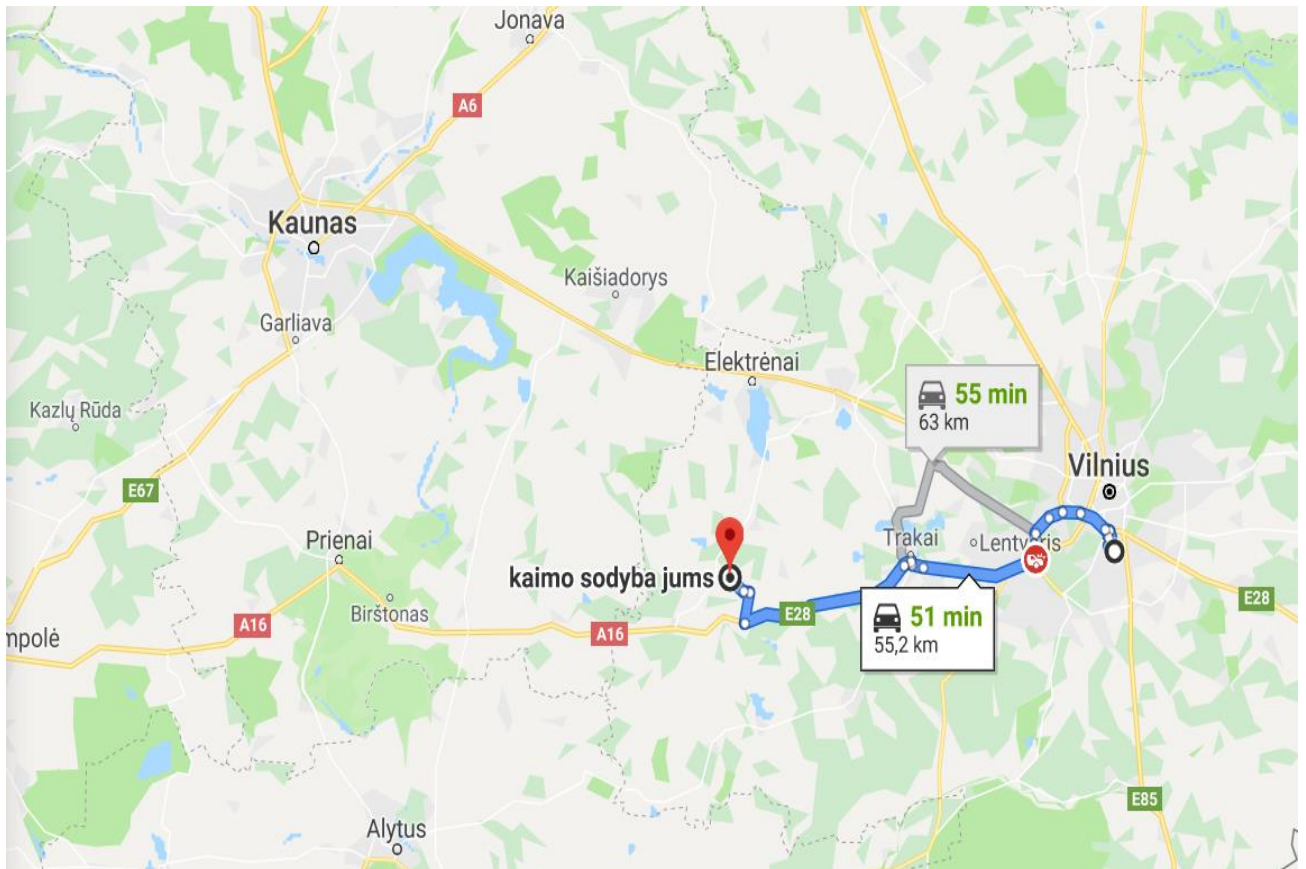
Project type: **Youth exchange**

Place: **Neciunas, Lithuania**

Participating countries: **Germany, Lithuania, Turkey, Hungary, Czech Republic and Bulgaria.**

