



SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE



Co-funded by
the European Union

TRAINING COURSE

PROJECT



November 23-28, 2025

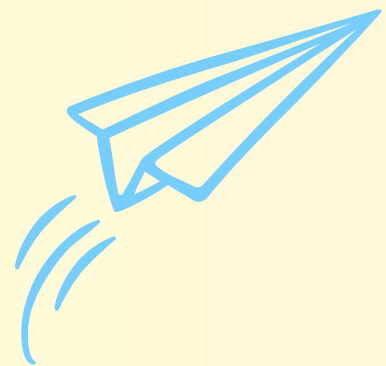
Birštonas, Lithuania

DATES



- **Place:** Birštonas, Lithuania.
- **Arrival** (for international participants):
 - November 22, 2025 (hotel included from 22nd till 28th of November)
- **Arrival** (for Lithuanians):
 - November 23, 2025 **TILL** 10 AM (hotel included from 23rd till 28th of November)
- **Departure for all:** November 28, 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.

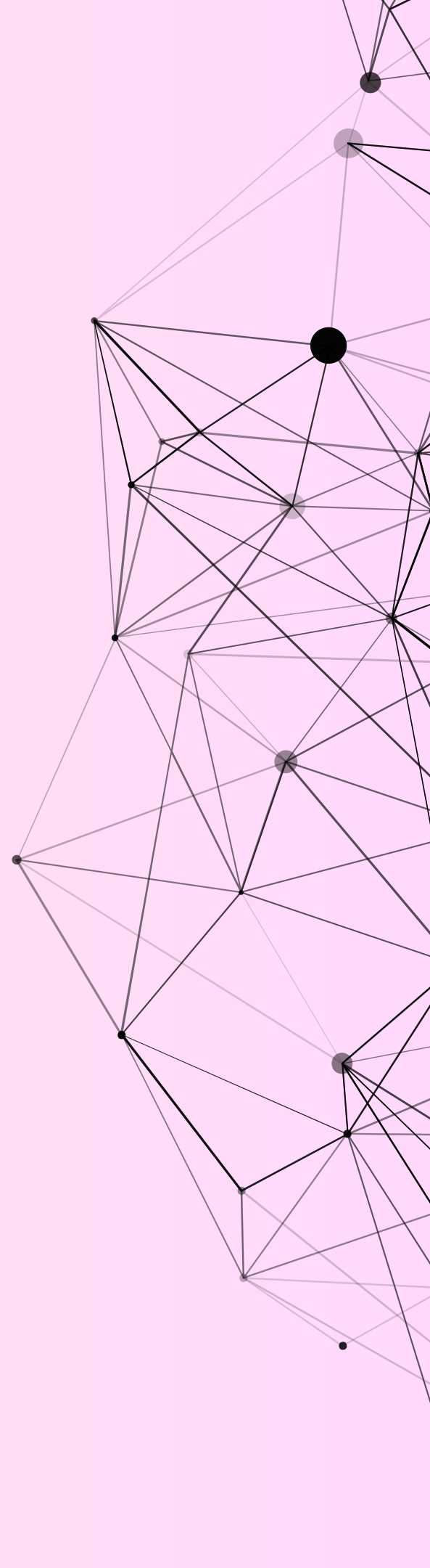


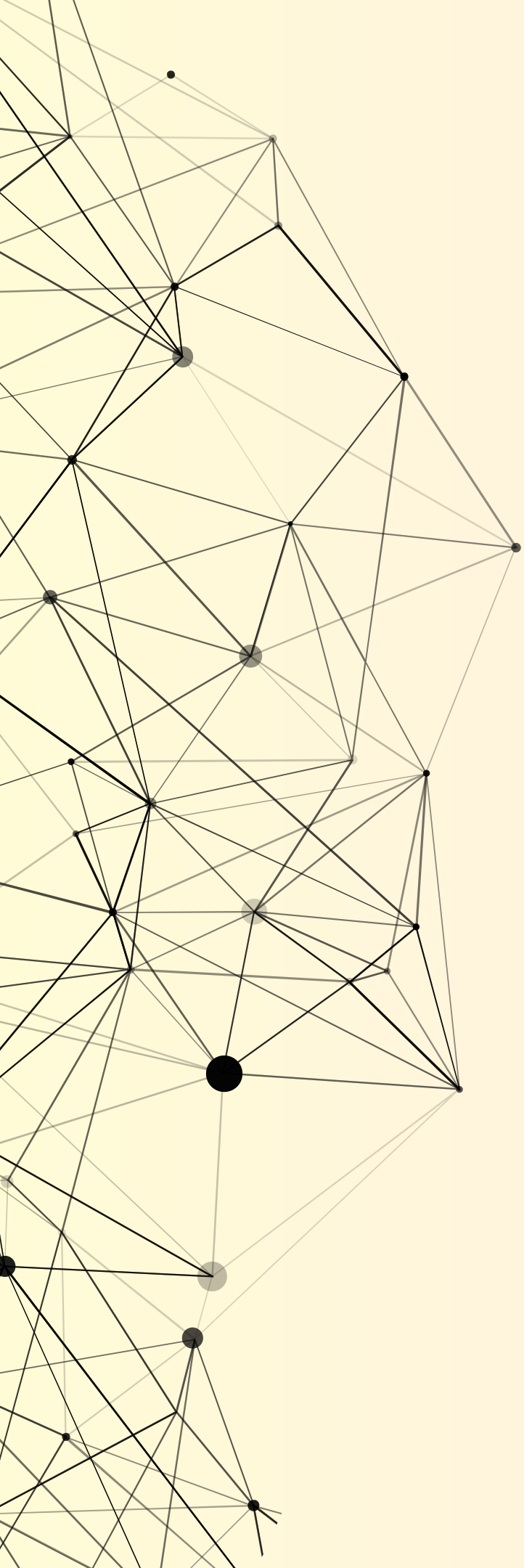
ABOUT THE TRAINING

The aim of the training course is to **strengthen the capacity of partner organisations to design, plan, and implement high-quality Erasmus+ Cooperation Partnership projects** (KA210 and KA220) in the Youth field, integrating the key principles and methodologies of Youth Exchanges, Youth Participation Activities, and Mobility/Training Courses for Youth Workers.

Through experiential sessions, simulation exercises, and peer consultations, participants will analyse successful project models and learn how to integrate these methodologies within the Cooperation Partnership framework.

By combining theory with practice, teams will draft a clear project idea, define its objectives and expected results, and map a full proposal outline that meets Erasmus+ quality criteria and strategic priorities for 2026.





TOPICS IN TRAINING COURSE

- Erasmus+ Youth field overview with focus on Cooperation Partnerships (KA210 and KA220).
- Integrating inclusion, digital transformation, green practices, and youth participation priorities.
- From needs analysis to coherent project logic, objectives, and measurable impact.
- Designing the activities.
- Structuring clear work phases: preparation, implementation, monitoring, evaluation, and dissemination.
- Ensuring quality management, effective partnerships, and eco-friendly project practices.
- Applying Youthpass and recognition tools for learning outcomes and long-term sustainability.
- Developing strong dissemination, visibility, and sustainability strategies.



PROFILE OF PARTICIPANTS

- Youth project coordinators and managers involved in developing or implementing Erasmus+ Youth projects.
 - Community leaders and activists engaged in non-formal education, youth participation, or social inclusion initiatives.
 - Leaders and representatives of youth organisations seeking to strengthen their project design and partnership capacities.
 - Youth workers who coordinate or facilitate youth projects at local, national, or international levels.
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- Good ability to communicate in English (working language of the training).
 - Full participation in the entire training course programme is required.
 - A clear motivation and intention to apply for a Cooperation Partnership (KA210 or KA220) project at the beginning of 2026.



