

SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE

TRAINING COURSE

MEANT TO BE

2023 November 12-17



Funded by
the European Union



SUMMARY

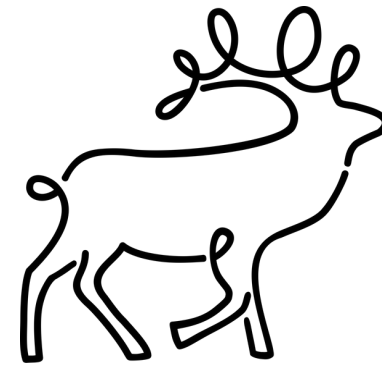


Place: Birštonas, Lithuania;

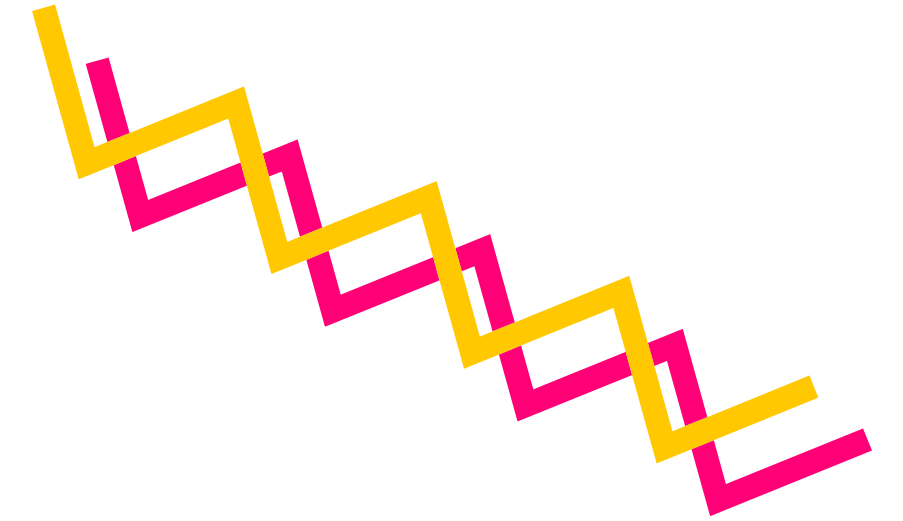


- Arrival day for international participants: 11 November 2023 (hotel included).
- Arrival day for Lithuanians: 12 November 2023.
- Departure: 17 November 2023, 4 PM.

ABOUT US



SOCIETY
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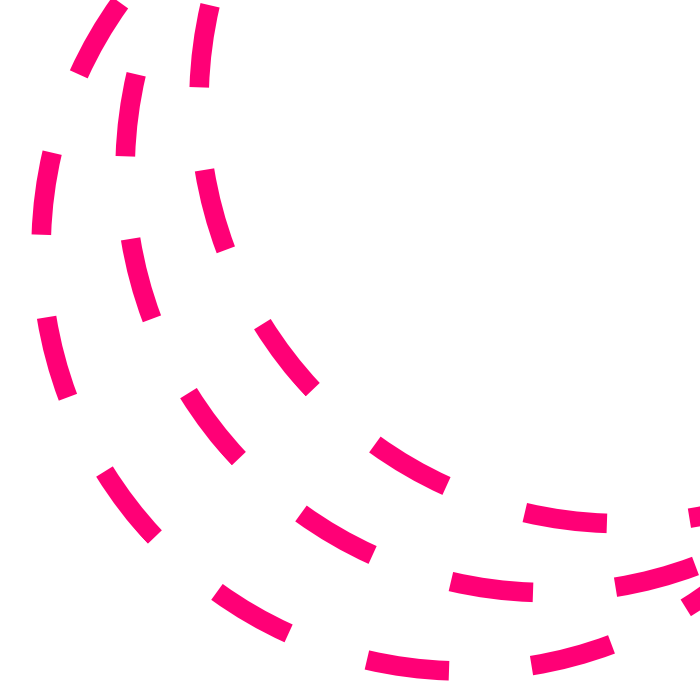
Our main goal is to develop **social, cultural, education and youth projects** in remote regions of Lithuania and beyond.

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.



