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Platform
LIETUVA
Youth Exchange
“Ctrl + Find Your Digital Self”
October 2–9
Markutiškės, Lithuania

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Description

In a world where our screens shape how we live, learn, and connect, it's easy to feel overwhelmed—and even controlled—by the digital world. We spend so much time online, yet most of us barely understand how it truly works or how to stay in control of it.

Let's explore the digital reality we all live in. Over the course of this project, you'll dive into the three key roles of media—information, education, and entertainment—while developing essential skills like critical thinking, self-awareness, and self-organization.

Through hands-on activities, creative expression, and virtual collaboration, you'll learn how to use digital platforms more mindfully and confidently. This is your chance to become not just a digital consumer, but a conscious, empowered participant in the online world.

Join us and take back control of your digital life—one skill at a time.



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Participants

- Participant's age 18 – 24 years old
- Leader's age 18+
- Motivated, interested in the topic
- Can participate in the whole project
- Preferably gender balanced group (with inclusive participation for non–binary individuals)
- Can communicate in English and not afraid to share their ideas
- Total 6 members (5 participants + 1 leader)



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Venue

- La Villa Royale
- Address: Markutiškių kelias 28, Markutiškių kaimas, Trakų raj.
- It’s around 30km away from the city center of Vilnius
- https://www.lavillaroyale.lt/







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Once Selected

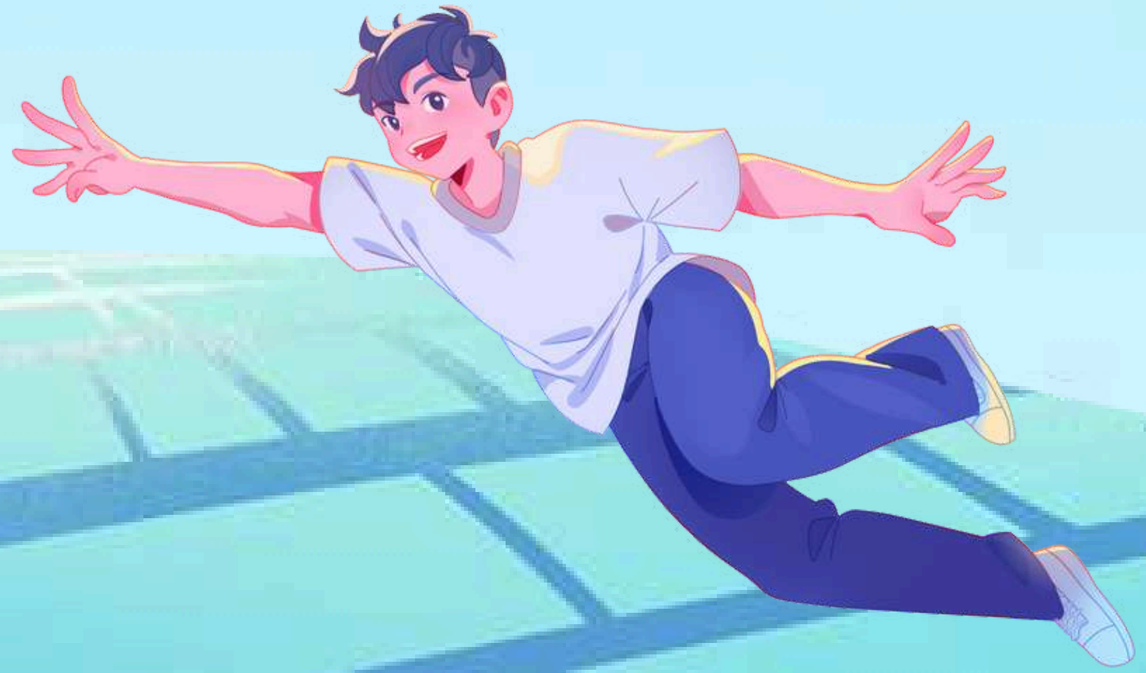
Before :

- Check the conditions for travelling to Lithuania and back to your country.
- Reach out to your country coordinators and to the coordinators here in Lithuania
- Purchase and collect all travel tickets after consultation and agreement with the coordinating organization.
- Communicate with your national team to prepare for cultural evenings and other activities.

