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Continuous
Action
MAAILM ON TÄIS VÕIMALUSI

RESILIENT YOUTH- RESILIENT FUTURE

*WALKING WITH
MEANING*

YOUTH EXCHANGE

24/07/26 - 02/08/26

ANTALIEPTÈ, LITHUANIA





**WHAT IS THIS
MOBILITY ABOUT?**

Resilient Youth-Resilient future is a youth exchange that uses the ***Camino*** format (Eng. Walking) to strengthen youth-led planetary citizenship and collaborative skills through experiential, collective actions, while promoting outdoor, mobility-based participation methods.

It will utilize nature-based practices—including camping, ecotherapy, nature walks, and biodiversity exploration—to foster deeper reconnection and reflection.

PROJECT OBJECTIVES

- Enhanced youth-led planetary citizenship and cooperation through meaningful collective actions and hands-on experiences.
- Enhance usage of outdoor-based youth participation format like a *Camino*.
- Enhance usage of Nature-based practices for deeper (re)connecting with non-human Nature (camping, eco-therapy, Nature wondering, discovering/recognizing the biodiversity, etc).
- Positive impact on youth's mental and physical health through routinely contact with non-human Nature.

NEEDS AND CHALLENGES THE PROJECT ADDRESSES

- **Reconnection with Nature:** There is a growing need for children and young adults to reconnect with nature, as urbanization and reduced intergenerational engagement have led to an “extinction of experience,” limiting awareness of and connection to the natural environment.
- **Bridging the Sustainability Action Gap:** Although many young people express concern for environmental issues, there is a significant gap between values and actions, highlighting the need to develop knowledge, skills, and attitudes for proactive sustainable behavior, including self-direction, collaboration, problem-solving, and interdisciplinary thinking.
- **Mental Health and Well-being Support:** Rising rates of mental health challenges among children and adolescents underscore the need for interventions that support emotional regulation, self-confidence, social connectedness, and overall well-being.
- **Nature-Based and Purposeful Activities for Holistic Development:** Evidence indicates that outdoor, nature-based, and physical activities enhance cognitive, social, and emotional development, self-perception, and overall well-being, highlighting the need for structured, integrative nature engagement opportunities.

WHAT YOU WILL EXPERIENCE/LEARN?

ECOLITERACY

While learning about the polycrisis of today, analysing separate cases and spotting the interconnectedness.

(RE)CONNECTION WITH NON-HUMAN NATURE

Camping, eco-therapy, Nature wondering, discovering/recognizing the biodiversity around.

COLLECTIVE ACTION

Connecting knowledge with direct collective action (litter picking) & at the same time discussing why it is not going to solve the problem.

COMMUNITY

Experiencing a temporary community & learning how to take care of one another.

POSITIVE IMPACT OF MOVEMENT

Spotting the benefits of movement to the physical, mental & emotional well-being.

DEEPER REFLECTION

Fostering critical thinking, self-awareness, empathy and compassion for themselves, the others and the surrounding environment through daily individual & collective practices.

PROJECT PARTNERS



LITHUANIA: ASOCIACIJA "DARNIOS JUNGTY'S"

More info to the links: <https://shorturl.at/hZXil>

<https://www.instagram.com/darniosjungtys/>



ESTONIA: CONTINUOUS ACTION

More info to the link: <https://continuousaction.ee/>



POLAND: ZIELONE OGNIWO

More info to the link: <https://www.instagram.com/zieloneogniwo/>



CZECH REPUBLIC: IN ASPECTU, Z.S.

More info to the link: <https://www.inaspectu.cz/>



SLOVAKIA: ADEL

More info to the link: www.adelslovakia.org



HUNGARY: Kaptárkő Természetvédelmi és Kulturális Egyesület

More info to the link: kaptarko.hu

PARTICIPANTS' PROFILE

4 PARTICIPANTS FROM 18 TO 30 YEARS OLD FROM EACH NATIONAL GROUP

Community-Oriented and Nature-Friendly: you should feel comfortable — or curious to explore — community life in a natural setting.

Communication in English: you should have basic English skills, or at least feel comfortable facing language challenges in a calm and open way (separate cases will be considered).

