



Erasmus+

# INFO PACK

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## Global Cotton From The Bottom



### Youth Exchange

### Date and Venue

20th—27th September Kaunas, Lithuania

### Participating Countries

Italy, Slovakia, Romania, France, Greece, Hungary, Lithuania

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“Clothing production is the third biggest manufacturing industry after the automotive and technology industries“

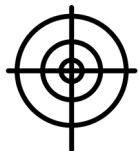
*House of Common Environmental Audit Committee, 2019*

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# Project Description

Brands and retailers in the clothing industry offer style and functionality, sell dreams and strongly influence young people's beliefs and behaviours. And they produce an ecological footprint which is far from sustainable. According to estimates, the clothing and textile industry emits 1.7 billion tonnes of CO<sub>2</sub> annually and is therefore a significant contributor to global warming. A crazy good deal on an item of clothing and you couldn't resist? I'm sure we've all experienced at least one of these scenarios. Unfortunately, these are all symptoms of the fast fashion industry. An industry that for many reasons, is socially and environmentally unsustainable. The fact is, the rate at which we are producing, consuming, and discarding clothing is putting a serious strain on the planet. Certainly, we won't be able to keep this up in the future without potentially irreversible consequences. The project seeks to promote and introduce "ethical consumption" among young people and explain how consumption decisions that are made on the basis of concerns has to do with human rights, environmental sustainability, animal welfare, fair trade and humane working practices.



This project intends to provide an overview of the most concerning environmental impacts caused by the fashion industry, to analyse current leading collective youth sustainability campaigns and to provide educational tools for measuring environmental impact of the textile life cycle (cotton).



Young consumers are becoming the vanguards of change. According to Mintel statistical data, online searches for sustainable fashion were up 130% last year. Studies also have shown Gen Z is willing to spend 10-15% more on clothes from an eco-conscious brand, and nearly 75% of Gen Z would pay for a sustainable fashion product as opposed to half of the Boomers. Sustainable brands, thrift and second-hand places, sharing and lending platforms are becoming news standards for younger people and therefore there is a need for responsible collective thinking and active citizenship towards fashion and garment industry.





## Methodology during the project

The team of facilitators will introduce specific non-formal education methodologies during the exchange in order to build trust and non-discriminatory environment, where the diversity is respected and everyone is accepted as an equal participant of the project.

The youth exchange will be based on the methodology of non-formal education with a learner centered approach.

## The objectives of the project

### To raise...

...awareness and influence young people and activists to adopt more sustainable behaviours and citizen-consumer

### To strengthen...

...the role of young active global citizen in dealing with the challenges of sustainable development in the global garment industry;

### To develop, transfer and pilot...

... good practices that would empower young people to take an active role in dealing with the sustainability challenges in the garment industry;

### To bring...

....a global perspective to youngsters by fostering cooperation and exchange of sustainable development;



# Draft Schedule of the youth exchange

## Day 1

Get to know each other; Arrivals; Ground rules, Venue and Staff; First introduction of the participants (name games and ice breakers); Welcome Evening

## Day 2

Getting into the topic; Sustainable development and global goals; Ecological footprint and EU position; "Competence lunch" (Importance of competence gaining); Supply Chain

## Day 3

Getting deeper into the topic: Map your wear! Influencing fast-fashion; Ethical Consumption. + [international evening](#)

## Day 4

Day for sustainability and understanding: E-fashion - from local to global (or activity suggested by the participants); Where does the waste go? + [international evening](#)

## Day 5

Learning about global citizenship, getting to know perspectives of sustainability; + [international evening](#)

## Day 6

First day of workshops and actions: Various tasks and assignments. Process of creating rising-awareness campaigns.

## Day 7

Second day of workshops and action: Presentations of the actions, overall evaluation of the project, assessment of individual achievements. Evaluation of personal learning indicators.

## Day 8

Departures



*Autmn is a magial romantic time in Lithuania with leaves turning golden brown and yellow. Nights are a bit chilly but on a very moderate level! Bring you fav. sweater for a bonfire, just in case!*



Sadauskų Sodyba homestead in Kaunas

## 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, but is gorgeous and surrounded by real Lithuanian nature.

Participants will be living in shared rooms: **2-4 persons per room**

**Food** will also be cooked in the homestead. If you have any allergies or special diets, just let us know by filling the participants form. If you need other help regarding your difficulties, please let us know. Also, as the location 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.



