



**TC3**

**ACCOMPANYING PERSON  
TEAM LEADER  
-INFOPACK-**



**From 10th to 17th May 2026  
Panevėžys (LITHUANIA)**



Panevėžio socialinių pokyčių centras

**Erasmus+**

Arricchisce la vita, apre la mente.



Agenzia Italiana  
per la Gioventù



# INTRODUCTION

## The Project 'ALL ABOARD!'

The project 'ALL ABOARD! –

Empowering Youth Workers in Inclusive Mobility Projects for People with Intellectual Disabilities'

(n. 2024-3-IT03-KA153-YOU-000292701)

is a KA1 Mobility of Youth Workers project, co-financed by Erasmus+ Programme through the Italian National Agency AIG – *Agenzia Italiana per la Gioventù*.

It has a duration of 19 months,  
from 01/01/2025 until 31/07/2026.



## PROJECT AIMS

The main objective of 'ALL ABOARD!' is  
to **increase the quality of youth work  
for participants with intellectual disabilities  
in mobility projects.**

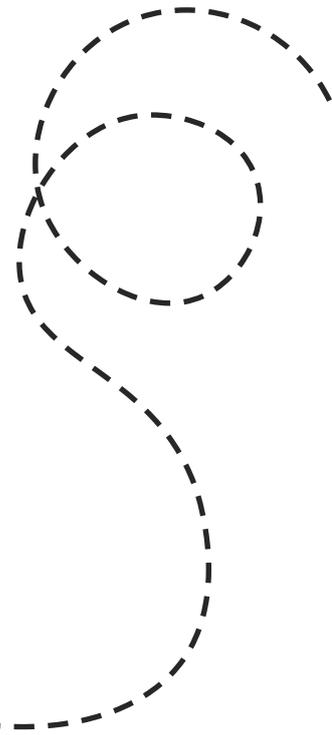
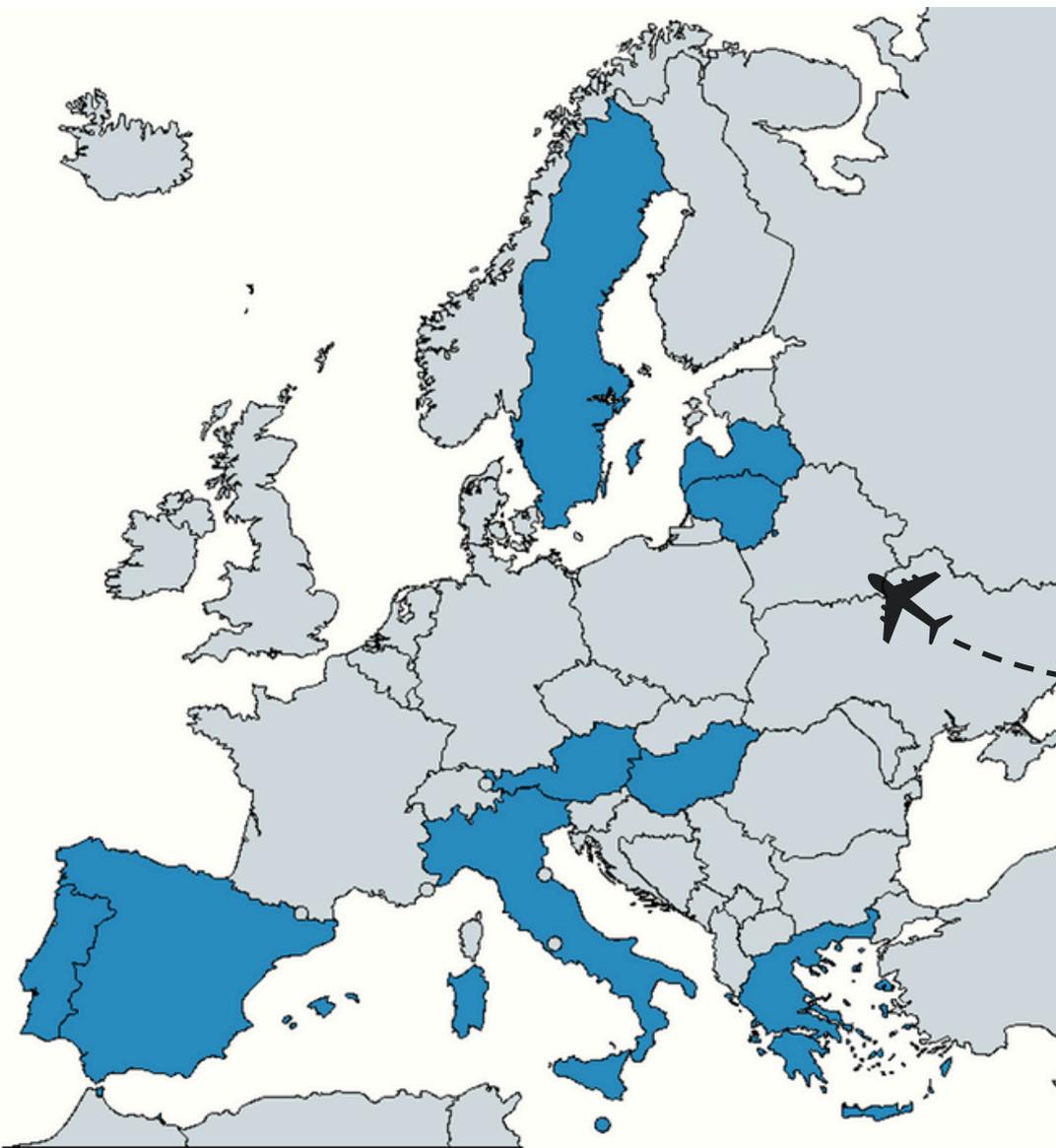
To reach this main objective,  
we aim to develop the knowledge and competences  
of youth workers in the different roles of a mobility project,  
with a focus on inclusiveness  
for participants with intellectual disabilities.



