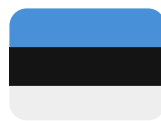


INFO PACK



THEORY **YES**

ERASMUS+ Youth Exchange

2023/05/01- 05/10



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



APGLĖBK PASAULĮ
GALIMYBĖS JAUNIMUI

Lithuania, Labanoras regional park. Farmhouse "Vilijos"
Organized by NGO "Apglėbk pasaulį"

General information

Title: **"TheoryYES"**

Place: **Labanoras regional park, Lithuania**

Date: **01/05 - 10/05/2023**

- 01.05.2023 is an arrival day
- 10.05.2023 is a departure day

Participants: **30 young people+8 leaders, 18-30 years old**
(no age limit for a leader)

Partners:

Romania(ASOCIATIE TOGETHER ROMANIA)

Slovakia(STEP - Society for territorial progress)

Bulgaria(Mladejki centar za razvitie-Vzaimopomosht)

Estonia(MITTETULUNDUS UHING NOORED UHISKONNA HEAKS)

Poland(Stowarzyszenie "Grupa Dzialania").

**Please select 6 participants for this project (5 participants + 1 leader),
gender balance is highly recommended**

Place

Labanoras Regional Park, established in 1992, is located 80 kilometers northeast of Lithuania's capital, Vilnius. Covering 553.18 km², it is the largest regional park in the country. Its administration is in the small town of Labanoras

See more on:

<https://www.lithuania.travel/en/place/labanas-forest>



How to reach Labanoras



There are two nearest airports – one in Kaunas(KUN), and one in Vilnius(VNO). These airports and cities are very well connected with Molėtai(the closest city to Labanoras). Thanks to buses, which run from the early morning to the evening. The cost of the bus from Kaunas or Vilnius to Molėtai is about 7-16 €. From Molėtai the bus will be organized to pick you up all together by separate cars to bring you to the venue "Vilijos" sodyba.

Please, plan your travel to Kaunas or Vilnius and from there to Molėtai. The schedules of the buses you can find here.

<https://www.autobusubilietai.lt/en>

Accommodation

The youth exchange will be hosted in the „Vilijos“ farmhouse. The participants will be accommodated mainly in rooms for 2, but there are also for 3-5 people in a few rooms. There will be a conference room at our disposal, where we will work and do program activities. **Mostly in bigger rooms, there will be mixed gender accommodation.**

See more on:

<http://vilijossodyba.eu/>



About the project

The main topics of the project „**TheoryYES**“ are mental health, physical inactivity, self-development, and methods to improve the quality of topics mentioned before. During the project, we will implement new tools and methods how to enrich our and other people around us lives. In addition, people will learn more about the main topics, and at the same time, they will learn and improve their 8-key competencies. The unconscious topic of the project by its own name is to seek discomfort by saying YES more often. In this way, people will learn something about themselves or their surroundings every day.

During the 8-day program mobility, participants will be included in different workshops and activities relevant to the main subject matter of the project. The facilitators' team will use unique nonformal learning methods adequate to the project topic and the profile of participants.

Apart from that, the participants will take part in many activities, both theoretical and practical:

- presentations, brainstorming, workshops, discussions,
- hike in the biggest forest in Lithuania,
- team-bonding experiences, ice-breaking games,
- trip to Molėtai youth center,
- national evenings and group presentations as a support to international education of the participants.

To learn more about what you can expect during our youth exchange just take a look on the following promotional movies from the projects that our partners were implemented in years 2017-2022



"Youth it up" Erasmus+ PBE



YOUTH OVERCOME HATRED Erasmus+ Youth Exchange



Dissemination and promotion of the project results is a very important element of the entire project. For several years, our Association has been developing very intensively towards the use of visual materials in the promotion of our activities. The results of our efforts are promotional videos from our projects. A promotional video will be prepared for this project as well. Active involvement of participants in the promotion of the project is the responsibility of each participant, which is a requirement established by the Erasmus+ program guidelines. During our project, we will take photos and record short video clips. ***By agreeing to come to this project, it's automatically agreed that photos and videos with you, can be used for dissemination and promotional reasons.***

Participants profile

Participants should be 18-30 years old, motivated to take part in all stages of the project (preparation, realization, follow-up), being able to communicate in English. The gender balance in the group is highly recommended. Every team should have 2 people with fewer opportunities (1 of them should have if possible blindness superpower). Motivated to say YES to challenges.

The group leader should be experienced in working with youth and should have experience with Erasmus+.

Programme facilitators

The youth exchange program activities will be implemented by an experienced team of facilitators from Poland and Lithuania.



Alex (Meškiukas) -
Lithuania



Marcin - Poland

Weather conditions

The average temperature in May is around 5-18 Celsius. May has the least rainy days during the year.

Currency in Lithuania

The Lithuanian currency is Euro since 2015.

Insurance

The participants are required by the Erasmus+ program to have valid travel insurance for the whole period of the project including the travel days or the European health insurance card.

Language

The official language of the project will be English. All the workshops and sessions will be implemented in English.