# Participants

The exchange is intended for 35 people (18-24 years old) from all 7 partner countries. Each national group will be composed of 5 people – 1 group leader and 4 participants

## The criteria for the participants include:

- Age 18 – 24
- Being motivated and willing to contribute to the program;
- Basic skills in English;
- Ability to participate in all program of the exchange
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In order to meet all the needs of the participants of the project and plan the programme based on their expectations, we kindly ask you to fill in the following application form: [application form](#)

Application deadline: **22 of August** Selected participants will be informed no later than by **1st of September**

## Insurance

Participants are advised to carry an European Health Insurance Card (former E111 form).



## What to Bring

- Proof of all the travel expenses (Electronic tickets, invoices and all proofs of payments ). Please keep in mind the travel rules of the Youth in Action programme.
- **“Standard exchange equipment”**: An alarm, any dictionaries you might require, music CDs and MP3, musical instruments, comfortable clothes, ear plugs etc.
- Traditional food, snacks, drinks and symbols from your country for intercultural nights;
- Games and energizers (if you know some)!
- Chargers, medicine;
- good vibes and mindset for the whole week





Reaching Kaunas

There are **2** main airports in Lithuania: Vilnius airport and Kaunas airport. We first suggest checking the connections to Vilnius airport, since most of the biggest airlines operate from there. Furthermore, there is a connection to Warsaw from Kaunas operated by LOT once a day. So, if you choose flying by LOT, this could be a good option for you.

#### Reaching Kaunas from Vilnius airport:

**By train** – there is a train connection from Vilnius to Kaunas. First, you will need to then 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:

Then the bus to Kaunas. For the timetable of buses from Vilnius bus station, please, check here: <https://www.autobusubilietai.lt/?lang=0>

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 passenger at the beginning of the Savanoriai avenue in Kaunas. So, from there, you need to use either public transportation or a taxi to reach

#### Reaching Kaunas city center from Kaunas airport :

Bus No. 29 connects Kaunas International Airport with the city centre. The journey takes about 45 minutes with the bus timetable being coordinated with flight schedules.

Taxi service is also available for those who need a speedier transfer. We usually recommend using Bolt (previously – Taxify) - it is an alternative for Uber. Receipts will be also necessary!

#### Reaching the venue

After reaching Kaunas bus station you can take a bus 154 to reach the venue. You want to check for the tickets on the same site here: <https://www.autobusubilietai.lt/en>. Adding “Kaunas” as a leaving place and “Antalkiai” as a final stop. The bus should cost around 3 euros, so it would not be a significant addition to your travel expenses. You can also take a taxi, it would cost around 20 euros to reach the venue.

If you can, please look for more sustainable ways of reaching the venue. If you're not sure about your decision, please contact us!



If there will be any uncertainty or issues related with your travels, please, do not hesitate to ask for support from your country coordinator or the organisers.



## Partners and Travel Cost

Italy 275

Romania 275

Slovakia 275

France 275

Greece 275

Hungary 275

VSI PASAULIO PILIECIU AKADEMIJA	Lithuania
ORIEL ETS	Italy
ASOCIATIA TINERILOR CU INITIATIVA CIVICA	Romania
EduEra	Slovakia
BUDAPESTI EGYESULET A NEMZETKOZI SPORTERT	Hungary
Réseau Solidaire et Participatif	France
IASIS	Greece

Participants will be reimbursed up to the limit of the Erasmus+ financial Policy



CORONAVIRUS  
COVID-19

COVID-19  
СОКОВИД-19

\*co-vid test costs will be included into the travel costs and will be reimbursed . .



## Active participation and preparation

By joining our youth exchange you are confirming active participation in all phases of the project (before, during and after the project). Before the project main tasks will be:

- to think about fast fashion industry and review your wardrobe. How many items/units of clothes you have in your wardrobe? (sweaters, dresses, skirts, t-shirt and etc.)
- to gather your national team and decide about snacks, performance/traditions and etc. you want to bring and share during our intercultural evenings.

### Hosting Organization



## Global Citizens Academy

Hey, we are young and ambitious

non-governmental organization aiming to promote key values of active global citizenship and welfare

among young people in Lithuania and abroad. We believe that everything starts with us and only we can make even the craziest and most utopian ideas happen! We are so excited to host you and learn from each other! So don't think too long, start this space odyssey with us!

### Contacts



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