

INFOPACK

Project “Alcohol free”

KA1 – Youth Exchange

Project dates: November 2-9 (+1 travel day), 2019

Arrival day: 02.11.2019



Departure Day: 10.11.2019



!! You can buy your travel tickets only from July 1, 2019 !! (If you buy any tickets earlier, it won't be reimbursed)

Venue: Kaunas, Lithuania

1. The Project

Few words about the Project...

“Alcohol free” is a 9 days Youth Exchange project which will be held in Kaunas, Lithuania and will gather participants from 5 countries – Lithuania, Romania, Czech Republic, Belarus and Poland to changing attitudes in the field of alcohol consumption to encourage young people to use more useful free time alternatives as well as making positive impact in their local societies.

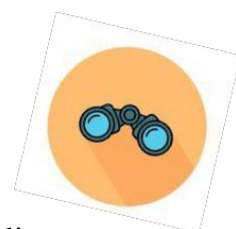
Summary: According to the Global status report on alcohol and health 2014 published by World Health Organization, Lithuania was in top 10, together with Romania, Poland, Czech Republic, Belarus and others by the alcohol consumption in the world. The situation hasn't changed a lot during several years, and tendencies of alcohol consumption in these countries stay the same. This project and deeper discussion about alcohol consumption and refusing to do it – choosing life will raise awareness of youngsters and make positive impact to society, and also help youngsters with fewer opportunities to integrate into economic and social life.

Project's objectives:

- To raise awareness about harmful consequences of alcohol consumption.
- To change attitudes towards alcohol consumptions and other free time spending alternatives.
- To promote Erasmus+ programme and its objectives.

Goal:

Changing attitudes in the field of alcohol consumption for youngsters to encourage them to use more useful free time alternatives as well as making positive impact in their local societies.



2. Participants



PARTICIPANTS' PROFILE:

Number of participants: 6 participants + 1 leader per country. **Age of participants:** 16-24. **Group leader** 18+. **Gender balanced groups!** At least 3 participants per National group with **social or / and economic 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 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.

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 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.

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:

- *Reasons for consuming alcohol;
- *How does alcohol consuming person look like?;
- *Situational play – family problems, society's influence;
- *Team game “What's my passion?”;
- *Study visit;
- *Discussion with local people;
- *Creative workshop: Helping and involving society;
- *Local initiatives.

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'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.

3. Accommodation

Venue: Kaunas City Hotel (in the Kaunas city center).

Address: Laisvės alėja 90, Kaunas.

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

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 and breakfast (lunch and dinner will be held in other restaurant).

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

Project's daily activities probably will be held in Vytautas Magnus University.

We will reach it by walking (around 15 minutes).

Website: <http://kaunascityhotel.com/>





4. Language



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

As we will work in an international environment, participants taking part in “Alcohol free” 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 travelling expenses as your contribution to the project. 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
<i>Lithuania</i>	20
<i>Poland</i>	140
<i>Belarus</i>	140
<i>Romania</i>	220
<i>Czech Republic</i>	220



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 March, 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 2nd of November, 2019 and the departure day is 10th of November, 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 **2nd of November** for arrival and **10th of November** 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 “Alcohol free”. 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, cultural heritage, to lead some game / dance / activity, to bring some of their traditional meals or drinks.

5. **HOMEWORK.** Each group will have to create a presentation and case analysis about alcohol consumption situation in their country: statistics, recent events, new policies related to reducing alcohol consumption as well as the case of some event. Participants will divide into groups and analyze the case with questions. Ideas of analysis will be presented by groups by their chosen type of presentation. Methods: group work, case analysis, open discussion, free presentation.

*Also, each group will have to lead 1-2 activities during the project. Concrete tasks will be given to each National group leader.



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 8:30 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.

9. Contact details



- ✓ Email: gabriele@uniqueprojects.eu
- ✓ Facebook: <https://www.facebook.com/uniqueprojectseu/>