



Erasmus+



VŠĮ "INO VATYVI KARTA"  
NGO "INNOVATIVE GENERATION"

# Youth Exchange "Motion for life"

START:

June

26

# Who should attend?

**Age:** Young people aged 18-26 (group leader without age limit)

**Interests:** those who want to understand more about inclusion with the help of **art**, specifically **dancing**.



# **Location:**

Trakai, Lithuania

# **Dates:**

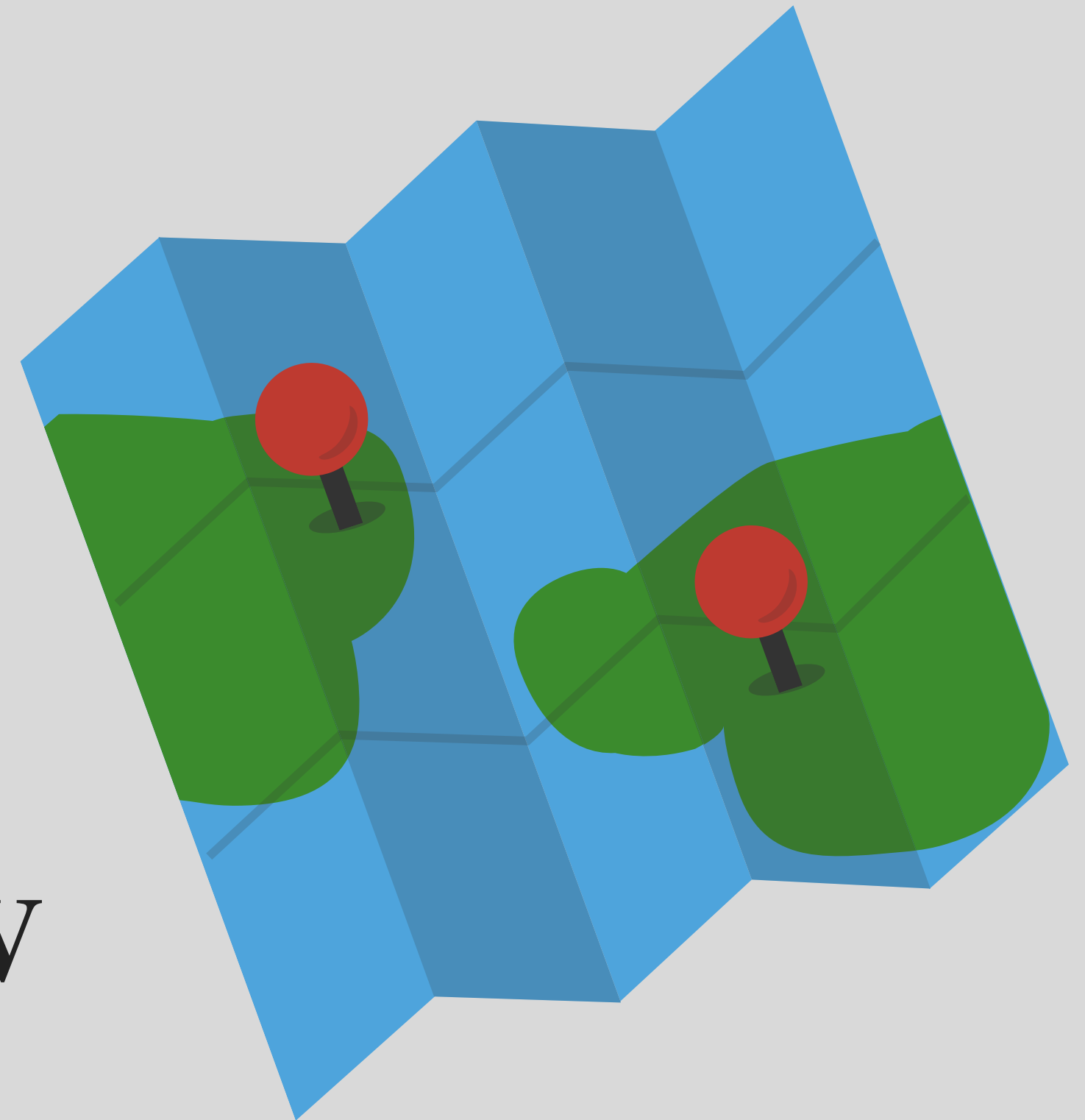
**Youth Exchange YE**

2017.06.26- 07.05

**Advanced planning visit APV**

**(only for leaders)**

2017.05.14-16



**Check this amazing video:**

[https://www.youtube.com/watch?  
v=myhRLRrV8Io](https://www.youtube.com/watch?v=myhRLRrV8Io)

