

International training session STRENGTHENING COOPERATION CAPACITIES: TOWN TWINNING ACTIVITIES

15th – 16th November 2012, Suwałki (PL), Druskininkai (LT)

DOCUMENTATION

Presentations of participants



I could be a contact person while looking for the partners in various countries, as I do have many good and useful contacts (Andromeda, Klaipėda, LT).

Knowledge about realization of trans-border projects and my personal point of view (unknown).

I can share experience of my NGO in cultural projects addressed to seniors and also my experience in international youth projects (Jurgita, Culture Tinge Association, Warsaw, PL).

It is quite new field for me. I can share my experience in how to warmly welcome guests of town, because I am responsible for that at Palanga Municipality (Robertas, Palanga, LT).

I can share a short presentation of the association connected with the help for the families and people threatened by social exclusion. (Andrzej, Holos Association, Warsaw, PL).

I can share experience about implementation of international projects (unknown).

I have some ideas and I know possibilities of my region (Dorota, Vilnius district, LT).

I can share:

- experience in application for Europe for Citizens programme, Youth in Action, International Visegrad Programme;
- contacts with the towns: Kutná Hora (Czech Republic), Cadca (Slovakia), Gyal (Hungary), Gusiev (Russia), Varėna (Lithuania). (Aleksandra, Grajewo, PL).

I can share:

- ideas and projects supported by EU that we run in Marijampolė;
- experience in networking of business, NGO's and other social groups;
- contacts that I have in Lithuania;
- open for dialogue (Andrius, Sveikatingumo idėjos, Marijampolė, LT).

I can share my experience in working with disabled people, volunteers, institutions who help old and disabled people in Lithuania and in Grande Synthe (France) (Agnieszka, Kalina, Suwalki, PL).

I can share my experience in:

- international cooperation;
- different projects with partners;
- public procurement (Lina B., Kaunas, LT).

Projects involving seniors, disabled people (we have an amazing theater), youth. My head is full of ideas for future projects. We can work together on them or make collaboration ideas as well (Agne, Kirtimai Cultural Centre, Vilnius, LT).

I can share my experience in projects implementation; in non-traditional ideas of dissemination of project results (Vilma, Rokiškis, LT).

I can share:

- experience in foreign cooperation;

- contacts to local partners as well as partners from Suwałki partner cities;
- contacts to Innovation Circle Network (international association in the North Europe) (Ewelina, Suwałki, PL).

I can share contacts of historical club, that makes reconstructions of Napoleon war (Lithuanian and Polish clubs) (Violeta, Ukmergė, LT).

I can share my experience in museum field: in organizing exhibitions, different events and about programs with retired people (Reda, Kaunas City Museum, LT).

I can share my experience in modernization of block-of-flats housing. I can offer a signature if somebody needs a partner (Lineta, Jonava, LT).

Experience about work with international partners in gardening, healthy life skills (Lina, Anykščiai, LT).

We take part in Latvia-Lithuania Cross Border Cooperation programme (we have implemented 2 projects and still are implementing 4 projects), so we have partners from Latvia. It would be great to find partners who would like to participate in those projects and to share a practice. (Lina, Pakruojis, LT).



The yellow post-it's were taken with you to your home. But we hope we have fulfilled your expectations and you got the most out of this seminar.



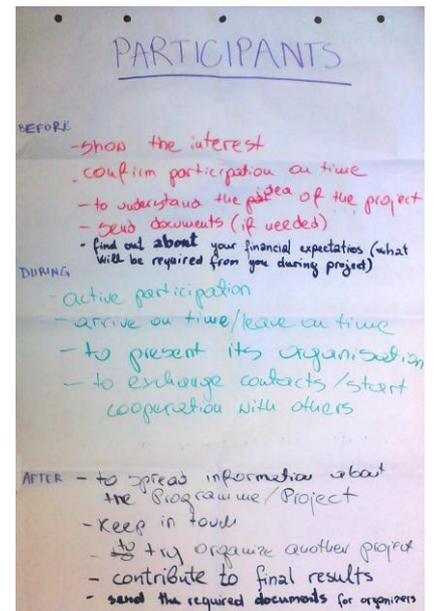
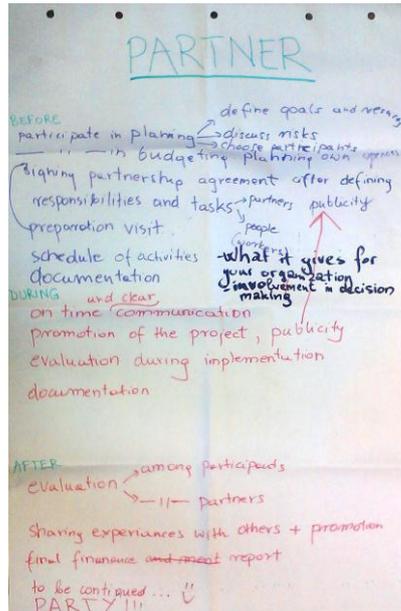
- Misunderstandings;
- Partners who are late with documents or works;
- Misunderstandings;
- To miss a bus tomorrow ☺
- To fall asleep during training;
- Bad mood;
- Boring day;
- Boring and useless talks;
- Conflicts;

