

PROJECT —————

INFOPACK

RISE YOUTH - RESILIENCE, INCLUSION, SUPPORT,
AND EMPOWERMENT FOR YOUTH

*16th–21st November 2026,
Klaipėda, Lithuania*



Funded by
the European Union



ABOUT THE PROJECT

RISE-YOUTH is a project coordinated by Social Sustainability Academy (SSA) (Lithuania) and its partners. It aims to strengthen young people's emotional well-being, resilience, and digital resilience by providing practical tools for self-regulation, stress management, peer support, and safe online behaviour through non-formal learning and intercultural exchange.

During the project, participants will:

- Develop emotional resilience and stress-management skills.
- Learn practical techniques for emotional self-regulation and wellbeing.
- Strengthen communication, teamwork, and peer-support competences.
- Improve their digital resilience and online safety awareness.
- Build self-confidence and critical thinking skills.
- Exchange experiences and learn from peers from different countries.
- Increase their active participation in community life and youth initiatives.



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PROJECT ACTIVITIES

November ----- **Training Course**

The training course will take place from November 16 to 21, with travel days on November 15 and 22. The training course will be held in Klaipėda, Lithuania.

December - February ----- **Dissemination of Project Results**

The dissemination of project results is a joint effort between all partners, aiming to ensure that the knowledge and experiences gained during the project reach a broader audience beyond the direct participants.

March ----- **Follow-up**

participation in follow-up, evaluation, and peer-support activities.



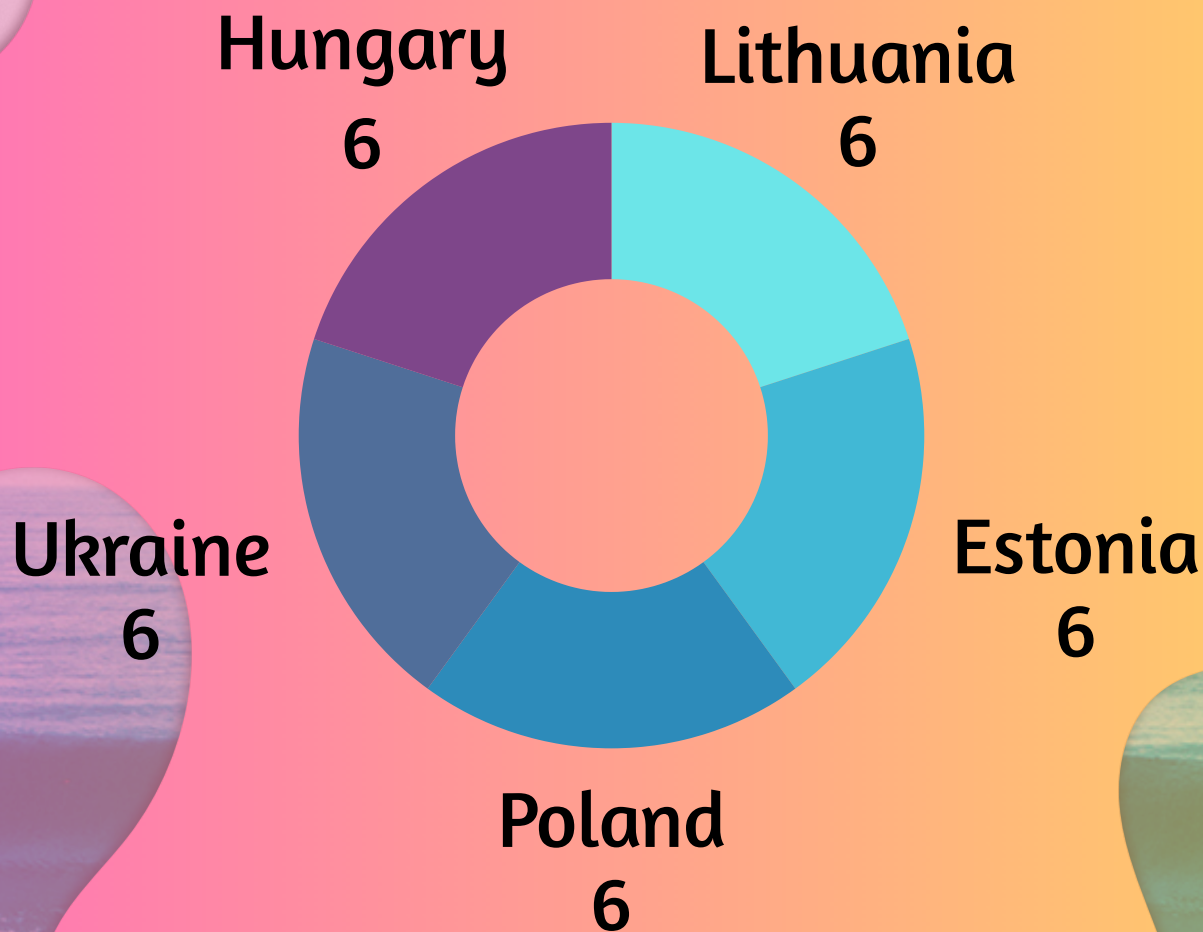
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PARTICIPANTS

30 participants:

5 youth + 1 group leader from each country



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PARTICIPANT PROFILE

The youth exchange is open to **youth** age 16-30.