## **WHAT YOUTH EXCHANGE IS?**

**Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods.**

# CONTEXT

Social exclusion leads to consequences such as crimes and many health issues. Europe is home for many different nations, cultures, races, genders and we do believe that there is *no space for any kind of discrimination and exclusion.*

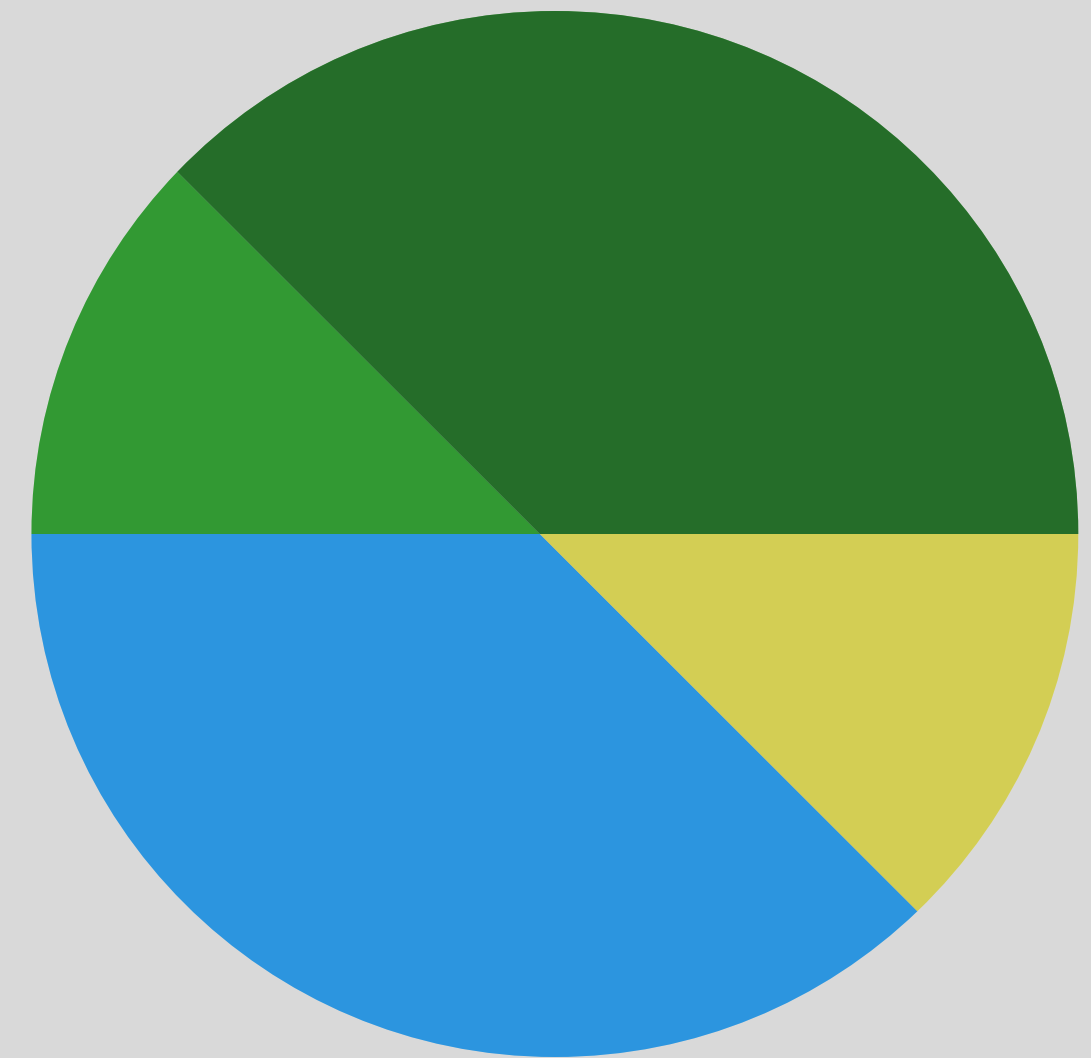
Therefore during this youth exchange there will be the space created to *give equal opportunities for everyone* through social inclusion using **art as the main tool.** We will also concentrate in solving issues such as lack of inter cultural understanding and dialogue.

