



Erasmus+

# YOUTH EXCHANGE "LAND A HAND"

2019.11.14 - 20 (activity dates)

LITHUANIA, MEIRONYS

**Travel dates:** 2019-11-13 arrival, 2019-11-21 departure. Organizers are buying the tickets. You have to fill in the form below which flight option you would like to get.

**Place:** Palūšė/Meironys ([Aukštaitija National Park](#)), Lithuania

**Participating countries:** Lithuania (hosting), Latvija, Ukraina, Lenkija, Ispanija, Italja, Graikija

**Participants per country:** 5 (age 18-30)

Form to fill

**IMPORTANT!!** <https://forms.gle/Lm94jYo2NYrnEoxF7>

## DESCRIPTION



Lend a hand is a 7 day training course that will focus on enhancing participants skills and competencies in personal and peer to peer emotional support. It is expected that these new experiences, exchange of realities with other European partners, will promote active citizenship, entrepreneurship values and a louder voice from Youth itself in formation of youth policies concerning mental health. The need to include mental health among the first priorities of the European union public health agenda has been increasingly recognized in Europe over the past decades. Mental disorders are highly prevalent in Europe and are a major burden on society. According to estimations of WHO they affect every fourth citizen at least once during their life and can be found in more than 10% of the European Union (EU) population during any given year. During past ten years mental health of students and her other clients have declined, stress levels gone up and there is a noticeable increase in number of students who deal mental health disorders. Many countries have limited community-based mental health services and little specialist help for young people. Much is now known about what works in mental health promotion, prevention, care and treatment of mental disorders. The challenge is now to start from the bottom and start climbing up so people can meet in the middle. Main issues that we want to address are:

1. Declining mental health and increasing number of people who are in need of emotional support and psychological help;
2. Increased everyday stress situations, related to studies, work, family and social media;

Main objective of the project - to share experiences from different countries about main everyday and mental health issues, and stigma that surrounds it. Improve participants soft skills (communication, negotiation, capacity to motivate, creativity) to be able to approach a person in need of emotional help and having a basic toolbox for possible actions.



## Preparation of Participants (IMPORTANT!)

- Bring all your travel documents (tickets, invoices and etc.). Group leaders are responsible to collect these documents from participants.
- Participants must have insurance. The following areas must be covered: - travel insurance (including damage or loss of luggage); - third party liability (including, wherever appropriate, professional indemnity or insurance for responsibility); - accident and serious illness (including permanent or temporary incapacity); - death (including repatriation in case of projects carried out abroad).
- It is strongly recommended that participants in transnational activities are in possession of a European Health Insurance Card. This is a free card that gives access to medically necessary, state-provided healthcare during a temporary stay in any of the 28 EU countries, Iceland, Liechtenstein and Norway, under the same conditions and at the same cost (free in some countries) as people insured in that country.
- If projects involve young people under 18, participating organisations are required to obtain the prior authorisation of participation from their parents or those acting on their behalf.
- Each participant must bring a souvenir cup! We will exchange these cups to use it during the project and we will keep them as souvenirs after exchange.

## Preparation of Participants (II)

- Bring some coffee or tea from your country. It will be super cool to start morning with new tastes from all over the world!
- There will no or very low internet connection. Be ready for the village life!
- Comfortable and warm clothes. Keep in mind that autumn in Lithuania is cold and windy. Check the weather forecast before going to the exchange. Windproof and waterproof clothes would be best for it!
- Comfortable shoes for hiking/sport. We will walk a lot during the exchange, be ready for it.
- Bring own flip-flop or inside shoes because you will not be able to use outdoor shoes in workshop rooms. It is recommended to bring plastic flip-flops to use it in shower.
- Materials and information about your organization. Each country will have to make a 15-20 minutes presentation about their organisation.
- Participants will stay and work in mix the group from different countries and divided according to gender.
- Each country will have a chance to introduce intercultural evening. Bring your own deserts, food, music, dances, flags, your currency etc...
- We will have not so much opportunity to buy things in the village, so bring as much as you can!
- Bring a hairdryer if you need.
- Bring some interesting materials (exercises, video, presentations, games, exercises, educational) for the topic of the project.
- Prepare energisers that could be done before the morning activities.
- Prepare for cultural evening! Do it in a fun and creative way! Try not to use PowerPoint presentations - they are too boring! Dances, songs, acting, video presentations, games are better and more welcome! Bring swimming suites. Maybe we will be able to try Lithuanian sauna!





# Accommodation

**Location** - Our accommodation is located by the lake in [Aukštaitijos national park](https://goo.gl/maps/y9J245ULpg92) (check it here <https://goo.gl/maps/y9J245ULpg92>). The house is in the middle of the forest and there is no public transport to this place. The closest shop is around 3 kilometres away and only our staff will be able to take you for shopping.