Selection Criteria:

1. Be interested in emotional wellbeing, resilience, and personal development.
2. Be motivated to learn practical tools for managing stress and emotions.
3. Be willing to actively participate in all project activities, including preparation, the youth exchange, and follow-up activities.
4. Be open to intercultural learning and cooperation with participants from different countries.
5. Be willing to communicate in English, which will be the working language of the exchange.
6. Be committed to sharing the acquired knowledge and experiences within their local community after the project.
7. Young people with fewer opportunities are especially encouraged to apply.



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PARTICIPANT PROFILE

The youth exchange is open to youth **leaders** age 18+.

Selection Criteria:

- Have experience working with young people.
- Are familiar with inclusion and safeguarding principles.
- Can support positive group dynamics and conflict prevention.
- Can sensitively support participants' wellbeing and personal development.
- Willing to actively participate in all project activities, including preparation, the youth exchange, and follow-up activities.
- Willing to communicate in English, which will be the working language of the exchange.
- Be committed to sharing the acquired knowledge and experiences within their local community after the project.



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METHODOLOGY SUMMARY

The project uses non-formal education and experiential learning, combining interactive workshops, group activities, peer learning, reflection sessions, and intercultural exchange. Participants will learn by doing, sharing experiences, and actively engaging in practical activities that support personal growth, resilience, and digital wellbeing.



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ABOUT KLAIPĖDA



Klaipėda is Lithuania's third-largest city, with a population of approximately 150,000 residents. It is the country's only port city, situated on the Baltic Sea coast where the Nemunas River meets the sea, making it a vital hub for maritime trade and industry. Klaipėda handles over 45 million tons of cargo annually, serving as a gateway for international shipping in the Baltic region.

Founded in 1252, Klaipėda has a rich history influenced by German, Lithuanian, and Scandinavian cultures. Its historic Old Town is known for charming cobblestone streets, timber-framed houses, and cultural landmarks such as the Theatre Square and the Klaipėda Castle Museum.

The city is also a cultural center, hosting festivals like the Sea Festival, attracting tens of thousands of visitors each year. Klaipėda is close to the Curonian Spit, a UNESCO World Heritage site famous for its unique sand dunes, forests, and biodiversity, offering opportunities for nature exploration and outdoor activities.



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VENUE & ACCOMMODATION

The training course main activities at Bohema Hotel :

Adress: Galinio Pylimo g. 16, Klaipėda, 91232 Klaipėdos m. sav.

Accommodation in shared rooms at Bohema Hotel:

Adress: Galinio Pylimo g. 16, Klaipėda, 91232 Klaipėdos m. sav.

Some activities will take place outside the hotel, in different locations in Klaipėda. Transport will be arranged.

Meals and Catering

Participants will be provided with 3 meals per day (breakfast, lunch, and dinner), along with coffee breaks during the training sessions.



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TRAVEL REIMBURSEMENT

Each participant will receive travel cost reimbursement. The reimbursement limits per participant per roundtrip are:

- Ukraine – up to 417 EUR (green travel - bus, train, carpooling)
- Estonia – up to 417 EUR (green travel - bus, train, carpooling)
- Poland – up to 417 EUR (green travel - bus, train, carpooling)
- Hungary – up to 309 EUR (plain)



Important notes:

- Travel costs will be reimbursed after the training course, upon submission of all original travel documents (tickets, boarding passes, invoices, etc.).
- Reimbursement will be made via bank transfer to your sending organization or directly to you, depending on prior agreement.

Please consult the organizers before purchasing your tickets to ensure they meet the reimbursement criteria.



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WHAT TO BRING

- ✓ Some cash in Euros for your personal necessities
- ✓ Tickets, invoices, checks proving your travel and travel insurance expenses
- ✓ Medicines related to your health issues if you face any
- ✓ European Health Insurance Card
- ✓ Hygiene products: soap, shampoo, toothpaste
- ✓ Warm closes. Please check weather forecast before coming, as the weather in Lithuania in late September can be unpredictable. But most of the time it is windy.
- ✓ ID or Passport
- ✓ Small amount of traditional food, snacks, or sweets from your country to share with others on cultural evening. No need to bring much – just enough for a cultural touch and friendly exchange!



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CONTACTS



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[Facebook of organization](#)

Emergency Information in Lithuania

In case of emergency, dial the general emergency number **112** (free of charge, available 24/7). You can call **112 for police, ambulance, or fire services.**

- The operator will speak Lithuanian, but most operators also speak English and Russian.
- You can call 112 from any phone, even without a SIM card.



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FREQUENTLY ASKED QUESTIONS (FAQ)

Will there be Wi-Fi?

Yes, free Wi-Fi will be available at the Hotel. The speed may vary depending on the number of users.

Can I arrive earlier or stay longer in Lithuania?

You can arrive up to 2 days before or stay up to 2 days after the official project dates at your own expense. Travel within this extended period will still be eligible for reimbursement, but you must inform the organizers in advance and get approval.

What about food allergies or dietary restrictions?

All meals during the project will be provided. If you have any food allergies, intolerances, or special dietary needs (e.g., vegetarian, vegan, lactose-free, gluten-free), please let us know in the application form we will send you after participants selection. We will do our best to accommodate your needs.



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