

Asociacija „Aktyvus jaunimas“

# Let's Turn Discrimination into Tolerance!

Erasmus+ youth exchange in Kaunas, Lithuania



# Erasmus+

7/15/2014



## FINANCES & TRAVEL BUDGET LIMITS

**Accommodation, living and other project / exchange related expenses:** 100% funded by the EU. This includes everything except for travel costs.

**Travel (flights, other means of transport) expenses** are compensated (up to 100%), based on the distance from your location of residence to the location of the project. These distances must be calculated using the [distance calculator](#) supported by the European Commission.

Country	Distance in KM	Compensation in €
Romania	500-1999	170
Turkey	2000-2999	270
Croatia	500-1999	170
Spain	2000-2999	270
Italy	500-1999	170

## MONEY

**Tip for changing money:** bring euro and change those to Lithuanian Litas in any bank in Lithuania. This way you will get the best exchange rate.

- 1 Lithuanian Litas (LTL) equals 0.29 euro (EUR);
- 1 EUR = 3.45 LTL;
- 1 city bus ride is 2.40 LTL (0.70 EUR).

## TRANSPORTATION TO THE PROJECT

Firstly, you should find a flight to **Kaunas (KUN)** or **Vilnius (VNO)** airports. Flying to Riga (RIX) or Palanga (PLQ) airports may also be an option, albeit much less preferable. The arrival day is **5<sup>th</sup> of September, 2014** and the departure day is **15<sup>th</sup> of September, 2014**. If you want to spend more time in Lithuania, it is possible to spend maximum 2 days before and after the project and book the travel tickets accordingly.

- Coming to the venue from Kaunas airport is quite simple: there is a cheap and often city bus (no. **29** or **29E**) connection. You can buy tickets at the driver and it costs 2.40 LTL (0.70 EUR) per person.
- If you are coming from Vilnius, it is the best to first take a train from the airport to Vilnius train station and then change to the train going to Kaunas. Total cost: 20.50 LTL (6 EUR).
- The address of the main venue is **Papilio str. 9, Kaunas**. If you have troubles finding it, we will meet you in the city centre on your arrival and lead you there.

We will reimburse the travel expenses during / after the exchange, in accordance with the Erasmus+ framework. **In order to make the reimbursement, it is compulsory that you have all the necessary documents with you.** If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you. For plane travel, the original documents that we need are:

- (1) E-ticket; (2) Invoice; (3) Proof of payment or receipt; (4) Boarding passes.

Active Youth Association  
Address: Lygybės 21-86, Kaunas, Lithuania  
Tel.: +370 643 31871 | +370 691 94709  
info@activeyouth.lt | <http://activeyouth.lt/en>



It is very important to form the group of participants in time and buy the plane tickets to Lithuania as soon as possible. We will be waiting for the list of participants and plane tickets from you until **the 14<sup>th</sup> of August, 2014 at the latest**. After the participants purchase the tickets, please send them to us by email.

## ACCOMMODATION & FOOD

Venue: Domus Pacis Guest House. **Website:** <http://www.domuspacis.lt/en>



Located at the very city centre, next to a park (has a skate-park, football field, basketball courts).



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**Rooms:** with 2, 3, 4 beds. Towels and bed linen will be provided. The **Main Activity Room** is located at the same building.

**WiFi** internet connection will be supplied (however, might be a bit limited) by the organizers.

Organizers will provide participants with three meals per day and two coffee breaks. Breakfasts will be served at the guest house, while lunches and dinners will take place at cafes nearby.

