

SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE

TRAINING COURSE

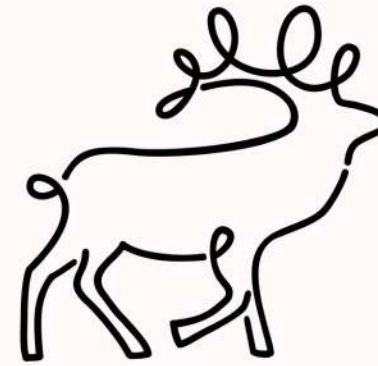
MEANT TO BE

2025 April 6-11

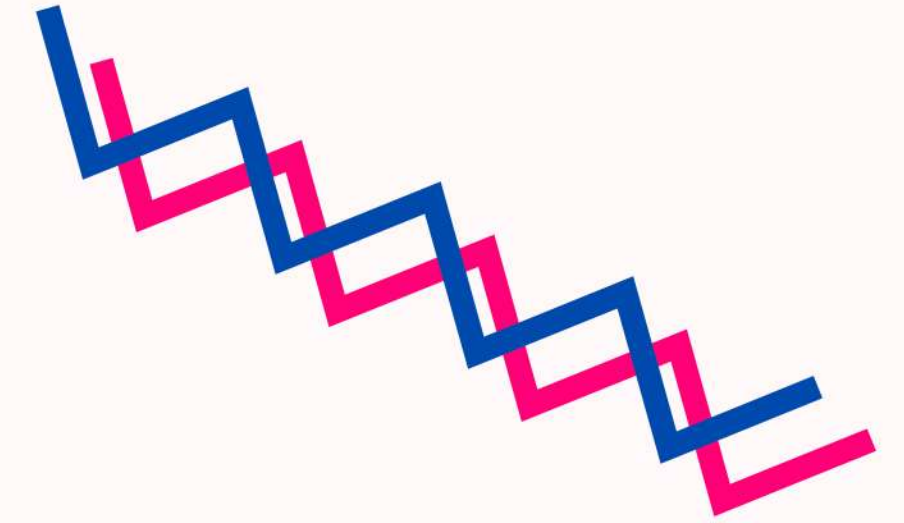


Co-funded by
the European Union

ABOUT US



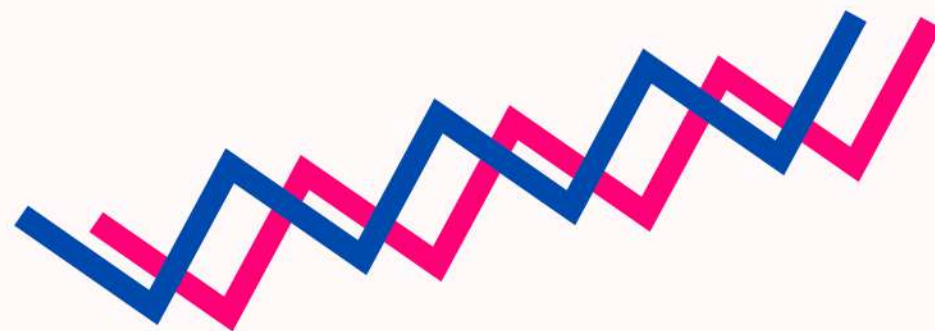
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Our main goal is to develop **social, cultural, education and youth projects** in remote regions of Lithuania and beyond.

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.



TRAINING OBJECTIVES



- To **connect with professionals** in the field of mentoring from all over Europe;
- To **share good practices** and relevant resources;
- To **discuss about challenges** of the mentoring process;
- To underline the **importance of mentoring in the volunteer's development**;
- To have a common understanding of **key concepts around the role of mentor**: role, responsibilities, needed competences;
- To foster **personal and professional development** and to keep up with the emerging challenges in the field of mentoring;
- To **provide tools and methodologies** for present or future mentors to **empower young people** taking part in volunteering projects (especially those at risk of social inclusion or with fewer opportunities);
- To **develop strategies** for fostering the volunteer's learning path.



