

SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE



Co-funded by
the European Union



TRAINING COURSE

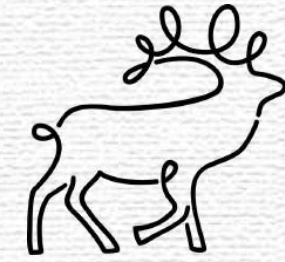
INSIDE OUT

INFOPACK





ABOUT US

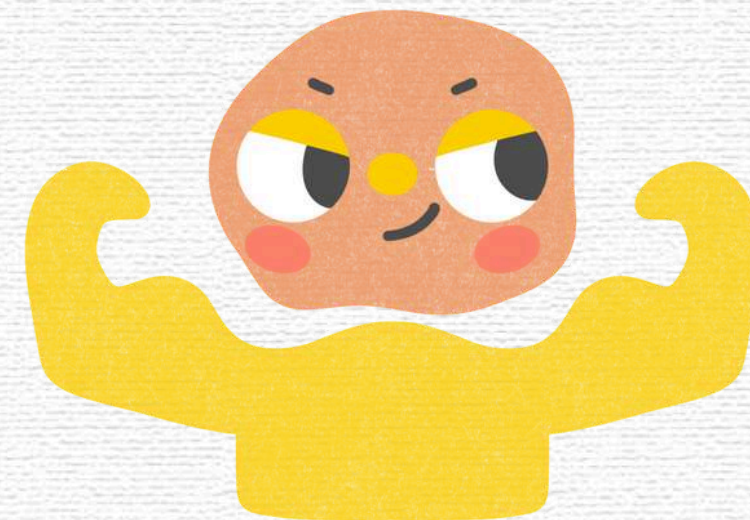


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Our main goal is to develop social, cultural, education and youth projects in remote regions of Lithuania and beyond.

We refined **4 strategic directions** of activity, with which we seek changes relevant to youth and society through various measures, programs and initiatives:

1. Volunteering;
2. Entrepreneurship;
3. Integration;
4. Citizenship.



DATES

Programme November 3 – 8, 2024

Arrival (for international participants):

2 November 2024 (hotel included)

Arrival (for Lithuanians):

3 November 2024 TILL 10 AM

Departure: 8 November 2024, 5 PM.



ABOUT THE TRAINING

In training course INSIDE OUT you will understand the concept of mental health and its importance in our daily lives. You develop skills that help you to understand your own mental health and see how you can support others. We will learn how to engage, connect and empower other people to talk about mental health.

Also in this training will focus on how to work with young people in emotional crisis and how to use artistic expression in their work, encouraging young people to express their feelings through art and creativity.





TOPICS IN TRAINING COURSE:



- How to recognise an emotional crisis?
- What are the methods to help a young person overcome an emotional crisis?
- How to promote a sense of self-esteem, open communication and expression of feelings in young people?
- How to create an environment of trust for young people? What are the means of artistic expression to work with young people in emotional crisis?
- How to recognise the type of emotional crisis: anxiety, stress, depression, grief, etc.?
- How to stay within the boundaries of the "omniscient expert" and not make the situation worse?





PROGRAMME

	DAY 1 (November 3)	DAY 2 (November 4)	DAY 3 (November 5)	DAY 4 (November 6)	DAY 5 (November 7)	DAY 6 (November 8)
Until 10:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:30	Getting to know each other	My view on emotions	Young people and emotions	Methods on working with youth on mental health	Artistic means of working with yourself	Brainstorm session on practical use of learnt methods and knowledge
11:30 - 12:00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
12:00 - 13:30	Getting to know each other	Variety of emotions	What does it mean to work with youth?	Methods on working with youth on mental health	Artistic means of working with yourself	Key competences for lifelong learning
13:30 - 15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 16:30	Introduction to the training. Fears and expectations	How do I understand myself	Sharing my life experiences	Personal time: reflecting on my emotions	Theatre and emotions	Final evaluation and reflection
16:30 - 17:00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Departure
17:00 - 18:30	What does it mean to experience emotions?	How do I understand myself	Sharing my life experiences	Personal time: reflecting on my emotions	Theatre and emotions	
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
21:00	Open space for activities or free time	Intercultural evening	Intercultural evening	Intercultural evening	Intercultural evening	