# PARTNERS

This project counts on the participation of 10 European Partners:

- **Cooperativa sociale Kara Bobowski**, ITALY (Project Coordinator)
- **Panevėžio Socialinio Pokyčių Centras**, LITHUANIA
- **Associació Alba**, SPAIN
- **Tett-Hely Ifjúsági Egyesület**, HUNGARY
- **Activar**, PORTUGAL
- **ESTIA Kentro Koinonikis Frontidas Atomon me Noitiki Isterisi**, GREECE
- **Down Syndrome Association** MALTA
- **MOVEO** Verein für soziale Nachhaltigkeit und Inklusion von Menschen mit Behinderungen, AUSTRIA
- **Sensus**, SWEDEN
- **LAIPA** Daudzfunkcionālais sociālo pakalpojumu centrs, LATVIA



# ACTIVITIES:

## TRAINING COURSES

To reach the goal of developing competences in project staff with different roles in a mobility project, the '**ALL ABOARD!**' project comprehends 3 different Training Courses for different participant's profile:

1



TC1 in ITALY, from 8th to 14th June 2025,  
for **Project Managers**

2



TC2 in HUNGARY, from 30th September to 7th October 2025,  
for **Mentors, Tutors, Facilitators or Trainers**

3



TC3 in LITHUANIA, 10th to 17th May 2026,  
for **Accompanying persons and Team leaders**



All Partners **MUST** participate in all 3 Training Courses,  
even with different participants

*NOTE: This INFOPACK is for the TC3 in LITHUANIA.*

# TC3

## 'ACCOMPANYING PERSONS and TEAM LEADERS'

### The participants

All 10 Partners will send participants to the TC3 in Lithuania, according to the established in the approved project and respecting the required profile.

### PARTICIPANT'S PROFILE AND NUMBER

This TC3 is directed to  
**the staff/youth worker in the  
SENDING ORGANISATION that  
supports the PWID:**

- **ACCOMPANYING PERSON**
- **TEAM LEADER**

All TC will be in **english language:**  
all participants should be able to  
understand and communicate in  
english.

The expected number of participants  
from each Partner Organisation,  
according to what approved in the  
project, is:

Partner Organisation	Country of Origin	Expected number of participants
Kara Bobowski	Italy	3
PSPC	Lithuania	4
Alba	Spain	2
Tett-Hely	Hungary	2
Sensus	Sweden	2
Activar	Portugal	2
ESTIA	Greece	2
DSA	Malta	4
MOVEO	Austria	3
LAIPA	Latvia	3
<b>TOTAL NUMBER OF PARTICIPANTS</b>		<b>27</b>



# The Activity

The Activity 'TC3 Accompanying persons' will be happening in MAY 2026.