Commitment and Active Participation: you are expected to take part in all project phases (preparation, mobility, follow-up), showing a proactive and responsible attitude.

Physical Readiness (Adapted to Each Person): You should be willing to take part in the movement-based activities (adapted as needed), and to live in a natural environment (with all related challenges), that has partially accessible infrastructure (better described later).

GROUP LEADER'S PROFILE

1 GROUP LEADER FOR EACH NATIONAL GROUP, 18+ y.o.

COMMITTED to participate in both, the Preparatory Visit in June & the youth exchange in July, in Lithuania;

Involved in a sending org. activities;

Experienced in youth work;

Actively involved in all phases of the project (preparation, implementation, and follow-up);

Responsible for the support and coordination of the national group;

Conversational English Skills to be able to support other participants.

PROJECT VENUE(S)

The Opening & Closing of the experience:

- First 2 nights (24-25th July) and the last 3 nights (30th July-2nd August) will be spent in the venue called **Innovators' Valley**, in Antaliente, Zarasai region.
- Participants will be staying in shared rooms of 4-5 people.
- In the venue there are designated activity rooms inside and outside, sanitary unit with 3 toilets and 3 showers, a kitchen and a spacious canteen.
- The outside area is ample: there is a pond, archery field, designated areas for sports, a terrace, garden and etc.

During the *Camino* (26-30th July):

- 4 nights will be spent in the designated **campsites** along the route with legal bonfire places, at least one public toilet and a shelter.
- The participants will sleep in **shared tents** of 4 people (will be provided);
- If the participant has a wish to sleep alone, they will be asked to bring their own singular tent (separate cases will be considered if it is not possible).
- Participants will have a possibility to refresh themselves in the river on the way with provided biodegradable toiletries, as well as a shower in the midway of the *Cammino* in a private campsite on the way.



FOOD

We believe that if we truly want to engage into discourses here, in Global North, about a more just co-existence on this planet, our considerations must also intertwine with the narrative emphasizing the rights of more-than-human animals and, in general, non-human Nature. Therefore, not consuming other bodies is a lifestyle, not a diet. Thus:

- During the YE you will be provided with **3 vegan meals a day**, plus some snacks during the breaks.
- As much as possible, the products will be **local and seasonal**, without artificial substitutions, however due to the format of the mobility (*Comino*) it will be difficult to be totally zero waste, but we will try our best.
- Please note, that in case you would like to share bits and pieces of your home cuisine with other fellows, it should also be vegan.
- You will also be asked about your allergies in the application form.

It is important you are okay with these aspects before applying.



ACCESSIBILITY OF THE PROJECT

INCLUSIVE ACTIVITIES AND BRAVE SPACE PRINCIPLES:

The program has been designed with **flexibility, rest time,** and **reflection moments,** to welcome participants with different needs, rhythms, and conditions. The team is fully prepared and trained to work with participants from diverse backgrounds and identities.

Even though around **80 km in 5 days** might seem challenging, we are open to different variations, according to certain requests existing in the group. Thus, it is not set in stone and we are willing to adjust if/when needed. Also, we are willing to accommodate as much as possible with any equipment needed.

We are a **Minorities** (Queer, Refugees, People that felt excluded at moments of their life) **supporting, open-minded and anti-discriminatory team.** From the very beginning, the group will establish clear community agreements based on **anti-speciesist, anti-racist, anti-ableist, anti-fascist, anti-homophobic and anti-sexist** values, to ensure a safe, respectful, and conscious learning space for all.

YOUR TRAVEL BUDGET

- This project is funded by **the Erasmus+ Programme**, thus all the activities, accommodation and food are 100 % covered by the EU grant. The travel costs will be reimbursed within the limits set by Erasmus+ Programme Guide.
- The countries participating in this project (Lithuania, Estonia, Poland, Czech Republic, Slovakia and Hungary) are less than 1500 km away from the venue, thus according to the inner policy of the association, trying to minimise the CO2 footprint of our projects, **all the participants will be asked to choose 100% Green Travel and flight tickets will NOT be considered for a refund.**
- Possible travelling days are considered to be:
 - **22-24th July;**
 - **2-4th August.**
- In case of uncomfortable transfers on the way, we are willing to accommodate **1 night in a hostel** (up to 25 eur/person), however this has to be agreed prior with the organising association.
- **IMPORTANT!** Please note that this mobility is not intended to support holidays or other detours before and/or after the YE, and that the amount spent will be refunded only if its part of a coherent travel plans coming from & going back to your place of residence.
- **NON-ELIGIBLE EXPENSES:** taxi fees; travel & accommodation for extra days than the ones noted above.