ABOUT THE TRAINING

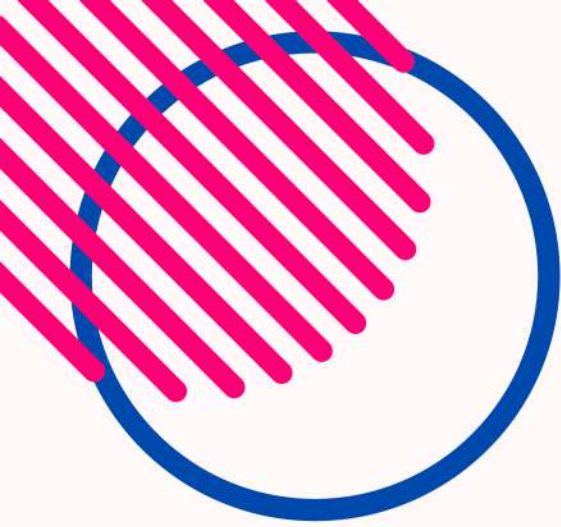


The upcoming training course "Meant to be" aims to enhance participants' knowledge and skills in working with volunteers and mentoring. It focuses on providing practical insights into motivating volunteers, defining their tasks, and understanding mentoring principles.

Key topics include volunteer management, effective mentoring practices, communication and collaboration, motivation, personal development through volunteering, and volunteering activities with YouthPass competence assessment.

The training will feature interactive activities, group work, and discussions to ensure an engaging and practical learning experience. Participants will receive certificates confirming their attendance and acquired competencies.

These sessions will support professional growth and foster international collaboration in the youth sector.



DATES



Place: Birštonas, Lithuania.



Arrival (for international participants):

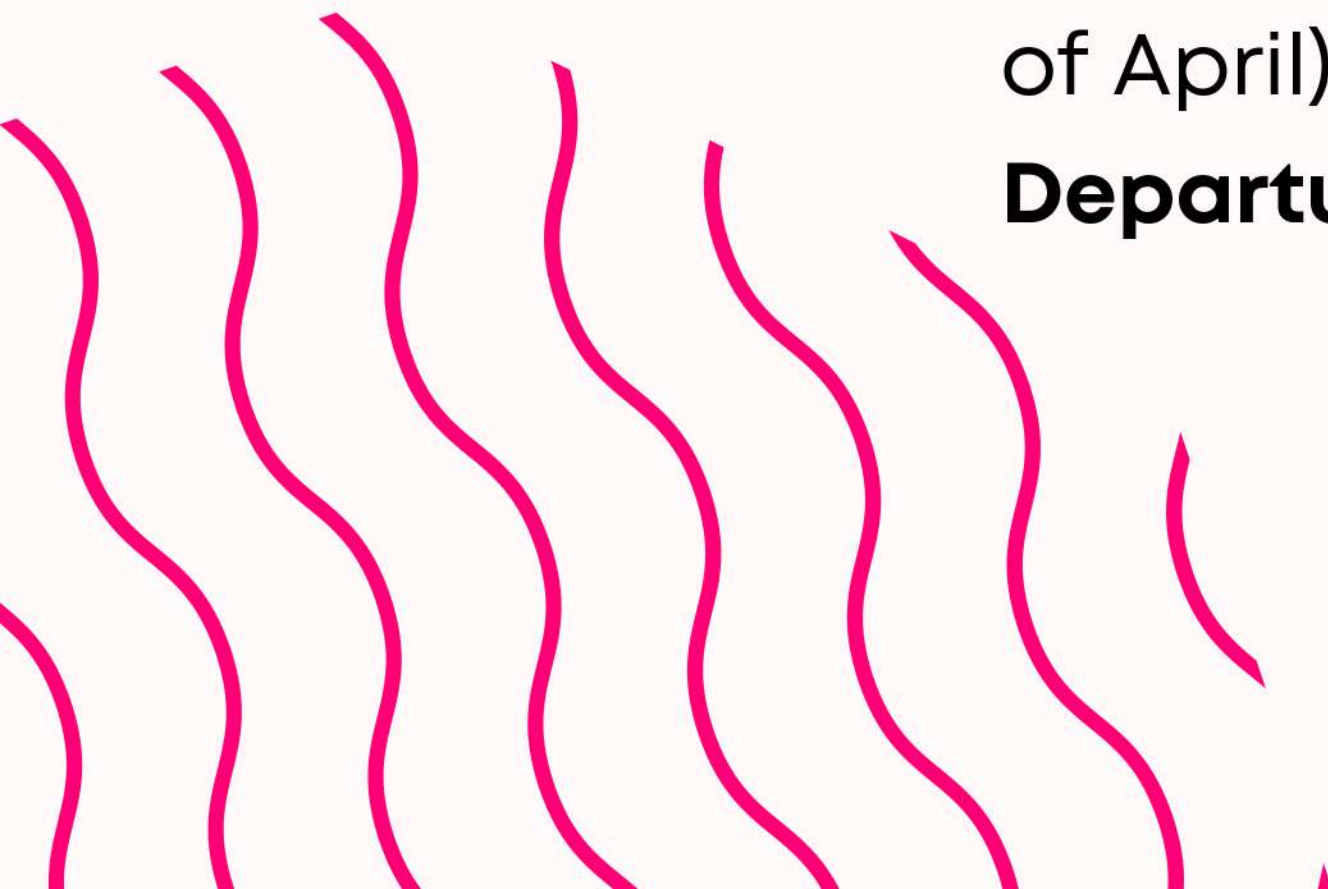
April 5, 2025 (hotel included from 5th till 11th of April)

