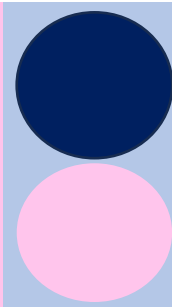# VIeW TOOLKIT

VIeW – Virago-empowered Women

Photo by Unidigita

VIeW
PROJECT DESCRIPTION

Partners:
SNC "Parallel Silistra", Bulgaria Association;
"TAVO Europe", Lithuania;
"Association for Cooperation and Social Inclusion Amanei", Spain;
"Dorea Educational Institute", Cyprus
Associated Partners: Local authorities and institutions, NGOs.
Duration: 18 months
Target participants: Women aged 18 to 29 with fewer opportunities from remote areas who face barriers to their inclusion in the community, as well as refugee women from Ukraine.
Goal: The goal of the project that unites us is to connect and activate youth workers and female volunteers from Bulgaria, Lithuania, the Canary Islands, Spain and Cyprus. We will involve them in international training in Lithuania and several national ones to develop their competencies as youth leaders committed to protecting human rights. We will motivate them to undertake youth initiatives in their communities to solve problems such as human rights violations and the irresponsible use of natural resources and promote resilience against war. In this process, we will aim to include 180 different women and refugees from Ukraine.

Activities: During a workshop in Cyprus, the partners will discuss and share eight successful practices for promoting youth participation in local development partnerships and initiatives. They will incorporate the best of their experience into a training manual to support youth workers. In the spring of 2024, they will perform international training for young women in Lithuania. In 2024-2025, the partners will organise national campaigns in which 180 young people will be directly involved and will be followed by at least 220 people online. The campaign participants will discuss their initiatives through 8 digital stories created by the young project participants and through numerous photos, Facebook posts, media publications, flyers, and brochures uploaded on the project website.

Results: Four civil society organisations will work in partnership to increase the competencies of 8 youth workers and 16 women, involving 180 young people in initiatives as part of the democratic life of the EU. These events will attract at least 220 people online. Through the VIEW platform, participants will digitally tell their stories of solving problems such as human rights violations, the irresponsible use of natural resources, and societal resilience against the war in Ukraine.

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This training program, titled "Empowering Women for Social Change," spans five days and focuses on various aspects of empowerment, including civic awareness, digital skills, green skills, cultural diversity, and planning awareness campaigns. Through interactive sessions, workshops, and outdoor activities, participants will engage in hands-on learning experiences designed to equip them with the knowledge and skills needed to effect social change. The program also emphasizes team building, fostering collaboration among participants from different backgrounds and cultures. Evaluation and reflection sessions ensure that participants can assess their learning and plan for future action. This extended edition provides detailed training scenarios for each day of the program, integrating contributions from partner organizations and tailored activities to maximize participant engagement and learning.

Over the course of five days, participants will engage in a series of sessions covering various topics, including civic awareness, digital skills, green skills, cultural diversity, and campaign planning. The program aims to foster collaboration among participants and provide them with practical skills they can apply in their local contexts. Each day is structured to include interactive sessions, workshops, and opportunities for reflection, ensuring a comprehensive learning experience.

What does the word VIRAGO stand for? Apart from meaning 'powerful women leaders', the VIRAGO concept stands for:

Vision	We envision a Europe where citizens actively contribute to a democratic, inclusive, and sustainable society.
Inspiration	By drawing inspiration from diverse perspectives and experiences, leaders can enhance their cultural intelligence, leading to more informed and empathetic decision-making.
Resilience	The development of resilience serves as a main pillar for individuals, enhancing personal, social, and learning-to-learn competence by strengthening skills to overcome challenges, adapt to diverse social contexts, and embrace life-long learning with a positive and proactive mindset.
Activism	We aim to improve organizational competence to reach out diverse youth
Green thinking	Green thinking contributes to improved competence in sustainable green initiatives by fostering an environmentally conscious mindset that aligns with and drives responsible actions toward environmental sustainability.
Overcoming	Overcoming challenges is directly linked to digital competence and effective problem-solving skills. Individuals who use digital technologies can leverage them to devise innovative solutions and navigate complex issues.

