



Co-funded by
the European Union

Date: 18-26 February 2026

Place: Trakai, Lithuania

YOUTH EXCHANGE DIGITALL

Your **present** skills, for your digital **future**.



PROJECT AIM



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To empower rural young people with fewer opportunities through inclusive Erasmus+ mobilities that build their digital competences, critical thinking, and employability, enabling them to actively participate in the digital labour market and society

PROJECT OBJECTIVES:

- Support youth coming from rural or remote area to take part in international Erasmus+ learning activities.
- Develop digital competences needed for education, employment and everyday life
- Strengthen critical thinking and media literacy to better understand information online and avoid misinformation
- Improve your employability skills (communication, self-presentation, teamwork, adaptability)
- Learn how to use digital tools and social media in a responsible and creative way
- Build confidence, independence, and motivation for your future steps
- Meet young people from other countries and expand your international network
- Take more ownership over your personal and professional life





YOUR DIGITAL JOURNEY STARTS HERE

Our project is designed to help you:

- Become empowered to navigate digital environments and improve your employability prospects.
- Identify your strengths and how to translate them into a career.
- Go beyond the screen to understand the digital world and develop the critical thinking skills needed to navigate misinformation.
- Join an inclusive environment where young people from remote areas can improve their English and connect with diverse cultures.
- Discover your strengths and apply them through non-formal learning, boosting your development and future opportunities.
- Take what you learn abroad and bring it back home, sharing your newfound skills to strengthen your own local community.

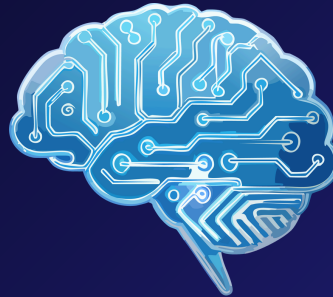
WHAT WE WILL EXPLORE



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The way to master a digital tool is to actually use it. You will build, test, and create AI or Social Media tools in real-time.



It's not just about "how" to use tools but "why" they matter. We'll dive into how technology shapes our habits, influences our mental health, and impacts the global job market.



We hold daily reflection sessions to help you "download" your experiences. These moments allow you to reflect on how your new skills fit into your future career.



Our space is a friendly, "no-judgment" zone. Role-plays, simulation games, and team challenges will transform complex digital concepts into fun, social activities. You'll be encouraged to share your thoughts, take risks, and think outside the box.



Learning doesn't stop when the workshop ends. By sharing traditions, stories, and local secrets with participants from across Europe, you'll gain the most important "soft skill" of all: *intercultural intelligence*.



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WHO CAN PARTICIPATE

AGE

You have to be 16-21 years old and group leader without an age limit

MOTIVATION

You are motivated to participate in the international youth exchange program, willing to learn and get new experiences, meet new friends, and experience different cultures.

COUNTRIES

Coming from Lithuania, Georgia, Ukraine, Latvia, Slovakia.

PROGRAMME



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Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
Date	18 Feb	19 Feb	20 Feb	21 Feb	22 Feb	23 Feb	24 Feb	25 Feb	26 Feb	
Topic of the day	<i>Arrival day and welcome</i>	<i>getting to know each other and team building</i>	<i>Critical thinking and media literacy</i>	<i>Social media tools</i>	<i>Ai tools</i>	<i>Self presentation tools</i>	<i>Planning the campaign</i>	<i>Evaluation & follow up, dissemination</i>	<i>Departure</i>	
	8:30 - 9:45	Breakfast								
S 1	10:00-11:30	Get to know each other	What is Social media literacy	What is social media and how it works	What is AI History and essentials	Cv and portfolio	Presenting of the campaign	Lunch of campaign	Departure	
	11:30- 12:00	Break								
S 2	12:00-13:30	Presentation of program	Impact of social media	Me in social media	Text related tools	Self presentation and elevator pitch	Preparing for campaign	Follow up / dissemination		
	13:30-15:30	Lunch Break								
S 3	15:30-17:00	teambuilding	Redaction challenge	Canva design and visuals	Multimedia tools	Visit in youth center and Trakai	Preparing for campaign	Youthpass		
	17:00-17:30	Break								
S 4	17:30-18:30	What is NFE	Fake News Challenge	Capcut, VN, Tiktok, Instagram	Moltimedia tools	Visit in youth center and Trakai	Preparing for campaign	Final Evaluation		
	18:30-19:00	Dinner	Reflection	Reflection	Reflection					Mid-Evaluation
	19:00-120:00	Dinner								
	20:00+	Informal welcome	Intercultural Evening	Intercultural Evening	Movie Night	Sauna night	Free evening	Organisez by participants		Goodbye evening

FINANCIAL COSTS

Youth exchange is co-funded by the Erasmus+ programme of the European Union.

Accommodation, food and materials are fully covered for the duration of the project for selected participants.

Once you are selected, you will be asked to arrange your trip together with your group leader .

Important: Before purchasing any tickets, you must receive confirmation by email at info@innovativegeneration.eu.

