

SUMMARY OF THE PROJECT

PLACE: KAUNAS, LITHUANIA

DATES: 7-17 APRIL, 2025 (INCLUDING TRAVEL DAYS)

PARTICIPANTS: 44

LEADERS: 7 (NO AGE LIMIT)

COUNTRIES: LITHUANIA, NETHERLANDS, GREECE, ROMANIA, TÜRKIYE, CZECH REPUBLIC, HUNGARY



9 DAYS YOUTH EXCHANGE



Na tento projekt pojedeš s

·mladi!nfo

www.mladiinfo.cz

Vyslající organizací pro české účastníky je Mladiinfo ČR. Co to znamená?

- Na tvé cestě tě budeme podporovat a se vším ti pomůžeme.
- S vybranými účastníky si domluvíme společný videocall, kde se česká skupina seznámí, vymění si kontakty a naplánuje společnou cestu.
- Společně vymyslíme plán propagace projektu, např. příspěvky na sociálních sítích či na našem webu.
- Kontaktovat nás můžeš na kancelar@mladiinfo.cz.

Neustále hledáme nové dobrovolníky!

Baví tě psát články, sleduješ trendy na sociálních sítích, zajímáš se o chod neziskové organizace jako je Mladiinfo? Neustále **hledáme šikovné lidi**, kteří mají zájem se zapojit. Dej nám o sobě vědět

DESCRIPTION OF THE PROJECT

THIS PROJECT AIMS IS TO HELP YOUNG PEOPLE GAIN THE TOOLS AND KNOWLEDGE TO NAVIGATE FINANCIAL DECISIONS WHILE FOSTERING MINDFULNESS, DISCIPLINE, AND SUSTAINABLE PRACTICES. FINANCIAL LITERACY ISN'T JUST ABOUT NUMBERS; IT'S ABOUT CREATING EMPOWERED CITIZENS WHO CAN ACTIVELY PARTICIPATE IN LOCAL AND REGIONAL LIFE, CONTRIBUTING TO HEALTHIER SOCIETIES AND A MORE INCLUSIVE EUROPE.

PARTICIPANTS WILL:

- LEARN PRACTICAL TOOLS AND METHODS TO MASTER FINANCIAL LITERACY.
- EXPLORE SUSTAINABLE ENTREPRENEURSHIP, DIGITAL FINANCE MANAGEMENT, AND DAILY DISCIPLINE.
- ENGAGE IN MINDFULNESS PRACTICES TO ACHIEVE BALANCE IN DAILY LIFE.
- COLLABORATE IN A DIVERSE, MULTICULTURAL ENVIRONMENT TO SHARE EXPERIENCES AND DISCOVER INNOVATIVE SOLUTIONS.
- PRACTICE NON-FORMAL EDUCATION METHODS, BUILDING FOLERANCE AND NON-VIOLENT COMMUNICATION SKILLS.



PROJECT OBJECTIVES

ENHANCE PARTICIPANTS'

UNDERSTANDING OF

YOUTH PARTICIPATION

AND PROMOTE TOOLS TO

ENGAGE YOUNG PEOPLE,

ESPECIALLY THOSE WITH

FEWER OPPORTUNITIES, IN

LOCAL AND REGIONAL

ACTIVITIES.

RAISE AWARENESS OF
FINANCIAL LITERACY,
SUSTAINABLE
ENTREPRENEURSHIP, AND
DIGITAL FINANCE
MANAGEMENT TO FOSTER A
MORE INFORMED AND
EMPOWERED SOCIETY.

PROMOTE DAILY
DISCIPLINE, MINDFULNESS,
AND BALANCE AS ESSENTIAL
SKILLS FOR PERSONAL AND
PROFESSIONAL GROWTH.

ENCOURAGE NON-FORMAL EDUCATION, TOLERANCE, AND PEACEFUL COMMUNICATION WHILE STRENGTHENING ERASMUS+ PARTNERSHIPS AND FOSTERING INTERNATIONAL COLLABORATION.

PARTICIPANTS PROFILE



CANDIDATES MUST SHOW A
GENUINE INTEREST IN THE
HISTORICAL AND CULTURAL
TIES BETWEEN LITHUANIA,
POLAND, UKRAINE, AND
BELARUS AND COMMIT TO
ACTIVITIES THAT FOSTER
UNITY, RESILIENCE, AND
INTERCULTURAL
COOPERATION



PARTICIPANTS SHOULD
BE MOTIVATED TO
ENGAGE IN
EXPERIENTIAL LEARNING
AND CONTRIBUTE TO
DISCUSSIONS ABOUT
MENTAL HEALTH,
EMPATHY, AND SOCIAL
MEDIA'S IMPACT.



INDIVIDUALS MUST SHOW
RESPONSIBILITY, OPENNESS TO NEW
IDEAS, AND A WILLINGNESS TO LEARN
FROM OTHERS. THEY SHOULD BE
PREPARED TO WORK
COLLABORATIVELY IN
INTERNATIONAL TEAMS, RESPECTING
DIVERSE PERSPECTIVES AND
CONTRIBUTING TO A POSITIVE
GROUP DYNAMIC.

5 PARTICIPANTS PER COUNTRY (18-30 YEARS OLD)
1 LEADER PER COUNTRY (NO AGE LIMIT)
6 PARTICIPANTS PER COUNTRY IN TOTAL



PLEASE BE MINDFUL OF THE GENDER
BALANCE OF THE GROUP

ACCOMMODATION

DOMUS PACIS - PILIGRIMS HOUSE. HERE ARE 17 MODERN, COMFORTABLE ROOMS - SINGLES, DOUBLE-ROOMS AND ROOMS WITH 3 OR 4 BEDS, ALL WITH WC, SHOWER AND MODERN INTERNET ACCESS. GUESTS CAN USE THE SHARED KITCHEN, WASHING MACHINE AND LAUNDRY DRYING ROOM.

