

# YOUTH EXCHANGE PROJECT DRUSKININKAI, LITHUANIA 2016 11 16-27



## “WAY TO FIND... YOURSELF”

Project based on the development of young people competencies through Theatre art and non-formal education methods, at the same time developing their important skills and competences.

### PROJECT SUMMARY

The main goal of the Project is to help the participants to gain new skills as well as develop current skills and competences. These skills and competences should help to the youth to learn and improve themselves. Experience which will be gained during the Project will be useful in various real-life situations, e.g. in job searching, in communication with different people, etc. Tasks carried out during the Project will enable the participants to improve their social-communication skills, artistic expression and remain calm in critical, unforeseen situations. Currently stress management and presentation skills are very important and Project program will pay attention to these subjects and techniques on how to cope with it. The idea to incorporate theatre art methods to this Project was as a result from the fact that Project place is Lithuanian resort Druskininkai. This resort has 10 years tradition that each summer this place is the summer capital of theatre festival. Project participants will have an opportunity to absorb the knowledge better and faster because all activities are related with practice. Also, applicants will have to indicate their expectations. The main activities during Project are based on creativity, however, youth will have the main goal - to create and build the performance (the spectacle) which will be publicly presented to the residents and guests of Druskininkai. In order to create unique play daily rehearsals are planned. Also, various techniques, methods, tasks and exercises are included in the program to develop and educate young people skills. Throughout the project, participants will learn and be able to use such techniques as stress management, creativity development and improvisation, ability to get away from unexpected situations, to work in a team and achieve common result. As this Project is international participants will have an opportunity to practice and improve their foreign language skills in order to communicate with each other. The result of the Project will be created play which will be not only presented publicly but recorded as well in order to have possibility to discuss about achieved results in individual and team level. At the end of the Project all participants will be asked to fill in the questionnaires in which they will be able to indicate what the Project gave them, what they were taught and if their expectations were justified.



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## PROJECT IDEA , AIMS AND OBJECTIVES

The project idea is based on two fundamental principles of a work – it is the development of competencies through art. In this way, the participants taking part in the project will be included in the artistic activities, but at the same time to develop young people important skills and competences.

The project will aim to develop the skills of young people, for example:

Social and communication skills.

Artistic Expression.

The ability to remain calm in emergency situations and to constructively solve problems.

Youth cooperation and artistic expression in this project is to link the different countries and cultures representatives so here were chosen specifically theater support. For the purpose of the project to be successful, we singled out the following tasks:

Improve social skills, interaction with other actors;

To improve the foreign language (s) knowledge;

Gain experience from other countries and representatives of access to other cultures directly;

Art help absorb the successful communication, presentation and self-presentation techniques.

Lithuania

Turkey

Netherlands

Project  
partner  
countries:

United  
Kingdom



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Spain

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## PARTICIPANTS:

From each country will participate 6 participants (5 participants and 1 leader). Total group will be 36 people from 6 countries.

Participants should be:

- Be 20–25 years old;
- Be able to actively involved in the project;
- Be motivated and able to attend the exchange for its full duration;
- Be able to work in English.

## PARTICIPANT PROFILE (TARGET GROUP)

Project target group is Youth of 20–25 years old. And they should be students of bachelor or master programs. During the selection process of participants the main attention will be orientated not to the person competences but to the motivation to participate in the Project.

Project participants are ordinary young people aged 20–25 years. From each country will participate 6 participants (5 participants and 1 leader). If the theater or acting in their life is in favorite areas this would only be an advantage. Project participant's specific knowledge about the theatrical art form is not required.

Because the project is geared to individuals competences (competences which relate to communication, foreign language requirements, artistic expression and helps to gain experience in the presence of an international project), it is important that the project involved a wide range of socio-economic backgrounds representing persons with a different worldview. However, they all have to be motivated to participate in the project.

## Participants application form

<http://bit.ly/2dMV4Ms>

For participation in the project please fill in this online participants application form

## Practical participation information:

- During the project all accommodation meals program activates are covered by project budget.
- Travel expenses is covered according project budget by Erasmus+ distance calculator.
- Travel costs reimbursement will be done after receiving all travel documents and boarding passes.
- There is 20 Eur participation fee for the participants.



