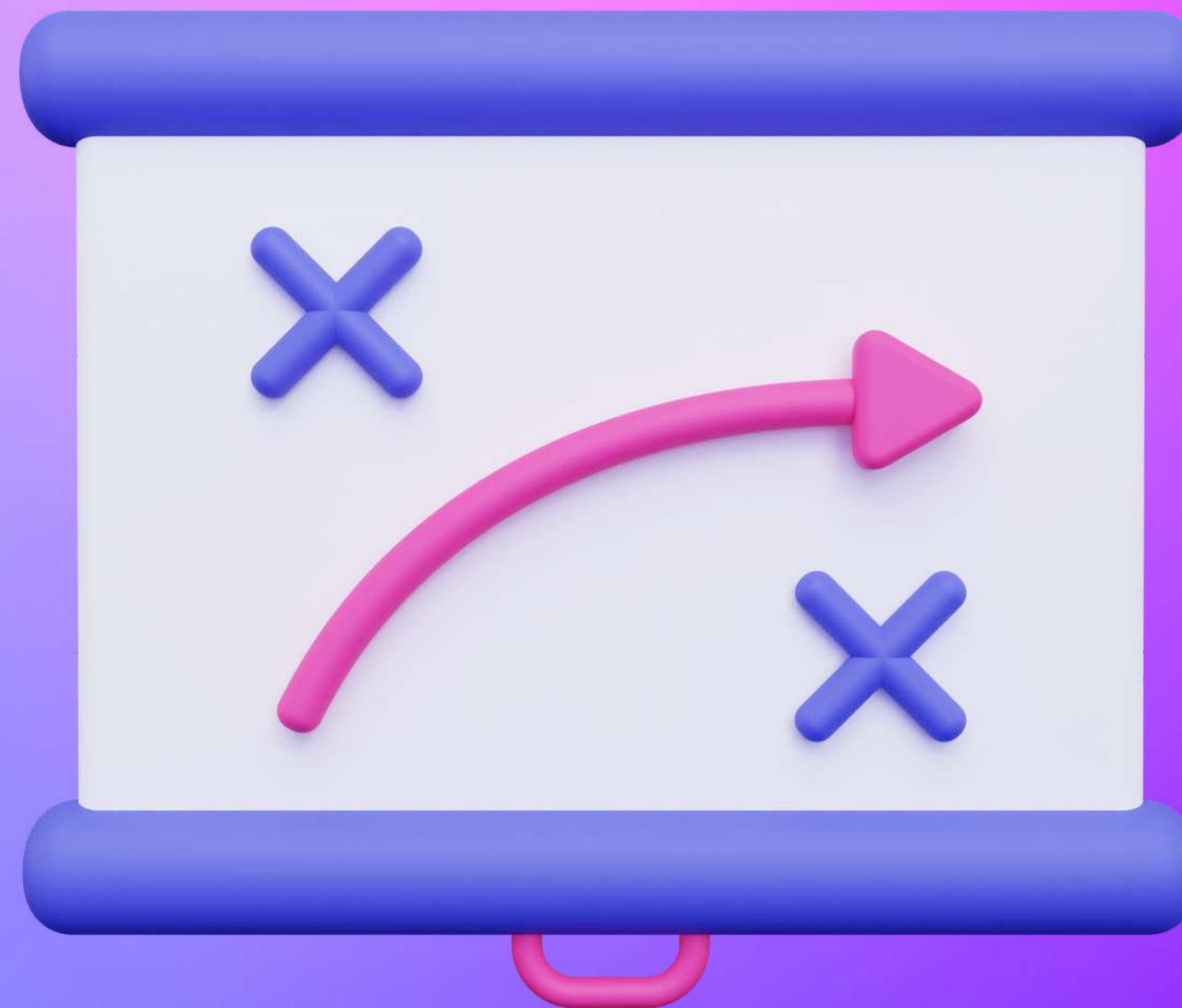


Training course Career UP

October 11-16, 2026
Birštonas, Lithuania



SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE



Co-funded by
the European Union

DATES



- **Place:** Birštonas, Lithuania.

Arrival for international participants: **October 10th**, 2026

Accommodation is provided from October 10th to October 16th.