ACTIVITIES WILL BE HELD IN 3TH FLOOR AND KITCHEN REMAINS IN 4TH FLOOR +ACCOMMODATION ROOMS REMAINS IN THE SAME FLOOR

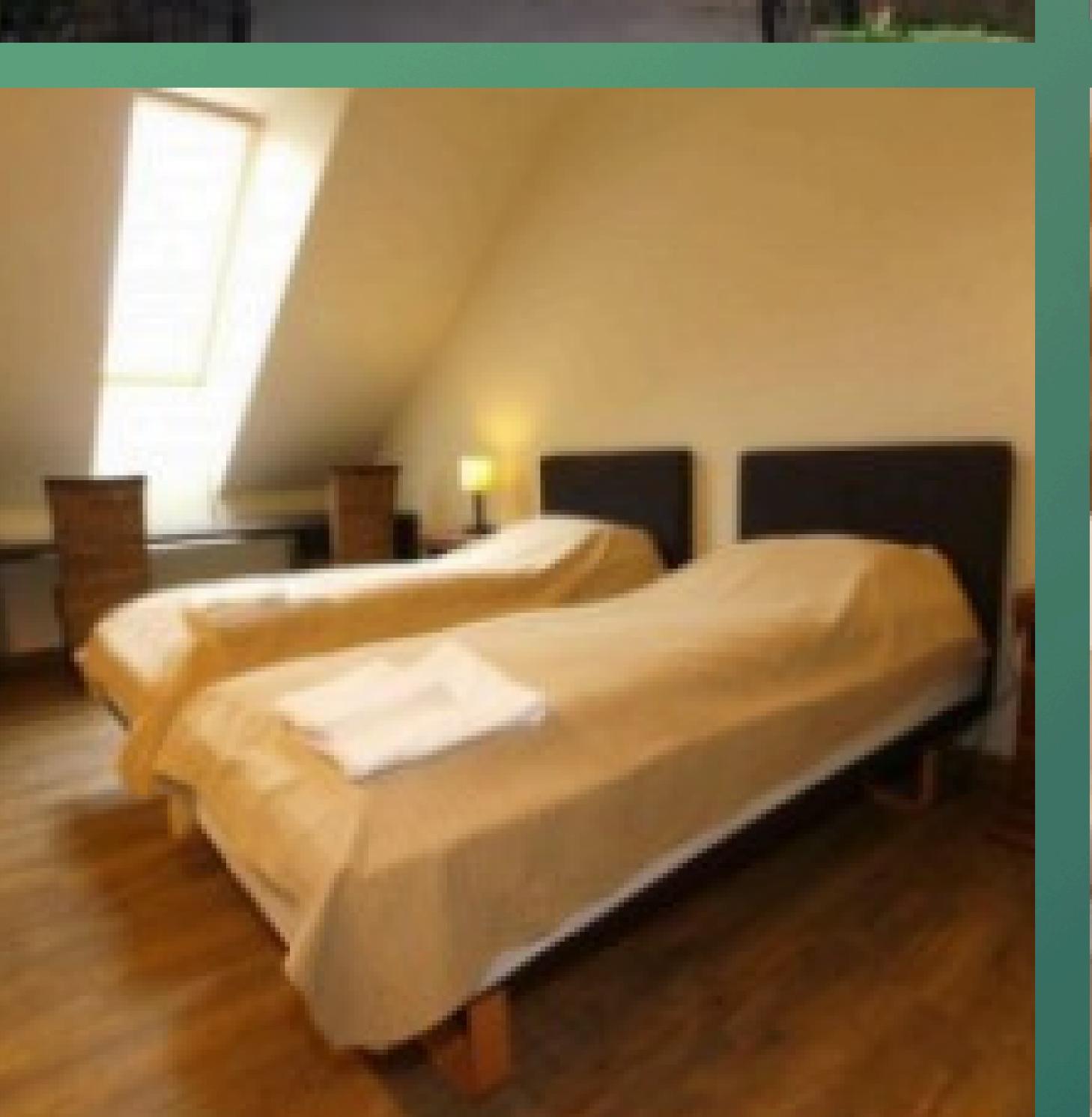
MORE INFORMATION ABOUT GUEST HOUSE:

HTTP://WWW.DOMUSPACIS.LT/E

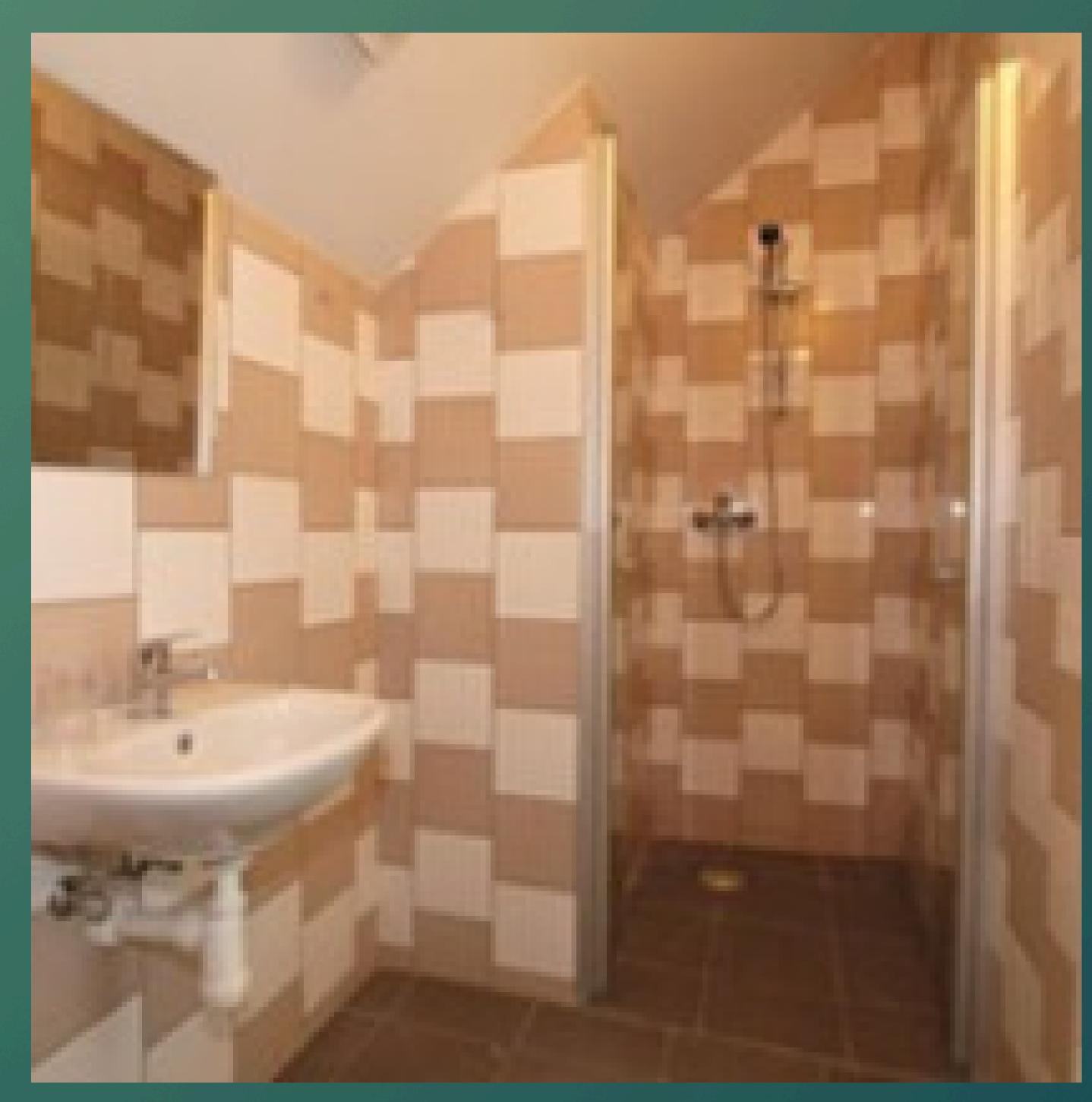
YOU CAN SEE SUROUNDINGS BY GOOGLE STREET VIEW. JUST IN FRONT OF GUEST HOUSE (LIKE 20 METERS) WHERE ARE ONE OF THE FAMOUS TOURISTIC PLACE KAUNAS CASTLE:













