

An aerial photograph of a vast, dense forest. The forest is composed of many tall, thin trees, likely pines or spruces, with a mix of green foliage. In the center of the image, there is a large, open clearing with a lighter green, grassy or meadow-like appearance. The overall scene is lush and natural, with a soft, slightly hazy atmosphere in the background.

WILD CAMPING

Erasmus+ KA105

An aerial photograph of a vast, dense forest. The trees are mostly tall and thin, with a mix of green and brownish-green foliage. In the foreground, there is a large, open grassy clearing. The background shows more forest extending to the horizon under a slightly hazy sky.

Activity: Youth Exchange

Dates: APV: May 6-9 / YE: July 10-18

Venue: Kaunas, Lithuania (APV) / Mančiagirė, Lithuania (YE)

Participating countries: Lithuania, Armenia, Spain, Portugal, Luxembourg, UK, Poland

Number of participants: 2 (APV) / 6 (YE)

CONTEXT

As the lives of youngsters become more and more sedentary, this leads them to neglect physical activity which is crucial for the human's development at that age. The lack of physical activity leads to various health problems, including obesity, diabetes, high blood pressure, heart diseases. It also negatively affects the mental health of youngsters. Time spent in front of a TV or computer screen disturbs the normal psychological and social development: it adds to less curiosity, lower self-control, more distractibility, more difficulty making friends, less emotional stability, being more difficult to care for, and inability to finish tasks. **One of the ways to improve youth's mental and physical well-being is by wild camping.**

Camping in nature offers many benefits for young people. It adds to the physical activity time, helps to build and strengthen relationships, teaches valuable lessons about self-reliance and teamwork. Basking in a forest can reduce psychological stress, depression symptoms and hostility towards others. It can also lift the mood, improve sleep, increase vigour and help to feel more alive.

AIM & OBJECTIVES

The main goal of the project Wild Camping is boosting the social inclusion of young people with fewer opportunities with the means of physical outdoor activities.

In order to reach the main aim of the project, we have set out the following objectives:

- To raise youth's awareness of a healthy lifestyle;
- To familiarise youth with the outlets for managing their physical and mental health;
- To learn how to do wild camping safely;
- To facilitate international youth collaboration on the topic;
- To spread the knowledge of the Erasmus+ programme and its benefits to wider audiences.

ADVANCE PLANNING VISIT

Advance Planning Visit for the "Wild Camping" project will be hosted with the objectives: 1) to involve all the project partners in the preparation process and 2) ensure high-quality non-formal education learning outcomes of the participants of the youth exchange.

Practical arrangements, project management, organisational matters, educational relevance and more will be discussed, decided and arranged in detail during the APV. The participants will have to study the application in advance and come to the APV with their prepared suggestions for improvement. During the APV, YE activities planned, mentoring & support of the participants, rules to be followed, work with youth with fewer opportunities and result dissemination actions will be discussed and an upgraded plan on top of the one made during the application period will be set.

Activity Programme		
Timetable	Activities	Non-formal & Informal learning methods used
DAY 1 (ARRIVAL DAY)		
AM	Welcoming, introduction to the project, presentation of the partner organisations	Arrival
PM		
	Introduction, ice-breaking, team-building activities, games, kinaesthetic learning, presentation	
DAY 2		
AM	Reviewing the application, sharing suggestions for improvement	Presentation, round table discussion
	Task division, roles and responsibilities	Work division, cooperation, teamwork
PM	Setting key rules for the participant safety during the project	Brainstorming, non-formal discussion
	Workshop: participant mentoring and support	Learning by doing
	Reviewing activities planned / creating materials for them / discussion on non-formal education methods to be used	Teamwork, non-formal discussion
	Further questions, comments / reflections	Evaluation, reflection
DAY 3		
AM	Participant selection criteria and means	Non-formal discussion, mapping
	Preparing material for tasks preparation	Team assignments
PM	Workshop: work with youth with fewer opportunities	Workshop, learning by doing
	Making evaluation and result dissemination plan / setting communication methods	Non-formal discussion, mapping
	Workshop by Experientia representative: Adventure Therapy	Workshop, learning by doing
	Further questions, comments / reflections	Evaluation, reflection
DAY 4 (DEPARTURE DAY)		
AM		Departure
PM		

PARTICIPANTS

There will be 2 people per country participating in the APV (14 in total)
- 1 staff member from partner organisation who will be responsible for the project through all its stages + 1 team leader who will later take part in the youth exchange as well.

ACCOMMODATION

The participants will be accommodated in a hotel in Kaunas city centre (twin rooms). The hotel meets safety standards and is suitable for project needs – conference room, space for meals.