The **6 full working days** will be

between **11th and 16th May 2026** (from Monday to Saturday).

All participants must be present during **all programme**.

**PARTICIPANTS MUST ARRIVE ON SUNDAY 10TH MAY,**

**AND DEPART ON SUNDAY 17TH MAY 2026.**

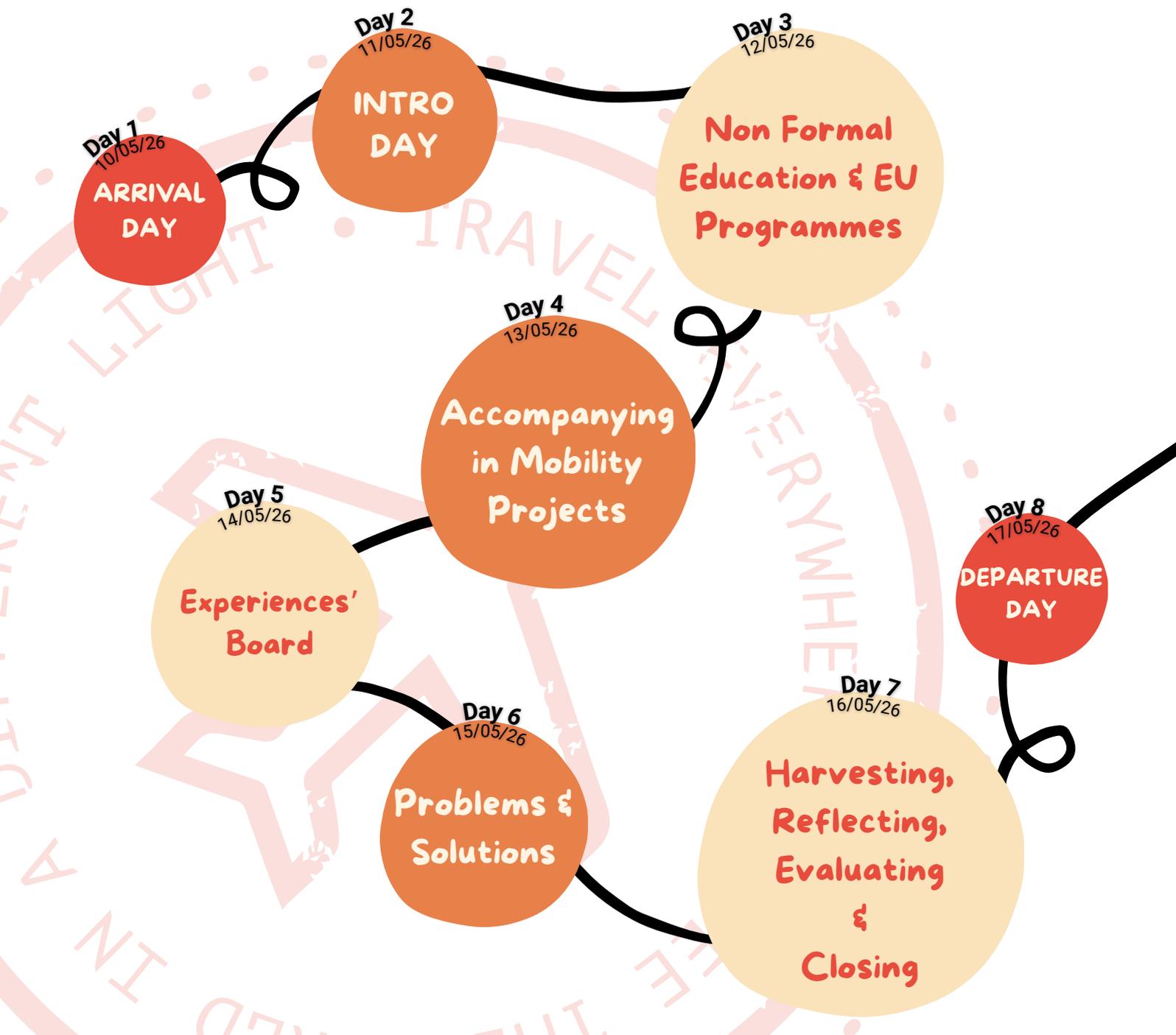
Note that this Training is a non-formal education activity:

your active participation is expected.