FOOD AND WORKSHOP ROOM

FOOD

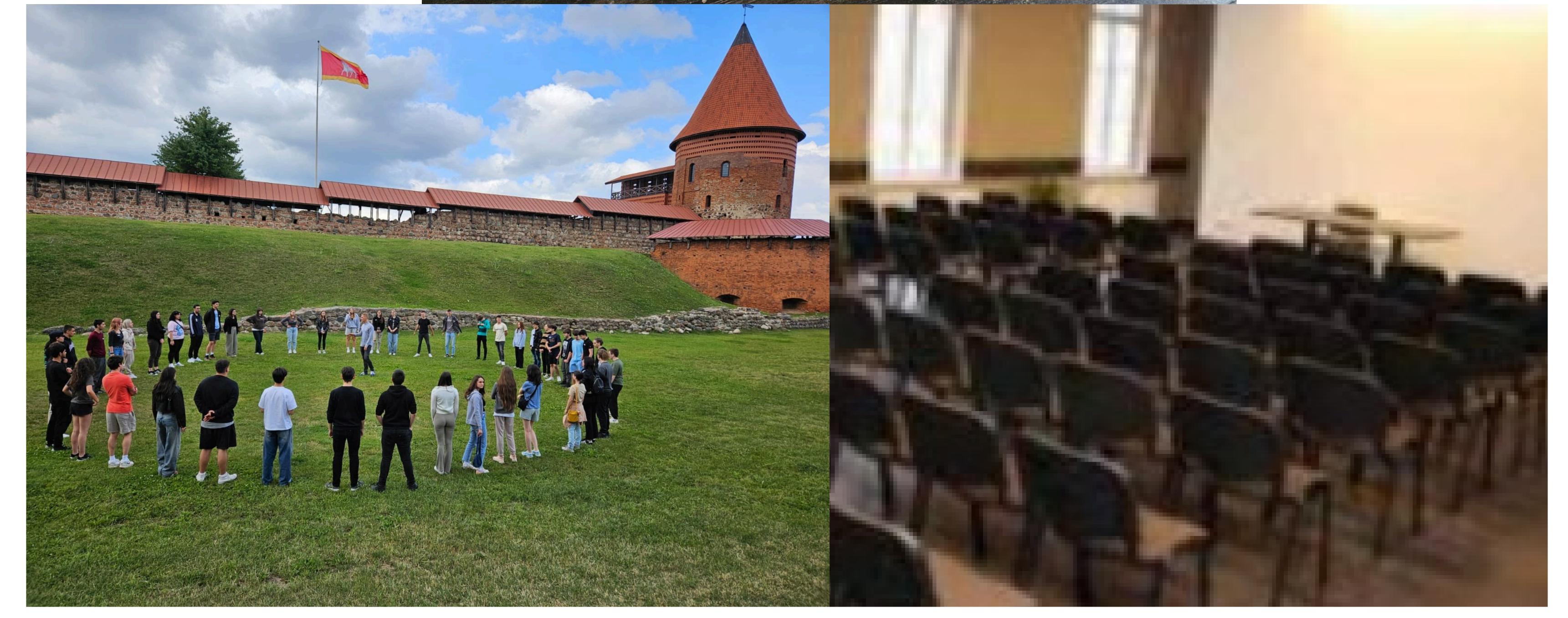
ORGANIZERS WILL PROVIDE PARTICIPANTS WITH THREE MEALS PER DAY AND COFFEE BREAKS. BREAKFAST LUNCH AND DINNER WILL BE SERVED IN THE ACCOMMODATION. PARTICIPANTS IN SMALL GROUPS ARE RESPONSIBLE FOR HELPING WITH THE CLEANING AND WASHING

WORKSHOP ROOM

THE MAIN ACTIVITY ROOM IS LOCATED IN THE SAME AREA, 3 TH FLOOR.

WE'LL TRY TO DO MOST OF THE ACTIVITES OUTDOOR.





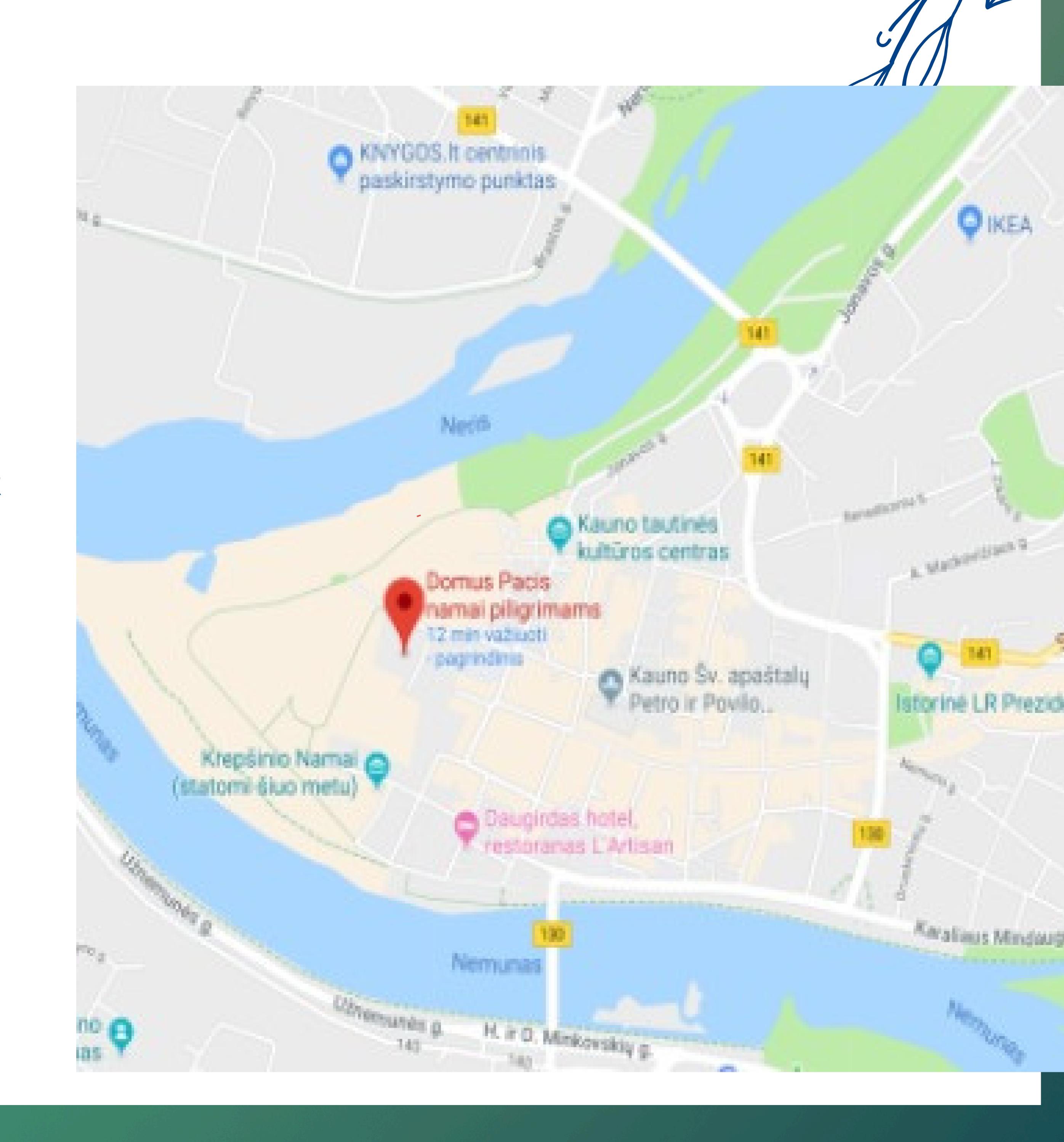


LOCATION

50 METERS FROM GUEST HOUSE WHERE ARE NICE RENOVATED PARK OF SANTAKA, WHERE 2 RIVERS COMBINE TO ONE ©
SO YOU CAN WALK TAKE FRESH AIR IN FREE TIME, EVENING OR MORNING ©

VIDEO ABOUT KAUNAS FROM THE AIR: https://youtu.be/wkfn9xils1m





TRANSPORTATION DETAILS

USE INTERNATIONAL BUS FROM YOUR COUNTRY TO KAUNAS BUS STATION

HERE ARE SOME SUGGESTIONS OF THE BUS WEBSITES: FLIXBUS HTTPS://SHORTURL.AT/E7FUT

EUROLINES
HTTPS://SHORTURL.AT/SRSPG

FROM KAUNAS BUS STATION
TO KAUNAS CASTLE (KAUNO PILIS) BUS STOP
YOU WILL HAVE TO USE THE CITY PUBLIC TRANSPORT
(TROLLEYBUSES - NO. 5 AND 7 OR BUS NO. 39).