Arrival for Lithuanian participants: **October 11th**, 2026, by 10:00 AM

Accommodation is provided from October 11th to October 16th.

Departure for all participants: **October 16th, 2026, after 2:00 PM**

P.S. If you plan to arrive earlier or extend your stay beyond the official project dates, any additional accommodation and catering costs in Lithuania must be covered at your own expense.



ABOUT THE TRAINING

Training course “**Career UP**” helps youth workers support young people in **making meaningful career choices in a fast-changing world.**

The training focuses on helping youth workers better understand young people’s career needs and support young people in:

- understanding themselves better;
- identifying their values, skills and strengths;
- making realistic career decisions;
- building resilience and adaptability;
- understanding how personal and external factors influence career choices.

WHAT WILL PARTICIPANTS GAIN?

During the 6-day training course, **participants will explore:**

- **practical non-formal education methods;**
- **career guidance tools;**
- **facilitation skills;**
- **digital tools;**
- ways to **deal with decision anxiety and information overload;**
- how to help young people move **from planning to action.**

By the end of the course, participants **will have practical tools and more confidence to support young people in their career journey.**

TRAINING OBJECTIVES

- **Strengthen youth workers' skills** in modern, non-formal career guidance.
- Help youth workers support young people in **self-understanding and career decision-making**.
- Provide **practical methods, facilitation techniques, and digital tools** for career guidance.
- Build confidence in helping young people **cope with uncertainty and move from planning to action**.

PARTICIPANT PROFILE

- **Minimum age: 23 years old;**
- ***Youth workers, educators, social workers, counsellors, project coordinators, mentors, community leaders, or activists;***
- **At least 2 years of experience** in youth work, non-formal education, career guidance, mentoring, coaching, or facilitation;
- Experience in supporting young people's learning, career exploration, or personal development;
- Ability to **communicate in English;**
- Availability to **participate in the full training course.**

The background features a light blue to purple gradient. It is decorated with several 3D-rendered spheres and cylinders in vibrant colors like blue, green, yellow, and orange, some of which are partially cut off by the edges of the frame.

BENEFITS FOR PARTICIPANTS:

- **More confidence** in supporting young people with career choices;
- A set of **ready-to-use methods and tools**;
- Stronger **facilitation and communication skills**;
- New ideas and practices from **international peer exchange**;
- New **professional connections** with participants from other countries.

PROGRAMME

TIME	October 10	DAY 1 (October 11)	DAY 2 (October 12)	DAY 3 (October 13)	DAY 4 (October 14)	DAY 5 (October 15)	DAY 6 (October 16)
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:

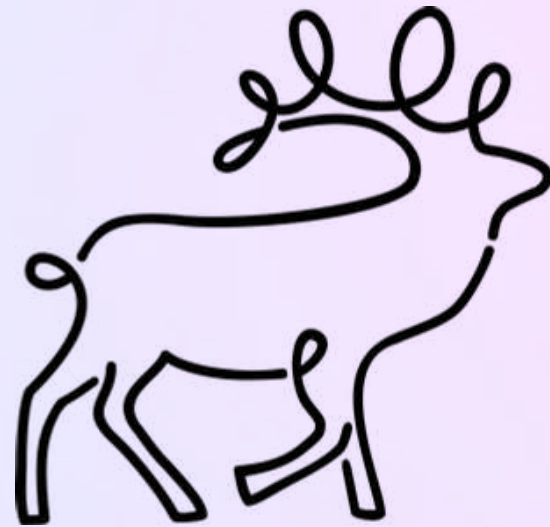
Within 1–3 months after the training course, please provide us with information on how you have used the knowledge, methods, or materials from the training course in your youth work–related activities.

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
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INSTITUTE

Our main goal is to develop **social, cultural, educational 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.