PARTICIPATING COUNTRIES



LITHUANIA



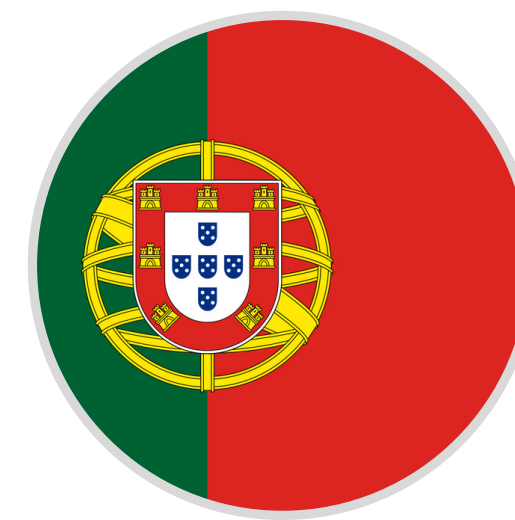
SPAIN



ITALY

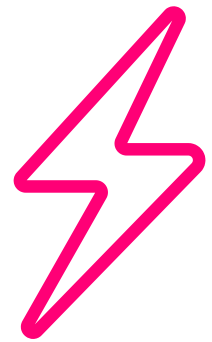


ICELAND

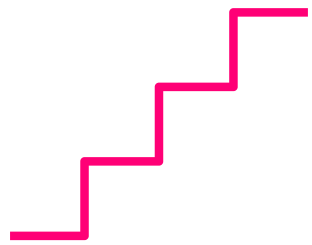


PORTUGAL

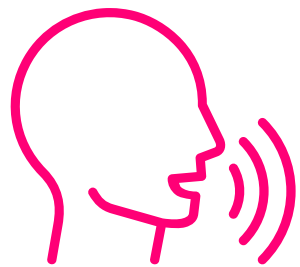
PROFILE OF PARTICIPANTS



Mentors of ESC and local volunteers; project coordinators; people coordinating volunteers and facilitating their learning process; individuals developing tools and resources about mentorship;



Various levels of experience: newcomers and advanced mentors are very welcome to apply;



Ability to communicate in English;

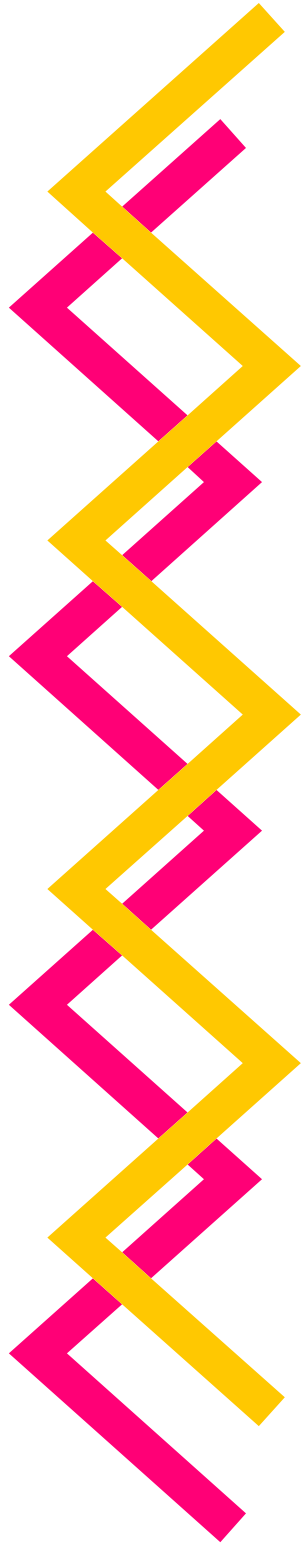


Participation in the whole training.

