



Erasmus+



Project

”Human Rights Defenders”

**KA1 –
Youth
Exchange**

Project dates:

8th to 15th of April, 2022



**Arrival day:
08.04.2022**

**Departure
day:
15.04.2022**

**Venue: Kaunas,
Lithuania**



1. The Project

Few words about the Project...

“Human Rights Defenders ” is a 7 days Youth Exchange project which will be held in Kaunas, Lithuania and will gather participants from 4 countries – Lithuania, Romania, Greece and Estonia to draw the attention to the importance of equality and to gain knowledge about human rights.

Summary: This project is for young people who feel discriminated by others, teenagers, they want to know more about their as well as others’ rights. Project is about tolerance and intolerance in their environment and human rights. Participants will foster respect for each other in their communities, increase selfconfidence, will raise voices for their rights or when someone in their environment will be intolerant. This project goals is to promote tolerance and respect for human rights for young people and at the same time to increase social inclusion.

Project’s topic: human rights, equality, tolerance.

Project’s objectives:

1. To raise awareness about the concepts of tolerance and human rights, the intolerance situation in 4 different communities for 28 young people until the end of the project.
2. To encourage 28 young people to raise their voices for their own rights as well as for those of others, perceive the power and importance of tolerance and respect for human rights through non-formal learning methods until the end of the project.

II. Participants



PARTICIPANTS' PROFILE:

Number of participants: 6 participants + 1 leader per country. **Age of participants:** 16-22. **Group leader** 18+. **Gender balanced groups!** At least 4 participants per National group with **economic and / or social obstacles**.



Economic obstacles are:

- * young people with a low standard of living, low income, dependence on social welfare system;
- * in long-term unemployment or poverty;
- * young people who are homeless, young people in debt or with financial problems.

Social obstacles are:

- * young people with a low standard of living, low income, dependence on social welfare system;
- * in long-term unemployment or poverty;
- * young people who are homeless, young people in debt or with financial problems.



Some concrete examples regarding **obstacles**:

*Youth without a job (example: one of your youth is looking for a job, for the moment he / she doesn't have any job) = **Economic Obstacles***

*Youth living more than 1 hour by driving car to the nearest airport = **Geographical Obstacles***

*Youth with a part time job (he / she works only 25 hours a week) = **Economic Obstacles***

Selection process needs to be done by partners' organisations. Participants have to be selected by questionnaires and motivational letters.

After exchange: Dissemination phase will take place. It is responsibility of every participant and partner's organization to share information about the project, to post photos and messages in social media. More detailed dissemination plan will be created during exchange by participants themselves which we will follow during this period.



III. Accommodation

Venue: Domus Pacis apartments (in the Kaunas city old town).

Address: Papilio g. 9, Kaunas.



Notice: You'll be accommodated in rooms of 3 persons.

About rooms: The participants will be accommodated mostly in their National groups. In rooms you will be divided **by gender**.

Website: <http://www.domuspacis.lt/> 







IV. Language

The main language used during the project will be **English**.

As we will work in an international environment, participants taking part in “Human Rights Defenders” project should be able to communicate and express themselves in English.

V. Travel and reimbursements



Accommodation, food and materials - 100% funded by the Erasmus+ Programme. It's highly recommended to start buying travelling tickets early. It's recommended to have a disposal for drinks, small shopping, etc.

Country		Compensation in Eur
Lithuania		20 Eur
Romania		275 Eur
Greece		275 Eur
Estonia		275 Eur



We will reimburse the travel expenses by bank transfer to partner organization accounts after the exchange. In order to make the reimbursement, firstly, dissemination activities will have to be implemented. Also, it is compulsory that you deliver all the necessary documents for us. If your travel costs exceed the

official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you.

For plane travel, the original documents that we need are:

1. E-ticket;
2. Invoice;
3. Proof of payment or receipt;
4. Boarding passes.

*After having all your original documents with, we will be able complete our final report and present it to our National Agency. According to Erasmus+ rules, their checking can take 60 days. Your travel expenses will be reimbursed by bank transfer to your organisation's account around July, 2022.

