

Activity n°		
Participating organisations	Lithuan	
City		
Kaunas		
	Arrival Day - 22nd of September	Day 1 - 23rd of September
		Introduction
8:00-9:30	Arrival, check-in, free time / getting acquainted with the project's venue	breakfast
9:30-10:00		Meeting, ice-breaking
10:00-11:30		
11:30-12:00		
12:00-13:30		Coffee break
13:30-14:00		Team-building. Sharing best practices on how these activities could be used with youth.
14:00-15:00		Preparation for lunch / Free time
15:00-15:30		lunch

15:30 - 16:30		Introduction to the project, it's schedule, objectives, rules. Current knowledge assessment.
16:30-17:00		Coffee break
17:00 - 18:00		City game / Sharing Erasmus+ knowledge with the locals
18:00-18:30		
18:30-19:00		Preparation for dinner / free time
19:00 - 20:00	dinner	dinner
20:00-21:00	free time / socialising/ table games evening / preparation for project activities	Feedback, reflections, evaluation
21:00 - ...		Presenting partner organisations, their youth initiatives / speed dating / socialising, rest

Activity programme for	
Lithuania (Asociacija Aktyvus jaunimas), Turkey (Youth4Integrity), Czech Republic (Cze	
Venue	
Country	
Lithuania	
For learning	
Day 2 - 24th of September	Day 3 - 25th of September
Learning necessary skills on capoeira usage for youth with	
breakfast	breakfast
How to: Capoeira movements workshop	How to: Music workshop
Coffee break	Coffee break
How to: Capoeira movements workshop (continued)	How to: Music workshop (continued)
Preparation for lunch / Free time	Preparation for lunch / Free time
lunch	lunch
free time	free time

Introduction to therapeutic methods workshop. Their usage in youth NGOs.	World Café: ways to involve youngsters with fewer opportunities to dances, acrobatics, and music
Coffee break	Coffee break
Good practice sharing on movement therapy. How to replicate them abroad?	Interactive session with a psychologist: social inclusion of those with fewer opportunities.
Preparation for dinner / free time	Preparation for dinner / free time
dinner	dinner
Feedback, reflections, evaluation	Feedback, reflections, evaluation
Cultural evening (Hungary & Cyprus)	Movie night

for a mobility of youth workers - "Combating the Differences"	
A1	
Tech Youth Association Z.S.), Hungary (Budapest Association for International Sports)	
	Activity duration (ex
	7 (23-29 Sept
outcomes of each activity, please see the comments	
Day 4 - 26th of September	Day 5 - 27th of September
fewer opportunities	Applying th
breakfast	breakfast
Working with youth with special needs workshop	Capoeira games: brainstorming and preparing
Coffee break	Coffee break
Capoeira movements for therapeutical sessions	Capoeira games: presentations & feedback
Preparation for lunch / Free time	Preparation for lunch / Free time
lunch	lunch
free time	free time

Safe practice by guest speaker from Kaunas Sports School	Short motivation video creation: join us!
Coffee break	Coffee break
Discussion about possible difficulties / Making guidelines for other youth workers	Watching a documentary movie about the effects of capoeira on the communities
Preparation for dinner / free time	Preparation for dinner / free time
dinner	dinner
Feedback, reflections, evaluation	Feedback, reflections, evaluation
Cultural evening (Czech Republic & Turkey)	Free time

, Cyprus (S.E.A.L), Malta (Malta UNESCO Youth Association)	
Duration	
cluding travel days)	Trave
ember, 2019)	2
Day 6 - 28th of September	Day 7 - 29th of September
Knowledge	Wrapping-up
breakfast	breakfast
Traveling to and preparing for a capoeira therapy session	Capoeira class led by participants to the public
Capoeira therapy session for guests from Kaunas Disabled Youth Day Centre	Coffee break
	Interactive revision of all the things learnt / Planning further work / Guidebook creation
	Preparation for lunch / Free time
Picnic	lunch
	free time

Free time / Further Activities with Youth	Project wrap-up, evaluation, Youthpass making
	Coffee break
	Body Scan - Meditation session
Feedback, reflections, evaluation	
Preparation for dinner / free time	
dinner	dinner
free time	Awards night
Cultural evening (Malta & Lithuania)	

1 days
2
Departure Day - 30th of September
breakfast

Saying good bye/ socialising / Free time
/ Departure