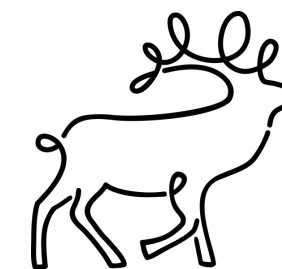




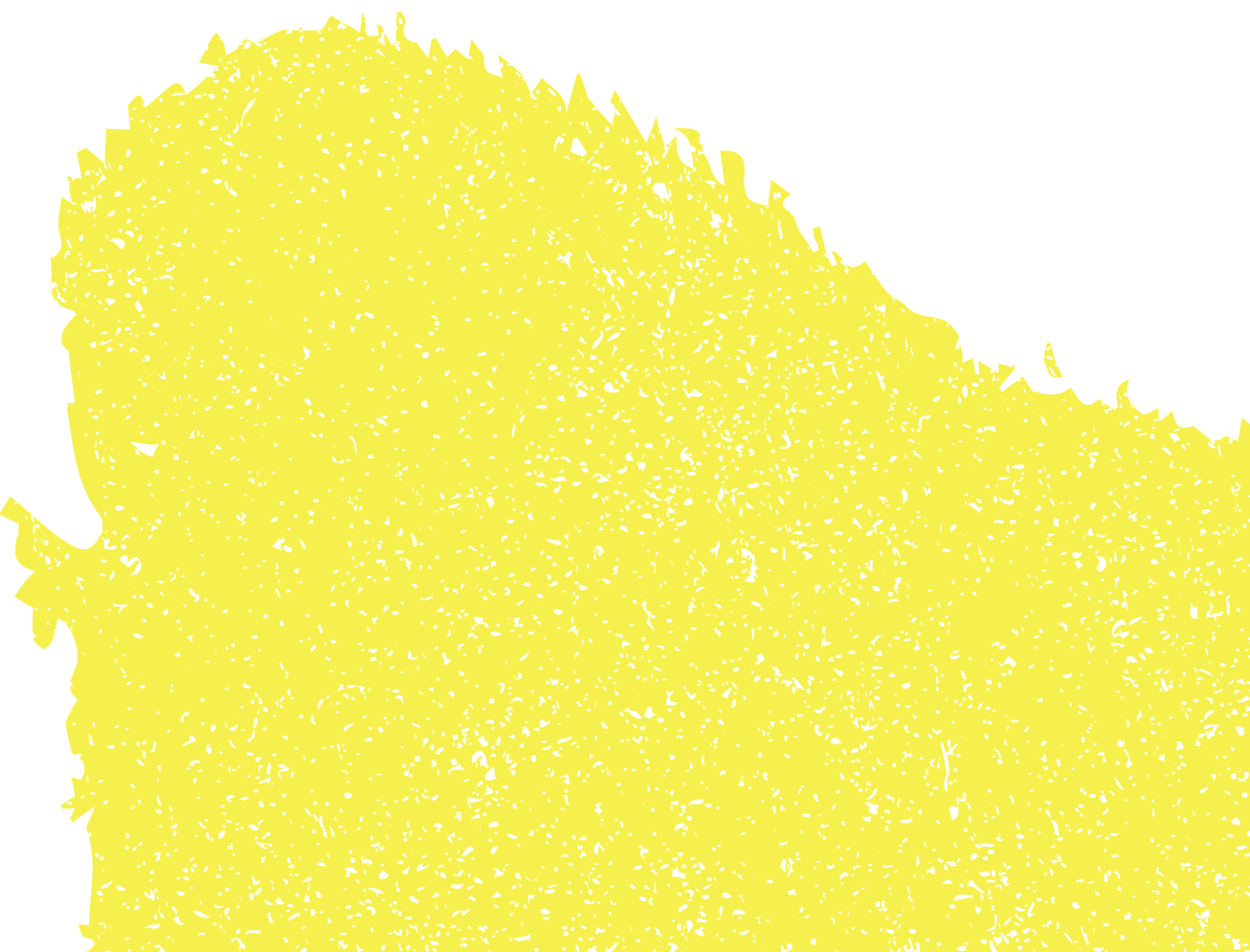
