

Training course

EMPOWERING YOUTH WORK FOR A SUSTAINABLE FUTURE. FOCUS ON ENVIRONMENT



April 10th - 17th, 2024
Kaunas, Lithuania



[Globalcitizen.lt](https://www.globalcitizen.lt)



Co-funded by
the European Union

The context:

According to the UN, youth is one of the key stakeholders of the UN Agenda 2030 – the Sustainable Development Goals.

Sustainable development – development that meets the needs of the present without compromising those of the future – begins with respect for the future generation. Therefore, engaging and empowering youth to endeavour for a more sustainable future is important.

Our environment is constantly changing, and although some of these changes can be attributed to the Earth's natural course, reliable scientific research proves that the vast majority of environmental changes result from human activity. Therefore, it is crucially important to help young people understand the effects of their personal actions on the environment and lead them to behavioural change that contributes to environmental sustainability.



About the training course:

Sustainable development is a comprehensive concept that seeks the balance between economic growth, social justice, and environmental protection.

This training course is part of a series of 2 training courses that aim to empower participants working with youth to mainstream sustainability principles in their youth work activities. The two courses will have a specific focus on different dimensions of sustainability.

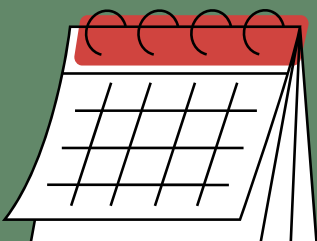


THE AIM

This training course will specifically focus on the environmental dimension of sustainability. Throughout the programme, we aim to empower participants to contribute actively to a more sustainable future by incorporating environmental considerations into their youth-oriented initiatives.

Objectives of the training course:

1. Discuss the role of young people and youth work in dealing with major global issues related to the environment;
2. Understand the context and core principles of sustainable development and education for sustainability;
3. Explore the importance of taking action towards sustainability on personal and organisational levels;
4. Practice tools and methods that help young people develop their competencies and strengthen their values that contribute to environmental sustainability;
5. Explore the role of the Erasmus+ programme towards the promotion of environmental sustainability among young people;
6. Provide a safe space for intercultural dialogue, sharing, networking and partnership building.



Dates

10th of April - **arrival day**
11th-16th of April - **working days**
17th April - **departures**

To this training course, we invite participants who:

- Are youth workers, youth leaders, or educators engaged in youth centers, youth organisations, or any entity providing diverse activities for young people;
- Are mentors, trainers, and coordinators actively involved in local and/or international youth activities;
- Have medium, minimal or no prior experience in the field of sustainability;
- Are motivated to enhance their professional competences, aiming to incorporate sustainability principles into their daily interactions with young people;
- Are citizens or permanent residents of one of the **Erasmus+ programme countries** (EU 27 countries, North Macedonia, Serbia, Iceland, Liechtenstein, Norway, Türkiye).
- Have a **connection to an organisation with an Erasmus+ OID number** that agrees to serve as a sending organisation for the training course (we expect the sending organisations to support participants in applying the competences acquired during the training);
- Have a good command of English;
- Are able to participate in the entire program of the training course.



Application for the training course:

Application form: <https://forms.gle/ruc9zfU566Kx38yc7>

The deadline for filling in the application form is

the 20th of February.

We will inform the applicant about the selection results by

the 10th of March.

DRAFT PROGRAMME OF THE TRAINING COURSE*

DAY 1

Getting to know each other

Introduction to the training course, defining expected learning outcomes

Group building

Global trends, young people and youth work

DAY 2

UN Sustainable Development Goals and youth

Education for sustainability

The environmental dimension of sustainability

Our personal contribution to the environmental destruction

DAY 3

The environmental aspect of sustainable wellbeing (outdoor activity)

Organisational practices that contribute to environmental sustainability

DAY 4

Bringing sustainable development issues closer to young people – practical examples of youth work activities about food consumption and sustainable fashion

