

View

TRAINING COURSE

LITHUANIA
APRIL 22 - 26, 2024



Idea of a training course

Join us for an inspiring journey of growth and empowerment with our comprehensive training course tailored for women. In the face of Ukraine's challenging circumstances, we're offering a unique opportunity to enhance social skills, deepen social awareness, and cultivate green practices alongside digital proficiency.

Through interactive sessions, participants will harness their creativity, exploring innovative solutions for personal and professional development. Our program goes beyond traditional boundaries, fostering a deeper understanding of culture and community while strengthening bonds amongst participants.

In a world touched by conflict, the training course stands as a beacon of resilience, providing a supportive environment for women to thrive, learn, and lead with confidence.



Venue - Panorama Hotel Vilnius



Travelling to the venue

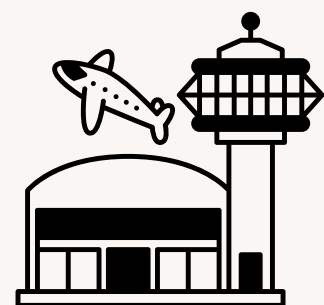
The nearest airport: Vilnius International Airport

adress: Rodūnios kl. 10A, 02189 Vilnius

Once you arrive, please use public transport, you can download “Traffi app”. Put the address of the venue to the app and it will show you the most convenient route by public transport. Usually it’s the buses no. 1 or 2 that go to the main station (the last stop), and from there the venue is only 1 - 2 minutes away on foot.

The bus ticket can be purchased in the app called “m.ticket” or directly in a bus, it costs 1 euro.

If you arrive in Kaunas Airport, take a bus to the Kaunas train station and from there take a train to Vilnius train station. From the train station the venue is in walking distance.



About Vilnius

Nestled in the heart of the Baltic region, Vilnius is a captivating blend of old-world charm and contemporary vibrancy. Steeped in centuries of history, this UNESCO World Heritage-listed city boasts a picturesque skyline adorned with the spires of medieval churches and the grandeur of Baroque architecture.

Stroll through the cobblestone streets of the Old Town, where every corner reveals a story from the past, or wander into one of the city's many green spaces for a moment of tranquility amidst the hustle and bustle.

But Vilnius is not just a relic of the past. As the capital of Lithuania, it pulsates with a dynamic energy, with thriving arts scenes, innovative culinary delights, and a forward-thinking attitude towards sustainability.



Packing list

Clothes according to the weather

Necessities - toiletries, medicine, insurance

Personal goals

Good mood



Weather in April

The weather in Lithuania is a bit unpredictable, sometimes the April feels like summer, and other times the temperatures are just above 0. Please check the weather before packing and coming.



Participants

Lithuania

Cyprus

Bulgaria

Spain

5 women/ partner



Agenda

April 22, Monday

8:00-9:00

9:00-10:30

10:30-11:00

11:00-12.30

12:30-14:00

14:00-15:30

15:30-16:00

16:00-18:30

21:00-..

Arrivals, getting to know
each other, team
building

April 23, Tuesday

Breakfast

Civil Awareness

Coffee break

Digital skills

Lunch

Digital storytelling

Coffee break

Digital storytelling

City tour

April 24, Wednesday

Breakfast

Green skills and cultural diversity

Coffee break

Cultural diversity

Lunch

Outdoor activities

Coffee break

Reflection

Free time

Agenda

April 25, Thursday

8:00-9:00

Breakfast

9:00-10:30

Awareness campaings

10:30-11:00

Coffee break

11:00-12.30

Work stations

12:30-14:00

Lunch

14:00-15:30

Action plans

15:30-16:00

Coffee break

16:00-18:30

Evaluation

21:00-..

Free time

April 26, Friday

Breakfast

Departure

The project is crafted to empower female engagement through active participation. Please bear this in mind when selecting participants, with a priority given to war refugees and individuals facing fewer opportunities.

