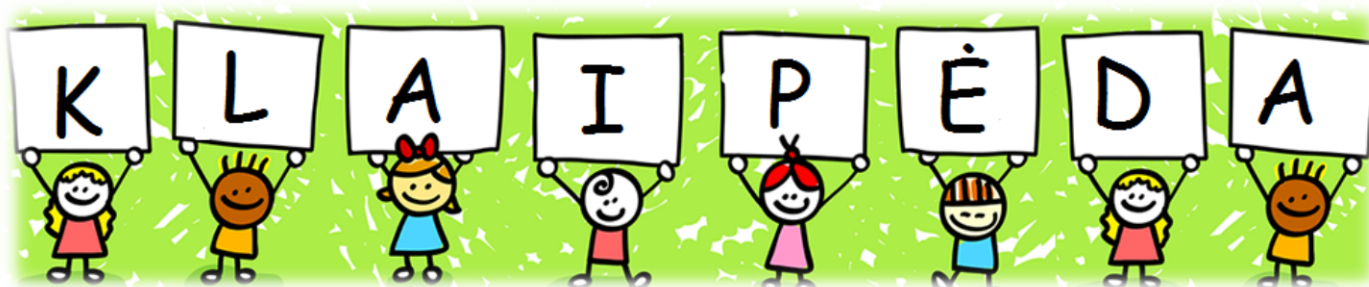




TO



We are very pleased by having opportunity to invite you to Lithuania and our town Klaipėda. We hope that you will start your stay in our country in a good mood and for that reason firstly we want you to get to know our area. Therefore, we present for you this Welcome Folder.

In Lithuania you will get a lot of experience. You will have to communicate and collaborate in international environment and not only with people, but also with dogs! You will experience Lithuania culture and traditions. You will have the possibility to do creative activities with dogs in mixed-ability-group. Also, we will guide you through Klaipėda city and its history as well as places of interest.

Here you will be introduced with some useful and important information to make your stay more comfortable.

Also, in this Welcome Folder you will find some information about the project, travel to Lithuania and requirements for participants of this Youth Exchange.



Education, Research
& Consultancy Center
Švietimo, tyrimų ir konsultacijų centras

Welcome Folder

If you need help or have questions you can always contact ERCC team:

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Education, Research & Consultancy Center – ERCC

www.ercc.lt

Facebook: Ercc Lietuva

Instagram: ercc_lietuva



WEATHER

Weather in Lithuania is very changeable, so we kindly recommend you to bring some warm clothes with you, umbrella may be useful too. According to forecasts, it is expected +7 to +12 degrees in daytime. Kindly note that because of sea climate (humidity and wind) it often feels like temperature is lower than the thermometer indicates.

LITHUANIAN TRADITIONAL FOOD

Lithuanians like dishes from meat, mushrooms, potatoes, various grains and milk. The food of Lithuanians is fat because of climate conditions.

Traditional Lithuanian dishes are dark rye bread (black bread), cepelinai (potato dumplings), traditional cold beetroot soup, vėdarai (potatoes sausages), potato pancakes. The Western part of Lithuania has old traditions of fish dishes. Lithuanians do not drink much wine, they prefer beer. Klaipėda is proud of its brewery "Švyturys" dated from the year 1784.

Cepelinai



Cold beetroot soup



Please understand that the food here will taste different than at home. It might be a bit unusual at the beginning, but please, try it! It is a part of your intercultural experience.



BEAUTIFUL PLACES AROUND KLAIPĖDA

PALANGA



This is the country's largest seaside resort town near Klaipeda. Palanga is one of the oldest towns with rich history. The sea has strongly influenced culture of the people living here. The most attractive places in Palanga: long beach, Palanga Sea Bridge (470 m long).

Birutė park, the palace of counts Tiškevičiai (now Amber Museum), Birutė hill, a lot of sculptures, churches (the most famous is neo-gothic The Most Holy Virgin Mary's Ascension church). During the summertime the Basanavičiaus pedestrian street becomes very crowded of people and very loud with outdoor concerts in its restaurants and cafeterias.



The distance between Klaipėda and Palanga – 25 km. There is regular bus connection from Klaipėda bus station.