TO CHECK THE TIMETABLE YOU CAN USE HTTPS://WWW.TRAFI.COM/LT OR DOWNLOAD THE APP (TRAFI) TO YOUR MOBILE PHONE TO THE FINAL DESTINATION YOU WILL HAVE TO WALK AROUND 10MIN. HTTPS://MAPS.APP.GOO.GL/GHETINZU8GUCBQJE7

GREEN TRAVEL ONLY







TRAVEL TICKETS AND REIMBURSEMENT

THESE DOCUMENTS ARE OBLIGATORY FOR THE REIMBURSEMENT OF TRAVEL COSTS:

ATTENTION (MAKE SURE TO RECEIVE CORRECT INVOICES - PAY ATTENTION WHEN BUYING)

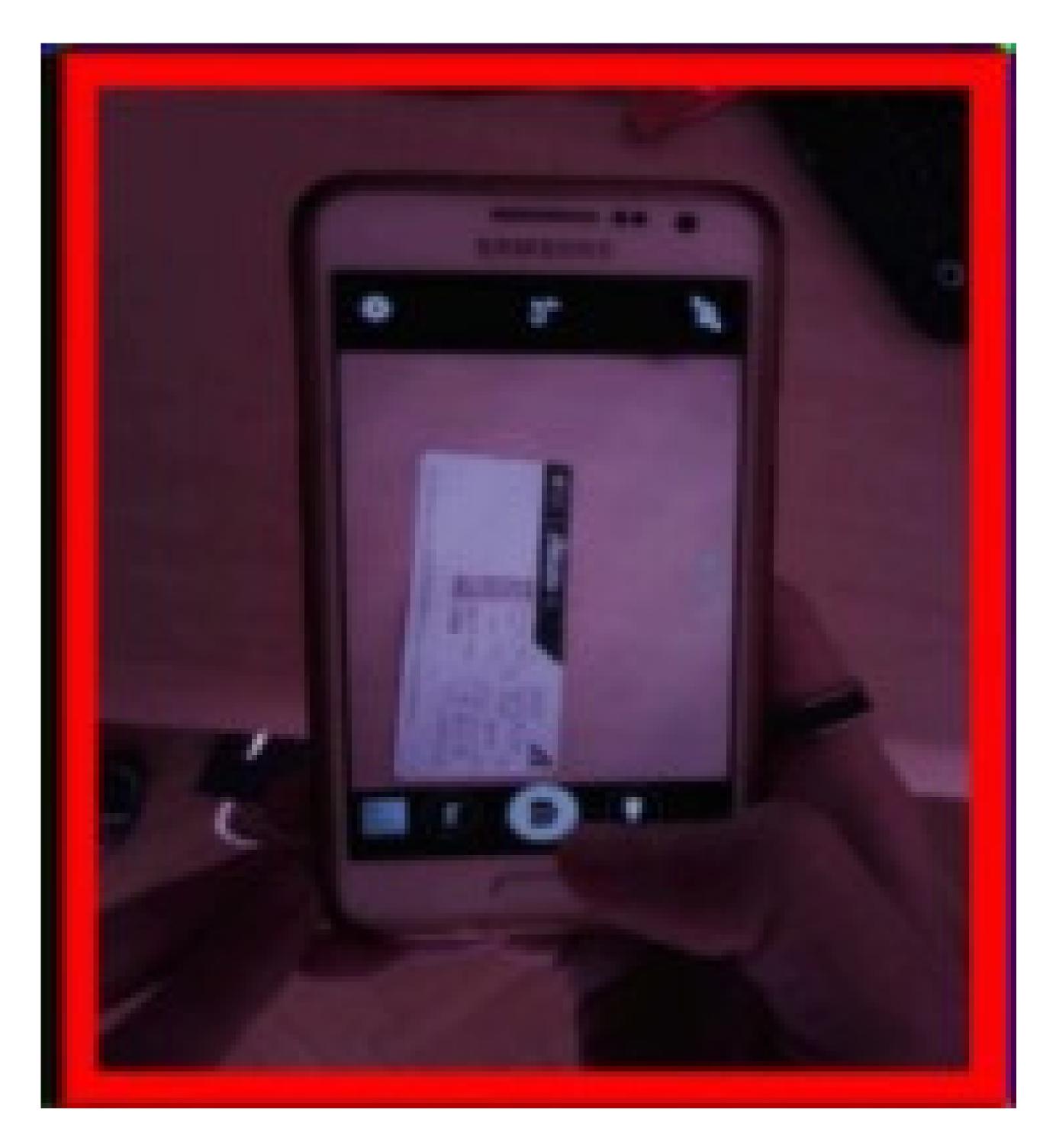
WHEN BUYING ONLINE BUS/TRAIN TICKETS:

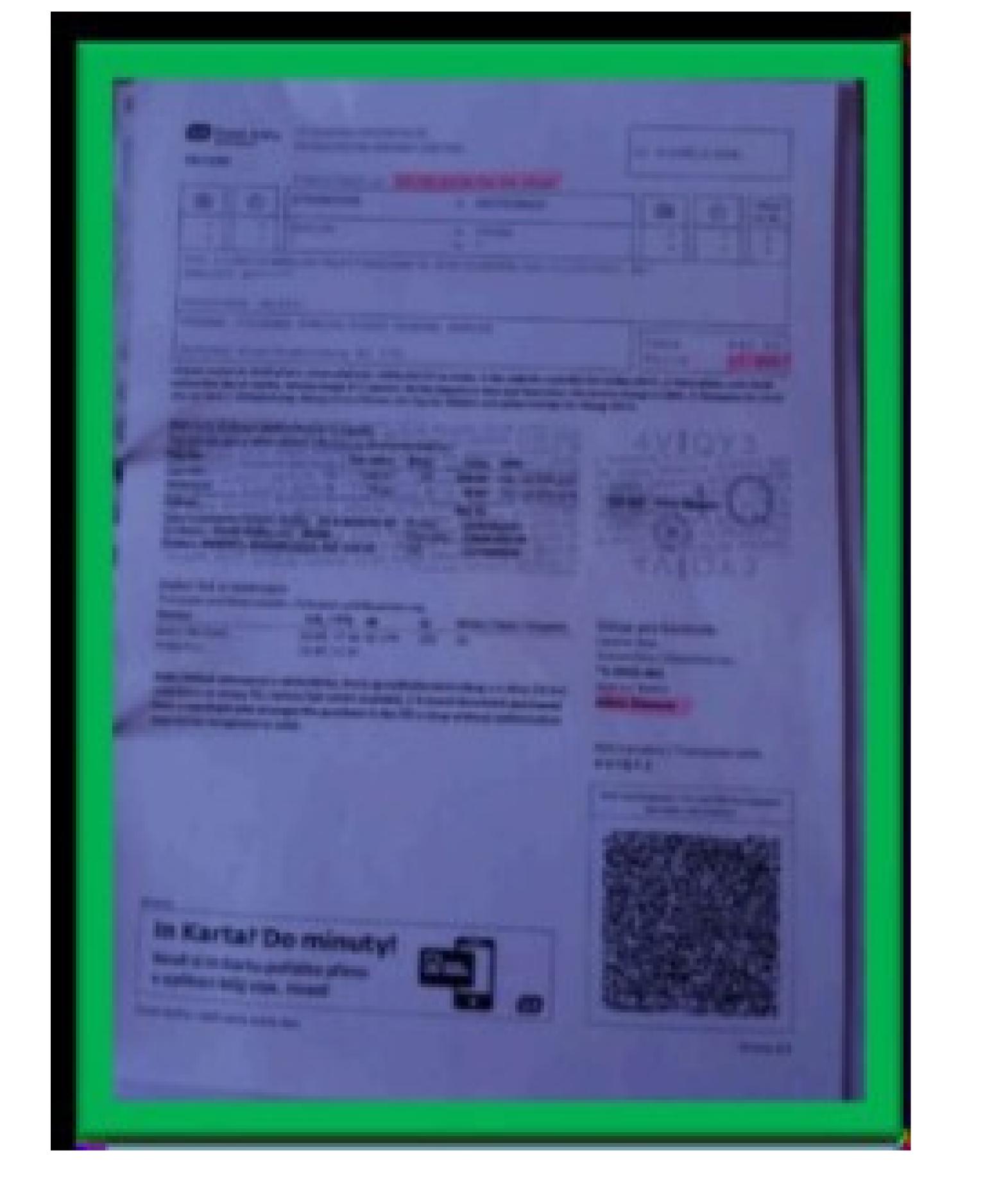
A FISCAL INVOICE SHOWING:

- THE NAME OF THE PARTICIPANT;
- THE DATES AND TIMES OF TRAVEL;
- AND THE AMOUNT PAID.

