

TRAINING COURSE



SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE



**Co-funded by
the European Union**

INSIDE OUT

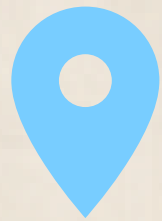


October 26-31, 2025

**Birštonas
Lithuania**

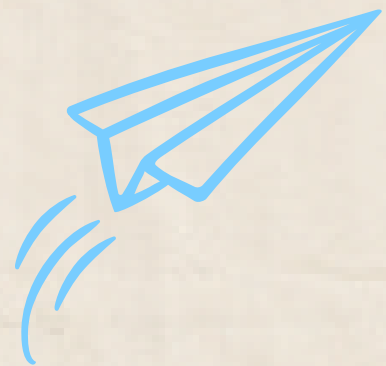


DATES



- **Place:** Birštonas, Lithuania.
- **Arrival** (for international participants):
 - October 25, 2025 (hotel included from 25th till 31st of October)
- **Arrival** (for Lithuanians):
 - October 26, 2025 **TILL** 10 AM (hotel included from 26th till 31st of October)
- **Departure for all:** October 31, 2025, 3 PM.

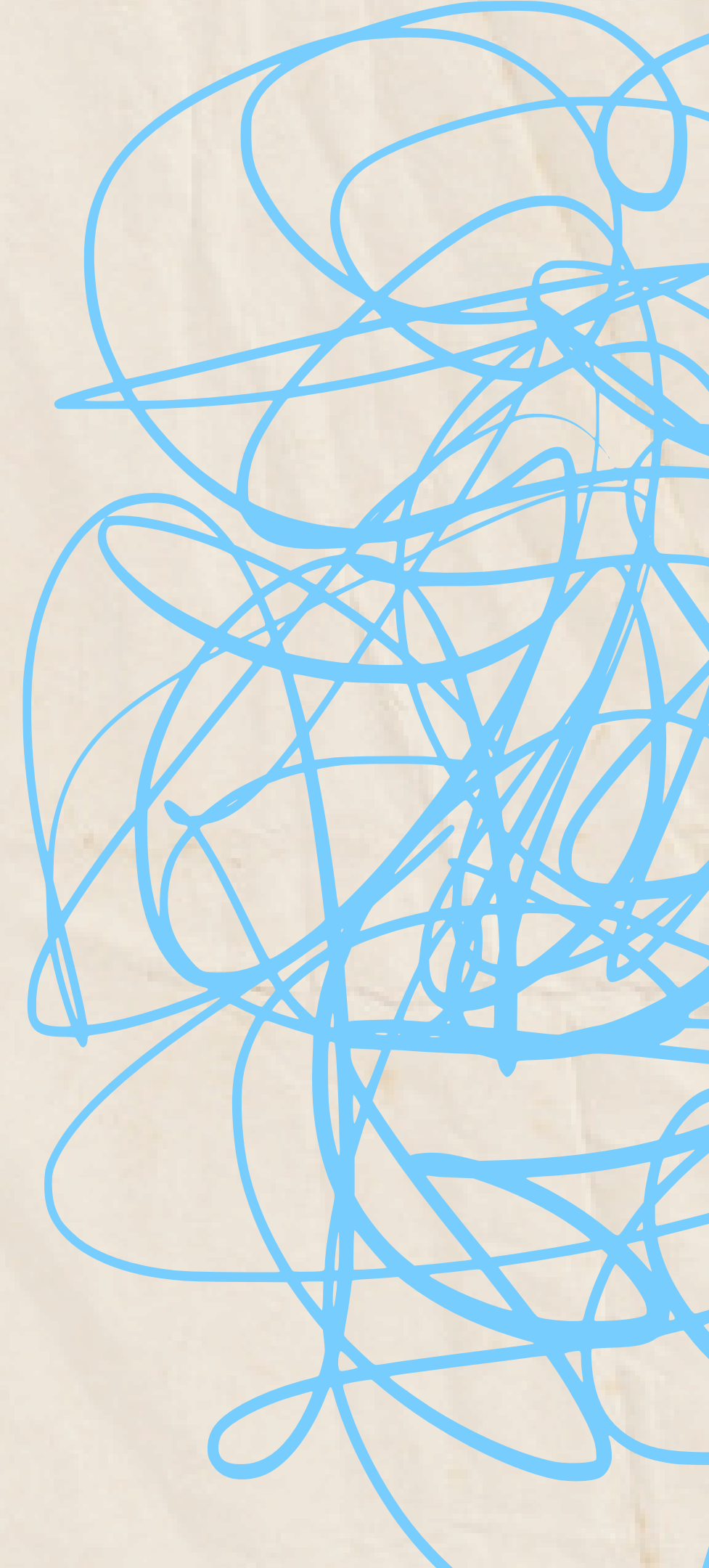
P.S. If you plan to extend your stay beyond the duration of the training, you will be responsible for covering the cost of the accommodation and catering in Lithuania by yourself.



