

ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE - Community: Seniors Involved									
Activity n°		A2							
	August 11 (Saturday) Arrival day	August 12 (Sunday)	August 13 (Monday)	August 14 (Tuesday)	August 15 (Wednesday)	August 16 (Thursday)	August 17 (Friday)	August 18 (Saturday)	August 19 (Sunday) Departure day
8:00-9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00-09:30	Arrival/ Check-in/ Socialising	Introduction to energizers: energizer / game led by a trainer, discussion on its usage	Energizer / Game to promote youth motivation to learn, discussion on its usage (Poland)	Energizer / Game to promote youth motivation to learn, discussion on its usage (Lithuania)	Energizer / Game to promote youth motivation to learn, discussion on its usage (Portugal)	Energizer / Game to promote youth motivation to learn, discussion on its usage (Bulgaria)	Energizer / Game to promote youth motivation to learn, discussion on its usage (Turkey)	Energizer / Game to promote youth motivation to learn, discussion on its usage (Latvia)	Goodbye hugs and departure of participants
9:30-11:00		Getting acquainted: ice-breaking & team building activities	World Café Discussion Activity: understanding cultural and social differences between youngsters and elderly of our time	Preparation for the country presentations	Dance dance dance - preparation for the public event	Visiting seniors in Kaunas Elderly house & Day center for the Elderly and carrying out the previously planned activities	Choosing awards & CSI promo: writing press releases, photo selection/editing, video creation	Creation of further ideas on local events: elevator pitch "What can I do for seniors in my community?"	
11:00-11:30		Coffee break		Coffee break	Coffee break		Coffee break	Coffee break	
11:30-13:00		Introductory session: mission of the project; setting objectives; setting rules, expectations	Workshop on developmental psychology: needs and challenges in every stage of our life	Knowledge sharing / mini-presentations: youth initiatives with seniors in partner countries: concept, activities, benefits	Making the T-shirts & explanation about the activities in Kaunas Panemunė Nursing Home & Day center for the Elderly		Brainstorming: ideas for a public event for raising the awareness of the problem of senior isolation; creating a plan	Workshop on death :)	
13:00-13:30	Lunch/ Free time	Lunch	Lunch	Lunch	Lunch	Reflection on the activity with seniors; BLOGS / VLOGS of participants	Lunch	Lunch	
13:30-14:30		Time for self-organisation / free time	Time for self organisation / free time	Time for self-organisation / free time	Time for self organisation / free time	Picnic lunch, ice cream and (maybe) swimming :)	Time for self organisation / free time	Time for self organisation / free time	
14:30-15:00									
15:00-16:30		Arrival/ Check-in/ Socialising	Introduction to the topic of the exchange. Presentation of the outcomes of the Training Course. Current Knowledge Assessment	Interactive workshop: Where do generations meet?	Preparation for public event Part 2 (learning to dance)		Further preparation for the public event & activities in the Kaunas Panemunė Nursing Home & Day center for the Elderly	Preparation for the flashmob/social initiative	
16:30-17:00	Coffee Break		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break		
17:00-18:00	Team building: city game with tasks connected with the topic of the YE + promotion of pur public event		Bingo game + Preparation for public event Part 1 (choosing the dances)	"Coolūkis" - presentation of the initiative and a workshop on making small presents for seniors	Public event: "Dance with granny" Traditional dances with seniors	Inspiration evening: video watching and discussions on the topic of the project	Flashmob/social initiative in the city!	Free time	
18:00-18:30						Feedback, reflections, evaluation	Feedback, reflections, evaluation		
18:30-19:00	Presenting the results of the city game!	Preparation for dinner / Time for self-organisation	Feedback, reflections, evaluation	Preparation for dinner / Time for self-organisation		Preparation for dinner / Time for self-organisation	Dinner		
19:00-20:00	Dinner / Free time	Dinner	Dinner	Dinner		Dinner			
20:00-21:00	Table games evening / Ice-breaking and team-building / Free time	Daily feedback, reflections, evaluation activities.	Time for self organisation	Time for self organisation	Dinner	Time for self organisation	Time for self organisation	Award night & special surprise: farewell party	
21:00-....		Speed dating / socialising, rest	Cultural Evening (Turkey, Portugal)	Cultural Evening (Bulgaria, Poland)	"Dance with granny" afterparty :)	Cultural Evening (Latvia, Lithuania)	Free evening		

Activites with seniors
Activities in the city
Guest Speaker