

ERASMUS+ YOUTH EXCHANGE

ECO-FRIENDLY HEROES

KAUNAS, LITHUANIA

3-11 APRIL, 2019



PARTICIPATING COUNTRIES:

NORWAY LITHUANIA ITALY POLAND TURKEY PORTUGAL

01

PROJECT NAME
Eco-Friendly Heroes

02

TYPE OF ACTIVITY
ERASMUS+ Youth Exchange

03

DURATION
7+2 travel days (03-11 April, 2019)

04

PARTICIPATING COUNTRIES
**Norway, Poland, Lithuania,
Turkey, Italy, Portugal**

05

NUMBER OF PARTICIPANTS
6 per country (36 in total)

06

AGE OF PARTICIPANTS
20 – 29 (No age limit for team leader)



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SUMMARY

Planet Earth cannot stand the current rhythm of world population growth. The superficiality of human behaviour is not sustainable anymore, constantly putting the Earth in danger. Pollution has a great impact on mankind and the environment as a whole. It leads to environmental degradation, human health issues, global warming, ozone layer depletion, infertile land, and more. Thus, finding a remedy is a top priority.

The main aim of the project is to head towards a change in European youth's behaviour and habits in order to reach an Eco-friendly lifestyle. The youth exchange "Eco-Friendly Heroes" (03-11 April, 2019) will be hosted in Kaunas, Lithuania. It will gather 36 young participants (6 per country) that are interested in learning about environmental problems and possible solutions, sharing their knowledge with others and renewing their local community.

The main objectives of our project are:

- to increase youth's awareness about the environmental problems in Europe
- to identify the most common negative outcomes of people's habits concerning environment, as well as find ways to tackle that
- to promote an Eco-sustainable behaviour by getting closer to the nature and the things it offers
- to encourage youth's proactive approach towards green initiatives
- to share practices of Eco-friendly lifestyle among European countries and increase youth's collaboration



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The biggest impact of the project is intended for all of its participants. Youth will be informed about the current environmental situation in Europe; thus, they will increase their awareness of environmental problems and identify the most common negative outcomes of people's habits concerning the environment. At the same time, participants will learn ways to tackle environmental problems and get to know a set of good practices that contribute to reducing pollution and climate change. Naturally, they will find means how to follow an eco-friendly lifestyle themselves by getting closer to nature and the things it offers. They will also be encouraged to take part in green initiatives more and use a proactive approach for problem-solving. Furthermore, they will learn how to create social businesses / NGOs and initiatives aiming to support eco-friendliness and how to implement public environmental initiatives.

The main target groups of the project are youth, NGOs & authorities and the general public. Youth and the general public will get to know more about persisting environmental problems and ongoing initiatives to solve them. At the same time, they will get the necessary information on how they could join the initiatives themselves. NGOs and authorities will see a good example of green initiatives being implemented during the project and encouraged to continue with similar practices themselves. They will also be able to replicate project activities on their own.

All in all, the project is expected to be a good starting point, which will make European youth, NGOs, authorities and the general public more aware of environmental issues. It is anticipated that it will facilitate further discussions on the benefits of Eco-friendly behaviour and increase the number of Eco-friendly initiatives in partner countries.



FINANCES & TRAVEL BUDGET LIMITS

1. Accommodation, living and other project related expenses: 100% funded by the EU.
2. 100 % of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.

Countries	Amount
Poland	180 EUR per participant
Norway, Turkey, Italy	275 EUR per participant
Portugal	360 EUR per participant

We will reimburse the travel expenses after the mobility by bank transfer, in accordance with the Erasmus+ framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. 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) Tickets and Boarding Passes**
- 2) Invoice / Receipt**

Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.



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MONEY

The official currency in Lithuania is **Euro**. The prices in Lithuania are not high as well (e.g. bus ride - 0.80 EUR, pizza – 6.5 EUR). You can check [cost of living](#) in Lithuania.

GETTING TO LITHUANIA

The fastest and most secure way to reach Lithuania is by plane. The main aerodromes are in Vilnius and Kaunas. They have direct flights to all main cities in Europe. You can reach almost any bigger city in the world with just one change of plane.

Cheap flights are always available [HERE](#).

One more way of reaching Lithuania is by bus. It has direct routes to Germany, Poland, Italy, Belarus, Czech Republic, Latvia and other nearest countries.



TRANSPORTATION

Firstly, you should find a flight to Kaunas (KUN) or Vilnius (VNO) airports. **The arrival day is 3rd of April and the departure day is 11th of May, 2019.** Try to find a suitable option for the flights on these days.

More information about **How to get to the venue** – [HERE](#).



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ACCOMODATION & FOOD

Venue: [**Domus Pacis Guest House**](#). Located at the center of the old town, next to a park.

Rooms: with 2-5 beds. Towels and bed linen will be provided (but no hairdryer in the facility). The Main Activity Room is located at the same building. WiFi internet connection is available (however, might be a bit limited). Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the hotel or cafeterias nearby. We strongly recommend each participant to **inform the organizers about any special dietary needs** in advance.



BASIC RULES: All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Smoking is prohibited everywhere inside buildings (the guest house levies a fine of 30 EUR), thus all the smokers will have to go outside or to specially designated areas for a cigarette. Any damages to the property of the guest house or the organizers will be deducted from the travel reimbursements of the ones responsible.

ABOUT LITHUANIA

Check the following websites to get to know more about our lovely Lithuania and Kaunas:

- [Official Lithuania website](#)
- [TripAdviser Lithuania](#)
- [Lithuania Vacation Travel Video Guide \(2017\)](#)



ADDITIONAL STAY

The hosting organization is covering the accommodation **ONLY** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets 2 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.

For additional days in Lithuania we suggest you to use [Airbnb](#) (18 EUR discount inside), [Booking.com](#) (12 EUR discount inside).



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soon!*



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