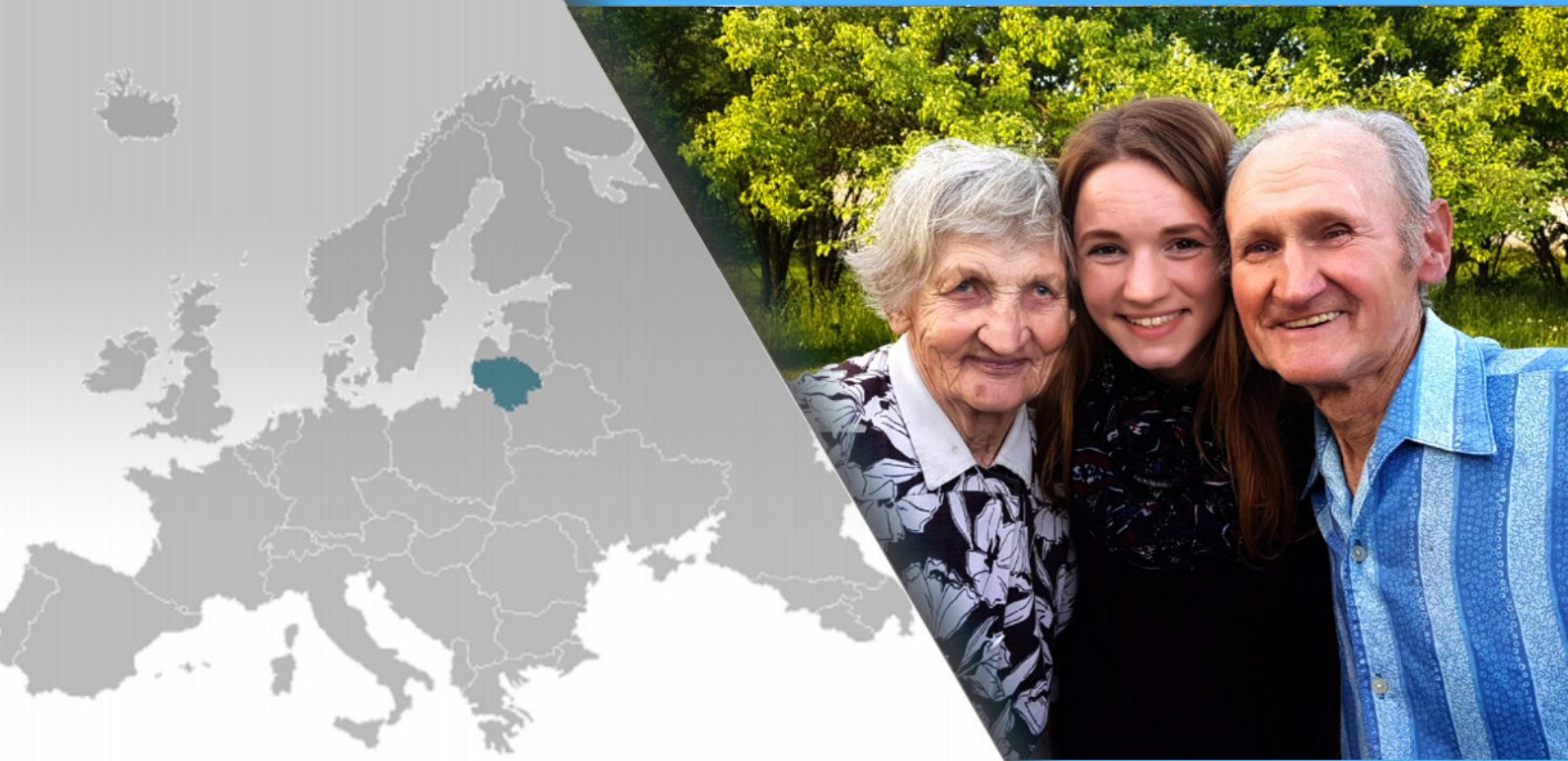


COMMUNITY: SENIORS INVOLVED

20.07-28.07.2018
Kaunas, Lithuania



MANY PATHS,
ONE GOAL.



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NAME:

COMMUNITY: SENIORS INVOLVED

ACTIVITY:

Training Course

DURATION:

7+2 travel days (20.07-28.07.2018)

PARTICIPATING COUNTRIES:

Lithuania, Latvia, Bulgaria, Poland, Portugal, Turkey

NUMBER OF PARTICIPANTS:

4 per country (24 in total)



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SUMMARY

Ageing is one of the most significant social transformations of the 21st century. By 2030, the number of older persons worldwide is set to increase by 56 percent – from 901 million to more than 1.4 billion. The number of people aged 60 and above will exceed that of young people aged 15 to 24. Roughly, two active people (15-65) will have to take care of one retired person (65+) in 2030. As life expectancy is getting longer the society needs to adapt to these unprecedented demographic changes.

A key problem in aging is social integration, that is the extent to which a person is actively connected and engaged with their family and community. It is not easy to remain socially involved when one is getting old, thus many of old people become isolated from the society, feeling lonely and left aside. In order to tackle this problem, youth organizations from Lithuania, Poland, Latvia, Portugal, Bulgaria and Turkey have united for this project. We believe that youth work (along with young people) should be put in good use & engage more with the elderly. The benefits would be mutual.

To accomplish this, two activities - training course for youth workers and youth exchange for youngsters – are going to be hosted in Lithuania on June 20-28, 2018 and August 11-19, respectively. The first action will involve 24 youth workers and the second – 36 youngsters (18-30 years old) including team leaders from the TC.

