



SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE

TRAINING COURSE **SMART YOUNG**

May 17-22, 2026

Birštonas Lithuania



Co-funded by
the European Union

DATES



Place: Birštonas, Lithuania.

Arrival (international participants):

- May 16th, 2026 (hotel included from May 16th to May 22nd)

Arrival (Lithuanian participants):

- May 17th, 2026 by 10:00 AM (hotel included from May 17th to May 22nd)

Departure (all participants):

- May 22nd, 2026 at 3:00 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 **SMART YOUTH** training course offers an innovative and immersive learning experience for *youth workers*. The program equips participants with essential skills in *digital youth work*, *critical thinking*, and *media literacy*. Over six days, participants engage in a range of interactive sessions carefully designed to strengthen both understanding and practical application of these competencies in the evolving field of youth work. From exploring the role of technology in youth engagement to developing media-literacy skills, the course provides a comprehensive and coherent learning journey.

Each training day is structured to *maximise learning and networking opportunities*. Participants take part in informative sessions such as *case studies*, *role-playing activities*, and *hands-on workshops*. These activities foster critical thinking and practical experience with *digital tools and platforms*, while also addressing key topics such as online safety and ethical considerations.

TRAINING OBJECTIVES

- Enhance ***digital youth work skills*** to equip youth workers with the necessary skills and knowledge for ***integrating digital tools*** and technology effectively in youth work.
- ***Develop critical thinking competencies*** to foster critical thinking skills among youth workers, enabling them to guide young people in navigating complex information landscapes.
- Advance media literacy to ***improve media literacy*** among youth workers, empowering them to educate young people on understanding, analyzing, and ***critically evaluating media content***.
- ***Promote online safety and ethics*** to raise awareness and understanding of ***online safety, privacy, and ethical considerations*** in digital youth work.
- ***Facilitate practical application and collaborative learning*** to encourage the practical application of learned concepts through ***interactive workshops, case studies, and brainstorming sessions***.

PARTICIPANTS' PROFILE

The training course is intended for specialists working with young people in non-formal education and youth work contexts, including:

- **Youth workers and educators;**
- **Social workers and counsellors;**
- **Youth project coordinators and managers;**
- **Community leaders and activists;**
- **Coordinators and mentors of youth volunteers.**

Participants should have **at least 1 year of relevant experience** in youth work, non-formal education, mentoring, counselling, or project-based work with young people.

Additional requirements:

- Ability to **communicate in English;**
- Availability to participate in the entire duration of the training course.

BENEFITS FOR PARTICIPANTS:

- Improved digital youth work skills.
- Stronger critical thinking competencies.
- Enhanced media literacy knowledge.
- Greater awareness of online safety and ethics.
- Practical experience through interactive and collaborative learning.

PROGRAMME

TIME	May 16 (Arrival day)	DAY 1 (May 17)	DAY 2 (May 18)	DAY 3 (May 19)	DAY 4 (May 20)	DAY 5 (May 21)	DAY 6 (May 22)
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	The role of technology in youth-work	Fundamentals of critical thinking	Essentials of media literacy	Exploring various digital tools and platforms for youth-work	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	Embracing digital tools and platforms	Methods for fostering critical thinking in youth-work	Understanding media influence and teaching discernment	Practical sessions on using digital tools effectively for youth-work	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	Case studies of successful tech integration in youth activities	Applying critical thinking in youth-work	Practical tools for youth-work on media literacy	Addressing online safety, privacy, and ethical considerations	Departure
16:30 - 17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 - 18:30		Understanding smart youth-work	Interactive discussions on challenges and opportunities	Case studies and role-playing scenarios	Role of social media in youth engagement	Developing guidelines and safe practices for digital interactions in youth-work	
19:00		Dinner	Dinner	Dinner	Dinner	Dinner	
21:00		Intercultural evening	Intercultural evening	Intercultural evening	Open Space Activities	Intercultural evening	



AFTER THE TRAINING COURSE

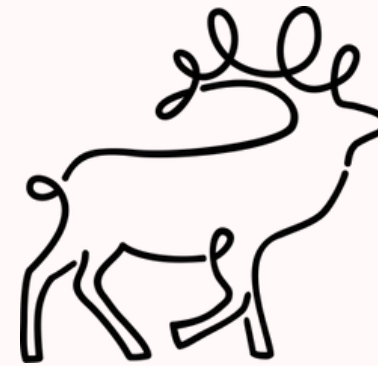
Follow-up:

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
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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.





