

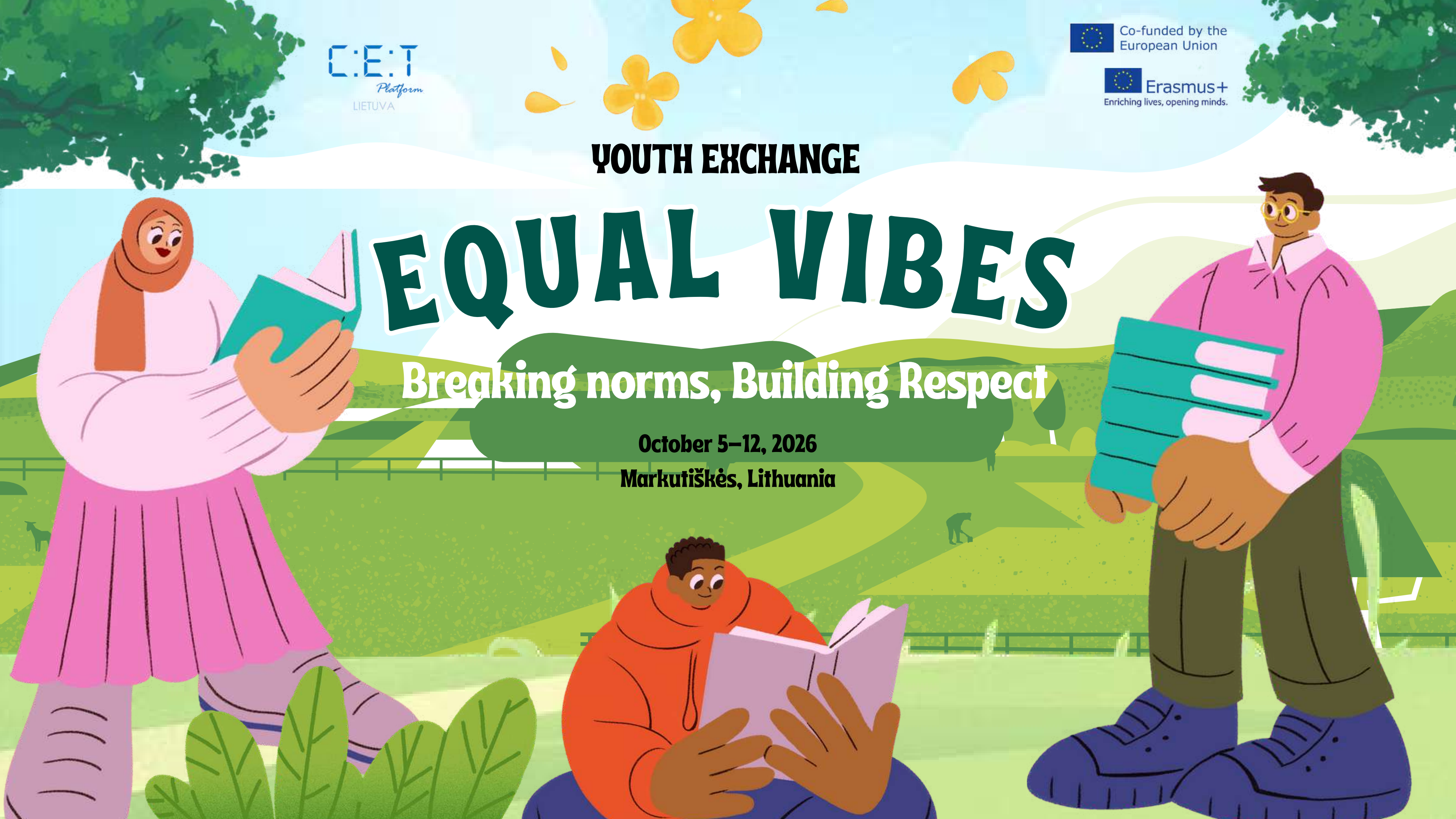
YOUTH EXCHANGE

EQUAL VIBES

Breaking norms, Building Respect

October 5–12, 2026

Markutiškės, Lithuania



About the Project

Let's explore gender equality and the stereotypes we still face in everyday life. Together, we'll look at how gender norms shape our experiences, relationships and choices - both offline and online.

