

# Youth Exchange

## YOU(TH) FOR CLIMATE JUSTICE!



**15th - 23th of April, 2026**  
**Kaunas, Lithuania**



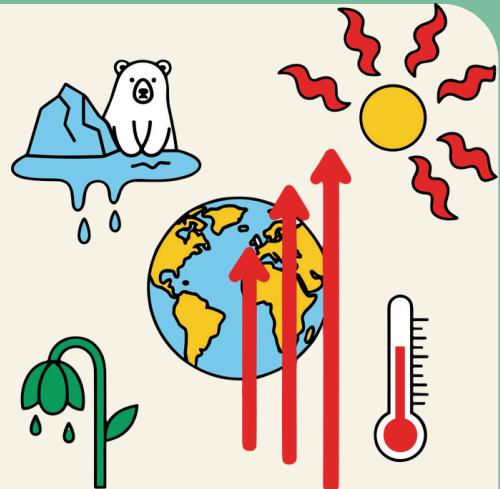
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## Why this youth exchange?

Climate change is one of the biggest challenges of our time. It affects not only the environment but also people's lives around the world. Some regions will face greater challenges than others – for example, small island nations are already threatened by rising seas, while big cities experience extreme heatwaves or heavy storms. Even within the same city, people are affected differently: some can protect their homes or health, while others cannot.



Here are some examples of how climate change impacts justice:

- Children and older adults are often more vulnerable to heatwaves or polluted air.
- People with lower incomes may not be able to afford eco-friendly transportation or energy-efficient housing.
- Local communities that depend on farming or fishing feel the effects of floods, droughts, or storms directly.

Governments already offer solutions to help fight climate change – subsidies for electric vehicles, solar panels, or home insulation.

But are these opportunities accessible to everyone? Not always. Climate policies often leave the most vulnerable behind, even though they are the ones most affected.

Climate change is not just an environmental issue. It is about justice, equality, and ethics. This is what we call climate justice: **everyone should have equal opportunities to protect themselves from climate impacts, and those who contribute the most to the problem have the greatest responsibility to help others.**

## What do we aim for this youth exchange?



During this 7-day youth exchange, we will:

- 🌐 **Understand the complexity of climate change** – why it is not just about weather, but about people, communities and our planet.
- 🤝 **Explore the concept of climate justice** – discover how climate change affects some people and places more than others, and why those who contribute the least often suffer the most.
- 👤 **Experience how climate change affects different groups** – children, women, youth, elderly, economically disadvantaged, etc.
- 🌿 **Involve in debate on climate solutions and their controversies** when it comes to equality and justice.
- 📚 **Share stories from partner countries** – hear about real cases of climate consequences and solutions to tackle them in partner countries.
- ✊ **Discuss the role of youth in climate activism** – explore how young people can make a difference locally and globally.
- 🏡 **Practice small steps in a community** – try out simple actions that contribute to climate justice where you live

## What activities shall we offer?

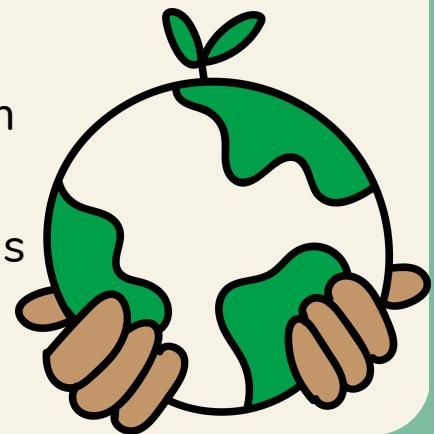
During the youth exchange, we will involve young people in a wide range of non-formal learning activities – teambuilding, group work, creative workshops, simulations, debates, outdoor activities, etc.

**Apart from the above, the programme will include a community action with local youth from Garliava J. Luksos Gymnasium that will address the topic of climate justice.**



## Profile of participants

- 🎯 15-19 years old
- 🌐 Curious about climate change and ready to learn about its impact on people and the environment;
- 🗣️ Can communicate in basic English – no need to be perfect!
- 📅 **17** Available for the entire period of the youth exchange;
- 🚀 Not involved in another Erasmus+ long-term project (like a student exchange, Solidarity Corps, or Erasmus Internship) at the time of this youth exchange.



## Requirements for the group leaders

- 🚫 **18+ years old** – ready to take on a leadership role!
- 🏆 **A supportive team player** – can guide and motivate young people throughout their learning journey.
- ✓ **Responsible & committed** – helps make the youth exchange run smoothly and ensures everyone's safety.
- 🎤 **Confident in leading activities** – can facilitate fun and engaging learning sessions on getting to know each other, group building, reflection of learning process and outcomes and addressing the topic of sustainable fashion (not a must, but a big plus!).



# The Venue



## **Sadauskų sodyba** homestead

Address: Jurbarko pl. 351, Antalkių km., Vilkijos sen., Kauno rajonas, LT 54217

Website: <http://www.sadauskusodyba.lt/en/>

The Venue is a bit out of Kaunas city, but is gorgeous and surrounded by beautiful Lithuanian nature. Participants will stay in shared rooms: **3-4 persons** per room.

