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Erasmus+ youth exchange



WASTE NOT, LEFTOVERS WANTED

July 8 - July 17, 2024

LITHUANIA

Age 18-29



Stovykla “Draugai”



@stovykladraugai



We are glad to welcome you to the youth exchange project
"WASTE NOT, LEFTOVERS WANTED"
and look forward to meeting you in Lithuania.

Please read all the provided information carefully and do not
hesitate to ask questions if needed.



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OBJECTIVES OF THE PROJECT

The aim of the project is to raise the awareness of young people in reducing food waste, solving the problem of food waste, in order to encourage more sustainable living.

Objectives:

- 1) to raise awareness of food waste as an environmental, economic and ethical issue;
- 2) to provide participants with knowledge and tools on how to reduce, use and recycle food waste;
- 3) to motivate young people to work in teams or individually, spreading the idea of a more sustainable way of life by example, social activities, project dissemination.



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PARTICIPATING ORGANISATIONS

LITHUANIA	VšĮ Vaikų ir jaunimo centras “Džiaugsmo slėnis”
BULGARIA	ESEI - ETHNO, SOCIAL AND ECO INITIATIVES ORGANIZATION
TURKEY	DOGAYA DONUS GENCLIK VE SPOR KULUBU DERNEGI
ROMANIA	ASOCIAȚIA TINERILOR CU INITIATIVA CIVIC
MALTA	Nadur Local Council
LATVIA	Liepajas pilsetas Izglītības parvalde, Liepajas Bernu un jaunatnes centrs
ITALY	Romagna+



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TARGET GROUP OF THE PROJECT

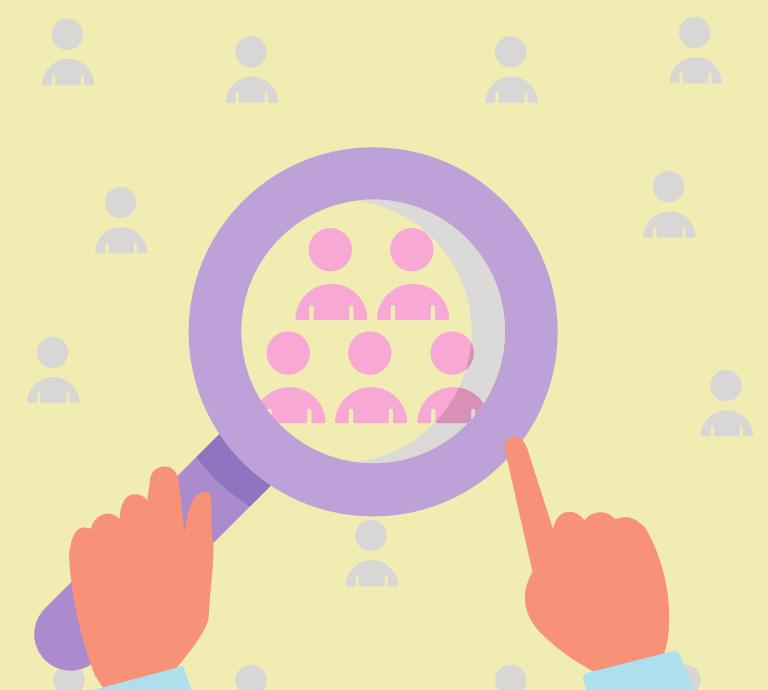
Basic English language skills are necessary.

Participants: 17-29 y.o. (There is no age limit for a leader of the group)

Each national group has to include 2 participants with fewer opportunities.

Each national group will consist of 5 participants (4 youngsters + 1 leader).
In total: 35 participants.

Gender balance is expected !



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FINANCIAL CONDITIONS

Unit costs of your travel expenses (see table below) will be covered by the organizers with the support of the ERASMUS+ program.

This is in accordance to the rules of the Erasmus + programme. We can cover the travel costs within this limit.

If the travel costs are exceeding this price limit the rest has to be covered by the participants themselves.

COUNTRY	TRAVEL BUDGET (Amount per person in Eur)	DISTANCE BAND (Calculated by Erasmus+ distance calculator)
BULGARIA	Up to 275 Eur	500 – 1999 km
TURKEY	Up to 275 Eur	500 – 1999 km
ROMANIA	Up to 275 Eur	500 – 1999 km
MALTA	Up to 360 Eur	2000 – 2999 km
LATVIA	Up to 23 Eur	10 – 99 km
ITALY	Up to 275 Eur	500 – 1999 km

If your distance band is lower - the budget decreases. Please contact us for more information or check [here](#).

The travel costs will be reimbursed via bank transfer.