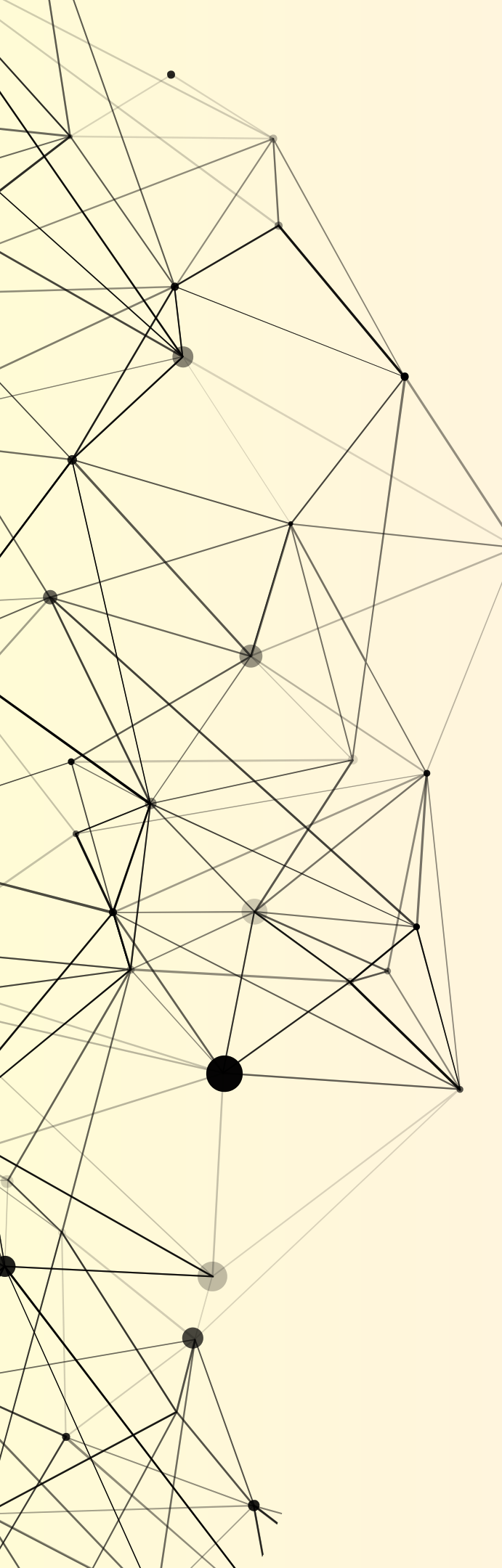
BENEFITS

Partner organisations will strengthen their capacity to design and implement Cooperation Partnership projects (KA210 & KA220), improve project quality and management skills, and develop long-term strategies for inclusion, digital transformation, and sustainability. They will also form stronger partnerships and prepare concrete project concepts for the 2026 Erasmus+ call.

Participants will gain practical competences in project design, needs analysis, partnership management, and integration of Erasmus+ priorities, enhancing their ability to develop and submit successful Cooperation Partnership proposals after the training.

PROGRAMME

TIME	November 22	DAY 1 (November 23)	DAY 2 (November 24)	DAY 3 (November 25)	DAY 4 (November 26)	DAY 5 (November 27)	DAY 6 (November 28)
Until 10:00	Arrival day of international participants	Arrival of Lithuanians	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:30		Opening session: Welcome, programme overview, expectations and fears	Understanding Erasmus+ Youth field and structure – focus on KA210 & KA220	From needs analysis to project relevance – identifying real issues and target groups	Designing the activities – choosing suitable methods and formats	From activities to results and impact – logic and evaluation	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		Team-building and getting to know each other	Cooperation Partnerships in practice – analysing successful projects	Defining objectives, results, and impact indicators	Integrating horizontal priorities: inclusion, green, digital, participation	Developing dissemination and sustainability plans	Final evaluation and reflection
13:30 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 16:30		Introduction to Cooperation Partnership logic – what makes a good project Fears and expectations	Problem tree & solution tree workshop	Work phases: preparation, implementation, monitoring, evaluation, dissemination	Partnership management – defining roles, communication and accountability	Drafting project concepts – group work	Departure
16:30 - 17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 - 18:30		Erasmus+ quality criteria and award logic	Youth Exchanges, Participation Activities & TC for Youth Workers – what can be integrated into partnerships	Digital tools and online platforms (SALTO, OTLAS, Youth Portal)	Group mentoring session: developing project outlines	Presenting project drafts & peer feedback	
19:00		Dinner	Dinner	Dinner	Dinner	Dinner	
21:00		Intercultural evening	Intercultural evening	Intercultural evening	Intercultural evening	Intercultural evening	



AFTER THE TRAINING COURSE

Follow-up:

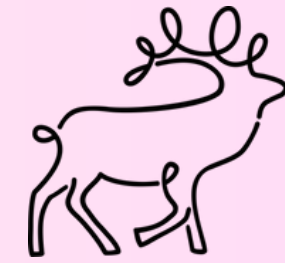
Within 1–3 months after the training course, please provide us with information on how you have used the knowledge, methods, or materials from the training course in your youth work–related activities (or submitted Cooperation Partnership project).