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.

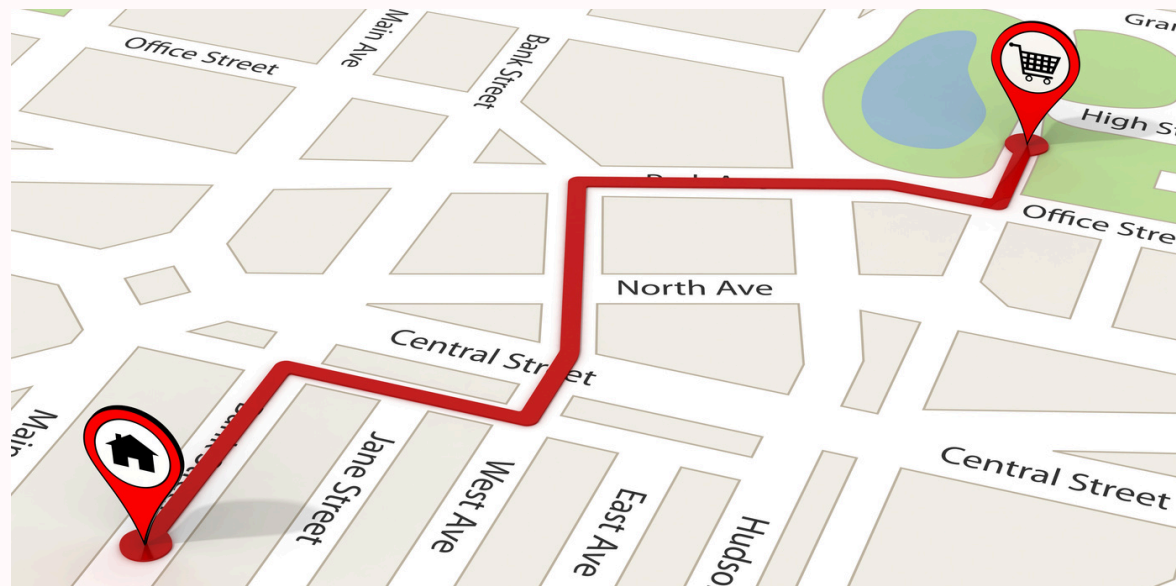
You can calculate the exact distance (one way) of your trip using **ONLY** the Erasmus+ distance calculator: [HERE](#)

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.

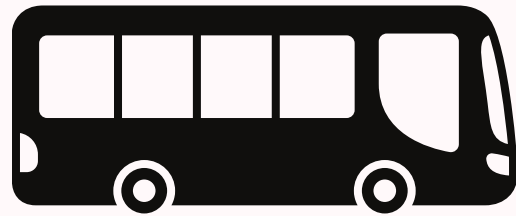
P.S. Nothing else will be reimbursed.

HOW TO GET TO LITHUANIA?

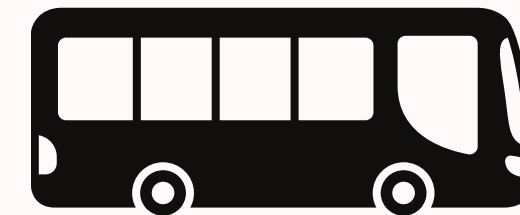
- There are 2 airports to choose from: Kaunas International Airport and Vilnius International Airport.
- Your travel route is from your place of residence to the venue in Lithuania (Birštonas) and back.
- You must choose reasonable and economical means of transport (e.g. low cost airlines, 2nd class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

VILNIUS
INTERNATIONAL
AIRPORT



VILNIUS BUS STATION



BIRŠTONAS

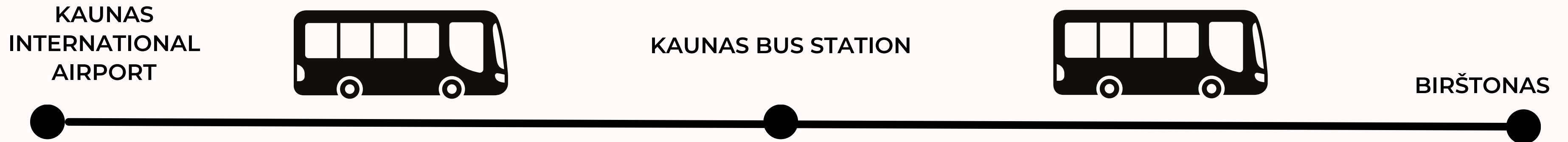
From Vilnius International Airport:

- 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



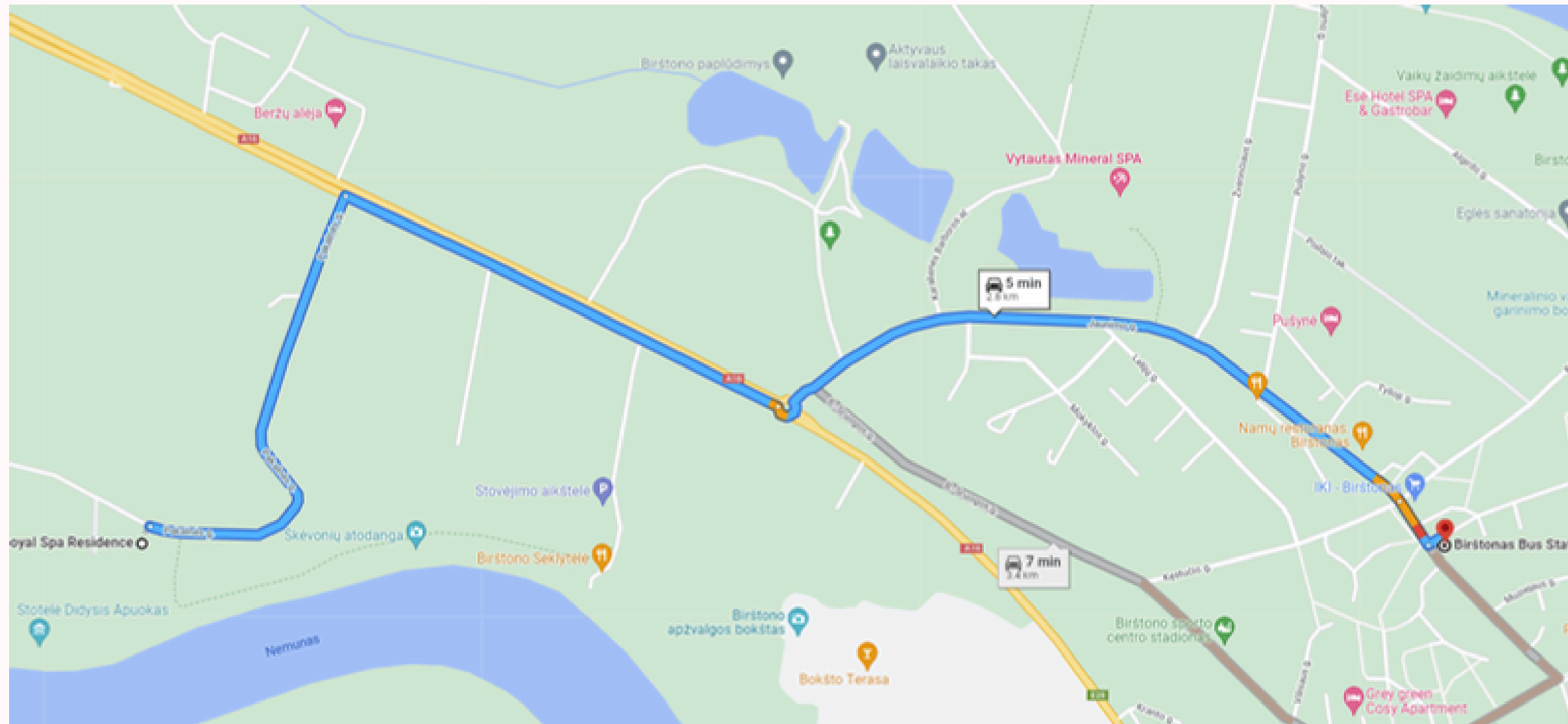
From Kaunas International Airport:

- 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 Birštonas 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.

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

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](#)

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!

