

FIND YOUR PRESENT

INFOPACK

2026 NOVEMBER 12-21



introduction

“Find Your Present” is an Erasmus+ mobility project for youth workers focused on emotional well-being, self-reflection and creative approaches to working with young people.

The project was created in response to the growing need for youth workers to strengthen their emotional resilience, prevent burnout and develop practical tools for maintaining balance in both their personal and professional lives. During the training, participants will explore a wide range of creative, mindfulness, body-based, artistic and experiential practices that can be adapted to everyday youth work.

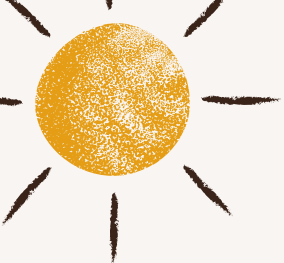
objectives and topics

The project explores creative and experiential approaches to emotional well-being, self-reflection and professional sustainability in youth work.

Our main objectives are:

- Expand emotional well-being tools by exploring mindfulness, meditation, creative practices, performative arts and improvisational theatre.
- Strengthen self-reflection and emotional resilience by developing awareness of emotions, personal boundaries, inner balance and burnout prevention.
- Encourage creativity as a tool for self-expression, emotional self-regulation and personal development.
- Introduce innovative methods that can be adapted and integrated into everyday youth work practice.
- Support sustainable transfer by helping participants bring new methods into their organisations, activities and work with young people.
- Create opportunities for international cooperation through sharing experiences, methods and good practices with youth workers from different countries





participant profile

- Must be a youth worker, educator, youth organisation representative, active volunteer or other professional actively working with young people.
 - Interested in emotional well-being, self-reflection and creative approaches to personal and professional development.
 - Open to exploring alternative and experiential methods, including art, movement, performance, improvisation and mindfulness.
 - ready to share experiences and good practices with youth workers from other European countries.
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expected results and impact

By participating in this project, youth workers will:

- Gain new practical tools for emotional well-being, including mindfulness, creative practices, performative arts and improvisational theatre.
- Strengthen self-reflection, emotional resilience and self-regulation, while developing greater awareness of personal boundaries and burnout prevention.
- Discover creative and experiential methods that can be used in everyday youth work, including creative writing, playback theatre, NVC, movement and body-awareness practices.
- Develop greater confidence and creativity when responding to emotional and professional challenges in youth work.
- Learn how to adapt and transfer new methods to different groups of young people and integrate them into their organisations.
- Contribute to a more innovative and sustainable youth work sector, where emotional well-being, creativity and experiential learning become part of everyday practice.
- Share the learning with young people and colleagues after the training, creating a multiplier effect beyond the project itself.



training course program

	1ST SESSION	2ND SESSION	3RD SESSION
DAY 1			ARRIVAL (FROM 6 p.m.)
DAY 2	Welcome to the training + Cacao Ceremony	Connecting Past, Present, and Future	NVC through ART practice
DAY 3	How do we perceive ART and CREATIVITY?	River of life	A Younger self
DAY 4	Group Hike	The Basics of Theatre Improvisation	Playback Improvisation Theatre
DAY 5	Meditation + breathwork practices	the Impact of Performance Art on Mindfulness	Self exploration "Who am I now"
DAY 6	Tools of staying present	Tools of staying present (part II)	Free time
DAY 7	Core Qualities Square	The changes in present - my qualities	LARP: BEFORE AND AFTER SILENCE
DAY 8	Introduction to Self-Empowerment through CREATIVITY	Workshops of the Participants	Workshops of the Participants
DAY 9	Dissemination agreement+Youth pass Certificate Issuing	Future me	Ecstatic Dance Session
DAY 10	DEPARTUTE		

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 strictly **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 (info.findyourpresent@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

distance:	Travel budget	Green travel
0-99 km	56 eur	28 eur
100 - 499 km	285 eur	211 eur
500 - 1999 km	417 eur	309 eur
2000 - 2999 km	535 eur	395 eur
3000 - 3999 km	785 eur	580 eur
4000 - 7999 km	1188 eur	1188 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

A creator, certified ex-youth worker, mentor and facilitator, continuing her journey in youth work field for about 12 years now. With her newly established organisation “Creatum” she’s seeking to recognise creativity as one of the most important skills we can develop and bring it to the youth work field. 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.





Emilija Valančiauskaitė :

Emilija is an artist, professional photographer, facilitator, communication specialist, and creative project manager. She works in the youth field, combining creativity, communication, and project coordination.

Alongside her work in youth projects, she works in communication, creating visual and social media content and helping projects reach their audiences. She is also passionate about developing and managing creative projects from the first idea to its final outcome.

Emilija is a true nature lover and believes that spending time outdoors, exploring, and connecting with nature can bring a different kind of inspiration and energy to the creative process.

Jevgenijus Šiškovas (Eugene):

A professional **event host**, improviser and facilitator with 7 years of experience, Jevgenijus (Eugene) started his journey in 2019 with Vilnius' Impro241 theatre. Since then, he has hosted events in Lithuania and abroad and co-founded the improvisation theatre troupe (Ne) REPETAVE in 2022.

Eugene has participated in 15+ Erasmus+ projects and in 2025 successfully facilitated the Erasmus+ project "Improve Yourself." He loves working with people, creativity, improvisation and creating an open, energetic atmosphere where everyone feels comfortable to participate.

A passionate nature lover and traveller, Eugene enjoys discovering new places, meeting people from different cultures and turning ordinary experiences into memorable ones.

