

ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE C&C

Activity n°	A2								
Participating organisation	1. Asociacija "Aktyvus Jaunimas" (Lithuania); 2. Olympic Amager Kultur (Denmark); 3. Fundacja Wspierania Inicjatyw Młodzieżowych 4YOUTH (Poland); 4. Civitas Mileto (Italy); 5. PRAXIS EUROPE CIC (United Kingdom); 6. ASOCIACION INTERCULTURAL EUROPEA GO EUROPE (Spain)								
Venue					Duration				
City		Country			Start date	End date	Activity duration (excluding travel days)	Travel days	
Kaunas		Lithuania			23/10/2017	29/10/2017	7	2	
	Day 1 (travel day)	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9 (travel day)
8:00-9:00	Arrival, check-in, free time	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
9:00-9:30		Introduction to energisers; energiser led by an animator	Energiser (Lithuania, United Kingdom)	Energiser (Spain, Italy)	Energiser (Denmark, Poland)	Energiser (volunteer)	Energiser (volunteer)	Energiser (volunteer)	Energiser (volunteer)
9:30-10:00		Ice-breaking activities	Info session / analyzing current knowledge assesment results	Field Visit: Assessing cycling routes and bicycle rental points in Kaunas. Making a survey to the citizens.	Guest speaker workshop: Like Bike Revolution in Kaunas	Guest speaker workshop/ Photo competition "Around the world with a bike"	Final preparation for the public event: creation of Posters/ Info pages/ Walking libraries	Finalising social media campaigns	
10:00-11:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11:30-12:00		Team-building activities	World-cafe discussions on the topics of cycling promotion, healthy lifestyle, etc.	Making a survey to the citizens (continuation)	Participants workshop: Best and Worst countries for Cycling	Preparation for public event: Bicycle-car	Public event: Bicycle-car	Project T-shirt making / Special participant photo shoot with posters including project slogans	
12:00-13:00		Preparation for lunch / Free time / Visiting Local Amusement Areas	Preparation for lunch / Free time / Visiting Local Amusement Areas	Preparation for lunch / Free time / Visiting Local Amusement Areas	Preparation for lunch / Free time / Visiting Local Amusement Areas	Preparation for lunch / Free time / Visiting Local Amusement Areas	Preparation for lunch / Free time / Visiting Local Amusement Areas	Preparation for lunch / Free time / Visiting Local Amusement Areas	
13:00-13:30		lunch	lunch	lunch	lunch	lunch	lunch	lunch	
13:30-14:00		Free time / Visiting Local Amusement Areas	Free time / Visiting Local Amusement Areas	Free time / Visiting Local Amusement Areas	Free time / Visiting Local Amusement Areas	Free time / Visiting Local Amusement Areas	Free time / Visiting Local Amusement Areas	Free time / Visiting Local Amusement Areas	Free time / Visiting Local Amusement Areas
14:00-15:00		Introductory session: mission of the project, preparation so far, planning the project activities.	Workshop: How to put a couch potato to a cyclist	Summarizing the field visit. Creating a strategy for improvement.	Participants workshop: Best and Worst countries for Cycling (continuos)	preparation for public event: Bicycle-car (continuos)	Make it seeenable! Creating Social media communication campaigns	Visiting sports movie festival in Lithuania. "Perfect"	Departure / Check-out / Saying good-bye / Socialising / Playing interactive x-box games / Free time
15:00-15:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
15:30 - 16:30	Setting objectives, rules, wishes. Creating expectation-map. Current knowledge assessment.	Movies afternoon. Short movies and videos about cycling and its benefits	Pub quiz	Preparation for the public event (strategy and task distribution)	Preparation for the public event (strategy and task distribution)	"Make it seeenable!" Social media campaigns continuation / Cycling games for kids creation	Project wrap-up, evaluation, successes & failures, after-project knowledge assessment. Watching memories from the project (videos / photos / e-booklet, etc.)		
16:45-17:00	How-to session: daily feedback, reflections, evaluation activities. Introduction to Youthpass and its usage methods.	Feedback, reflections, evaluation	Feedback, reflections, evaluation	Feedback, reflections, evaluation	Feedback, reflections, evaluation	Feedback, reflections, evaluation	Feedback, reflections, evaluation		
17:00 - 17:15	Dinner / Free time	Dinner	Dinner	dinner	dinner	dinner	dinner		
17:15 - 17:30	Dinner	Dinner	Dinner	dinner	dinner	dinner	dinner		
17:30-18:30	Free time	Free time	Free time	free time	free time	free time	free time		
18:30-19:00	Table games evening / Ice-breaking and team-building / Free time	Presenting partner organizations, their initiatives related to the project's topic / speed dating / socialising, rest	Cultural Evening (Spain) / socialising, rest	Cultural Evening (Italy) / socialising, rest	Cultural evening (Denmark) / socialising, rest	Cultural Evening (Poland) / socialising, rest	Cultural Evening (United Kingdom) / socialising, rest	Lithuanian cultural evening; Lithuanian dinner; finalizing of continuous games; special awards; socializing; farewell party.	
19:00 - 20:00									
20:00-21:00									
21:00-.....									

Free time can be used for activities that run throughout the project - visiting video-testimonial room; playing the "Killer", "Best Buddy" games, filling-in envelopes for best wishes, "Gossip Box"; "Feedback Box"; "Nomination Box"; finishing preparations for country presentations, cultural evenings.