



GO FORWARD LT

# From passion to profession: from idea to dream job



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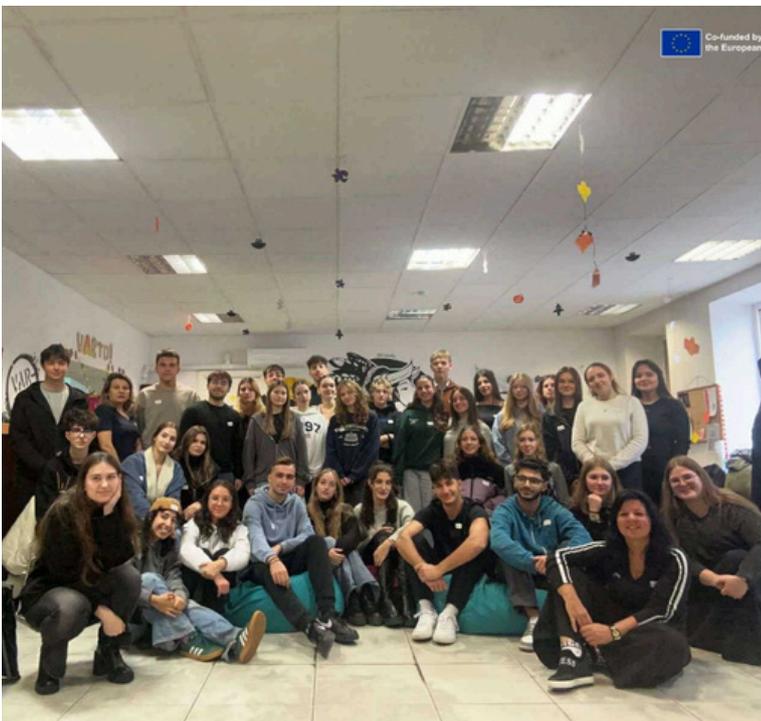
Thank you!



# Introduction to the "From passion to profession" project

"From passion to profession" was an international Erasmus+ youth exchange that took place in Kaunas, Lithuania, from 6 to 17 November 2025.

The project brought together young people from Lithuania, Poland, Greece, Italy, and Romania, creating a diverse learning environment where different backgrounds, experiences, and perspectives met.



Organised by Go Forward LT and funded by the European Union through the Erasmus+ programme, the project aimed to support young people in discovering how their interests, skills, and ideas can evolve into realistic professional paths.

This youth exchange was not only about career planning. It was about self-discovery, confidence-building, and learning how to take the first steps toward entrepreneurship. Through non-formal education methods, participants explored who they are, what motivates them, and how their passions can be transformed into meaningful work.



# Why passion matters in career choices?

Many young people feel pressure to “choose the right profession” early in life, often without fully understanding themselves. Schools and labour market statistics can provide information, but they rarely answer deeper questions such as:

- What job would be good for me?
- What problems do I care about solving?
- What kind of life do I want to build?

The “From passion to profession” project addressed this gap by helping participants understand that a career does not start with a job title, it starts with self-awareness.

Passion is not always a hobby, it can also be a way of thinking, creating, helping others, or solving problems.

By learning to identify their passions, participants gained clarity and motivation, which are essential foundations for both employment and entrepreneurship.



# Self-exploration as the first step

The first phase of the exchange focused on creating a safe and supportive environment. Through team-building activities, reflection sessions, and non-formal learning exercises, participants developed trust and openness within the group.

Workshops encouraged young people to:

- Reflect on their strengths and personal values
- Identify skills gained through life experience, not only education
- Recognise fears and limiting beliefs related to career choices



## Value mapping:

Participants began by identifying their core values the principles that guide their decisions and behaviour. Through guided discussions and individual reflection.

By mapping personal values (such as freedom, stability, creativity, impact, or cooperation), participants learned that career choices feel more sustainable when they align with what truly matters to them not only with external expectations.



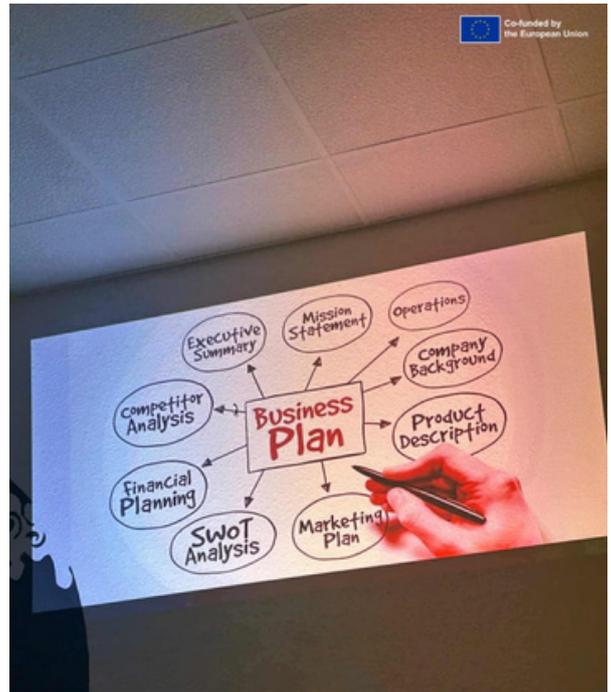
# Introduction to entrepreneurship

Entrepreneurship is often associated only with starting a company or making profit.