TRAINERS - A BOOST OF GOOD ENERGY



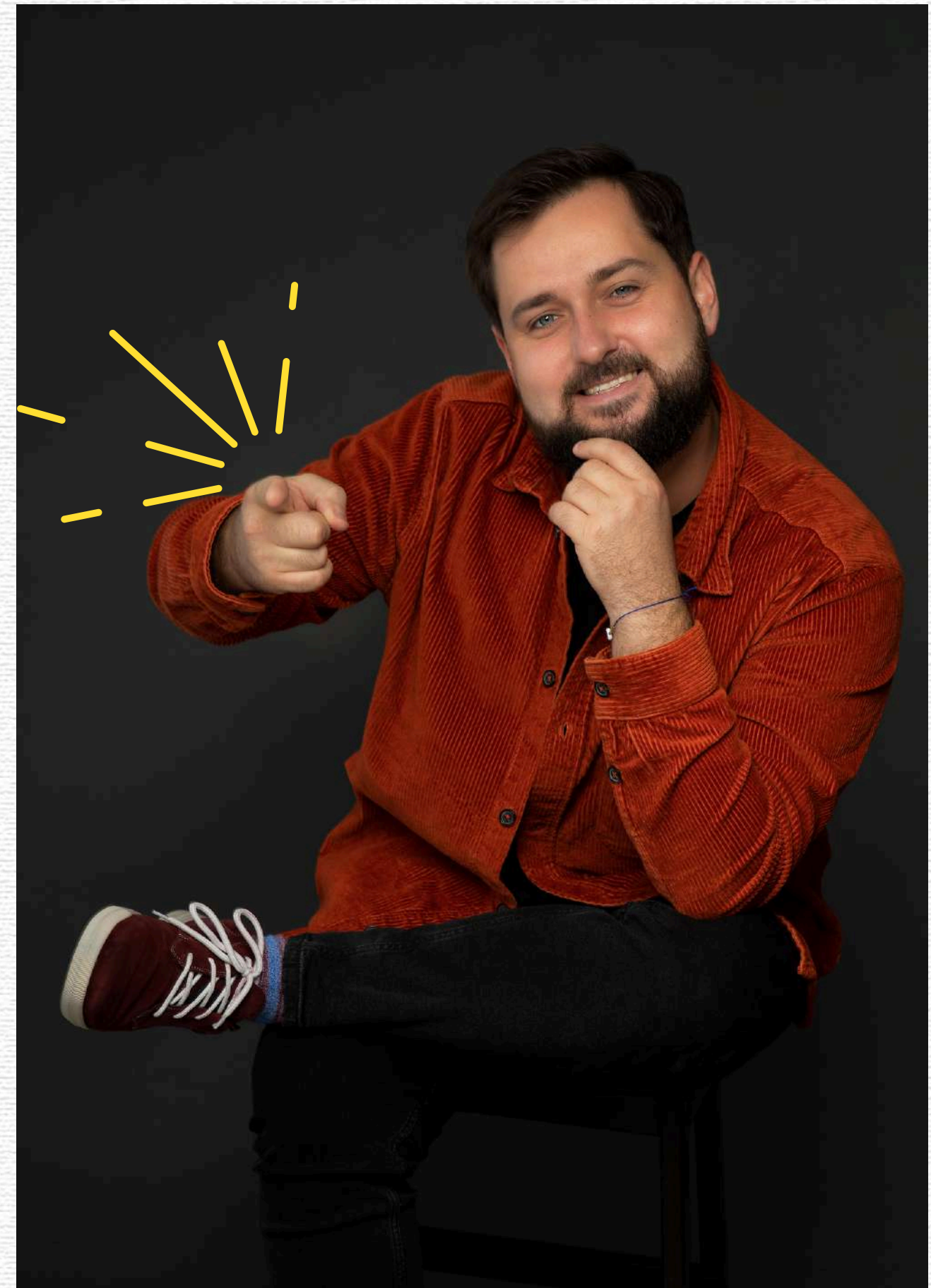
VLADAS POLEVIČIUS



Vladas Polevičius - has been working for 12 years with various non-formal education programmes and projects for young people. Vladas has coordinated innovative youth projects that have been recognised as some of the best in Lithuania and Europe: the project "My Voice Matters: the European Young Citizens' Initiative" was recognised as the best Lithuanian youth project in 2015 by the European Charlemagne Youth Prize Commission.

Vladas has been a regional consultant for the Erasmus+ and the European Solidarity Corps programmes, and is a former member of the Board of Directors of the Lithuanian Council of Youth Organisations (LiJOT). As a member of the LiJOT Board, Vladas has been involved in structured (youth) dialogue processes and has participated in four European Youth Conferences, where together with colleagues from all over Europe, he has been working on the development of the youth objectives that are currently included in the European Union Youth Strategy.

Vladas has extensive experience in coordinating and managing projects, developing and following up project implementation plans and ensuring that tasks and activities are completed on time.



AISTĖ RUTKAUSKIENĖ



Aistė Rutkauskienė - since 2012 she has been working with children and young people, organising summer camps, artistic and creative activities. Since 2017, she has been managing Erasmus+ projects: she organises and implements youth exchanges, training courses for young people.

