



Erasmus+

Youth Exchanges "Turn Around" 2016.03.26/04.03



NGO Semeliškių bendruomenės iniciatyvos

Youth Exchanges

## Turn Around

2016.03.26/04.03

Lithuania, Trakai

Most of people are exposed to one or another fear: fear of flying, fear of closed spaces, fear to stay alone, fear of loss, fear of heights, fear of open spaces, etc.

Fear - an emotion, which occurs in the event of external or internal treats to human health, them life, them waiting of evilness or uncertainty.

One of the more common types of fear - stage fright, is facing the people of different professions, from musicians to actors and entrepreneurs, managers or teachers. Stage fright can be not only for the people who have little contact with one or another presence in public, but also for a people who are in a public everyday. Uncontrolled or excessive stage fright can cause not only discomfort, but also to make a lot difficulties to employ in needed job, resulting to a successful career and build a meaningful life model to be complete, self-confident and fluently speaking citizen.



## What is "Turn Around"?

"Turn Around" - this is a youth exchange project, which will aim to take a look at yourselves and your stage fright. We will analyze simple and well-known stage fright experienced by everyone who appears in public. This fear can cause discomfort, prevent or even ruin further human career. Since various fears provoke similar body factors, over all project, while we being practicing, we will try to find a ways how to overcome and to reconcile not only the scene but also other similar fears.

This "Turn Around" youth exchange project will take a place for 7 days in Trakai district. The project will involve a group of 40 young people from the Italy, Latvia, Turkey, Portugal and Lithuania. The project will serve to develop the communication skills, self-esteem, creativity, and independence of young people and young people with fewer opportunities from families going through economic, social, and psychological difficulties, to encourage active involvement in the activities organized by them, also to familiarize with different cultures as well as to create new cooperation networks and other aspects required in order to successfully dominate the modern labor market.

## Basic information

- Participation fee is 30 euros per participant;
- Duration: 7 days +2 travel days (participants are expected to arrive on 26<sup>th</sup> of March and to leave on 3<sup>rd</sup> of April);
- Days of activities: 2016.03.27-04.02;
- The place where the exchanges take place: Trakai district, Lithuania;
- Groups: 7 participants +1 group leader;
- Language: English.

## Participant countries and organizations

- Latvia "Still running", coordinator Arita Hibšmane, an email: arita.hibsmene@inbox.lv;
- Portugal "GCADONAS", coordinator Jose Bastos Pinto, an email: bastospinto1@gmail.com;



- Italy "EUROSUD", coordinator Adriano Difronzo, an email: EUROSUDNGO@GMAIL.COM;
- Turkey "Sakarya Bisiklet ve Doga Sporlari Dernegi", coordinator Koray Cantez, an email: koray.cantez@gmail.com;
- Lithuania "Semeliskiu bendruomenes iniciatyvos", coordinator Austeja Zymantaite, an email: austeja\_zymantaite@yahoo.com;

## Profile of participants

- Age: 18 – 28 (if under 18 or between 28 and 30 let us know);
- 7 young participants from each country plus one group leader (who has no age limit);
- Please, try to keep gender balance in your groups: 4 girls and 4 boys;
- Also, keep in mind that better is to have in group half of the participants with stage fright and half, who never had or already defeated it;
- ERASMUS+ is a program, which supports disadvantage young people. We would like to make this project open for these young people with fewer opportunities. Please, do not hesitate to include the people with fewer opportunities into your group;
- We cannot accept persons as participants, who are in the European Voluntary Service (EVS).

## Health insurance

Participants are required to take care of them health insurance individually or get the free formulary E-111 from your national social security that covers medical costs around EU member states (European Health Insurance Card).

## Travel costs and reimbursement

- Participants have to choose the cheapest travel tickets. If participants tickets sum price would be bigger then indicated in the table (below), the organizers reimburse not more than the specified amount per participant. Travel cost will be reimbursed your travel costs from your home city to the pick-up point in Lithuania and back to your home country;
- Reimbursement of travel costs will only be done up to one month after the Youth Exchange (YE) ending. An 80% attendance in the YE activity and



presentation of the original tickets with boarding passes and receipt/invoices are required. Any proposals of making the staying shorter or longer should be consulted with organizers;

