

INFO PACK

EDUKIZ

ERASMUS+ Youth Exchange



YE 2026.09.20 -2026.09.29

APV 2026.09.02-2026.09.05



Farmhouse „Vilijos” at Labanoras

Farmhouse „Stakliškių” at Stakliškės



Co-funded by
the European Union



VšĮ „Apglėbk pasaulį”

General information of YE

Title: "EduKiz"

Place: Vilijos sodyba

Date: 2026.09.20 - 2026.09.29

- 20.09.2026 is an arrival day
- 29.09.2026 is a departure day

Participants: **30 young people +6 leaders, 2 facilitators, 18-30 years old** (Leader must be 18+ years old)

General information of APV

Place: **Vilniaus g. 8, Stakliškės, 59370 Prienų r. sav.**

Date: 2026.09.02 - 2026.09.05

- 02.09.2026 is an arrival day
- 05.09.2026 is a departure day

Participants: 6 Leaders + 3 participants + 1 **facilitator, 18-30 years old** (Leaders must be 18+ years old and have prior experience with Erasmus+)

All leaders and participants must attend both mobilities, YE and APV, to qualify for reimbursement.

Please select 6 participants for this project (5 participants + 1 leader), gender balance is highly recommended

Place

Labanoras Regional Park, established in 1992, is located 80 kilometers northeast of Lithuania's capital, Vilnius. Covering 553.18 km², it is the largest regional park in the country. Its administration is in the small town of Labanoras

See more on:

<https://www.lithuania.travel/en/place/labanas-forrest>



How to reach Labanoras



There are two nearest airports – one in Kaunas(KUN) and one in Vilnius(VNO). These airports and cities are very well connected. Thanks to buses, which run from early morning to the evening. The cost of the bus from Kaunas or Vilnius is about 10-16 €. From Vilnius, a bus will be arranged to pick you up together and bring you to the venue "Vilijos" sodyba. Please plan your travel to Vilnius, and a bus will be ordered for you. The bus schedules can be found here.

<https://www.autobusubilietai.lt/en>

For the APV look for bus Stakliškės miestelis, reachable by bus from Kaunas and Vilnius

Accommodation

The youth exchange will take place at the "Vilijos" farmhouse. Participants will primarily be housed in double rooms, although there are some rooms that can accommodate 2 to 4 people. We will also have access to a conference room for our activities and program work. Accommodation will **mostly be in larger rooms and will include a mix of genders.**

For more information, visit: <http://vilijossodyba.eu/>



About the project

The EduKiz project empowers young people from six European countries by using movement therapy, dance, and creative expression to address social isolation, mental health challenges, and a lack of inclusive opportunities, ultimately enhancing self-confidence, emotional resilience, intercultural understanding, and active citizenship.

Objectives:

- Promote mental health and well-being through movement therapy
- Foster inclusion for youth with fewer opportunities (minimum 50%)
- Strengthen intercultural dialogue across six countries
- Develop key competences (teamwork, leadership, creativity)
- Empower youth as multipliers through local follow-up activities
- Promote EU values of equality, democracy, and sustainability

To learn more about what you can expect during our youth exchange, just take a look at the following promotional movies from the projects that our partners were implemented in the years 2021-2023



"Theory Yes" Erasmus+ Youth Exchange



"No mate in Hate" Erasmus+ Youth Exchange



Dissemination and promotion of the project results is a very important element of the entire project. For several years, our Association has been developing very intensively towards the use of visual materials in the promotion of our activities. The results of our efforts are promotional videos from our projects. A promotional video will be prepared for this project as well. Active involvement of participants in the promotion of the project is the responsibility of each participant, which is a requirement established by the Erasmus+ program guidelines. During our project, we will take photos and record short video clips. **By agreeing to come to this project, it's automatically agreed that photos and videos with you, can be used for dissemination and promotional reasons.**

Participants profile

Participants should be 18-30 years old, motivated to take part in all stages of the project (preparation, realization, follow-up), and be able to communicate in English.

The gender balance in the group is highly recommended. Every team should have 3 people with fewer opportunities. Motivated to look at the upcoming situations with an open mind and eager to overcome challenges.

The group leader should be experienced in working with youth and should have experience with Erasmus+.

Programme facilitators

The youth exchange program activities will be implemented by an experienced team of facilitators from Poland and Lithuania.



Alex (Meškiukas) -
Lithuania



Marcin - Poland

Weather conditions

The average temperature in September is around 17 Celsius.

Currency in Lithuania

The Lithuanian currency is Euro since 2015.

