

INFOPACK

Project “Discover your path”

KA1 – Youth Exchange

Project's dates: 7th to 15th of October (+16th travel day), 2019

Arrival day: 07.10.2019

Departure day: 16.10.2019

Venue: Kaunas, Lithuania



1. The Project

Few words about the Project...

Discover your path – is a youth exchange project, organized by association „Neribota ateitis“ together with partners from Italy, Bulgaria and Cyprus which will take place in Kaunas, Lithuania to work on self-awareness as a way to participants interests with study and job prospects.

Summary: What to do next..? This is one of the hardest question in young people's life. Part of young people, carefully planning their future, analyze perspectives in the labor market while attending school and later continuing their studies encouraged by clear personal goals. However, there is another part of youth who, despite not knowing what they would like to be in the future, are still in a hurry to continue their studies, and it is no secret that studies are often chosen by the program title, decision of parents. There is a low level of self-awareness. During the project, participants will seek objectives of the project and develop their competencies, self-awareness and foster social inclusion in a consistent path.

Project's aim: to promote self-awareness as a way to link their interests with study and job prospects and the same time to foster social inclusion of participants with fewer opportunities.

Project's objectives:

1. Increase knowledge about the youth situation in job market and career opportunities.
2. Help young people discover themselves, their strengths and weaknesses and decide which career path is the best for them in personal through a variety of non-formal formal methods.
3. Encourage young people to focus on discovering their needs, interests, abilities, personality in order to choose studies, job or occupation which are close to their heart and in this way create successful access to the job market.



2. Participants

PARTICIPANTS PROFILE:



Number of participants: 38 (8 participants + 1 leader per country + facilitator + staff members).

Age of participants: 16-24. **Gender balanced groups!** At least 3 participants per National group with **social or / and economic obstacles**.

Social obstacles are:

- * young people facing discrimination because of gender, ethnicity, religion, sexual orientation, disability, etc.
- * young people, with limited social skills, or anti-social or risky sexual behaviors;
- * young people in a precarious situation;
- * (ex) offenders, (ex) drug or alcohol abusers;
- * young and / or single parents, orphans;
- * young people from broken / mono-parents families.

Economic obstacles are:

- * young people with a low standard of living, low income, dependence on social welfare system;
- * in long-term unemployment or poverty;
- * young people who are homeless, young people in debt or with financial problems.

Selection process have to be done by partners' organizations. Participants have to be selected by questionnaires and motivational letters. The priority needs to be given for youngsters with social or economic obstacles.

Activities during the project: All activities of project will be based on non-formal learning methods.

Youth exchange programme includes: ice-breaking, team-building, social inclusion activities.

Topic-related activities:

- *Presentation of career opportunities / job market situation in each of participating country and prepared test;
- *Social Inclusion activity: Power station;
- *Creative Workshop - Create a profession for another person;
- *Manifesto;
- *Team activity „My passion“;
- *Draw your future;
- *The test of personality and temperament type determination, discussion, consultation;
- *Comfort zone challenge;
- *Forum Theatre;
- *Job interview simulations; *The Freedom Diagram.

Close-up activities: reflections, Youthpass evaluation, giving Youthpass certificates, evaluation, creating dissemination and visibility plan.

After exchange: Dissemination phase will take place. It is responsibility of every participant and partner organization to share information about the project, to post photos and messages in social media. More detailed dissemination plan will be created during exchange by participants themselves which we will follow during this period.

Venue: Apple Economy Hotel

Address: M. Valančiaus g 19, Kaunas
(next to the Old Town)

3. Accommodation



Notice: You'll be accommodated in

rooms of 2, 3 or 4 persons. Shared or individual bathroom.

About rooms: the participants will be accommodated in mixed national groups, to facilitate the getting to know each other process and intercultural learning.

Hotel provides towels.

In rooms you will be divided **by gender**.

Website: <http://applehotel.lt/>







4. Language



The main language used during the project will be **English**.

As we will work in an international environment, participants taking part in

“Discover your path” project should be able to communicate and express themselves in English.

5. Travel and reimbursements



Accommodation, food and materials - 100% funded by the Erasmus+ Programme. This includes everything, except for travel costs. We are counting less traveling expenses as your contribution to the project. It's highly recommended to start buying traveling tickets early. It's recommended to have a disposal for drinks, small shopping, etc.

Country	Compensation in Eur
<i>Bulgaria</i>	220
<i>Italy</i>	220
<i>Cyprus</i>	310
<i>Lithuania</i>	0



We will reimburse the travel expenses by bank transfer to partner organization accounts after the exchange. In order to make the reimbursement, firstly, dissemination activities will have to be implemented. Also, it is compulsory that you deliver all the necessary documents for us. 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:**