**Alltogether we will overcome mistaken perceptions through the dance, dialogue and non-formal education.**

# Methods

The working methods applied in the project reflect the needs of an internationally composed group of participants, and those requirements linked to **non-formal education** and youth work:

- *outdoor activities (i.e. hiking);*
- *simulations/ role plays;*
- *teamwork activities and workshops;*
- *intercultural sharings and learning;*
- *group dynamic processes.*





# FINANCES

**Travel expenses are compensated up to 100%, based on the distance from the location of your sending NGO to the location of the project activity:**

**180 EUR** per participant from Latvia;

**275 EUR** per participant from Hungary;

**360 EUR** per participant from Spain, Turkey,

Portugal.



**100 %**  
**Acommodation, food and program materials are covered by the grant of Erasmus+**

***!Local transfer will be done by organisers from Vilnius to project venue and this money will be cut from travel budget!***

# REIMBURSEMENT

**To get reimbursement you need to present all tickets, invoices, boarding passes and receipts (originals):**

**If you travel by plane:** bring the ticket, the invoice, boarding pass and receipt. Payment proof for the plane ticket:

- a) If you pay by CASH - bring ORIGINAL INVOICE from company with STAMP and SIGNATURE.
- b) If you pay by CARD - bring PRINT FROM CARD HISTORY( i-banking).

**If you travel by other transportation:** bring the ticket, invoice and receipt.

**! PLEASE KEEP IN MIND THAT without all those documents and all tickets for ROUND TRIP we will not be able to reimburse you!**



**The reimbursement will be made by bank transfer after you will present ALL documents!**



# IMPORTANT TO KNOW!

**Deadline for confirmation of participation and sending your e-ticket or travel documents**

Sending of travel forms and tickets for **APV: 07.05.2017**

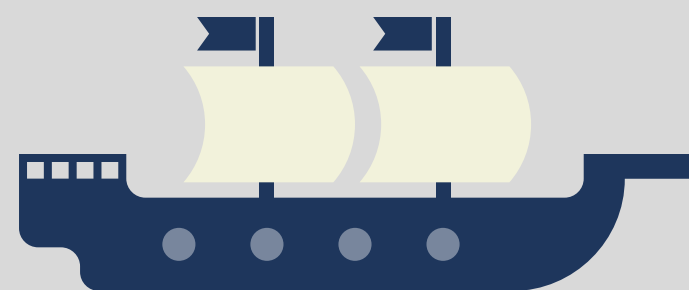
Sending of travel forms and tickets for **YE: 25.05.2016**

**The attendance of all the activities of the Youth Exchange is mandatory.**

If you fail to comply with this last condition of actively attending at all the sessions planned, we, as organizers, can decide not to cover or to reduce the expenses for your participation



# HOW TO GET THERE?



- **Nearest airports: Vilnius or Kaunas in Lithuania;**
- You can use [www.momondo.com](http://www.momondo.com), [www.kiwi.com](http://www.kiwi.com) or [www.skyscanner.com](http://www.skyscanner.com) to look for cheaper tickets;
- Travel must be by the *most economical means* of transportation;
- **Travel option must be confirmed at [inovatyvi.karta@gmail.com](mailto:inovatyvi.karta@gmail.com) before buying the tickets.**