Insurance

The participants are required by the Erasmus+ program to have valid travel insurance for the whole period of the project, including the travel day's and the European health insurance card is **A MUST TO HAVE**.

Language

The official language of the project will be English. All the workshops and sessions will be implemented in English.

Food requirements

Apart from standard nutrition based on regional cuisine, we are able to provide vegetarian food. Lithuanian cuisine relies on pork, cottage cheese, and potatoes. If your medical condition requires special nutrition, text us before arriving at the project to determine if we can meet your needs.

Costs and travel reimbursement

Food, accommodation, and materials during the youth exchange are fully provided.

The travel costs will be reimbursed as soon as you send us all the necessary documents, such as tickets and boarding cards, and a dissemination report after the mobility. No dissemination from the team is a strict no reimbursement for the team.

Eligible means of transport are:

- Train/bus, plane (available options for flights: Croatians, Spanish, and Romanians only.)
- Traveling by car, taxi, or rented bus is **ineligible** and can be accepted only if public transport does not operate.

For travel reimbursement purposes, participants must provide to the coordinator their tickets, bills, and boarding cards in electronic or physical form that include the price, connection description, and the name of the participant (in the case of flight tickets). For your plane ticket, we will also need your boarding card for every single connection. All the documents need to be delivered in either an electronic version (PDF) or physical form. Even though you use the mobile app on your phone, download the PDF to send it to us. Because of accounting rules, we can NOT accept screenshots from your phone.

The E+ Program and the Lithuanian National Agency require participants to use a time- and cost-efficient way of transportation. To ensure that obligation, we require participants to:

- Before purchasing any ticket, consult with us. We expect to be informed of the chosen connection, including the date, time, and price. The following information should be delivered to us (apglebkpasauli@gmail.com) before you purchase your tickets. Before purchasing tickets, receive our written confirmation. Otherwise, you risk your ticket not being reimbursed.
- Tickets for flight connections are bought directly from the flight operator. We will not accept bills from external operators or travel agencies.

If participants want to come earlier or depart later from a project venue, they can only arrive 2 days before the youth exchange starting date and leave 2 days after the youth exchange end date, to still be eligible for travel cost reimbursement. In that case, participants must cover their expenses on those additional days (accommodation, food, etc.) and consult with the coordinator.

Travel reimbursement can be fully or partly removed from the people who:

- **Do not take part in the whole length of the youth exchange (leave before the departure date).**
- **Skip the workshops (a hangover is not a reason for that).**
- **Repeatedly breaking the basic rules, not reacting to warnings, or committing serious misbehavior**
- **Do not contribute to the dissemination phase of the project.**

Maximal travel costs reimbursement for the following countries:

Country	Role	Number of participants	Travel reimbursement limit per person
Lithuania	Coordinator	7	28(Green only)
Poland	Partner	7	417(Green only)
Spain	Partner	6	395
Estonia	Partner	6	417(Green only)
France, Greece	Partner	6	309 standart
APV FOR ALL COUNTRIES	Leaders and participants	1L+1P	Up to 300 max per person



What to prepare:

- Preparation for the national evening – every other day, national groups will carry out their national evening. Please plan a presentation about your country, culture, history, customs, and traditions. Make some quizzes for participants, teach us some national folk dances or songs, and bring some food or drinks to share. Try to be creative, use the non-formal methodology, and draw out the flipchart potential. Prepare in a way that there is no internet or screens to show anything. The cultural evening should be around 30mins 1 hour long. ***There is a Wi-Fi connection, but barely working; prepare for it.***
- Energizers/meditation or yoga – please, prepare 1 energizer and 1 meditation exercise. Every morning, some other group will lead this short activity.
- Staying in the venue and hiking- please prepare yourself with clothes and comfortable shoes for the wet forest. For daily use, take warm clothes, a rainproof jacket, and higher waterproof shoes. In September, the weather is still sweater/jacket season, not T-shirts.
- What to take to Labanoras- Swimming suit, towel(1 towel will be given to rooms), things for personal hygiene, warm clothes, and slippers.
- **Do not forget- bring motivation, a happy mood, and energy to share with others.**





In case of any further questions, do not hesitate to contact us:

email: info@apglebkpasauli.org

mobile/whatsapp: +37065083289 (Alex)

SEE YOU SOON IN LITHUANIA!!!



**Co-funded by
the European Union**



VšĮ „Apglėbk pasaulį“

“To watch us dance is to hear our hearts speak.” – Indian Proverb