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

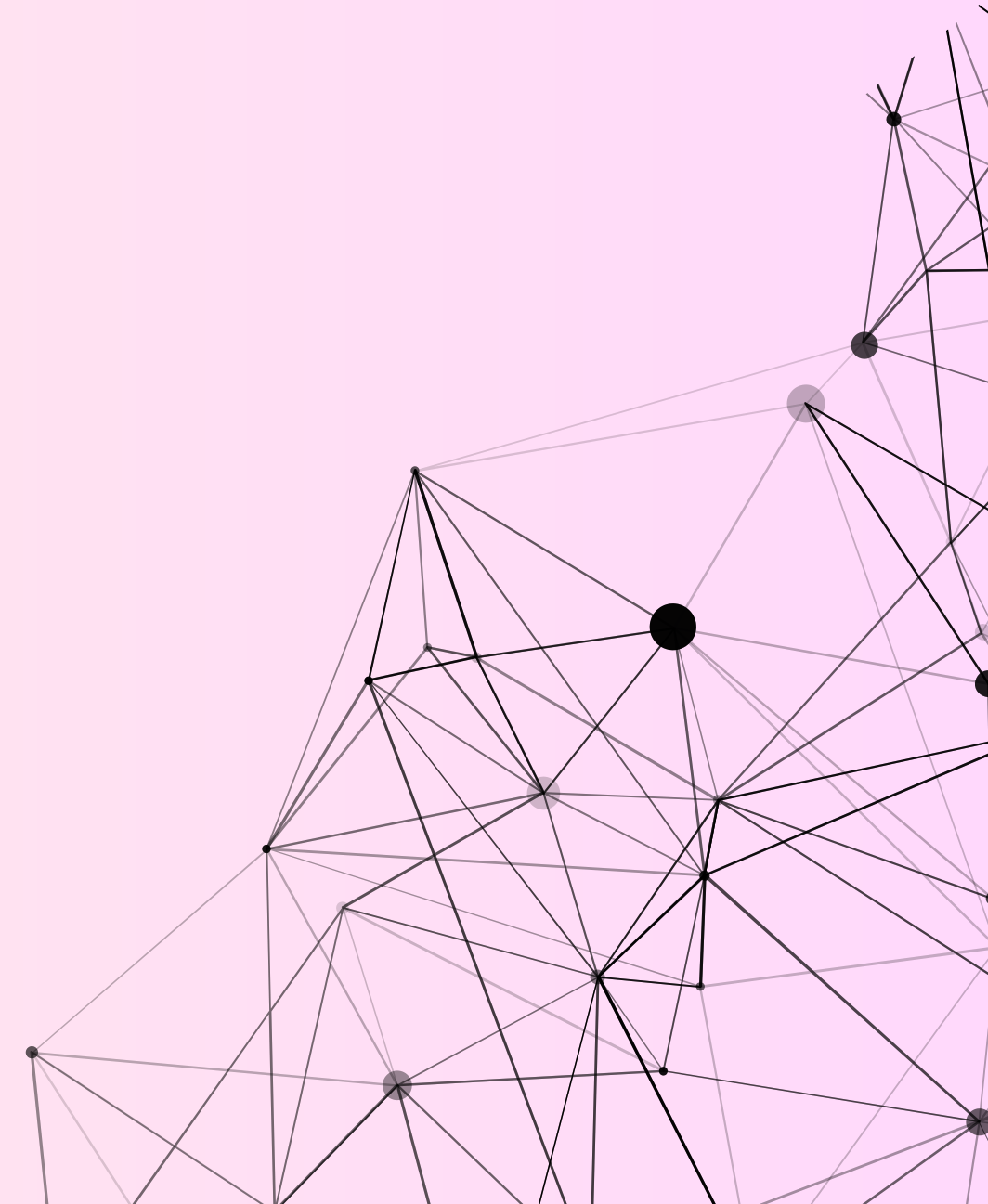


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Our main goal is to develop social, cultural, education and youth projects in remote regions of Lithuania and beyond.

