

# Training course Today's choices: Career UP

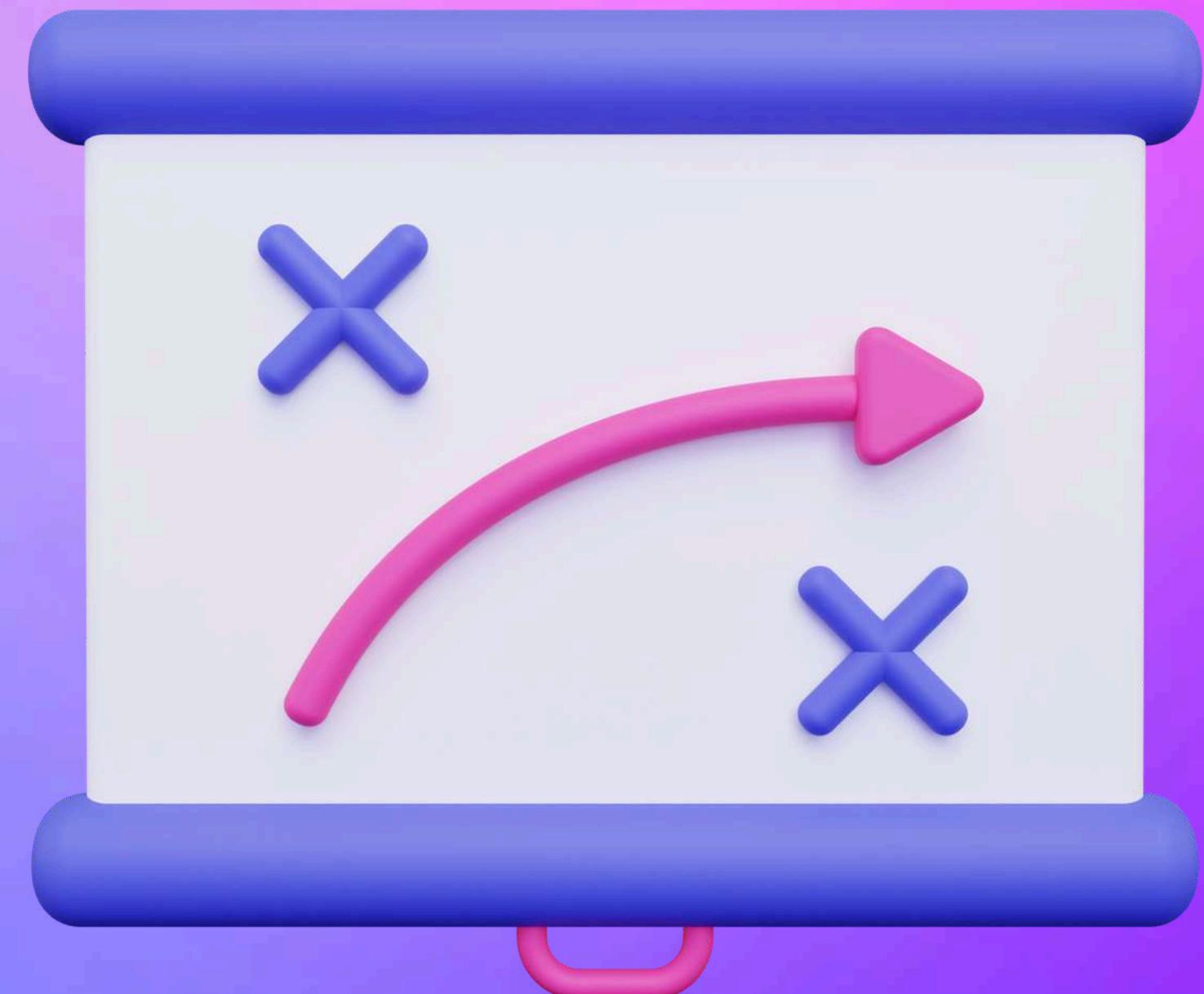
March 8-13, 2026  
Birštonas, Lithuania



SOCIETY  
AND ENTERPRISE  
DEVELOPMENT  
INSTITUTE



Co-funded by  
the European Union



# DATES

- **Place:** Birštonas, Lithuania.
- Arrival (for international participants):
  - **March 7th, 2026** (hotel included from 7th till 13th of March);
- Arrival (for Lithuanians):
  - March 8th, 2026 TILL 10 AM (hotel included from 8th till 13th of March);
- Departure for all: **March 13th, 2026, 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 training course **“Today’s choices: Career UP”** supports **youth workers** in helping young people make **meaningful career choices** in an **uncertain and fast-changing world**. Career guidance is approached as a lifelong process, with a strong **focus on self-understanding, realistic decision-making**, and **resilience**. Through interactive sessions and reflection, participants explore how personal values, skills, and external factors influence career paths.

