

Training Course

LITHUANIA, TRAKAI
15-22 OCTOBER 2026

SHIFT

Smart Hands-on Innovation & Facilitation Tech in Youth work



Funded by
the European Union

What is this training course about?

This training course is a practical, hands-on journey designed to help youth workers bridge the gap between traditional youth work and the modern digital world. Over the course of the program, participants will dive deep into how emerging technologies, such as Artificial Intelligence, the Internet of Things (IoT), and gamified learning, can actually be used to make youth work and youth projects more engaging and impactful.

Instead of heavy theory, the focus is on trying out real tools, building AI agents, and creating interactive activities. The group will also visit the Trakai Youth Center to learn how youth work is done locally in Lithuania. Throughout it all, the program balances screen time with well-being, movement, and reflection. Everyone will leave with fresh ideas, new digital skills, and a clear plan to use back home.

Aim

To empower youth workers with practical knowledge, digital tools, and ethical frameworks. To successfully integrate Artificial Intelligence, the Internet of Things (IoT), and gamified learning into modern youth work practice.

Objectives:

- **Look at the big picture:** To figure out where tech has been, where it is now, and how we can actually use it in everyday youth work.
- **Get hands-on experience:** To try out tools firsthand—like building AI agents or setting up gamified learning activities—so participants leave with ready-to-use creations.
- **See it in action:** To step outside the training room and visit the Trakai Youth Center to explore and understand how youth work operates in Lithuania. Participants will have the opportunity to meet a local youth worker who will share insights and experiences from her daily **work**.
- **Keep a healthy balance:** To talk about screen fatigue and make sure well-being, movement, and downtime are built right into our daily routines and project plans.
- **Bring it back home:** To share ideas with each other, reflect on what we learned, and figure out clear next steps to take back to our local communities.

Methodology

The Training Course is built on the foundation of non-formal educational principles. The program is experiential and based hands-on, experiential learning approach that blends active digital tool creation, peer collaboration, and practical experimentation with daily reflection and well-being routines.