ABOUT THE TRAINING

In the training course INSIDE OUT, you will explore the concept of mental health and its importance in both youth work and everyday life. You will develop skills to better understand and recognize mental health issues, and you will learn how to provide first aid and support to young people experiencing mental health challenges. Together, we will explore ways to engage, connect, and empower you to talk openly with youth about mental health.

The training will also focus on working with young people in emotional crisis and on using artistic expression as a tool to encourage them to express their feelings through art and creativity.



PROFILE OF PARTICIPANTS

- Youth workers and educators;
 - Youth workers who coordinate youth volunteering activities;
 - Youth workers who facilitate the learning process of volunteers;
 - Social workers and counsellors for youth;
 - Youth projects coordinators and managers;
 - Community leaders and activists;
 - Leaders of youth organisations;
 - Coordinators and mentors of youth volunteers;
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- Ability to communicate in English
 - Participation in the whole training course



TOPICS IN TRAINING COURSE

- How to recognise an emotional crisis?
- What are the methods to help a young person overcome an emotional crisis?
- How to promote a sense of self-esteem, open communication and expression of feelings in young people?
- How to create an environment of trust for young people? What are the means of artistic expression to work with young people in emotional crisis?
- How to recognise the type of emotional crisis: anxiety, stress, depression, grief, etc.?
- How to stay within the boundaries of the "omniscient expert" and not make the situation worse?

PROGRAMME

TIME	October 25	DAY 1 (October 26)	DAY 2 (October 27)	DAY 3 (October 28)	DAY 4 (October 29)	DAY 5 (October 30)	DAY 6 (October 31)
Until 10:00	Arrival day of international participants	Arrival of Lithuanians	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:30		Getting to know each other	My view on emotions	Young people and emotions	Personal time: reflecting on my emotions	Methods on working with youth on mental health	Key competences for lifelong learning
11:30 - 12:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
12:00 - 13:30		Getting to know each other	My view on emotions	Young people and emotions	Personal time: reflecting on my emotions	Methods on working with youth on mental health	Final evaluation and reflection
13:30 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 16:30		Introduction to the training. Fears and expectations	Theatre and emotions	Methods on working with youth on mental health	How do I understand myself	Boundaries and methods on working with youth on mental health	Departure
16:30 - 17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 - 18:30		What does it mean to experience emotions?	Theatre and emotions	Methods on working with youth on mental health	How do I understand myself	Boundaries and methods on working with youth on mental health	
19:00		Dinner	Dinner	Dinner	Dinner	Dinner	
21:00		Intercultural evening	Intercultural evening	Intercultural evening	Open space for activities or free time	Intercultural evening	



AFTER THE TRAINING COURSE

Follow-up:

Within 1–2 months after the training course, please provide us with information on how you have used the knowledge, methods, or materials from the training course in your youth work–related activities.

Dissemination:

Within 1 month after the training course, please provide a link (or links) to a post on your own or your sending organization's social media accounts about the training course you participated in.



ABOUT US



SOCIETY
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Our main goal is to develop social, cultural, education and youth projects in remote regions of Lithuania and beyond.

We refined **4 strategic directions** of activity, with which we seek changes relevant to youth and society through various measures, programs and initiatives:

1. Volunteering;
2. Entrepreneurship;
3. Integration;
4. Citizenship.





SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE

TRAINERS – A BOOST OF GOOD ENERGY



VLADAS POLEVIČIUS

- Managed and implemented over a decade's worth of youth-focused projects at regional, national, and international levels.
- Coordinated "My Voice Matters," Lithuania's best youth project awarded by the European Charlemagne Youth Prize Commission in 2015.
- Successfully executed programs under Erasmus+, European Solidarity Corps, and European Social Fund frameworks.
- Led initiatives to support youth with fewer opportunities and children with disabilities through inclusive and sustainable projects.
- Applied innovative tools and methods to foster youth development, entrepreneurship, and mental health awareness.
- Consults new applicants as an Erasmus+ Regional Consultant at the Lithuanian National Agency, promoting and guiding youth initiatives.
- Prepared project proposals, managed budgets, and ensured timely and impactful delivery of funded programs.
- Facilitates training courses for youth and youth-workers on mentoring, motivation, creativity, teamwork, critical thinking, and advocacy to empower youth and community development.
- Built and maintained strong partnerships with NGOs, municipalities, and international organizations for collaborative success.
- Demonstrates advanced competence in career guidance and youth mentoring (certified).