VI. Transportation

Firstly, you should find a flight to Kaunas (KUN) or Vilnius (VNO) airports. Flying to Riga (RIX) or Warsaw (WAW) airports may also be an option. The arrival day (and the first day of activities) is 8th of April, 2022 and the departure day is 15th of April, 2022. If you are coming from Vilnius, it is the best to first take a train / bus from the airport to Vilnius train / bus station and then change to the train / bus going to Kaunas.



• Train schedules: <http://www.litrail.lt>

• Bus schedules:

<http://www.autobusubilietai.lt>

!!! Arrivals after the arrival day (08.04.2022) won't be reimbursed.

***Tickets for travel out of the official dates bought without approval will not be reimbursed**

VII. Rules and procedures

- ✓ All the participants will be expected to be present and active in all the activities. Unauthorized absence from the activities and workshops won't be tolerated.
- ✓ No alcohol in the Hotel.
- ✓ Respect the common areas and leave them clean.
- ✓ Be on time every session.
- ✓ Respect the schedule.
- ✓ Don't disturb after midnight.
- ✓ Any lack of respect among participants and staff won't be tolerated.
- ✓ Stress, nerves and bad mood is prohibited everywhere. Bring your best mood and big smile with you and keep it through the Exchange! Prepare for fun!

VIII. How to prepare



We really wish that every group of participants came to our project well prepared and ready for activities. There will be some things to do:

1. **Most important** – don't forget to buy tickets to Lithuania for **8th of April** for arrival and **15th of April** for departure. Also, bring your **travel documents** to us (printed electronic tickets, original tickets, invoices as well) – during the project we will have office hour and will collect all this documentation so we need **ALL** your tickets and documents which prove the amount you paid (otherwise we will

be incapable to make travel cost reimbursements). So please have extra copy of your travel documents so you would be able to leave one of them to us.

2. **Health insurance** is also highly recommended for you, there is an opportunity to receive European Health Insurance Card in most countries which is valid in all EU, it is very flexible and you don't have to pay for it – please use it. Also, for our project **ALL**



participants **NEED** have **travel insurance** which will be reimbursed (up to 15 Euros) together with travel costs after presenting all documents. If your travel insurance might be higher price, you need to contact us at first.

3. **Safety rules:**

- We strongly recommend to travel with protective masks and gloves, have it with yourself during the project and use disinfectant fluid.
- If somebody won't feel well, they won't participate in daily activities and she / he will stay in the room.
- If somebody will have temperature, that person will be isolated in separate room and will be taken to the hospital for Covid-19 test.
- Biggest part of activities (of course, according to the weather) will be held outside.

4. **Facebook group** – we will create it for you and add you as soon as selection process will be over. It will be called Youth exchange “Human Rights Defenders”. There we will upload all further practical information, relevant to the project.

5. **Intercultural evening.** During intercultural evening we expect from each group to present: their main traditions and culture, cultural heritage, to lead some game / dance / activity, to bring some of their traditional meals or drinks.

6. **HOMEWORK.** Each group before the exchange will have to analyze the last occurs related to intolerance / discrimination / disrespect for human rights in their community / country and prepare presentations about it. After the presentation country will have to lead a discussion about it. Also, each group will have to lead 1-2 activities during the project. Concrete tasks will be given to each National group leader.



7. **Team building game** or **energizer.** If you know any great game or activity, which gets people together and helps to feel team spirit or refill yourself with energy – please share it. We will be happy to involve participants into the programme as much as possible.

8. Check the **weather forecast** before arrival and bring adequate clothes.

9. Bring **good spirit, joy** and **happiness!**



IX. Schedule

To really get the most out of the youth exchange we will always start early! After socializing in the night we'll start at 9:30 am in the morning with breakfast, strong coffee and some energizers! We'll do many things related to our topic.

Of course, we'll leave free time for you to relax in the city. In the evenings we'll have cultural nights (each country have to prepare for that), which will be followed by further in the city center.



X. Contact details



- ✓ Email: neribota.ateitis@gmail.com
- ✓ Facebook: <https://www.facebook.com/neribota.ateitis>