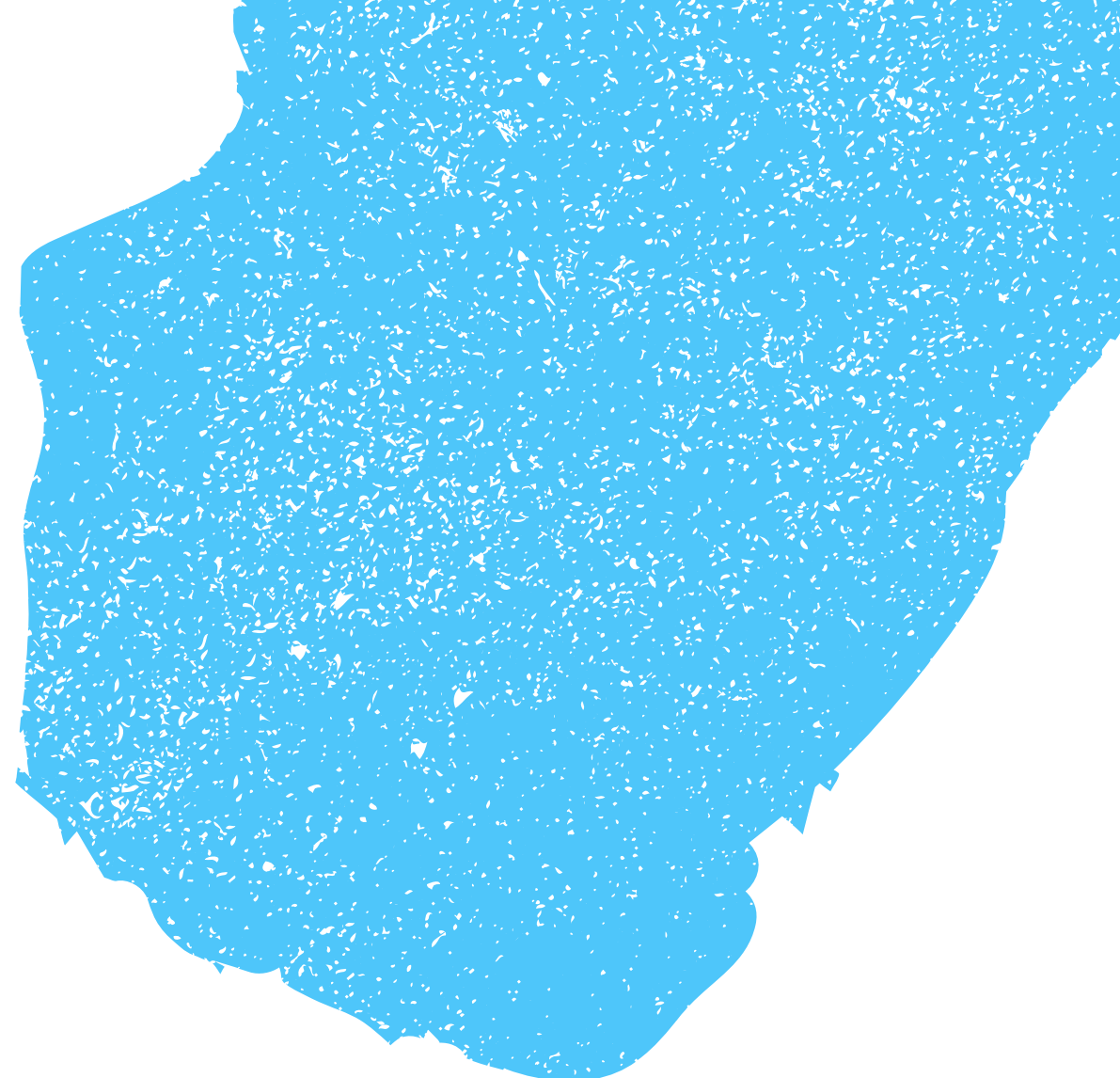
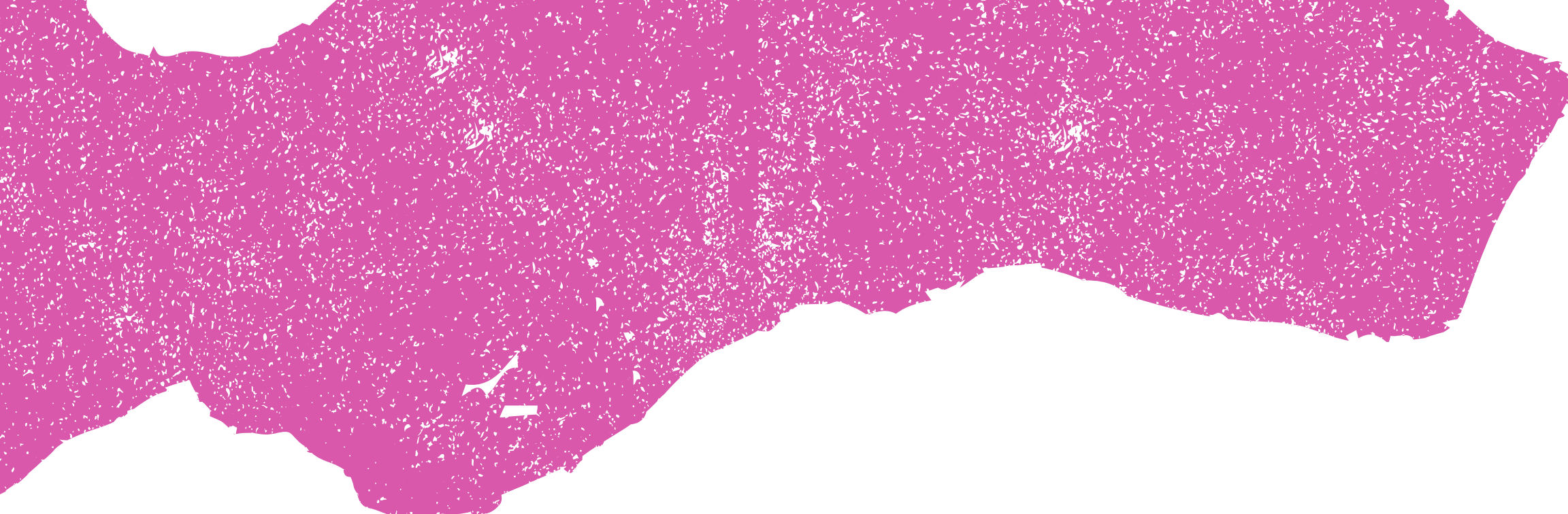
Erasmus+



SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE

TRAINING REJECTION STORIES

2-6 November 2022



SUMMARY

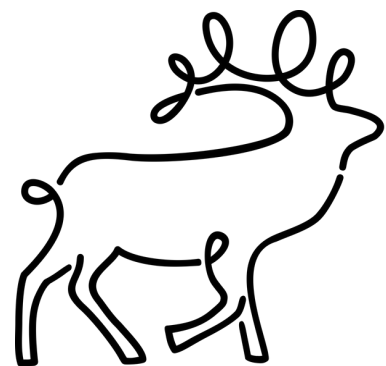
- Place: Marijampolė, Lithuania;
- Participating countries: Lithuania (host), Estonia, Italy;
- Start of the training : 2 November 2022, 10:00 EET;
- End of the training: 6 November 2022, 16:00 EET.

ABOUT US

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.



SOCIETY
AND ENTERPRISE
DEVELOPMENT
INSTITUTE



ABOUT THE TRAINING

This training will focus on how to work with young people in emotional crisis and how to use artistic expression in their work, encouraging young people to express their feelings through art and creativity.

TOPICS

1. How to recognise an emotional crisis?
2. What are the methods to help a young person overcome an emotional crisis?
3. How to promote a sense of self-esteem, open communication and expression of feelings in young people?
4. How to create an environment of trust for young people?
5. What are the means of artistic expression to work with young people in emotional crisis?
6. How to recognise the type of emotional crisis: anxiety, stress, depression, grief, etc.?
7. How to stay within the boundaries of the "omniscient expert" and not make the situation worse?