Participants per country: **10 (8 Young people and 2 group leader no any age limit)**

Participant fee: **40€**





SUMMARY OF PROJECT



This 10-day youth exchange program aims to develop the skills and competencies of young people who are passionate about taking action to address social and ecological issues worldwide. The project seeks to raise awareness of ecological issues and identify potential solutions through social media campaigns on various platforms. It also aims to equip participants with practical skills to prevent and manage environmental crimes using social media tools, and to increase the use of social media to promote environmental awareness, leading to the emergence of social norms and behaviors. The program also promotes cultural diversity as a means of addressing various environmental problems. Additionally, participants will learn about the psychology behind social sharing and how to create content that triggers emotions. They will also gain knowledge about reporting on environmental violations, treatments, and solutions through articles, photographs, and videos on social media platforms. Finally, the program will teach participants how to create actionable and practical content for their target audience.



ACTIVITIES AND METHODS



The project will utilize non-formal and informal learning methods throughout its activities. The coordinator, host, and partner organizations will be introduced to the participants, and local rules and code of conduct will be presented. Icebreakers and name games, such as the one-word ice breaker exercise, Just one lie, Bingo, Two truths and one lie, Line up, and Quotes, will be used to help participants get to know each other.

A team-building activity, the City Walk, will be conducted to make participants more familiar with the local culture and to promote a good team dynamic. Creative methods, such as painting, drawing, mixed media usage, and presentations, as well as brainstorming sessions, will be used to educate participants on environmental protection issues and needs.

The sharing of each country's experience and open discussions will be facilitated, with each country sharing the summary of their research on environmental violations in their respective countries while using pictures and a projector. Successful environmental awareness campaigns will be discussed, with the help of a trainer/marketer who will explain why they were successful. Hands-on workshops will follow each discussion to ensure the practical application of knowledge.

Participants will be randomly divided into groups to develop the main idea of their campaign, target audience, methods to use, and marketing strategy. The evening will be concluded with a



cultural gathering organized by two participating groups, featuring food, music, and other cultural activities.

PARTNERS



TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated using a specific program called Distance Calculator:

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
Germany	Lithuania	500 - 1999 km	10	275.00
Bulgaria	Lithuania	500 - 1999 km	10	275.00
Czech Republic	Lithuania	500 - 1999 km	10	275.00
Hungary	Lithuania	500 - 1999 km	10	275.00
Turkey	Lithuania	2000 - 2999 km	10	360.00

Participants will be reimbursed for their travel costs upon submitting their tickets and boarding



passes. The reimbursement will cover up to 100% of the actual expenses incurred for travel (including flights and other modes of transportation), based on the distance between their location of residence and the project location in Neciunas, Lithuania, which must be calculated using the European Commission's distance calculator. However, the reimbursement will be sent only to the sender organization, who will then distribute the funds to the participants.

It is important to note that participants must return to their home within two days after the project. Team leaders are responsible for sending all team boarding passes, original tickets, and invoices to the project organizers by post. The reimbursement will be transferred to the sender organization's bank account within 60 days of receipt of these documents.

If participants wish to stay extra days beyond the project duration, they must cover the expenses for their own food and accommodations. Participants are allowed to arrive in Lithuania up to two days before the project starts and depart up to two days after it ends.

It is also important to keep all boarding passes, tickets, and receipts/invoices for reimbursement purposes. Visa costs are not covered by the project and must be covered by the participants.

ACCOMMODATION

Location - Located in Lithuania, near the picturesque Neciunas lake, is the contemporary rural tourism retreat known as "Sodyba Jums". It offers a serene getaway from the hustle and bustle of city life, allowing guests to bask in the tranquility of nature. <https://www.sodybajums.lt/en/>

An ideal location for birdwatching, particularly of white storks and grey herons, is in close proximity to the regional park of Aukstadvaris. The park boasts around 80 lakes, as well as burial sites, villages, and various designated recreational areas. A growing number of people visit Aukstadvaris each year to enjoy a peaceful retreat and appreciate the stunning natural surroundings.

