

TRAINING COURSE



SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE



**Co-funded by
the European Union**

INSIDE OUT

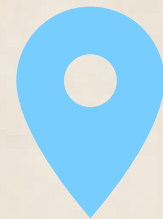


November 15-20, 2026

**Birštonas
Lithuania**



DATES



- **Place:** Birštonas, Lithuania.

Arrival for international participants: **November 14th**, 2026.

Accommodation is provided from **November 14th** to **November 20th**.

Arrival for Lithuanian participants: **November 15th**, 2026, by 10:00 AM

Accommodation is provided from **November 15th** to **November 20th**.

Departure for all participants: **November 20th, 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 “Inside OUT” focuses on **mental health, emotional well-being** and **emotional crises in youth work**.

Participants will learn how to **recognise emotional difficulties, communicate supportively** and **create a safe and trusting environment for young people**.

The training will also explore **creative methods** and **professional boundaries** when supporting young people.



PARTICIPANTS WILL GAIN

- Better understanding of **mental health and emotions in young people;**
- Skills to **recognise emotional crises;**
- Practical methods for **supporting young people in emotional difficulties;**
- **Tools** for building trust and open communication;
- **Creative and artistic methods** for emotional expression;
- Better understanding of **professional boundaries in youth work.**

TRAINING OBJECTIVES

The training aims to:

- increase understanding of **mental health and emotional crises among young people;**
- strengthen skills to **recognise and respond to emotional difficulties;**
- develop **practical methods** for supporting young people;
- promote **trust, open communication and emotional expression;**
- explore **creative methods** for working with emotions;
- strengthen awareness of **professional roles and boundaries.**



KEY TOPICS

- **Mental health and emotional well-being** in youth work;
- Recognising **signs of emotional distress and crisis**;
- Practical approaches to **supporting young people**;
- **Trust, communication and emotional expression**;
- **Creative and artistic methods** in youth work;
- Recognising when **additional professional support** may be needed;
- **Professional roles and boundaries** when supporting young people.



PROFILE OF PARTICIPANTS

The training is designed for youth workers, educators, social workers, counsellors, youth project coordinators and managers, volunteer coordinators and mentors, youth organisation leaders, community leaders and activists, who:

- are **23 years old or older**;
- have at least **2 years of experience working with young people**;
- are interested in **mental health, emotional well-being and emotional crises in youth work**;
- want to **strengthen their skills** in supporting young people;
- can **communicate in English**;
- are able to **participate in the whole training course**.

PROGRAMME

TIME	November 14	DAY 1 (November 15)	DAY 2 (November 16)	DAY 3 (November 17)	DAY 4 (November 18)	DAY 5 (November 19)	DAY 6 (November 20)
Until 10:00	Arrival day of international participants	Arrival of Lithuanians / Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:30		Getting to know each other	My view on emotions	Young people and emotions	Personal time: reflecting on my emotions	Methods on working with youth on mental health	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	My view on emotions	Young people and emotions	Personal time: reflecting on my emotions	Methods on working with youth on mental health	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	Theatre and emotions	Methods on working with youth on mental health	Personal time: How do I understand myself	Boundaries and methods on working with youth on mental health	Departure
16:30 - 17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 - 18:30		What does it mean to experience emotions?	Theatre and emotions	Methods on working with youth on mental health	Personal time: How do I understand myself	Boundaries and methods on working with youth on mental health	
19:00		Dinner	Dinner	Dinner	Dinner	Dinner	
21:00		Intercultural evening	Intercultural evening	Intercultural evening	Open space for activities or free time	Intercultural evening	



AFTER THE TRAINING COURSE

Follow-up:

Within 1–2 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.





SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE

TRAINERS – A BOOST OF GOOD ENERGY



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).



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).



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.