WHEN BUYING IN A PHYSICAL LOCATION: MAKE SURE YOU RECEIVE NOT SHORT BANK RECEIVE WITH ONLY MENTIONED PRICE, BUT A RECEIVE WITH BOUGHT PRODUCT (TICKET, ITS QUANTITY, FOOD (CLEARLY MENTIONED SPECIFICALLY)

FROM AND TO BUS STATION OF YOUR COUNTRY OF ORIGIN (INCLUDING TRANSPORTATION TO/IN THE CITY)





WE CAN REIMBURSE YOUR TRAVEL COSTS ONLY WHEN DELIVERING PHYSICAL AND ELECTRONIC DOCUMENTS AND FILLING EXCEL DOCUMENT

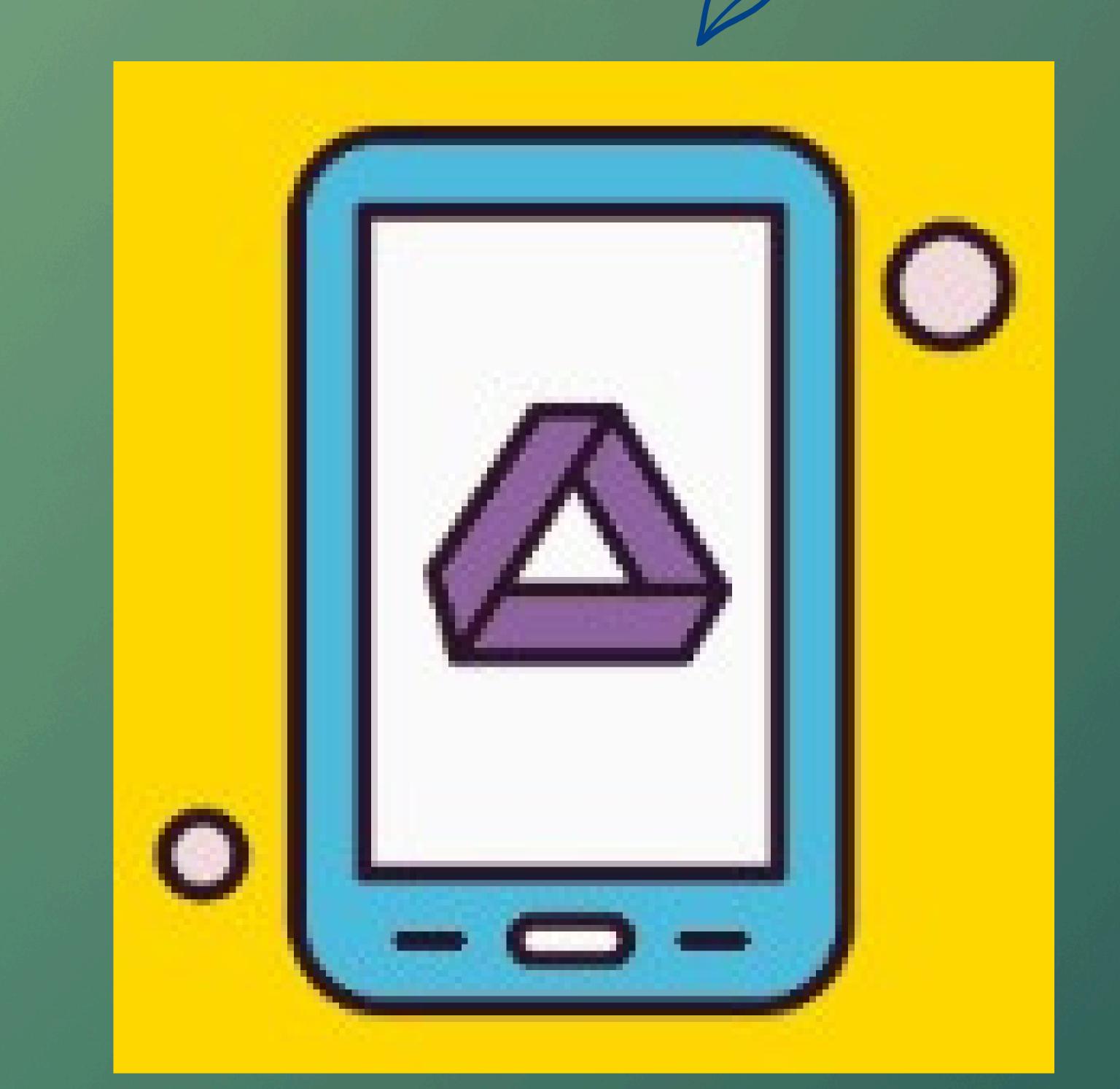
WHAT IS THE PROCEDURE?

A) COLLECT ALL PHYSICAL TRAVEL RECEIVES;
WE RECOMMEND TAKE PICTURES IN CASE YOU WILL ACCIDENTALLY LOSE IT;
B) COLLECT ALL ELECTRONIC TICKETS AND INVOICES

WHEN YOU WILL ARRIVE YOU WILL RECEIVE A TASK:

- INSERT YOUR INVOICES PICTURES (MAKE SURE IT IS GOOD QUALITY)
- INSERT YOUR TICKETS PICTURES (MAKE SURE IT IS GOOD QUALITY).
- FILL IN EXCEL DOCUMENT (NAME SURNAME, DATE, PRICE EXACT AS IN THE TICKET/RECEIVE, TRANSPORT (BUS/TRAIN), CURRENCY EXCHANGE)
- YOU WILL BE REFUNDED IN EUROS, SO MAKE SURE

