



Co-funded by  
the European Union



Generation Echo  
asociacija aidinti karta

*Daugirdiškės, Lithuania*

# Breaking the cycle

*Training course  
22-30 May 2024*

# Here we are

## **Generation Echo (organizer)**

is a NGO based in Lithuania. We tackle topics such as mental health, human rights, and ecology. Our main target group is youth with fewer opportunities. The association aims at youth empowerment and active youth participation in the community life. We also care about the well-being and the footprint that young people leave on the planet.

We contribute to the organization of their leisure time, education, the implementation of youth initiatives and the promotion of voluntarism.

**“No society can understand  
itself without looking at its  
shadow side.”**



**- Gabor Mate**



# About the project

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There is still a stigma prevailing in our culture that asking for help is a sign of weakness. We are scared to be vulnerable, and we are too preoccupied with our busy schedules to actually care about our well-being, let alone listen to the struggles of a friend or another person. In often cases we do not even fully understand our own needs and the reasons for our pain.

Our mentality and perceptions are in the way of making society more inclusive and supportive. During this TC we want to talk about emotions, traumas and our inner selves and grow the empathy for ourselves and others.

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# Objectives

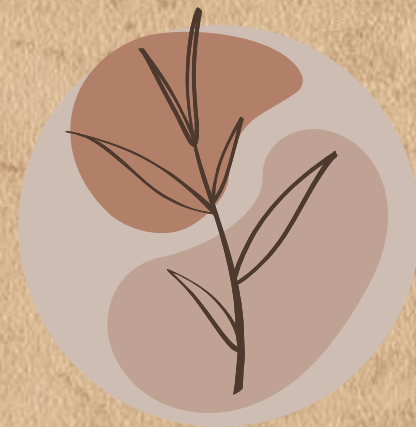
**Enhance participants' competencies in active listening, stress management, and psychological First Aid**

**Raise awareness and shift people's mindset about mental well-being**

**Sharing good practices among participating countries**

**To strengthen participants' knowledge of the Erasmus+ and provide the opportunity to work on future projects**

**To provide participants with non-formal and informal tools and techniques for mental well-being to improve their daily work with youth**



# Timeline

**Selection of the participants**

**Jan-Feb**

**Mentally and physically preparing for the mobility**

**April**

**Organizing your own workshop for the local community**

**Jun-Jul**

**March**

**Confirming travel plans with organizers and purchasing the tickets**

**May**

**Breaking the cycles together**

# Participating countries

**Lithuania**  
**Slovenia**  
**Turkey**

**Sakartvelo**  
**Italy**  
**Macedonia**

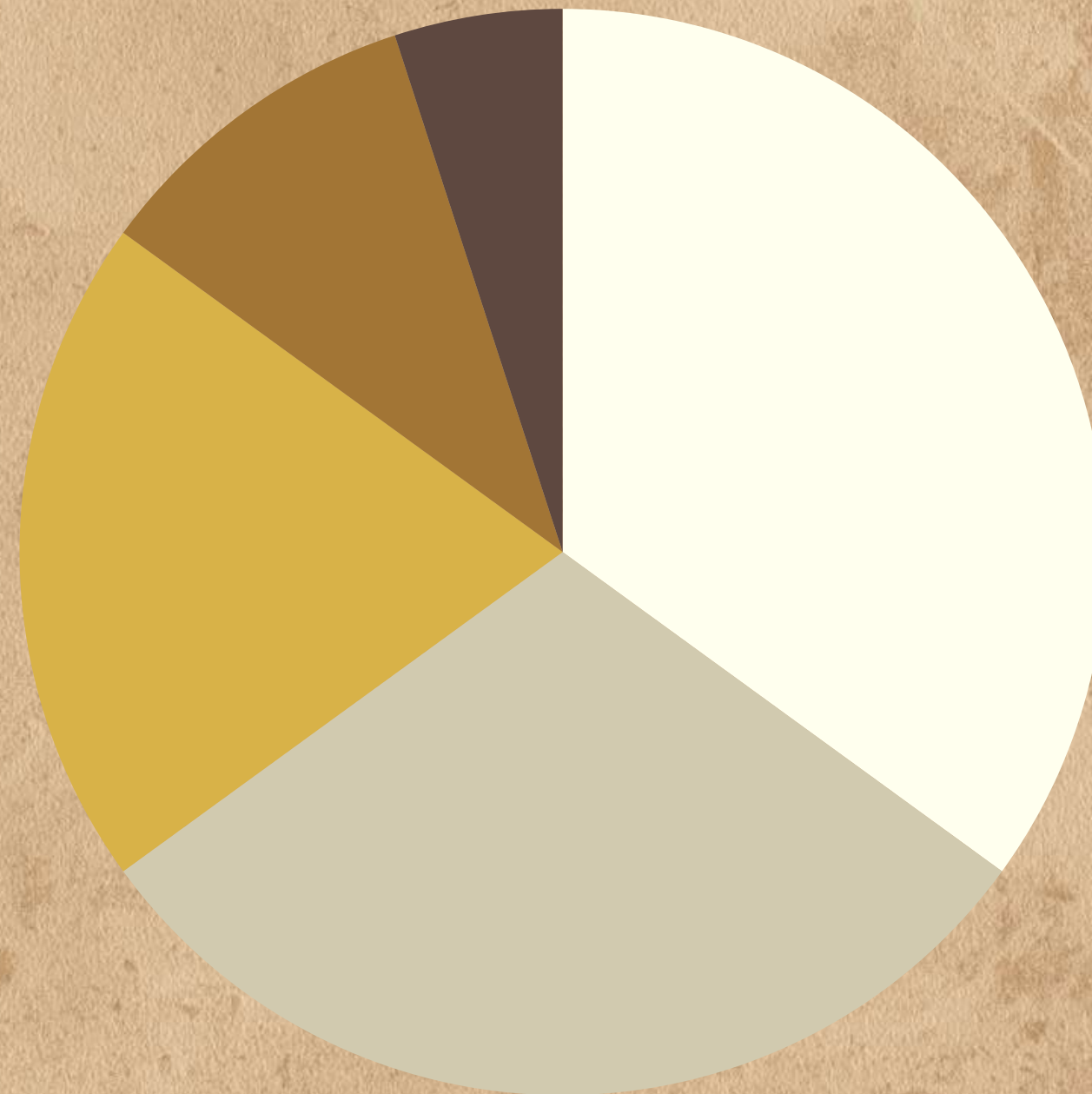
**Ukraine**  
**Portugal**  
**Latvia**  
**Romania**



