

ERASMUS+ YOUTH EXCHANGE  
KAUNAS, LITHUANIA  
24.05.2022 - 01.06.2022

# PEACE AT WAR



LITHUANIA

SWEDEN

CYPRUS

BOSNIA AND HERZEGOVINA

ROMANIA

GEORGIA



Co-funded by the  
Erasmus+ Programme  
of the European Union

**01**

PROJECT NAME

**Peace at War**

**02**

TYPE OF ACTIVITY

**ERASMUS+ Youth Exchange**

**03**

DURATION

**7+2 travel days (24 May - 1 June 2022)**

**04**

PARTICIPATING COUNTRIES

**Lithuania, Bosnia and Herzegovina,  
Georgia, Romania, Sweden, Cyprus**

**05**

NUMBER OF PARTICIPANTS

**6 per country (36 in total)**

# SUMMARY

Conflicts shatter lives and stunts development. And at the heart of many violent conflicts lie issues of inequality, injustice and exclusion. Conflicts have multiple drivers, operate as systems, are often local and do not stop at state borders. Responses require the influence, resources and commitment of different people and institutions, at different times. And young people, as members of a dynamic group in society, play a crucial role in positively transforming conflict situations and in building the foundations of democratic and peaceful societies. Without recognizing youths as agents of positive change, their trajectories in peacebuilding would likely be ignored, wasted and at best, under-utilized.

Peacebuilding activities address the root causes or potential causes of violence and stabilize society politically and socioeconomically. Thus, successfully create an environment supportive of self-sustaining, durable peace; reconcile opponents; prevent conflict from restarting; integrate civil society, and address underlying structural and societal issues. That is why partner organisations are putting their voices together to start this youth exchange to:

1. Build bridges between participating countries and promote values and behaviors of understanding and coexisting necessary to re-establish a culture of peace;
2. Facilitate theatre and role-play activities as well as mediation sessions to help participants find ways to prevent conflict and accept differences;
3. Facilitate conversations about peace and integration;
4. Provide young people with the opportunity to engage in constructive, peace-building activities.

A number of themes will be covered: 1) civil society, 2) reconciliation, transformation and peace-building processes, 3) trauma, mental health & psycho-social well-being, 4) rule of law, security and public order, and 5) empowerment of under-represented groups.

# PARTICIPANTS

**5 participants** from each participating country will be selected (**18-30 years old**) and 1 **team leader (no upper age limit)**. All the participants have to be 1) interested to familiarize themselves with the concepts of peace-building and conflict prevention, and 2) motivated to communicate and share their experience with others. Youth having fewer opportunities will be given a priority to participate. **Proof of COVID-19 vaccination is required to participate.**

## FINANCES & TRAVEL BUDGET LIMITS

1. Accommodation, living and other project-related expenses: 100% funded by the EU.
2. 100% of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.
3. Participants are required to have insurance covering travel expenses in the case of COVID-19.

<b>Travel distances</b>	<b>Amount</b>
Lithuania	20 € per participant
Bosnia And Herzegovina	275 € per participant
Georgia	275 € per participant
Romania	275 € per participant
Sweden	275 € per participant
Cyprus	275 € per participant

We will reimburse the travel expenses after the mobility by bank transfer, in accordance with the Erasmus+ framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. 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) Tickets and Boarding Passes

2) Invoice / Receipt

**Keep your bus/train tickets as well! Travel by cars/taxis is not reimbursed.**

# MONEY

The official currency in Lithuania is **Euro**. The prices in Lithuania are not high as well (e.g. bus ride - 1 EUR, pizza – 6.5 EUR). You can check the cost **of living** in Lithuania.

# GETTING TO LITHUANIA

The fastest and most secure way to reach Lithuania is by plane. The main aerodromes are in Vilnius and Kaunas. They have direct flights to all main cities in Europe. You can reach almost any bigger city in the world with just one change of plane. One more way of reaching Lithuania is by **bus**.

It has direct routes to Germany, Poland, Italy, Belarus, the Czech Republic, Latvia and other nearest countries.



# TRANSPORTATION

Firstly, you should find a flight to Vilnius (VNO) or Kaunas (KUN) airports. **The arrival day is the 24th of May and the departure day is the 1st of June, 2022.** Try to find a suitable option for the flights on these days.

# ACCOMMODATION & FOOD

**Venue:** [Domus Pacis guest house](#). Located in the city center of Kaunas.



**Rooms:** with 2-5 beds. Towels and bed linen will be provided. The Main Activity Room is located in the same building. WiFi internet connection is available. Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the hotel or cafeterias nearby. We strongly recommend each participant **inform the organizers about any special dietary needs** in advance.

**BASIC RULES:** All the participants will be expected to be present and active in all the activities unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Smoking is prohibited everywhere inside buildings (the guest house levies a fine of 30 EUR), thus all the smokers will have to go outside or to specially designated areas for a cigarette. Any damages to the property of the guest house or the organizers will be deducted from the travel reimbursements of the ones responsible.



# ABOUT LITHUANIA

Check the following websites to get to know more about our lovely Lithuania and Kaunas:

- [Official Lithuania website](#)
- [TripAdvisor Lithuania](#)
- [Lithuania Vacation Travel Video Guide \(2017\)](#)



# ADDITIONAL STAY

The hosting organization is covering the accommodation **ONLY** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets 7 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.

# PREPARATION & THINGS TO BRING

- Prepare energizers to boost all team's energy!;
- Prepare to present your country's culture. Bring some snacks, country flag, attributes and show us some national dances, songs or games!
- If you have relevant experience connected to peacebuilding – please let us know beforehand;
- Bring all your travel documents as presented above;
- Bring hygiene products and needed medicines;
- Bring comfortable clothes, no dress code! Also, your laptops/cameras/smartphones or everything that is possible to use to make and edit pictures;
- Prepare to learn and contribute to helping war victims around the world!

More preparation needed for the activities will be posted online after the participants are selected.

# Stay connected



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If you have any questions, please contact us via email or Facebook.



[www.facebook.com/activeyouthlt](http://www.facebook.com/activeyouthlt)



[www.instagram.com/active.youth/](http://www.instagram.com/active.youth/)



[www.youtube.com/activeyouthlt](http://www.youtube.com/activeyouthlt)



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**See you soon!**

