



**NORDPLUS**  
Adult



## WELCOME GUIDE

*Theatre – Rehearsal of Successful Integration into Job Market*

*27 – 30 October, 2015*

*Vilnius, Lithuania*

### **ABOUT THE PROJECT**

In this project two kinds of organizations from 4 countries (Lithuania, Latvia, Estonia and Iceland) will meet: the ones, which have experience in using theatrical methods and those working with socially vulnerable unemployed persons. Two theatre methods are chosen for the project: Forum theatre and Rainbow of Desire. Forum theatre is aimed at strengthening social skills, learning to deal with difficult social situations, being assertive and as well staying attentive and empathetic to others. Rainbow of Desire is designed to enhance psychological abilities to reach goals, have positive attitudes, trust in oneself. Specialists of theatre and employment together will create methodological material, practical easy-to-use tool which will reflect how theatre methods can help unemployed persons to develop their social and personal skills, needed to integrate successfully into job market. Participants will analyse situation of unemployment in each participating country, decide on 10 most important themes (main difficulties and challenges for unemployed people), learn to use theatre methods in their work and test them in experimental work with the target group (socially vulnerable unemployed persons). Expected themes should include self presentation skills, effective communication with potential employer, etc. Coordinators will gather all the experience of partners and publish methodological material, which will present comparative analysis of situation, theoretical background of methods used and comprehensive description, plan of work, methods and examples for each of 10 themes. It will be presented in final conference in Vilnius, Lithuania, where specialists of employment, education, social work and potential employers will be invited.

## ***SPECIFIC OBJECTIVES***

- To get acquainted with colleagues from other countries, who work in similar field and to create a network of specialists.
- To know more about the situation of unemployment in other countries, to compare it with your country, get some ideas how problematic issues are solved elsewhere.
- To learn the main principles of the application of Forum theatre and Rainbow of Desire, test these methods in practice and to get information how to use methods with the selected target group.
- To participate in discussions and share your opinion about 10 most relevant themes, which will be selected for the further experimental work with the target group.
- To get answers to your questions about the course of the project, input of every partner, the principles of work, to share expectations about the project and its results.

## ***WHAT TO PREPARE?***

### ***Analysis of the situation of unemployment in your country***

We invite you to prepare analysis of the situation of unemployment in your country in a free style which seems the most attractive for you. You can use slides, video material or any other material you choose. We kindly ask you to send the prepared material till 20 October to [virginija@forumoteatras.lt](mailto:virginija@forumoteatras.lt) – that we could ensure that no problems would arise during the actual presentation.

Analysis should consist of these parts: statistics (percentage of unemployed people in the country, changes during the last years, connection with political or other changes); main reasons of unemployment (according to official sources as well as to your own experience); legal basis – what causes better or worse possibilities for unemployed people to look successfully for a job on a country/political level; main measures which the state takes to reduce the unemployment; amount and availability of NGOs and other organizations which help to integrate into job market, their main services, their efficacy. What interesting and new methods are used in this field? What 10 main difficulties of socially vulnerable unemployed people would you name? (this could be aspects related to the person himself, such as feeling of insecurity, lack of trust in oneself, inability to communicate effectively with the employer, etc.; social problems, such as stigmatization, discrimination of various groups, etc.; political or state-related obstacles, such as faulty/improper laws, etc.)

20 – 30 minutes are planned for the presentation of each country.

### ***Self presentation***

Of course, we are really curious to find out about you: who and what are you? What do you like and what can't you stand? Why did you choose this job? What kind of job is it? What can you tell about the organization? And your country? What could you tell us about it?

This is just a few questions out of many possible. We care to ask much more! Therefore we will invite representatives of each country to present themselves shortly and to tell things which seem important to them. 10 minutes are for the presentation and 5 extra minutes to answer questions of other participants.

## ***WORK SCHEDULE***

October 27 – arrival of participants. Rooms are available from 14 o'clock. You will have a possibility to leave your luggages in the reception if you arrive early.

Planned meals: dinner at 19 o'clock.

