

“ Stay Safe”

KA1 – Youth Exchange



Project dates:
March 28 – April 7, 2022



Arrival day: 28.03.2022
Departure Day: 07.04.2022



Venue: Kaunas, Lithuania

1. The Project

Few words about the Project...

“Stay Safe” is a 10 days Youth Exchange project which will be held in Kaunas, Lithuania and will gather participants from 6 countries – Lithuania, Latvia, Croatia, Poland, Bulgaria and Italy to change attitudes about internet safety and raise digital skills.



Summary: Internet safety or online safety or cyber safety or E-Safety is trying to be safe on the internet and is the knowledge of maximizing the user's personal safety and security risks to private information and property associated with using the internet, and the self-protection from computer crime. However, very often, especially between youngsters, internet safety and data privacy and security is not considered of high importance and they only rarely take additional actions or use privacy tools to ensure their safety on internet. While our youngsters found this topic of crucial importance during the times of various fraudulent activities online, identity thefts, stalking and others.

Project's objectives:

- To analyze the reasons of irresponsible online behavior and look for solutions with 36 young participants (+6 leaders);
- To learn about benefits of using privacy tools for 36 young participants (+6 leaders) and local communities;
- To change attitude and behavior with private personal data, using improved digital skills for 36 young participants (+6 leaders) and local communities.

**2. Participants****PARTICIPANTS' PROFILE:**

Number of participants: 6 participants + 1 leader per country. **Age of participants:** 16-26. **Group leader** 18+. **Gender balanced groups!** At least 3 participants per National group with **economic and / or social obstacles or geographical 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 facing discrimination because of gender, religion, disability, etc.
- * young people, with limited social skills, or anti-social or risky sexual behaviors;
- * young people in a precarious situation;
- * (ex) offenders, (ex) drug or alcohol abusers;
- * young and / or single parents, orphans;
- * young people from broken / mono-parents families.

Geographical obstacles are:

- * young people from remote or rural areas;
- * young people living on small islands or peripheral regions;
- * young people from urban problem zones;
- * young people from less serviced areas (limited public transport, poor facilities, abandoned villages).

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 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 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.

3. Accommodation

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

Address: Papilio g. 9, Kaunas.

Notice: You'll be accommodated in rooms of 2, 3 or 4 persons.

About rooms: the participants will be accommodated in mixed national groups, to facilitate the getting to know each other process and intercultural learning.

In rooms you will be divided **by gender**.

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





4. Language




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

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



5. Travel and reimbursements

Accommodation, food and materials - 100% funded by the Erasmus+ Programme. This includes everything, except for travel costs. Travel costs are compensated up to the limit, identified 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
Poland		180 Eur
Latvia		180 Eur
Croatia		275 Eur
Bulgaria		275 Eur
Italy		275 Eur

! All travel tickets need to be bought with possibility to change travel date. If you would like to buy different kind of tickets, you need to contact us at first.

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 organization's account around July, 2022.

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 28th of March, 2022 and the departure day is 7th 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 (28.03.2022) won't be reimbursed.

!!! Departures before the departure day (07.04.2022) won't be reimbursed.

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



6. 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!



7. 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 **28th of March** for arrival and **7th 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 “Stay Safe”. 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.** Research presentation and related activities: media literacy in commercials, media literacy in politics, media literacy in mass media, media literacy in social media. All concrete tasks with explanation will be shared with selected participants and group leaders.

*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!**

8. 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.



9. Contact details



- ✓ Email: gabriele@uniqueprojects.eu
- ✓ Facebook: <https://www.facebook.com/uniqueprojectseu/>