

GROSS NATIONAL HAPPINESS

- **Title:** Gross National Happiness; **Acronym:** GNH
- **Framework:** Erasmus+ Key Action 1; **working language:** English;
- **Venue:** Kaunas, Lithuania; **duration:** 7 days (May 7-13, 2016) + 2 travel days (6 & 14 of May);
- **Participating countries:** Italy, Spain, UK, Bulgaria, Poland and Lithuania;
- **Total number of participants:** 36; **age of the participating youth:** 18-30 (except for leader);

SUMMARY

Today's youth across Europe is increasingly gloomy. This has to do a lot with the prospects in the job market, since they are not as good as they used. But there are other major factors: 1) changes in the way of living, lead to ever higher social isolation & alienation; 2) majority of decisions taken both at personal and policy levels does not take into consideration the happiness of youth and the society in general. Unfortunately, such situation is a guaranteed way to a lot of problems in the long-term.

We believe that by paying more attention to happiness and quality of living, we could achieve much more than by measuring everything in terms of revenues or by gains in gross domestic product (GDP). To promote such change, we are determined to organise a youth exchange "**Gross National Happiness**" in Kaunas, Lithuania (May 7-13, 2016). The project would have following objectives: 1) **identify** what mostly contributes & what is the most detrimental to happiness and quality of life; 2) **come up** with guidelines that best describe the 'good' and 'bad' individual decisions or common policies; 3) **develop** an 'impact-on-happiness' measurement system for various decisions; 4) employing the created measurement system **design** certain initiatives/individual plans, that would in the long-term lead to a happier society/individual; 5) **promote** them further for the wider public across Europe.

To reach these objectives, we are going to implement a number of interactive activities: 1) workshops on decision making at various levels; impact on oneself & the community, etc. 2) studying the cases of the happiest countries in the world. This will include their unique approaches to education (Danish Hojskole), job system (economics of happiness) and governing (Bhutan's gross national happiness); 3) role-plays and simulation; 4) interactive idea challenges and discussions; 5) special country presentations on what should be done in order to become the happiest nation (or another chosen topic); and more.

To sum up, the project is anticipated to not only help the participating youth to enhance their skills, but to also facilitate a bigger regard to happiness and quality of living in all of the participating countries; thus, creating long-term benefits. It is expected that a positive change will be induced through the prepared resources/activities. All in all, we aspire to make the project's results as tangible as possible.

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	Compensation in €
Spain	270
Bulgaria, UK, Italy	170
Poland	80

