

ACTIVITY PROGRAMME FOR A YOUTH WORKER MOBILITY – Community: Seniors Involved									
	July 20 (Friday) Arrival day	July 21 (Saturday)	July 22 (Sunday)	July 23 (Monday)	July 24 (Tuesday)	July 25 (Wednesday)	July 26 (Thursday)	July 27 (Friday)	July 28 (Saturday)
	Team building / Introduction to the project	Differences in generations / perspective of	Cooperation: youth work and seniors	Situation of elderly and initiatives in	"Community: Seniors Involved" goes public	Applying gained knowledge and experience	Creating plans for further implementation		
8:00-9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00-09:30	Arrival/ Check-in/ Socialising	Introduction to energizers: energizer led by a trainer	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 (Latvia)	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 (Turkey)	Nordic walking with seniors (http://renginiai.kasvyksta.lt/57941/hemokamos-judek-sveikai-siaurietisko-ejimo-)	Energizer / Game to promote youth motivation to learn, discussion on its usage (Poland)	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	Guest speaker: "The importance of socialising in an old age" Giedrė Šaviniėnė from "Sidabrinė linija"	Preparation for creative mini-presentations of initiatives on senior integration in country teams	Preparation of the survey for seniors	Picnic together with seniors in Kaunas Botanical garden	Setting further work-plan: "How will we get involved?". Planning result dissemination activities and schedule (e.g. workshops with seniors and youth in home countries)	
11:00-11:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11:30-13:30		Introduction to the project: inspiration & mission of the project, setting objectives, rules, preliminary strategy for youth's involvement in the project	Field visit/city game: seniors in Kaunas city (discovering places where they spend time, activities they do) / first interaction with seniors	Preparation for traditional dances lesson for the seniors	Knowledge sharing / mini-presentations: youth initiatives with seniors in partner countries: concept, activities, benefits	Conducting the survey with seniors near/in the places where they gather (based on information from the field visit)	BLOGS / VLOGS of participants: experience interacting with seniors	Setting further work-plan: planning the upcoming youth exchange	
13:30-14:30		Lunch / Time for self-organisation	Lunch / Time for self-organisation	Lunch / Time for self-organisation	Lunch / Time for self-organisation	Lunch / Time for self-organisation	Lunch / Time for self-organisation	Lunch / Time for self-organisation	
14:30- 15:00									
15:00-16:30		Participant involvement: Current Knowledge Assessment	Presentation of the field visit & Workshop: Developmental psychology for youth workers	Guest speaker: "The power of Elderly!" Ona Sakalauskiėnė the director of Marijampole University of the 3rd age & an honor citizen of Marijampole	Workshop on the meaning of life and death in an old age	Preparing and presenting the results of the survey + Brainstorming session: what can youth do together with seniors (based on the survey & guest speakers)	Final preparation for dance lesson for seniors / traveling to Panemunė / Swimming in the Panemunės beach	Youthpass certificate generation. Identifying its teaching methods to youth. Project wrap-up, evaluation, watching memories from the project (videos / photos / e-booklet)	
16:30-17:00		Coffee Break	Coffee break	Coffee break	Coffee break	Coffee break		E-booklet part of TC. Filling-in the things learned during the previous days / Ideas for youth exchange	
17:00-18:00		Analysing the current knowledge assessment / Introduction to Youthpass	Interactive workshop: Where do generations meet?	Guest speaker: "Not just a bowl of soup" Jaunieji Maltečiai - Lithuanian branch of international organisation "Order of Malta"	Inspirational video evening	Preparation for the public event			
18:00-18:30		Daily feedback, reflections, evaluation activities.	Feedback, reflections, evaluation	Feedback, reflections, evaluation	Feedback, reflections, evaluation	Feedback, reflections, evaluation	Final event: folk dances with seniors	Feedback, reflections, evaluation	
18:30-19:00	Preparation for dinner / Time for self-	Preparation for dinner / Time for self-	Preparation for dinner / Time for self-	Preparation for dinner / Time for self-	Preparation for dinner / Time for self-		Preparation for dinner / Time for self-		
19:00-20:00	Pizza party	Dinner	Dinner	Dinner	Dinner	Dinner	Coming back from Panemunė		
20:00-21:00	Table games evening / ice-breaking and team-building / Free time	Time for self organisation	Time for self organisation	Time for self organisation	Time for self organisation	Public event: inviting the citizens of Kaunas to join initiatives with seniors / promotion of the project	Dinner	Lithuanian dinner; special excursion to the city (with "Fun Trolleybus"); finalising of continuous games; special awards; socializing; farewell party.	
21:00-....		Speed dating / socialising, rest	Cultural Evening (Turkey, Portugal)	Cultural Evening (Poland, Bulgaria)	Cultural Evening (Lithuania, Latvia)		Free evening		