Since 2018, it has been coordinating the implementation of the Youth Voluntary Service Programme in Alytus and Marijampolė counties: organising the work of volunteer mentors, supporting volunteer host organisations, providing training for youth volunteers and advising them on general competences and volunteering topics. Since 2018, it has also been coordinating international volunteering projects under the European Solidarity Corps programme in Marijampole County: contributing to the growth and development of the network of volunteer host organisations, organising mentoring and accompaniment processes for volunteers, and strengthening volunteers' general competences.

Since 2019, she has been actively involved as a moderator and facilitator of various events, meetings and discussions for young people. She conducts trainings on motivation, creativity, teamwork, critical thinking, communication, strategic thinking and planning, advocacy.



FINANCES & TRAVEL BUDGET LIMITS

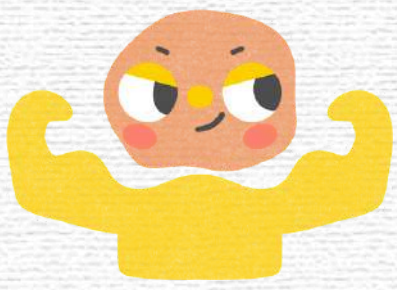
Accommodation, living and other project / exchange related expenses: 100% funded by the Erasmus+ programme.

Travel (flights, other means of transport) expenses are reimbursed (up to 100%), based on the distance from your location of residence to the location of the project.

You can calculate the exact distance (one way) of your trip using the Erasmus+ distance calculator: [HERE](#)

Travel distance (one way)	Standart travel budget in total (up to)	Green travel budget in total (up to)
10 – 99 km	28 EUR	56 EUR
100 – 499 km	211 EUR	285 EUR
500 – 1999 km	309 EUR	417 EUR
2000 – 2999 km	395 EUR	535 EUR
3000 – 3999 km	580 EUR	785 EUR

TRAVEL BUDGET LIMITS & GREEN TRAVEL



We encourage you to choose **green travel!**



Green travel - using public transport (bus, train), cycling or carpooling for most of your journey.



All travel expenses are reimbursed, based on the distance from your location of residence to the location of the project.