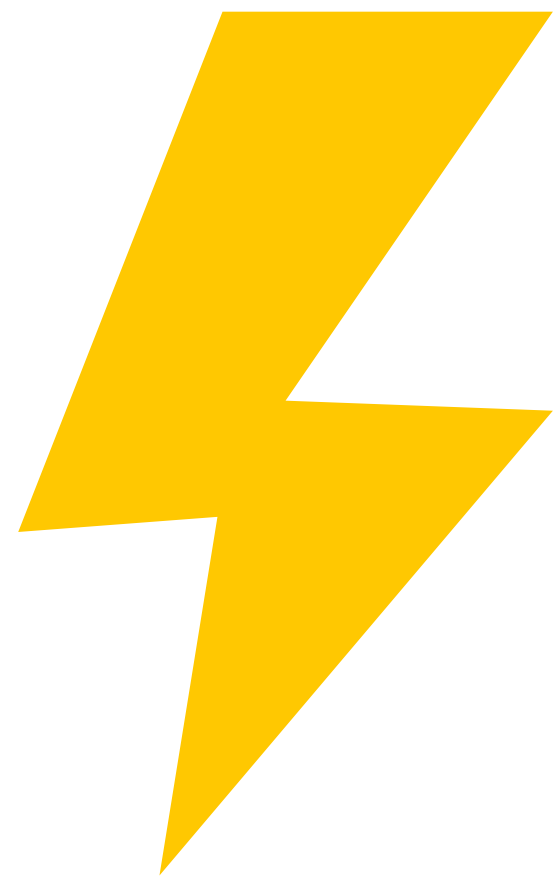
TRAINING OBJECTIVES



- To **connect with professionals** in the field of mentoring from all over Europe;
- To **share good practices** and relevant resources;
- To **discuss about challenges** of the mentoring process;
- To underline the **importance of mentoring in the volunteer's development**;
- To have a common understanding of **key concepts around the role of mentor**: role, responsibilities, needed competences;
- To foster **personal and professional development** and to keep up with the emerging challenges in the field of mentoring;
- To **provide tools and methodologies** for present or future mentors to **empower young people** taking part in volunteering projects (especially those at risk of social inclusion or with fewer opportunities);
- To **develop strategies** for fostering the volunteer's learning path.



TRAINERS – A BOOST OF GOOD ENERGY



VLADAS POLEVIČIUS

Vladas Polevičius - has been working for 10 years with various non-formal education programmes and projects for young people. Vladas has coordinated innovative youth projects that have been recognised as some of the best in Lithuania and Europe: the project "My Voice Matters: the European Young Citizens' Initiative" was recognised as the best Lithuanian youth project in 2015 by the European Charlemagne Youth Prize Commission.

Vladas has been a regional consultant for the Erasmus+ and the European Solidarity Corps programmes, and is a former member of the Board of Directors of the Lithuanian Council of Youth Organisations (LiJOT). As a member of the LiJOT Board, Vladas has been involved in structured (youth) dialogue processes and has participated in four European Youth Conferences, where together with colleagues from all over Europe, he has been working on the development of the youth objectives that are currently included in the European Union Youth Strategy.

Vladas has extensive experience in coordinating and managing projects, developing and following up project implementation plans and ensuring that tasks and activities are completed on time.



AISTĖ RUTKAUSKIENĖ

Aistė Rutkauskienė - since 2012 she has been working with children and young people, organising summer camps, artistic and creative activities. Since 2017, she has been managing Erasmus+ projects: together with young people, she organises and implements youth exchanges, training courses for young people.

Since 2018, it has been coordinating the implementation of the Youth Voluntary Service Programme in Alytus and Marijampolė counties: organising the work of volunteer mentors, supporting volunteer host organisations, providing training for youth volunteers and advising them on general competences and volunteering topics. Since 2018, it has also been coordinating international volunteering projects under the European Solidarity Corps programme in Marijampole County: contributing to the growth and development of the network of volunteer host organisations, organising mentoring and accompaniment processes for volunteers, and strengthening volunteers' general competences.

Since 2019, she has been actively involved as a moderator and facilitator of various events, meetings and discussions for young people. She conducts trainings on motivation, creativity, teamwork, critical thinking, communication, strategic thinking and planning, advocacy.



PROGRAMME

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Until 10:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:30	Getting to know each other	Principles and individual work with volunteer	What is the role of a mentor?	What does good mentoring look like?	Lifelong learning competencies and ESC	Your motivation and volunteering
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	How properly formulate tasks for a volunteer?	What mentor and volunteer should discuss during their session?	Risk factors and mentoring	Lifelong learning competencies and ESC	Summarizing in mentoring
13:30 - 15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00 - 16:30	Introduction to the training. Fears and expectations	Non-formal education in volunteering	Mentor and volunteer: roles and expectations	Active listening during mentoring	How to help a volunteer to identify the competences he/she developed during volunteering	Final evaluation and reflection
16:30 - 17:00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 - 18:30	Good and bad practices in ESC	Motivation and volunteer	How to help a volunteer to identify and work towards his/her goals	Awaken the learner within	Sharing good experiences: ESC, competences and YouthPass	Departure
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00	Open space for activities or free time	Open space for activities or free time	Intercultural evening	Open space for activities or free time	Open space for activities or free time	

FINANCES & TRAVEL BUDGET LIMITS

Accommodation, living and other project / exchange related expenses: 100% funded by the Erasmus+ programme.