 CORRECT AMOUNT

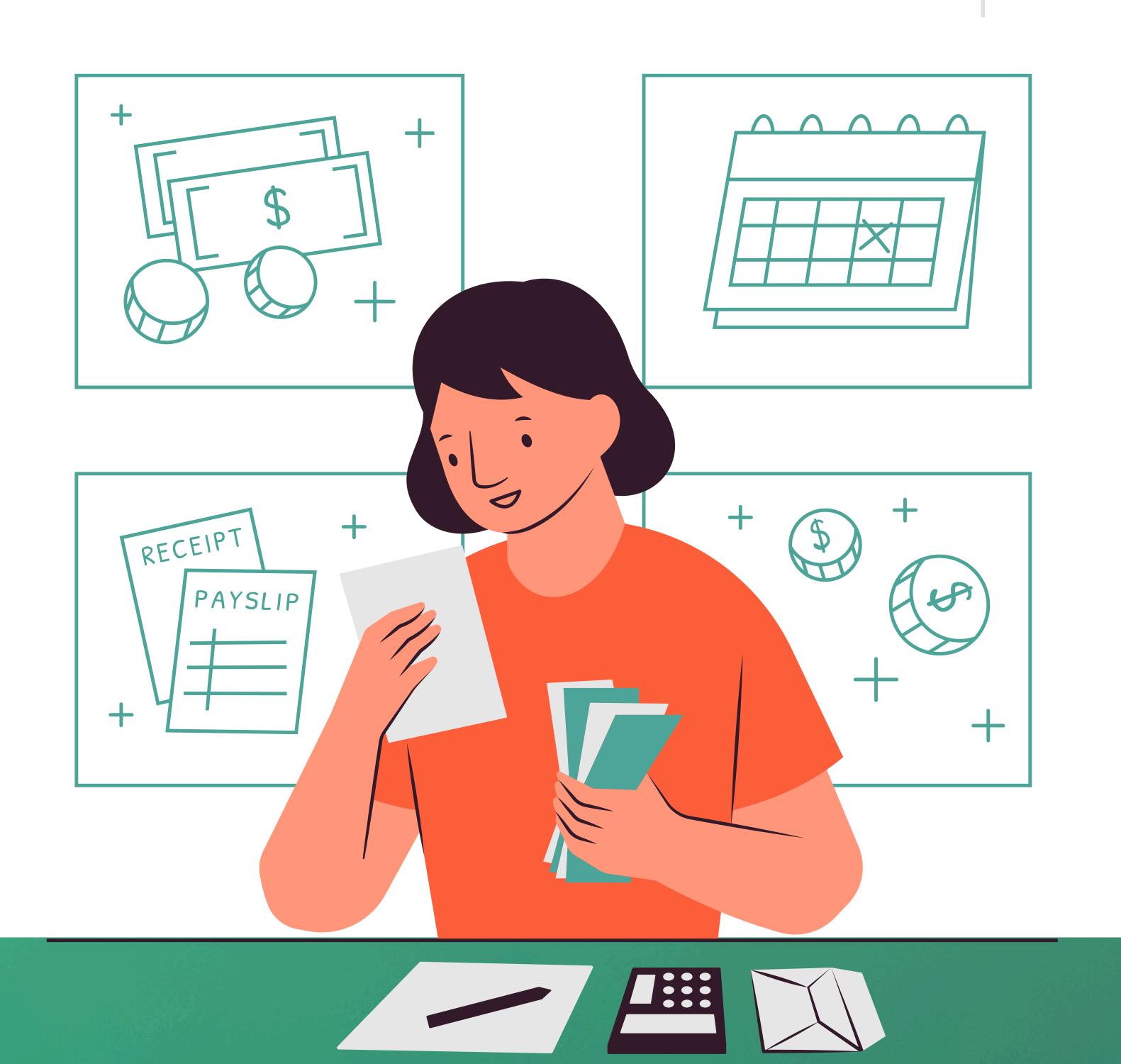




WE CAN REIMBURSE YOUR TRAVEL COSTS ONLY WHEN DELIVERING PHYSICAL AND ELECTRONIC DOCUMENTS AND FILLING EXCEL DOCUMENT

FINANCES AND BUDGET LIMITS

COUNTRY	GREEN TRAVEL, €	NON GREEN TRAVEL, €
HUNGARY	275	320
NETHERLANDS	275	320
ROMANIA	275	320
CZECH REPUBLIC	275	320
GREECE	275	none
TÜRKIYE	360	none
LITHUANIA	23	23





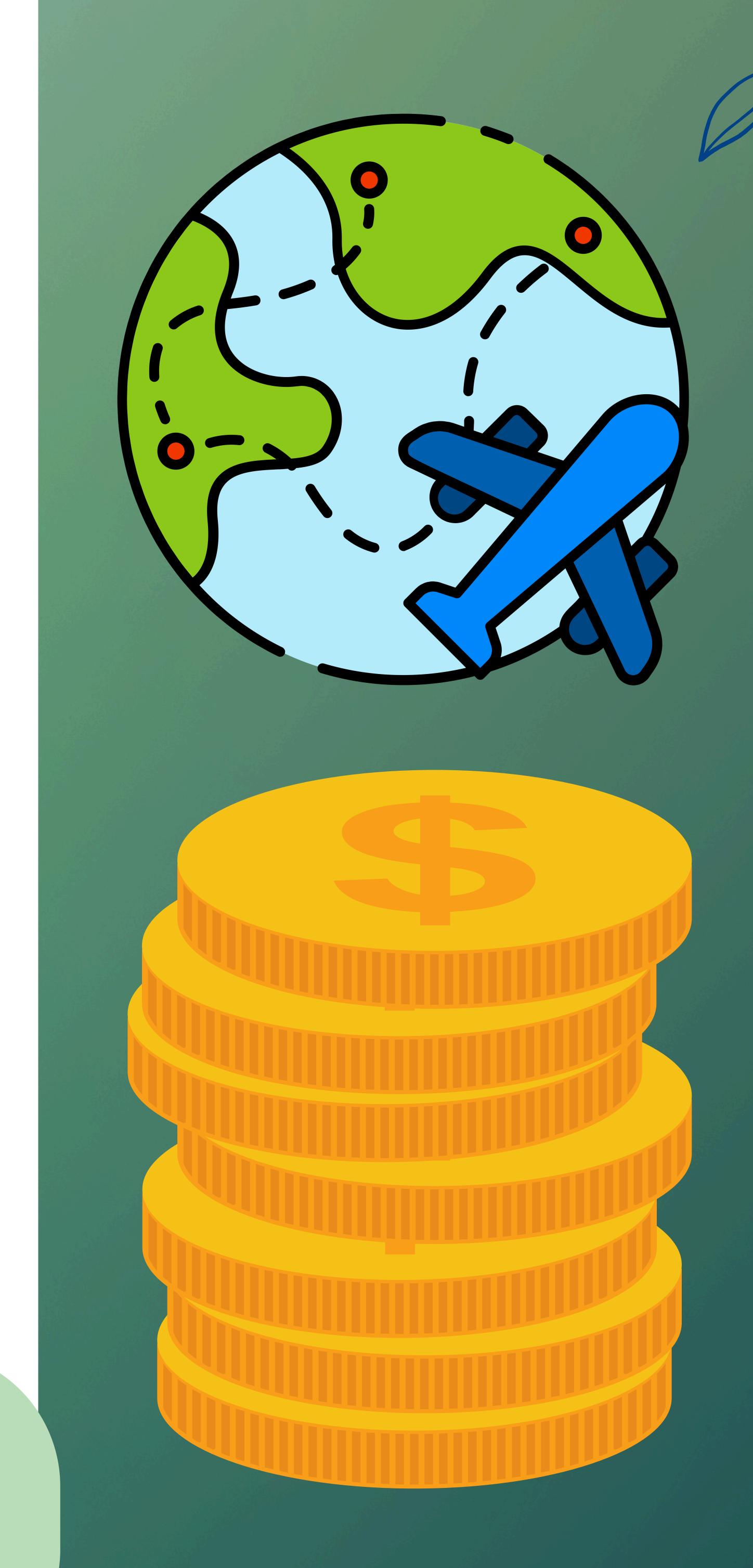


FINANCES AND TRAVEL BUDGET LIMITS

- TRAVEL TICKETS CAN ONLY BE PURCHASED WITH AKTYVISTAI'S CONFIRMATION.
- PLEASE NOTE, WE DO NOT REFUND REGISTERED LUGGAGE FEES.

HOWEVER,

• YOU HAVE THE OPTION TO STAY 2-7 DAYS BEFORE OR AFTER THE PROJECT, AT YOUR OWN EXPENSE.



