



Erasmus+

YOUTH EXCHANGE "IN THE MIRROR"



INO VATYVI KARTA
INNOVATIVE GENERATION



May 7-16

LITHUANIA



PLACE & DATES

Project will consist of:

Advanced Planning Visit- APV-
ONLY FOR GROUP LEADERS
March 26-28 in Trakai, Lithuania

**YOUTH EXCHANGE- YE-
FULL GROUP**

May 7-16 in two different places (village of
Perloja and Trakai, Lithuania)



100 % Accommodation, food and programme materials are covered by the grant of Erasmus+ programme.

NO PARTICIPATION FEE!!!

WHO SHOULD ATTEND?

PARTICIPANTS 18-30 YEARS OLD WHO ARE EAGER TO LEARN, MEET NEW CULTURES, FACE STEREOTYPES AND STEP OUT OF THE COMFORT ZONE. PARTICIPANTS DO NOT NEED PERFECT ENGLISH SKILLS.

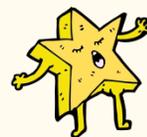
GROUP LEADER- NO AGE LIMIT. IT IS REALLY IMPORTANT TO HAVE LEADERS WHO ARE EAGER TO LEARN, WITH NO-JUDGMENTAL ATTITUDE, SUPPORTIVE AND EXPERIENCED AT LEAST AT SOME EXTENT. GOOD ENGLISH SKILLS ARE REQUIRED. LEADERS WILL LEAD REFLECTION GROUPS EVERY EVENING AND SESSIONS. IMPORTANT TO PARTICIPATE BOTH IN APV AND YE.

CITIZENS OR RESIDENTS FROM ONE OF THE PARTNERING COUNTRIES: ARMENIA, GEORGIA, PALESTINE, JORDAN, LITHUANIA, LATVIA, DENMARK AND UK.



What it's all about?

We have noted that nowadays youngsters lack certain skills, such as critical thinking, confidence, pro activeness in order to achieve something in social or professional life. They also tend to be passive when it comes to decision making therefore do not foresee bright future and tend to passively wait for whatever comes to their life's. Situation sometimes seems like from the book "Alice in Wonderland" when Alice asked the Cat: "Would you tell me, please, which way I ought to go from here?". As Alice did not have specific goal, cat responded that it doesn't matter which way she would go. As her goal was just to get somewhere, the Cat added: "Oh, you're sure to do that, if you only walk long enough." We believe that young people do have capabilities to choose, to think critically, be initiative and become the masters of their own destiny. The only thing that is missing- certain knowledge about it and encouragement.



Michael Jackson song "Man in the mirror" is closely linked to the topic of this project. This song encouraged millions of people and now it will encourage this group: "If you want to make the world a better place/ Take a look at yourself, and then make a change".

“Alice: Would you tell me, please, which way I ought to go from here?
The Cheshire Cat: That depends a good deal on where you want to get to.

Alice: I don't much care where.

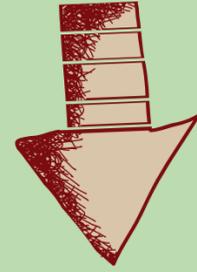
The Cheshire Cat: Then it doesn't much matter which way you go.

Alice: ...So long as I get somewhere.

The Cheshire Cat: Oh, you're sure to do that, if only you walk long
enough.”



LEARNING OUTCOMES



1. We will understand more about stereotypes and know how to overcome it with critical thinking;
2. Also, more knowledge about discrimination, tackling the issue of IDP's and refugees, understand its roots;
3. We will become more culturally competent and understand the components of diversity;
4. We will understand coaching approach, be able to use it in the daily life;
5. We will also improve sense of initiative through inclusion to daily life activities such as cooking, cleaning, organizing free time space in evenings, leading various sessions and workshops;
6. Participants will Improve 8 key competences.



THE AIM OF THE PROJECT IS DIVIDED IN TWO PARTS:

1. to improve dialogue between different cultures, religions, promote diversity, foster inclusion of youth and young refugees
2. enhance critical thinking of youngsters which would lead to the pro activeness and sense of initiative.