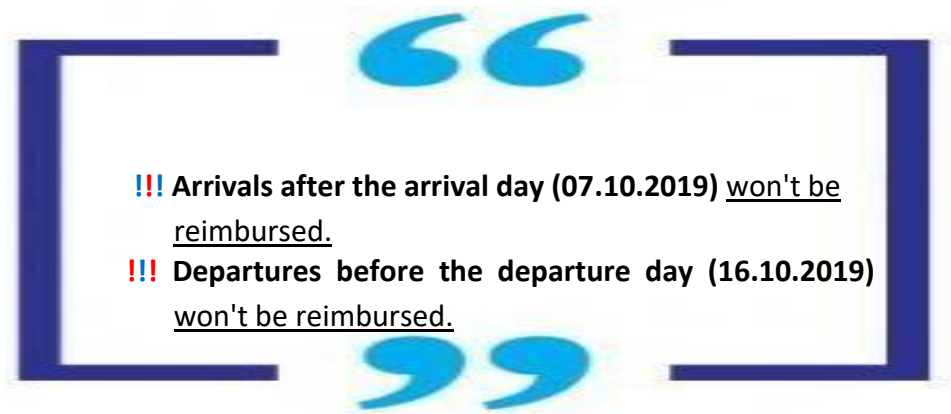
1. E-ticket;
2. Invoice;
3. Proof of payment or receipt;
4. **BOARDING PASSES.**

*After having all your original documents with, we will be able complete our final report and present it to our National Agency. According to Erasmus+ rules, their checking can take 60 days. Your travel expenses will be reimbursed by bank transfer to your organization's account around January, 2020.

Transportation

Firstly, you should find a flight to Kaunas (KUN) or Vilnius (VNO) airports. Flying to Riga (RIX) or Warsaw (WAW) airports may also be an option. The arrival day (and the first day of activities) is **7th of October, 2019** and the departure day is **16th of October, 2019**. If you are coming from Vilnius, it is the best to first take a train / bus from the airport to Vilnius train / bus station and then change to the train/bus going to Kaunas.

- Train schedules: <http://www.litrail.lt>
- Bus schedules: <http://www.autobusubilietai.lt>



***Tickets for travel out of the official dates bought without approval will not be reimbursed.**

6. Rules and procedures

- ✓ All the participants will be expected to be present and active in all the activities.
- ✓ Unauthorized absence from the activities and workshops won't be tolerated.
- ✓ No alcohol in the Hotel.
- ✓ Respect the common areas and leave them clean.
- ✓ Be on time every session.
- ✓ Respect the schedule.
- ✓ Don't disturb after midnight.
- ✓ Any lack of respect among participants and staff won't be tolerated.
- ✓ 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!



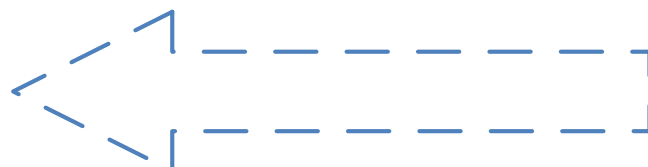
7. How to prepare

We really wish that every group of participants came to our project well prepared and ready for activities. There will be some things to do:

1. **Most important** – don't forget to buy tickets to Lithuania for **7th of October** for arrival and **16th of October** for departure. Also, bring your **travel documents** to us (printed electronic tickets, original tickets, invoices as well) – during the project we will have office hour and will collect all this documentation so we need **ALL** your tickets and documents which prove the amount you paid (otherwise we will be incapable to make

travel cost reimbursements). So please **have extra copy of your travel documents** so you would be able to leave one of them to us.

2. **Health insurance** is also highly recommended for you, there is an opportunity to receive European Health Insurance Card in most countries which is valid in all EU, it is very flexible and you don't have to pay for it – please use it.



3. **Facebook group** – we will create it for you and add you as soon as selection process will be over. It will be called Youth exchange “Discover your path”. There we will upload all further practical information, relevant to the project.
4. **Intercultural evening.** During intercultural evening we expect from each group to present: their main traditions and culture, to lead some game / dance / activity, to bring some of their traditional meals or drinks.
5. **HOMEWORK.** Participants in the national groups will have couple tasks to prepare for project and its topic:

*Participants before the project need to know about the youth situation of job market and career opportunities in their country, volunteering, gap year, internship opportunities. Each country will have to find out not only about situation but also who and what most influence a young person's career decisions. Furthermore, you will need to prepare method / test which would help us to find our personal career path. Presentations will take place in a way chosen by the participants, Power Point or other format presentation, on a flipchart sheet or other, convenient and effective way.

*Also, participants with group leaders will lead couple workshops during exchange. We will provide more information in our preparation Facebook group.

Homework

6. **Team building game or energizer.** If you know any great game or activity, which gets people together and helps to feel team spirit or refill yourself with energy – please share it. We will be happy to involve participants into the programme as much as possible.
7. Check the **weather forecast** before arrival and bring adequate clothes.
8. Bring **good spirit, joy and happiness!**

8. Schedule



To really get the most out of the youth exchange we will always start early! After socializing in the night we'll start at 9:00 am in the morning with breakfast, strong coffee and some energizers! We'll do many things related to our topic.

Of course, 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 socializing and having fun in the city centre.

9. Contact details



- ✓ Email: gabriele.balandyte@yahoo.com
- ✓ Facebook: <https://www.facebook.com/Neribota-Ateitis-1487318824880589/>