## Practical project details



WORKING LANGUAGE: ENGLISH

EXCHANGE PROGRAM DATES: 2016-11-16 – 2016-11-27(+ 1 travel day 2016-11-28)

EXCHANGE PROGRAM ACCOMMODATION:

Country side village accommodation place: <http://www.akmenelis.lt/>

Homestead "Akmenėlis" is for recreation and active leisure lovers. The homestead is located on one of the cleanest lakes in Lithuania – Akmeniai lake in Lazdijai district. A large private area is surrounded by a beautiful pine forest. For your comfortable vacation – several holiday cottages with all the amenities and rooms for rent in a guest house. Each holiday house has a gazebo, barbecue place. Rooms have their own separate gazebos and grills. A perfect lake shore has a footbridge – here you can swim, sunbathe, fish. There is a children's playground, basketball and volleyball courts, car parking lot in the territory.

DAINAVA HOTEL: <http://hotel-dainava.lt/en/>

Dainava is in the very heart of Druskininkai near aqua park, Druskininkai health center and entertainment square. There is a river Nemunas and park nearby. Hotel rooms have all conveniences: cable TV, internet and a telephone. Dainava health care cater has a wide range of therapeutic massages, healing baths, physical therapy, body detoxification and other medical and health procedures.

### ABOUT HOW TO REACH DRUSKININKAI CITY:

Druskininkai is the southernmost city in Lithuania, located near the border with Poland and Belarus. The distance from Druskininkai to the largest cities of Lithuania – Vilnius the capital and Kaunas is just around 130 kilometers. The resort may be easily reached by car or bus from any part of Lithuania.

Also there is airports in largest cities of Lithuania Vilnius and Kaunas. (Vilnius airport is main and largest airport in Lithuania <http://www.vilnius-airport.lt/en/>)

Bus transportation in Lithuania: <https://www.autobusubilietai.lt/index.php?cl=start&lang=0>

Weather:

<https://weather.com/weather/tenday/l/LHXX0170:1:LH>

Lithuanian official weather forecast website:

<http://www.meteo.lt/lt/miestas?placeCode=Druskininkai>

More in details.

<http://www.weather-forecast.com/locations/Druskininkai/forecasts/latest>



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## PARTICIPANTS BEFORE COMING TO THE PROJECT NEED TO PREPARE.

1. Participants need to prepare for the Intercultural Evening
  - a. The presentation of their country and culture
  - b. Bring some traditional things and food
  - c. Prepare for cooking the traditional meals in Lithuania (we will buy the products in Lithuania, and in the accommodation place will be the kitchen where participants can prepare their meals)
  - d. Else that participants want to present for the intercultural group
2. Energizers
  - a. Participants can prepare some energizers and present it for the group before the main activities.
  - b. Participants can prepare some games to play with the group during the free time or between activities.
3. To project content and theme
  - a. Participants can prepare some ideas about theatre and art performance
  - b. If you have some unique costume or special clothes that can introduce you as special character please bring them.
  - c. If you know some special theatre methods (of self-development) please prepare them to present to the group.
4. Warm clothes
  - a. Participants should take some more warm clothes because at November in Lithuania is quite cold.
  - b. Participants should take some more warm clothes for Indoor just in case.
5. Intercultural games
  - a. Participants groups should prepare some intercultural, national games to present and try during the Intercultural games evening.
6. Intercultural songs evening and karaoke
  - a. Participants groups should prepare some intercultural, national songs to present and try during the Intercultural songs evening.
  - b. Participants can bring some Karaoke songs
  - c. Other songs or musical ideas
7. Intercultural dances
  - a. Participants groups should prepare some national dances to present and try during the Intercultural dances evening.
8. Films evening (short films)
  - a. Participants groups should take some short movies about their country
  - b. Also please take some interesting movies, or movies with the learning content
  - c. Take some short funny films
9. Participants creativity and self-expression
  - a. Else that participant wants to add to the group process.
  - b. Else information or needs that participants would need for they ideas implementation you always can ask and inform organizers by e-mail: [druskininkujaunimas@gmail.com](mailto:druskininkujaunimas@gmail.com)