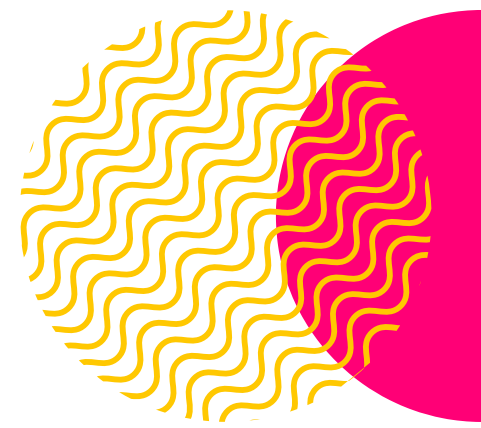


Travel (flights, other means of transport) expenses are reimbursed (up to 100%), based on the distance from your location of residence to the location of the project.

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

Travel distance	Standart travel	Green travel
10 – 99 km	23 EUR	23 EUR
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR
3000 – 3999 km	530 EUR	610 EUR

TRAVEL BUDGET LIMITS & GREEN TRAVEL



Country	Standart travel (up to)	Green travel (up to)
Lithuania	23 EUR	23 EUR
Spain	360 EUR	410 EUR
Italy	275 EUR	320 EUR
Iceland	360 EUR	410 EUR
Portugal	360 EUR	410 EUR

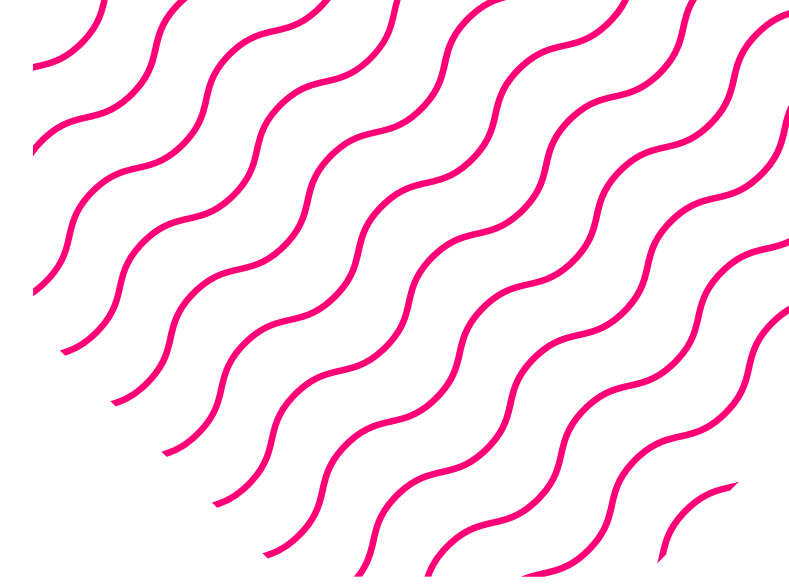
We encourage you to choose **green travel!**

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!

HOW TO GET TO LITHUANIA?

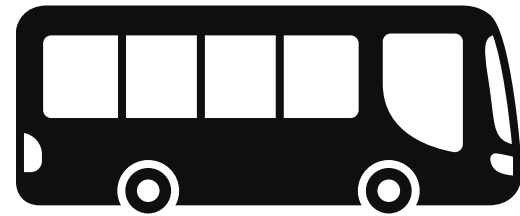


- There are 2 airports to choose from: Kaunas International Airport and Vilnius International Airport.
- Your travel route is from your place of residence to the venue in Lithuania (Birštonas) and back.
- You must choose reasonable and economical means of transport (e.g. low cost airlines, 2nd class trains, buses).
- For participants coming from abroad, the travel days may be +/- 3 days around the meeting dates.
- In this case, the programme does not provide accommodation for the extra days and this is the responsibility of the participants.