Through discussions, creative activities, role plays and real-life scenarios, you'll learn how to recognise inequality, communicate with respect and challenge stereotypes constructively.

Join us, break the norms and help build a more equal and inclusive future!

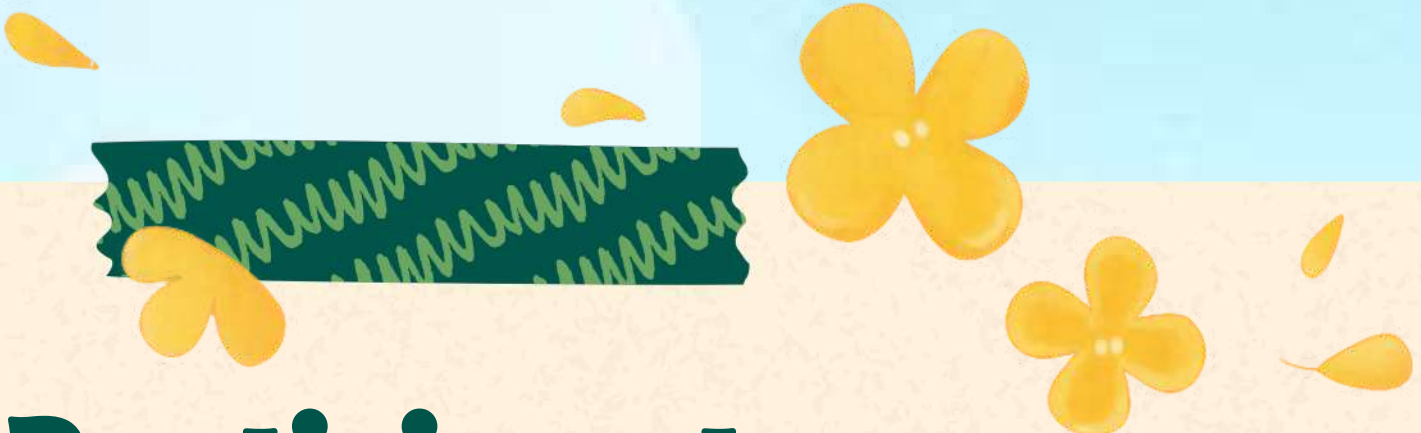


Co-funded by the
European Union



Erasmus+
Enriching lives, opening minds.

C:E:T
Platform
LIETUVA



Participants

We're looking for young people who are curious, open-minded and ready to take an active part in the whole exchange.

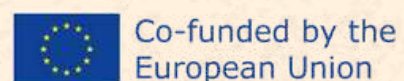
You don't need to be an expert on gender equality – just come ready to learn, share your ideas and explore different perspectives together!

Aged 18–25

- Lithuania • Latvia
- Estonia • Poland

5 participants + 2 youth
leaders per country

Total 28 participants





 La Villa Royale

Address: Markutiškių kelias 28, Markutiškių kaimas, Trakai district, Lithuania.

Located around 30 km from Vilnius city centre, surrounded by nature - the perfect place to learn, connect and spend the week together.

<https://www.lavillaroyale.lt/>



ONCE SELECTED

- Check the conditions for travelling to Lithuania and returning to your country by land.
- Stay in touch with your national coordinator and the coordinating organisation in Lithuania - Laura Vanagaitė (laura@tavo-europa.eu).
- Purchase and keep all travel tickets **ONLY** after consultation and approval from the coordinating organisation - CET Lithuania.
- Communicate with your national team and prepare for the intercultural evenings and other activities.

DURING THE EXCHANGE

- Actively participate in all workshops, sessions and planned activities.
- Be open, respectful and ready to share your ideas and experiences.

AFTER THE EXCHANGE

- Take part in the dissemination of the project results through social media posts, videos, campaigns or other activities.
- Send all required travel documents to CET Lithuania for reimbursement.