Timeline

Online On-board

17:00 CET time
7th October 2026

Arrival Day

15 October 2026

The training

16-21 October 2026

Departure Day

22 October 2026

Online Evaluation call

19:00 CET time
10th December 2026

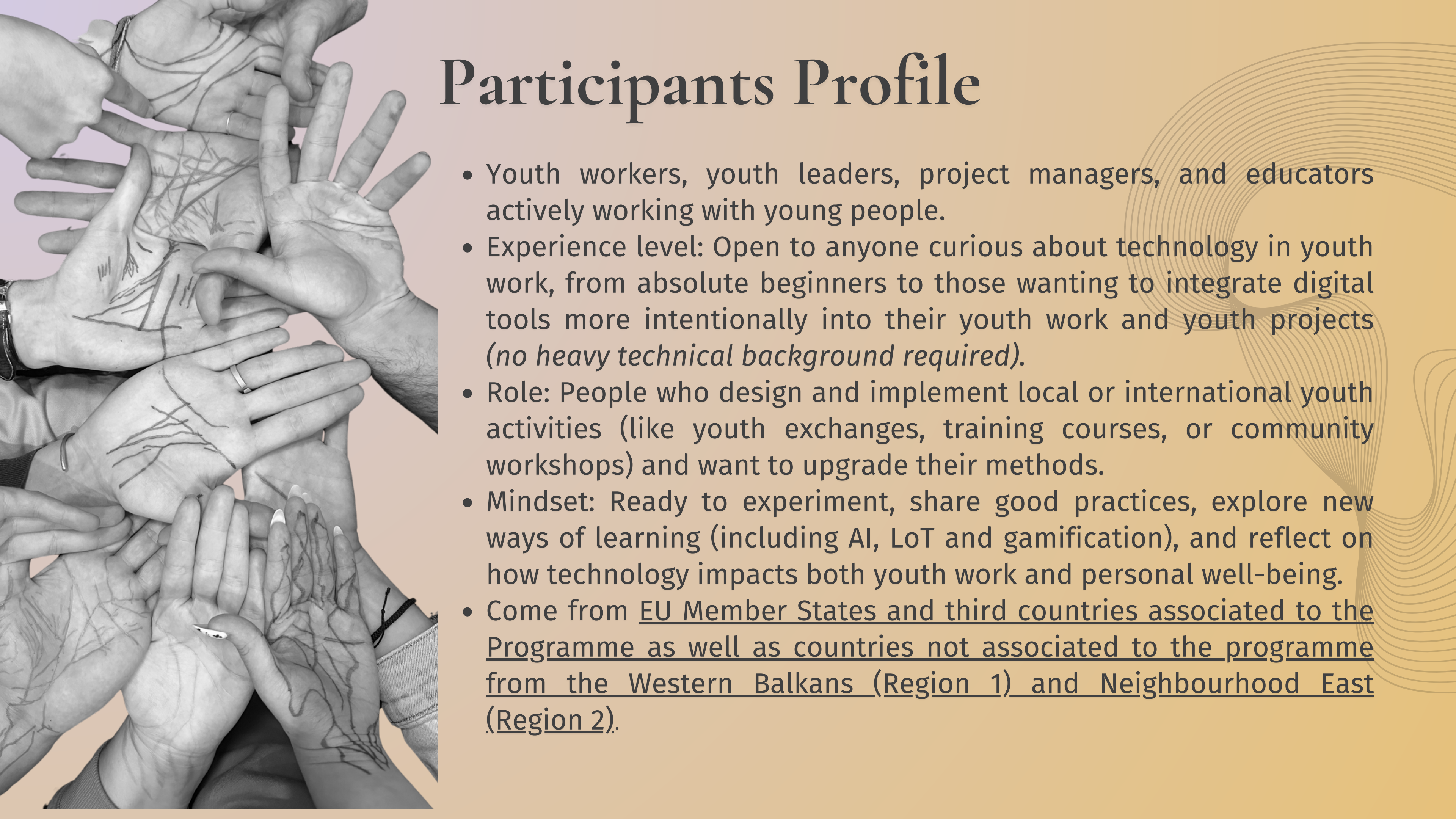


The program is co-funded by the Erasmus+ programme of the European Union. Thus, you are expected to take part in all of the activities, before, during and after the training course.

PROGRAMME

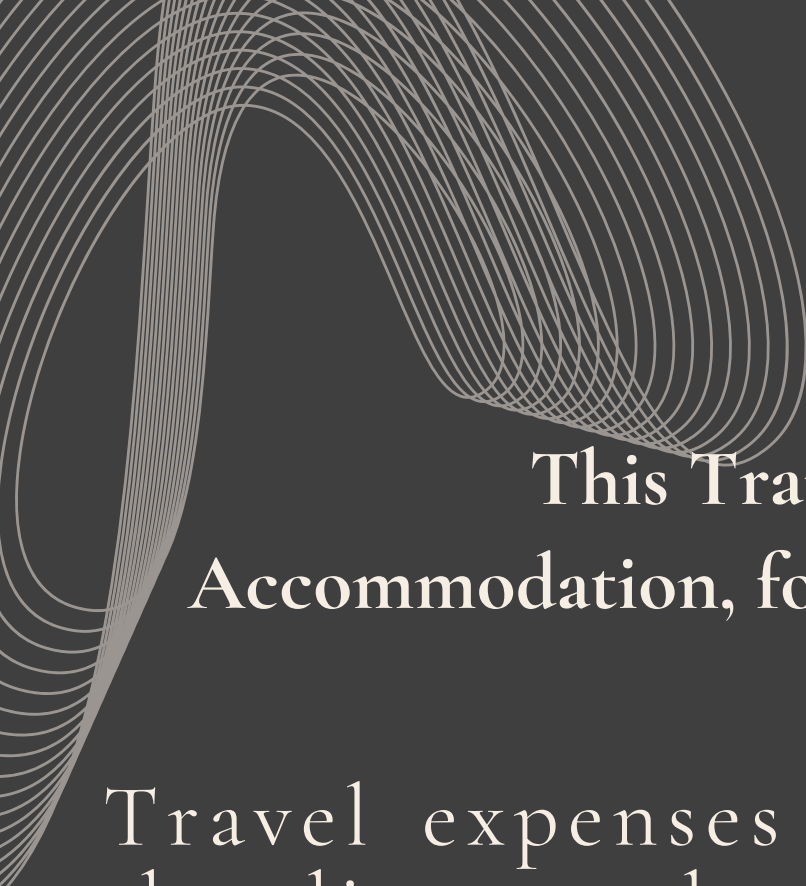
Time/Date	15.10	Day 1 - 16.10	Day 2 - 17.10	Day 3 - 18.10	Day 4 - 19.10	Day 5 - 20.10	Day 6 -21.10	22.10
09:00-10:00	A R R I V A L	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00-13:30		This training is all about ...	Past, present and future of AI	Internet of things (LoT)	Gamified learning	Practice Choosing tools and production start	Showcasing	D E P A R T U R e
		Break	Break	Break	Break	Break	Break	
		Building the base ...	AI in Youth work (YE)	LoT in YW	Visiting Trakai Youth Center	Production time	Debriefing the experience	
13:30-15:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:30-19:00		Team Building	AI agents and spaces	LoT in YW	Well being time in Trakai	Preparation for showcasing	Follow-up actions, Dissemination	
		Break	Break	Break		Pause	Pause	
		Reflection	Reflection	Reflection		Reflection	Evaluation	
		Well-being time						
19:00-20:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
	welcome	Socialising time						