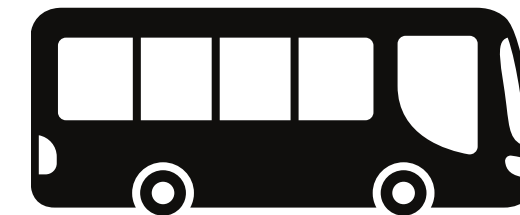


FROM VILNIUS INTERNATIONAL AIRPORT TO BIRŠTONAS

VILNIUS
INTERNATIONAL
AIRPORT



VILNIUS BUS STATION



BIRŠTONAS

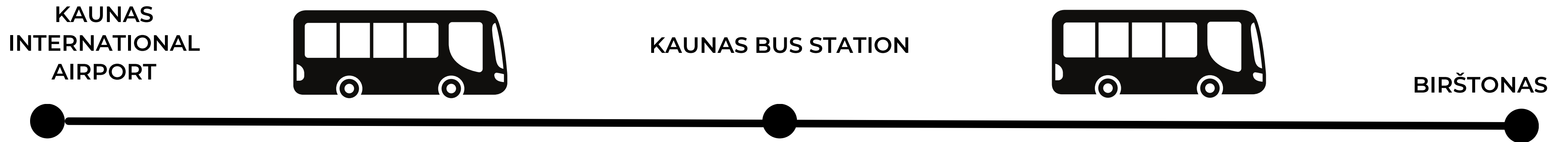
From Vilnius International Airport:

- 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

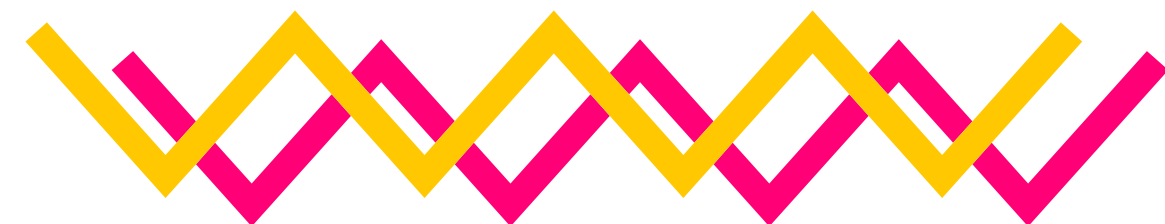


From Kaunas International Airport:

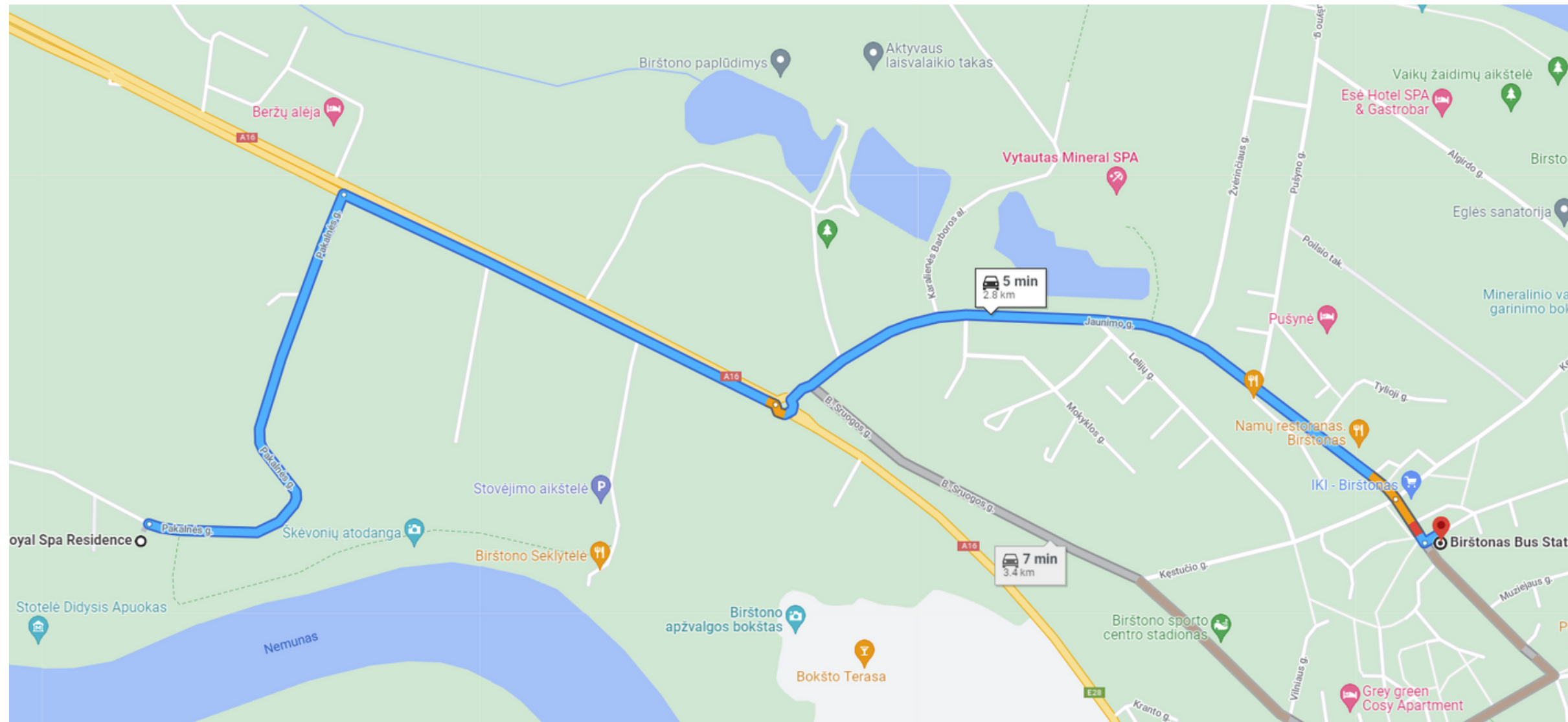
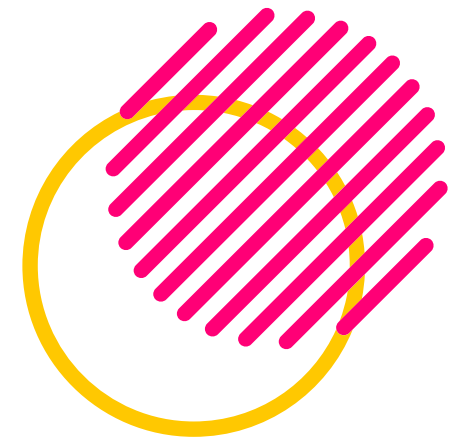
- Take the bus first. Bus No. 29G run to Kaunas Bus Station every 40 minutes. [More info](#)
- Single tickets can be bought from the bus driver. Ticket price 1 Euro (no discount available, ticket is valid for one trip, cash only).