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

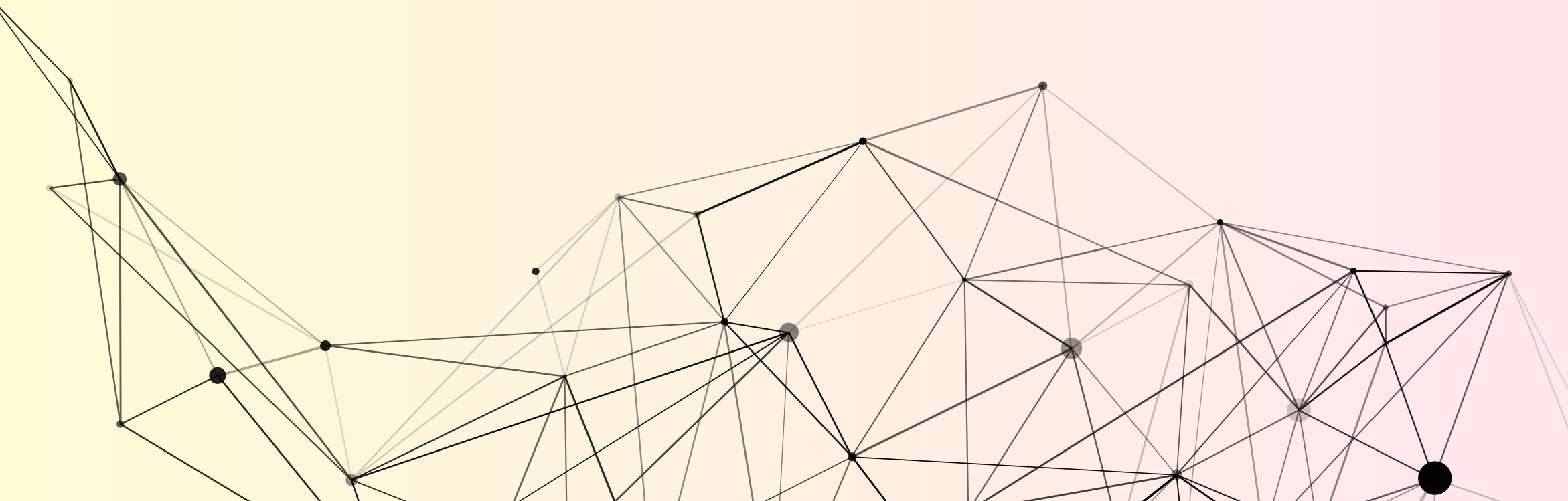
1. Volunteering;
2. Entrepreneurship;
3. Integration;
4. Citizenship.





SOCIETY
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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.

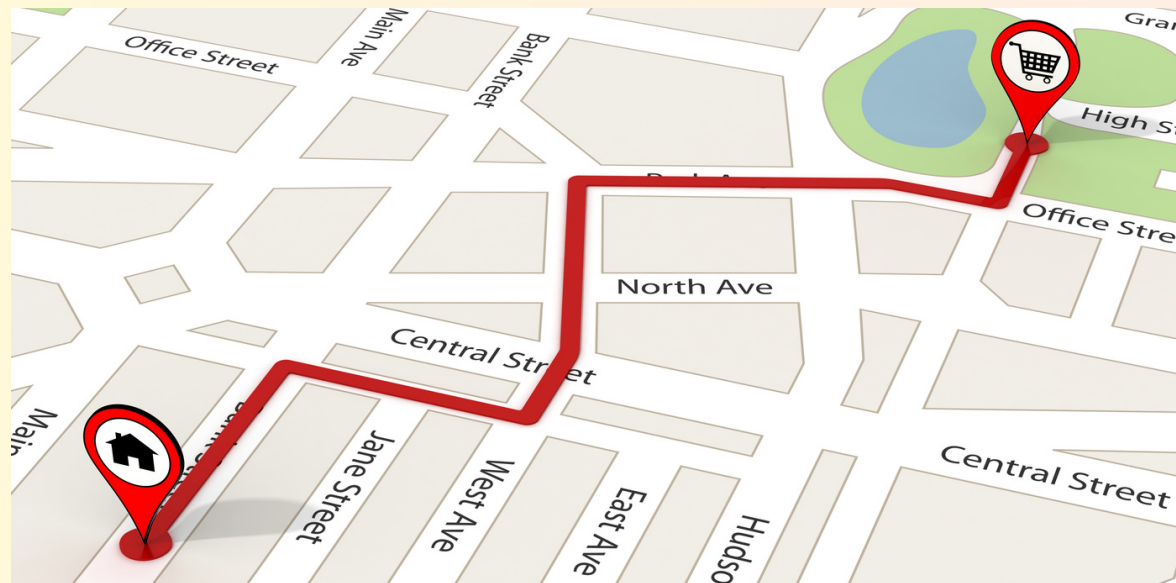
You can calculate the exact distance (one way) of your trip using **ONLY** the Erasmus+ distance calculator: [HERE](#)

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.

