

IMPRO(VE) YOURSELF

INFOPACK

2025 NOVEMBER 13-20



introduction

Improvisation is more than just theatre – it is a way of thinking, adapting, and creating in uncertain situations. In today’s fast-changing world, youth workers need creativity, flexibility, and confidence to respond to young people’s needs. “IMPRO(ve) Yourself” is an **8-day Erasmus+ training course** that brings together **24 youth workers from 8 countries** to explore how improvisational theatre, experiential learning, and creativity development can empower youth work.

This training will help participants step out of their comfort zones, experiment with new methods, and strengthen their role as facilitators, leaders, and mentors in their communities.

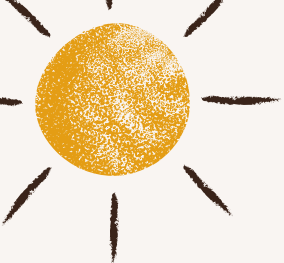
objectives and topics

The project is built on the British educator **Guy Claxton's theory of the 5 creative habits** and integrates improvisation theatre methods, group dynamics, and digital tools.

Our main objectives are:

- **Expand competencies** and skills of youth workers through innovative combinations of methods: improvisational theatre, experiential learning, reflection, and the use of digital badges.
- **Strengthen self-confidence** of youth workers by learning how to act in uncertainty, adapt quickly, and stay authentic to personal and professional values.
- **Encourage creativity** as a tool for authentic self-expression, problem-solving, and building engaging youth activities.
- **Promote critical thinking** and the ability to analyze, question, and find meaningful solutions in work with youth.
- **Introduce digital badges** and the City of Learning platform as tools for recognition of non-formal learning.
- **Create opportunities** for international cooperation by exchanging best practices, methods, and building long-term partnerships among youth organizations.





participant profile

- A youth worker, educator, youth leader, youth policy representative, or volunteer actively working with young people.
 - Interested in developing creativity and flexible thinking, looking for new ways to empower young people.
 - Open to sharing and exchanging practices with peers from other countries.
 - Motivated to strengthen their self-confidence and ability to make decisions in uncertain situations.
 - Ready to apply the newly gained experience in their local communities and organizations.
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expected results and impact

By participating in this project, youth workers will:

- Gain **new competencies**: improvisation theatre methods, creativity development based on Claxton's 5 Habits, stronger communication and facilitation skills.
- Increase **self-confidence and resilience**, learning to handle unexpected situations in youth work.
- Discover **new methods and tools** to engage young people, including digital platforms like *Cities of Learning* and reflection tools such as Mentimeter.
- Strengthen **international cooperation** through long-term connections between organizations.
- Share results and methods via **social media, conferences, workshops, and community activities**, reaching an estimated 2000 people across Europe.
- Promote **sustainability values** by integrating eco-friendly practices during and after the project.
- The impact will be seen in more creative, confident, and skilled youth workers who are able to design engaging activities, inspire young people, and contribute to stronger youth communities across Europe.



training course program

	1ST SESSION	2ND SESSION	3RD SESSION
DAY 1			ARRIVAL (FROM 6 p.m.)
DAY 2	Welcome to the training	INQUISITIVE - Exploring and investigating	INQUISITIVE - Challenging assumptions
DAY 3	IMAGINATIVE - landscape of emotions	IMAGINATIVE - our inner heroes	IMAGINATIVE - our inner shadows
DAY 4	COLLABORATIV E - co- operating	COLLABORATIV E - sharing	COLLABORATIV E - giving and receiving feedback
DAY 5	DISCIPLINED - reflecting critically	DISCIPLINED - developing techniques	DISCIPLINED - improving
DAY 6	PERSISTENT - sticking with difficulty	PERSISTENT - tollerating uncertainty	PERSISTENT - daring to be different
DAY 7	Dissemination agreement	Youthpass Certificate Issuing	Closure & Final Evaluation
DAY 8	DEPARTURE		

other remarks:

MEALS

Throughout the week, all meals will follow a **vegetarian/vegan diet**. We will also **accommodate any allergies**. This practice is part of our training sessions and reflects our commitment to sustainability.

Important note:

Friendly and Safe Environment.

Our training course is an **alcohol-free space**. We want to create an atmosphere of clarity, focus, and mutual respect, where all participants can feel safe, supported, and fully engaged.

Space for sharing:

In the course there **will be an opportunity to share you own methods**, good practices or **any other kind of activities**. We encourage to celebrate creativity by not only sharing practical methods, but also by creating a safe space, cultivating community spirit and learning to step out of your comfort zone and expressing yourself. So bring your own beautiful ideas!



the venue:

We're going to stay in a very welcoming place called **"Keliautoju namai"** (Travellers Home) located in beautiful area of **Trakai** (around 40 km away from Vilnius).

Participants will be accommodated in shared rooms with **2-5 people per room, grouped according to gender.**

Each room will be equipped with basic furniture (beds, bedding, towels, storage space).

More views from the venue:



travelling information



It is mandatory **to get approval from INCOMING RESPONSIBLE (zalianamis@gmail.com) before booking any travel tickets.**

Tickets need participants name somewhere, prices, destinations, and dates. About flight tickets, upload invoice and boarding pass to shared drive. Provide a clear scan of all paper tickets and write your name on an A4 paper with tickets on it!