28 October. The beginning of the training – 9:00, the end – 17:00. On this day participants and organizations will introduce themselves and the major part of the work will be devoted to the analysis of unemployment in participating countries. With the help of the moderator in the end of the day participants will have the list of 10 themes which will be considered to be the most important. After the training participants will be invited to have dinner in town. Breakfast, lunch and two coffee breaks in the hotel.

29 October. The beginning of the training – 9:00, the end – 19:00. The whole day will be devoted to practical and theoretical presentation of the methods of Forum theatre and Rainbow of Desire. Trainings will be organized by PI „Menų ir mokymo namai“ (Lithuania) and NGO „Forum theatre“ (Estonia). Breakfast, lunch, dinner and two coffee breaks in the hotel.

30 October. The beginning of the training 9:00, the end – 12:00. Reflections of participants, guidelines for future work, sharing tasks and responsibilities, practical issues, discussion about expected results. Checking out – 12 o'clock with the possibility to leave luggages in the reception. Planned meals: breakfast, and lunch (plus coffee break).

## ***TRAINERS TEAM***

Public institution „Menų ir mokymo namai“, Lithuania (Rimanta Vaičekonytė, Virginija Skučaitė, Silvija Stonkutė) and NGO “Forum theatre”, Estonia (Nikolai Kunitsõn, Gertha Teidla-Kunitsõn)

## ***DESTINATION AND TRAVEL INFORMATION***

Training will take place in the capital of Lithuania – Vilnius. Vilnius was first mentioned in 1323 as the capital of Lithuania. According to the legend, the grand duke of Lithuania Gediminas had a dream of a howling wolf on the top of the hill and pagan prophet Lizdeika explained the dream in the following way: this means that the new city should be founded on this hill and the howling wolf represents the fame of the future city and the reputation of it will spread far and wide, as the howling of the mysterious wolf...

Population: 526 356 inhabitants

Language: Lithuanian

Dominant religion: Roman Catholicism

Currency: Euro

Local time: GMT+2 hours, GMT+3 hours (summer time)

Vilnius is one of the cities in the Central Europe, laying the farthest east, which experienced a strong interaction between the Eastern and Western cultures. In 1994 the historical centre of Vilnius (old town) was included in the World Heritage List of UNESCO.



### ***ACCOMMODATION DURING THE TRAINING***

Training will take place in “Panorama” hotel, Sodų 14, Vilnius. The hotel welcomes us from 27 October, after 14 o'clock, check out is on 30, 12 o'clock.

Panorama hotel is situated in the Old Town of Vilnius next to the Gates of Dawn, the Town Hall Square. It is only two minutes of walking from the hotel to the railway and bus station and the express train going to Vilnius International Airport. About the hotel: <http://panoramahotel.lt/?lang=en>

### ***TRAVEL INFORMATION***

Vilnius International Airport: <http://www.vno.lt/en/>

Here are some tips how you can reach railway and bus station by train or bus from the airport (train station and bus station are located only 2 minutes away from the hotel):

<http://www.vno.lt/en/planning-a-trip/how-to-reach/train-bus/>

By taxi: <http://www.vno.lt/en/planning-a-trip/how-to-reach/taxi/>

Here you will find directions how to reach the hotel from railway station and bus station:

<http://panoramahotel.lt/contacts?lang=en>

Note that “Vilniaus autobusų stotis“ is Vilnius bus station and „Vilniaus geležinkelio stotis“ is Vilnius railway station.

### ***OTHER USEFUL INFORMATION***

- Currency – Euro
- Money: cash, cards (international credit and debit cards)
- National language: Lithuanian (most of young people also speak English)
- Emergency number: 112
- Weather in the end of October: Daily temperature 2° – 7° C, is rarely below -1° or above 10° C. The sky is usually cloudy. There is 61% chance that precipitation will be observed at some point during the day – the most often form is moderate rain. Snow is unlikely.

- All the important information about the project will be constantly updated: <http://forumoteatras.lt/en/current-projects/theatre-rehearsal-of-successful-integration-into-job-market>
- Our contact numbers: Rimanta +37061424997, Virginija +37062033070

***Looking forward to see You in Vilnius!***