As we embark on this transformative journey together, it's crucial to reflect on the significance of the VIRAGO - Empowered Women Training, it's a catalyst for change, a call to action that extends beyond our time together. Following are these meaningful actions await the participants.

Training Program Outline

"Empowering Women for Social Change"
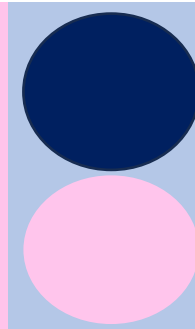
Dates: 22nd – 26th April 2024 (4+1 days)

Working Hours:

- 9:00 – 10:30 (Session 1)

Coffee Break

- 11:00 – 12:30 (Session 2)

Lunch

- 14:00 - 15:30 (Session 3)

Coffee Break

- 16:00 – 17:30 (Session 4, including Evaluation)

Meals:

- Breakfast is included in the hotel; Lunch together
- Dinner (optional)

Participants: 21

- Bulgarian Team: 5 participants plus the Project Manager
- Other Partners: 15 participants

Program:

1. Day - Arrival & Team Building (22nd April):

- Morning: Participants' Arrival
- Welcome and Ice-breaking Activities (LT Partner)
- Building Teams – Interactive games (LT Partner)

2. Day - Civic Awareness and Digital Skills (23rd April):

- Morning: Introduction to the Agenda for the day (LT Partner)
- Digital Skills – Introduction to the Discovery Program (Representative from WomenGoTech, Vilnius)
- Resilience and Activism – Study Visit to UkreateHub – displaced Ukrainians: needs and potential
- Afternoon: Digital Skills and Mental Health Online (S Partner)
- Civil Awareness – The Ladder of Civil Participation (BG Partner)
- Evaluation of the Day – Personal Reflections
- Intercultural Evening (All Partners)
- Walk Around the City

3. Day - Green Skills and Cultural Diversity (24th April):

- Morning: Green Skills & Exploring Cultural Diversity (LT and BG Partners)
- Afternoon: Outdoor Activities
- Resilience and EU Values – Personal stories from the war in Ukraine – Meeting with Ukrainian Youth Group in Lithuania
- Digital Skills and Cultural Awareness – sharing digital stories from the Culture Detectives Exploration
- Evaluation of the Day – Personal Reflections

4. Day - Awareness Campaigns and Planning (25th April):
- Morning: Examples for Awareness Campaigns – Visit to the National Television on the Topic of "Successful National Campaign to Support Ukrainian Defenders" (LT Partner)
- Work Stations - Creativity and Planning of the campaign 'We Can Do It' on the EU level
- Afternoon: Work Stations - Action Plans for Local Campaigns (CR and BG Partners)
- Getting Ready for Youth Pass and EU Citizen Pass
- Final Evaluation and Feedback
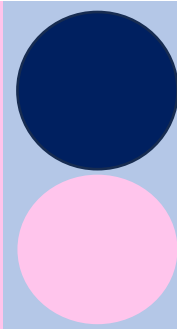
5. Day - Departure (26th April):
- Final Evaluation - Paperwork
- Morning: Farewell and Departure

Day 1: Arrival & Team Building

Inspiration Day   **April 22nd**

OVERVIEW

Participants arrived in Vilnius on the morning of the first day, where they were greeted with a welcome session and ice-breaking activities led by the Lithuanian partner organisation. These activities aimed to create a supportive and inclusive atmosphere, allowing participants to get to know each other and build rapport. Team building exercises encouraged collaboration and communication among participants, setting a positive tone for the rest of the program.

HOW WE DID IT

Slogan: Inspiration – personal appreciation, improved Intercultural understanding and self-confidence;

FIRST PART: Ice-breaking activities to be optionally used:

1. Name Tag Mixer:
    o Provide each participant with a blank name tag and markers.
    o Instruct participants to write their name and one word representing their passion for social change.
    o After everyone has completed their name tags, have participants mingle and introduce themselves to each other, using their name tags as conversation starters.

2. Common Ground:
    o Divide participants into small groups.
    o Give each group a list of topics related to social change (e.g., gender equality, environmental sustainability, education).
    o Instruct participants to find common ground within their group by discussing their personal experiences, interests, and goals related to the given topics.
    o After a designated time, have each group share one thing they discovered they have in common.