Please do not forget to keep all your boarding passes, invoices, transportation tickets in order to be reimbursed!



KEEP IN MIND!

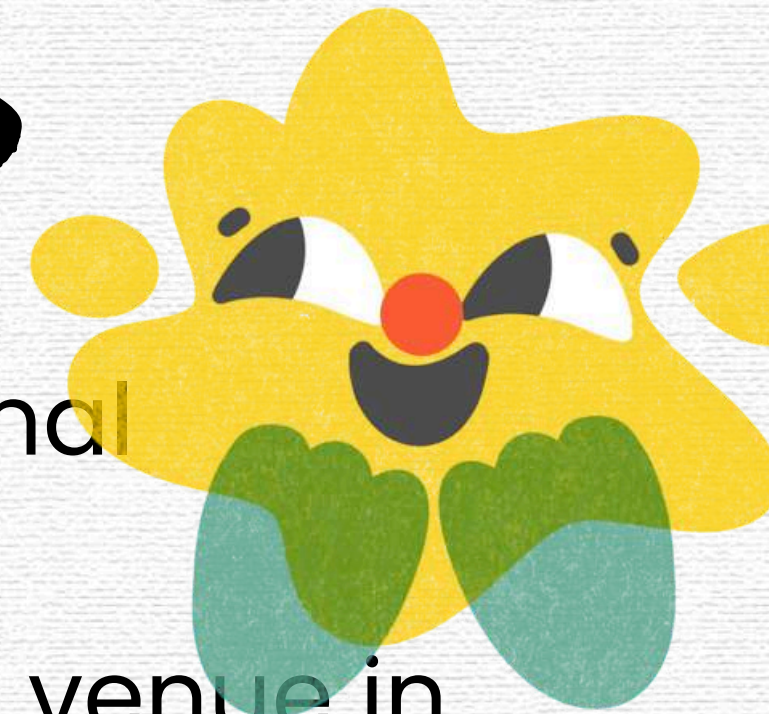


BEFORE BUYING ANY TRAVEL TICKETS
YOU HAVE TO GET **WRITTEN**
CONFIRMATION FROM THE ORGANIZERS.

OTHERWISE, TRAVEL COSTS MAY NOT BE
REIMBURSED.



HOW TO GET TO LITHUANIA?



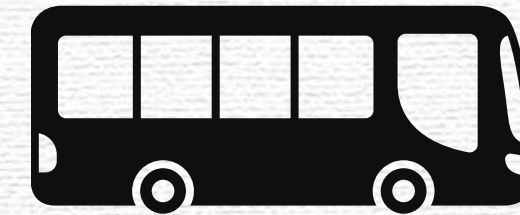
- There are 2 airports to choose from: Kaunas International Airport and Vilnius International Airport.
- Your travel route is from your place of residence to the venue in Lithuania (Birštonas) and back.
- You must choose reasonable and economical means of transport (e.g. low cost airlines, 2nd class trains, buses).
- For participants coming from abroad, the travel days may be +- 3 days around the meeting dates.
- In this case, the programme does not provide accommodation for the extra days and this is the responsibility of the participants.

FROM VILNIUS INTERNATIONAL AIRPORT TO BIRŠTONAS



VILNIUS BUS STATION

VILNIUS
INTERNATIONAL
AIRPORT



BIRŠTONAS

From Vilnius International Airport:

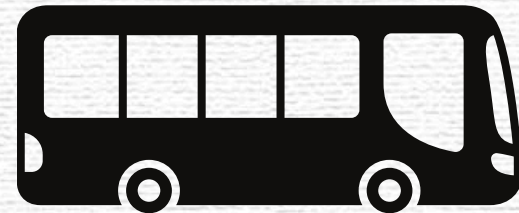
- Take the bus first. Buses 1 and 2 run to Vilnius Bus Station every 20–30 minutes. [More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

From Vilnius Bus station:

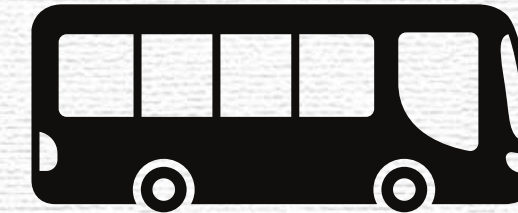
- Buses timetables can be found [HERE](#). You can buy ticket online, at the bus station or from the driver (trip takes 2 hours).