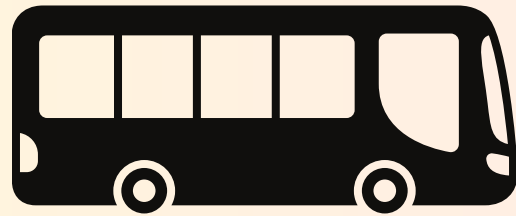
P.S. Nothing else will be reimbursed.

HOW TO GET TO LITHUANIA?

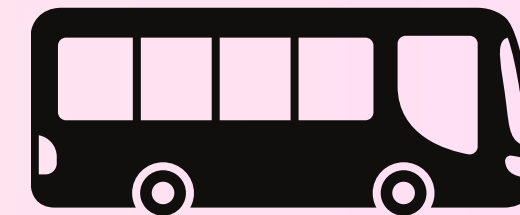
- There are 2 airports to choose from: Kaunas International Airport and Vilnius International Airport.
- Your travel route is from your place of residence to the venue in Lithuania (Birštonas) and back.
- You must choose reasonable and economical means of transport (e.g. low cost airlines, 2nd class 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



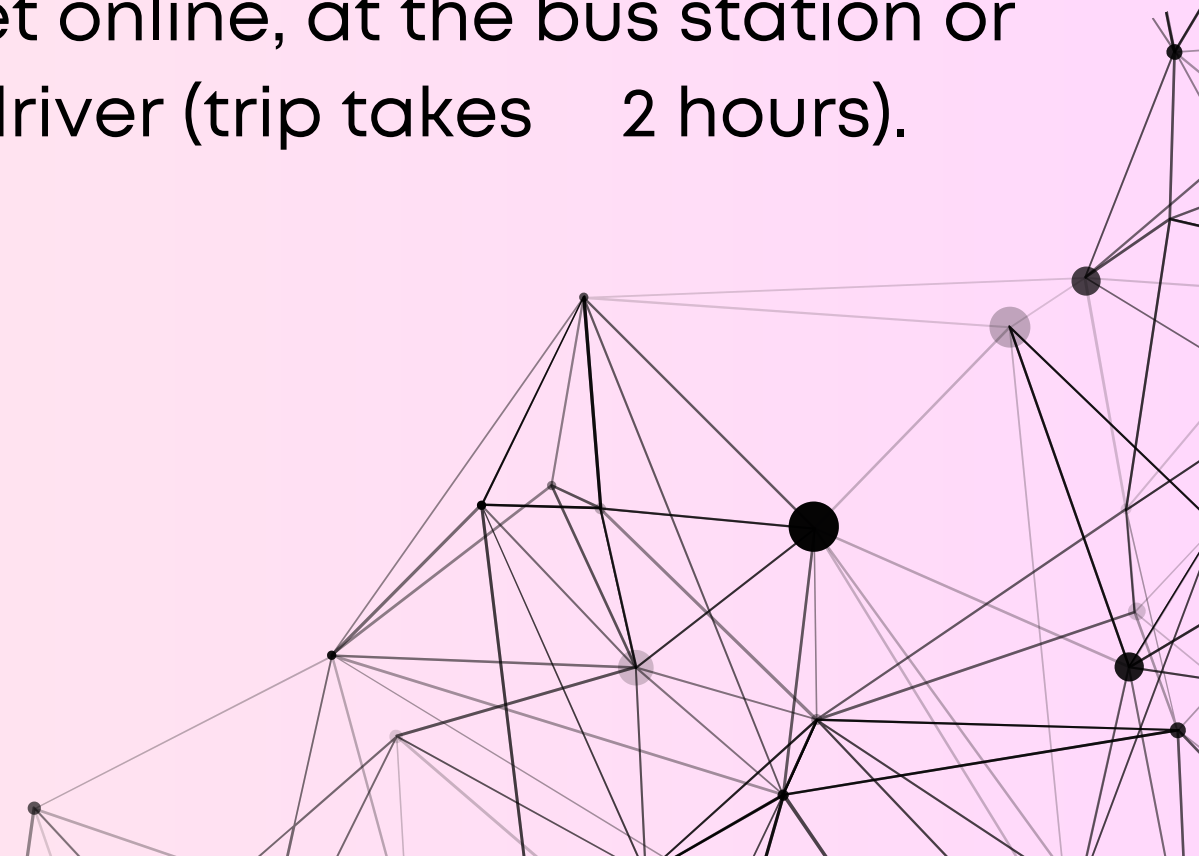
BIRŠTONAS

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).

