

CHANGE STARTS HERE



YOUTH EXCHANGE

JUNE 7-13
VILNIUS, LITHUANIA



Funded by
the European Union

ABOUT THE PROJECT


This project empowers young people to:

- Become active citizens and leaders
- Learn how to create real change in their communities
- Work directly with decision-makers
- Turn ideas into real initiatives

It focuses on:

- Community development
- Inclusion
- Environmental awareness
- Youth habits and wellbeing





WHAT WILL YOU GAIN?

Experience:

- Working in international teams
- Organizing real community projects
- Engaging with decision-makers

Recognition:

- Youthpass certificate
- Practical experience for CV

Skills:

- Leadership & teamwork
- Public speaking & communication
- Project management
- Digital & media skills





METHODOLOGIES & LEARNING APPROACHES

1. Interactive Workshops

- Led by experts in social change, project planning, and community mobilization
- Focus on skills like: Leadership, Project management, Advocacy, Community engagement

2. Hands-On Team-Building Exercises

- Activities designed to strengthen teamwork, problem-solving, and interpersonal communication
- Promote cross-cultural understanding between Lithuanian and Bulgarian participants

5. Peer-to-Peer Feedback & Mentoring

- Present progress
- Receive constructive feedback
- Learn from each other's experiences
- Mentors guide discussions to enhance critical thinking and problem-solving skills



METHODOLOGIES & LEARNING APPROACHES

6. Reflection & Learning Documentation

- Creative reflection methods include:
- Video Diaries: short videos documenting key learnings, challenges, and achievements
- Two Stars and a Wish: reflect on two positive takeaways and one area for improvement
- Reflection Dice: interactive prompts like “What surprised you today?” or “What new skill did you learn?”

7. Practical Application

- Participants apply their skills in planning small local initiatives
- Activities include logistics management, facilitation, and engagement strategies

8. Support for Participants with Fewer Opportunities

- Language support
- Accessible venues
- Emotional and practical support



TARGET GROUP

YOUNG PEOPLE AGED 15–25
FROM DIVERSE BACKGROUNDS
(STUDENTS, NEETS, YOUNG
PROFESSIONALS)

11 PARTICIPANTS / PARTNER

ESPECIALLY ENCOURAGED:
YOUTH WITH FEWER OPPORTUNITIES

DATES OF THE PROJECT

WHEN: June 7-13

Arrival Day: Monday 7th June

Departure Day: Sunday 13th June



LOCATION

The project will take place at the outskirts of Vilnius, Lithuania.

Here is the location:
Meda House's address (A. Mickevičiaus g. 132)
[Link to check it out](#)