## Participants need to bring to the project:

### In general:

- Personal hygiene things (shampoo, toothpaste, else...)
- Towels
- Slippers
- Clothes for Sauna
- Warm clothes for outdoor
- Warm shoes for outdoor, gloves, scarves, caps
- Comfortable clothes for work and activities inside
- Special medicine if you need
- European health card and/or medical insurance
- Things for your special needs

### For the creativity and program you can bring:

- Some special food from your country to present it in the intercultural evening.
- Information and presentation about your country and culture
- Information and presentation about your organization
- Some clothes with which you could or would to act in the theatre creation process.
- You can bring your traditional clothes for the intercultural evening.
- Some games or interesting things that you could present to the group or organize the activities with the group.
- If you have skills or are interested in movie making and working with video material you can bring your video or photo camera, or computer.
- CD with the music, photos, videos, else...
- Else things for your creativity and self-expression.

### Partner's leaders need to prepare their group for the youth exchange project:

Intercultural learning. Group process. Tolerance. Understanding. Accepting differences. Non-formal education and its process stages importance.

### IMPORTANT:

Participants must to have medical insurance. Partners leaders must inform organizers by e-mail: [druskininkujaunimas@gmail.com](mailto:druskininkujaunimas@gmail.com) about that if participants have special needs, diseases, are vegetarian or else important information for the participants, group, organizers and safety during the project.



## ABOUT OUR ORGANIZATION DRUSKININKAI ACTIVE YOUTH CLUB.

We are Druskininkai Active Youth Club.

Our organization is created from Youth Initiative and it is a voluntary organization set up with the primary objective – to encourage young people's active involvement in the local social activities in the region. Its activity, we strive to give young people the opportunity to actively contribute to the region's youth policy-making, leisure, youth entrepreneurship promotion and social environment conducive to the development area. The institution promotes non-formal education of young people by organizing a variety of events, trainings, international youth exchanges, different types of shares and supporting youth initiatives. It is trying to encourage young people's self-realization, creativity, citizenship, develop communication and team collaboration skills.

Druskininkai Active Youth Club is a non-profit organization that promotes positive youth steering group activities and to educating young people to grow up and helping them integrate into the social life of the region.

The organization office coordinates the voluntary workers' groups of young people, helping young people to realize ideas, advise project preparation and implementation issues, organizes training for young people in various themes that contribute to the region's main Druskininkai social policy objectives, such as youth unemployment, active integration into social life, Youth crime reduction and prevention of reducing others.

## ABOUT LITHUANIA

Lithuania is a green and flat land in the north of Europe, ashore the Baltic Sea. It is one of three Baltic countries, and shares borders with Latvia, Byelorussia, Poland and Russia (Kaliningrad). The country is full of preserved natural landscapes, woods, lakes and rivers, and has an unique sea side, with Curonian spit, a sandy peninsula, isolating the Curonian sea from the Baltic sea.

Though Lithuania was mentioned already in 1009, now it is a young republic, trying to recover from a grinding occupation of Soviet Union. The independence was retrieved only in 1990, but the history of Lithuanian statehood started already in XIII century, when Mindaugas, the first and only kind of our country, gained the crown. The history of Lithuania is erratic, full of mighty victories and severe events. Today's Lithuania is a small country, but in historical maps you can find it the biggest country in the Europe, or not existing at all. Today the country, still under impact of 50 years soviet occupation, tries to blend into the economic and cultural space of Europe Union.

As one of the countries in Europe, baptized at the latest, Lithuania preserved much of pagan traditions, and folk traditions are still alive in villages. The cultural life prospers in all the bigger cities.

Lithuania is the southernmost of the three Baltic States – and the largest and most populous of them. The country is predominantly flat, with a few low hills in the western uplands and eastern highlands. Forests cover just over 30% of the country.

The most important sectors of Lithuania's economy in 2014 were wholesale and retail trade, transport, accommodation and food services (32.7%), industry (23.6%) and public administration, defence, education, human health and social work activities (13.9%).

Lithuania's main export partners are Russia, Latvia and Poland while its main import partners are Russia, Germany and Poland.