3. Two Truths and a Lie:
    o Instruct each participant to think of two true statements about themselves and one false statement related to their background or experiences.
    o Participants share their statements with the group, without revealing which statement is false.
    o After each participant shares, the rest of the group guesses which statement is the lie.
    o This activity encourages participants to share personal information fun and engagingly.

SECOND PART Leadership and Team building activities to be optionally used:

1. Empowerment Circle:
   o Have participants form a circle and give each person a paper and a pen.
   o Instruct participants to write down one challenge they've faced related to gender inequality or social injustice.
   o Once everyone has written down their challenge, have them fold their paper and place it in a central bowl.
   o Each participant selects a challenge from the bowl and reads it aloud to the group.
   o The group discusses possible solutions or actions that can be taken to address the challenge, offering support and advice to the person who wrote it.

2. Barrier Breakers:
   o Divide participants into small teams and provide each team with a list of common barriers women face in their communities or workplaces (e.g., lack of access to education, gender-based violence, limited economic opportunities).
   o Instruct teams to brainstorm creative solutions or strategies for overcoming each barrier within a specified time frame.
   o After brainstorming, have each team present their ideas to the larger group and discuss each solution's feasibility and potential impact.

3. Storytelling Circles:
   o Ask participants to form small groups and share personal stories of empowerment or moments when they've overcome adversity related to gender inequality.
   o Encourage active listening and empathy within each group as participants share their experiences.
   o After sharing stories, have each group nominate one person to summarise the key themes or lessons learned from their discussions.
   o Facilitate a larger group discussion where participants reflect on common experiences and identify strategies for supporting one another in their efforts for social change.

4. Leadership Styles Assessment:
   o Provide participants with a leadership styles assessment tool, such as a questionnaire or quiz.
   o Participants can complete the assessment individually to identify their preferred leadership style.
   o After completing the assessment, facilitate a group discussion where participants share their results and insights.
   o Discuss the strengths and weaknesses of different leadership styles and how they can be applied effectively.

These activities are designed to strengthen connections, build empathy, and foster a sense of collective purpose among participants, empowering them to work together and become leaders for achieving common goals in their communities and beyond.

Day 2: Civic Awareness and Digital Skills

Vision and Overcoming   **April 23rd**
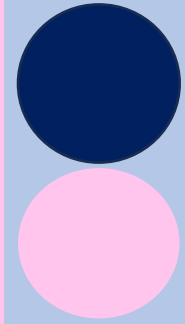
OVERVIEW

The day began with an introduction to the agenda led by Greta Paskočiumaitė from TAVO. This was followed by a digital skills session, during which Kotryna Jankūnaitė, a WomenGoTech representative in Vilnius, introduced the Discovery Program.

Participants then visited UkreateHub for a study session on resilience and activism, focusing on the needs and potential of displaced Ukrainians.

In the afternoon, Arianna Quintana González from AMANAY conducted a session on digital skills and mental health online. This was followed by a presentation on civil awareness, where Lidiya Svetoslavova, the trainer from "Paralel-Silistra' introduced the Ladder of Civil Participation. The day concluded with an intercultural evening involving all partners, an evaluation session for personal reflections, and a walk around the city.

HOW WE DID IT

MOTTO: Vision - improved European citizenship

The presentation began with an enthusiastic introduction to the Discovery Program, a comprehensive and accessible resource designed specifically for women considering a career in technology. The speaker highlighted the program's potential to help participants understand the IT sector, find their ideal role in tech, and fast-track their progress with flexible learning options.

Understanding the IT Sector:

The speaker emphasised that many women feel disconnected from tech conversations. The Discovery Program addresses this as a friendly tech translator, simplifying complex tech jargon into everyday language. The program offers a professional roles overview, providing a comprehensive look at 13 different tech careers. This helps participants understand each role and what might fit them best.

Resources & Learning Library:

The Discovery Program provides access to a vast learning library filled with educational materials curated by international experts. This allows participants to learn quickly and at their own pace, diving deep into subjects that interest them the most. The speaker noted that this feature is particularly beneficial for young female career starters still exploring their interests and career paths in tech.