- Misunderstandings;
- Formalities...;
- Wasting of time on talking about „nothing“ ☺
- Waste of time;
- Lack of good ideas;
- To get cold or sick (it's not very warm outside);
- To have only cold water in the shower...
- Brutual fights ☺
- Discrimination of nationalities ☺
- Late people for the bus or other programme activities
- Sleepless night ☺
- Avoid getting late in a morning
- Form of town twinning, which serve for traveling of town officials.

[Don't] Mind just your own business: roles/functions in international projects

Task: Name what are coordinators/partners/participants responsible for at different stages of project (before, during and after the project). What are their main tasks?

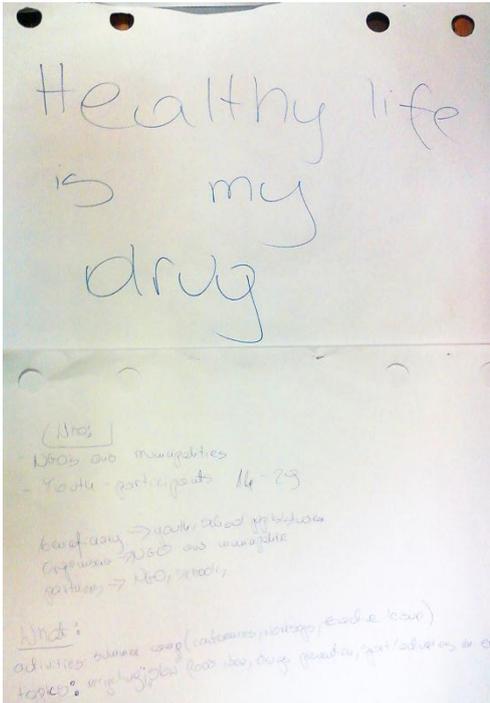
Work in 3 groups; presentation of the results of work in groups; discussion.



	COORDINATOR	PARTNER	PARTICIPANTS
BEFORE	<ul style="list-style-type: none"> - Invite partners - Idea, mening of project - Involve partners in the developement of project idea - Budget - Contact person - Expectations - Schedule - Organization of events/activities - Check the skills - Distribution of tasks - Communication (draw the rules) - Have a plan B (foresee what might go wrong, SWOT analysis) 	<ul style="list-style-type: none"> - Participate in planning: <ul style="list-style-type: none"> - Define goals and results - Discuss risks - Chose participants - Involvement in decision making - Define what it gives to your organisation - Participate in budgetting - Planning own expences - Preparation visit - Signing partnership agreement after defining responsibilities and tasks (with partners, with people (staff)) - Publicity - Schedule the activities - Documentation 	<ul style="list-style-type: none"> - Show interest in project - Confirm participation on time - To understand the idea of project - Send documents (if needed) - To get acquainted with materials sent by organizers - Find out what are expectations from you as participants (what will your financial input will be requested)
DURING	<ul style="list-style-type: none"> - Collaboration + communication (means, forms) - Coordination of events - Take feedback from participants - Evaluation - Problem finder - Visibility - Monitor and collect information about partners' activities 	<ul style="list-style-type: none"> - On time and clear communication - Promotion of project - Publicity - Evaluation during implementation - Documentation - Implementation of activities 	<ul style="list-style-type: none"> - Active participation - Arrive on time / leave on time - To present it's organisation - To exchange contacts - Start cooperation with others - Contribute to results of project
AFTER	<ul style="list-style-type: none"> - Results – implementation and dissemination - Visibility - Submitting final report, getting information from partners for report - Implementation of next project 	<ul style="list-style-type: none"> - Evaluation (among participants, among partners) - Sharing experiences with others - Promotion - Final financial and content report - To be continued - PARTY!!! 	<ul style="list-style-type: none"> - Spread information about programme, project - Keep in touch - To try to organise another project - Contribute to final results - Send required documents for organizers (eg. tickets, feedbacks, etc.)

