



## Profile of participants

Each organization sends 4 participants (young people aged from 18 to 26 years old) and 1 group leader (youth worker or a youth leader, from 18 to 100 years old)

Each organization is asked to inform the Lithuanian team about the participants before **1st of October** by sending the participants list that is enclosed to

[takeactivepart@gmail.com](mailto:takeactivepart@gmail.com)

After the project is finished, young people will know themselves better, will know where they are in life and where they want to go. We are expecting young people to feel more empowered and willing to take actual action and to become active members of their communities.

The project will involve 25 people from 5 European countries.

## Financial and practical conditions of participation

### Travel expenses and reimbursement

Up to 100% of travel expenses will be reimbursed (on presentation of the relevant receipts). Only those participants who attend the entire youth exchange can be reimbursed.

Participants will be reimbursed on the basis of the **least expensive route** between their place of residence and Vilnius (Taxi **cannot** be reimbursed). Return tickets must be purchased before the start of the journey.

Electronic tickets will only be considered as acceptable on **proof of payment and** on presentation of the boarding pass.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.

**Note:** Please try to not exceed the travel limits. If your travel costs exceed the amount budgeted in the project, we will be able to reimburse you 100% of the travel costs indicated in the travel budget.

Country	Travel budget per person in Euro
Poland	80
Italy	170
Romania	200
Macedonia	230

**Note:** Please make the copies of your tickets and invoices before you will come to the youth exchange.

## Finding the hostel

When you will inform us about your arrival times, we will give you directions how to find the hostel or where we will meet you.

### Accommodation

Accommodation and meals for the duration of the youth exchange is fully covered.

You will be sharing a room with people of the same sex. Rooms have 3, 4 or 5 beds. The rooms have shared bathrooms. There is bed linen, bring your own towels.

### What to bring?

Some national drinks, snacks, brochures, music for the intercultural evening

What to prepare?

After the groups will be selected, you will get homework and some more directions on how to prepare for the youth exchange.

### Lithuania

National currency is litas (Lt). 1 euro = 3.45 Lt

Weather in November is usually wintry cold. The average day temperature is around -5. But it can be colder or warmer, so check the weather forecast before starting your travel and be prepared :)

If you want to know more about the country, press on the following link

<http://www.travel.lt/?lang=2>

### Contacts

With all the questions concerning travel arrangements, preparation or any other doubts, please write us an email. We will get back at you as soon as possible.

[takeactivepart@gmail.com](mailto:takeactivepart@gmail.com)

**Erasmus+**

**Changing lives. Opening minds.**