AISTĖ RUTKAUSKIENĖ

- Manages Erasmus+ projects since 2017, focusing on youth exchanges, training courses, and international volunteering.
- Coordinates youth voluntary service programs in Lithuania, providing mentorship to volunteers and strengthening host organizations.
- Facilitates training courses for youth and youth-workers on mentoring, motivation, creativity, teamwork, critical thinking, and advocacy to empower youth and community development.
- Led international projects like Rejection Stories (KA227) and Enterprise You (KA210), fostering innovation and global collaboration.
- Co-initiated the “Marijampolė - Lithuanian Youth Capital 2023” project to promote youth engagement and active citizenship.
- Consults new applicants as an Erasmus+ Regional Consultant at the Lithuanian National Agency, promoting and guiding youth initiatives.
- Organizes art camps, exhibitions, and events to support youth development and cultural expression.
- Demonstrates advanced competence in career guidance and youth mentoring (certified).



FINANCES & TRAVEL BUDGET LIMITS FOR THE TRAINING COURSE



Accommodation, living and other project / exchange related expenses: 100% funded by the Erasmus+ programme.

Travel (flights, other means of transport) expenses are reimbursed (up to 100%), based on the distance from your location of residence to the location of the project.

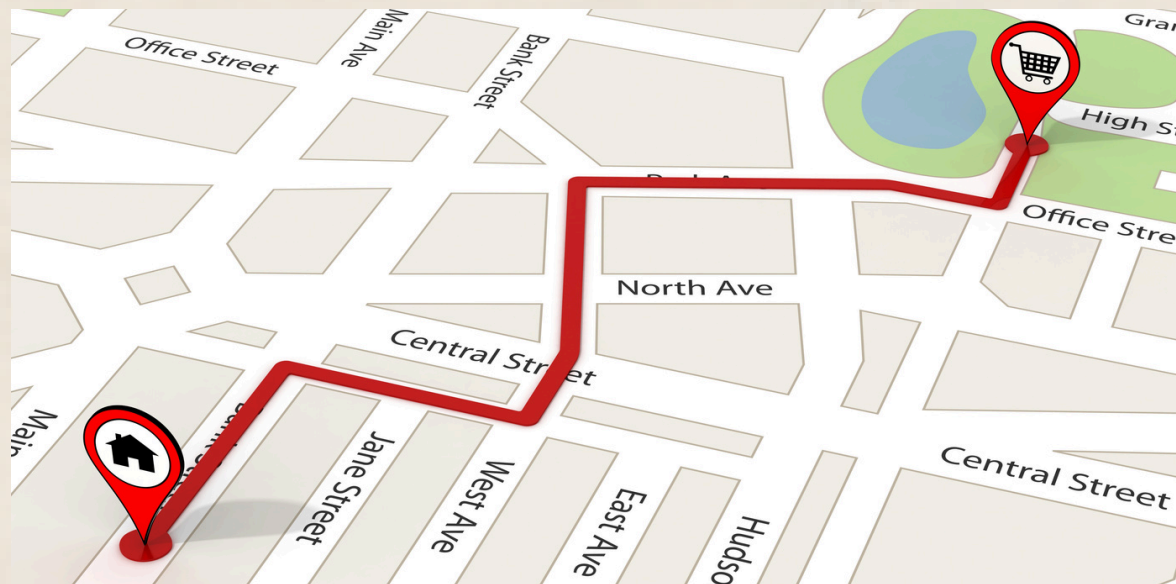
You can calculate the exact distance (one way) of your trip using **ONLY** the Erasmus+ distance calculator: [HERE](#)

Travel distance (one way)	Standart travel budget in total (up to)	Green travel budget in total (up to)
10 – 99 km	28 EUR	56 EUR
100 – 499 km	211 EUR	285 EUR
500 – 1999 km	309 EUR	417 EUR
2000 – 2999 km	395 EUR	535 EUR
3000 – 3999 km	580 EUR	785 EUR

TRAVEL BUDGET LIMITS & GREEN TRAVEL

We encourage you to choose **green travel**!

Green travel - using public transport (bus, train), cycling or carpooling for most of your journey.