An illustration of three people sitting on a grassy hill in a park. A man in a striped shirt is reading a yellow book. A woman with dark hair in a yellow top is reading a blue book. Another woman with dark hair and a pink hoodie is reading a pink book. There are green trees, rolling hills, and a small dog in the background.

How to Reach the Venue

Once you arrive in Vilnius, make your way to Vilnius Train Station. From there, take a train to Trakai. You might arrive to the train station - great, you are already there! If you arrive to the bus station - it is right next to the train station - just cross the street!

Get off at TRAKAI station (the final stop) – make sure not to get off at Senieji Trakai!



Check the train schedule [here](#).



If there are no suitable trains, check the buses – the bus station is just around the corner from the train station. Find the bus schedule [here](#).

Once you arrive in Trakai, we can pick you up and take you to the venue.

Vilnius → Trakai

Get off at TRAKAI

Pick-up to the venue





Important!

Wait for the selection results by your sending organisation, deadline September 8th, 2026 . Once selected send us (the coordinator) a travel route suggestion including costs and dates. Reach out to us by email laura@tavo-europa.eu. wait for approval/modification of the travel plan, Purchase the travel tickets by yourself immediately once confirmed, you should do your best to buy tickets before September 15th, 2026.

Send us the booking confirmations and invoice as PDF (no screenshots);
Travel and participate in the youth exchange & enjoy yourself,
Send us all travel documents once back home, if you have any physical tickets, please don't forget to give them to the coordinator in Lithuania;
Complete the follow-up initiatives & dissemination activity,
Receive the refund of your travel tickets.

Participants can arrive OR depart 2 days before OR later after YE.



Reimbursement



- All costs related to the youth exchange, including food, accommodation, and other practicalities, are fully covered. However, CET is not responsible for any fees you may need to pay to your sending organization.
- Travel costs will be reimbursed up to a specified limit. Any expenses exceeding this limit will need to be covered by participants themselves. Each participant is responsible for purchasing their own tickets, with support from their sending organization and after obtaining approval from the coordinating organization. To qualify for reimbursement, participants must provide all necessary travel documentation, including original tickets, invoices and proof of payment (e.g., bank payment receipts). Before purchasing tickets, you must submit potential routes and costs for our approval. Reimbursement is contingent upon completing local follow-up activities, as well as filling out all required forms.
- Tickets must be purchased by September 15th, 2026.
- If you wish to arrive earlier or leave later and still receive a travel refund, you may arrive up to two days before or leave up to two days after the official youth exchange dates. Please note that you will be responsible for your own expenses during these extra days.
- Please be aware that lost or missing tickets will not be reimbursed. Additionally, travel agency fees are not eligible for reimbursement; therefore, please book your tickets directly.
- Travel for this project must be by land only, such as by bus, train or car. All relevant tickets and travel documents must be kept and submitted for reimbursement.

What to bring?

- Passport/ID card;
- Any needed medicine;
- Insurance (please bring your EHIC card or equivalent);
- Comfortable walking shoes and clothes for outdoor activities;
- Toiletries and shampoo (these are not provided by the hostel);
- Sweets, cookies or other snacks from your country for the cultural evening;
- Flags, games, songs, dances, quizzes and traditions to represent your country;
- Personal necessities (hairdryer, reusable water bottle, etc.).





Lithuania

Lithuania, nestled in the Baltic region of Europe, boasts a rich history and vibrant culture. Vilnius, the capital, stands as a testament to the country's resilience, with its UNESCO-recognized medieval center. Since gaining independence in 1990, Lithuania has embraced its European identity, joining both the EU and NATO. Lithuanian, one of the world's oldest languages, is the official language. The country's love for basketball is palpable, and its national team has earned global acclaim. With diverse landscapes, from lush forests to a scenic Baltic coastline, Lithuania is not just a geographical gem but a cultural and historical treasure.

Contacts



Project Coordinator in Lithuania :

Laura Vanagaitė
laura@tavo-europa.eu