Arrival (for Lithuanians):

April 6, 2025 TILL 10 AM (hotel included from 6th till 11th of April)

Departure for all: April 11, 2025, 3 PM.

P.S. If you plan to extend your stay beyond the duration of the training, you will be responsible for covering the cost of the accommodation in Lithuania by yourself.



PROFILE OF PARTICIPANTS

- Youth workers and educators
 - Youth workers who coordinate youth volunteering activities
 - Youth workers who facilitate the learning process of volunteers
 - Social workers and counsellors
 - Youth projects coordinators and managers
 - Community leaders and activists
 - Coordinators and mentors of youth volunteers
-
- Ability to communicate in English
 - Participation in the whole training course

TRAINERS – A BOOST OF GOOD ENERGY



VLADAS POLEVIČIUS

- Managed and implemented over a decade's worth of youth-focused projects at regional, national, and international levels.
- Coordinated "My Voice Matters," Lithuania's best youth project awarded by the European Charlemagne Youth Prize Commission in 2015.
- Successfully executed programs under Erasmus+, European Solidarity Corps, and European Social Fund frameworks.
- Led initiatives to support youth with fewer opportunities and children with disabilities through inclusive and sustainable projects.
- Applied innovative tools and methods to foster youth development, entrepreneurship, and mental health awareness.
- Consults new applicants as an Erasmus+ Regional Consultant at the Lithuanian National Agency, promoting and guiding youth initiatives.
- Prepared project proposals, managed budgets, and ensured timely and impactful delivery of funded programs.
- Facilitates training courses for youth and youth-workers on mentoring, motivation, creativity, teamwork, critical thinking, and advocacy to empower youth and community development.
- Built and maintained strong partnerships with NGOs, municipalities, and international organizations for collaborative success.
- Demonstrates advanced competence in career guidance and youth mentoring (certified).



AISTĖ RUTKAUSKIENĖ

- Manages Erasmus+ projects since 2017, focusing on youth exchanges, training courses, and international volunteering.
- Coordinates youth voluntary service programs in Lithuania, providing mentorship to volunteers and strengthening host organizations.
- Facilitates training courses for youth and youth-workers on mentoring, motivation, creativity, teamwork, critical thinking, and advocacy to empower youth and community development.
- Led international projects like Rejection Stories (KA227) and Enterprise You (KA210), fostering innovation and global collaboration.
- Co-initiated the “Marijampolė - Lithuanian Youth Capital 2023” project to promote youth engagement and active citizenship.
- Consults new applicants as an Erasmus+ Regional Consultant at the Lithuanian National Agency, promoting and guiding youth initiatives.
- Organizes art camps, exhibitions, and events to support youth development and cultural expression.
- Demonstrates advanced competence in career guidance and youth mentoring (certified).



PROGRAMME

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Until 10:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:30	Getting to know each other	Principles and individual work with volunteer	What is the role of a mentor?	What does good mentoring look like?	Lifelong learning competencies and volunteering	Your motivation and volunteering
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	How properly formulate tasks for a volunteer?	What mentor and volunteer should discuss during their session?	Risk factors and mentoring	Lifelong learning competencies and volunteering	Summarizing in mentoring
13:30 - 15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 16:30	Introduction to the training. Fears and expectations	Non-formal education in volunteering	Mentor and volunteer: roles and expectations	Active listening during mentoring	How to help a volunteer to identify the competences he/she developed during volunteering	Final evaluation and reflection
16:30 - 17:00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Departure
17:00 - 18:30	Benefits of volunteering	Motivation and volunteer	How to help a volunteer to identify and work towards his/her goals	Awaken the learner within	Sharing good experiences: volunteering, competences and YouthPass	
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00	Intercultural evening	Intercultural evening	Intercultural evening	Open space for activities or free time	Intercultural evening	

FINANCES & TRAVEL BUDGET LIMITS FOR THE TRAINING COURSE

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.

