

## ACTIVITIES WITH YOUTH

We have 3 different programmes for youth in our organisation:

- Tranzitas: dedicated to 12-14 years old youth;
- Trampinas: dedicated to 14-18 years old youth;
- Sofkė: street working and open youth space dedicated to 14-28 years old youth.

The programmes are composed of the following:

### **Individual work**

- *Social counselling*
- *Representation*
- *Mediation*
- *Functional counselling*

**Group activities.** The aim of group activities is to help the youth to develop the skills of communication, self-control, conflict resolution, teamwork and self-sufficiency through various everyday activities such as preparing food, playing foosball, watching movies or having group discussions. A lot of attention is concentrated on ensuring a safe interactive environment, on group processes and on encouraging the youth to initiate, plan activities as well as make them happen. Group activities are held twice or three times a week after school.

**Experiential weekends.** This is a long-term programme of experience-enhancing learning that makes up a part of the process of working with a group. During these weekends the emphasis is put on the development of various skills such as communication, conflict resolution, etc. The youth is encouraged to challenge themselves individually and as a group during the various outdoor and indoor experience-enhancing activities. The reflection of the gained experiences and efforts to understand their own behaviour consciously are of the highest priority herein.

### **Short description about hosting city/village**

Our volunteers are going to be hosted in a capital city of Lithuania – Vilnius. But let's not use the words. Just take a look to those videos about Vilnius and Lithuania:

- A bit about **Vilnius** for those who never saw the city:  
<https://www.youtube.com/watch?v=KdPCxj1Yd2U>
- Everything you need to know about Lithuania:  
<https://www.youtube.com/watch?v=WH9mTk1mxkl>
- Darth Vader's vacation in Lithuania (with a playlist to videos of Gandalf's flight, Lara croft adventure, Matrix episode, etc. All in Lithuania.)  
<https://www.youtube.com/watch?v=asi89FU9Z0I&list=PL8TBk5U1IzT6QaSLaGvD-hVciTqG2KrAq&index=5>

## Main volunteers tasks:

- Create contact and relationships with youngsters;
- Be willing to reflect and learn with youngsters and with team;
- Help organizing group activities;
- Help organizing experiential weekends;
- Be involved in group process.

## **Working hours and days off:**

Volunteer will work 6-8 hours five days per week. Sometimes we have some activities on weekends. If volunteers is participating in one of them – he/she has a right to take a day off during the week. Volunteers will have also 2 days of vacation per month.

## **Food and Accommodation**

The volunteer will receive 240 Euros as food allowance and pocket money each month, directly from the hosting organization.

Volunteer will live in a shared apartment together with other volunteers or students. All the utilities are going to be payed by the organization. In the apartment there is a kitchen, washing machine, Wi-Fi.

## **Local Transport**

Organisation is providing a monthly ticket for a public transportation that volunteer can use to come to the office or just for his/her own reasons. It works in all the city.

## **Language Support**

Volunteers will get access to an on-line linguistic support system. When we have some Lithuanian volunteers interest in teaching languages they also provide language work-shops for them.

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