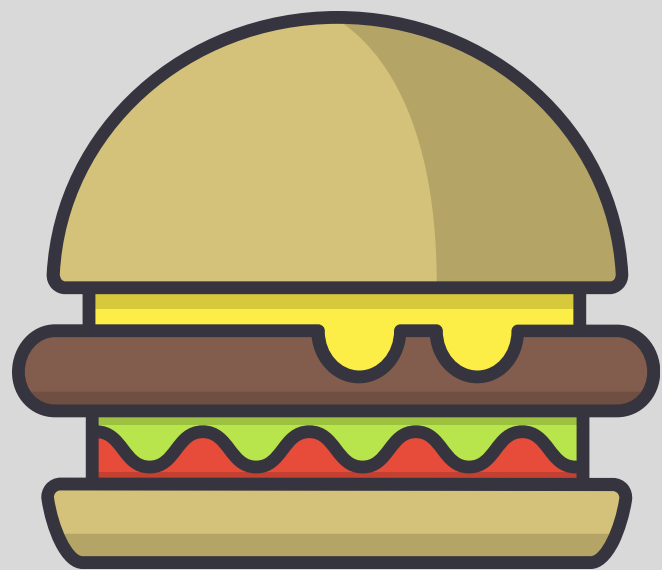


# ACCOMMODATION & FOOD



Youth exchange will be held in Trakai in beautiful vila surrounded by nature: [www.lavillaroyale.lt](http://www.lavillaroyale.lt)

In the Hotel, three-four participants of the same sex and different nationalities will share one room. 









Our moto is "**Good food= happy people**" so we always put a lot of attention to provide healthy food. We will have three times food per day and two fruit breaks.

**! We ask participants to inform the organizers about any special needs such as dietary, vegetarian or any other kind of special needs.**

# WHAT TO BRING?

## FOR OUTDOOR ACTIVITIES


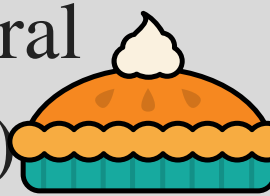
- Casual, warm and sport clothes (sunny/rainy weather);   
- Raincoats;
- Comfortable shoes for active moving;
- Headlight or torch (make sure to have fully charged batteries and have some extra); 
- Reflectors, to see each other better;
- Backpack or any other bag –  it will be easier to carry something;
- Water container/bottle. 



\*participants preparing for the night hiking



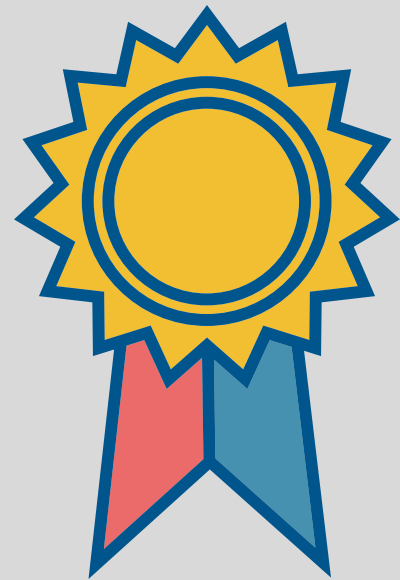
## MEDICINES&OTHER

- Your own **medicines + insurance** (we encourage everyone to have Europe health card and/ or any other private insurance. 
- Some things for the intercultural evening, decide on your own: 

**! Please let us know if you have some illness, physical limitations or/and use some medicine !**



# What will you get?



**Open badges**

More info here:

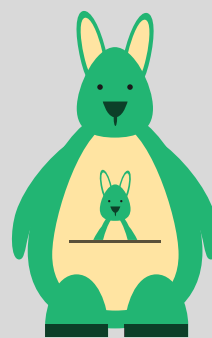
<https://www.badgecraft.eu/en>



**YOUTHPASS**

More info here:

<https://www.youthpass.eu/en/about-youthpass/about/>



# CONTACTS

**All questions goes to:**

***inovatyvi.karta@gmail.com***

**Emergency number:**

***+37060227701***



**More about the organiser:**



**<https://www.facebook.com/inovatyvikarta/>**



**<https://www.youtube.com/channel/UCaNy8s-ERTJt-vsbaFk5iAA>**