Note: Participants who wish to extend their stay in Lithuania before or after the project must make their own accommodation arrangements. However, if they inform the organizers in advance, they can receive assistance with booking a hotel.

FOOD

Rooms will accommodate 2, 4, 6, or 8 persons. Unfortunately, we are unable to provide special accommodations for couples. Participants will stay and work in mix group from different countries and divided according to gender.

Host organization will provide with three daily meals, which will be served by the organizers.



Each country will prepare breakfast one day and will be part of the washing dishes that day.

RULES

During the project, it is mandatory for all participants to actively engage in all activities and workshops. Unauthorized absence from any of these events will not be tolerated. Smoking is strictly prohibited inside the buildings and designated smoking areas will be provided. Participants are expected to respect and take care of the accommodation property, and failure to do so may result in punishment. It is important that everyone helps keep the house clean and cleaning inventory will be provided. Alcohol consumption during the activities is strictly prohibited. While we cannot control your personal alcohol consumption during your free time, drinking in public or causing health problems due to alcohol abuse will not be allowed. Additional rules may be introduced on the first day of the exchange.

WHAT TO PREPARE? WHAT TO BRING?

- Please ensure to bring all necessary travel documents such as tickets and invoices. Group leaders will collect these documents from participants.
- Participants must have insurance covering travel, third party liability, accident and serious illness, and death (including repatriation in case of projects carried out abroad).
- Participants in transnational activities are strongly recommended to possess a European Health Insurance Card, which provides access to medically necessary, state-provided healthcare during a temporary stay in any of the 28 EU countries, Iceland, Liechtenstein, and Norway.
- For projects involving young people under 18, participating organisations must obtain prior authorization from their parents or legal guardians.
- Each participant is required to bring a souvenir cup that will be exchanged and used during the project, and kept as a souvenir after the exchange.
- Don't forget to bring some coffee or tea from your home country. It will be a great opportunity to try new tastes from all over the world in the morning!
- If you enjoy cooking, bring some spices from your country to make the food more diverse and international.
- Please note that there will be limited or no internet connection, so be prepared for a more rural lifestyle.



- Bring swimming suits. We will swim in the lake!.
- Comfortable shoes are a must for all the walking and sports activities that we have planned for the exchange.
- Bring your own flip-flops or indoor shoes as outdoor shoes are not allowed in the workshop rooms. We recommend bringing plastic flip-flops to wear in the shower.
- Please bring materials and information about your organization as each country will be asked to make a 15–20-minute presentation.
- Participants will be placed in mixed groups of different countries and divided by gender.
- Each country will have the opportunity to introduce their own intercultural evening. Please bring your own desserts, food, music, dances, flags, currency, etc. as there will be limited opportunities to buy things in the village.
- Bring a hairdryer if needed.
- Please bring any interesting materials (exercises, videos, presentations, games, educational resources) related to the project topic.
- Prepare energizers that can be done before the morning activities.
- Be creative and have fun during the cultural evening! Avoid using PowerPoint presentations as they can be boring. Instead, consider dances, songs, acting, video presentations, or games.

Safety

It is crucial to note that insurance is mandatory for all participants, and we recommend obtaining the European Insurance Card (which is free for EU citizens). In case of an emergency, please dial 112. The organizers can be reached at +37069016696 (**Berkay**). We will have a first aid kit available in our accommodation at all times. Group leaders should inform us of any participant's health issues or special dietary requirements.

Useful phrases in Lithuania

Hello! : Labas!

How are you? : Kaip tau sekasi?

Thank you! : Ačiū!

Goodbye! : Viso gero!

Bus : Autobusas Train : Traukinys

Ticket : Bilietas

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SEE YOU ALL IN LITHUANIA