Reimbursement may take up to 6 months, so please plan accordingly.



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REIMBURSEMENT

Accommodation, food, and planned activities will be covered by the project budget

In order to receive reimbursement money for transportation, please upload ALL original invoices, tickets, boarding passes, or any other transport documents, a copy of any ticket payment from the bank account to be able to see who paid for the ticket (if paid not in cash).

Travel documents should be uploaded on [Google Drive](#).

On some apps the boarding pass disappears after the travel. Remember to take a screenshot!

Reimbursement may take up to 6 months, so please plan accordingly.

You should also fill in the form of claim for reimbursement (found in [Google Drive](#)).

There is a sample form included to see how it should be filled in.

[In this form, please, do not change the amounts from other currencies to the euro. Organizers will count by themselves according to all the rules.](#)

Please note: only the cheapest means of transport/fares are subject to reimbursement. Travel and/or baggage insurance is not covered.



It is possible to come to Lithuania several days earlier or leave several days later after the end of the project. In this case, you will have to cover any extra costs for accommodation and food.



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REIMBURSEMENT

DONT
FORGET



Reimbursement of travel costs will only be done:

1. upon full attendance in the program;
2. all travel tickets are given in;
3. dissemination is done by the national group;
4. the group leader has filled in the official Erasmus+ questionnaire;



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COMMUNICATION

All communication with the participants will be held via WhatsApp group and email.



You will receive invitation to the WhatsApp group upon your participation confirmation.



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TRAVEL DAYS

The project will last for eight days:
July 9-16, 2025

Travel days for foreign participants:

Arrival day: 8th of July

Departure day: 17th of July

Lithuanian participants arrive in the morning of the 9th of July and depart in the evening on the 16th of July.



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TRAVEL PLAN

Your travel budget consists of:

1. Inside travel in your country;
2. Flights (back and forth);
3. Travel Airport-Renavas-Airport;

We will organize the transport Airport - Renavas - Airport.

Transportation will pick you up (in groups) from the airport and take you directly to/from project location.



TRANSFER COSTS:

From/To Riga: 30-35 Eur (one way)

From/To Vilnius 35-40 Eur (one way)

You will have to pay the amount in cash.

Each participant will receive a receipt that can be added to travel expenses.

Travel tickets MUST be approved by project organizers before buying!



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PROJECT VENUE



The participants will be accommodated and the activities will take place at the Guesthouse of Education Center.

Address: Renavo st. 35, Vadagiai, Mazeikiai district, Lithuania



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PROJECT VENUE



ACTIVITY ROOM

BIG ROOMS
(7-8 people together)



SHOWERS

SMALL ROOMS
(4 people together)



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PROJECT VENUE



Renavas is a village in Mažeikiai District, Lithuania. It is located on the left bank of the Varduva river. The village is known for its 16th-century manor.



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BEFORE TRAVEL TO LITHUANIA

- Make sure your passport is valid for 6 months counting from the departure day.
- Insurance. Make sure you have insurance for the period of your travel (required by the Erasmus+ rules):
 - Wherever relevant, travel insurance (including damage or loss of luggage);
 - Accident and serious illness (including permanent or temporary incapacity);
 - Death (including repatriation in case of projects carried out abroad).

If applicable, it is strongly recommended that participants in transnational activities are in possession of a European Health Insurance Card.

