



Co-funded by the
Erasmus+ Programme
of the European Union

Youth Exchange

Health is a Journey

INFORMATION PACK

May 22nd - May 31st, 2022

Lithuania

#AutDisceAutMori #LifeLearning #YouthExchange #Erasmus #ErasmusPlus #HealthIsAJourney



Introduction to the training

“There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.”

philosopher, speaker, and writer – Jiddu Krishnamurti

This course aims to explore human health and what can help us feel better today, tomorrow, and for the rest of our lives. Its goal is to equip participants with knowledge and tools, with which they can more effectively address the challenges of our everyday life. In this course entitled Health is a Journey, we will focus on supporting a healthy lifestyle, healthy relationships with ourselves and between people, critical thinking, and taking deliberate actions in our lives.

During the course participants will be introduced to and will practice:

- yoga
- topics of health, immune system, life quality and expectancy, the importance of sleep, healthy diet, addictive behaviours, prevention of chronic diseases and will have opportunity to discuss it with the medical doctor
- sharing circles
- empathic listening and non-violent communication
- reflect on our relationships with others and the larger community and how these can be improved

The course will use non-formal educational methods, including theater-based games, group work, artistic presentations, and team-building exercises.

Participant profile

- passion for the topic
- committed to contributing to the project
- 18-30 years old with no age limit to a group leader
- preferably good English-speaking skills
- vaccinated against SARS-CoV-2

Groups

Participants from:

- Estonia
- Greece
- Italy
- Lithuania
- Romania
- Spain

from each country will come:
6 participants + 1 group leader

Costs

Participation, accommodation, and meals (breakfast, lunch, and dinner) are all provided free of charge.

Country	Max refund per person (eur)	Travelling days	Details
Estonia	210	4	Green travel: mainly train, bus, car sharing.
Greece	275	2	
Italy	275	2	
Lithuania	0	2	
Romania	275	2	
Spain	360	2	

It's very important to keep all travel documents as you will have to give or send them to us to get reimbursement. National Agency is requiring original tickets.

Please don't buy any tickets without our approval.

Venue

We will be staying at the delightful place, which is surrounded by nature and Lithuanian woods. Fresh air and plenty of space for outdoor activities. House is full of rooms for two to four people.



How to reach the venue?

From all countries, except Estonia and Lithuania, you will fly by plane to either Kaunas or Vilnius. If you land in Kaunas you will have to go to Vilnius.

Kaunas ➡ Vilnius

After the flight go to the 29G bus which will take you to Kaunas bus/train station (don't worry about the bus stops because the train station is the last stop for this bus). The ticket can be purchased for 1 eur on the bus or using the app Žiogas (you can find URLs below in the "Useful links" section).

Then we would recommend going by train (but you can go by bus if the schedule is more comfortable for you or you prefer the bus to the train). The stations are 600m apart from each other or 1 bus stop (you should get off the bus 1 stop earlier for the bus station). Either way, the tickets for the train or bus can be purchased at the station.

Estonia ➡ Vilnius

There are various options of buses or buses and trains combinations (e.g. Tallinn to Vilnius night bus). Based on the project green travel criteria, you have 4 days of traveling (2 days more than other participants). So you can stop in some other cities before reaching Vilnius or after the project and explore it. Keep in mind that travel expenses are compensated from your home to project and back to home. So some additional traveling not in this route, staying in a hotel, or food will not be compensated with project money.

Vilnius ➡ venue

You have to reach the venue on May 22nd evening or May 23rd morning at the latest.

Location: 54°41'09.9"N 25°37'02.8"E

Sodyba Laumių Namai, Beržininkų kaimas 1, 15032

<https://goo.gl/maps/1bRgLp51ANDYwLpFA>

There are 3 options:

- Train from Vilnius train station:
 - to Pakenė train station (best option).
 - to Mickūnai train station.
 - Bus departs next to Vilnius bus/train station to Mickūnai.
- From any of these places, you can take Bolt or Uber to the venue place (with a preferably full car of participants) or we will arrange a car to pick you up.

Useful links:

- Lithuania's train service website (schedules, tickets, other information related to their services): <https://ltglink.lt/en>
- Lithuania's intercity bus service website (schedules, tickets, other information related to their services):
<https://autobusubilietai.lt/en>
- City public transport schedules and real-time location update:
<https://web.trafi.com/lt>
 - There are also app versions of this service (you can find links on the upper mentioned website). The app is comfortable to buy tickets for Vilnius public transport.
- For Kaunas city public transport electronic ticket purchase there is another app named Žiogas:
 - Android: <https://play.google.com/store/apps/details?id=com.kvt.ziogas>
 - iOS: <https://apps.apple.com/us/app/%C5%BEiogas/id1435882547>

Commitments

As a participant, you commit yourself to actively participate in the whole process, including:

- To read all the information carefully (especially this information pack and all the emails or posts in the Facebook group we will send you before you come) and communicate timely with the organizers.
- Besides your active participation in the workshops, and your involvement in the facilitation of some sessions, you will be responsible for your group's dynamic and will be invited to take initiative and responsibilities regarding every-day life.
- To give all the necessary documents (invoices, boarding passes, etc.) for the reimbursement of the travel costs.
- To prepare material for some training sessions your team might be responsible for.
- During or after participation share your experience about this Erasmus+ project with others that more people would know about it and to inspire others to participate and have such a Youth Exchange experience.

Be aware that pictures, videos, and images taken during the course, as well as the materials produced during the activities, can be used to document the activity in reports or websites or social networks, or for promotional material.

Application

Please, don't procrastinate with the project application as we will evaluate participants day by day and if there will be enough participants who meet the criteria you will lose the chance to participate.

P.S. don't worry if you have any food allergies, just fill in the necessary question in the application form.

Application form link: <https://forms.gle/9zFTwPmDfNSfC1Qz5>

Preparation

Since we are going to have an Intercultural evening, you can discuss in your national groups what you are going to prepare. Make it entertaining and fun, so you teach something interesting about your culture to other participants (e.g. dances, songs, interesting facts about your country).

Additionally, discuss in national groups what you could bring or prepare for participants to taste (you will have the opportunity to use the kitchen).

Considering the drinks, please don't bring alcohol. For the project time, we will practice teetotalism (the principle of complete abstinence from alcoholic drinks).



Additional information

If you have any questions, contact us!

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