Challenges & Career Q&As:

The program includes practical tasks designed to help participants deepen their technical skills. Additionally, virtual events allow participants to meet HR professionals from partner companies. This is a fantastic opportunity for young women to ask questions, gain insights, and make connections that could be pivotal in their career journeys. The speaker highlighted that these interactions can provide young career starters a clearer understanding of what employers are looking for and how to prepare for a successful tech career.

Supportive Community:

A key highlight of the Discovery Program is its supportive community. It's not just about learning; it's about connecting with like-minded women exploring the tech world. Participants can chat, arrange meetings, and build a network that supports their professional growth. The speaker stressed that finding a supportive community can make a significant difference for young women starting their careers, providing them with the encouragement and support they need to succeed.


Flexible Program Design:

Recognising participants' busy lives, the Discovery Program is designed to be flexible. Participants can learn online at their own pace, with subtitles to enhance understanding. The speaker likened the program to a favourite Netflix series—participants can dive in whenever they want, wherever they are. This flexibility is particularly advantageous for young career starters juggling multiple commitments.

In short, the Discovery Program is about making tech talk easy and accessible, learning on one's own terms, and finding a place in the tech world. It's about connecting with a community of awesome people who support each other. The speaker encouraged young women ready to understand the IT sector better, find a perfect place for themselves in technology, and access resources to fast-track their progress, to join the Discovery Program and start their journey in tech today.
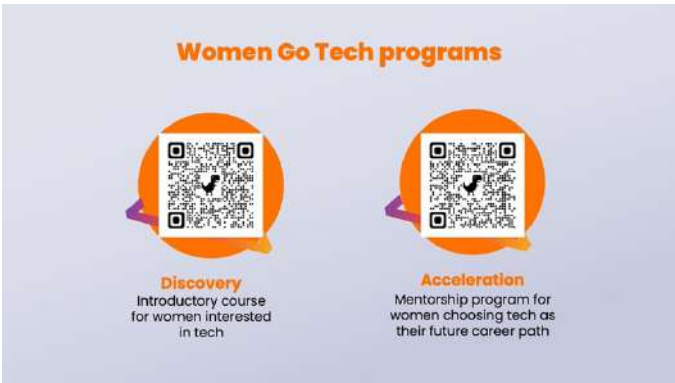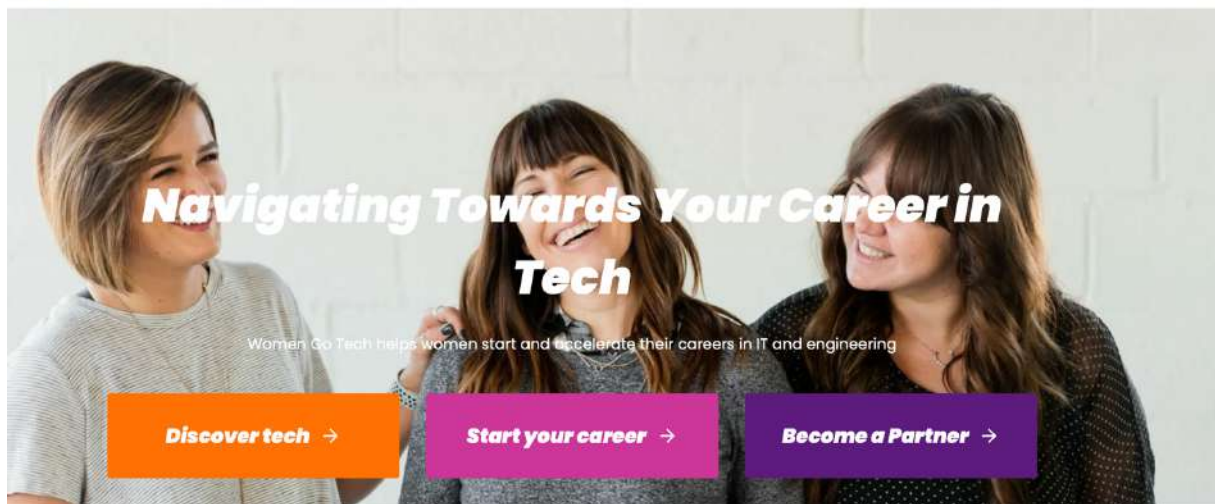
Resilience and Activism – Study Visit to UkreateHub – displaced Ukrainians: needs and potential

The presentation featured two key speakers from UkreateHub: Eugenija Kovaliova, the Manager, and Polina Soromakha, the PR person. They provided a comprehensive overview of how UkreateHub supports displaced Ukrainians in Lithuania, focusing on empowering Ukrainian women.