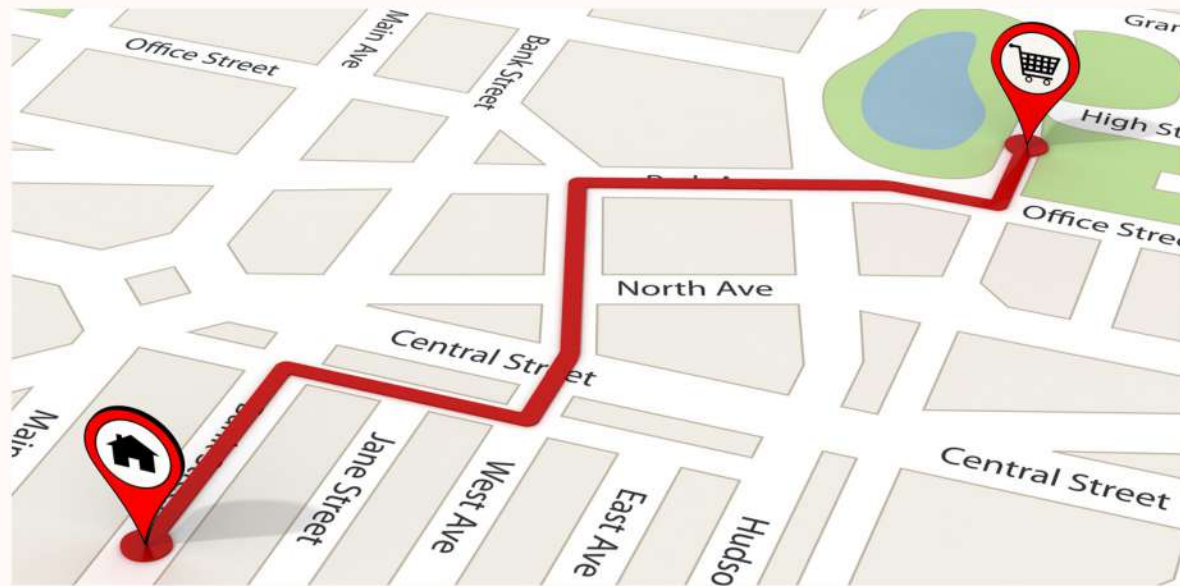
You can calculate the exact distance (one way) of your trip using the Erasmus+ distance calculator: [HERE](#)

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.

WHAT CAN BE ACCEPTED AS TRAVEL COSTS?

- Flight tickets;
- Public transport tickets (bus, ferry, train, metro etc.);
- Train tickets;
- Fuel receipts (make sure you agree with us on travelling by car);
- Taxi, Uber, Bolt costs (with checks or receipts);
- Extra luggage;
- Travel insurance.

P.S. Nothing else will 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.

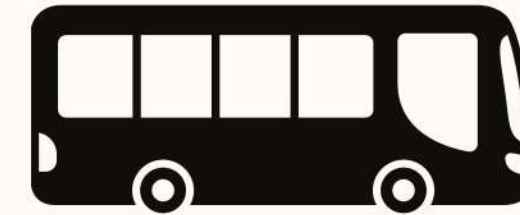
THERE IS NO SUCH THING AS A SELF-MADE MAN. YOU WILL REACH YOUR GOALS.

FROM VILNIUS INTERNATIONAL AIRPORT TO BIRŠTONAS

VILNIUS
INTERNATIONAL
AIRPORT



VILNIUS BUS STATION



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).