MONEY

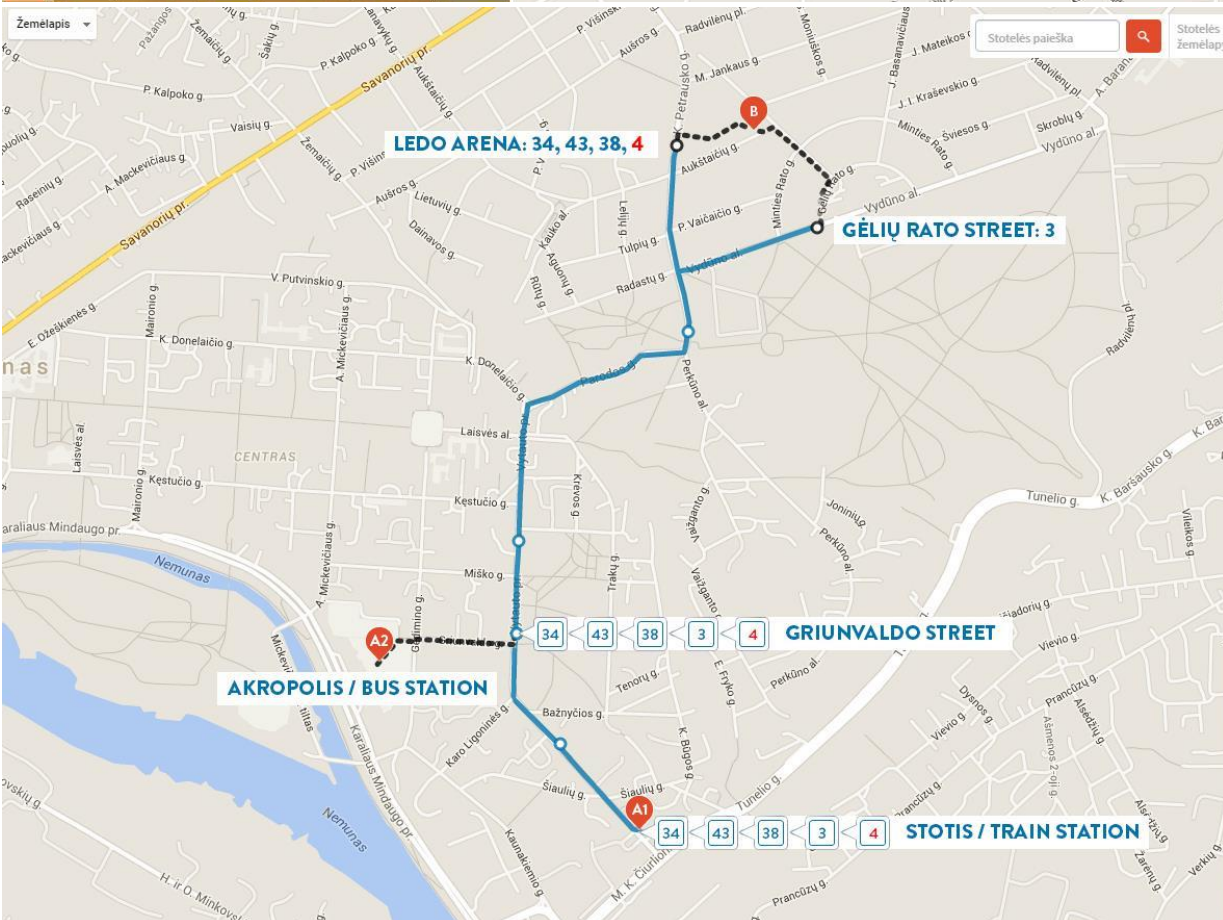
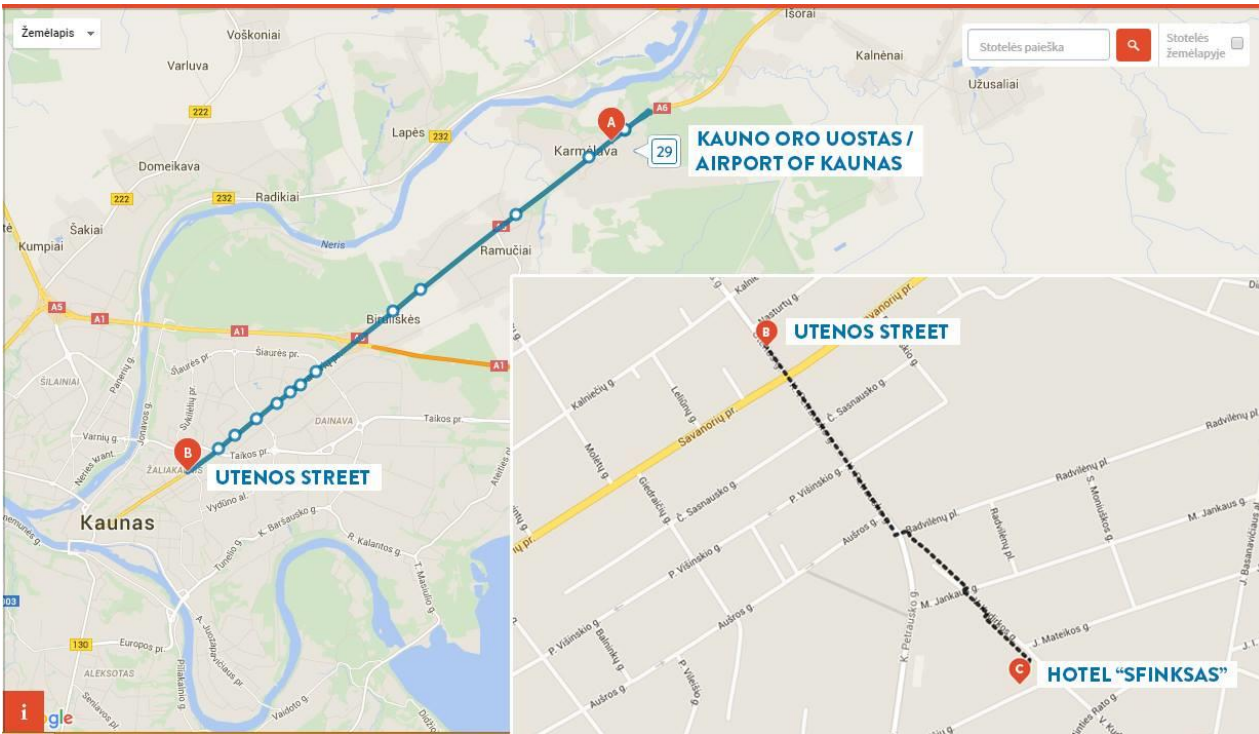
Since 2015 the official currency in Lithuania is Euro. Change your money to Euros in your home countries (if applicable) and you won't have any difficulties here. The prices in Lithuania are not high as well (e.g. coke - 0.60 EUR, bus ride - 0.70 EUR, pizza - 4 EUR).