The main objectives are to:

- 1) foster opportunities for intergenerational learning in the participating countries;
- 2) boost youngsters' empathy, respect and social responsibility concerning older generations;
- 3) raise the qualifications and competences of youth workers, leaders, trainers and coaches who could work with intergenerational groups (both in local / international setting);
- 4) help tackle the problem of elderly isolation;
- 5) raise social awareness of the wider public.

A number of activities have been planned in order to help fulfill the project objectives, which include:

- 1) interactive workshops;
- 2) learning sessions about senior integration and the benefits it bring;
- 3) cooperation with existing initiatives and joining their activities;
- 4) discussions on the topic in a nonformal environment;
- 5) field visits and research;
- 6) analysis of relevant video materials;
- 7) sharing good elderly integration practices from the participating countries;
- 8) implementing activities at elderly houses (together with seniors);
- 9) organising a public event in order to raise awareness of the problem.

...and many more.

All the activities will be based on non-formal education which will help to develop social and personal competences. In other words, the participating youth will acquire and improve a number of skills required for successful interaction with older generations, better understanding and empathy towards them; youth workers will develop new ways to organize activities with the elderly; and seniors will get a chance to meet young people and feel more included and happier.



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FINANCES & TRAVEL BUDGET LIMITS

- 1) **Accommodation, living and other project related expenses:** 100% funded by the EU.
- 2) 100 % of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.

Travel distances	Amount
Between 10 and 99 KM:	20 EUR per participant
Between 100 and 499 KM:	180 EUR per participant
Between 500 and 1999 KM:	275 EUR per participant
Between 2000 and 2999 KM:	360 EUR per participant
Between 3000 and 3999 KM:	530 EUR per participant
Between 4000 and 7999 KM:	820 EUR per participant
8000 KM or more:	1300 EUR per participant

Travel distances must be calculated using the distance calculator supported by the European Commission (https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en).

The distance of a one-way travel must be used to calculate the amount of the EU grant that will support the round trip.

We will reimburse the travel expenses after the mobility by bank transfer, 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) **Tickets and Boarding Passes**
- 2) **Invoice / Receipt**

Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.

MONEY

The official currency in Lithuania is **Euro**. The prices in Lithuania are not high as well (e.g. bus ride - 0.80 EUR, pizza – 6.5 EUR). You can check **cost of living** in Lithuania.

GETTING TO LITHUANIA

The fastest and most secure way to reach Lithuania is by plane. The main aerodromes are in Vilnius and Kaunas. They have direct flights to all main cities in Europe. You can reach almost any bigger city in the world with just one change of plane.

Cheap flights are always available **HERE**.

One more way of reaching Lithuania is by bus. It has direct routes to Germany, Poland, Italy, Belarus, Czech Republic, Latvia and other nearest countries.



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TRANSPORTATION

Firstly, you should find a flight to **Kaunas (KUN)** or **Vilnius (VNO)** airports. The **arrival day is 20th of July** and the **departure day is 28th of July, 2018**. Try to find a suitable option for the flights on these days.

- 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 0.80 EUR per person (half the price for students).
- 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: 6-7 EUR (half the price for students).
- The address of the main venue is **Papilio str. 9, Kaunas**. If you have troubles finding it, contact us and we will help you get there (contact details are provided at the end of the info pack).
- You can use taxify app and our invite code **TOMASJA** to get a free ride up to 4 EUR. Download the app **HERE**.

ACCOMODATION AND FOOD

Venue: **Domus Pacis Guest House**. Located at the center of the old town, next to a park.



Rooms: with 2-4 beds. Towels and bed linen will be provided (but no hairdryer in the facility). The Main Activity Room is located at the same building. WiFi internet connection is available (however, might be a bit limited). Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the hotel or cafeterias nearby. We strongly recommend each participant to inform the ORGANIZERS about any special dietary needs in advance.

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 (the guest house levies a fine of 30 EUR), thus all the smokers will have to go outside or to specially designated areas for a cigarette. **Any damages to the property of the guest house or the organizers will be deducted from the travel reimbursements of the ones responsible.**



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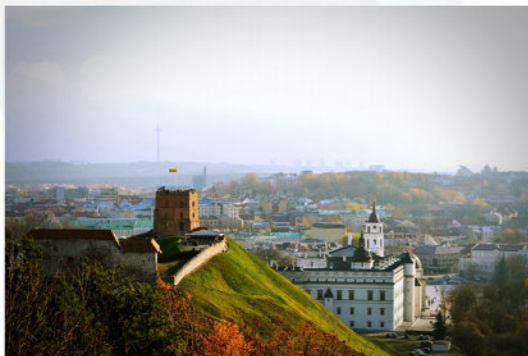


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ABOUT LITHUANIA / KAUNAS

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

- [Official Lithuania website](#)
- [TripAdviser Lithuania](#)
- [Lithuania Vacation Travel Video Guide \(2017\)](#)



ADDITIONAL STAY IN LITHUANIA

The hosting organization is covering the accommodation **ONLY** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets 2 days earlier or after the project date.

If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.

For additional days in Lithuania we suggest you to use **Airbnb** (18 EUR discount inside), **Booking.com** (12 EUR discount inside) or **Snap Travel** (10% discount inside)



CONTACTS

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If you have any questions, please contact us via e-mail or facebook.

See you all in Lithuania!!!



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