## THE AGENDA

This is a *temporary and general* agenda, with the main topics of each day. It will be better defined by the Trainers, once all participants will be selected and their profiles will be available.

The agenda will be defined during the TC together with the participants.



# The TEAM

The Activity will be hosted by a Partner Organisation and will be led by two trainers.

## The hosting organisation



Panevėžio socialinių pokyčių centras

PsPc - Panevėžio socialinių pokyčių centras (Centre of Social Change Makers) is a municipal budgetary institution established by the Panevėžys City Municipality in Lithuania. PsPc provides social services aimed at social inclusion, independence, and improving the quality of life of persons with disabilities.

PsPc works with children and adults with disabilities, focusing on daily living, social, communication, and work-related skills through practical and inclusive approaches.

PsPc actively participates in European projects and international cooperation, hosting international staff and professionals to support learning, exchange of good practices, and professional development.

## The trainers

This Training Course will count on two trainers:

**SUSANA:** portuguese youth worker that lived in Italy for 11 years, where she collaborate with Cooperativa Sociale Kara Bobowski as a project manager. She has acquired a wealth of experience and knowledge in inclusive projects and management. She has provided invaluable support and guidance as Coordinator and mentor of EVS and ESC volunteers (including those with disabilities), and has successfully coordinated and facilitated inclusive youth exchanges. She is also the coordinator of the KA2 called PRIME, which aims to promote inclusive mobility experiences for people with intellectual disabilities.



**VIKI:** Youth worker, trainer, gardener, and passionate about outdoors activities, hiking, and inclusion.

Studied Spanish Sign Language interpretation, she devoted herself to that job for more than 15 years and now is using all the experiences in her professional life to promoting a more inclusive youth work and training activities, based on Universal Design.

As a trainer works for a competence's development of youth workers and trainers at European level while advocating for inclusion and respect of individual's rights. Participated in SALTO ToT in 2021-2022 and YOCOMO ToT in 2023-2024.

# The Venue

## -Kaimo turizmo sodyba "Žalioji"-



The entire Training Course will be in Žalioji: a venue located 20 km distant from Panevėžys, in a forest environment. Panevėžys has more than 85.000 inhabitants.

The venue address and website:  
[Margių k Pasvalio, Lithuania](https://zalioji.lt/)  
<https://zalioji.lt/>  
<https://www.facebook.com/ZaliojiLt>

## THE ACCOMMODATION

Participants will share rooms and bathrooms with other participants. There can be double, triple and multiple rooms. No single rooms are available.

The programme includes breakfast, coffee-breaks, lunch and dinner. To promote the sharing of each one's culture and context, who wants can bring some typical food or snacks to share during the training.



Considering the distance to the city and the impossibility to move, participants must bring all necessary for personal use before the arrival (extra food, drinks, hygiene products, personal use products...)

There is internet, sheets, and towels.

## WEATHER

10	11	12	13	14	15	16
+18°	+18°	+18°	+17°	+17°	+17°	+16°
Night +8°	Night +9°	Night +8°	Night +9°	Night +9°	Night +9°	Night +9°

These are the previsions for the weather in Panevezys in May. But we all know the environment situation and the weather is changing and unpredictable...  
**Better to check the week before :)**

# Logistics

## How to Arrive to the venue

You can check flights to **Vilnius, Kaunas, or Riga** airports.



### How to Get to Panevėžys from the Airport

You have **two options** for traveling from Vilnius, Kaunas, or Riga airports to Panevėžys

### Option No.1 - Skybus

You can order a Skybus transfer directly from:

- Vilnius Airport
- Kaunas Airport
- Riga Airport

Prices (one way):

- 25 € per person (if there are several passengers)
- 50 € if you are traveling alone
- 70 € for a personal transfer outside of the regular schedule

Skybus operates door-to-door according to your flight arrival/departure time.

Please note: Pick-up and drop-off are only at the airport.