**Food** will also be cooked in the homestead. If you have any allergies or special dietaries, please let us know about that in the application form. If you need other help regarding your difficulties, please also let us know.

Also, as the venue is a bit far from the town, please make sure, that you have everything, that you will need for the week before arriving to the place.



# Travel

## Reaching Kaunas from Vilnius airport

**By train** – there is a train connection from Vilnius airport to Kaunas. First, you will need to take a train to go to the central train station in Vilnius, and then to take another train to Kaunas. For the timetable and ticket prices, please, check here:  
<https://www.traukiniobilietas.lt/portal/en>.

**By bus** - if the train option is not convenient, you can also check the following options to reach Kaunas by bus:  
Take a **mini bus** from the airport (the bus station is located outside the airport, in front of the exit C) to Vilnius bus station and then the bus to Kaunas. For the timetable of buses from Vilnius bus station, please, check here:  
<https://autobusubilietai.lt/en>

Take Airport Express directly from Vilnius airport to Kaunas. For the timetable, please, check:  
<https://www.ollex.lt/en/express/Vilnius-airport/buy-a-ticket>  
N.B. This bus drops-off passengers at the beginning of the Savanoriai avenue in Kaunas. So, from there, you need to use either public transportation or a taxi to reach the city centre.



## Reaching Kaunas from Kaunas airport

**Bus No. 29G** connects Kaunas International Airport with the city centre. The journey takes about 45 minutes with the bus timetable being coordinated with flight schedules. (Lithuania has app for busses schedules - TRAFI - you can download it, if you want).

**Taxi** service is also available for those who need a speedier transfer. We usually recommend using Bolt. For this, you need to use a mobile application which you can download from Google Play Store (for Android) or App Store (for iPhone).

## Reaching the Venue

From the Kaunas bus station, you can take bus no. **153, 154, 170** and get off on the stop “**Antalkiai**”. From there the Venue will be reached in 5 min by foot.

Another option is to take a **taxi** (“Bolt”), which should cost approximately 25-35 euro per trip.

**N.B. Taxi costs to the venue can be reimbursed only in cases of late arrival (after 18:30) to Kaunas or early departure (before 6:30) when public buses are not available.**

# Travel reimbursement

The food and accommodation will be provided and paid by the organisers.

Travel costs will be **counted by distance calculator** (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>) provided by European Commission (destination - Antalkiai) and reimbursed.



DISTANCE BAND	STANDARD TRAVEL	GREEN TRAVEL
10 – 99 km	28 EUR	56 EUR
100 – 499 km	211 EUR	285 EUR
500 – 1999 km	309 EUR	417 EUR
2000 – 2999 km	395 EUR	535 EUR

## WE STRONGLY ENCOURAGE YOU TO USE GREEN TRAVEL!

**Green travel** is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as **bus, train or car-pooling**.

If you choose to travel this way, we can reimburse accommodation (up to 70€) and food (up to 60€) for your extra travel days (max. budget for all of that - 130€).

# Travel reimbursement process



## To receive your travel reimbursement, you will need to:

- Fill in the travel report form that will be provided to you during the time of the training course;
- Upload all your travel documents which you have in an electronic format on Google Drive (the link will be provided for the selected participants). Here is the list of the documents you will need to upload:
  - For flights – (1) travel itineraries and/or invoices indicating the price of your ticket; (2) boarding passes;
  - For travel by bus and train – travel tickets with the price indicated;
  - For travels by car – (1) receipt for the purchase of petrol; (2) the scanned copy of the car registration document.
- If you have paper tickets, you need to:
  - Attach them to your travel report ;
  - Upload scanned documents from your return journey in the same Google Drive folder with other electronic documents.

## Please, note that:

- Only fiscal receipts can be reimbursed;
- Card payment receipts and bank account statements without an actual ticket or receipt cannot be considered as relevant documents for reimbursement.
- It usually takes 4-6 weeks to receive your travel reimbursement.

## Initial tips for preparation

Here are some tips on how to prepare and what to bring to the training:

- Positive energy and motivation to learn new things;
- All original documents related to your travel costs;
- Toiletries (shampoos, shower gels, etc.) for your personal hygiene;
- Any medicines that you might need, especially the ones that require a prescription (e.g. antibiotics, antidepressants, etc.) - it is not possible to buy it in our pharmacies with a foreign prescription;
- Towels for your personal use;
- Warm and comfortable indoor and outdoor clothes and shoes.

We will also update the selected participants with more tips for preparation while the youth exchange approaches.

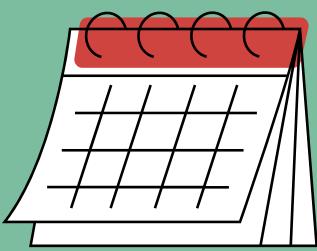


## Application for the youth exchange:

Application form for venue:

<https://forms.gle/P5Tdvg82sqQuuB3G8>





## Dates



15th of April - arrival day

**16-22th of April - working days**

23 th of April - departures

## Contacts

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