



Co-funded by
the European Union

Youth Exchange



GREEN EXPLORERS

Explore sustainability, create green ideas
and learn how small actions can make a big difference.



Kaunas, Lithuania



06–15 October 2026



Age: 18–25 years old



ECOLOGICAL
FOOTPRINT



UPCYCLING &
CREATIVE WORKSHOPS



GARDENING &
COMPOSTING



NATURE HIKES &
OUTDOOR ACTIVITIES



SUSTAINABILITY
IDEAS



INTERCULTURAL
EXCHANGE

YOUTH EXCHANGE INFOPACK

6–15 OCTOBER, 2026

KAUNAS, LITHUANIA

OBJECTIVES OF THE PROJECT



- Promote environmental awareness and sustainable lifestyles.
- Develop practical green skills through experiential learning.
- Strengthen critical thinking, creativity and teamwork.
- Foster intercultural dialogue and European cooperation.
- Encourage active citizenship and community engagement.
- Empower young people to become ambassadors of sustainability.



PARTICIPATING ORGANISATIONS



LITHUANIA	Eivydu kaimo bendruomene "Rukupis"
TURKIYE	Karaman Youth Club Association
LATVIA	riktīgi NAISS
BULGARIA	Pangea Native
POLAND	Integra Non Profit Spółka Z Ograniczoną Odpowiedzialnością
ROMANIA	AsterX Association

TARGET GROUP OF THE PROJECT



Each national group will consist of **7** participants (6 youngsters + 1 leader).
In total: 42 participants.



Participants: 18-25 years old. There is no age limit for a leader of the group.

Gender balance is expected !

Each national group has to include **3** participants with fewer opportunities.



Basic English language skills are necessary.



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TRAVEL DAYS

For foreign participants:

Arrival day: 6th of October

Days of activities: 7-14th of October

Departure day: 15th of October

For Lithuanian participants:

Arrival day: morning of 7th of October

Days of activities: 7-14th October

Departure day: evening of 14th of October



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TRAVEL PLAN FOR APV

Your travel budget covers:

- Domestic travel within your country;
- International travel (round trip by plane, bus, or train);
- Travel from the airport or train/bus station to Kaunas and back.

You may fly to either Vilnius Airport or Kaunas Airport.

If you arrive in Vilnius, you can travel to Kaunas by public transport:

- bus tickets <https://www.autobusubilietai.lt/en>
- train tickets <https://bilietas.lt/glink.lt/>
- airport express <https://www.ollex.lt/en>



Travel tickets MUST be approved by project organizers before buying!

FINANCIAL CONDITIONS

Unit costs of your travel expenses (see table below) will be covered by the organizers with the support of the ERASMUS+ program.

The maximum TRAVEL COST reimbursement is based on the distance calculator supported by the European Union.

If the travel costs are exceeding this price limit the rest has to be covered by the participants themselves.

If your eligible travel distance falls within a lower distance band, the maximum reimbursement will be reduced accordingly. Please contact us for more information or check [here](#).

We will NOT reimburse the amounts that get over the maximum budget for each participant, or the tickets that did not receive previous APPROVAL from the Lithuanian NGO.

The travel costs will be reimbursed via bank transfer.

COUNTRY	TRAVEL DISTANCE (from home to project venue)	TRAVEL BUDGET (amount per person in euro)
TURKIYE	2000-2999 km	Up to 395.00
LATVIA	100-499 km	Up to 211.00 (Standard) / 285.00 (Green)
BULGARIA	500-1999 km	Up to 309.00
POLAND	100-499 km	Up to 211.00 (Standard) / 285.00 (Green)
ROMANIA	500-1999 km	Up to 309.00

FINANCIAL CONDITIONS



According to the regulations of the Erasmus+ Programme, travel costs can only be reimbursed if:

- The participant travels **from the country of the sending organisation** to the project venue in Lithuania and back;
- Reasonable and economical means of transportation are used (e.g., low-cost airlines, economy class flights, second-class train tickets);
- **Taxi costs** will be reimbursed only in justified cases (e.g. very early or late arrivals/departures when public transport is unavailable). Taxi rides taken for convenience will not be reimbursed.

Travel costs that do not respect these conditions will not be reimbursed unless prior written approval has been obtained from the project coordinator.

You must provide a receipt or invoice for your flight ticket, together with the boarding passes, or the original train/bus tickets.

Boarding passes are mandatory proof of travel — **DO NOT LOSE THEM.**

All tickets must clearly indicate:

- The price;
- The date of travel;
- The name of the traveler.

If the ticket is paid in a currency other than euros, the date of purchase must also be visible. If this information is not shown on the ticket, it must be supported by a bank statement or invoice showing the payment date and amount.

Reimbursement may take up to 6 months from the end of project activities, so please plan your budget accordingly.

FINANCIAL CONDITIONS

All travel documents should be uploaded on Google Drive.

On some apps the boarding pass disappears after the travel. Make sure to take a screenshot and save it in advance.