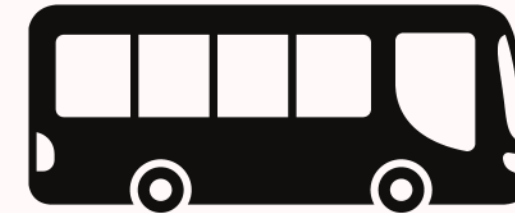


FROM KAUNAS INTERNATIONAL AIRPORT TO BIRŠTONAS

KAUNAS
INTERNATIONAL
AIRPORT



KAUNAS BUS STATION



BIRŠTONAS

From Kaunas International Airport:

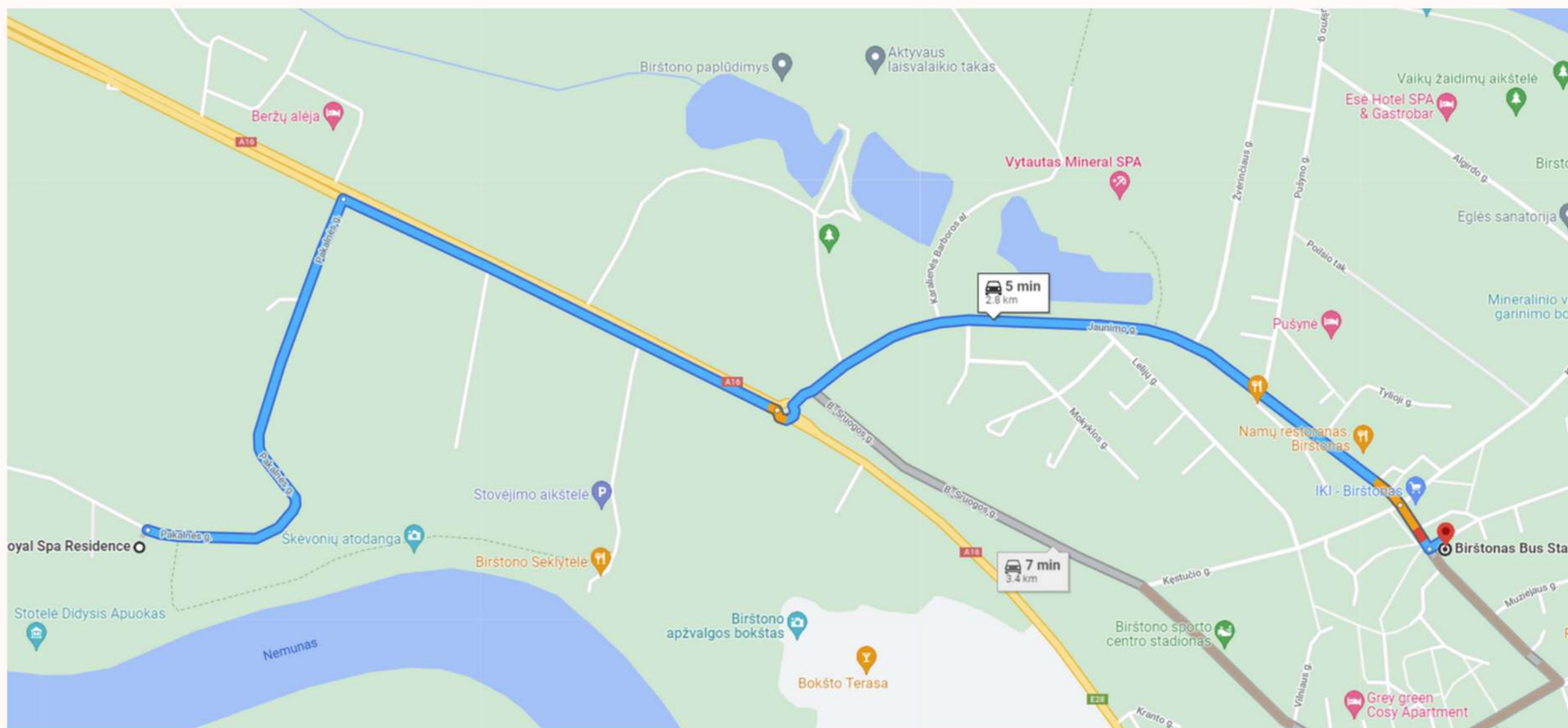
- Take the bus first. Bus No. 29G run to Kaunas Bus Station every 40 minutes. [More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

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 4-8 Eur.

Taxi 1: +370 319 62030

Taxi 2: +370 687 21194

Taxi 3: +370 638 66200

Taxi 4: +370 687 21194

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

HOTEL



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 

FOLLOW US!

@vvpinstitutas 

Visuomenės ir verslos
plėtros institutas 



SEE YOU SOON!