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 BIŠTONAS



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

We recommend to take a "Bolt" or other **taxi**. The price should be around 3-7 Eur.

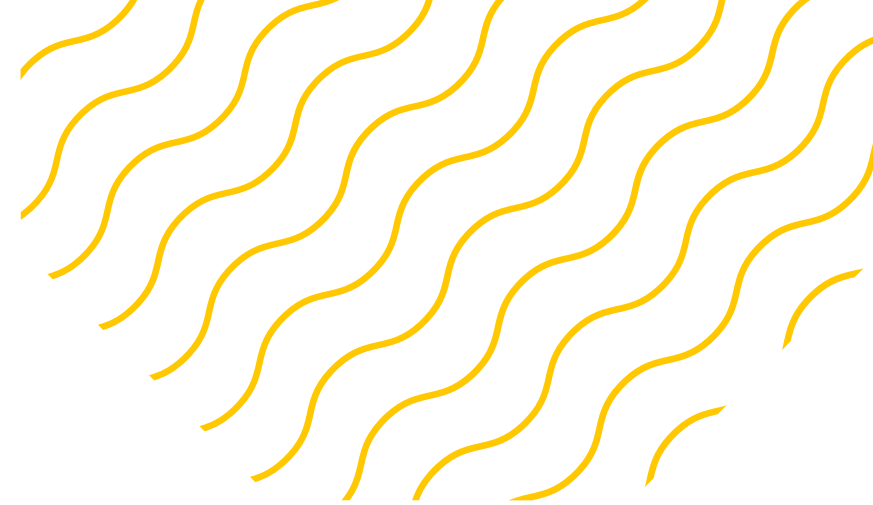
Taxi 1: +370 687 21194

Taxi 2: +370 638 66200

Taxi 3: +370 687 21194

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.

A cozy restaurant and bar, a SPA center with a swimming pool, whirlpool baths and bathing complex, a leisure space with billiards, table tennis, a fully-equipped cinema hall, a winter garden, and a modern conference center. And all is under one roof.

Address: [Pakalnės g. 3, Birštonas](#)

YOUTHPASS

All participants in the international training will receive YouthPass certificates.



