

ERASMUS+ TRAINING COURSE

COMBATING THE DIFERENCES

22 - 30 SEPTEMBER, 2019
KAUNAS, LITHUANIA



PARTICIPATING COUNTRIES:

LITHUANIA

HUNGARY

MALTA

CYPRUS

CZECH REPUBLIC

TURKEY



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YOUTH

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Erasmus+

01

PROJECT NAME

Combating the Differences

02

TYPE OF ACTIVITY

ERASMUS+ Training Course

03

DURATION

7+2 travel days (22-30 September, 2019)

04

PARTICIPATING COUNTRIES

**Lithuania, Malta, Hungary, Cyprus,
Czech Republic, Turkey**

05

NUMBER OF PARTICIPANTS

4 per country (24 in total)

SUMMARY

There are numerous challenges that European societies are facing. One of the more severe ones is the marginalization of young people coming from disadvantaged backgrounds. Youngsters with behavior disorders and dysfunctional backgrounds are often insecure and self-doubting, face discrimination, negative stereotypes, and increased social barriers. One of the ways to help them feel more confident is through capoeira. Capoeira is an afro-Brazilian martial art that incorporates game, music, and dance. It has previously been used as a therapeutic activity that proved to be a huge success in empowering troubled people and bringing community members closer together.

To tackle this social exclusion problem, youth organizations from Hungary, Cyprus, Czech Republic, Turkey, Malta, and Lithuania have united for the project "Combating The Differences". The project's aim is to give youth workers the training necessary to be able to lead capoeira therapy sessions. To accomplish this, the training course will be hosted in Lithuania on September 22-30, 2019.

To address the key issue of the project mentioned above (the social exclusion of young people from disadvantaged backgrounds), the following objectives have been set:

- Promote capoeira as an inclusive and therapeutic activity;
- Give youth workers appropriate knowledge about capoeira, its philosophy, physical and musical sides of capoeira;
- Come up with capoeira games in which everyone can participate;
- Create the means for sharing competencies and tools of capoeira therapy among youth workers in different countries;
- The project also aims to help the participants increase their social awareness, skills, and multilingualism.

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.

COUNTRY	TRAVEL BUDGET
Lithuania	20 €
Hungary, Czech Republic, Turkey	275 €
Cyprus, Malta	360 €

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.



TRANSPORTATION

Firstly, you should find a flight to Vilnius (VNO) or Kaunas (KUN) airports. **The arrival day is 22nd of September and the departure day is 30th of September, 2019.** Try to find a suitable option for the flights on these days.

More information about **How to get to the venue** – [HERE](#).

ACCOMMODATION & FOOD

Venue: [Domus Pacis Guest House](#). Located at the center of the old town, next to a park.

Rooms: with 2-5 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.

ABOUT LITHUANIA

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

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).

See you soon!