TRAVEL TIPS

Primary Airport

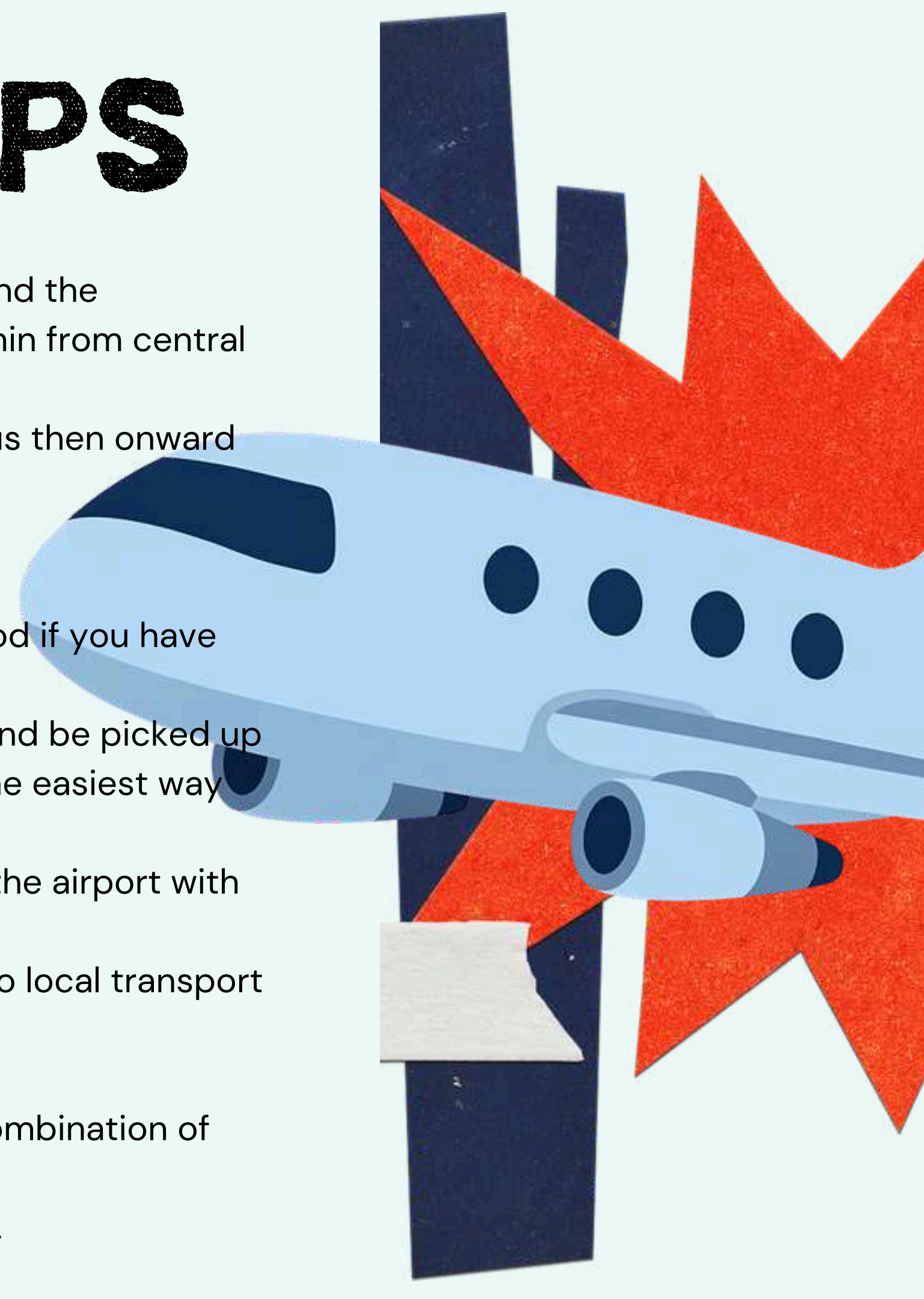
- Vilnius Airport (VNO) – the main international airport serving Vilnius and the surrounding region. It's the closest airport to MedaHouse – only ~15 min from central Vilnius and a short ride further to your destination.
- Kaunas Airport (KUN) – ~100 km away; reachable by bus/train to Vilnius then onward transport.

From Vilnius Airport to Your Final Destination

- Taxi: Official airport taxi stands are right outside the arrivals hall – good if you have luggage. Expect ~10–30 € to get near Vilnius (city roads).
- Bolt / Uber: Typically cheaper than taxis and reliable – book via app and be picked up at designated zones by the airport exit. Local tips suggest apps are the easiest way for quick transport in Vilnius.
- Bus from Airport to Vilnius city centre: Buses like 88, 3G, 1, 2 connect the airport with central stops in ~20–25 min. Tickets are often under €2.
- Train to Vilnius Railway Station: About an 8–10 min ride; then change to local transport or transfer.

Public buses won't take you directly to Meda House – you'd need a combination of buses/ride-hail once in Vilnius

You can book a car directly to drop you right at MedaHouse's address.



TRAVEL REIMBURSEMENT

You will be reimbursed the exact amount of your travel expenses (from your home town to the venue of the event) inside the limit assigned to your country if you provide us with ALL your original travel tickets and invoices. Taxi and first class tickets are (unfortunately) not covered. Reimbursement will be done by bank transfer in Euro to the sending organizations and sent further by them to the participants.

All costs will be covered up to a maximum calculated by the Erasmus Calculator.

Check it out [HERE](#)



PARTNERS

KA154-YOU-B8CAA721



CONTACT US!

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