Over six days, participants gain **practical non-formal methods, facilitation skills, and digital tools** for **modern career guidance**. The course addresses career exploration without pressure, decision anxiety, information overload, and transitions from planning to action. By the end of the training, youth workers leave with concrete tools and increased confidence to support young people in building sustainable career pathways.

# TRAINING OBJECTIVES

- **Strengthen** youth workers' **competences** in providing **modern, non-formal career guidance** for young people.
- **Develop** the ability to support young people in **self-understanding, realistic decision-making, and coping with uncertainty**.
- **Equip** participants with **practical methods, facilitation skills, and digital tools** for **career exploration and guidance**.
- **Enhance skills** to address **decision anxiety, information overload, and transitions from planning to action**.
- **Increase** youth workers' **confidence** to support young people in building **sustainable and flexible career pathways**.

# PARTICIPANTS' PROFILE

- **Youth workers and educators, social workers and counsellors, youth project coordinators and managers, community leaders and activists, and coordinators or mentors of youth volunteers.**
- At least **2 years of experience in youth work or non-formal education**, career guidance, mentoring, or coaching, facilitating workshops using non-formal methods, and supporting young people in learning, career exploration, or personal development.
- Ability to **communicate in English** and availability to participate in the **full duration of the training course**.

# BENEFITS FOR PARTICIPANTS:

- Improved competences in non-formal career guidance and youth work practice.
- Practical tools and methods to support young people in career exploration and decision-making.
- Increased confidence in addressing uncertainty, decision anxiety, and information overload.
- Enhanced facilitation skills for career-related conversations and group work.
- International learning experience through peer exchange, reflection, and intercultural cooperation.

# PROGRAMME

TIME	March 7 (Arrival day)	DAY 1 (March 8)	DAY 2 (March 9)	DAY 3 (March 10)	DAY 4 (March 11)	DAY 5 (March 12)	DAY 6 (March 13)
Until 10:00	Arrival day of international participants	Arrival of Lithuanians	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:30		Welcome, team-building & creating a safe learning space	Why self-understanding matters in career guidance	Career as a changing system: what youth need to understand	Career planning without final decisions	Career implementation: supporting action, transitions & resilience	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		Expectations, fears & learning needs of participants	Non-formal methods to support youth self-understanding	Career exploration without pressure to choose	Decision-making under uncertainty & realistic choices	Fear of choice and overload: supporting youth in decision anxiety	Final evaluation and reflection
13:30 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 16:30		Team-building activities	Group facilitation skills for career conversations	Digital tools & information literacy in career guidance	From self-knowledge to next steps in career planning	Guiding young people to reliable career information	Departure
16:30 - 17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 - 18:30		Introduction to career as a lifelong and changing process	Reflection lab: what young people need from career support	Reflection lab: helping youth cope with uncertainty	Career counselling methods	Reflection lab: supporting youth in real transitions	
19:00		Dinner	Dinner	Dinner	Dinner	Dinner	
21:00		Intercultural evening	Intercultural evening	Intercultural evening	Open Space Activities	Intercultural evening	

# AFTER THE TRAINING COURSE



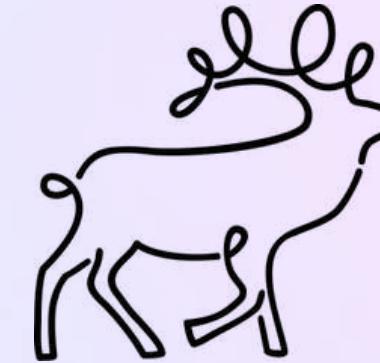
## ***Follow-up:***

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.

## ***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  
AND ENTERPRISE  
DEVELOPMENT  
INSTITUTE

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.





