



YOUTH EXCHANGE



YOUTH GOING GREEN

KAUNAS, LITHUANIA

14-22 SEPTEMBER, 2025

PREPARATORY MEETING 4-5 SEPTEMBER 2025



Co-funded by the
European Union

ABOUT THE PROJECT



The youth exchange project "**YOUTH GOING GREEN**" aims to encourage more young people to be aware and engaged in topics of sustainability, environmental protection and on impacts of our daily decisions on the environment. Additionally, to provide youth with examples of good practices in the topic of environmental protection and sustainability as well as educate them on the tools they can use to be more sustainable in their daily life habits.

OBJECTIVES:

- EDUCATE young people in the topic of sustainability, give them space and time to brainstorm and come up with the new ideas to have more sustainable daily habits.
- Inform and INVOLVE young people in understanding importance of our daily eco-friendly choices and how they affect our environment.
- EXPAND youth knowledge about the environmental problems that affect us and our community by sharing ideas and examples of how to live a eco-friendly life.
- ENCOURAGE youth to take action in implementing green initiatives locally in their communities and contribute to protecting the environment.
- PROVIDE youth with knowledge and methods of how they can bring their ideas and initiatives into reality.

COUNTRIES INVOLVED:

- LITHUANIA
- ESTONIA
- POLAND
- ITALY
- PORTUGAL
- CYPRUS
- SPAIN

ABOUT THE PROJECT

The project will consist of two main activities:

- 1) **Preparatory meeting** – youth leader from each participating country and a facilitator (in total 7 people).
- 2) **Youth exchange** – it will be 7 working days activity gathering 42 young participants in Kaunas, Lithuania. Each partner nominates 5 participants and 1 team leader (in total six participants per country)

DATES:

The project will consist of two main activities:

- 1) **Preparatory meeting: 3rd September arrival, 5th September departure after lunch**
- 2) **Youth exchange – between 14 – 22 September, 2025** (14th September will be arrival and 22nd September will be departure).

PARTICIPANTS:

Profile of **Team Leader** for **Preparatory Visit**:

- Age: 20–35 years old
- Leadership skills, problem-solving experience.
- Cultural awareness and sensitivity to navigate and respect diverse cultural backgrounds and practices within the group.
- Organizational skills to coordinate logistics, plan activities and manage the project's schedule effectively.
- Excellent communication skills (including English language proficiency).
- Experience being a group leader.
- Experience working with youth, preferably in an international or cross-cultural setting.

Team Leader must be able to attend both activities, i.e. Preparatory Visit and Youth Exchange.

Profile of participant for **Youth Exchange**:

- Between 18–26 years old.
- Have desire for international communication, multiculturalism, team-building.
- Interested in environment topics and learning more about sustainability.
- Able to act as a multiplier/implement follow up activities in local community.
- **Committed to attend for the full duration of the project and actively participate in all project activities.**
- Able to communicate in English language.
- Have experience and/or interest in video making, social media campaign or creating awareness raising activities/campaigns.
- Each country partner nominates 6 participants (5 young people +1 team leader according to the criteria in infopack)

VENUE

Participants will be hosted in the city center of Kaunas (a few minutes from Kaunas old town).

Participants will be accommodated in the rooms of **2-4 people**, each room has a private bathroom.

Bedsheets, one towel will be provided.

Bring your own personal hygiene products as it is not provided by the venue (as you are not staying at the hotel).



PREPARATION & FOLLOW UP

WHAT TO BRING AND PREPARE?

- Please bring **comfortable shoes and clothes** as we might have some activities outside and do not forget to check the weather before coming.
- Personal care products: shampoo, toothpaste, necessary medicine if you require any, etc.
- At least one laptop per country is required.
- **Health insurance covering full duration of the Youth exchange is mandatory for all participants (EHIC card is not enough!).** Project does not have participation fee of any kind due to co-funding received, however, expectation is that each participant contributes and has their own health insurance covering the days of mobility.
- Food or other important things for the intercultural night and **your country flag**. Please prepare upfront interesting traditions, songs or games for your intercultural night as we will **NOT** have presentations or Youtube videos of how amazing your country is (be creative) ;)
- Energizers: every day we will have energizer session so think of some unique fun energizers to show to the group.
- If you can please bring your own reusable water bottle
- Each national team will prepare and implement two workshops for the duration of youth mobility – the workshop topic will be provided to you by the organizers and youth leaders timely before the main mobility.