Eugenija Kovaliova, Manager   Polina Soromakha, PR

https://ukreatehub.eu

Eugenija Kovaliova began the presentation by introducing UkreateHub as a Vilnius-based competence center dedicated to equipping displaced Ukrainians with the knowledge, skills, networks, and tools necessary to unleash their potential and contribute to Ukraine's future. She emphasised three main areas of focus: activation, enabling, and connection.

1. Activate:
   o Eugenija highlighted the range of trainings and workshops UkreateHub offers based on the community's needs. These include professional clusters within the community, ideation workshops, and intellectual discussions aimed at rethinking Ukraine's future.
   o She pointed out that these initiatives are designed to energise Ukrainians, particularly women, to become change agents, providing them with the skills and confidence needed to engage in meaningful activities.

2. Enable:
   o The presentation detailed how UkreateHub creates an enabling ecosystem for civic engagement driven by a shared vision and global cooperation. Eugenija discussed the resources available, such as access to workspace, professional consultations, a donors' network, financial support, and a residency program for human rights defenders.
   o She emphasized that these resources are crucial for empowering Ukrainian women and helping them effectively pursue their professional and personal goals.

3. Connect:
   o Eugenija explained UkreateHub's role in facilitating the creation of sustainable connections, highlighting efforts to build bridges between the Ukrainian diaspora and their homeland, promote integration with Lithuanians, and connect with a broader European network.

- o She noted the success of UkreateHub's mini-grant competition, which has funded 20 projects since 2022, focusing on creating Ukrainian narratives, women's roles in Ukraine's recovery, and preserving democratic orientation.
4. Women's Entrepreneurship Program:
    - o A key focus of Eugenija's presentation was the Women's Entrepreneurship Program. This program provides free training for Ukrainian women in Lithuania, helping them develop business plans, attract investment, find business partners, improve business acumen, and find support within the community of women entrepreneurs.
    - o She described the program as a vital tool for empowering women and enabling them to turn their business ideas into reality.

Polina Soromakha, the PR Person:

Polina Soromakha added to Eugenija's presentation by emphasising the community and networking aspects of UkreateHub.

1. Supportive Community:
    - o Polina highlighted the importance of UkreateHub's supportive community in fostering professional and personal growth. She mentioned that the hub provides a space for like-minded women to connect, chat, arrange meetings, and build a strong network.
    - o She stressed that this supportive environment is essential for Ukrainian women, offering them the encouragement and resources needed to succeed.
2. Networking Events:
    - o Polina discussed the numerous networking events facilitated by UkreateHub, which bring together Ukrainians and Lithuanians. These events allow participants to build professional relationships, gain insights, and collaborate on various projects.
    - o She noted that UkreateHub holds the most networking events among its cluster members, which has been instrumental in creating new connections and fostering a sense of community.
3. Public Relations and Outreach:
    - o Polina elaborated on the PR efforts to raise awareness about UkreateHub's initiatives and successes. She explained how the hub actively engages with the media and the public to highlight the impact of its programs and the stories of the women it supports.
    - o She also mentioned ongoing efforts to expand UkreateHub's reach, ensuring that more displaced Ukrainians, particularly women, can benefit from their resources and support.

Arianna Quintana González delivered a lecture focusing on young females. She highlighted the increasing relevance of this issue in our digital age and discussed the benefits and challenges that technology brings, emphasising its impact on mental health.

Arianna explained that technology, despite its numerous advantages, has profound effects on our mental health. She cited the World Health Organization (WHO), stating that mental and substance use disorders were a leading cause of disability worldwide. The WHO linked the increasing use of digital technology to various mental health issues, including anxiety, depression, and sleep disorders.

