

YOUTH EXCHANGE

FROM VOICE TO CHOICE

29 November – 7 December 2026

Markutiškės, Lithuania



Co-funded by
the European Union

ABOUT THE PROJECT

This Youth Exchange aims to support young people in developing a practical understanding of **active citizenship** and **social responsibility**.

The project creates **safe and accessible spaces** where young people can reflect on social issues and practise civic engagement in concrete and realistic ways.

Through interactive workshops, group tasks and reflection moments, participants practise **communication**, cooperation, **leadership** and public speaking, while learning to express opinions, work with others and take responsibility within a group.

The project also introduces participants to different forms of **civic engagement**, such as volunteering, local initiatives and participatory tools at local and European level.





PARTICIPANTS

40 YOUNG PARTICIPANTS

- Aged 18-30
- 8 participants per country

10 GROUP LEADERS

2 group leaders per country

5 COUNTRIES

Lithuania - Estonia - Latvia - Czech Republic - Poland

50 PARTICIPANTS IN TOTAL

At least 30% of the youth participants will have fewer opportunities

Venue



MARKUTIŠKĖS

The Youth Exchange will take place in Markutiškės.



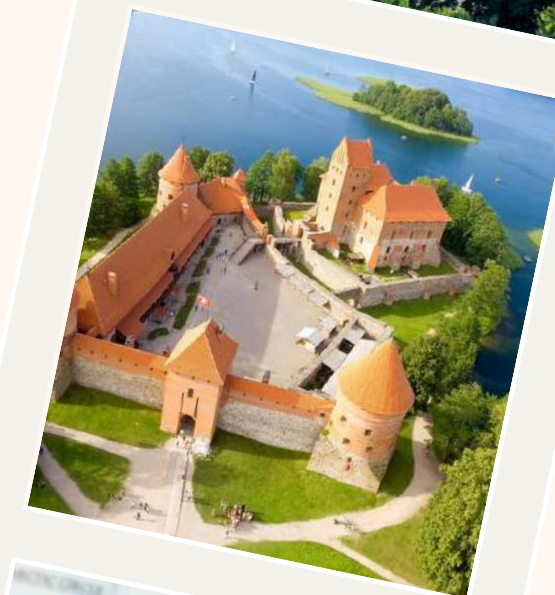
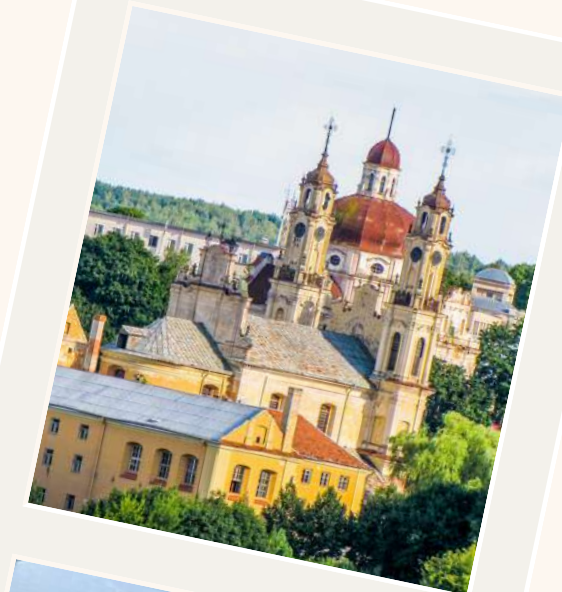
NEAR TRAKAI

Markutiškės is located near Trakai, Lithuania



LITHUANIA

The project will take place in Lithuania.



How to Reach the Venue

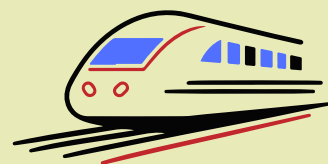
1



ARRIVAL IN VILNIUS

This project uses green travel so make sure you plan your travel using **only** buses or trains. Make sure to arrive to Vilnius bus or train station.

2



VILNIUS → TRAKAI

From Vilnius take a train or bus to Trakai.

3



GET OFF AT TRAKAI

Get off at Trakai station. Make sure not to get off at Senieji Trakai.

4



PICK-UP TO THE VENUE

Once you arrive in Trakai, you will be picked up and taken to the venue.

***DO NOT BOOK TICKETS WITHOUT APPROVAL OF THE COORDINATOR IN LITHUANIA**



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Important

BEFORE

- Wait for the selection results from your sending organisation.
- Once selected, send your travel route, costs and dates to the coordinator.
- Wait for approval before purchasing your tickets.
- Try to purchase your tickets before **13 November 2026**
- Send your booking confirmation and invoice as **PDF (no screenshots)**.

DURING

- Actively participate in all workshops, sessions and planned activities.
- Be open, respectful and ready to share your ideas and experiences.
- Keep all your travel documents and tickets for reimbursement.

AFTER

- Send all required travel documents to Tavo Europa. Give any physical tickets to the coordinator in Lithuania.
- Take part in the follow-up and dissemination activities.
- Once the required documents and follow-up are completed, your **travel reimbursement** can be processed.

Participants can arrive up to 2 days before or depart up to 2 days after the Youth Exchange.



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Reimbursement

- All costs related to the youth exchange, including food, accommodation, and other practicalities, are fully covered. However, TAVO EUROPA 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 November 13rd, 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 do 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

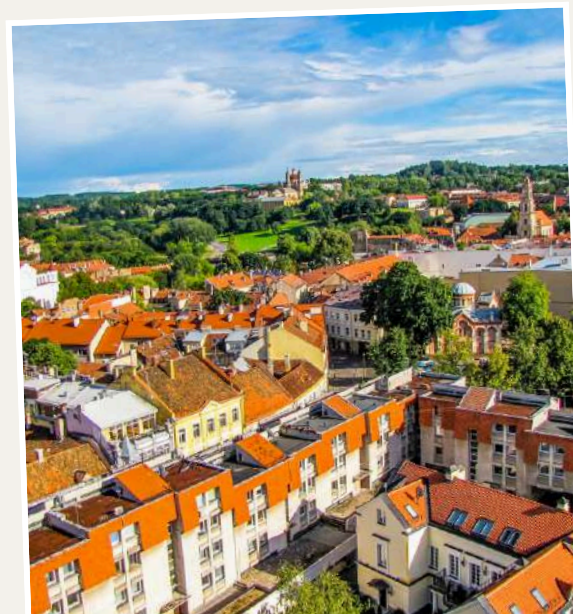


Lithuania, nestled in the Baltic region of Europe, boasts a rich history and vibrant culture. Vilnius, the capital, stands as a testament to the country's resilience, with its UNESCO-recognized medieval center.



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.



Contact

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