# TRAINERS - A BOOST OF GOOD ENERGY



# 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).



# 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).



# 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.

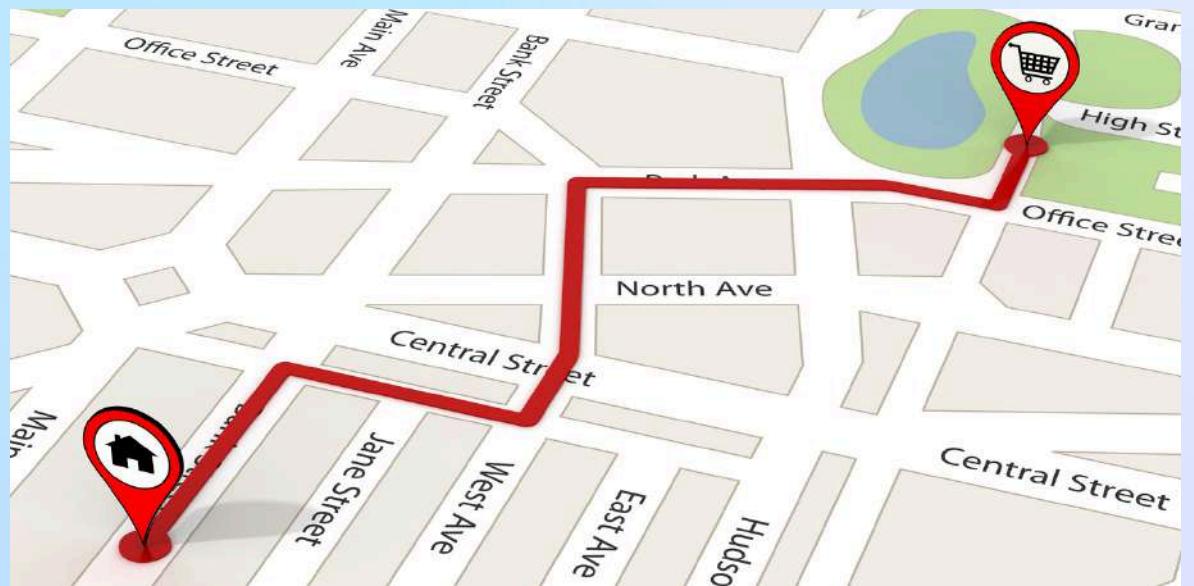
You can calculate the exact distance (one way) of your trip using **ONLY** the Erasmus+ distance calculator: [HERE](#)

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.



**TRAVEL RULES - CHECKLIST**

# WHAT CAN BE ACCEPTED AS TRAVEL COSTS?

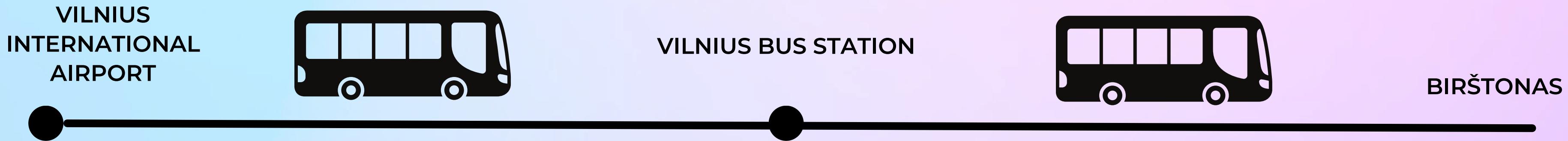
- Flight tickets;
- Public transport tickets (bus, ferry, train, metro etc.);
- Train tickets;
- Fuel receipts (make sure you agree with us on travelling by car);
- Taxi, Uber, Bolt costs (with checks or receipts);
- Extra luggage;
- Travel insurance.