*We strongly recommend each participant to inform the ORGANIZERS about any special dietary needs in advance.*

## ABOUT LITHUANIA / KAUNAS

Check the following websites to get to know more about our lovely Lithuania and Kaunas:

- <http://www.likeablelithuania.com/welcome/?lang=en>
- <http://lietuva.lt/en/>
- <https://www.facebook.com/onLithuania>
- <http://en.wikipedia.org/wiki/Kaunas>
- [http://www.tripadvisor.co.uk/Tourism-g274948-Kaunas\\_Kaunas\\_County-Vacations.html](http://www.tripadvisor.co.uk/Tourism-g274948-Kaunas_Kaunas_County-Vacations.html)



## PLANNED ACTIVITIES / SCHEDULE

To really get the most out of the youth exchange we will always start early! After socialising in the night we'll start at 8:00 in the morning with breakfast, strong coffee and some energizers! Each day we'll have two main activity sessions that will be based on non-formal education and learning by doing. They will all be targeted to intercultural exchange, socializing, having fun and, of course, our main project's topic - tolerance to minorities. We'll all go to lunch and dinner together in the city centre and have coffee breaks during the day. If the weather is good we'll be doing most of the activities outside so that you could enjoy it to the fullest. Naturally, we'll leave free time for you to relax in the city. In the evenings we'll have cultural nights (each country have to prepare for that), which will be followed by further socialising and having fun ☺

### **The main activities include:**

- Meeting, icebreaking, team building;

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- Group exercises, games, quizzes, simulations, educational activities and interactive workshops on discrimination against minorities;
- Country presentations on minority discrimination;
- Meeting guest speakers – minority representatives;
- Movie afternoons on minority discrimination and tolerance. Making of a video on the topic in groups as well;
- Activities connected with art – poster, comics making, etc; and sports – basketball / volleyball / football;
- Celebration of "International Day of Democracy", "Swap Ideas Day";
- Informing others - meeting and talking to the local media; preparing an e-booklet on discrimination towards minorities;
- Excursions to the city / sightseeing / visiting objects connected with discrimination towards minorities;
- Playing continuous games such as "The Killer", "Best buddy", filling in "Gossip Boxes", etc.);
- And of course HAVING FUN! Because that's the key thing, isn't it?

If you have any ideas and suggestions for our activities – don't hesitate to tell those! We want everyone to enjoy the stay in Lithuania!



## PREPARATION

*The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the exchange. Also, please have a valid EU healthcare insurance card (if applicable).*

Each of the participating countries should:

1. Bring all your **travel documents** as presented above.
2. Prepare a **country presentation about discrimination** (towards minorities) and resulting problems in their country. This will be shown to other participants during the exchange;
3. Find **interesting videos / games / exercises / educational activities on discrimination and tolerance**. Prepare **energisers** that could be done in the morning.
4. Prepare for your **country's cultural evening**. Please, try to be fun and creative for this!:) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances,

songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others. Also, please **prepare a mini (and of course fun) language course** to others. We count on you to make these evenings as interactive and fun as possible.

5. The weather in September is quite warm in Lithuania (around 19-20 degrees during the day). However, check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for sports and/or strenuous activities** (such as dancing).
6. if you have **bring some information about your organization and activities**. We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
7. **Bring good spirit, joy and happiness!!! ☺**

## BASIC RULES

All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops won't be tolerated.

Smoking is prohibited everywhere inside buildings, thus all the smokers will have to go outside or to specially designated areas for a cigarette.

Stress, nerves and bad mood is prohibited everywhere. Bring your best mood and big smile with you and keep it through the exchange! Prepare for fun! Those who fail to do that will be expelled from the exchange.

## LIST OF PARTICIPATING PARTNER ORGANISATIONS

Lithuania (host)	Asociacija "Aktyvus jaunimas"
Turkey	FuturEurope
Spain	OportunidadEuropa
Romania	Asociatia "Tineret pentru Dezvoltare Durabila"
Italy	Scambieuropei
Croatia	Volim Volontirati - "VoVo"

## CONTACT PERSONS

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If you have any questions, please contact us via e-mail: [info@activeyouth.lt](mailto:info@activeyouth.lt). **See you all in Lithuania!**

THOSE WHO ARE GOING TO OUR PROJECT, PLEASE JOIN OUR **PRIVATE FACEBOOK GROUP**.  
LET'S GET TO KNOW EACH OTHER!