

Asociacija „Aktyvus jaunimas“

# Appetite for Waste

Erasmus+ youth exchange in Kaunas, Lithuania

**August 2-10, 2015**



Erasmus+

## APPETITE FOR WASTE

### SUMMARY

- **Place:** Kaunas, Lithuania;
- **Participating countries:** Lithuania (host), Croatia, Romania, Poland, Italy, Latvia;
- **Type of the project:** Youth Exchange
- **Duration:** 7 days + 2 days for travel (August 2-10, 2015);
- **Participants per country:** 6.

### SHORT DESCRIPTION



Poverty even in the modern society, increasing sizes of the landfills, greenhouse gases emissions are the problems that are all connected with one issue - the ever increasing waste of food. This issue is one of the key problems in the European societies not only because it is a danger to the environment but also because it is a part of the paradox situation of people, companies, supermarkets and restaurants throwing out the perfectly good food, while the majority of the world is starving. In order to develop awareness about this issue, a project 'Appetite for Waste' will be hosted in Lithuania. The main objective of the project is to increase and develop awareness of environmental and social issues caused by excessive consumerism and incompetent waste management and try to find the creative and sustainable solutions for these problems on the individual and small community level. This aim should be reached by 1) introducing the youth

with existing problems caused by food waste and share the knowledge about some of the possible solutions from each participating country; 2) generating new ideas or taking the good examples from leading countries in waste management and find creative ways on how to implement those locally; 3) teaching youth how to spread their gained knowledge to their community and beyond; and develop greater awareness in the social circles of participants proving that actions of every person counts. Even though the project is aimed to encourage people to look for solutions for this one particular problem, it also should help the participants to become more active and involved in other European issues as well. It is expected that participants will not only improve their knowledge on the issue but also they will get a number of skills and competences needed to share that knowledge in their social circles or international groups. They will get practical knowledge of how they can improve their conduct towards food and teach or encourage others to do so. At the same time, the project would help them grow internationally, increase public awareness of their actions and enhance their capacities of reaching the objectives of youth development. As a result, the project should develop greater awareness about the food waste and everyday activities that can help to decrease it. Therefore, it is expected that the more people will receive the message, the less environmental, economical and social issues related to this problem will occur.

## FINANCES & TRAVEL BUDGET LIMITS

**Accommodation, living and other project / exchange related expenses:** 100% funded by the EU. This includes everything except for travel costs.

**Travel (flights, other means of transport) expenses** are compensated (up to 100%), based on the distance from your location of residence to the location of the project. These distances must be calculated using the [distance calculator](#) supported by the European Commission.

Country	Distance in KM	Compensation in €
Latvia	100-499	80
Poland	100-499	80
Italy	500-1999	170
Croatia	500-1999	170
Romania	500-1999	170

## MONEY

Since 2015 the official currency in Lithuania is Euro. Change your money to Euros in your home countries and you won't have any difficulties here. The prices in Lithuania are not high as well (e.g. coke - 0.60 EUR, bus ride - 0.70 EUR, pizza - 4 EUR).

## TRANSPORTATION

Firstly, you should find a flight to **Kaunas (KUN)** or **Vilnius (VNO)** airports. Flying to Riga (RIX) or Palanga (PLQ) airports may also be an option, albeit much less preferable. The arrival day is 2nd of August, 2015 and the departure day is 10th of August. If you want to spend more time in Lithuania, it is possible to spend maximum 2 days before and after the project and book the travel tickets accordingly.

- Coming to the venue from Kaunas airport is quite simple: there is a cheap and often city bus (no. 29 or 29E) connection. You can buy tickets at the driver and it costs 0.70 EUR per person.
- If you are coming from Vilnius, it is the best to first take a train from the airport to Vilnius train station and then change to the train going to Kaunas. Total cost: 6 EUR.
- The address of the main venue is **Papilio str. 9, Kaunas**. If you have troubles finding it, we will meet you in the city centre upon your arrival and take you there.

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We will reimburse the travel expenses after the exchange by bank transfer, in accordance with the Erasmus+ framework. **In order to make the reimbursement, it is compulsory that you have all the necessary documents with you.** If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you. For plane travel, the original documents that we need are: **(1) E-ticket / boarding passes; (2) Invoice / proof of payment or receipt.** Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.