FOLLOW UP:

- Each participant, and their respective NGO, is required to do follow up activities after the youth mobility. It is very important for us to have the project outputs disseminated by all participants and also to engage participants in doing follow up activities. We will brainstorm together during the youth mobility what those follow up activities could be, according to your local context. If you do not plan to do any follow ups after the youth exchange please reconsider your application and participation to avoid unpleasant situations.

FOOD INFORMATION

FOOD PREFERENCES:

- The venue can provide regular, vegan or vegetarian diet just inform the organizers upfront about your dietary needs.
- **IMPORTANT:** as you are coming to a different country than your home country it is important to understand that the food diet you will have on project will not necessarily be the type of food diet you are used to in your home country. We will have typical Lithuanian food.

IMPORTANT TRAVELING INFORMATION!

- We suggest you to check flights to **Kaunas or Vilnius airport**.
- Experience shows that reimbursement allowances are sufficient to cover your travel and local transportation if everything is booked in advance.
- **Arrival is 14th September, departure is 22nd September, 2025.**
- On 14th September participants will get dinner (around 19:30 h). On 22nd September participants will depart from the venue after breakfast (by 10 am).
- Before buying any tickets **participants must get confirmation from Asociacion "Mano Europa"**. Tickets not approved by the host organisation will not be reimbursed.
- Countries which have "green travel" must use only green travel options: bus, train service.
- Maximum travel budget for **youth mobility**:

LITHUANIA

(10–99 km)
maximum 23 EUR
per participant.

SPAIN CYPRUS ITALY

(2000–2999 km)
maximum 395 EUR
per participant for
youth exchange.
Maximum up to 360
EUR for preparatory
visit

ESTONIA

GREEN TRAVEL

(500–1999 km)
maximum 417 EUR
per participant,
must use green
travel.

PORTUGAL

(3000–3999 km)
maximum 580 EUR
per participant for
youth exchange
and maximum
360 for
Preparatory visit.

POLAND

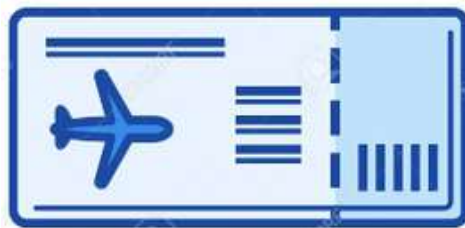
GREEN TRAVEL

(10–499 km)
maximum 285 EUR
per participant,
must use green
travel.



REIMBURSEMENT PROCEDURE

- **Participants will be eligible to get reimbursement only if they provide **original** tickets, invoices, boarding passes and receipts.**
- Participants must use public transport, economy class.
- TAXI will NOT be reimbursed in any circumstances!
- Please **keep all your tickets and boarding passes** as without them we can't reimburse you the money!!
- After going back home you should send us original remaining boarding passes and any other travel documents from return journey by post to organizer address.



- **The reimbursement will be done by bank transfer to the account of partner NGO** after the project once we receive rest funds from National Agency (usually up to 3-4 months). Partner NGO is in charge to distribute the reimbursement, send by organizer, to their participants.

ADDITIONAL INFORMATION

- Each participant must have **a valid health insurance** throughout project.
- If any of the participants have any special requirements regarding food and/or health issues, please inform us in advance.
- Number for emergencies (police, ambulance) during your stay in Lithuania: 112

WEATHER:

- Weather in Lithuania in September is usually still warm during the day, however, for the evening you will definitely need a jacket. Thus, please check the weather before arriving to Lithuania.

CURRENCY AND PRICES:

- The official currency in Lithuania since 2015 is EURO.
- Public transport ticket is around 1 – 1,5 €.
- Inflation is quite high in Lithuania, therefore, expect higher prices than usual in local shops, restaurants etc.

CONTACT INFORMATION:

If you have any questions please reach out to MANO EUROPA by email **info@manoeuropa.org**

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