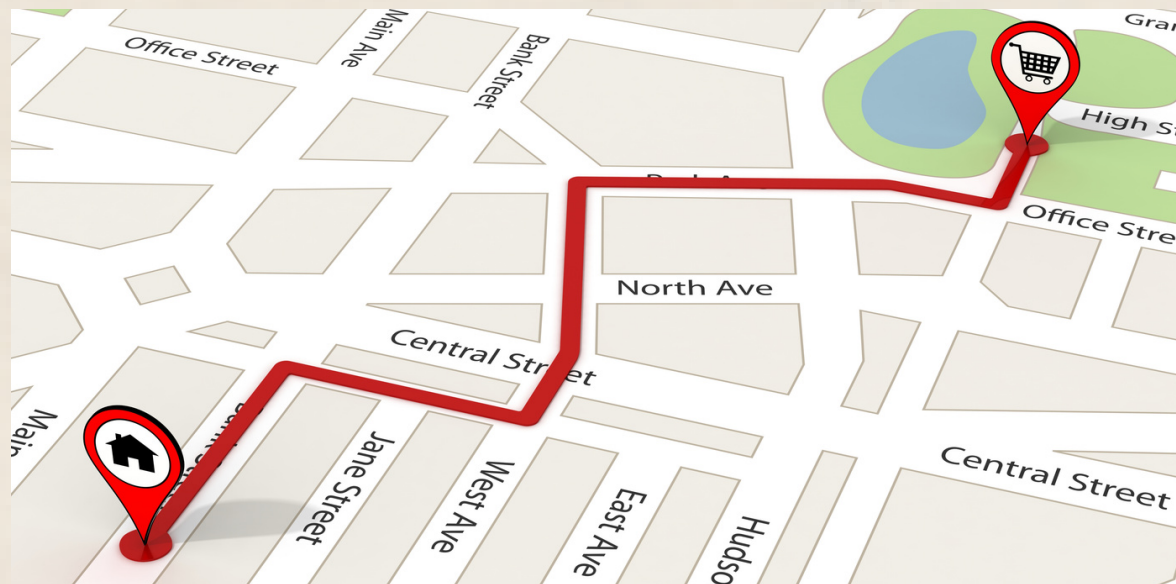
You can calculate the exact distance (one way) of your trip using **ONLY** the Erasmus+ distance calculator: [HERE](#)

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!

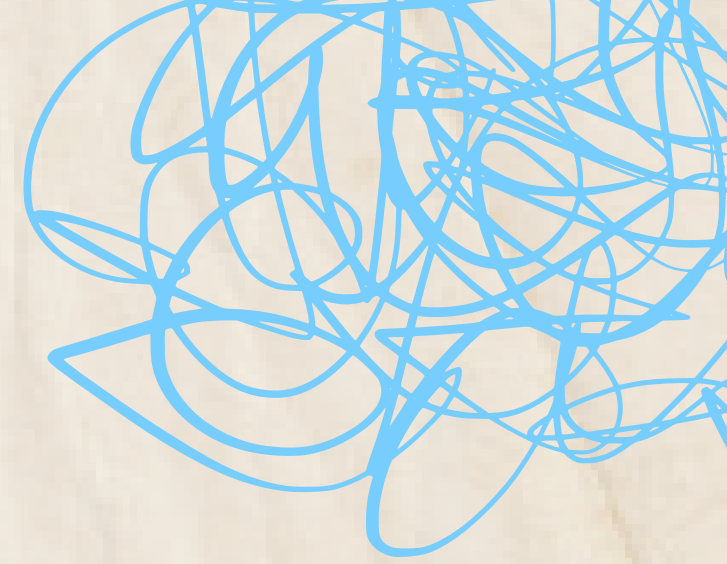
BEFORE BUYING ANY TRAVEL TICKETS
YOU HAVE TO GET **WRITTEN
CONFIRMATION** FROM THE ORGANIZERS.

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).