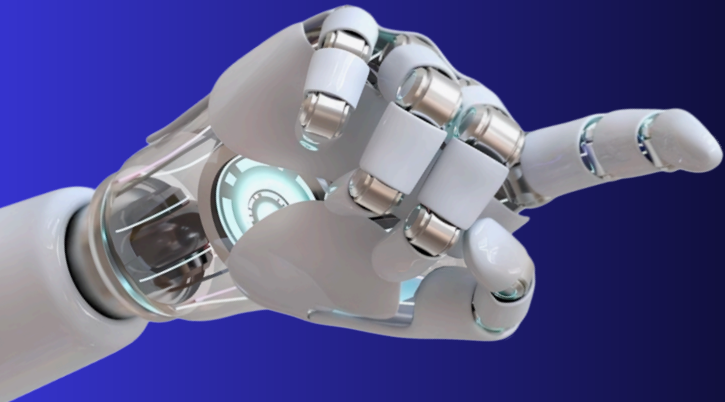
Please note: We will prioritise green travel whenever possible.

Arrival time: A group pick-up will be organised from the Vilnius Central Bus Station on the evening of Arrival day (exact time TBC).

Tickets purchased without prior approval may not be reimbursed.



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REIMBURSEMENT OF THE TRAVEL COSTS

Travel expenses are reimbursed based on the distance between your home and the venue, in accordance with the Erasmus+ programme distance band regulations.

Travel distance (KMs)	Green travel (bus, train, carpooling)	Non-Green travel (plane)
10 - 99	56	27
100 - 499	285	211
500 - 1999	417	309
2000 - 2999	535	395
3000 - 3999	785	580

If you travel by plane:

- **BOARDING PASS** is a must
- Confirmation of the bought tickets usually received by email (showing the price paid)
- Bank payment copy for the tickets or receipt if you paid by cash

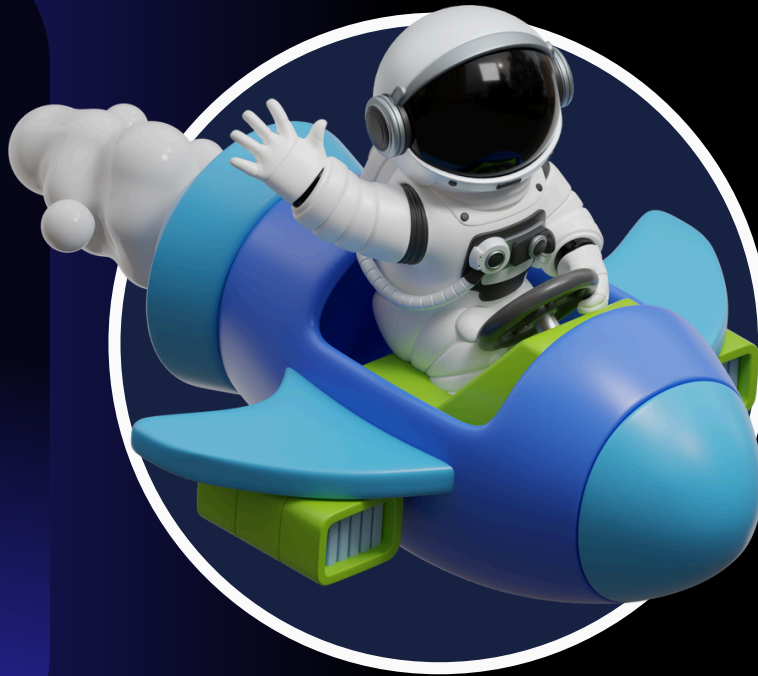
If you travel by bus or train:

- Ticket
- Confirmation of the bought tickets (showing the price paid)
- Bank payment copy for the tickets or receipt if you paid by cash



HOW TO ARRIVE?

- You can come to Vilnius or Kaunas (biggest cities of Lithuania).
- We encourage to use the most green traveling option thus if possible, you will be encouraged to come by bus or train.



- We will organize a group pick-up from the city center of Vilnius in the evening of the Arrival day (Time will be confirmed after participants will purchase the tickets).
- Please note that travel to the project venue and back will be organised by the organisers & the costs for this trip will be covered by the participants from the travel costs budget.

LA VILLA ROYALE

Project venue

- Few kilometers from the city of Trakai
- 2-3 people per room (you will find towels, hairdryer, bathroom in each room)
- Working spaces
- Sauna
- 3 main meals and 2 coffee breaks a day (please inform us about any special needs regarding the food!)
- Keep in mind that there is no shop nearby



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[HTTPS://WWW.LAVILLAROYLE.LT](https://www.lavillaroyle.lt)



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WHAT TO BRING WITH YOU



Water Bottle



Slippers and/or
shoes only for
inside use



Comfortable
Pants



Comfortable
Shirt



Warm clothes
for outside



Swimming suit
for sauna
night
(optional
activity)



Board games
if you want



DO NOT FORGET GOOD MOOD AND CURIOSITY

PARTNERS



NGO "INNOVATIVE GENERATION"
LITHUANIA
INFO@INNOVATIVEGENERATION.EU



CREATIVE YOUTH PLATFORM
GEORGIA
INFO.CYP.ORG@GMAIL.COM



VZAYEMOPOMICH
UKRAINE
PROJECTS.VZAYEMOPOMICH@GMAIL.COM



YOUTH INITIATIVE CANA
SLOVAKIA
YICSLOVAKIA@GMAIL.COM



KEEP THE CHANGE
LATVIA
KEEPTHECHANGELATVIA@GMAIL.COM



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CONTACT INFO

Any doubts, please contact us by info@innovativegeneration.eu

Website: <https://innovativegeneration.eu/>

Facebook: <https://www.facebook.com/inovatyvikarta/>

Instagram: https://www.instagram.com/innovative_generation/