<https://kaunascityhotel.com/en/>

TRAVEL

- Kaunas airport – Kaunas city centre is reachable by direct bus route no 29/29E
- Vilnius airport – Vilnius station (train, bus routes 1; 2; airport express)
– Kaunas station (train, bus)
- Every participants must purchase tickets with flexible dates and travel insurance for travel disruption/delay

FINANCES

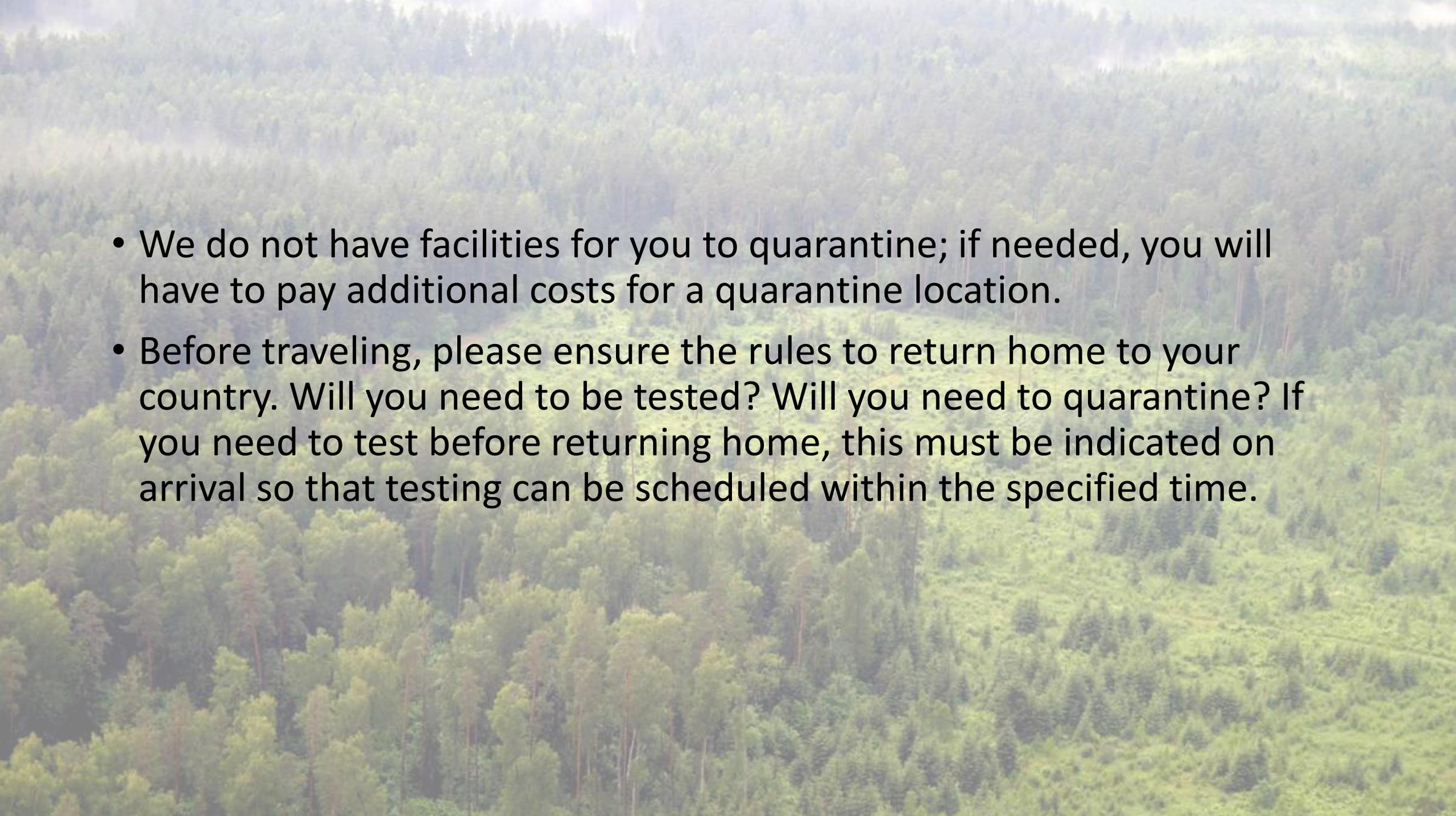
Accommodation, food and other project-related expenses are covered by the EU.

Maximum reimbursable travel costs:

Country	Maximum compensation amount, eur
Lithuania	20
UK	275
Luxembourg	275
Poland	180
Portugal	360
Armenia	360 (+35 visa costs)
Spain	360

COVID RULES IN LITHUANIA

- All participants must have valid EU Digital COVID Certificate or other documentation
- Additional rules and regulations to be clarified closer to coming to Lithuania

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- An aerial photograph of a vast, dense forest with a mix of green and brownish-green trees, covering rolling hills. The text is overlaid on the lower-left portion of the image.
- We do not have facilities for you to quarantine; if needed, you will have to pay additional costs for a quarantine location.
 - Before traveling, please ensure the rules to return home to your country. Will you need to be tested? Will you need to quarantine? If you need to test before returning home, this must be indicated on arrival so that testing can be scheduled within the specified time.

HEALTH INSURANCE

Health insurance is not provided and will not be reimbursed by the organisers. All participants are required to have a valid European Health Insurance Card + additional private insurance that covers COVID-19 cases.

An aerial photograph of a vast, dense forest in Lithuania. The forest is composed of various types of trees, including tall, thin conifers and shorter, leafier deciduous trees. The terrain appears to be a mix of hills and valleys, with the forest covering almost all of it. The colors range from deep greens to lighter, yellowish-greens, suggesting different tree species and perhaps some seasonal changes. The text "SEE YOU IN LITHUANIA!" is overlaid in the center of the image in a large, white, sans-serif font.

SEE YOU IN LITHUANIA!