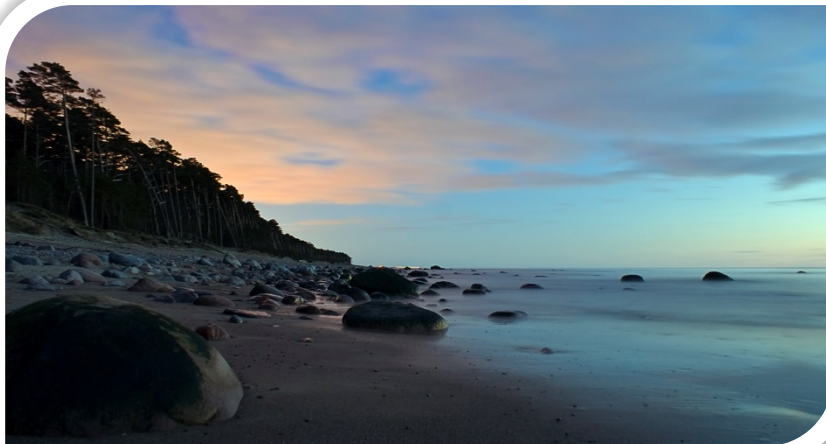


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Welcome Folder

CLIFF “HOLLAND CAP”

Cliff is located 11 km from KUBU accommodation. This place can be reached by public transport (yellow bus no. 24)



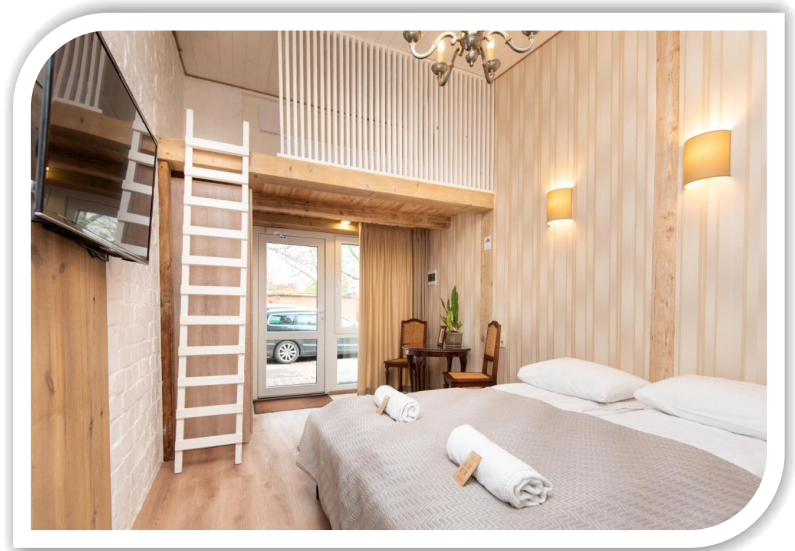


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Welcome Folder

ACCOMMODATION

You will stay in **KUBU Lofts**.
Rooms can be 3-4-5-6 and mixed with participants from other countries according to conditions. Each room has kitchen with all necessary equipment.



IMPORTANT! Participants are expected to arrive to KUBU accommodation **on 26th April 2022 (Tuesday) and depart on 2nd May 2022 (Monday)**. Project coordinator will not provide any accommodation and food for additional stay in Lithuania.



The address of KUBU Lofts:
H. Manto Street 37a, Klaipėda,
Lithuania.

www.kubu.lt



HOW TO REACH KLAIPĖDA?

The nearest airport is **Palanga International Airport** – 25 km from Klaipėda.

Other possibilities:

1. **Vilnius International Airport** - 310 km from Klaipėda.
2. **Riga International Airport** – 300 km from Klaipėda.
3. **Kaunas International Airport** – 200 km from Klaipėda.

From Vilnius, Riga and Kaunas airports you can reach Klaipėda by regular busses of Ollex company – www.ollex.lt/en/express. One way price - 20-23 eur per 1 person.

You can take busses from Vilnius, Kaunas, Riga bus stations or airport to Klaipėda - www.autobusubilietai.lt/en.

It is possible to reach Klaipėda by train - <https://traukiniobilietas.lt/portal/en>.

KUBU Lofts is in walking distance from Klaipėda railway and bus stations – 750 m (9 minutes).

For all groups landing to Vilnius, Riga or Kaunas we can book collective taxi, which will take you from airport and bring directly to KUBU for the price 20-25 eur. On the back way collective taxi can take the group from KUBU and drive to Vilnius, Riga or Kaunas airport.

COVID19 safety requirements for travellers:

<https://sam.lrv.lt/en/> - the latest news about requirements for travellers.

<https://nvsc.lrv.lt/en/information-on-covid-19/for-arrivals-from-abroad> - registration of travellers to Lithuania and other information.



TRAVEL BUDGET & REIMBURSEMENT RULES

Travel budget of Erasmus+ projects is based on Distance Calculator and unit cost. Coordinating organisation will reimburse all travel expenses, but not more than:

- **275 eur** per 1 participant from Slovakia and Greece
- **360 eur** per 1 participant from Italy, Turkey and Spain.