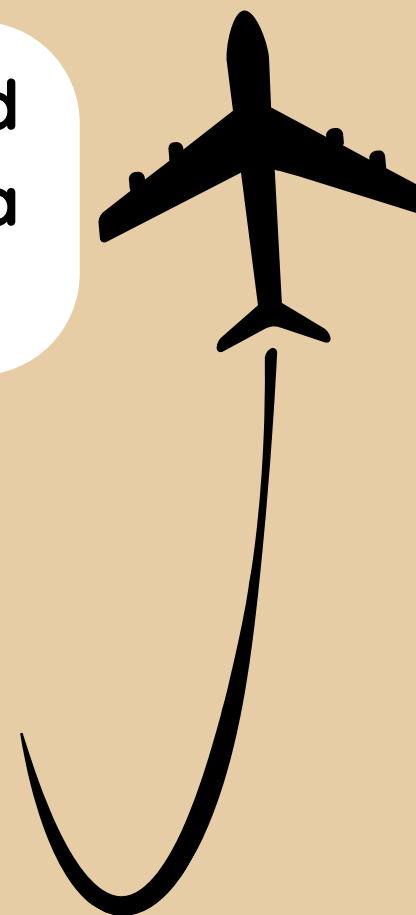
Please note that no budget has been allocated for VISA costs under this project. Therefore, visa fees cannot be reimbursed.

You must also complete the reimbursement claim form (available in Google Drive).

In the reimbursement form, **do not convert amounts from other currencies into euros**. The organizers will calculate the final amount according to Erasmus+ rules.

IMPORTANT NOTES

- Travel and/or baggage insurance costs are not covered.
- It is possible to arrive in Lithuania a few days before or depart a few days after the project. However, any additional accommodation, food, or personal expenses during these extra days must be covered by the participant.



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FINANCIAL CONDITIONS

TRAVEL COSTS WILL BE REIMBURSED ONLY IF THE FOLLOWING CONDITIONS ARE MET:

- 
- ▶ Full attendance and active participation in the entire programme;
 - ▶ All required travel documents are uploaded to Google Drive and the reimbursement form is correctly completed;
 - ▶ Dissemination activities are carried out by the sending organisation and participants;
 - ▶ The group leader completes the official Erasmus+ Participant Report (EU Survey).
 - ▶ Signing the participant list and all required forms and agreements.

PROJECT VENUE



The participants will be accommodated and the activities will take place at **Domus Pacis**.

Address: Papilio g. 9, Kaunas, Lithuania

The venue is located in the Old Town of Kaunas and provides accommodation, meeting spaces, and catering facilities in one location.

PROJECT VENUE



Rooms range from double to five-bed rooms, depending on availability and room layout.

Each room has a private bathroom with a toilet and shower.

Participants will be divided in the rooms **by gender**.



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BEFORE TRAVEL TO LITHUANIA



- Please ensure that your passport or ID document (for EU citizens) is valid for at least **6 months from the date of departure**.
- **Insurance.** Make sure you have insurance for the period of your travel (required by the Erasmus+ rules):
 - Wherever relevant, travel insurance (including damage or loss of luggage);
 - Accident and serious illness (including permanent or temporary incapacity);
 - Death (including repatriation in case of projects carried out abroad).
- If applicable, it is strongly recommended that participants in transnational activities are in possession of a **European Health Insurance Card**.

Important Rules in Lithuania

- Alcohol advertising is banned, and the legal drinking age in Lithuania is **20 years old**.
- Smoking is permitted only outdoors. Smoking indoors is strictly prohibited. The legal age for smoking in Lithuania is **18 years old**.
- Energy drinks: Lithuania was the first EU country to ban the sale of energy drinks to persons under **18 years old**.

DISSEMINATION OF THE PROJECT



All the participants, with the support from the sending organizations, are supposed to **disseminate the project outcomes and results**, publishing on private profiles and on partners' profile and presenting the results to the local community. The team of the YE will give further information and support participants in any phase. It will be **necessary to provide the proofs** of dissemination and local practice.

Dissemination of the project should include:

- Results achieved during the youth exchange;
- Sharing competences achieved while participating;
- Project name, date and location.

Make sure to use the Erasmus+ Programme logo with any promotion.



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All dissemination links must be
uploaded to Google drive file
“dissemination”

All visual materials as project poster, logos can be found in Google drive.



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WHAT TO PACK?

Necessary documents, such as passports, travel documents, etc.

Personal care products, such as shower gel, shampoo, comb, towel and etc.

Any medication you will need during your stay.

Reusable water bottle

For using less plastic cups and being sustainable

Comfortable clothes and shoes (please check the weather forecast before packing your luggage).

Earplugs (Extremely Recommended). We will be a big group living together, so earplugs might be useful for a good night's sleep.

Memory Exchange: Bring a Cup!

Representing your country, city, or something personal you like.

Some laptops will be necessary for working and editing texts/photos/videos.



FOOD

Three meals per day

- Breakfast – a simple self-service buffet every morning.
- Lunch and dinner - served individually in portions.
- Plus two coffee breaks will be provided.

The venue is located in the heart of Kaunas Old Town, where shops, cafés, pharmacies, and supermarkets are within walking distance.

Please note that the project budget covers main meals and coffee breaks only. Any additional snacks, soft drinks, or personal purchases should be covered individually.



CULTURAL EVENINGS

As part of our cultural evenings, we would like to find out more about your country.

We kindly ask you to prepare an interactive presentation of your country (you can present your country's food, music, traditional dances, games, etc.).

Creativity is the basic requirement.

Participants will also have the opportunity to present their organization and its activities.

You can bring some materials (brochures, posters, PowerPoint presentations, films, photos, etc.).

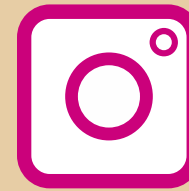
Be creative! 😊

CONTACT DETAILS

Gabrielė Milienė
Chairwoman of the Community



Eivydų kaimo bendruomenė "Rukupis"



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