All travel expenses are reimbursed, based on the distance from your location of residence to the location of the project.



Please do not forget to keep all your boarding passes, invoices, transportation tickets in order to be reimbursed!



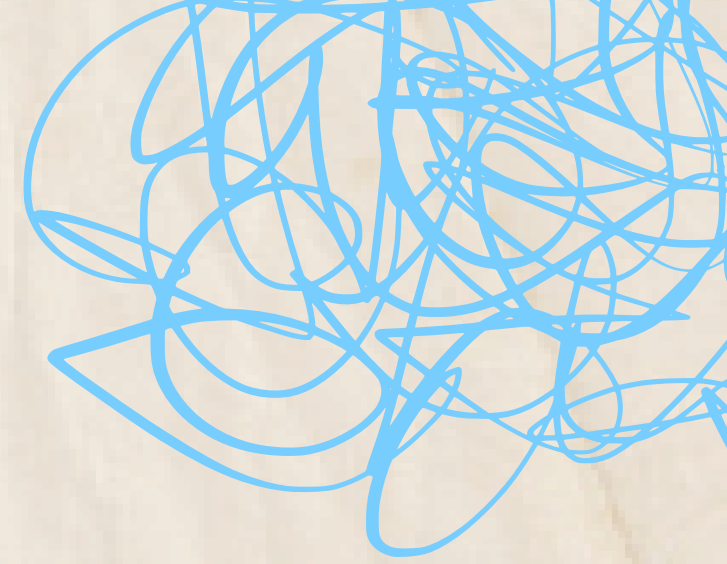
KEEP IN MIND!

BEFORE BUYING ANY TRAVEL TICKETS
YOU HAVE TO GET **WRITTEN
CONFIRMATION** FROM THE ORGANIZERS.

OTHERWISE, TRAVEL COSTS MAY NOT BE
REIMBURSED.



WHAT CAN BE ACCEPTED AS TRAVEL COSTS?



- Flight tickets;
- Public transport tickets (bus, ferry, train, metro etc.);
- Train tickets;
- Fuel receipts (make sure you agree with us on travelling by car);
- Taxi, Uber, Bolt costs (with checks or receipts);
- Extra luggage;
- Travel insurance.

P.S. Nothing else will be reimbursed.

HOW TO GET TO LITHUANIA?

- There are 2 airports to choose from: Kaunas International Airport and Vilnius International Airport.
- Your travel route is from your place of residence to the venue in Lithuania (Birštonas) and back.
- You must choose reasonable and economical means of transport (e.g. low cost airlines, 2nd class trains, buses).
- For participants coming from abroad, the travel days may be +- 3 days around the meeting dates (*if you have any other options, please contact organisers*).
- In this case, the programme does not provide accommodation for the extra days and this is the responsibility of the participants.

FROM VILNIUS INTERNATIONAL AIRPORT TO BIRŠTONAS

VILNIUS
INTERNATIONAL
AIRPORT



VILNIUS BUS STATION



BIRŠTONAS

From Vilnius International Airport:

- Take the bus first. Buses 1 and 2 run to Vilnius Bus Station every 20-30 minutes.
[More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

From Vilnius Bus station:

- Buses timetables can be found [HERE](#). You can buy ticket online, at the bus station or from the driver (trip takes 2 hours).

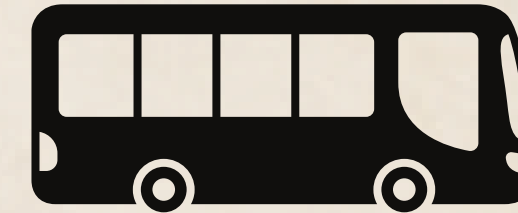


FROM KAUNAS INTERNATIONAL AIRPORT TO BIRŠTONAS

KAUNAS
INTERNATIONAL
AIRPORT



KAUNAS BUS STATION



BIRŠTONAS

From Kaunas International Airport:

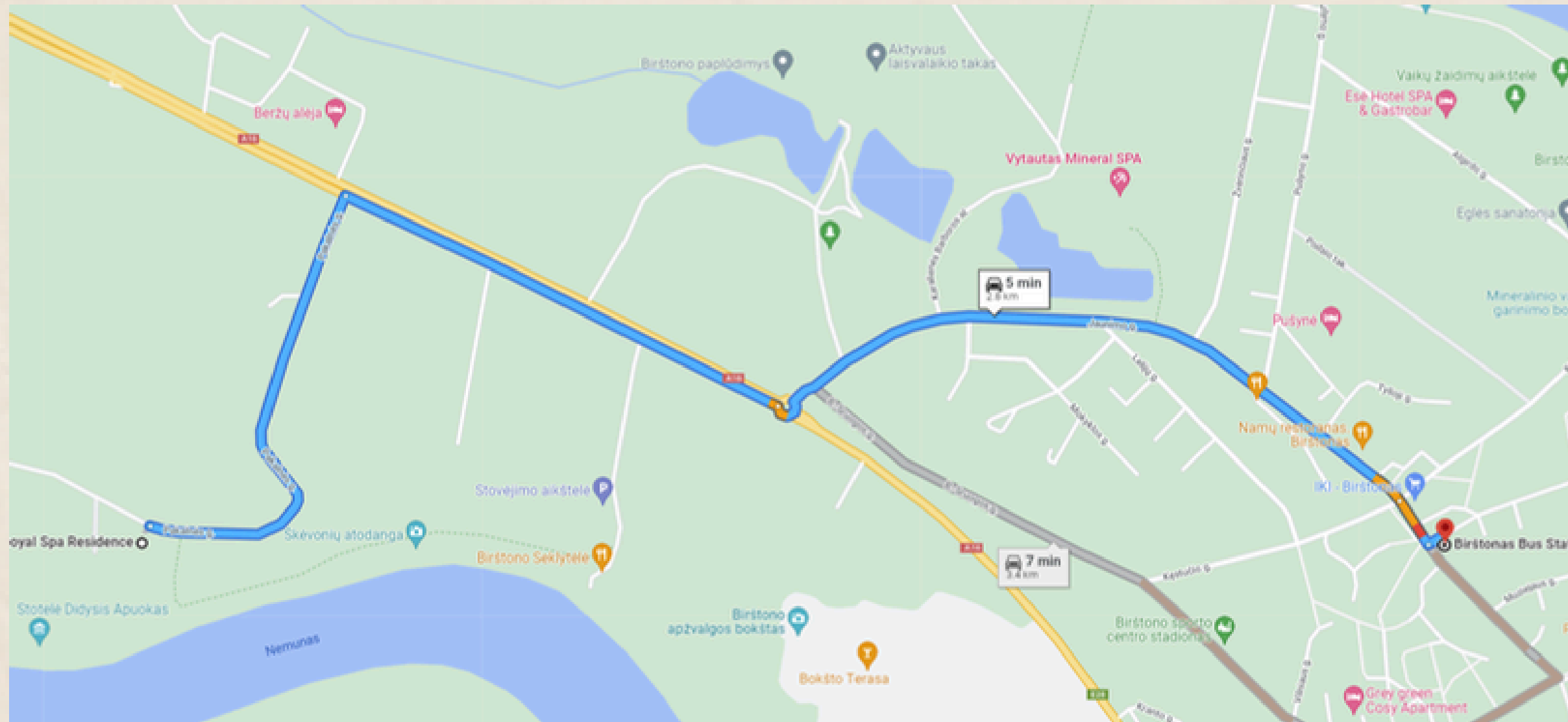
- Take the bus first. Bus No. 29G run to Kaunas Bus Station every 40 minutes. [More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

From Kaunas Bus station:

- Buses timetables can be found [HERE](#). You can buy ticket online, at the bus station or from the driver (trip takes 1 hour).



WHEN YOU ARRIVE TO BIRŠTONAS



From Bištonas Bus Station to "[Royal Spa Residence](#)" is 2.8 km drive.

We reccomend to call hotel for a transfer:
+370 319 62030

The price should be around 4-8 Eur.

If you will take a taxi in Birštonas, don't forget to ask for an invoice. It's really important.

Other taxi: +370 638 66200

HOTEL



The Royal SPA Residence Birštonas is a four-star hotel.

A cozy restaurant and bar, a SPA center with a swimming pool, whirlpool baths and bathing complex, a leisure space with billiards, table tennis, a fully-equipped cinema hall, a winter garden, and a modern conference center. And all is under one roof.

Address: [Pakalnės g. 3, Birštonas](#)

CERTIFICATES

All participants in the international training course will receive two certificates:

- Certificate of Participation
- Youthpass Certificate



SHORT INFORMATION ABOUT LITHUANIA



Official language:
Lithuanian



Currency:
the euro



Time zone:
UTC+2



**Emergency
number:**
112




CONTACTS

info@vvpi.lt 

FOLLOW US!

@vvpinstitutas 

Visuomenės ir verslos
plėtros institutas 



SEE YOU SOON!