Booking by phone is available only in Lithuanian, but they respond to messages in English.

<https://skybus.lt/>



### Option No. 2 - Regular Bus

#### From **Vilnius** Airport:

From airport to bus station:

- Take Bus No.1 or No.2 (Night: No. 88N)
- Ticket: ~1 € (buy from the driver)
- Duration: ~15 min
- Or take a taxi/BOLT – ~12 min, 13–15 €

From Vilnius bus station to Panevėžys:

- Ticket: ~14 €
- [Check the schedule here](#)

Last bus leaves at 7:40 PM

#### From **Kaunas** Airport:

From airport to bus station:

- Take Bus No.29
- Ticket: 1 € (buy from the driver)
- Duration: ~25 min
- Or take a taxi/BOLT – ~20 min, 12–15 €

From Kaunas bus station to Panevėžys:

- Ticket: 11–12 €
- [Check the schedule here](#)
- Last bus leaves at 8:00 PM

#### From **Riga** Airport:

Direct buses go from Riga to Panevėžys

- Ticket: 14–16 €
- [Check the schedule here](#)
- Last bus leaves at 10:00 PM



# Logistics

## How to Arrive to the venue

The transfer time to the venue will be coordinated once we receive the arrival times of all participants. The meeting point in Panevėžys will be PsPc (Kranto g. 16, Panevėžys). On the evening of the arrival day, a separate bus will be organised to take participants to the countryside accommodation. Until then, participants will be able to leave their luggage at PsPc and explore the city of Panevėžys independently.



## Travel arrangements and reimbursement

The travel **reimbursement** will be done directly from the Coordinator to each **Partner Organisation**, after receiving all **original travel proofs** and documentation required.

The Coordinator will reimburse the **real costs** of travels until a maximum established by the programme, according to the distance band between your organisation origin place and the venue of the activity (if different origin place, please contact us in advance).

Distance band	Partners	Regular Travel	Green Travel*
10 - 99 km	Lithuania	€ 28	€ 56
100 - 499 km	Latvia	€ 211	€ 285
500 - 1999 km	All the others	€ 309	-
2000 - 2999 km	Portugal, Spain and Malta	€ 395	-

\*For Green Travel it means that most of the travel is done by train, bus or shared-car. Asked by Latvia and Lithuania

# Practicalities

## Documents required for travel reimbursement



FOR **FLIGHT**: booking (with name, date, origin and destination, price); and original boarding cards



FOR **TRAIN** or **BUS**: original tickets with at least date and price



FOR **SHARED-CAR**: fuel invoice (at the origin place and others), highway costs invoice, all with dates and prices.



For **GREEN TRAVEL\***: a self-declaration will be asked to be signed on arrival, with all the travel way.

*\*For special requests, please contact us in advance.*

## WHAT TO BRING

- Your **ID card** or **Passport**
- Your **smile** and **joy**
- Your **EHIC** (European Health Insurance Card)
- We advise you to do some **insurance** (or with your organisation, or while buying your tickets)
- Your **laptop** or **tablet** (at least one per Country)
- Social** battery fully charged
- Your refilling **water bottle**
- Open-mindedness** to learn about the abilities of others
- Willing to share your experience
- Open-mindedness to share space and be surrounded by nature
- Swimming suit, flip-flops and towel or robe if you want to use the sauna and/or swimming pool.



*Participants are strongly advised to bring their European Health Insurance Card (EHIC) and to arrange their own travel insurance for the duration of the training course. This is especially important for those who do not hold an EHIC card. By joining the programme, participants acknowledge that they are taking part at their own risk. The organiser, PsPc, will take reasonable precautions to ensure a safe environment but cannot be held liable for any injuries, accidents, or damages caused by or to participants during the activity.*

## CONTACTS

If you have any question or special request, please write to [progettazione@karabobowski.org](mailto:progettazione@karabobowski.org) and [egle.gudzinskiene@gmail.com](mailto:egle.gudzinskiene@gmail.com)



A whatsapp group will be created before the Activity and an invitation will be sent to you by email.



This group will be used for travel arrangements and practicalities **on your arrival day**, but also **during the Training Course** between participants and trainers. It will be useful for networking **after the Activity**. You are free to accept the invitation or not.



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