*there might be small changes in the timetable and sessions. You will be informed about any changes during the training”



Participants Profile

- Youth workers, youth leaders, project managers, and educators actively working with young people.
- Experience level: Open to anyone curious about technology in youth work, from absolute beginners to those wanting to integrate digital tools more intentionally into their youth work and youth projects (*no heavy technical background required*).
- Role: People who design and implement local or international youth activities (like youth exchanges, training courses, or community workshops) and want to upgrade their methods.
- Mindset: Ready to experiment, share good practices, explore new ways of learning (including AI, LoT and gamification), and reflect on how technology impacts both youth work and personal well-being.
- Come from EU Member States and third countries associated to the Programme as well as countries not associated to the programme from the Western Balkans (Region 1) and Neighbourhood East (Region 2).



Financial costs

This Training Course is co-funded by the Erasmus+ programme of the European Union.

Accommodation, food and materials are fully covered for the duration of the project for selected participants.

Travel expenses are reimbursed based on the distance between your home and the venue, in accordance with the Erasmus+ programme distance band regulations.

Once you are selected, you will be asked to arrange your trip.

Important: Before purchasing any tickets, you must receive confirmation by email at info@innovativegeneration.eu.

Please note:

We will prioritise green travel whenever possible.

Arrival time: A group pick-up will be organised from the Vilnius Central Bus Station on the evening of 15th of Oct. (exact time TBC). Tickets purchased without prior approval may not be reimbursed.

Travel distance (KMs)	Green travel (bus, train, carpooling)	Non-Green travel (plane)
10 - 99	56	27
100 - 499	285	211
500 - 1999	417	309
2000 - 2999	535	395
3000 - 3999	785	580

REIMBURSEMENT

OF THE TRAVEL COSTS

If you travel by plane:

- BOARDING PASS is a must
- Confirmation of the bought tickets. (Usually received by email showing the price paid)
- Bank payment copy for the tickets or receipt if you paid by cash

If you travel by bus or train:

- Ticket
- Confirmation of the bought tickets (showing the price paid)
- Bank payment copy for the tickets or receipt if you paid by cash



HOW TO ARRIVE?

- You can fly to Vilnius or Kaunas (the largest cities in Lithuania).
- We encourage the greenest travel option possible. If feasible, please come by bus or train.
- A group pick-up from the Vilnius city centre will be organized on the evening of the arrival day (15 October). Exact time will be confirmed after tickets are purchased.
- we invite you to manage your travel in the way that you are in Vilnius no later than 17:00pm
- Travel between the city and the project venue will be organised by the organisers. The costs for this trip will be covered from your travel budget.