## ACCOMMODATION & FOOD

**Venue:** Domus Pacis Guest House. **Website:** <http://www.domuspacis.lt/en>. Located at the very city centre, next to a park (has a skate-park, football field, basketball courts).

**Rooms:** with 2, 3, 4 beds. Towels and bed linen will be provided. The **Main Activity Room** is located at the same building. **WiFi** internet connection will be supplied by the organizers.

Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the guest house.

*We strongly recommend each participant to inform the ORGANIZERS about any special dietary needs in advance.*



## ABOUT LITHUANIA / KAUNAS

Check the following websites to get to know more about our lovely Lithuania and Kaunas:

Don't forget to become friends with us on [Facebook](http://fb.com/activeyouthlt) (<http://fb.com/activeyouthlt>)

- <http://www.likeablelithuania.com/welcome/?lang=en>
- <http://lietuva.lt/en/>
- <https://www.facebook.com/onLithuania>
- <http://en.wikipedia.org/wiki/Kaunas>
- [http://www.tripadvisor.co.uk/Tourism-g274948-Kaunas\\_Kaunas\\_County-Vacations.html](http://www.tripadvisor.co.uk/Tourism-g274948-Kaunas_Kaunas_County-Vacations.html)



## PLANNED ACTIVITIES / SCHEDULE

To really get the most out of the exchange we will always start early! After socialising in the night we'll start at 9:00 in the morning with breakfast, strong coffee and some energizers! Each day we'll have two main activity sessions that will be based on non-formal education and learning by doing. They will all be targeted to intercultural exchange, socializing, having fun and, of course, our main project's topic – fighting food waste. We'll all have lunch and dinner together and have coffee breaks during the day. If the weather is good we'll be doing as much activities outside as possible so that you could enjoy it to the fullest. Naturally, we'll leave free time for you to relax in the city. In the evenings we'll have cultural nights (each country have to prepare for that), which will be followed by further socialising and having fun! ☺

### The main activities include:

- Meeting, icebreaking, team building;
- Group exercises, games, quizzes, simulations, educational activities and interactive workshops on fighting food waste;
- Creative country presentations on food waste and the resulting problems;
- Meeting guest speakers – environmental activists and social volunteers;
- Learning through art (theatrical plays, song creation, etc.) and sports;
- Generation of food preservation ideas in teams.
- Strategy creation on how to tackle food waste.
- Conducting non-formal education based field researches

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- Cooking classes related to the topic
- Making of a special photo wall with special slogans for fighting food waste to be shared online.
- And of course HAVING FUN! Because that's the key thing, isn't it?

If you have any ideas and suggestions for our activities – don't hesitate to tell those! We want everyone to enjoy the stay in Lithuania!



## PREPARATION

*The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the exchange. Also, please have a valid EU healthcare insurance card (if applicable).*

Each of the participating countries should:

1. Bring all your **travel documents** as presented above;
2. Find **interesting videos / games / exercises / educational activities for fighting food waste**. Prepare **energisers** that could be done in the morning.
3. Prepare for your **country's cultural evening**. Please, try to be fun and creative for this!:) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.
4. **Prepare for the scheduled activities according to what will be posted online after the participants are selected.**
5. **Bring clothing and shoes that can be used for sports and/or strenuous activities** (such as dancing).

## 6. Bring good spirit, joy and happiness!!! ☺

### BASIC RULES

All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorised absence from the activities and workshops won't be tolerated.

Smoking is prohibited everywhere inside buildings, thus all the smokers will have to go outside or to specially designated areas for a cigarette.

Stress, nerves and bad mood is prohibited everywhere. Bring your best mood and big smile with you and keep it through the exchange! Prepare for fun! Those who fail to do that will be expelled from the exchange.

### LIST OF PARTNERS

Lithuania	Asociacija "Aktyvus Jaunimas"
Poland	4YOUth Foundation for Supporting Youth Initiatives
Croatia	Volim Volontirati - "VoVo"
Romania	Asociatia "Tineret pentru Dezvoltare Durabila"
Italy	YouNet
Latvia	Artilt-D biedriba

### CONTACT PERSONS

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If you have any questions, please contact us via e-mail: [info@activeyouth.lt](mailto:info@activeyouth.lt).

**See you all in Lithuania!**

THOSE WHO ARE GOING TO OUR PROJECT, PLEASE JOIN OUR [PRIVATE FACEBOOK GROUP](#).

LET'S GET TO KNOW EACH OTHER!