- Reimbursement will be done in EUROS, regardless of the currency indicated on your ticket and receipt/invoice;
- Please note if you bought your ticket in your local currency which might be different than EUROS, we will calculate your travel costs according to the exchange rates from official European Commission web-site for the month of ticket purchase;  
<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>
- Please send travel details to us till 1th March 2016! Also, please use the travel search engines such as [www.skyscanner.net](http://www.skyscanner.net), [www.wizzair.com](http://www.wizzair.com) or similar when you will organize your trip;
- Each partner organization should send a list of participants with their names, arrival times and dates to email: [austeja\\_zymantaite@yahoo.com](mailto:austeja_zymantaite@yahoo.com). After that we will send the working table and together with the participants we will organize their trips. Participants are required to arrive in Lithuania on 26<sup>th</sup> of March;
- Before buying tickets, please consult with Austeja Zymantaite, an email: [austeja\\_zymantaite@yahoo.com](mailto:austeja_zymantaite@yahoo.com).

**Note!!** Please plan your trip carefully. In case your arrival/departure dates are longer than the Youth Exchanges itself, the organizers will not be able to reimburse your travel costs.

	Number of participants	Total travel costs per participant (euros)	Total travel costs per country (euros)	Distance (Km)
Portugal	8	270.00	2160.00	2000-2999
Turkey	8	170.00	1360.00	500-1999
Italy	8	170.00	1360.00	500-1999
Latvia	8	80.00	640.00	100-499
Lithuania	8	20.00	160.00	10-99



## Traveling to Lithuania



- Please make sure that your travel itinerary is in accordance with these dates 2016.03.26/04.03;
- At the same time please do make sure to use the most affordable possible transport to arrive to Trakai as we will be able to pick you up from Trakai. Participants will be picked up from Trakai depending where it is their closest destination;
- There are several possibilities to arrive in Trakai, primarily via Vilnius International Airport <http://www.vilnius-airport.lt/en/>, where you will need to take local transport (we recommend you) to take a Bus from the airport to the Bus station in Vilnius <http://www.autobusustotis.lt/en> (here you can book tickets online). From there you can take a Bus or a Train to Trakai. Please check the exact schedule once you arrive to the bus station;
- Other option to arrive in Trakai is via Kaunas Airport [https://www.kaunas-airport.lt/index.php?lang=en&page=bus\\_to\\_kaunas](https://www.kaunas-airport.lt/index.php?lang=en&page=bus_to_kaunas), where you will need to take local transport (we recommend you) to take a Bus from the airport to the Bus station in Kaunas <http://www.kvt.lt/en>. From Kaunas Bus station you should take a Bus to Elektrenai;
- Later on, organizers will provide more information about the Bus schedules.



## Accommodation, venue and food

Participants will be accommodated in rural tourism homestead; in double and triple rooms. We take care of towels and sheets. You have to take care of personal hygiene.

Rural tourism homestead will provide us breakfast, lunch, dinner and 2 coffee brakes.

If you have some special needs for food (vegetarian, celiac, some allergies, etc.), please, inform us about it beforehand. We can provide you just "with/without meat" vegetarian food, if you have some very complicated diet, or as a vegetarian you would like to have some special ingredients, we would appreciate if you could take the food that you need with you.

## Preparation for the "Turn Around"

- Before the start of the project, each organization undertakes its participants to present and describe the entire Youth Exchanges. Participants will be informed that in the whole project they will try to express themselves by more varied media support. Most of the communication will take place in the virtual space. Participants will be introduced to basic computer chat programs;
- The organizers undertake to prepare a short presentation of Lithuania, that those participants who arrive in Lithuania for the first time to properly prepare for this visit;
- By the beginning of the project participants will prepare a presentation of their country;
- According to the program with activities, each organization should bring national flag, food, drinks and music, materials for the organization from previous projects or country and also some video presentation if you cannot find it on YouTube. We will not be able to cover preparation cost for the international evening.

## Wheatear

According to the information provided from the meteorological association, the weather in Lithuania will be fresh, but still a bit cold. However, people say that Lithuania is rainy crust. Just in case, we recommend not to forget to bring your rainproof and warm clothing.

### Something about Lithuania and Trakai

<https://www.youtube.com/watch?v=TKf9sMJICRw>

<https://www.youtube.com/watch?v=P93zPpi3dPY>

<http://www.trakai-visit.lt>

To get more information or if you have any questions feel free to contact

**Project organizer Austeja Zymantaite**

**My email: [austeja\\_zymantaite@yahoo.com](mailto:austeja_zymantaite@yahoo.com)**

**Phone: +37067662667**

**See you soon 😊**