FROM KAUNAS INTERNATIONAL AIRPORT TO BIRŠTONAS

KAUNAS
INTERNATIONAL
AIRPORT



KAUNAS BUS STATION



BIRŠTONAS

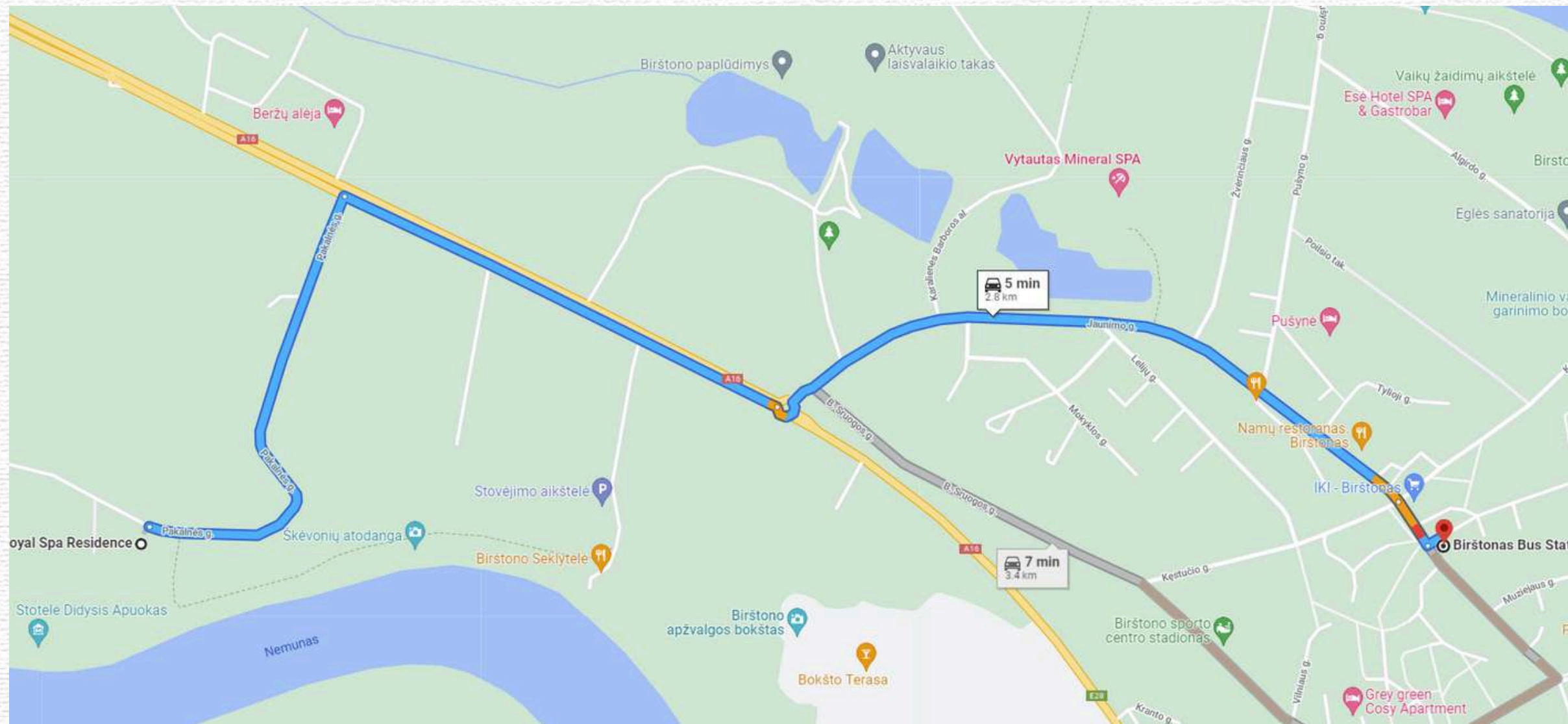
From Kaunas International Airport:

