



YOUTH EXCHANGE



EU2YOUTH - VOLUME 2

KAUNAS, LITHUANIA

31 MAY - 8 JUNE, 2024

PREPARATORY MEETING 10-11 MAY, 2024



Co-funded by the
European Union

ABOUT THE PROJECT



The youth exchange project **"EU2YOUTH - Volume 2"** aims to achieve that young people are more informed and interested in being politically engaged in the EU matters, increase their knowledge in decision making process of key EU institutions such as European Parliament. In this way they would be more informed and better motivated and prepared for the EP elections in 2024.

OBJECTIVES:

- Contribute to a more politically-aware, politically-engaged youth by analyzing level of political engagement of youth.
- Familiarize youth with the institutions of the European union, focusing on European Parliament, and its decision making process.
- Provide knowledge and space for youth to discuss democracy, fundamental rights and to strengthen European values.
- Provide opportunity for young people to express their views and stimulate active participation by actually experiencing decision-making process through the simulation methods.

COUNTRIES INVOLVED:

- LITHUANIA
- ESTONIA
- ITALY
- SLOVAKIA
- SPAIN
- PORTUGAL
- DENMARK

ABOUT THE PROJECT

The project will consist of two main activities:

- 1) **Preparatory meeting** – youth leader from each participating country and a facilitator (in total 7 people).
- 2) **Youth exchange** – it will be 7 working days activity gathering 42 young participants in Kaunas, Lithuania. Each partner nominates 5 participants and 1 team leader (in total six participants per country)

DATES:

The project will consist of two main activities:

- 1) **Preparatory meeting: 10–11 May, 2024 (9th May will be arrival and 11th May will be departure after 2pm).**
- 2) **Youth exchange – between 31 May–8 June, 2024 (31st May will be arrival and 8th June will be departure).**

PARTICIPANTS:

Profile of **Team Leader** for **Preparatory Visit:**

- At least 20+ years old;
- Leadership skills;
- Management and coordinating skills;
- Good communication and English language skills;
- Experienced in dealing with people coming from a difficult background;
- Experience in being a youth leader;
- **Team Leader must be able to attend both activities, i.e. Preparatory Visit and Youth Exchange.**

Profile of participant for **Youth Exchange:**

- Between 18–26 years old;
- young activist engaged in youth work and social/political activities or young person who wants to be active;
- Demonstrate an interest in the youth advocacy at the European level;
- Passionate about political dialogue and European parliament simulation;
- Interested in creating raising awareness activity/campaigns
- Participants with skills in photography and video editing
- Able to act as a multiplier in local community;
- **Committed to attend for the full duration of the project and actively participate in all project activities;**
- Able to communicate in English language.

VENUE

Participants will be hosted in the city center of Kaunas (a few minutes from Kaunas old town).

Participants will be accommodated in the rooms of **2-4 people**, each room has a private bathroom.

Bedsheets, one towel will be provided.

Bring your own personal hygiene products as it is not provided by the venue (as you are not staying at the hotel).



PREPARATION & FOLLOW UP

WHAT TO BRING AND PREPARE?

- Please bring **comfortable shoes and clothes** as we might have some activities outside and do not forget to check the weather before coming.
- Personal care products: shampoo, toothpaste, necessary medicine if you require any, etc.
- At least one laptop per country is required.
- European Health Insurance Card (EHIC card) – for EU residents.
- **Health insurance covering full duration of the Youth exchange is mandatory for all participants.**
- Food or other important things for the intercultural night and **your country flag**. Please prepare upfront interesting traditions, songs or games for your intercultural night as we will **NOT** have presentations or Youtube videos of how amazing your country is (be creative) ;)
- Energizers: every day we will have energizer session so think of some unique fun energizers to show to the group.

FOLLOW UP:

- Each participant, and their respective NGO, is required to do follow up activities after the youth mobility. It is very important for us to have the project outputs disseminated by all participants and also to engage participants in doing follow up activities. We will brainstorm together during the youth mobility what those follow up activities could be, according to your local context.

FOOD PREFERENCES:

- The venue can provide regular, vegan or vegetarian diet just inform the organizers upfront about your dietary needs.
- **IMPORTANT:** as you are coming to a different country than your home country it is important to understand that the food diet you will have on project will not necessarily be the type of food diet you are used to in your home country.

IMPORTANT TRAVELING INFORMATION!

- We suggest you to check flights to **Kaunas or Vilnius airport**.
- Experience shows that reimbursement allowances are sufficient to cover your travel and local transportation if everything is booked in advance.
- **Arrival is 31st May, departure is 8th June, 2024.**
- On 31st May participants will get dinner (around 19:30 h). On 8th June participants will depart from the venue after breakfast (by 10 am).
- Before buying any tickets **participants must get confirmation from Asociacion "Mano Europa"**. Tickets not approved by the host organisation will not be reimbursed.
- Maximum travel budget for **youth mobility**:

LITHUANIA

(10-99 km)
maximum 23 EUR
per participant

SPAIN

(2000-2999 km)
maximum 340 EUR
per participant for
youth exchange
and maximum 310
for preparatory
visit

ESTONIA

GREEN TRAVEL

(500-1999 km)
maximum 300 EUR
per participant,
must use green
travel

PORTUGAL

(3000-3999 km)
maximum 510 EUR
per participant for
youth exchange
and maximum
360 for
Preparatory visit

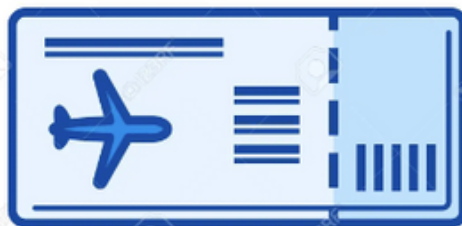
ITALY DENMARK SLOVAKIA

(500-1999 km)
maximum 255 EUR
per participant



REIMBURSEMENT PROCEDURE

- Reimbursement of travel distance will be calculated using the distance calculator for youth mobility minus 20 EUR from each participant which will be used to cover local visit. Example: If you are within 275 EUR reimbursement threshold maximum reimbursable amount is 255 EUR.
- **Participants will be eligible to get reimbursement only if they provide original tickets, invoices, boarding passes and receipts.**
- Participants must use public transport, economy class.
- TAXI will NOT be reimbursed in any circumstances!
- Please **keep all your tickets and boarding passes** as without them we can't reimburse you the money!!
- After going back home you should send us original remaining boarding passes and any other travel documents from return journey by post to organizer address.



- **The reimbursement will be done by bank transfer to the account of partner NGO** after the project once we receive rest funds from National Agency (usually up to 3-4 months). Partner NGO is in charge to distribute the reimbursement, send by organizer, to their participants.

ADDITIONAL INFORMATION

- Each participant must have **a valid health insurance** throughout project.
- If any of the participants have any special requirements regarding food and/or health issues, please inform us in advance.
- Number for emergencies (police, ambulance) during your stay in Lithuania: 112

WEATHER:

- Weather in Lithuania in June is usually warm (22-25 degrees).

CURRENCY AND PRICES:

- The official currency in Lithuania since 2015 is EURO.
- Public transport ticket is around 1 - 1,5 €.
- Inflation is quite high in Lithuania, therefore, expect higher prices than usual in local shops, restaurants etc.

CONTACT INFORMATION:

If you have any questions please reach out to MANO EUROPA by email info@manoeuropa.org

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