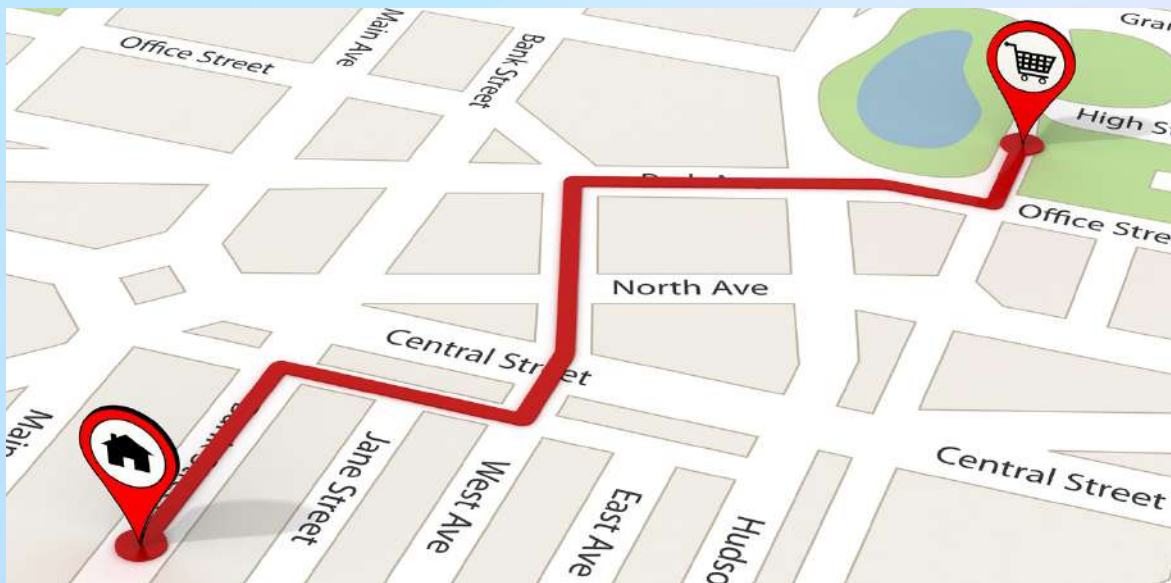
You can calculate the exact distance (one way) of your trip using **ONLY** the Erasmus+ distance calculator: [HERE](#)

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.

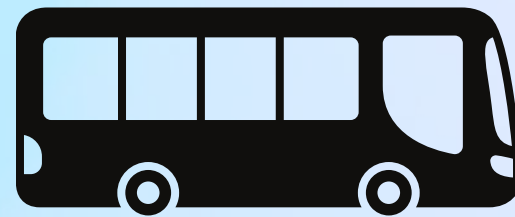
P.S. Nothing else will be reimbursed.

HOW TO GET TO LITHUANIA?

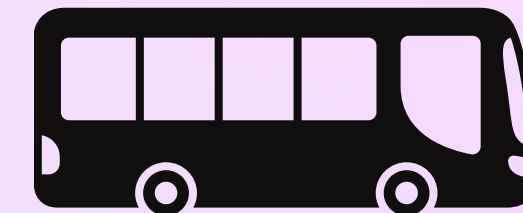
- There are 2 airports to choose from: Kaunas International Airport and Vilnius International Airport.
- Your travel route is from your place of residence to the venue in Lithuania (Birštonas) and back.
- You must choose reasonable and economical means of transport (e.g. low cost airlines, 2nd class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

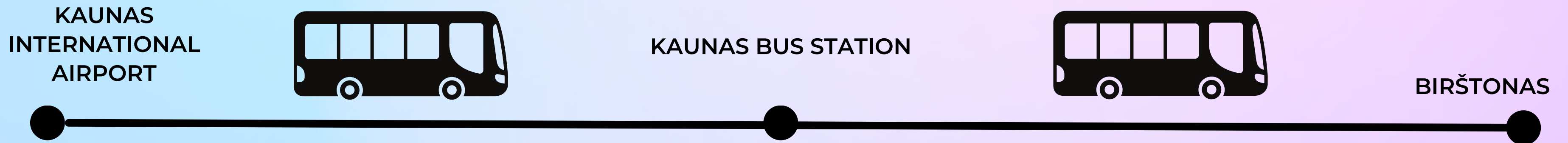
From Vilnius International Airport:

- 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



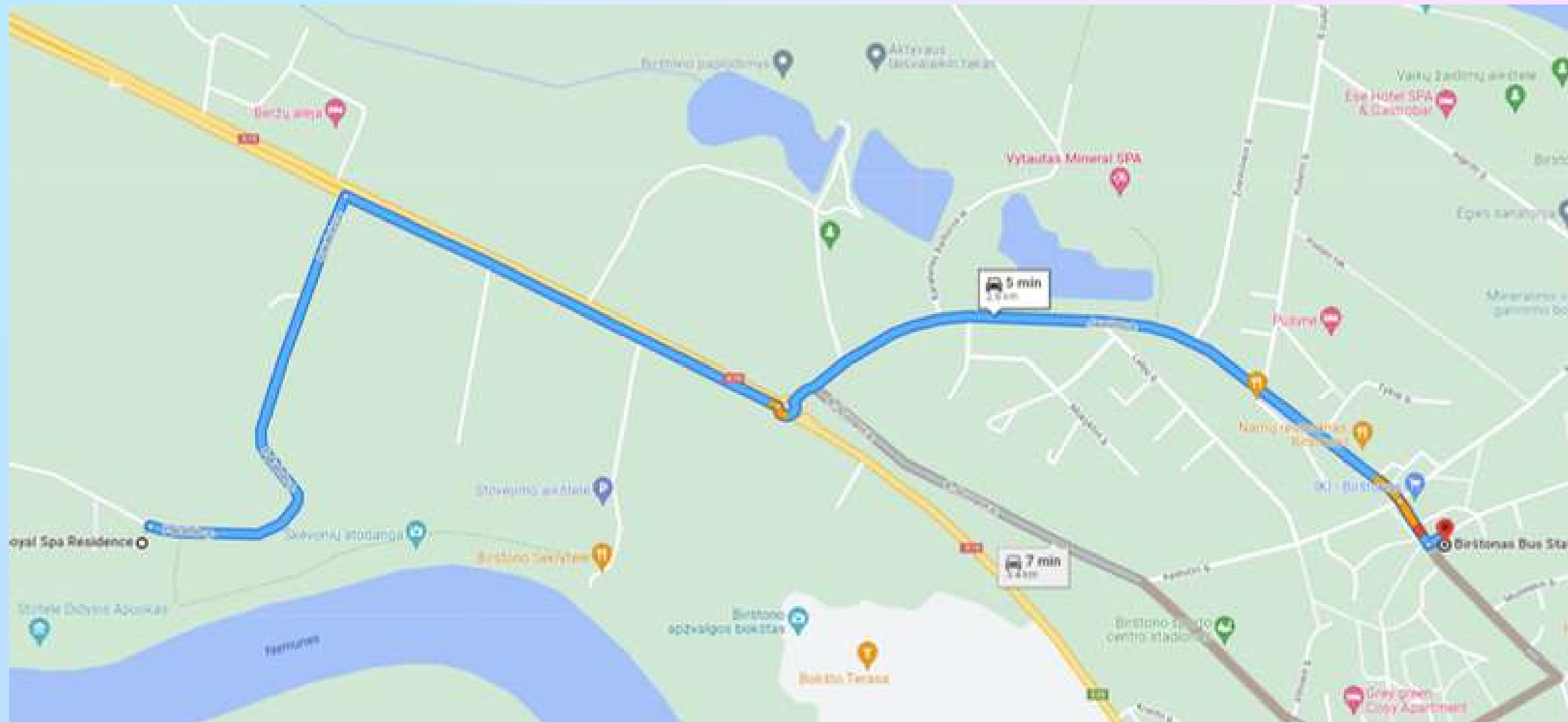
From Kaunas International Airport:

- 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.

Other taxi: +370 687 21 194

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

HOTEL



The Royal SPA Residence Birštonas is a four-star hotel.

- **Accommodation:** Participants will be accommodated in comfortable triple rooms, with 3 participants sharing a room.
- **SPA:** Free access to the SPA area during free time, outside the training programme.
- **October 10:** *Please note that dinner is not included on the arrival day.*
- **Address:** Pakalnės g. 3, Birštonas, Lithuania.

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:
Eastern European
Time (EET) zone**



**Emergency
number:
112**



CONTACTS

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FOLLOW US!

@vvpinstitutas 

Visuomenės ir verslos
plėtros institutas 



SEE YOU SOON!

