



Grundtvig Workshop for Adult learners
Discover Yourself, Discover Europe
14th – 22nd of July, 2012 Lithuania, organised by Kūrybinės raiškos centras
(Centre for Creative Expression (www.krc.lt))

Brief description of the workshop

Workshop 'Discover Yourself, Discover Europe' aims to provide 20 adult learners with opportunity to develop their personal social skills, share and reflect on their experiences and become more environmentally aware of European ecological issues. Innovative and challenging outdoor methods (high rope course, scuba diving, hiking) will be used as discovery and challenging self-reflection tools. Learners will present visual outcomes to the local community - their understandings and new approaches as photographs will appear to a unique underwater gallery in a lake.

We invite you to an unrepeatable experience of different worlds – water, earth, forests of overcoming your social barriers and experiencing interculturality and mobility. Senses, emotions and challenges, living in a nature-surrounded place next to regional parks will lead learners to generate insights and discoveries on personal development, environment issues and encourage positive change in their lifestyles. Participants will also have the tool to explore and express their point of view about environment, develop their creativity through photography. The outcomes of their artistic expression will be exhibited in the underwater and on-earth galleries next to Monis Lake and available to visit for the local community members.

Brief programme of the workshop

Day1

*Arrival of participants
Getting acquainted to the venue
Getting to know each other activities
Opening evening*

Day2

*Introducing the workshop (background, aims, objectives, activities)
Expressing personal learning expectations towards Workshop
Getting to know each other better activities
Group building activities by using high rope instalments
Reflection on day experiences*

Day3 - "Learn about myself day"

Intro session on self-awareness and self-cognition while diving

*Introduction to and safety requirements for scuba diving
Individual discovery scuba diving with instructor
Individual reflection on personal insights about oneself after diving*

Day4 - "Learner's day"

Intro to the day

Morning session:

1st group – diving course for gaining basic diving skills to be applied next days

2nd group – photography workshop. Gaining basics on photography

Afternoon session (groups swap):

2nd group – diving course for gaining basic diving skills

1st group – photography workshop. Gaining basics on photography

Reflection of the day: how and what do I learn?

Day5 - "The Environment day"

Intro to the day

Morning session:

1st group – learning about underwater fauna and flora by diving and taking pictures underwater

2nd group – learning about environment on above the water and on the ground: taking pictures in the surroundings of the lake

Afternoon session:

2nd group – learning about underwater fauna and flora by diving and taking pictures underwater

1st group – learning about environment on above the water and on the ground: taking pictures in the surroundings of the lake

Reflection – why and how can I become more environmentally friendly?

Day6 - "Creativity day"

"Diving on top waters" - Snorkelling workshop

Creative workshops: exploring various angles of diving as a method. Creating content for meeting with community and for the e-booklet about diving

Reviewing and selecting pictures for the underwater gallery and ground gallery

Discussions on key-messages for the next day meeting with local communities and media"

Day7 - "Community day"

Preparation of the photo galleries on the bank of the lake and underwater

Opening of the galleries and meeting with the local community, media and guests from the surrounding towns and cities.

Reflection of the day and outcomes after meeting with community"

Day8 - "Look to the future"

The last symbolic dive in search of "keys to future"

Participants share what are the keys they found in this Workshop and what new doors/new opportunities it may open in their lives

Evaluation of the workshop

Farewell evening

Day9 - Departure

Venue

The workshop will take place in the training centre "Daugirdiskes", 50km. from Vilnius, surrounded by lakes, forests and incredible silence. You can find some photos at www.facebook.com/daugirdiskes (only for FB registered users). The venue has pretty simple standard, it is usually hosting various educational events, seminars, camps or youth exchanges. You will live in shared rooms of 3 beds, each room has restroom; towels and laundry service is provided. Even though we will live far from civilised world, there is mobile and Internet connection (in the working and dining rooms). Training centre has sauna and small lake for refreshing after the long learning day.

Participants' Profile

- have not participated in any Grundvig workshop for last 3 years

- any adult in age of majority(18 years old and above)
- having basic English communication skills
- passionate about outdoor activities and interested in ecological issues
- willing to learn more about the main topics of the workshop

Application form

Please fill the online application form by clicking [HERE](#)

Deadline for filling the application form: 01-APRIL-2012 (application will be automatically removed at 23:59 01-APRIL-2012 CET)

Please note, the online application form can not be saved for letter continuation of filling it. Therefore, you can submit by filling it at once. As one of the ways, you can consider copying online application form to your computer, working on it and later filling into the online application form.

If your candidature to this Workshop is accepted, the Workshop Organiser will return to you a signed copy of this form.

If you would have any clarifications you feel free to call project coordinator Laimonas Ragauskas by phone +370-657-94041 or Agnė Rapalaitė by phone +37064128345 or write e-mail to workshop@krc.lt

Costs

100% of accommodation, food and programme costs will be covered with the funding of European Union's Lifelong Learning Grundtvig Programme.

Pax from Lithuania have to pay 300Lt participation fee. Travel costs to the venue and back is participants own responsibility.

Health and safety

In case of selection, you will have to sign health and safety agreements to be allowed to dive. Participants will be introduced to safety requirements and instruction on earth and underwater. While snorkeling and scuba diving, professional instructors will secure safety.

Each participant will have to have health insurance (the details will be discussed upon selection).

Participants willing to experience scuba diving as a part of the programme of this workshop must check these forms:

[Liability Risk](#)

[Statement of Safety Understanding](#)

[Medical Statement](#) (*We should add, that if they are not sure about their health and illnesses they have to check with their family doctor.*)

Deadline to apply: 01-04-2012

Announcement of results of selection: 15-04-2012