



Funded by  
the European Union



**Youth Exchange**  
**"I THINK"**

**2023.05.17-25**  
**Perloja, Lithuania**





The aim of this project is to bring people closer together as well as different cultures, religions and regions through each individual's critical thinking (emphasis on information coming from internet) and outdoor education.

What it's all about?





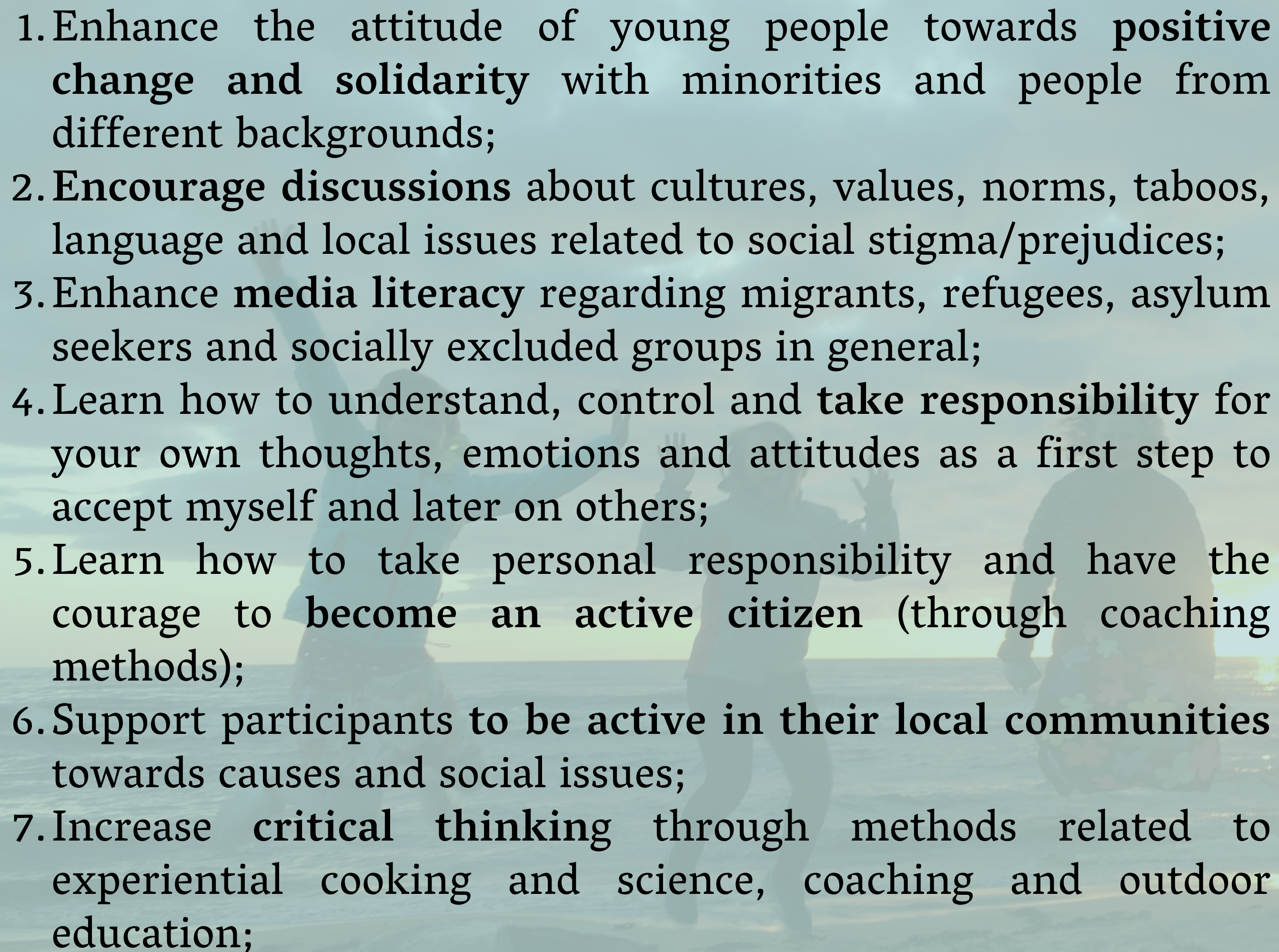


The name of the project was created from these keywords

INCLUSION TOLERANCE HUMILITY INTERCULTURAL NON-FORMAL KNOWLEDGE

I THINK



- 
1. Enhance the attitude of young people towards **positive change and solidarity** with minorities and people from different backgrounds;
  2. **Encourage discussions** about cultures, values, norms, taboos, language and local issues related to social stigma/prejudices;
  3. Enhance **media literacy** regarding migrants, refugees, asylum seekers and socially excluded groups in general;
  4. Learn how to understand, control and **take responsibility** for your own thoughts, emotions and attitudes as a first step to accept myself and later on others;
  5. Learn how to take personal responsibility and have the courage to **become an active citizen** (through coaching methods);
  6. Support participants to be active in their local communities towards causes and social issues;
  7. Increase **critical thinking** through methods related to experiential cooking and science, coaching and outdoor education;

