



Erasmus+

**TRAINING COURSE**

KAUNAS, LITHUANIA

**17 – 25 OCT, 2021**

**GIVE HUGS  
NOT DRUGS**



**01**

PROJECT NAME

**Give Hugs, Not Drugs**

**02**

TYPE OF ACTIVITY

**ERASMUS+ Training Course**

**03**

DURATION

**7+2 travel days (17-25 October, 2021)**

**04**

PARTICIPATING COUNTRIES

**Lithuania, Hungary, Sweden, Slovakia,  
Turkey, Poland**

**05**

NUMBER OF PARTICIPANTS

**4 per country (24 in total)**

# SUMMARY

Nowadays, many youngsters experiment with drugs. Consequently, some youngsters get addicted to these materials, which leads to long and effort-requiring treatment. In the 25 European countries with available data, 18 countries demonstrate the increase of the overall number of first-time entrants to drug treatment centres. Thus, the problem is evident in the continent.

Many treatment centres focus only on the addiction itself when they try to help youth break the habit and reclaim control of their lives. However, addiction is often only the consequence of other problems which youngsters were encountering before starting drugs. Among these - social exclusion, discrimination within society, lack of safety, negative school climate, limited capabilities to cope with unpleasant emotions, being surrounded by peers who are using harmful substances on a daily basis. Treating such conditions is a vital part of the recovery process to ensure that a youngster will not turn back to drugs in the future.

Even though there are existing methodologies for helping drug addicts recover, they are often outdated (thus their methods call for being re-tested or improved).

That is why organisations from Lithuania, Sweden, Poland, Hungary, Slovakia and Turkey gathered with the idea of youth work as a tool for better reintegration of former drug users into society and space for their personal development. Accordingly, the main aim of the project is to strengthen the competencies of youth workers in finding adequate approaches to fostering the inclusion and empowerment of young drug addicts.

To reach this aim, the following objectives were set:

- Increase awareness (and reduce stigma) about youth drug abuse and its related problems;
- Identify challenges young drug users face and ways to address them;
- Explore the role of youth work in helping young (former) drug addicts;
- Improve the capacities (knowledge and skills) of youth workers to address the needs of young drug addicts and to support their empowerment;
- Share tools and good practices of engaging with vulnerable groups in an international context;
- Create transnational partnerships on inclusion and empowerment of young (ex-) drug addicts among youth organisations.

# FINANCES & TRAVEL

## BUDGET LIMITS

1. Accommodation, living and other project related expenses: 100% funded by the EU.
2. 100 % of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.

Travel distances	Amount
Between 10 and 99 KM	20 € per participant
Between 100 and 499 KM	180 € per participant
Between 500 and 1999 KM	275 € per participant
Between 2000 and 2999 KM	360 € per participant
Between 3000 and 3999 KM	530 € per participant
Between 4000 and 7999 KM	820 € per participant
8000 KM or more	1300 € per participant

We will reimburse the travel expenses after the mobility by bank transfer, in accordance with the Erasmus+ framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you. For plane travel, the original documents that we need are:

**1) Tickets and Boarding Passes**

**2) Invoice / Receipt**

**Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.**

# MONEY

The official currency in Lithuania is **Euro**. The prices in Lithuania are not high as well (e.g. bus ride - 1 EUR, pizza – 6.5 EUR). You can check the [cost of living](#) in Lithuania.

# GETTING TO LITHUANIA

The fastest and most secure way to reach Lithuania is by plane. The main aerodromes are in Vilnius and Kaunas. They have direct flights to all main cities in Europe. You can reach almost any bigger city in the world with just one change of plane.

Cheap flights are always available [HERE](#).

One more way of reaching Lithuania is by bus.

It has direct routes to Germany, Poland, Italy, Belarus, Czech Republic, Latvia and other nearest countries.



# TRANSPORTATION

Firstly, you should find a flight to Vilnius (VNO) or Kaunas (KUN) airports. **The arrival day is 17th of October and the departure day is 25th of October, 2021.** Try to find a suitable option for the flights on these days.

More information about **How to get to the venue** – [HERE](#).

# ACCOMMODATION & FOOD

**Venue:** [Domus Pacis Guest House](#). Located at the center of the old town, next to a park.

**Rooms:** with 2-5 beds. Towels and bed linen will be provided (but no hairdryer in the facility). The Main Activity Room is located at the same building. WiFi internet connection is available (however, might be a bit limited). Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the hotel or cafeterias nearby. We strongly recommend each participant to **inform the organizers about any special dietary needs** in advance.



**BASIC RULES:** All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Smoking is prohibited everywhere inside buildings (the guest house levies a fine of 30 EUR), thus all the smokers will have to go outside or to specially designated areas for a cigarette. Any damages to the property of the guest house or the organizers will be deducted from the travel reimbursements of the ones responsible.

# ABOUT LITHUANIA

Check the following websites to get to know more about our lovely Lithuania and Kaunas:

- [Official Lithuania website](#)
- [TripAdviser Lithuania](#)
- [Lithuania Vacation Travel Video Guide \(2017\)](#)



# ADDITIONAL STAY

The hosting organization is covering the accommodation **ONLY** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets 7 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.

For additional days in Lithuania we suggest you to use [Airbnb](#) (18 EUR discount inside), [Booking.com](#) (12 EUR discount inside).



# Stay connected



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**If you have any questions, please contact us via email or Facebook.**



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# See you soon!