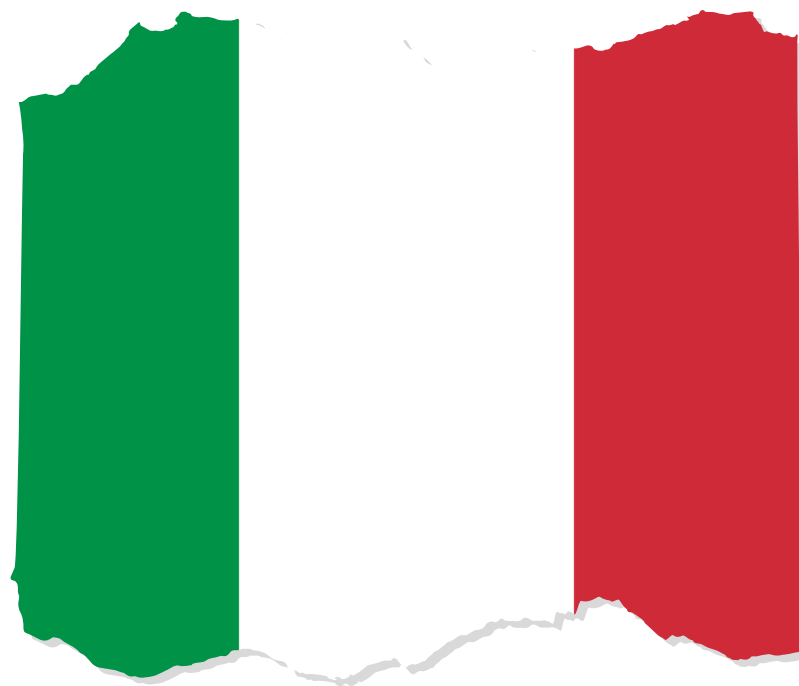
PARTICIPATING COUNTRIES



LITHUANIA

8 participants

Society and Enterprise
Development Institute



ITALY

8 participants

Fattore K



ESTONIA

8 participants

NGO Involved

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.

Keep in mind: Selected participants will communicate about the details of their trip with the **organisation in their country**. Reimbursement of travel costs will be returned to the organisation.

Please do not forget to keep all your boarding passes, invoices, transportation tickets in order to be reimbursed!

Country	Total compensation in EUR
Estonia	275
Italy	275
Lithuania	20

HOW TO GET TO LITHUANIA?

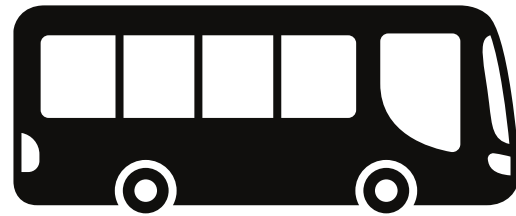


- There are 2 airports which are suitable for arrival: one of them is **Kaunas International Airport** other is **Vilnius International Airport**, besides it you (for Estonians) can arrive to Lithuania by bus to Marijampolė coach station.
- Your travel route is from your place of residence to the venue in Lithuania (Marijampolė) and back.
- You have to choose reasonable and economic means of transportation (e.g., Cheap airlines, 2nd class trains, buses).
- For Estonians and Italians travelling days can be +/- 3 days around meeting dates.
- In addition, in this case, the programme does not provide lodging and accommodation for the extra days, it will be the responsibility of the participants.

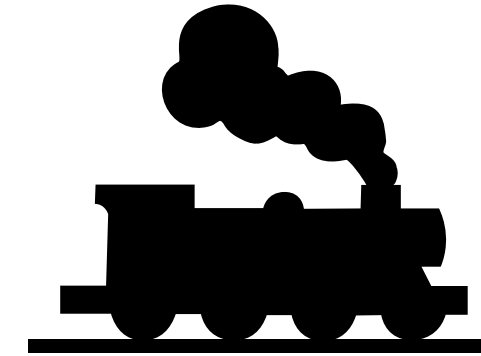
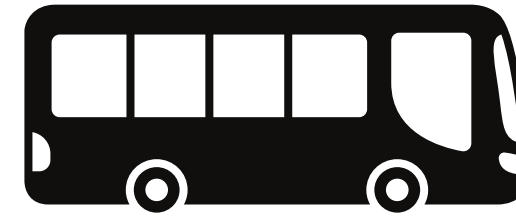


FROM VILNIUS INTERNATIONAL AIRPORT TO MARIJAMPOLĖ

**VILNIUS
INTERNATIONAL
AIRPORT**



**VILNIUS BUS/RAILWAY
STATION**



MARIJAMPOLĖ

From Vilnius International Airport:

- Take the bus first. Buses 1 and 2 run to Vilnius Bus/Railway 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).