Food requirements

Apart from standard nutrition based on regional cuisine, we are able to provide vegetarian and vegan food. If your medical condition requires special nutrition you must consult with us before your arrival at the project if we are able to fill your needs.

Costs and travel reimbursement

Food, accommodation, and materials during the youth exchange are fully provided.

The travel costs will be reimbursed as soon as you send us all the necessary documents such as tickets and boarding cards. Eligible means of transport are:

- Plane/Train/bus,
- Traveling by car, taxi or rented bus is ineligible and can be accepted only(!) if public transport does not operate.

For the travel reimbursement purpose participants must provide to the coordinator their tickets, bills, and boarding cards in electronic or physical form that includes price, connection description, and name of participant (in case of flight tickets). For your plain ticket, we will need also your boarding card for every single connection. All the documents need to be delivered in electronic version (PDF) or physical form. Even though you use the mobile app on your phone, download the pdf to send it to us. Because of accounting rules, we can NOT accept print screens from your phone.

The E+ Programme and Lithuanian National Agency require participants to use the time and cost-efficient way of transportation. To ensure that obligation we require participants to:

- before purchasing any plain ticket consult it with us. We expect to be informed about the chosen connection including the time, date, and price of your flight. The following information should be delivered to us (grupadzialania@interia.eu) before you purchase your tickets. **Before purchasing, flight tickets receive our written confirmation. Otherwise, you risk your ticket will not be reimbursed.**
- tickets for flight connections buy directly by the flight operator. We will **not accept** bills from external operators or travel agencies.

If participants want to come earlier or depart later from a project venue, they can only arrive 2 days before the youth exchange starting date and leave 2 days after the youth exchange end date, to still be eligible for travel cost reimbursement. In that case, participants must cover their expenses on those additional days (accommodation, food, etc.) and consult this with the coordinator.

Travel reimbursement can be fully or partly removed to the people who:

- do not take part in the whole length of the youth exchange(**leaves before departure date**).
- skip the workshops (a hangover is not a reason for that).
- repeatedly breaking the basic rules and not reacting to warnings or committing serious misbehavior,
- **do not contribute to the dissemination phase of the project.**

Maximal travel costs reimbursement for the following countries:

Country	Role	Number or participant	Travel reimbursement limit(per person)
Bulgaria, Slovakia, Romania	Partner organisation	6 (5PS+Leader)	265
Estonia	Partner organisation	6 (5PS+Leader)	170
Lithuania	Coordinator	7 (5PS+2Leaders)	20
Poland	Partner organisation	7 (5PS+2Leaders)	265

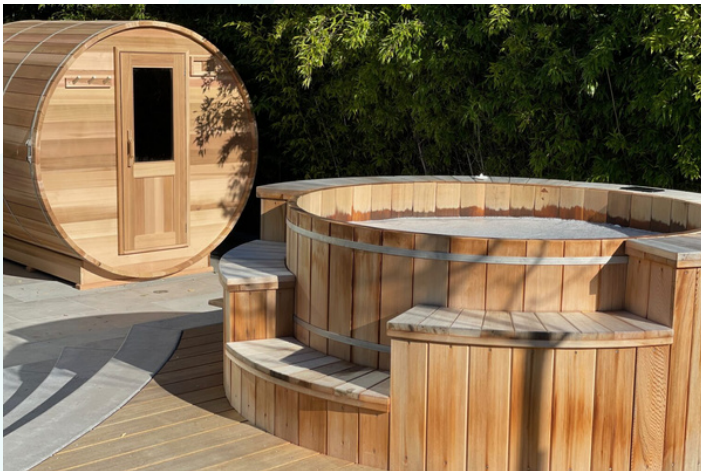
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* we've decreased your maximum travel cost reimbursement limit by 10 EUR to cover your transfer between Molėtai to Venue place by car or bus. Your transfer on arrival and departure day will be provided by our team.



What to prepare:

- Preparation for the national evening – every second-day national groups will carry out their national evening. Please, plan a presentation about your country, culture, history, customs, and traditions. Make some quizzes for participants, teach us some national folk dances or songs, and bring some food or drinks to share. Try to be creative use the non-formal methodology and draw out the flipchart potential. Prepare in a way that there is no internet, or screens to show anything. The cultural evening should be around 30mins - 1 hour long.
- Energizers/meditation or yoga – please, prepare 1 energizer and 1 meditation exercise. Every morning some other group will lead this short activity.
- Staying in the venue and hiking- please prepare yourself with clothes and comfortable shoes for the wet forest. For daily use, take warm clothes, a rainproof jacket, and higher waterproof shoes. In May the weather is still sweater/jacket season, not T-shirts. Check the forecast about Molétai in May [here](#).
- What to take to Labanoras- Swimming suit, towel(1 towel will be given to rooms), things for personal hygiene, warm clothes, slippers.
- Do not forget- Bring motivation, a happy mood, and energy to share with others.





In case of any further questions, do not hesitate to contact us:

email: apglebkpasauli@gmail.com

mobile/whatsapp: +37065083289 (Alex)

SEE YOU SOON IN LITHUANIA!!!



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"Experience is not what happens to you, it is what you do with what happens to you"