**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



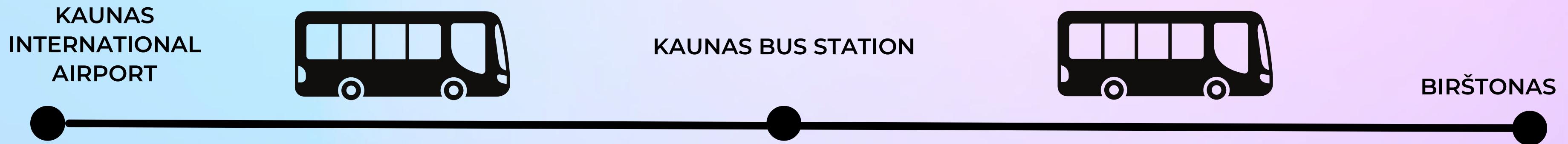
## From Vilnius International Airport:

- 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



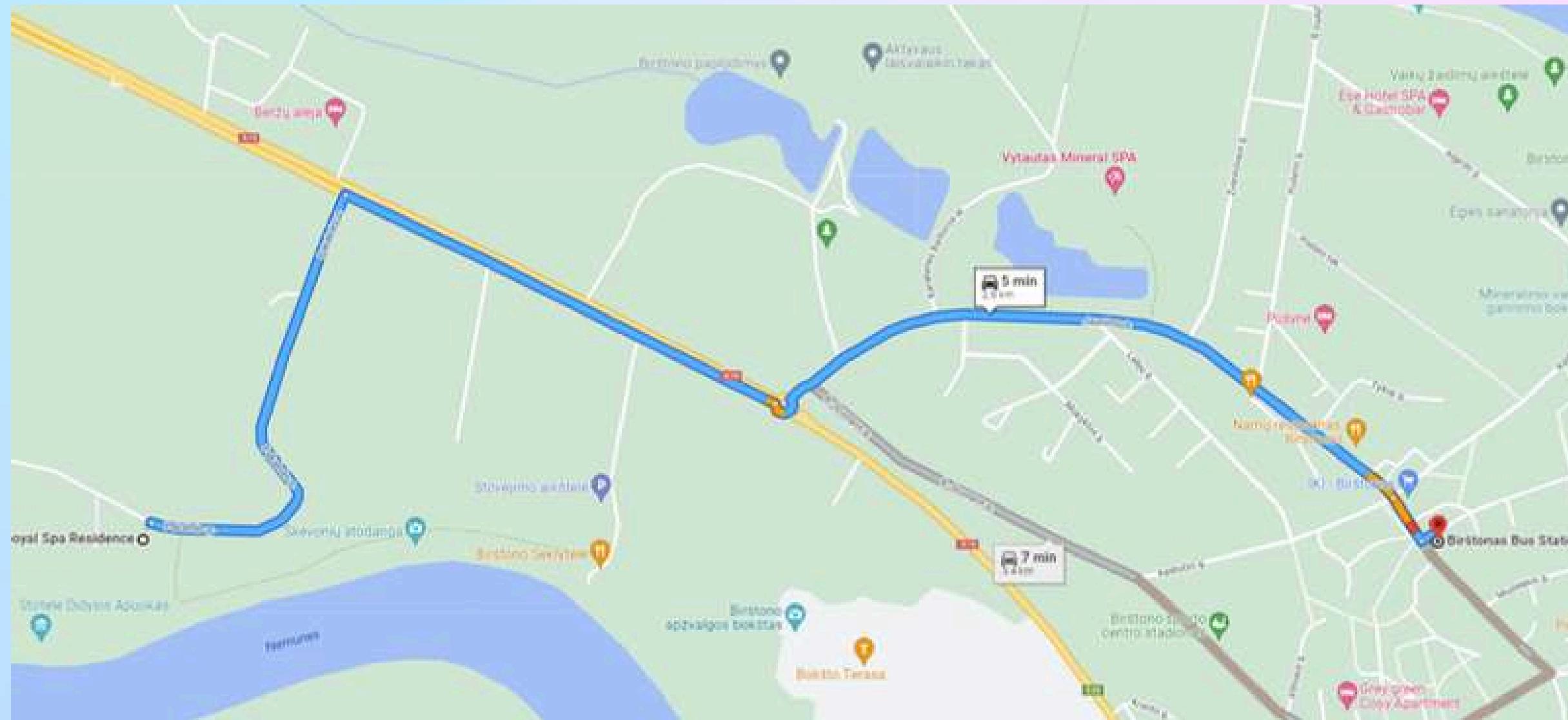
## From Kaunas International Airport:

- 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



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

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

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

**BOLT** app is sometimes working.

The price should be around 4-8 Eur.

Other taxi: +370 687 21 194

# 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](http://Pakalnės%20g.%203,%20Birštonas)

# 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

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plėtros institutas 



# SEE YOU SOON!