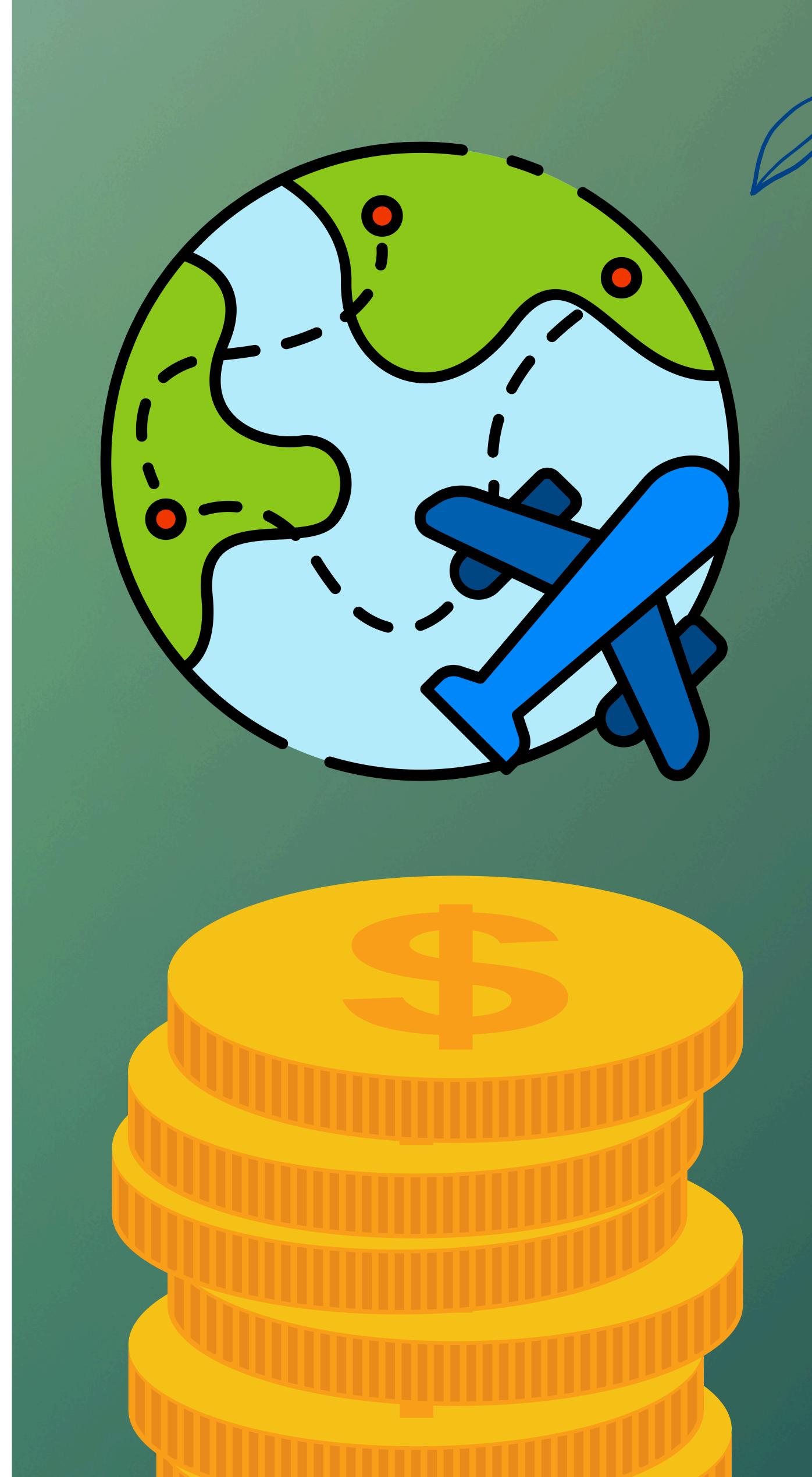
IF YOU HAVE ANY DOUBT, CONTACT US

FINANCES AND TRAVEL BUDGET LIMITS

ACCOMMODATION, TRAVEL, MEALS, VISITS, ACTIVITIES, HEALTH AND TRAVEL INSURANCE ARE 100% FUNDED BY THE EUROPEAN UNION



Funded by the European Union



IF YOU HAVE ANY DOUBT, CONTACT US

OUR GOALS AND GENERAL INFORMATION

MAIN IDEAS OF THESE PROJECTS ARE TO BUILD NEW FRIENDSHIPS, INTERACT WITH NEW CULTURES AND DESTROY THE BORDERS BETWEEN COUNTRIES. THE SUBJECT OF THE PROJECT IS JUST A VEHICLE TO CAPTURE THESE.

♦ YOU CANNOT ARRIVE IN PROJECT 1 DAY LATER THAN THE FIRST DAY OF PROJECT OR LEAVE 1 DAY EARLIER THAN THE LAST DAY OF PROJECT. FOR THIS, YOU SHOULD NOTIFY US BEFORE YOU BUY YOUR TICKETS. OTHERWISE WE CANNOT GUARANTEE TO DO YOUR REIMBURSEMENTS. IT IS A RULE BY EUROPEAN COMMISSION. BUT YOU CAN COME EARLIER THAN FIRST DAY OF PROJECT AND YOU CAN LEAVE LATER THAN LAST DAY OF PROJECT.

- ❖ DAILY PLAN CAN BE CHANGED BY OUR ORGANIZATION. SOME FEATURES CAN BE NEGOTIATED WITH THE PARTICIPANTS AND NEW CHANGES CAN BE DONE ON THE ESTIMATED SCHEDULE.
- * YOU ARE OBLIGATED TO CARE FOR THE ESTIMATED DAILY PLAN AND PARTICIPATE TO THE ACTIVITIES EXCEPT SOME CERTAIN UNEXPECTED SITUATIONS LIKE ILLNESS.
- ❖ IN THESE CONDITIONS BELOW, A PARTICIPANT CANNOT BE ALLOWED TO STAY IN PROJECT AND THEY CAN'T TAKE THEIR ANY TICKET MONEY:
- A) A PERSON COMES LATE TO ACTIVITIES ALL TIME WITHOUT ANY VALID REASONS;
- B) A PERSON DISTURBS OTHER NEIGHBORS OR PARTICIPANTS;
- C) A PERSON IS RACIST, NEGATIVE, BAD TEMPERED ETC.;
- D) A PERSON USES DRUGS IN THE PROJECT (ALSO MARIJUANA);
- E) A PERSON USES VIOLENCE;
- F) A PERSON DOESN'T GIVE NECESSARY DOCUMENTS TO US.
- ❖ IF YOU HAVE ANY SPECIAL CONDITIONS (DIET, YOU ARE VEGAN, VEGETARIAN..., ALLERGIES, ANY PHYSICAL IMPAIRMENT OR OTHER DISABILITY...) TELL US THESE CONDITIONS IN ADVANCE.
- * WE SUGGEST YOU TO BRING YOUR OWN COSMETIC ARTICLES AND SELF-CARE PRODUCTS. NO NEED TO BRING SHEETS AND TOWELS WHICH I PROVIDED BY THE HOTEL.

HOMEWORKS AND PREPRARATION

INTERNATIONAL NIGHT

PREPARATION BEFORE ARRIVAL:

BRING SOME TRADITIONAL FOOD (SNACKS, YOUR OWN MADE SWEETS, NON-ALCOHOL DRINKS, ETC)

YOU CAN PREPARE SOME BASIC MEALS IN THE KITCHEN, WITHOUT USING OVEN OR HOB.

HERE WILL BE A FRIDGE, SO SIMPLE THINGS TO PREPARE YOU CAN BUY IN A LOCAL GROCERIES SHOP.