The preliminar timetable:

10:00 1st session

12:00 2nd session

15:30 3rd session

17:00 4th session

18:30 Reflection groups

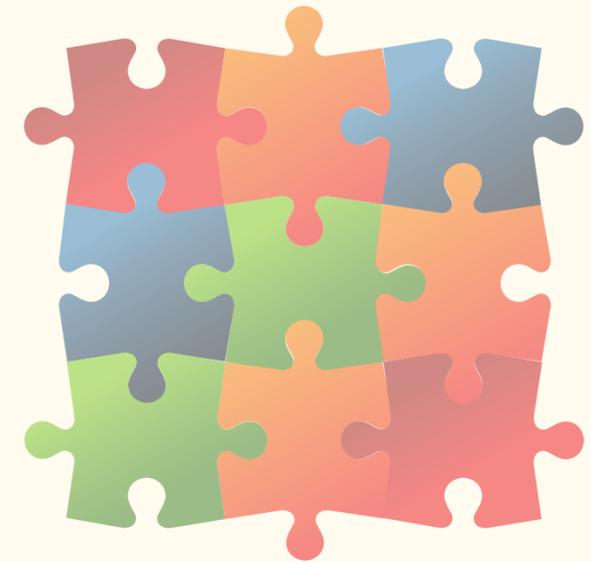
Evening programme will be organised all together :)

METHODS

The working methods applied in the project reflect the needs of an internationally composed group of participants, and those requirements linked to non-formal education and youth work.

PROJECT WILL BE BASED ON THE FOLLOWING THEORIES:

- *Kolb's cycle (learning cycle)
- *Outdoor education and experiential education approach
- *Cognitive Behavioral Coaching approach
- *Comfort zone theory



Gained competences WILL
BE RECOGNISED BY:

YOUTHPASS

METHODoLOGY

[https://www.youthpass.eu/
da/help/for/youth-
initiatives/learn/informatio
n](https://www.youthpass.eu/da/help/for/youth-initiatives/learn/information)

Open badges

[https://www.youtube.com/
watch?v=HgLLq7ybDtc](https://www.youtube.com/watch?v=HgLLq7ybDtc)

WHEN WE ARRIVE FOR YOUTH EXCHANGE?



ARRIVAL DAY

7th May (we will move from Vilnius city center to Perloja by bus at 20:00). You are requested to be in Vilnius city center (details will be sent later) until that time.

PROGRAMME

8th-15th May.

DEPARTURE DAY

16th May, morning bus will bring you to Vilnius airport and/or bus station.

DAYS ALLOWED TO STAY IN LITHUANIA

You are allowed to come max 5 days before the YE or leave after max 5 days after the YE, but the total amount of the days that are not part of the programme is max 5 days.

If you decide to stay more than 5 days longer than the official programme, you will have to cover the traveling expenses yourself. During these extra days, you have to find your own accommodation and no other expenses are covered.

Travel expenses are compensated up to

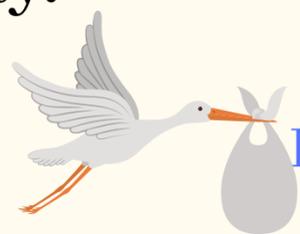
180 EUR Latvia

100%, based on the distance from the

275 EUR Denmark, United Kingdom

**location of your sending NGO to the location
of the project activity.**

360 EUR Georgia, Armenia, Palestine, Jordan



**!LOCAL TRANSFER WILL BE DONE BY ORGANISERS FROM VILNIUS TO
PROJECT VENUE AND THIS MONEY WILL BE CUT FROM TRAVEL BUDGET!**

It will be around 20 EUR per participant.

HOW TO GET THERE?

Nearest airports: Vilnius or Kaunas in
Lithuania

!Travel must be by the most economical
means of transportation

You can use www.momondo.com,
www.kiwi.com or www.skyscanner.com to
look for cheaper plane tickets.

Travel option must be confirmed at
inovatyvi.karta@gmail.com before
buying the tickets.

IMPORTANT!!!!
Tickets purchased without
our confirmation will not
be accepted!





**THE REIMBURSEMENT
IN EUROS WILL BE MADE
BY BANK TRANSFER
AFTER YOU WILL
PRESENT ALL
DOCUMENTS!**

To get reimbursement you need to present all tickets, invoices, boarding passes and receipts (originals):



REIMBURSEMENT

If you travel by plane: bring the ticket, the invoice, boarding pass and receipt. Payment proof for the plane ticket:

- a) If you pay by CASH - bring ORIGINAL INVOICE from company with STAMP and SIGNATURE.
- b) If you pay by CARD - bring PRINT FROM CARD HISTORY(i-banking).