Developing common projects: practical exercise in groups

Task: during the work in groups create a common project and try to make a short presentation of it. Take in consideration main questions describing project and priorities of Europe for Citizens Programme.



HEALTHY LIFE IS MY DRUG

The project „Healthy life is my drug“ is about promotion of healthy life style between young people. Youth from Lithuania and Poland will discuss and will have an opportunity to exercise good habits connected with leisure activities, slow food idea, recycling and drug prevention. As an effect of the project a guide for young people about main rules of healthy life style will be created and published.

WHO?

NGO's and municipalities
Youth – participants aged 14-29

Beneficiaries → youth, school pupils, students
Organisers → NGO and municipalities
Partners → NGO, schools

WHAT?

Activities: summer camp (conferences, workshops, active leisure)
Topics: recycling, „slow“ food idea, drugs prevention, sport, everyday activities.

WHY?

- To make young people be more aware of „health“
- To build good habits
- To exchange good practices between organisations about „healthy life style“

WHERE?

Lithuania, Marijampolė

WHEN?

12th August → International Youth Day

VISIBILITY:

- IT
- Advertisments in media: newspapers, internet, radio.

HOW?

Conferences, active leisure.

Workshops:

- Yoga in the park
- How to prepare healthy food
- Recycle art → exhibition
- „healthy life style“ guide (later a publication)

RESULTS:

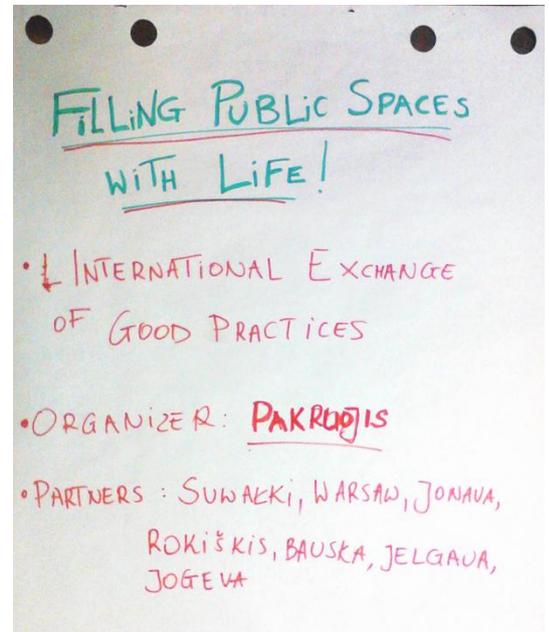
- Exhibition of recycle art
- Recipes for healthy food
- Publication

FILLING PUBLIC SPACES WITH LIFE!

International exchange of good practices.

Organiser: Pakruojis (Lithuania)

Partners: Suwałki (PL), Warsaw (PL), Jonava (LT), Rokiškis (LT), Bauska (LV), Jelgava (LV), Jogeva (LV).



ACTIVISATION OF EXCLUDED PEOPLE

AIM:

Return to an open labour market of those who were excluded (i.e. ex-prisoners, drug addicts, etc.)

TARGET GROUP:

Ex-prisoners, drug addicted people, people unemployed for long time, homeless.

PARTNERS:

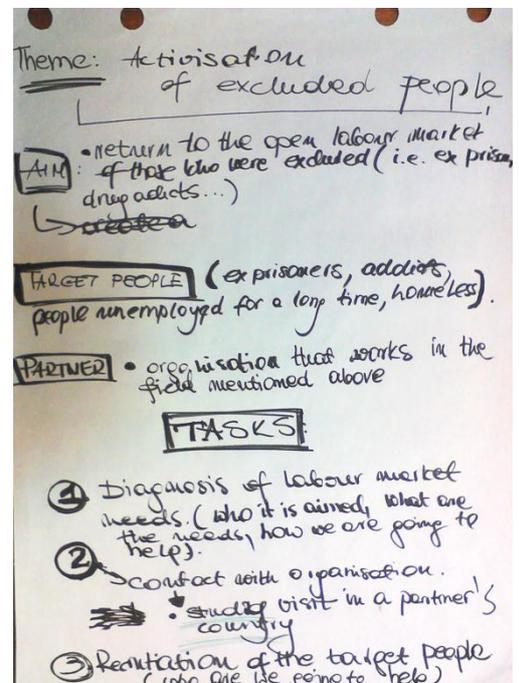
Organisations that works in the field mentioned above.