- BRING TRADITIONAL SOUVERINS, TOURISTIC MATERIAL, COUNTRY FLAG, LEAFLETS, BROCHURES, SOME TYPICAL COSTUMES FROM YOUR COUNTRY OR SOME TYPICAL THINGS THAT YOU CAN WEAR DURING THE INTERNATIONAL NIGHT (HAT, BRACELETS, SCARF ETC...)
- . BRING LOTS OF POSITIVE ENERGY AND A DETERMINATION TO LEARN AND LIVE A DIFFERENT LIFESTYLE



HOMEWORKS AND PREPRARATION

WHAT TO PREPARE- IMPORTANT!

- 1. PRESENTATION OF YOUR ORGANIZATION (5MIN)
- 2. PRESENTATION OF YOUR COUNTRY FOR CULTURE NIGHT(5-10 MIN)
- 3. PRESENTATION (POWER POINT OR PREZI) ON YOUR COUNTRY'S FINANCIAL INSTABILITY, CAREER PRESSURES, AND MENTAL HEALTH ARE INTERCONNECTED, PARTICULARLY FOR YOUNG ADULTS. FOCUS ON HOW THE MINDSET OF PRIORITIZING CAREER OVER HEALTH CAN LEAD TO BURNOUT, FINANCIAL STRAIN, AND EVENTUALLY IMPACT WELL-BEING. PRESENTATION SHOULD BE 5-10 MIN
- 4. EVERY MORNING THE WARM-UP WILL BE DONE BY A DIFFERENT PERSON/GROUP, SO PLEASE PREPARE A WARM-UP SESSION/ICE-BREAKER GAME (5-15 MIN)
- 5.ORGANIZE FUN AND INTERACTIVE EVENING ACTIVITIES LIKE GAMES, KARAOKE, OR A MOVIE NIGHT. CONSIDER INCLUDING ELEMENTS RELATED TO THE PROJECT, SUCH AS FINANCIAL LITERACY QUIZZES OR DISCUSSIONS ON THE CONNECTION BETWEEN CAREER CHOICES AND MENTAL HEALTH, MINDFULNESS PRACTICES

BASIC RULES

ALL PARTICIPANTS ARE REQUIRED TO BE PRESENT AND ACTIVELY ENGAGED IN ALL ACTIVITIES, EXCEPT IN CASES OF ILLNESS. UNAUTHORIZED ABSENCES FROM ACTIVITIES AND WORKSHOPS WILL NOT BE TOLERATED.

SMOKING IS PROHIBITED INSIDE BUILDINGS; THEREFORE, SMOKERS MUST GO OUTSIDE OR TO DESIGNATED SMOKING AREAS.

WE EXPECT YOU TO RESPECT THE PROPERTY AND MAINTAIN YOUR LIVING SPACES.

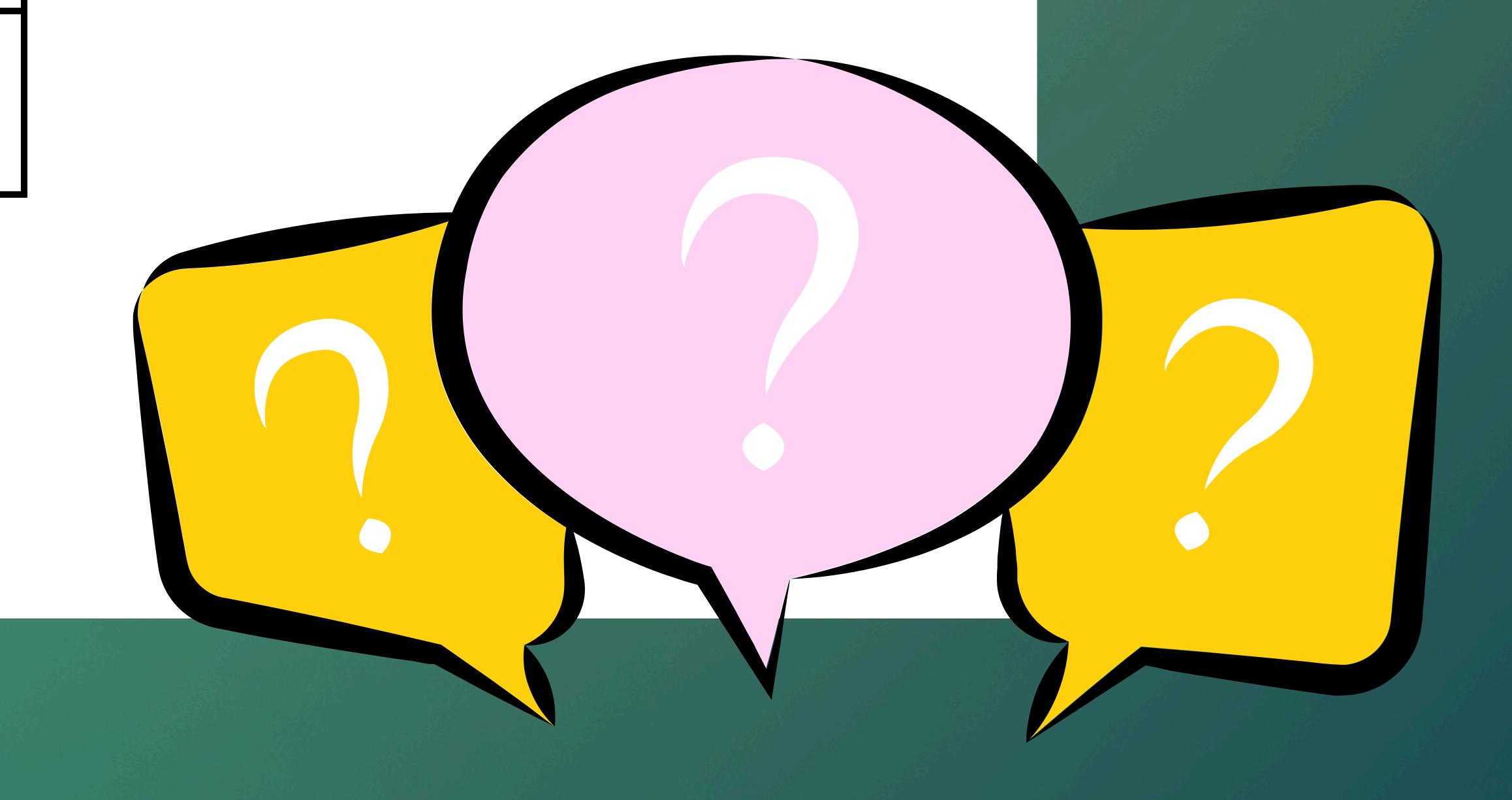
THIS IS INTERNATIONAL PROJECT, NOT A VACATION, THOUGH YOU WILL HAVE FREE TIME TO EXPLORE AND ENJOY THE CITY. GET READY TO HAVE FUN! PLEASE BE AWARE THAT FAILURE TO ADHERE TO THESE RULES MAY RESULT IN YOUR EXCLUSION FROM FUTURE PROJECTS WE ORGANIZE.





INTERNET	YES
IRON	YES, 1 IN TOTAL
WASHING MASCHINE	YES
KITCHEN (EAT&USE FRDGE ONLY)	YES
HAIR DRYER	YES, 2 IN TOTAL
A TOWEL	YES, FOR EACH
IF YOU CAN MAKE SOME MEALS FOR CULTURAL NIGHT?	NO





CONTACTS

KAROLIS.

KAROLIS.

KAROLIS.

MARIJA, PROJECTS.

MA

WE HOPE, THAT TOGETHER WITH ALL OF YOU, WE WILL MAKE THIS PROJECT GREAT AND UNFORGETTABLE ©

SEE YOU SOON IN GREEN AND LOVELY LITHUANIA AND KAUNAS



FOLLOW US



