

ERASMUS+
YOUTH EXCHANGE

A BEAUTIFUL MIND

**SPAIN
TURKEY
POLAND
SLOVENIA
LITHUANIA
NETHERLANDS**

**KAUNAS, LITHUANIA
2019.12.03-09**



**ACTIVE
YOUTH**



Erasmus+

01

PROJECT NAME

A Beautiful Mind

02

TYPE OF ACTIVITY

ERASMUS+ Youth Exchange

03

DURATION

5+2 travel days (2019.12.03-09)

04

PARTICIPATING COUNTRIES

**Lithuania, Poland, Turkey,
Netherlands, Spain, Slovenia**

05

NUMBER OF PARTICIPANTS

6 per country (36 in total)

SUMMARY

Mental health plays an important role in the life of every person. A mentally healthy person works more productively, as well as is more able to contribute to his/her surroundings. It's, hence, clear that mental disorders can lead to serious problems & wasted human potential.

Mental disorder is a health condition involving changes in thinking, emotion or behaviour (e.g. depression). According to the World Health Organization (WHO) more than a quarter of the European adult population has experienced at least one mental disorder in the past year, e.g. depression or anxiety. Yet, only a fraction of them has ever asked for (professional) help. Mental disorders have a significant impact not only on the individuals but the burden continues to grow with significant economic consequences. Thus, it is important to bring the issues to light & reduce the stigma surrounding mental health.

The core goal of the current project "A Beautiful Mind" is to increase knowledge about mental health between the youngsters and the public overall. In order to reach this aim, the following objectives have been set:

- 1) Raising awareness about the existing mental health situation;
- 2) Reducing prejudices towards mentally ill;
- 3) Defining what is mental health and why it's important;
- 4) Explaining how mental disorders are diagnosed and treated;
- 5) Advising youth how to live a healthier lifestyle and cope with the surrounding stress;
- 6) Finding ways of communicating with people having a mental disorder and ways to support them.

A youth exchange "A Beautiful Mind" will be hosted in Lithuania, Kaunas. It will involve 36 participants (aged: 18-30) from 6 different countries (Slovenia, Turkey, Spain, the Netherlands, Poland, and Lithuania), who are interested in the topic of mental health and well-being and/or have faced such problems themselves or e.g. has helped their friends or family members. Priority will be given to those from disadvantaged backgrounds and with fewer opportunities (e.g. facing social exclusion or struggling financially).



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 € per participant
Between 100 and 499 KM	180 € per participant
Between 500 and 1999 KM	275 € per participant
Between 2000 and 2999 KM	360 € per participant
Between 3000 and 3999 KM	530 € per participant
Between 4000 and 7999 KM	820 € per participant
8000 KM or more	1300 € per participant

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 3rd of December and the departure day is 9th of December, 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!



Stanislav Karmyšov



+37067798159

If you have any questions, please contact us via [email](#) or Facebook.