## **Objectives of this project:**



# Preliminar programme \*subject to change

Time/ Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	17 May	18 May	19 May	20 May	21 May	22 May	23 May	24 May	25 May
9:00 -10:00	Arrival: pick up time TBC	Breakfast							
10:00 - 11:30		Training is all about...	Check in and Reflection Goups			Preparation for the festival	Check in and Reflection Goups		Departure: departure time TBC
11:30 - 12:00		Break I					Break I		
12:00- 13:30		The power of curiosity Expectations, fears and contributions, Ground rules & name games	Discrimination and stereotypes	Cognitive behavioral coaching time	Open Space		Erasmus+. Youthpass and open badges.	Planning follow up activities	
13:30 - 15:30		Lunch					Lunch		
15:30 - 17:00		Team building	Understanding the differences and what position I do have in society	Critical thinking and Media literacy	Preparation for the festival	Festival in Perloja: intercultural experience for participants and local community	Get closer to the nature: Hike time	Closing of the programme	
17:00- 17:30		Break II							
17:30- 18:45		Team building through body movement	How to be an active citizen in local community?	Different but equal					
19:00 - 20:00		Dinner							
20:00 - 21:00		Welcome	Stand by me	Comfort zone theory	Movie night	Preparation for the festival	Evening with locals		



# WHO SHOULD ATTEND?



1. 18- 30 years old youth. Leader with no age limit.
2. Basic English skills is enough.
3. Priority is given for the newcomers in Erasmus+ youth exchanges and for people with fewer opportunities.
4. Citizens or residents from one of the partnering countries: Jordan, Palestine, Georgia, Lithuania, Spain, Italy.

Apply here:

<https://forms.gle/KeM8Wq7AkjA3zUw98>



“Alice: Would you tell me, please, which way I ought to go from here?

The Cheshire Cat: That depends a good deal on where you want to get to.

Alice: I don't much care where.

The Cheshire Cat: Then it doesn't much matter which way you go.

Alice: ...So long as I get somewhere.

The Cheshire Cat: Oh, you're sure to do that, if only you walk long enough.”





# PLACE AND DATES

Advanced Planning Visit - APV

ONLY FOR GROUP LEADERS

2023.03.02-05 in Vilnius, Lithuania

Youth exchange - YE

FULL GROUP

2023.05.17-25 in Perloja, Lithuania

Including travel dates.





# FINANCIAL COSTS

**Project is funded by European Union programme Erasmus+.**

Expenses of the travel, accommodation, food and working materials will be funded 100% by the Erasmus+ programme funds for selected participants coming from partner countries.

**Travel expenses are compensated up to:**

Palestine, Jordan, Georgia 360€  
Italy, Spain 275€

Spain, Italy, Palestine, Jordan has place for 6 participants  
Lithuania and Georgia has 7 places

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

**Reimbursement of the travel costs**

If you travel by plane:

BOARDING PASS is a must

Confirmation of the bought tickets- usually received by email

Bank payment copy for the tickets or receipt if you paid by cash.

If you travel by bus or train:

Ticket

Confirmation of the bought tickets (sometimes you might receive only a ticket without a confirmation)

Bank payment copy for the tickets or receipt if you paid by cash

Participants who need to apply for a visa, should do that to the relevant embassy immediately after the selection. Organisers will provide an invitation letter for the visa application. Visa costs will be covered for participants from Palestine.