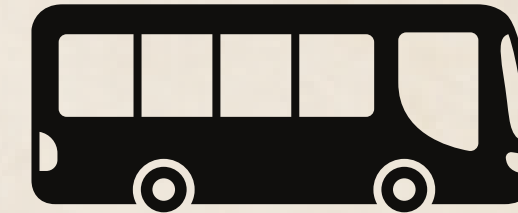


FROM KAUNAS INTERNATIONAL AIRPORT TO BIRŠTONAS

KAUNAS
INTERNATIONAL
AIRPORT



KAUNAS BUS STATION



BIRŠTONAS

From Kaunas International Airport:

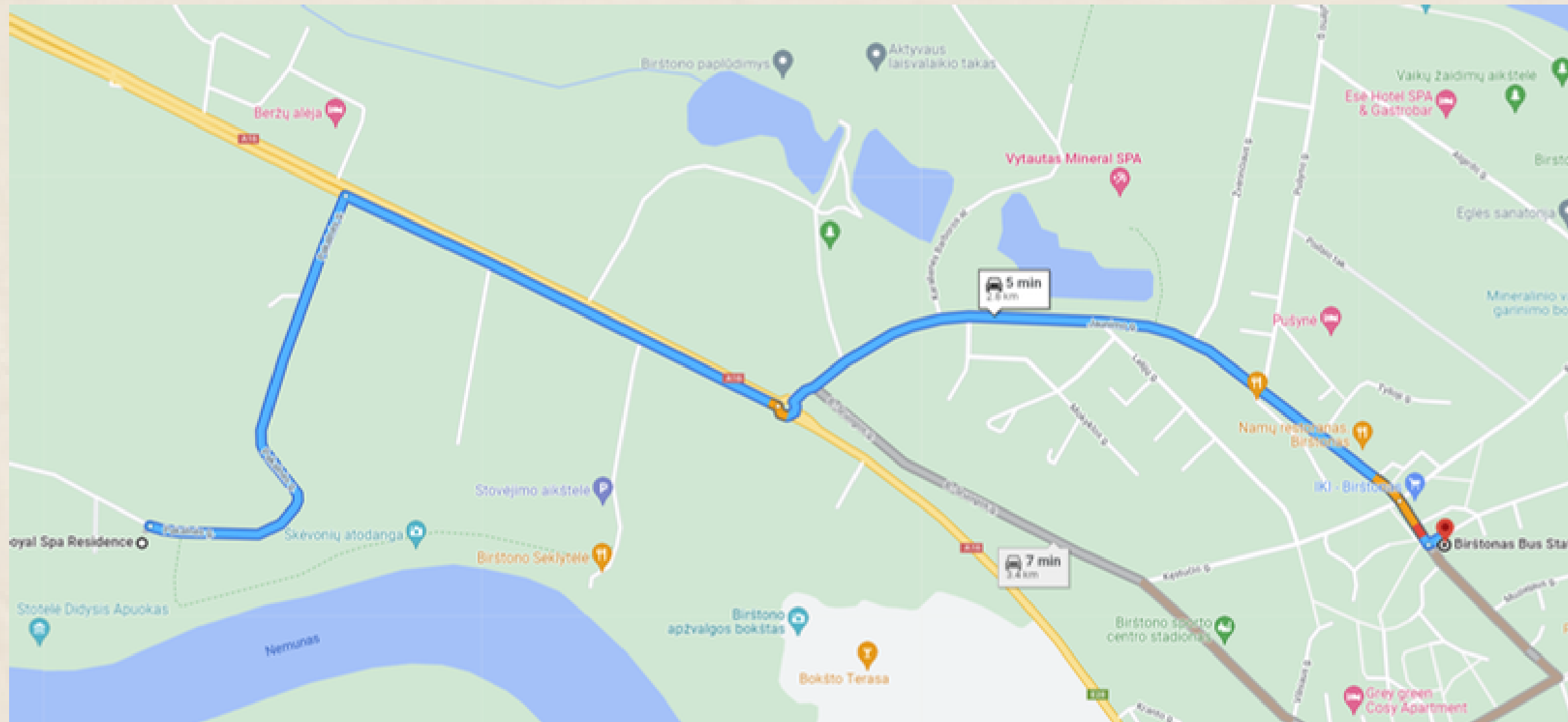
- Take the bus first. Bus No. 29G run to Kaunas Bus Station every 40 minutes. [More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

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

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

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: +370 638 66200

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.
- **November 14th:** *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:
UTC+2



**Emergency
number:**
112



CONTACTS

info@vvpi.lt 

FOLLOW US!

@vvpinstitutas 

Visuomenės ir verslo
plėtros institutas 



SEE YOU SOON!