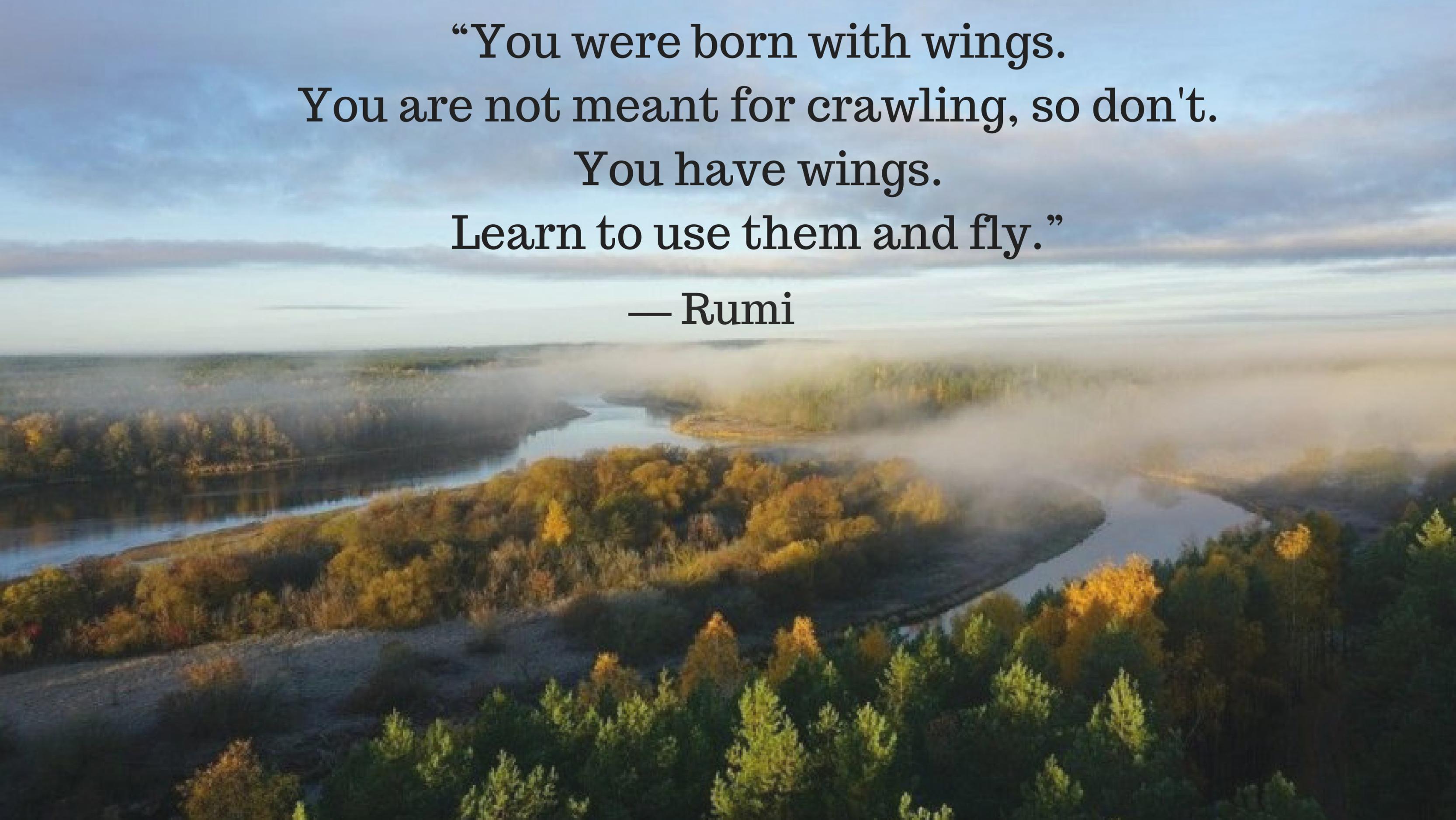
If you travel by other transportation: bring the ticket, invoice and receipt.

