



# **“Your Voice Matters”**

## **Youth Exchange**



**12th-18th December 2016**

**Lithuania Markutiškių village, Trakai**



## About The Project

*This event will bring together 45 participants from Lithuania, Latvia, Poland, Czech Republic, Bulgaria and Italy. Participants will meet in order to raise their awareness of citizenship and law, to realize the need for active participation in the political life of their countries and Europe as a whole. Youngsters will identify the strengths and weaknesses of the policy in their countries, create on this basis a model of the ideal state where they would like to live in, prepare and organize voluntary action in order to inform people about the importance of elections and convey to society the idea that every vote is important for the good of society.*

*Participants will learn, discuss and analyse different topics related to raising awareness of young people in political matters, find ways to increase desire of citizens to participate actively in the political life of their country.*

## Participants Profile

*Each partner has to select motivated young people between 18 and 30 years old. Group leaders can be over 30 years old. We are looking forward to gather active people that have low or just basic knowledge about democracy, European Union and politics in general. Each partner must include at least 2 participants with fewer opportunities (geographic obstacles, education challenges, cultural obstacles, etc.)*

***Bulgaria, Latvia and Poland must send 7 participants + leader.***

***Italy, Czech Republic and Lithuania must have 6 participants + leader.***



## Accommodation



*During the project, we all will stay in „La Villa Royale“. It is a villa house commonly used for weddings, team building activities and other big gatherings. The venue is situated 36 kilometers from Vilnius and 12 kilometers from Trakai. Participants will be accommodated in rooms 3-4 people of the same gender. If you have any requirements regarding room arrangements please, let us know in advance (maximum a week before the project starts). You can see more pictures of the venue here: <http://www.lavillaroyale.lt/lt/galerija/gamta>*

*Participants will be provided with towels, but you must have your own toiletries.*

## Participants' preparation

*Participants should prepare for intercultural evening (in this evening each country will present their culture); It won't be allowed to use screens, multimedia or computer (except for music) during the presentation, so prepare yourself to be creative. 😊*

*We are keen to see traditional dances and to hear traditional songs that are performed by participants. Do not forget to bring some traditional food and drinks for intercultural night.*





## Financial Conditions

The youth exchange is implemented by the support of the European Commission programme ERASMUS+ and the Lithuanian National Agency. That covers up: travel expenses 70%, accommodation, food and planned activities.

Maximum limits to be reimbursed per country:

Lithuania 20 euro (70% = **14 euro**)

Latvia 80 euro (70% = **56 euro**)

Poland 170 euro (70% = **119 euro**)

Czech Republic 170 euro (70% = **119 euro**)

Bulgaria 170 euro (70% = **119 euro**)

Italy 270 euro (70% = **189 euro**)

Maximum amount per person to be reimbursed is written in red from the city of the sending organisation. To be sure about your travel budget, you must check distance calculator from EC page: [http://ec.europa.eu/dgs/education\\_culture/tools/distance\\_en.htm](http://ec.europa.eu/dgs/education_culture/tools/distance_en.htm)

For travel distances between 10 and 99KM: 14 EUR per participant

For travel distances between 100 and 499 KM: 56 EUR per participant

For travel distances between 500 and 1999 KM: 119 EUR per participant

For travel distances between 2000 and 2999 KM: 189 EUR per participant

The reimbursement procedure will be as following:

During the project you will have to leave all your travel documents (tickets used to come to Lithuania and invoices). After you come back from Lithuania you will have to send all ORIGINAL boarding passes, invoices and tickets by post to the address of the Organisation (provided during the project). After we receive all documents from your country we will make a bank transaction to your sending organization or to your group leader's bank account.

If you cannot provide us with invoice, it is important to check if the price is written on the ticket itself.

Before booking your travel, each participant **MUST** send us travel plan for APPROVAL. IF YOU DON'T GET APPROVAL FROM OUR ASSOCIATION WE WILL NOT REIMBURSE YOU. Please, send your travel plan with the exact price to [yourvoicematterslt@gmail.com](mailto:yourvoicematterslt@gmail.com)



## TRAVEL

*Lithuania is a country that can be easily reached by low cost flight. Good tickets websites are: [skypicker.com](http://skypicker.com) [skyscanner.net](http://skyscanner.net) [momondo.com](http://momondo.com) and some Lithuanian websites [greitai.lt](http://greitai.lt) and [skrendu.lt](http://skrendu.lt)*

*Your final destination is Vilnius oro uostas (airport). You can come 3 days before the project and stay 3 days after the project if you would like to explore Lithuania in general or Vilnius.*

*Vilnius is really worth visiting and we strongly recommend you to plan a trip to the capital. It is full of history, amazing architectures, Art galleries, street musicians. Vilnius was in 2009 European capital of culture. (We are not planning to visit Vilnius during the youth exchange, but we are planning to visit Trakai.*





*Feel free to contact our members for recommendations of hotels/hostels or local places that are interesting to see. Keep in mind that accommodation and food for extra days that you will stay in the country is on you 😊*

*We are meeting on 12<sup>th</sup> of December 6 PM local time at Vilnius Bus Station. We will wait you with a sign of "Your Voice Matters". Our team will organize transport from there to the venue.*

*Departure time on 18<sup>th</sup> of October after breakfast (9:30h local time). We will be in Vilnius around 10-10:30*

***PLAN YOUR ARRIVAL AND DEPARTURE TIME ACCORDINGLY. OTHERWISE, WE CANNOT PROVIDE YOU WITH LOCAL TRANSPORT TO / FROM THE VENUE.***

## **Insurance**

*Participants MUST obtain a travel insurance and/or to have European Health Insurance Card.*

### *The European Health Insurance Card*

*The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country. If you do not know how to obtain this card, please contact your sending organization. EHIC is free of charge.*

## **Recommendations**

- *We will visit Trakai during the project; therefore, get warm clothes and shoes.*
- *Weather during December is chilly, rainy and can be snowy. We encourage you to pack your winter clothes and some basic medicines in case you get cold, flu, etc.*
- *Youth exchange is not a personal vacation or excursion. Be prepared to learn a lot of new things about democracy, the EU and active citizenship. Though, you should be prepared to have tones of fun.*
- *Pack all your good mood and positive energy, take a camera to catch the moments and save them for forever. 😊*
- *Lithuanian main currency is EURO.*



## CONTACTS

If you have any questions feel free to contact us via Facebook (as a private message)  
<https://www.facebook.com/EUROHUGS/> or e-mail: [yourvoicematterslt@gmail.com](mailto:yourvoicematterslt@gmail.com)

People in charge for this project:

Donatas Verseckas and Vilislava Metodieva

You can reach us on phone too! +37066223369

We cannot wait to meet you in Lithuania!