YOUR TRAVEL BUDGET

All **travel costs** to reach the venue will be **supported by the European Union** and *reimbursed according to the criteria already mentioned*.

Each participant will have a specific **Green travel budget based on their country of origin**, within which eligible expenses will be reimbursed:

- **Lithuania: the budget is 56€ per participant**
- **Poland: the budget is 285 € per participant**
- **Estonia, Czech Republic, Slovakia & Hungary: the budget is 417€ per participant**



TRANSPORTATION ARRANGMENTS

All of the travelling eventually will have to pass through the **capital Vilnius**, as there are no other more comfortable ways to reach the venue, unless you are going by car.

Thus, you have to purchase your bus tickets here (if it is not sold online, you should have cash to pay the driver, usually, around 13 eur):

<https://www.autobusubilietai.lt/en>

From: Vilnius

To: Antalieptė (LT, Zarasu rajonas)

You need to **make sure** the driver knows you need to get out in Antalieptė st as it is a small station and not many people are getting out there.

Last bus going **Vilnius-Antalieptė** during working days at 4 pm.

First bus going **Antalieptė-Vilnius** during working days at 4.57 am.

**Remember to keep ALL your tickets and boarding passes (both digital and physical) -
YOU WILL BE SUPPORTED IN THIS PROCEDURE BY YOUR GROUP LEADER**

OTHER IMPORTANT DETAILS

SOBRIETY. We kindly ask you to refrain from using any substances during the experience that might alter your consciousness and therefore your presence amongst other people, as well as negatively influence your overall well-being.

other important details

COMMITMENT FOR PREPARATIONS. After you have been selected, you will be asked to participate in **preparatory online meetings** with your national groups as well as with all the participants from other countries.

COMMITMENT TO FOLLOW-UP. After the mobility we will ask to do at least one **online sharing** about the experience as well as one **offline follow-up action** in your home community and share the outcome of it.

NO PARTICIPATION FEE POLICY. You should be aware that we do **NOT** support collection of any extra financial means by our partner organisations related to participants' selection (unless it is a small annual membership fee), thus in case if it happens, you should inform our coordination team.

WHAT TO BRING

The list might be adjusted when closer to the mobility date (based on weather forecast and other circumstances):

- Please remember to bring **your documents (ID, passport)** & all **original tickets** of your travel.
- **European Health Insurance Card (EHIC)** to be covered in Lithuania. Participants, who will have health difficulties prior the mobility, will be assisted in getting a life insurance for the duration of the mobility.
- If you do not want to share a tent with other participants, you should bring yours (some will be provided)
- A sleeping bag, a mat, a towel, a reusable set of items for eating outdoors (cup, spoon, fork, a bowl), a reusable water bottle, a flashlight.
- **VERY IMPORTANT!** Very comfortable footwear for long hikes. Also, consider that the paths sometimes might be muddy, so you should not wear a pair that you are afraid to damage.
- **Comfortable clothes**, suitable for active leisure: t-shirts, shorts, longer pants, warmer jacket for evenings, a light jacket, etc.
- **Waterproof** set of clothes for rainy days (those might happen).
- A head cover (hat, scarf), longer socks as a protection against the ticks, swimming suit.
- Sunscreen, mosquito repellent, biodegradable toiletries (some will be provided).
- A notebook, earplugs, small music instruments (optional), card games, etc.

A photograph of a forest path with a misty or foggy atmosphere. The path is covered in fallen leaves and leads into the distance. The trees are dense and green, with some sunlight filtering through. The text is overlaid on the center of the image.

**Looking forward to meeting
you in Lithuania!**

The link to application form:

<https://forms.gle/L4egmPFGRTsDCdP49>