# HOW TO ARRIVE?

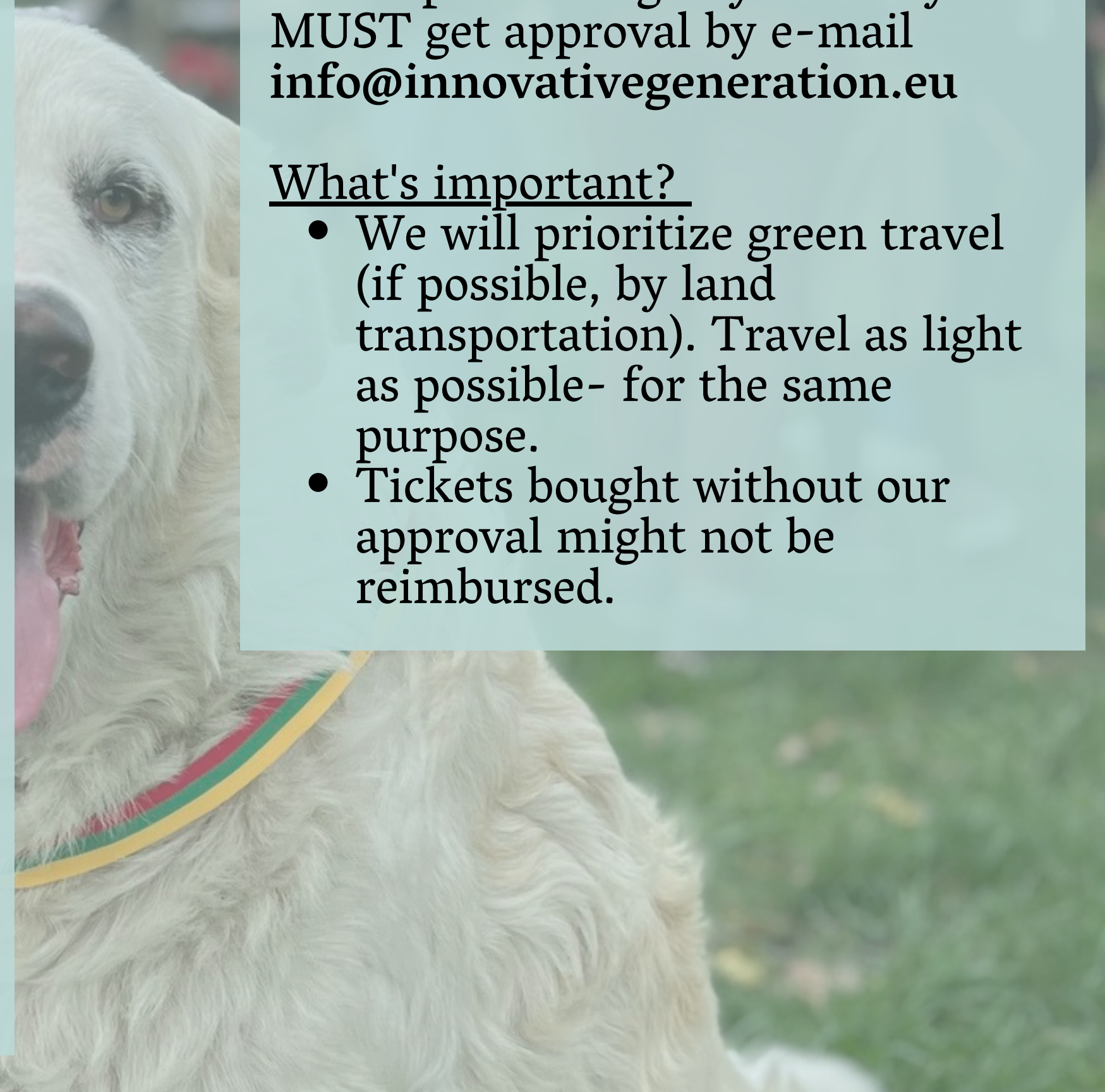
- You can come to Vilnius or Kaunas (biggest cities of Lithuania).
- We encourage to use the most green traveling option thus if possible, you will be required to come by bus or train.
- We will organize a group pick-up from the bus station of Vilnius in the evening of the Arrival day (May 17th). (Time will be confirmed after all participants will purchase the tickets).
- Please note that travel to the project venue and back will be organised by organisers & the costs for this trip will be covered by the participants from the travel costs budget.

After you are selected, we will ask you to arrange your trip.

Before purchasing any tickets you **MUST** get approval by e-mail [info@innovativegeneration.eu](mailto:info@innovativegeneration.eu)

## What's important?

- We will prioritize green travel (if possible, by land transportation). Travel as light as possible- for the same purpose.
- Tickets bought without our approval might not be reimbursed.





# WHAT TO BRING?

- Casual, warm and sport/hiking clothes (sunny/rainy weather) and shoes
- Waterbottle-water is good to drink in Lithuania. Let's use it!
- Backpack or any other bag- so it will be more comfortable to carry things.
- Raincoat-it might rain
- Swimming suit-there will be a lake
- Your own medicines
- Insurance (Europe health card and/ or any other private insurance)
- Prepare for the intercultural evening that will happen during the festival

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

Weather can be tricky in May in Lithuania. Check forecast before coming and/ or consult with organisers.





- Three-four participants of the same gender and different nationalities will share one room.
- SHARED Bathrooms and showers AMONG ALL THE PARTICIPANTS
- PLEASE inform the organizers in advance about any special needs regarding food: allergies, special eating requirements AND HABITS, etc.

# FOOD AND SLEEP

We will stay in the village of Perloja, Lithuania.

More informations about where we sleep here:

[http://perloja.lt/lt.php/kaimo\\_turizmo\\_sodyba/apie\\_sodyba](http://perloja.lt/lt.php/kaimo_turizmo_sodyba/apie_sodyba)





# PARTNERS OF THE PROJECT



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the European Union**

Apply here: <https://forms.gle/KeM8Wq7AkjA3zUw98>

Any doubts, please contact us by  
[info@innovativegeneration.eu](mailto:info@innovativegeneration.eu)

Website: <https://innovativegeneration.eu/>

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

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

**Organiser**



**INOVATYVI KARTA**  
INNOVATIVE GENERATION