DAY 5

Study visit

DAY 6

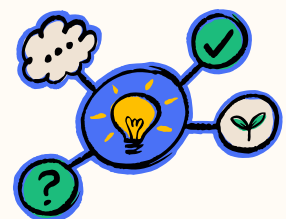
Green and sustainable practices in Erasmus+ projects

Sustainability in action

Networking, building potential future partnerships

Assessment of personal learning outcomes

Overall evaluation of the training course



***The programme is subject to change considering the background and the needs of the selected participants.**

The Venue



Sadauskų sodyba homestead

Address: Jurbarko pl. 351, Antalkių km., Vilkijos sen.,
Kauno rajonas, LT 54217 Website:
<http://www.sadauskusodyba.lt/en/>

The Venues a bit out of Kaunas, but is gorgeous and surrounded by real Lithuanian nature. Participants will be living in shared rooms: **3-4 persons** per room.

Food will also be cooked in the homestead. If you have any allergies or special dietaries, just let us know by filling the participants form. If you need other help regarding your difficulties, please let us know. Also, as the location is a bit far from the town, please make sure, that you have everything, that you will need for the week before arriving to the place.



Travel

Reaching Kaunas from Vilnius airport

By train – there is a train connection from Vilnius airport to Kaunas. First, you will need to take a train to go to the central train station in Vilnius, and then to take another train to Kaunas. For the timetable and ticket prices, please, check here: <https://www.traukiniobilietas.lt/portal/en>.

By bus - if the train option is not convenient, you can also check the following options to reach Kaunas by bus:

Take a **mini bus** from the airport (the stop is located outside the airport, close to the exit B) to Vilnius bus station and then the bus to Kaunas. For the timetable of buses from Vilnius bus station, please, check here: <https://www.autobusubilietai.lt/?lang=0>

Take Airport Express directly from Vilnius airport to Kaunas. For the timetable, please, check: <https://www.ollex.lt/en/express/Vilnius-airport/buy-a-ticket>

N.B. This bus drops-off passenger at the beginning of the Savanoriai avenue in Kaunas. So, from there, you need to use either public transportation or a taxi to reach the city centre.



Reaching Kaunas from Kaunas airport

Bus No. 29G connects Kaunas International Airport with the city centre. The journey takes about 45 minutes with the bus timetable being coordinated with flight schedules.

Taxi service is also available for those who need a speedier transfer. We usually recommend using Bolt. App for Android Users

<https://play.google.com/store/apps/details?id=ee.mtakso.client&hl=en>

Reaching the Venue

From the Kaunas bus station you can take bus no. **153, 154, 170** and get off on the stop “**Antalkiai**”. From there the Venue will be reached in 5 min by foot. Another option is to take a **taxi** (“Bolt”), which should cost approximately 20 euro per trip.

Finance

The food and accommodation will be provided and paid by the organisers. Travel costs will be counted by distance calculator (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>) provided by European Commission (destination - **Antalkiai**) and reimbursed.



DISTANCE BAND	STANDARD TRAVEL
Between 10 and 99 KM:	23 EUR
Between 100 and 499 KM:	180 EUR
Between 500 and 1999 KM:	275 EUR
Between 2000 and 2999 KM:	360 EUR
Between 3000 and 3999 KM:	530 EUR

As our training course is about sustainability and environment, we strongly encourage to use green travel method. **Green travel** is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as **bus**, **train** or **car-pooling**.

If you choose to travel this way, we can compensate accommodation and food while you travel (max. budget for all of that - 120€).

Initial tips for preparation

Here are some tips on how to prepare and what to bring to the training:

- Positive energy and motivation to learn new things;
- All original documents related to your travel costs;
- Toiletries (shampoos, shower gels, etc.) for your personal hygiene;
- Any medicines that you might need;
- Towels for your personal use;
- Warm and comfortable indoor and outdoor clothes and shoes.

We will also update the selected participants with more tips for preparation while the training course approaches.



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