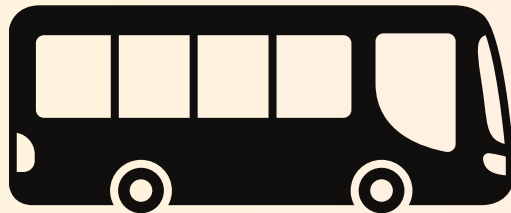
From Vilnius Bus station:

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

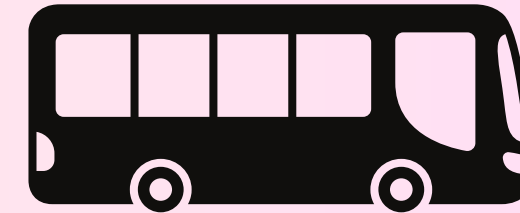


FROM KAUNAS INTERNATIONAL AIRPORT TO BIRŠTONAS

KAUNAS
INTERNATIONAL
AIRPORT



KAUNAS BUS STATION



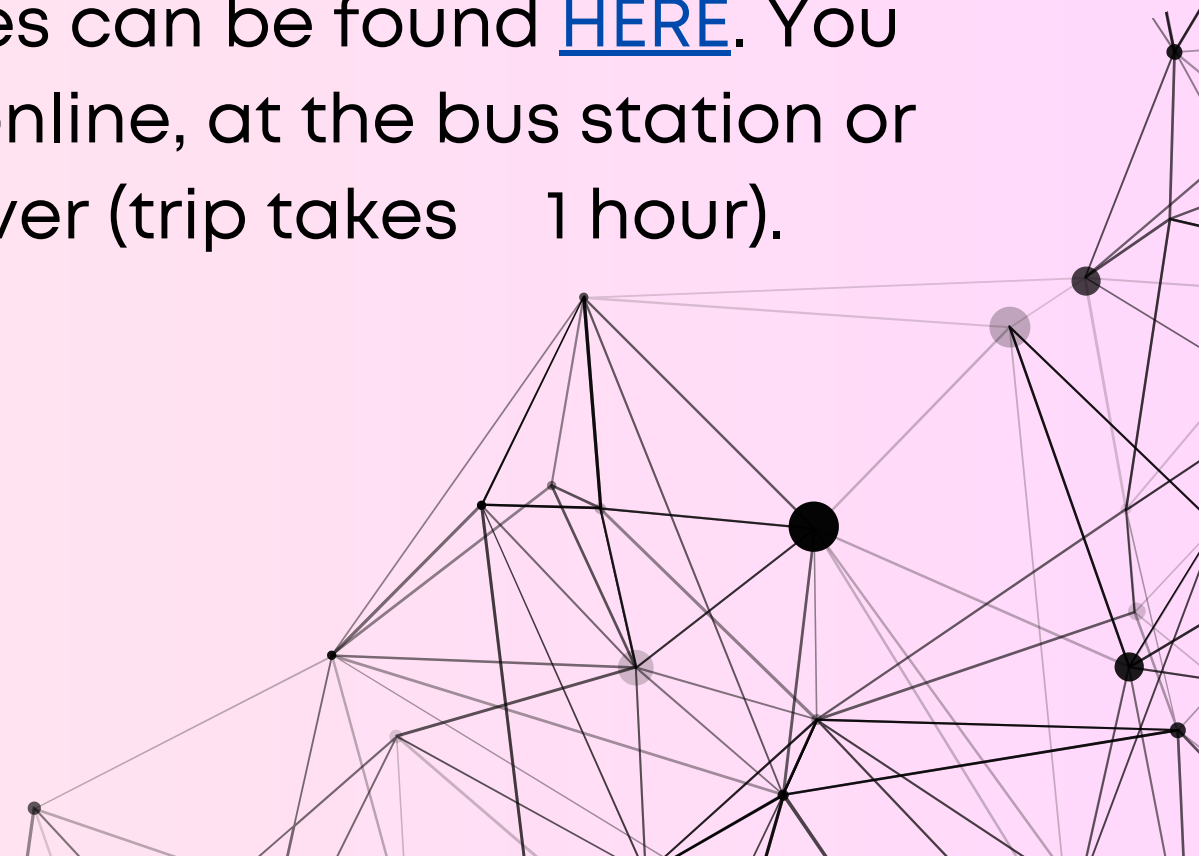
BIRŠTONAS

From Kaunas International Airport:

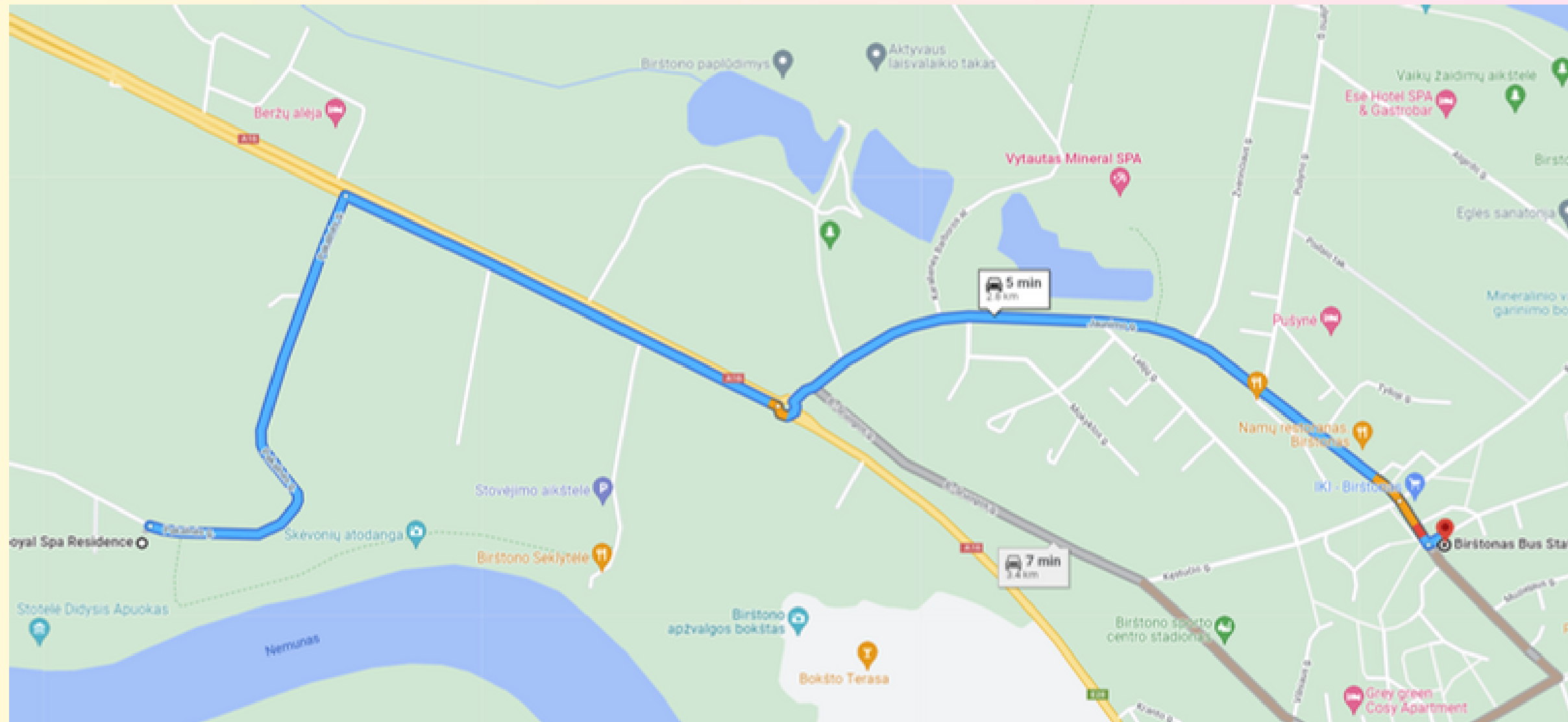
- Take the bus first. Bus No. 29G run to Kaunas Bus Station every 40 minutes. [More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

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 

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@vvpinstitutas 

Visuomenės ir verslos
plėtros institutas 



SEE YOU SOON!