## ABOUT LITHUANIA

Capital:

Vilnius

Geographical size:

65 286 km<sup>2</sup>

Population:

About 3 000 000

Population as % of total EU:

0.6 % (2015)

Gross domestic product (GDP):

€ 37.124 billion (2015)

Official EU language(s):

Lithuanian

Political system:

parliamentary republic

EU member country since:

1 May 2004

Currency:

Euro. Member of the Eurozone since 1 January 2015

Schengen area member?

Yes, Schengen Area member since 21 December 2007.

Presidency of the Council:

Lithuania has held the revolving presidency of the Council of the EU once in 2013.

Religion:

Lithuania is considered to be very religious country, sometimes named as "The land of Virgin Mary". Today 79 percent of Lithuanians consider themselves as Roman Catholics.

Neighbors

Latvia (land border – 588 km, sea border – 22 km)

Byelorussia (border – 677 km)

Poland (border – 104 km)

Russia (Kaliningrad) (land border – 255 km, border in Curonian sea – 18 km, sea border – 22 km)

Seaside:

Whole shore is 90 km long. The most unique part of seaside is the Curonian spit – the peninsula, which starts in Kaliningrad and creates the Curonian sea.

National holidays:

1st of January, New years

16th of February, Independence Day

11th of March, Restoration of Independence

Easter (Sunday and the following Monday)

1st of May, Labour Day

First Sunday of May, Mother's Day

24th of June, Midsummer Festival

6th of July, Coronation of King Mindaugas

15th of August, Assumption Day

1st of November, All Saints' Day

25th–26th of December, Christmas



## ABOUT DRUSKININKAI CITY

Druskininkai is the largest resort in Lithuania famous for its mineral water springs having unique healing properties and peat therapeutic mud. The city surrounded by pine forest has a special atmosphere and is full of unique opportunities for those who love healthy recreation activities and fun.

### History

Druskininkai is the oldest resort in Lithuania with deeply rooted traditions. Its name is associated with the word "salt" (druska – salt in Lithuanian). The springs containing water rich with mineral salts were found long time ago in the place where the city is located. The local people quickly pointed out their therapeutic properties.

The name of Druskininkai was first mentioned in the written sources, the Lithuanian Metrica, in 1596. However, only almost after 200 years, i.e. in 1794 Druskininkai got the status of a health resort. It was done by the King of Polish–Lithuanian Commonwealth Stanislaw August Poniatowski. When the rumours that the water from those magic springs in the woods helped to heal wounds quickly, soothed skin and joint diseases, reached the king, he instructed his doctor to examine the mineral water of Druskininkai. However, Druskininkai became the real spa resort only in 1835 after the professor of Vilnius University Ignacius Fonbergas published the results of the tests its water.

In the 19th century Druskininkai, at the time being a part of the Russian Empire developed very quickly. There were built some spa bath health centres, pump-rooms and laid a health park. By that time the name of Druskininkai had already been known not only in Russia but also abroad. After World War I, which stopped the development of the resort, Druskininkai became the province of Poland and started growing quickly again. In the 20th century Druskininkai experienced many ups and downs. The resort bravely faced all the challenges of the changing life, learned all new market rules and established itself in the list of the world's best resorts.

Druskininkai is also famous for its cultural heritage. Among the famous people who lived and worked here are brilliant artist and composer M.K.Čiurlionis, sculptor modernist Žakas Lipšicas, and author of a number of paintings Vytautas Kazimieras Jonynas.

### Druskininkai today

Today Druskininkai is a modern international tourist resort which is visited annually by more than 200 thousand tourists from all over the world. They are welcomed by more than 24 thousand of citizens of Druskininkai Municipality. The city of Druskininkai successfully combines its century old traditions with modern traditions – the sources of treatment created by the nature are harmoniously coupled with the most advanced methods. The health-improving and recreational rest services are enriched here with a wide variety of different entertainment for visitors. This is the only city in the region where the winter and summer activities may be combined all year round. In Druskininkai there is one of Europe's largest aquapark where summer never ends, whilst the other side of the river Nemunas an oasis of winter – the winter entertainment complex Snow Arena is being created. Skiing, which the visitors will be able to enjoy even on hot summer day, is a new entertainment of the resort for the guests of Druskininkai who choose healthy and active rest.