**OPTIONAL:
REIMBURSEMENT BY CASH COULD BE MADE
FOR ARMENIAN, GEORGIAN, PALESTINIAN
AND JORDANIAN PARTICIPANTS IF THEY
WILL PRESENT ALL THE DOCUMENTS
DURING THE MAIN PROJECT ACTIVITY (DUE
TO VERY HIGH TRANSFER COSTS).**



**PARTICIPANTS WHO NEED TO APPLY FOR A VISA
TO THE RELEVANT EMBASSY BEFORE THE APV
AND YE.**

**ORGANISERS WILL PROVIDE AN INVITATION
LETTER FOR THE VISA APPLICATION. PLEASE
SEND US THE COPY OF YOUR PASSPORT TO ISSUE
THIS LETTER. VISA COSTS WILL BE COVERED.**

An aerial photograph of a river winding through a forest. The trees are in various stages of autumn, with some showing bright yellow and orange, while others are still green. A layer of mist or fog hangs over the river and the surrounding forest, creating a soft, ethereal atmosphere. The sky is a pale, hazy blue, suggesting an early morning or late afternoon setting. The river flows from the upper left towards the lower right, with several bends and a small island in the middle.

“You were born with wings.
You are not meant for crawling, so don't.
You have wings.
Learn to use them and fly.”

— Rumi

FOOD AND SLEEP



Three-four participants of the same sex and different nationalities will share one room.



SHARED Bathrooms and showers AMONG ALL THE PARTICIPANTS

PLEASE inform the organizers in advance about any special needs regarding food: allergies, special eating requirements **AND HABITS**, etc.

ALL YOU NEED IS
LOVE
LOVE, LOVE, LOVE

We will stay in two different places:



7th- 12th of may

Training course will start in very unique Lithuanian village called Perloja in beautiful vila: www.perloja.lt.



12th- 16th of may

we will move to another village called Markutiškių kaimas and we will stay here: www.lavillaroyale.lt

ARRIVE PREPARED!

Fill this form (ONLY FOR CONFIRMED PARTICIPANTS AFTER PURCHASING THE TICKETS!!!!):

https://docs.google.com/forms/d/e/1FAIpQLScesusG5hy7dHwnZBTFZg2Nst67EisLbqm4iLgwtJGR_xQKXA/viewform

Make a preparatory meeting before coming to the project and post a picture in our Facebook group:

Youth Exchange "In the Mirror" in Lithuania, Trakai 2019.05.07-16 <https://www.facebook.com/groups/711989412530864/>

WHAT TO BRING?

Casual, warm and sport/hiking clothes (sunny/rainy weather)

Raincoat

Swimming suit

Comfortable shoes

Headlight or torch

Reflectors

Backpack or any other bag

IF YOU DO NOT HAVE THIS POSSIBILITY, PLEASE LET US KNOW, WE WILL FIND A SOLUTION :)

Your own medicines

Insurance (Europe health card and/ or any other private insurance- COVERED ON YOUR OWN EXPENSES)

Prepare for the intercultural evening, decide on your own:)

! Please let us know if you have some illness, physical limitations or/and use some medicine !



PREPARATION FOR EACH COUNTRY

WHO MADE IT HAPPEN?

Shadi and Anas from Palestine
"New Generation Charity"



Raminta and Simona from Lithuania
"Inovatyvi karta"



Gvantsa and George from Georgia
"Youth for the world"



QUESTIONS?

All questions goes to:
inovatyvi.karta@gmail.com

More about the organiser
(applicant organisation):
www.innovativegeneration.eu



INOVATYVI KARTA
INNOVATIVE GENERATION

EMERGENCY NUMBER:
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ADDRESS FOR CORRESPONDENCE AND DOCUMENTS:
KAMPO G. 19, LENTVARIS, LITHUANIA, LT-25111



PARTNERS OF THE PROJECT



**UNITED
KINGDOM**

DENMARK

PALESTINE

JORDAN



LATVIA

LITHUANIA

GEORGIA

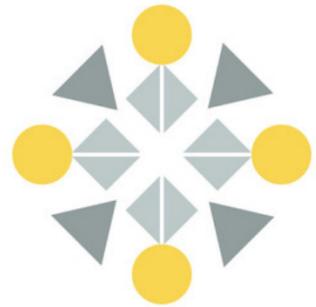
ARMENIA



**THIS PROJECT WAS
FINANCED BY THE
ERASMUS+ PROGRAMME OF
THE EUROPEAN UNION**



Erasmus+



JAUNIMO
TARPTAUTINIO
BENDRADARBIAVIMO
AGENTŪRA