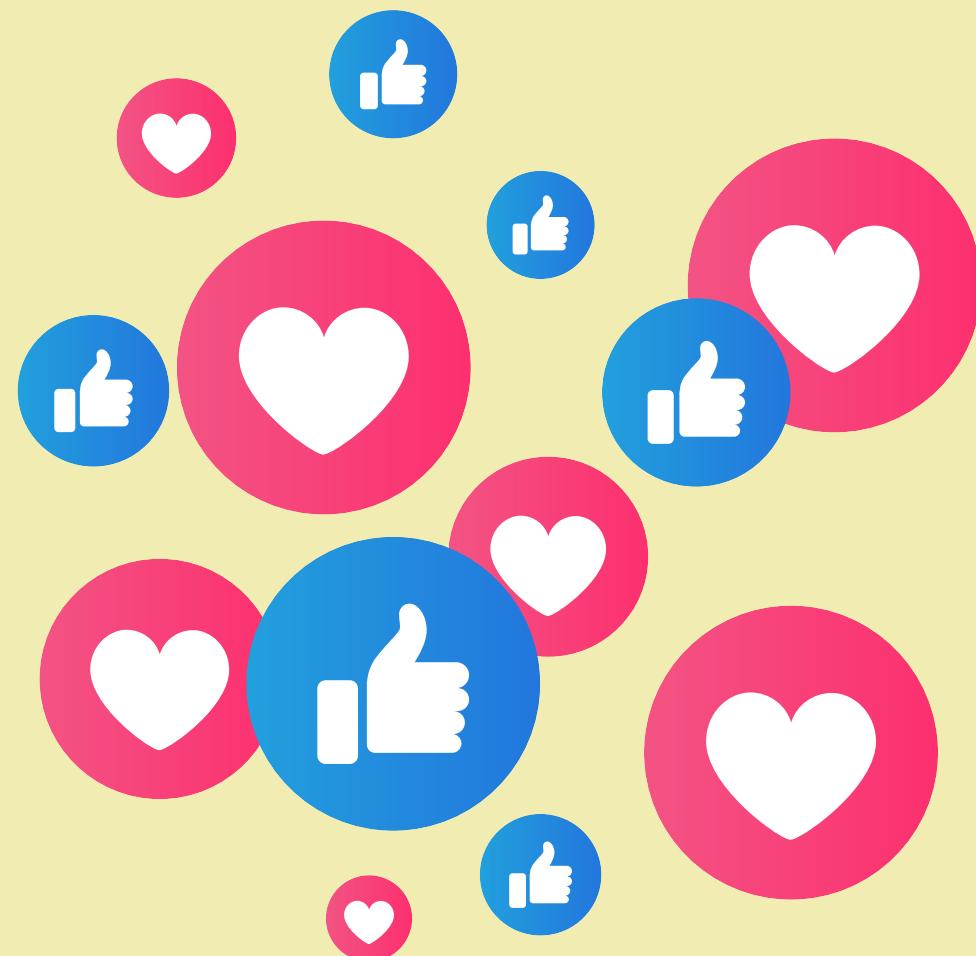
- Lithuania has banned alcohol advertising and raised the legal drinking age to 20 from 18 as part of efforts to curb consumption in one of the world's hardest-drinking nations" since January 1st, 2018.
- Smoking – only outside. No smoking inside. Smoking in Lithuania is allowed from 18 years old.
- Energy drinks – in 2014, Lithuania became the first country in the EU to ban the selling of energy drinks to anyone under the age of 18. (<https://www.businessinsider.com/lithuania-bans-energy-drinks-for-minors-2014-11>).



DISSEMINATION OF THE PROJECT

We would expect to see this promotion:

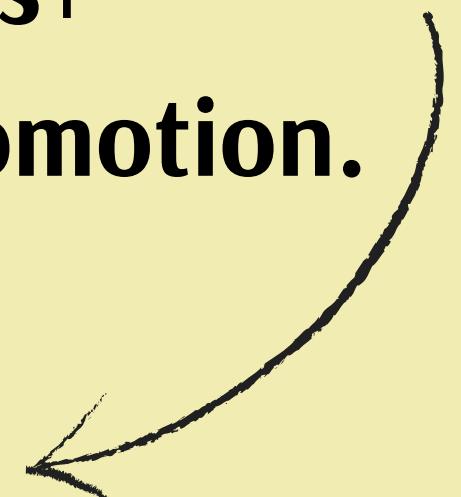
- on your website
- you can download the prepared poster from [Google Drive](#);
- on your social media;
- in the media (any if possible);



**Make sure to use the Erasmus+
Programme logo with any promotion.**



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WHAT TO PACK?

Necessary documents, such as passports, travel documents, etc.

Personal care products, such as shower gel, shampoo, comb, etc.

Any medication you will need during your stay.

Reusable bottle

For using less plastic cups and being sustainable

Comfortable clothes and shoes (please check the weather forecast before packing your luggage).



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LITHUANIAN FOOD

Lithuanian food is well known as delicious and quite heavy.

We hope you will enjoy the meals that will be served.

Please let us know as soon as possible whether you have any special needs (vegetarian, vegan, no pork, no fish) or allergies we need to know. We will do our best to accommodate the needs of everyone.

If you want to learn more about Lithuanian cuisine, you are welcome to visit this page!

<https://www.lithuania.travel/en/category/lithuanian-cuisine>



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CULTURAL EVENINGS

As part of our cultural evenings, we would like to find out more about your country.

We kindly ask you to prepare an interactive presentation of your country (you can present your country's food, music, traditional dances, games, etc.).

Creativity is the basic requirement.

Participants will also have the opportunity to present their organization and its activities.

You can bring some materials (brochures, posters, PowerPoint presentations, films, photos, etc.).

Be creative! ☺



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CONTACT DETAILS

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[Stovykla “Draugai”](#)



[@stovykladraugai](#)



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