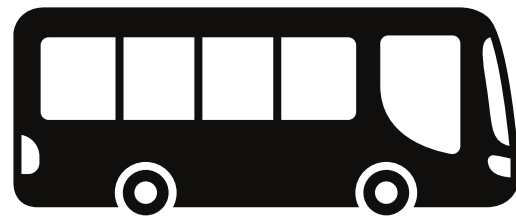
From Vilnius Bus/Railway station:

- There are two options for travelling - by bus or train:
- Buses timetables can be found [HERE](#). You can buy ticket online, at the bus station or from the driver (trip takes ~2-3 hours).
 - Trains timetables can be found [HERE](#). You can buy ticket online or at the train station (trip takes ~2-3 hours). **KEEP IN MIND** that if you travel by train, you need to change trains in Kaunas.

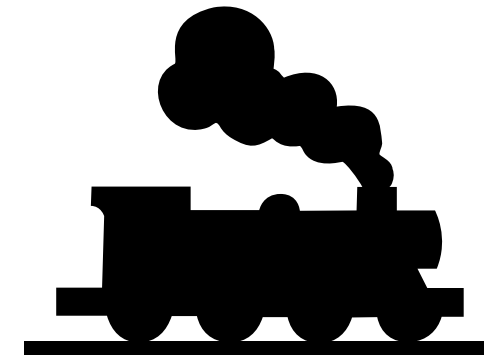
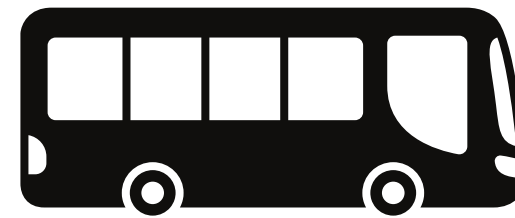
FROM KAUNAS INTERNATIONAL AIRPORT TO MARIJAMPOLĖ



**KAUNAS
INTERNATIONAL
AIRPORT**



**KAUNAS BUS/RAILWAY
STATION**



MARIJAMPOLĖ



From Kaunas International Airport:

- Take the bus first. Bus No. 29G run to Vilnius 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).
- If you plan to take a bus later, get off at the "Bus station"; if you plan to take a train, get off at the "Railway station".

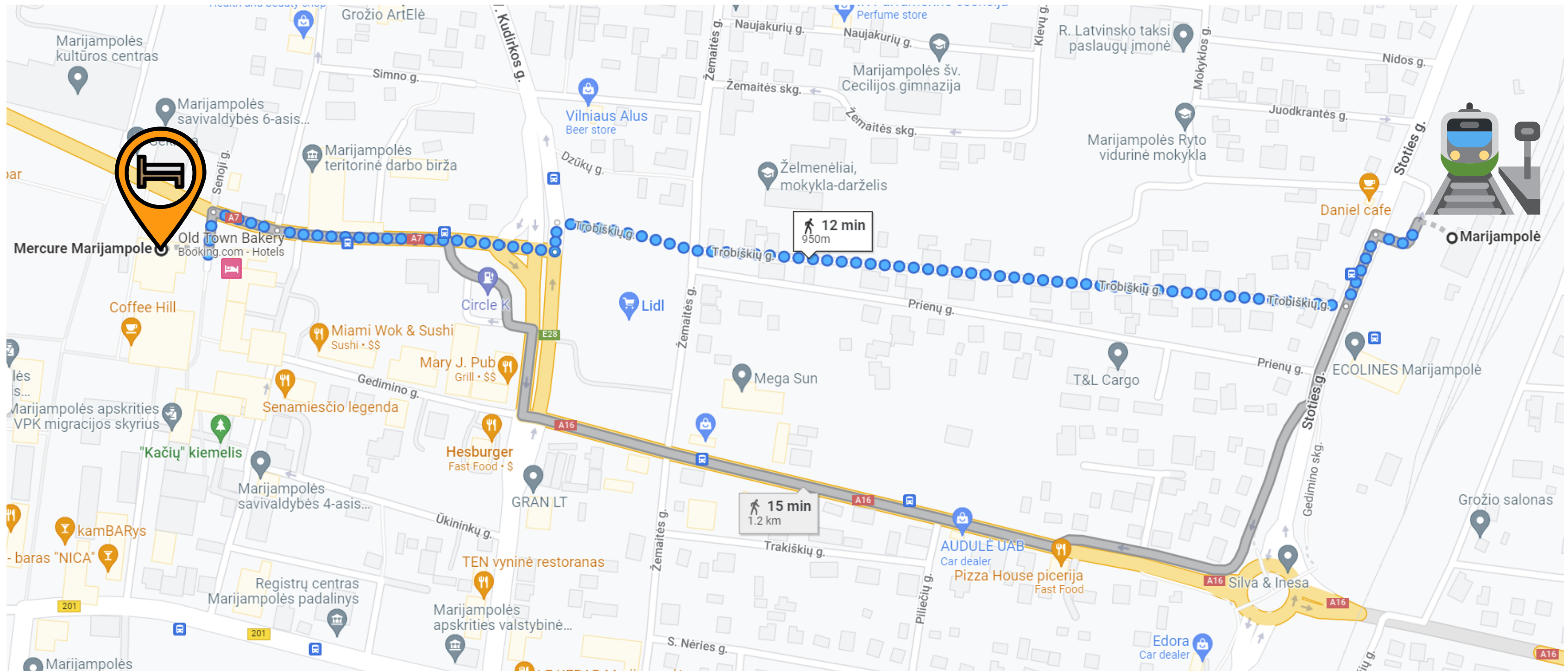
From Kaunas Bus/Railway station:

- There are two options for travelling - by bus or train:
- Buses timetables can be found [HERE](#). You can buy ticket online, at the bus station or from the driver (trip takes ~1 hour).
 - Trains timetables can be found [HERE](#). You can buy ticket online or at the train station (trip takes ~1 hour).



WHEN YOU ARRIVE TO MARIJAMPOLĖ

Hotel Mercure Marijampolė is within walking distance of Marijampolė Train/Bus Station (~1 km).



Hotel address: [J. Basanavičiaus a. 8, Marijampolė 68308](https://www.booking.com/hotel/lt/mercure-marijampole.html)

HOTEL



Mercure Marijampole is a four-star hotel of the international Accor hotel chain, conveniently located in the Old Town.

Hotel address: [J. Basanavičiaus a. 8, Marijampolė 68308](https://www.mercurehotels.com/en/hotel/marijampole)

- Italians and Estonians can arrive to the hotel on 1 November.
- Lithuanians should arrive to the hotel on 2 November until 10:00 AM.



The background features three large, torn-edge paper shapes in purple, blue, and yellow. The purple shape is at the top left, the blue shape is at the top right, and the yellow shape is at the bottom right.

YOUTHPASS

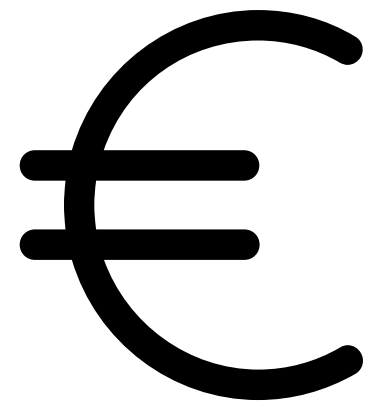
All participants in the international training will receive YouthPass certificates.



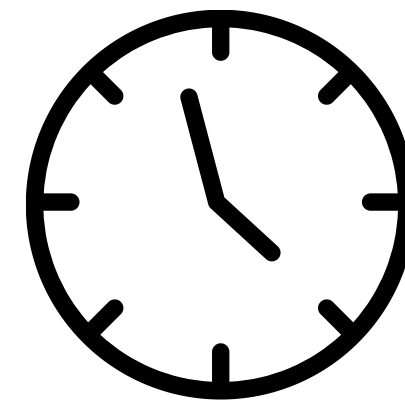
SHORT INFORMATION ABOUT LITHUANIA



**Official language:
Lithuanian**



**Currency:
the euro**



**Time zone:
UTC+2**



**Emergency
number:
112**

CONTACTS

EDVARDAS GLUŠOKAS

edvardas@vvpi.lt



+370 626 48630 (WhatsApp/ Viber)



**SEE YOU IN
MARIJAMOPOLÉ!**