- Take the bus first. Bus No. 29G run to Kaunas Bus Station every 40 minutes. [More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

From Kaunas Bus station:

- Buses timetables can be found [HERE](#). You can buy ticket online, at the bus station or from the driver (trip takes 1 hour).

WHEN YOU ARRIVE TO BIRŠTONAS



From Bištonas Bus Station to "[Royal Spa Residence](#)" is 2.8 km drive.

We recommend to take a "Bolt" or other **taxi**. The price should be around 3-7 Eur.

Taxi 1: +370 687 21194

Taxi 2: +370 638 66200

Taxi 3: +370 687 21194

If you will take a taxi in Birštonas, don't forget to ask for an invoice. It's really important.



VENUE



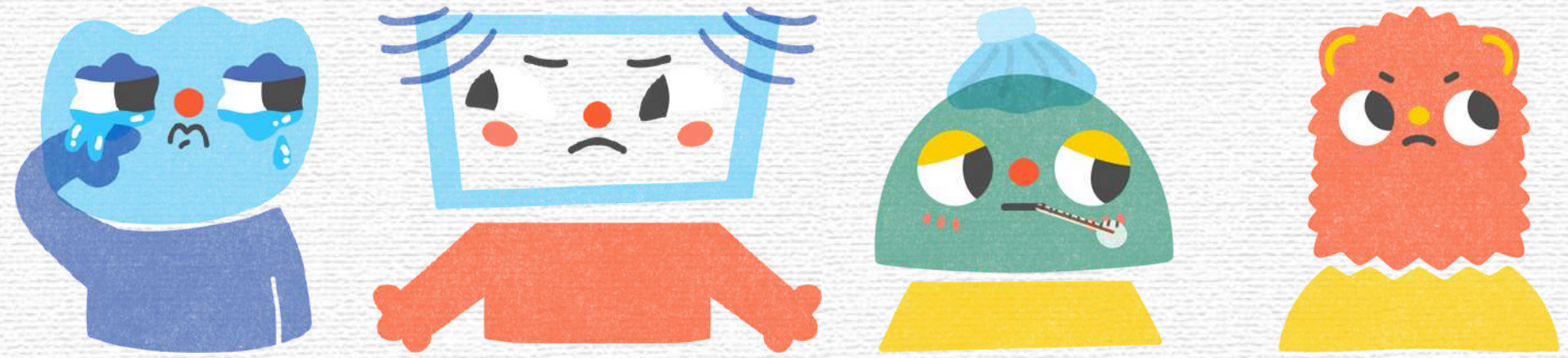
The Royal SPA Residence Birštonas is a four-star hotel.

A cozy restaurant and bar, a SPA center with a swimming pool, whirlpool baths and bathing complex, a leisure space with billiards, table tennis, a fully-equipped cinema hall, a winter garden, and a modern conference center. And all is under one roof.



Address: [Pakalnės g. 3, Birštonas](#)

YOUTHPASS



All participants in the international training will receive YouthPass certificates.





SHORT INFORMATION ABOUT LITHUANIA



**Official language:
Lithuanian**



**Currency:
the euro**



**Time zone:
UTC+2**



**Emergency
number:
112**

CONTACTS



info@vvpi.lt 

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@vvpinstitutas 

Visuomenės ir verslos
plėtros institutas 



SEE YOU SOON!