TASKS:

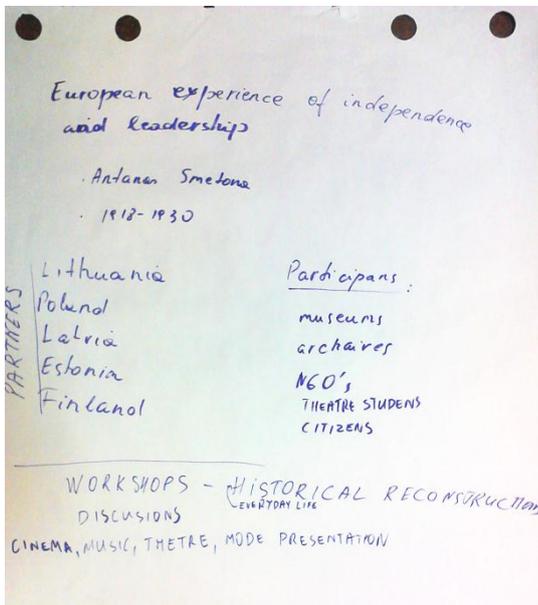
1. Diagnosis of labour market needs (who is aimed, what are their needs, how we are going to help)
2. Contact with organisations → Study visit in partner's country.
3. Recruitment of target people (who are we going to help)

HOW TO HELP TARGET PEOPLE:

1. Opening social activation centre (people working in it, computers)
2. Employment of the therapist, work counselor, psychologist (team of qualified people)
3. Workshops / trainings (prepared for a specific field of employment area):
 - a. Gastronomy field
 - b. Building area of employment
 - c. Teleworking (esp. disabled)
 - d. Hostel/tourism sector (i.e. working at the hotels)
4. Help via:
 - a. Scholarships
 - b. Grants
 - c. Subsidizing employment



„One can't do much, it's a group that can do anything“ (H. Ford)



EUROPEAN EXPERIENCE OF INDEPENDENCE AND LEADERSHIP

TOPICS:

Former president of Lithuania Antanas Smetona; time period of 1918 – 1930; leaders of independence.

PARTNERS:

Countries of Baltic coast - Lithuania, Poland, Latvia, Estonia, Finland, Germany.

PARTICIPANTS:

Museums, archives, NGO's, theatre students, citizens.

HOW:

- Workshops, historical reconstructions of everyday life, discussions, cinema, music, theatre, mode presentation;
- Specialists to the citizens (historians, museum specialists, historical clubs).

Where to find more information about Europe for Citizens Programme 2007 – 2013?

- Europe for Citizens website of The Education, Audiovisual and Culture Agency Executive Agency (EACEA): <http://eacea.ec.europa.eu/citizenship>. Here you will find all necessary technical information for application process: Programme guide, eForms, additional documents, final report documents, links to Europe for Citizens Point network in European countries, etc.
- Citizenship website of European Commission <http://ec.europa.eu/citizenship>. Here you will be able to follow the latest news about structural changes and political issues concerning Europe for Citizens programme: news and documentation of high visibility events, database of implemented projects, researches, etc.
- All the relevant information concerning Europe for Citizens programme in your country you may as well find in the website of your national contact point or by visiting us:

Europe for Citizens Point Poland - Punkt Kontaktowy Programu Europa dla Obywateli
Adam Mickiewicz Institute
ul. Krucza 16/22
00526 Warszawa
Tel: +48 22 111 00 14
Contact: Ms Marta Dabrowska
Email: mdabrowska@iam.pl
Web: <http://www.europadlaobywateli.pl>
www.facebook.com/ProgramEuropaDlaObywateli

Europe for Citizens Point Lithuania - Tarptautiniu kultūros programų centras
Z. Sierakausko g. 15
LT-03105 Vilnius
Tel.: +370 5 2616687
Contact: Ms Asta Visminaitė
E-mail: asta@pilieciams.eu
Web: www.pilieciams.eu