Project venue

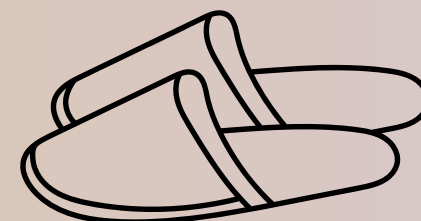
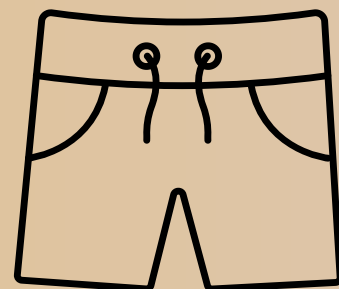
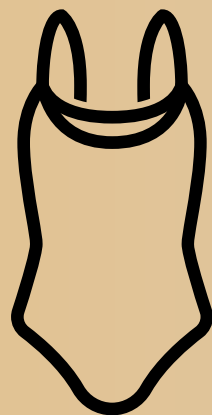
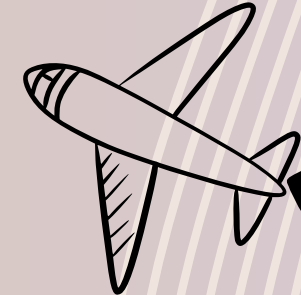
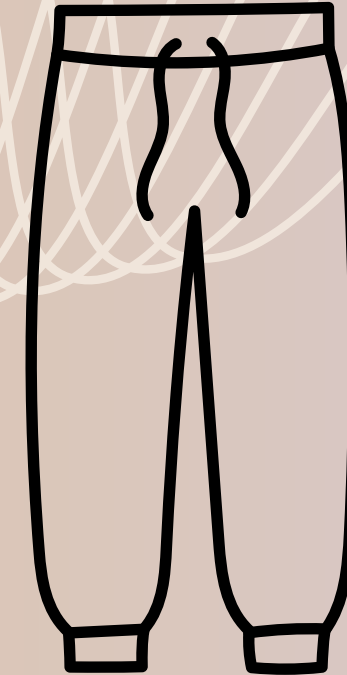
- Few kilometers from the city of Trakai
- 2-3 people per room (you will find towels, hairdryer, bathroom in each room)
- Working spaces
- Sauna
- 3 main meals and 2 coffee breaks a day (please inform us about any special needs regarding the food!)
- Keep in mind that there is no shop nearby



<https://www.lavillaroyale.lt>

What to bring

- Water Bottle
- Slippers and/or shoes only for inside use!
- Comfortable Pants
- Comfortable Shirt
- Warm clothes for outside
- Swimming suit for sauna night
- Board games if you want
- Any tools you want to share with others



Meet the team



Raminta Rusovičiūtė
Project manager

Find more information in LinkedIn profile:
<https://www.linkedin.com/in/gregorionuti>



Gvantsa Mezvrishvili
Trainer

Find more information in Salto TOY profile:
<https://www.salto-youth.net/tools/toy/gvantsa-mezvrishvili.5835/>



Vytautas Sliuburys
Trainer

Find more information in LinkedIn profile:
<https://www.linkedin.com/in/vytautas-sliuburys-490ba7288>



Artūrs Pāparde
logistical support

Find more information in LinkedIn profile:
<https://www.linkedin.com/in/art%C5%ABrs-paparde-ph-d-833a0b21a/>

Partners of the project



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the European Union



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Lithuania

info@innovativegeneration.eu



CYP
creative youth platform

Creative Youth Platform
Georgia

Info.cyp.org@gmail.com

Application & Contacts

You can apply by clicking below:

Apply now



Deadline to apply: 9th of October 2025.

*Applications fully generated by AI will be automatically rejected.

If you have any questions, feel free to contact us:



info@innovativegeneration.eu



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