**Rooms** - With 4 to 6 beds, shared toilets and showers. Pillows, blankets, bed linen will be provided. All the participants will be accommodates by mixing countries. No WiFi internet connection will be available. Most of the activities will be held outdoors or in the special. Please do not forget to bring towels!



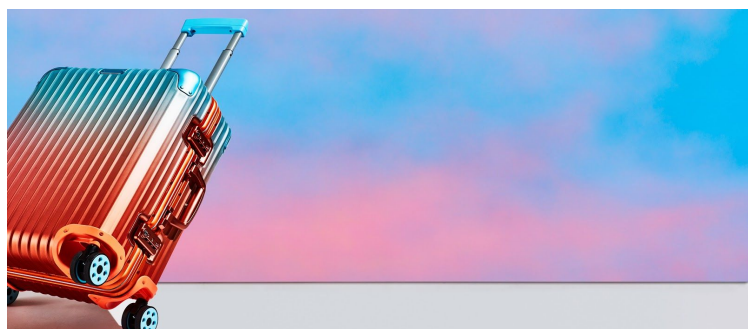




## FOOD

Breakfast will be served at house where all the participants will be accommodated. Bring some tea or coffee from your country to make a breakfast special. Lunch will be served. Dinner will be a part of intercultural evenings. Please keep it in mind that your country group will have to cook one time for all the project participants. Our staff will help you, so let us know if you need anything before the exchange. Try to bring traditional drinks and food. It is your time to shine!

NOTE: The menus will be fixed, balanced, will include healthy food as much as possible and will take into account vegetarians and other dietary needs.



## TRAVEL

We will buy the tickets for all the participants from any country, because in the past we had a lot of problems with participants buying the tickets and submitting project report. We will take a credit from the travel agency till we will get all the funds from the NA, after project report submission. If you want you can buy your tickets by yourself, but we will do the reimbursement only after project report will be accepted. We hope that no one will

have to pay extra for the travelling, because we will buy tickets as soon as we get final lists of participants. Each team will get information what kind of tickets we are buying and what is the price. On the project we will provide invoices of the tickets.

NOTE: Keep all the boarding passes and tickets of airplane, bus and/or train. Also all receipts/invoices are needed, without exception. We will try to do web check in for everyone, so all the documents will be in electronic form.



## RULES

- All the participants will be expected to be present and active in all the activities. Unauthorised absence from the activities and workshops won't be tolerated.
- It is not allowed to smoke inside buildings, all the smokers will have to go outside to specially designated areas for a smoking.
- We expect you to respect and protect the property accommodation place - those who fail to do this will be punished accordingly.
- All of us will have to keep the house clean! The cleaning inventory will be provided.
- Alcohol is not allowed to use during the activities. We can not control your free time alcohol consumption, but we will not allow drinking in public or health problems connected with alcohol abuse.

More rules will be prepared during the first day of the exchange!

## SAFETY

- That is important to know that INSURANCE for everyone is OBLIGATORY. You should get European
- Insurance card (that is free for EU citizens).
- Emergency phone number - 112
- Phone number of organizers - 0037063872000 (Mindaugas)
- In all cases we will have first aid kit in our accommodation.
- Group leaders send us information about participants health problems and special diets.



## Form to fill

**IMPORTANT!!** <https://forms.gle/Lm94jYo2NYrnEoxF7>

## USEFUL PHRASES IN LITHUANIA

Hello	[Laa-bas]	Labas
Thank you	[A-chyoo]	Ačiū
Goodbye	[Vee-so ge-ro]	Viso gero
Good luck	[Sehk-mes]	Sėkmės
What is your name?	[Kwo yous var-doo]	Kuo jūs vardu?
I am sorry, Excuse me	[Atsi-pra-shau]	Atsiprašau
Please	[Pra-shau]	Prašau
My name is ...	[Ma-no var-das]	Mano vardas yra ...
I am from ...	[Ash esu ish...]	Aš esu iš ...
Can you help me?	[Ar ga-le-te man pa-deh-ti]	Ar galite man padėti?
I do not speak Lithuanian	[Ash ne-kal-boo lye-too-vishkay]	Aš nekalbu Lietuviškai
I love you	[Ash tave meeloo]	Aš tave myliu
How are you?	[Kaip lai-ko-tehs]	Kaip laikotės?
Nice to meet you	[Mah-lonoo yous mateeti]	Malonu jus matyti
What's your telephone number?	[Koks tavo telepho-no-numeres]	Koks tavo telefono numeris?

## Contacts

All the participants must be added to this group - #####

**Augustinas (Legal representative)**  
international.project.office@gmail.com

This document will be updated with more information needed for the exchange. We will keep you informed!

See you in Lithuania! :)