After :

- Actively participate in all workshop sessions and the planned activities.
- Take part in the dissemination of the results of the mobility (posts on Social Media, videos, blog posts, etc).

Deliver all travel documents to the coordinating organization (CET)



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How to reach the Venue

From Vilnius Airport:

- When you arrive in Vilnius Airport, head to the main train station. You can use the city buses no. 1 or no. 2, the main station is the last stop from the airport. Once in the train station, hop on the train Vilnius – Trakai and ride till the last stop “TRAKAI” (there is a stop before called Senieji Trakai, don’t get of the train there). You can check the train schedule here.
- If there is no trains at the time, check the buses, the station is just around the corner from the train station. Find the schedule here.
- From Trakai we can pick you up.



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How to reach the Venue

From Kaunas Airport:

- When you arrive in Kaunas Airport, head to the main train station. You can use the city bus no. 29, the main station is the last stop from the airport. Once in the train station, hop on the train Kaunas – Lentvaris and then change the train to Lentvaris – Trakai (there is a stop before called Senieji Trakai, don't get of the train there). You can check the train schedule here.
- From Trakai we can pick you up.



Important!

Wait for the selection results by your sending organisation, deadline August 29, 2025 . Once selected send us (the coordinator) a travel route suggestion including costs and dates. Reach out to us by email laura@tavo-europa.eu. wait for approval/modification of the travel plan, Purchase the travel tickets by yourself immediately once confirmed, you should do your best to buy tickets before August 29, 2025.

Send us the booking confirmations and invoice as PDF (no screenshots);
Travel and participate in the training course & enjoy yourself,
Send us all travel documents once back home,
Implement the local follow-up initiative & dissemination activity,
Receive the refund of your travel tickets.
Participants can arrive OR depart 2 days before OR later after TC.



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Reimbursement

- All costs related to the youth exchange, including food, accommodation, and other practicalities, are fully covered. However, CET is not responsible for any fees you may need to pay to your sending organization.
- Travel costs will be reimbursed up to a specified limit. Any expenses exceeding this limit will need to be covered by participants themselves. Each participant is responsible for purchasing their own tickets, with support from their sending organizations, and after obtaining approval from the coordinating organization. To qualify for reimbursement, participants must provide all necessary travel documentation, including original train tickets, boarding passes, invoices, and proof of payment (e.g., bank payment receipts). Before purchasing tickets, you must submit potential routes and costs for our approval. Reimbursement is contingent upon completing local follow-up activities, as well as filling out all required forms.
- Tickets must be purchased by August 29, 2025.
- If you wish to arrive in Vilnius/Kaunas earlier or leave later and still receive a travel refund, you may arrive up to two days before or leave up to two days after the official youth exchange dates. Please note that you will be responsible for your own expenses during these extra days.
- Please be aware that lost or missing tickets/boarding passes will not be reimbursed. Additionally, travel agency fees are not eligible for reimbursement; therefore, please book your tickets directly. Boarding passes for all segments of air travel are essential for reimbursement.
- For green travel options, such as by car, bus, or train – we also will need the tickets.
- Only tickets that include a small personal bag and a cabin bag (8–10 kg) without checked luggage will be reimbursed.



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What to bring?

- Passport/ID card;
- Any needed medicine;
- Insurance (please bring your EHIC card or the equivalent)
- Comfortable walking shoes and clothes for outdoors;
- Toiletries and Shampoo (those are not provided by the hostel);
- Sweets/Cookies from your country and other snacks for the cultural evening;
- Flags, Games, songs, dances, quizzes, and traditions to represent!
- Necessities (hairdryers, personal belongings, reusable water bottle etc.)