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 6th of May** and the departure day is **14th of May, 2016**. Try to find a suitable option for the flights on these days.

- 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 (half the price for students).
- 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 (half the price for students).
- The address of the main venue is **Aukstaiciu 55 / V. Kudirkos g. 19a, Kaunas**. Maps are given in the next page. If you have troubles finding it, contact us and we will help you get there (contact details are provided at the end of the info pack).

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) Tickets and Boarding Passes; (2) Invoice / Receipt**. Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.



ACCOMMODATION & FOOD

Venue: 4* Hotel "Sfinksas". **Website:** www.sfinksas.lt. Located at prestigious Zaliakalnis district, next to Azuolynas park, 15 minutes on foot from the city center.



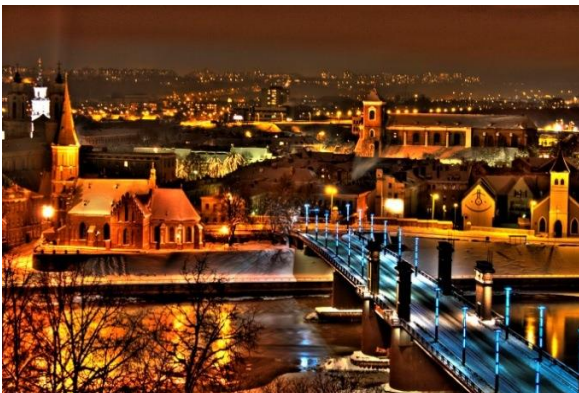
Rooms: with 2-6 beds. Towels and bed linen will be provided. The **Main Activity Room** is located at the same building. **WiFi** internet connection is available. Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the restaurant of the Hotel. At additional cost, Sauna and SPA services can be ordered.

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:

- <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



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 explained above;
2. Find interesting videos / games / exercises / educational activities relevant for the topic. 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.).
4. Prepare a presentation about a topic related to the objectives of the project (in country teams). *We'll post the topics that you can choose from a bit later :).* Follow the information on the [FB group!](#)
5. Each of you individually has to bring an interesting cup or any souvenir (e.g. with your country design, creative, or funny). At the beginning of the project you will exchange these gifts with one another so that you would have a thing to remember!
6. If you have relevant experience connected to topic – please let us know beforehand.
7. Bring clothing and shoes that can be used for sports and/or strenuous activities (such as dancing).
8. Bring good spirit, joy and happiness!!! 😊
9. **More preparation needed for the activities will be posted online after the participants are selected.**

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 (the hotel levies a fine of 30 EUR), thus all the smokers will have to go outside or to specially designated areas for a cigarette.

Any damages to the property of the hotel or the organisers will be deducted from the travel reimbursements of the ones responsible.

CONTACT PERSONS

- Paulius Jurgutis. FB: <https://www.facebook.com/piurgutis>. Whatsapp / Viber/ Phone: +370 691 94709
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- Ieva Sakalauskaitė. FB: <https://www.facebook.com/ieva.sak>.

If you have any questions, please contact us via e-mail: info@activeyouth.lt. **See you all in Lithuania!!!** THOSE WHO ARE GOING TO OUR PROJECT, PLEASE JOIN OUR [FACEBOOK GROUP](#). LET'S GET TO KNOW EACH OTHER!

PRELIMINARY SCHEDULE

Each day will consist of 4 sessions of up to 90 minutes, which will be separated by breaks, lunch time, etc. The evenings will include dinners and non-compulsory culture evenings / socializing / time for rest.

The timetable below has a special shading colour code for certain activities of the project: grey – for breaks/meals, etc. gold – topic-related; light blue – other activities.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meeting. ice-breaking	Workshop "Creating a 'Quality of Life' survey"	Workshop-simulation (Economics of Happiness)	Workshop (Action group)	Creativity session + video ABC	Designing initiatives/reforms	Mind mapping, making individual happiness plans
Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
Team-building	World Café	Country presentations (Lithuania, Spain, Italy)	Creative photo competition	Video making	Idea challenge	E-Booklet preparation
lunch	lunch	lunch	lunch	lunch	lunch	lunch
Intro / Grouping	Country presentations (UK, Bulgaria, Poland)	Info session - Gross National Happiness	GNH measurement system	Video making (continued)	Create your own Erasmus+ project	Video testimonials / e-booklet (continued)
Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
Current knowledge assessment	Video afternoon	Theatrical plays	Pub quiz	Watching videos	NGOs Fair	Project wrap-up & evaluation
dinner	dinner	dinner	dinner	dinner	dinner	Excursion to the city / Awards night
Cultural evening (Lithuania)	Cultural evening (Spain)	Cultural evening (UK)	Cultural evening (Italy)	Cultural evening (Poland)	Cultural evening (Bulgaria)	