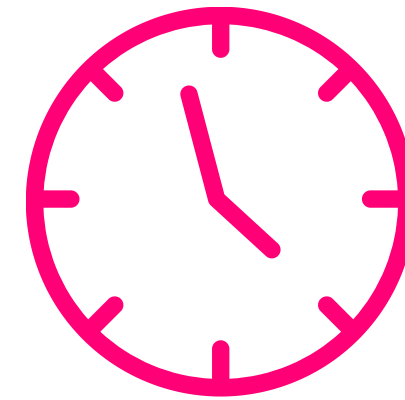
SHORT INFORMATION ABOUT LITHUANIA



Official language:
Lithuanian



Currency:
the euro



Time zone:
UTC+2



**Emergency
number:**
112

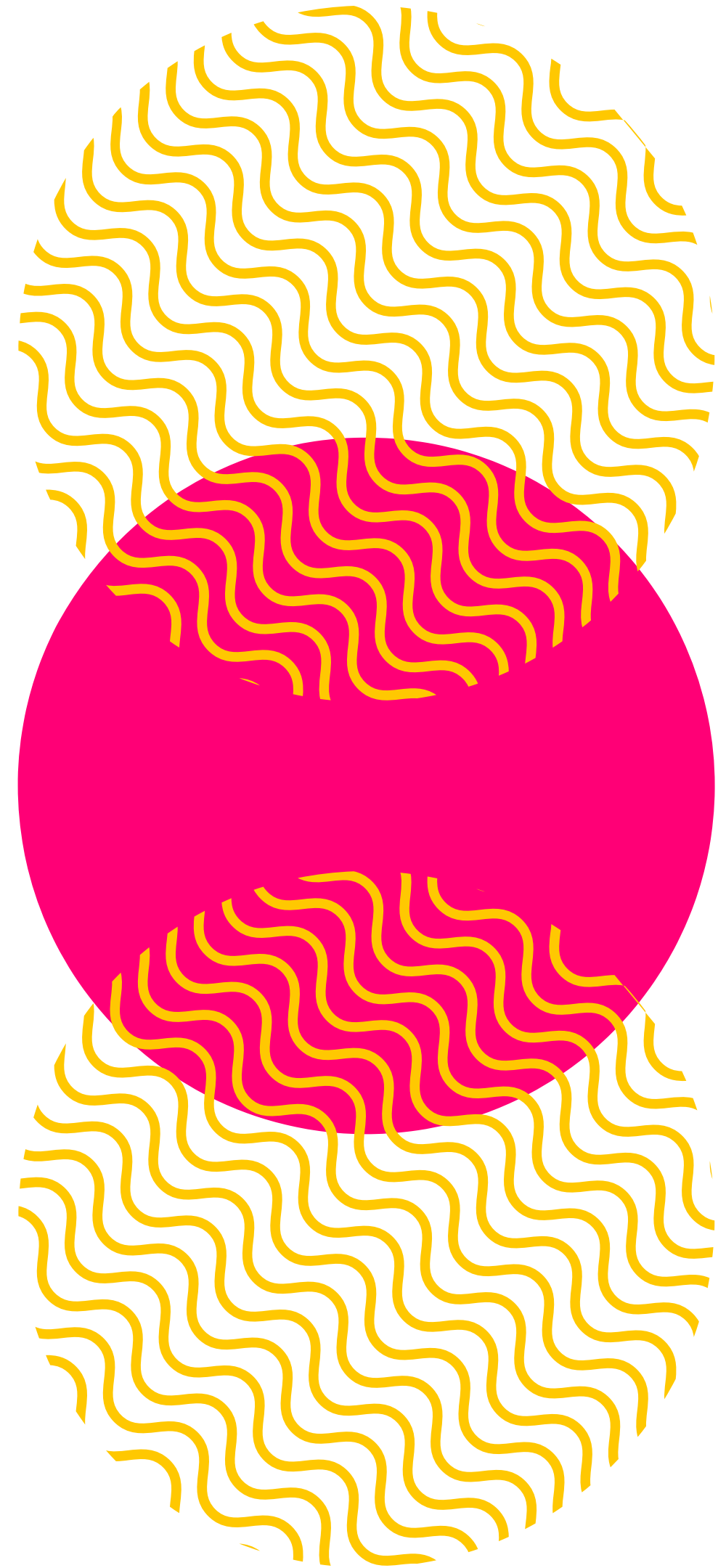
CONTACTS

info@vvpi.it 

FOLLOW US!

@vvpinstitutas 

Visuomenės ir verslos plėtros institutas



SEE YOU SOON!