# Impact

**A**  
greater self-  
awareness  
and  
confidence

**B**  
better  
understanding  
of how emotions  
and traumas  
affect our lives



**E**  
other

**D**  
concrete  
tools  
learned

**C**  
more firm  
personal  
boundaries



# Accommodation



**3 meals a day + 2 coffee breaks will be included. Participants will be staying in rooms for 3-4 people**



**There will be Wi-Fi. Bed linen and towels will be provided.**



**The venue is in a rural area. No stores or ATMs at the close proximity.**



# Travel Budget

**Lithuania**

**23 Eur**

**Latvia**

**180 Eur**

**Ukraine, Slovenia, Macedonia, Italy, Romania**

**275 Eur**

**Portugal, Sakartvelo, Turkey**

**360 Eur**

# **Reimbursement conditions**

**Travel reimbursement will be done over the period of 90 days after the end of the mobility through a bank transfer to the participants or the sending organization after all the original tickets, invoices, and boarding passes are received and the Participant Mobility Report will be filled.**

**Please keep all the documents (invoices, visa receipts, boarding passes, etc.) in a safe place during all the travel, until you're back home and send it all to the organizers.**

**If boarding passes and/or invoices are missing, the hosting organization will not be able to reimburse the amount for those tickets.**

**The only screenshots that will be accepted are screenshots of the electronic boarding pass.**

## **AIRPORTS**

For this TC it is the most comfortable to travel to Vilnius airport (VNO)

## **CONFIRMATION**

Before buying your tickets, send your travel plan to the organizers for the confirmation

## **TRANSPORT**

If possible, buy tickets earlier in the day, rather than the ones at night. There will be organized transport

## **OPPORTUNITIES**

Participants have the choice to arrive 2 days earlier/leave 2 days later, just keep in mind that all the expenses during those days are on you



# What's important



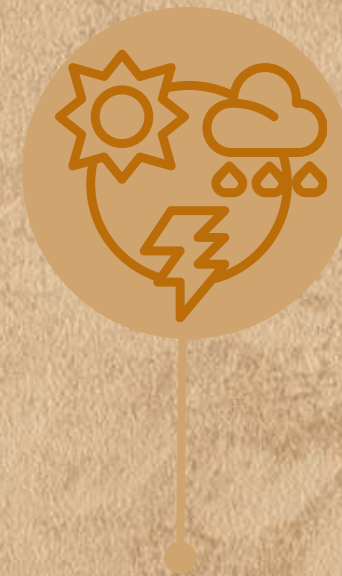
**Check if your travel documents (passport or ID) are valid**



**Pack your own toiletries and stationaries**



**Exchange some money (we use euro), but don't overdo it, you can pay by card almost everywhere**



**Check weather before coming and bring appropriate clothing. May is usually a beautiful month here, but it can also be rainy**

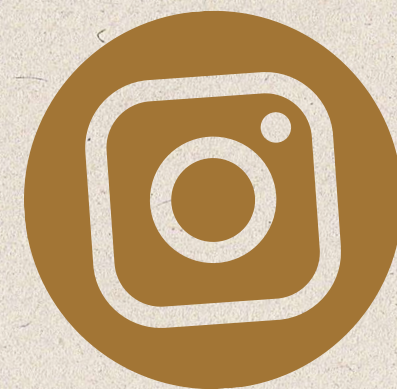


**Bring your reusable water bottle**



**The electricity is standard European: 220V, 50Hz, 2 pin plugs**

# Question Time



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