

INFO PACK  
for participants

Project

**"I'm Important Because I'm Myself"**

25 - 31 October, 2015  
Mazeikiai, Lithuania

... If, as an adult, you could say: no one let mock me, no one let me mock others and I did not tolerate bullying - we would have a whole different society.

**Project's demand:** teenagers and young people with fewer opportunities often face bullying, therefore, they experience social, economic, geographical, psychological difficulties. The project aims to help these young people to develop and to improve their self-esteem, to help find the inner strength and to realize that each of them is important, special and distinctive, and that each has a personality. The project is working to increase young people's self-esteem, teach them inner strength, strength of character, self, as personal development.

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**The goal of the project:** to raise young people's awareness, visibility in the field of bullying, to encourage them to actively participate in addressing this critical problem, while involving the public.

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**Planned results:** participants will improve communication, social competence, english language skills; will develop self-esteem; will gain courage and inner strength; will get acquainted with the ways of self-expression to help them vent negative emotions; will learn to assess their own and other opportunities by working in a team.

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**Activities:** discussing the issue of bullying, searching for solutions, participants' self-esteem building, increasing self-confidence – those are the purposes for which we implement the project and organize the activities. Activities are planned in such a way that, by participating in them, the participants would develop competencies through experiences, learn to discuss, to talk, to name their emotions.

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**Methods used:** team building tasks, discussions, command and individual tasks, the Forum Theater, role play, reflections.

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**Project benefits:** during the project is created an educational film about the prevention of bullying which is designed for pupils, teachers, parents, media professionals, and for those adults, from whose attention, love and respect will depend on what assistance they will give to children, teenagers, young people to show your partiality and to what extent they engage in problem.

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**Participating countries:**

Lithuania (LT),  
Czech Republic (CZ),  
Italy (IT),  
Bulgaria (BG),  
Portugal (PT),  
Finland (FI).

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**Participants:** 6 per country (5 young people and 1 leader). Youngsters from disadvantaged families that suffering social, economic, geographical or psychological difficulties. Altogether 36 participants.

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**Age:** 14 - 18.

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**Date:** 2015.10.25-31.

Arrival day: 25 October, 2015.

Departure day: 31 October, 2015.

Project duration: 5 days and 2 travel days.

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**Venue:** Mazeikiai, Lithuania.

Mazeikiai is a city in the north-western Lithuania, on the Venta River. It has a population of around 45,300, making it the eighth largest city in Lithuania.

Nearest airport:

*Riga airport, Latvia* (170 km to the project place). From airport to Mazeikiai by bus.

*Kaunas airport, Vilnius airport, Lithuania* (300 km to the project place). From airport to Mazeikiai by bus or by train.

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**Accommodation:** Hotel "Valina", Mazeikiai, Lithuania.

<http://www.info.lt/en/imones/Valina-A-Gromakovos-I%C4%AE/2126753>

2-4 bed rooms, WC, showers, cafeteria, TV, WiFi.

Activities will be held in the hotel's conference rooms, in Kalnenu Secondary School, in Mazeikiai Art School.

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**Meal:** 3 times per day plus evening snacks. Organizations are asked to provide information about participant's food allergies, vegetarian diet and other eating peculiarities.

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**Weather:** in October day temperature usually is about 10-11<sup>0</sup>C, night 6<sup>0</sup>C. It may be cloudy with a little rain. So, don't forget put in your suitcases warm clothes and waterproof footwear. And, before travel, double check weather forecast <http://www.foreca.com/Lithuania/Mazeikiai>.

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**Local currency:** euro (EUR).

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**Travel Fund:**

Country	Grant for 1 participant, EUR	Number of participants	Grant for all group, EUR
Czech Republic	170	6	1020
Italy	270	6	1620
Bulgaria	170	6	1020
Portugal	400	6	2400
Finland	80	6	480

Dear participants,

our organization The Charity and Support Fund "G Children's World" with a huge excitement would like to welcome you to the ERASMUS+ project "I'm Important Because I'm Myself" in Lithuania. We together will make the project significant and unforgettable. See you soon!

Sincerely,

The Charity and Support Fund "G Children's World" team.



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