To get reimbursement of travel costs in 2 weeks after YE partners must submit for Coordinating organisation the following documents:

1. ORIGINAL official request for reimbursement of travel expenses (the template will be sent after YE).
2. Clear, readable COPIES in pdf format of travel documents: invoices, boarding passes, tickets (only 2nd class), fuel receipts and etc.

IMPORTANT 1: Taxi is not eligible travel expense. Selection of seats, food and drinks on the plane will not be covered from project budget.

IMPORTANT 2: Travel expenses will be reimbursed only for those youngsters and group leaders, who participated in YE activities all 5 days, i.e. in whole duration of event – 27 April -1 May 2022 without travel days.

Reimbursement of travel costs will be done for partners only by bank transfers (no cash!).

Reimbursement will be done only in EUR. The price of tickets, purchased in other currency than EUR, will be converted and calculated in accordance with exchange rate, stated in official European Commission website:
<https://ec.europa.eu/budget/graphs/inforeuro.html>.



SAFETY

112 is the common emergency telephone number that can be dialled free of charge from any fixed or mobile telephone in case of accident or any other emergency to reach emergency services: ambulance, police, fire brigade, and rescue.

The medical insurance in Lithuania is obligatory. To visit a doctor, you need to have the European **Health Insurance**, in other case you must pay for medical services.

Emergency medical service (opened also on weekends and holidays):

- Republic Klaipeda Hospital (Address: S. Neries st. 3, Klaipėda) – **near KUBU Lofts**
- Klaipeda Universitėtinė Hospital (Address: Liepojos g. 41, Klaipėda)
- Jūrininkų Hospital (Address: Liepojos g., Klaipėda)

Pharmacies in Lithuania „Eurovaistinė“, „Camelia“ „Gintarinė vaistinė“, „BENU vaistinė“. You will find many pharmacies nearby KUBU.

<https://koronastop.lrv.lt/en/covid-19-related-restrictions-1> - Covid19 restrictions in daily life.



ABOUT PROJECT

Title: “Artistic Activities with Assistance of Dogs” (AAAD).

Programme: Erasmus+ Youth Exchange.

Number: 2019-3-LT02-KA105-006603.

Duration: From 6th February 2020 until 5th November 2022 (project duration is extended due to COVID19 pandemic).

Coordinating organisation: Education, Research & Consultancy Center (Klaipėda, Lithuania).

The main aim of the project is to foster socialisation and collaboration of youngsters in international mixed-ability-group through creative activities with dogs.

Other tasks of project:

1. To develop communication skills of healthy, mentally disordered and with fewer opportunities youngsters to facilitate their involvement into society and labour market.
2. To train creative skills of youngsters.
3. To foster the feeling of tolerance and patience for diversity by being in mixed ability-group of youngsters. To develop solidarity feeling of group.
4. To break stereotypes and labels towards youngsters with mental illness, fewer opportunities.
5. To experience innovative methods of non-formal education in youth organisations.
6. To know better other countries, their culture and traditions.
7. To get more knowledge about dogs.
8. To understand deeper various mental disorders – autism, depression, dementia and others.

To achieve these aims the following activities will be organised: warming up, energisers, games to know each other better, game “Label” and tolerance lesson, activities to know better the dogs (game “Dog Alike to ...”, study visit to husky kennel or



other dogs' organisation, lesson about dogs), creative activities with dogs (drawing dogs on transparent film in the pine forest, drawing Farewell Dog), excursion in Klaipėda.

Dissemination and experience exchange event – **Pet-Friendly Conference.**

Main project result – **Youth Exchange Diary.**

PROFILE & BACKGROUND OF PARTICIPANTS

Each national group must consist of **6 participants**:

- 2 youngsters without disability (18-30 years old)
- 2 youngsters with fewer opportunities (18-30 years old)
- 1 youngster with mild mental disorder (18-30 years old)
- 1 group leader (no age limit)

The participants **with mild mental illness (anxiety disorders, mood disorders, dementia, personality disorders, obsessive-compulsive disorders, post-traumatic stress disorders, learning disorders (such as dyslexia) and many others)** and **fewer opportunities** should be selected taking into consideration the following abilities, skills and experience:

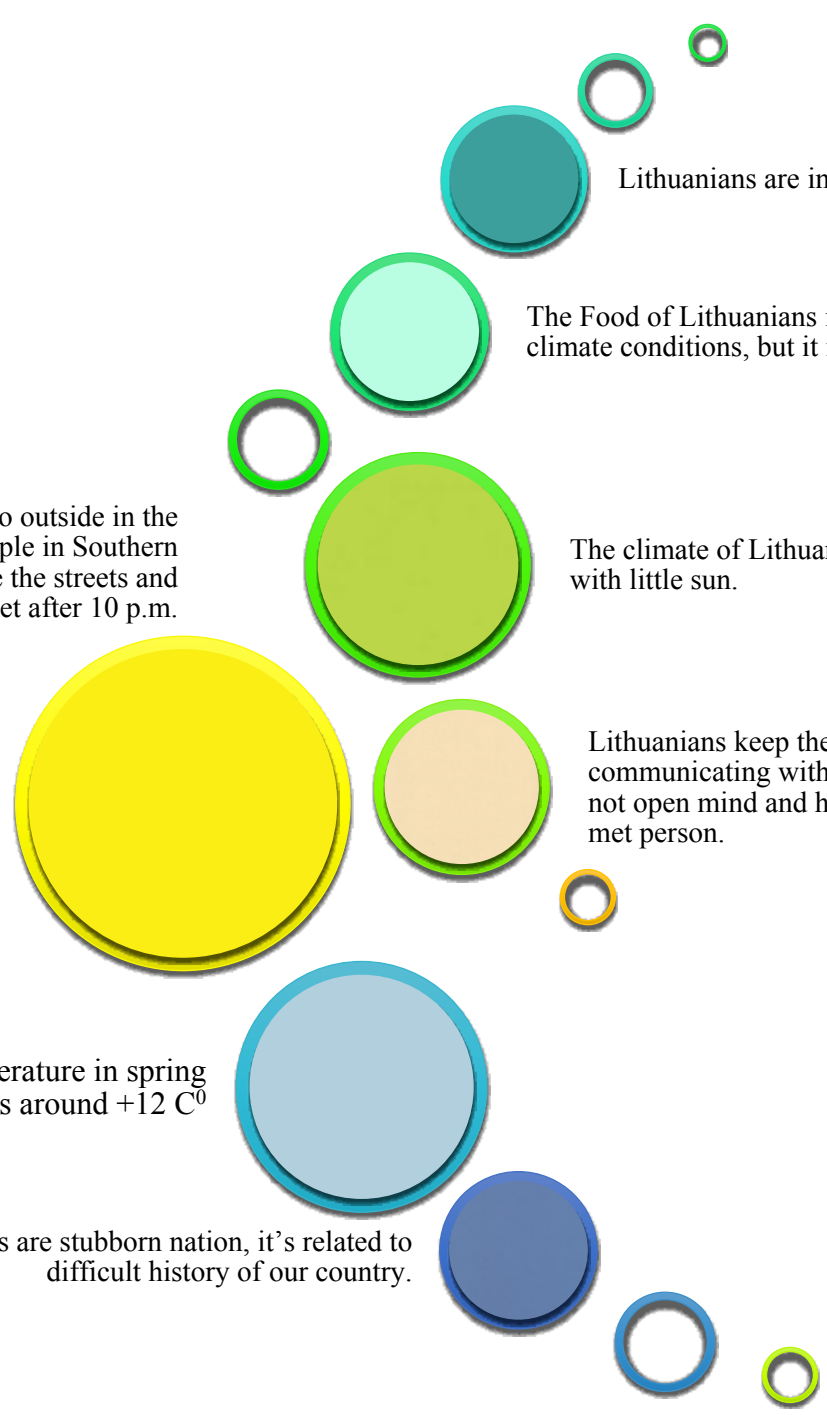
- they can ensure quite good level of autonomy and learning to maximize the positive impact that they can gain through the project
- they like and are interested in art and activities with dogs
- they do not afraid of dogs and have no allergy for dogs
- proper knowledge of English that will enable them to understand the tasks, to realize the knowledge gained, to reflect after each activity.

The **non-disabled participants** will be selected taking into consideration the following abilities, skills and experience:

- checking, if youngsters have good knowledge of English
- they are willing to participate in discussions, present their experience, attitudes and etc.



- giving preference for young people having positive experience of being together and accepting disability of the peer with mental disorders
- they like and are interested in art and activities with dogs
- they do not afraid of dogs and have no allergy for dogs.



Lithuanians are individualists.

The Food of Lithuanians is fat because of climate conditions, but it is tasty.

Lithuanians do not go outside in the evenings as much as people in Southern countries, therefore the streets and restaurants are quiet after 10 p.m.

The climate of Lithuania is quite cold with little sun.

Lithuanians keep the distance while communicating with strangers, they do not open mind and hearth for first-time-met person.

The average air temperature in spring is around $+12\text{ C}^0$

Lithuanians are stubborn nation, it's related to difficult history of our country.

