



Erasmus+



Project

“Democracy Challenge”

KA1 – Youth Exchange

Project dates:

June 2-11, 2022



**Arrival day:
02.06.2022**

**Departure day:
11.06.2022**

Venue: Kaunas, Lithuania



1. The Project

Few words about the Project...

“Democracy Challenge” is a 10 days Youth Exchange project which will be held in Kaunas, Lithuania and will gather participants from 5 countries – Lithuania, Bulgaria, Slovenia, Latvia and North Macedonia to draw the attention to the importance of citizenship and to gain knowledge about democratic system.

Summary: This project is for young people who want to know how decision-making processes work in a country and why each one of our voices matters and should matter. Project is about active participation in countries political scene and why is that important for democratic system to work. Participants will increase their abilities to involve into democratic decision-making processes and represent their interests, will raise their voices for their rights. This project goal is for youngsters to develop competences in the field of active citizenship and engagements.

Project ‘s topic: democratic system, citizenship, active participation.

Project’s objectives:

1. To increase competences of active citizenship and engagement for 35 participants.
2. To raise awareness about democratic decision-making processes and importance of active participation.
3. To encourage 35 participants and their local communities and foster democratic debate, initiate, and join civic initiatives by the end of the project.



2. Participants



PARTICIPANTS' PROFILE:

Number of participants: 6 participants + 1 leader per country. **Age of participants:** 18-26.

Group leader 18+. **Gender balanced groups!** At least 3-4 participants per National group with **economic and / or social obstacles**.



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.

Social 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.



Some concrete examples regarding **obstacles**:

*Youth without a job (example: one of your youth is looking for a job, for the moment he / she doesn't have any job) = **Economic Obstacles***

*Youth living more than 1 hour by driving car to the nearest airport = **Geographical Obstacles***

*Youth with a part time job (he / she works only 25 hours a week) = **Economic Obstacles***

Selection process needs to be done by partners' organizations. Participants have to be selected by questionnaires and motivational letters.

After exchange: Dissemination phase will take place. It is responsibility of every participant's and partner's 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.





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3. Accommodation

Venue: Domus Pacis apartments

(in the Kaunas city old town).

Address: Papilio g. 9, Kaunas.

Notice: You'll be accommodated in rooms of 3-4 persons.



About rooms: The participants will be accommodated

mostly in their national groups. In rooms you will be divided by gender.

Website: <http://www.domuspacis.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 “Democracy Challenge” 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. It's highly recommended to start buying travelling tickets early. It's recommended to have a disposal for drinks, small shopping, etc.

Country	Compensation in Eur
Lithuania	20 Eur
Bulgaria	275 Eur
Slovenia	275 Eur
Latvia	180 Eur
North Macedonia	275 Eur



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 September 2022.

6. 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 2nd of June, 2022 and the departure day is 11th of June, 2022. 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.littrail.lt>

- Bus schedules:

<http://www.autobusubilietai.lt>

**!!! Arrivals after the arrival day
(02.06.2022) won't be reimbursed.**

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



7. 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!



8. 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 **2nd of June** for arrival and **11th of June** 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. Also, for our project **ALL**





participants **NEED** have **travel insurance** which will be reimbursed (up to 15 Euros) together with travel costs after presenting all documents. If your travel insurance might be higher price, you need to contact us at first.

3. Safety rules:

- We strongly recommend to travel with protective masks, have it with yourself during the project and use disinfectant fluid.
- If somebody won't feel well, they won't participate in daily activities and she / he will stay in the room.
- If somebody will have temperature, that person will be isolated in separate room and will be taken to the hospital for Covid-19 test.

4. 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 “Democracy Challenge”. There we will upload all further practical information, relevant to the project.

5. Intercultural evening. During intercultural evening we expect from each group to present: their main traditions and culture, cultural heritage, to lead some game / dance / activity, to bring some of their traditional meals or drinks.

6. HOMEWORK. During preparation period participants will do a small research about their country's democratic challenges and related cases. Also, will present one article related to recent political events in Europe, or something related to violation of democratic rights. In this session each National group will present the results of these researches and it will serve as a basis for discussions and workshops during the project. They will also present some case related to project's topic which will be led by group discussions. Methods: Power Point or Flipchart presentation, group discussion. Concrete tasks will be given to each National group leader.





- 7. 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.
8. Check the **weather forecast** before arrival and bring adequate clothes.
9. Bring **good spirit, joy** and **happiness!**

9. 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 9:30 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 in the city center.



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10. Contact details



- ✓ Email: neribota.ateitis@gmail.com
- ✓ Facebook: <https://www.facebook.com/neribota.ateitis>