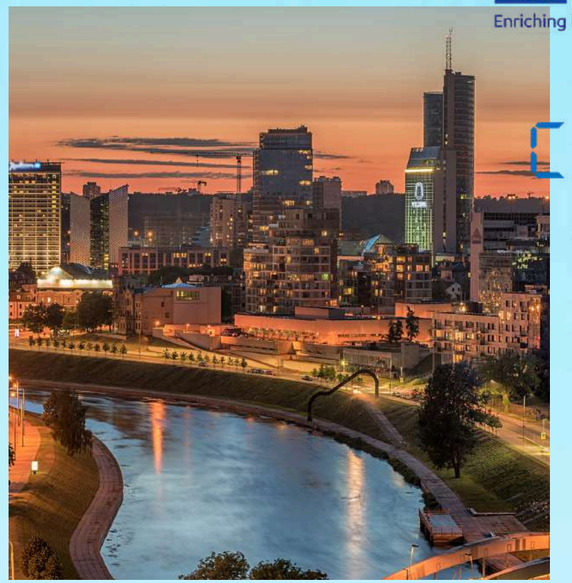
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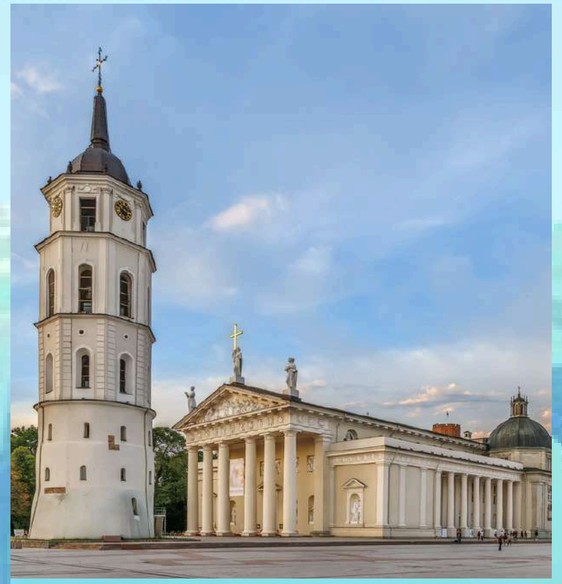
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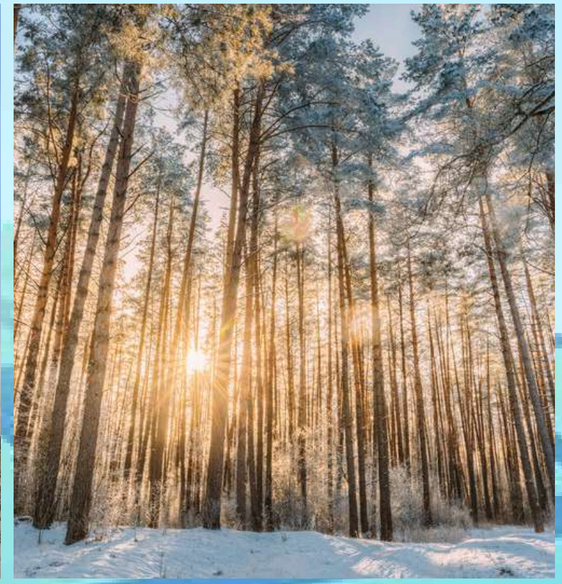
Lithuania

Lithuania, nestled in the Baltic region of Europe, boasts a rich history and vibrant culture. Vilnius, the capital, stands as a testament to the country's resilience, with its UNESCO–recognized medieval center. Since gaining independence in 1990, Lithuania has embraced its European identity, joining both the EU and NATO. Lithuanian, one of the world's oldest languages, is the official language. The country's love for basketball is palpable, and its national team has earned global acclaim. With diverse landscapes, from lush forests to a scenic Baltic coastline, Lithuania is not just a geographical gem but a cultural and historical treasure.









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Contacts



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