It is mandatory to have **a valid travel and medical insurance** (i.e. European Health Insurance Card) during your travel.

- Selected participants will be informed how to reach our venue after arriving in Vilnius with a separate letter.

reimbursement

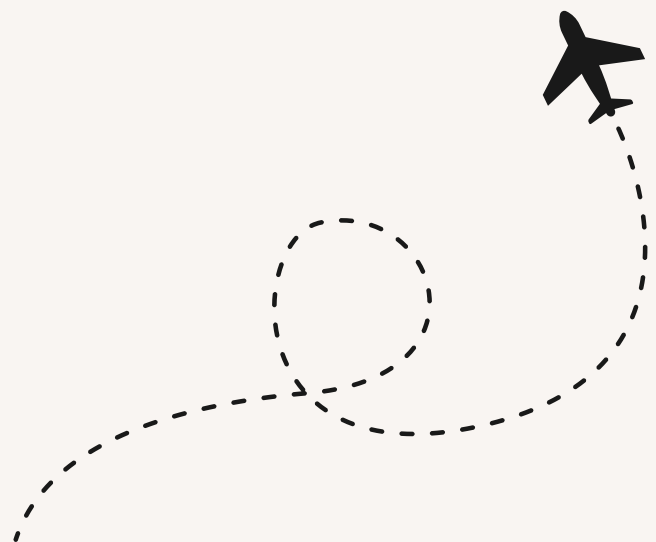
Reimbursement applies **only to flights, trains, and buses**. Intercity bus tickets that do not include the participant's name will not be reimbursed. Travel by car, cabs, or any other private means of transport is not eligible.

You can arrive **max two days before and leave max two days after** the mobility. Arriving during the activities is not allowed.

If you don't participate in at least 80% of the activities without a valid reason, there will be no reimbursement.

Invoices from travel agencies will not be accepted. Please book your tickets directly on the websites of flight airlines, trains and buses.

Reimbursement will be done in EUR. (according to the exchange rates from the official European Commission website via bank transfer after all your original documents are uploaded to the folder.



Tickets for other dates and expenses related to food and accommodation outside of the activities period **will be covered by yourself**.

The reimbursement will be conditional upon carrying out a small dissemination activity after returning. Once all the necessary documentation is uploaded to the designated folder, the reimbursement process will commence.

Erasmus+ program rules let us reimburse your travel costs up to a certain amount which vary from country to country. We encourage you to choose the most direct and cost-effective option.

travel budget

Country - organization	Travel budget
Lithuania - Vilniaus Antakalnio atviras jaunimo centras	56 eur
Greece - Synapseis AMKE	309 eur
Spain - Estrella Magec	1188 eur
Portugal - Lugar Especifico, unip Lda	580 eur
Romania - ASOCIATIA HAIR REDIVIVUS BUZAU	309 eur
Serbia - УДРУЖЕЊЕ "EUROACTIVE SERBIA 2023"	309 eur
Czech Republic - Youth Progress	309 eur
Georgia - RESEARCH-INTELLECTUAL CLUB DIALOGUE OF GENERATIONS	309 eur

what to bring:

- Comfortable clothes for workshops and movement (we will have improvisation and group activities).
- Warm layers – November can be rainy and chilly, so bring sweaters, jackets, and a scarf.
- Comfortable and warm shoes for outdoor activities.
- Cosy indoor shoes/socks/slippers (we walk indoors without shoes)
- Reusable water bottle to stay hydrated and support eco-friendly practices.
- Personal hygiene items (The venue will provide towels)
- Notebook and pen for reflections and notes.
- Any medicine you may need personally.
- Flip-flops and swimsuit (we may have a sauna)



Optional:

- Musical instruments, games, or creative materials you'd like to share with the group.

meet the team

Aušra Turskytė

Certified youth worker who has been working in youth center “Žalianamis” since 2020. Having joined the center as a visitor and as a volunteer 11 years ago, she now serves as a local volunteer coordinator, project manager, and authentic self-expression mentor. A graduate of Vilnius Academy of Arts (2020) and a certified pedagogue from Vilnius University (2021), she is dedicated to fostering creativity, self-expression, discipline, planning skills, and group work dynamics in unique and original ways.





Eduardas Pečiulis:

Pioneer in youth work at Lithuanian schools, facilitator of Imagination Practices and Body Language workshops and freelancer in video game writing. Eduardas focuses on combining gamified social experiences, art and enjoyment of all seasons of life in hopes of causing an uplifting inspiration. Having a bachelor and master's degree in biotechnology, he promotes curiosity on other entities and their ways, which boosts "out of the box" thinking. Constantly seeking new perspectives as a writer, Eduardas is known for connecting mythological symbols with grounded real life examples and providing practical tools that spark imagination.

Jevgenijus Šiškovas:

A professional event host and improviser with 5 years of experience, Eugene began his journey in 2019 with Vilnius' Impro241 theater. He has hosted numerous events, performed at festivals in Vilnius and Kaunas, and co-founded the Mission Improvable troupe in 2022, which regularly delights audiences with creative, emotional performances.

Known for his warm humor and engaging style, Eugene adapts seamlessly to both formal and informal events, earning recognition as a top-tier professional.