However, during the “From passion to profession” youth exchange, participants learned that entrepreneurship is first and most powerful a mindset, a way of approaching life, work, and challenges with initiative, creativity, and responsibility.

Entrepreneurial thinking empowers young people to take an active role in shaping their future, whether they choose self-employment, work in an organisation, or develop social and community-based projects.

At its core, entrepreneurship is about responding to needs and challenges with creativity and responsibility. An entrepreneurial person is someone who observes the world, notices problems or gaps, and looks for solutions that can make life easier, more meaningful, or more efficient for others.



These solutions do not always lead to traditional businesses. They can take the form of social initiatives, creative projects, digital services, or improvements within existing organisations. Understanding this helped participants see that entrepreneurship can be relevant regardless of their future profession.

Overall, the introduction to entrepreneurship during the From Passion to Profession project showed participants that entrepreneurship is not about having all the answers or following a single path. It is about curiosity, responsibility, and the courage to take action despite uncertainty.



# From idea to business model

A business model gives structure to an idea and helps turn passion into a realistic opportunity. During the youth exchange, participants learned that ideas become stronger when they respond to real needs and have a clear purpose.

Participants focused on defining who the idea is for and what problem it solves, understanding that value can be economic, social, or emotional. They also reflected on the resources and skills needed to make an idea sustainable. Participants worked in international teams to:

- Generate ideas based on personal passions or social needs
- Identify a target audience and real-life problems
- Explore basic business models and value propositions
- Discuss feasibility, resources, and potential risks

Through feedback and group work, participants learned that a business model is flexible and develops over time. Rather than being a final plan, it serves as a practical tool for testing ideas and moving from inspiration to action.



# Financial literacy and digital presence

Financial literacy and digital presence are fundamental competences in today's professional world. Regardless of whether a young person plans to become an entrepreneur, freelancer, employee, or project leader, the ability to understand basic financial principles and communicate effectively online plays a crucial role in long-term stability and independence.

Financial literacy begins with understanding how money functions in everyday life and professional activities. This includes recognising income and expenses, understanding the difference between fixed and variable costs, and learning how to plan resources responsibly. Financial awareness helps young people make informed decisions, avoid unnecessary risks, and evaluate whether an idea or activity can be sustained over time. Rather than focusing on profit alone, financial literacy encourages realistic planning, responsibility, and long-term thinking.



Digital presence is equally essential in shaping modern career paths. In a digitalised world, ideas, projects, and individuals are often discovered, evaluated, and trusted through online platforms. Digital presence refers not only to visibility, but also to clarity and credibility. A clear and honest digital identity helps communicate who you are, what you offer, and why it matters.

Developing these skills helps young people move from uncertainty to informed action, enabling them to participate more actively and responsibly in both the economic and digital spheres of society.



# Learning from real-life examples

Connecting learning with real professional environments is essential for understanding how ideas can become viable career paths. A key educational experience was the visit to Tech Park, an innovation and start-up hub that brings together entrepreneurs, creative professionals, and technology-driven initiatives. Visiting Tech Park allowed participants to observe how modern workspaces are designed to encourage cooperation, creativity, and flexibility.

At Tech Park, participants were introduced to different types of business models, start-up structures, and innovation processes. They gained insight into how entrepreneurs move from an initial concept to a market-ready solution, and how mentoring, networking, and access to resources play a crucial role in this journey.

The international youth exchange setting itself played an important educational role. Working in multicultural teams encouraged participants to approach problems from different perspectives and to adapt their ideas through dialogue and cooperation. Exposure to diverse experiences, cultural backgrounds, and ways of thinking strengthened creativity and critical thinking, both of which are essential in entrepreneurship. Learning together in an international environment also helped participants develop communication skills and confidence in presenting their ideas.

An important element of applied learning was the business idea development and competition. Participants worked in teams to refine their ideas and present them in a clear and structured way. This process required them to explain the value of their ideas, define their target audience, and consider feasibility and sustainability. Presenting ideas to others helped participants practice public speaking, persuasion, and self-confidence.



# Thank you!

We would like to express our sincere gratitude to the Erasmus+ programme, the Youth Affairs Agency, and the European Union for making the “From passion to profession” youth exchange possible. Their support has empowered young people to explore their interests, strengthen their skills, and gain the confidence to transform ideas into meaningful professional opportunities.

To everyone reading: thank you for being part of this journey. Whether you are taking your first steps toward a career path, exploring entrepreneurship, or simply seeking clarity about your future, we hope this booklet has inspired you to believe in your potential and take action. Remember that every professional journey begins with curiosity, courage, and the willingness to grow.





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