She mentioned that excessive use of digital devices could lead to social isolation, disrupted sleep patterns, and exposure to cyberbullying, all of which contributed to deteriorating mental health. The constant connectivity and pressure to maintain an online presence created a sense of inadequacy and stress, particularly among young females who felt compelled to compare themselves to others online.

Why is this?
- **Social Comparison:** Social media often portrays idealised life versions, leading to feelings of inadequacy and low self-esteem.
- **Cyberbullying:** Young females were particularly vulnerable to online harassment and bullying, which could severely impact their mental health.
- **Disrupted Sleep:** The blue light emitted by screens interfered with sleep patterns, leading to insomnia and associated mental health problems.

Is It a Gender Problem?
Arianna addressed that the impact of technology on mental health could be a gender-specific issue. Studies showed that young females were more likely to experience the harmful effects of social media and digital technology. For example:
- **Body Image Issues:** Social media platforms often promote unrealistic beauty standards, leading to body dissatisfaction and eating disorders among young women.
- **Cyberbullying:** Girls were more likely to be victims of cyberbullying compared to boys, which led to severe psychological distress.
- **Emotional Impact:** Females tended to use social media more for social connections and validation, making them more susceptible to emotional ups and downs based on online interactions.

Are You a Victim of Your Phone?
Arianna provided examples and recommendations to help recognise and address the issue of being a victim of one's phone:
Examples:
- **Constant Checking:** Feeling the need to check your phone constantly, even when unnecessary.
- **Anxiety When Disconnected:** Experiencing anxiety or discomfort when you didn't have access to your phone.
- **Sleep Disruption:** Using your phone late at night, leading to poor sleep quality.

Recommendations:
- **Set Boundaries:** Establish specific times for using your phone and stick to them.
- **Digital Detox:** Take regular breaks from your phone, especially during meals and before bedtime.
- **Mindful Use:** Be conscious of why you are using your phone and avoid mindless scrolling.

How to Remediate the Problem?

Arianna suggested practical steps to improve mental health in the digital age:

Advice:
- **Limit Screen Time:** Set daily limits on the amount of time spent on your phone, especially on social media.
- **Engage in Offline Activities:** Find hobbies and activities that don't involve screens, such as reading, exercising, or spending time with friends and family.
- **Practice Mindfulness:** Incorporate mindfulness practices like meditation and deep breathing to reduce stress and improve mental clarity.
- **Seek Support:** If you are struggling with your mental health, don't hesitate to seek help from a mental health professional.

By implementing these strategies, Arianna encouraged the audience to take control of their digital lives and protect their mental well-being. She emphasised that while technology was a powerful tool, it was essential to use it mindfully and maintain a healthy balance.

Interactive Game

The Digital Detox Challenge was implemented for 16 females from Bulgaria, Spain, Cyprus, and Lithuania to accompany the lecture on mental health online. The exercise aimed to help participants understand the impact of digital technology on their mental health and practice techniques for managing screen time and improving well-being.

Introduction (5 minutes)

Arianna Quintana González, the lecturer, began by introducing the Digital Detox Challenge to the group. She explained its purpose and its relevance to the earlier discussion on mental health online. The participants were informed about the importance of being mindful of their screen time and its effects on their mental health.

Self-Assessment (5 minutes)

The participants were asked to reflect on their current digital habits. They considered questions such as:
- How many daily hours do they spend on their phones or other digital devices?
- How often do they check their phones for notifications?
- Whether they felt anxious or stressed when they couldn't access their phones.

Each participant jotted down their reflections in their notebooks, providing a personal baseline for the challenge.

Digital Detox Challenge (10 minutes)

Worksheet Distribution: Arianna distributed worksheets with a Digital Detox Challenge template. These worksheets included sections for setting goals, tracking progress, and reflecting on the experience.

Set Goals: Participants set specific, achievable goals for reducing their screen time. Examples of goals included:
- No phone use during meals.

- Limiting social media to 30 minutes per day.
- Turning off notifications for non-essential apps.

Each participant wrote their goals on their worksheets, creating a clear plan for the week ahead.

Plan and Track: Arianna explained that participants would track their progress over the next week, recording their daily screen time, noting any challenges, and reflecting on how reducing screen time affected their mood and mental health.

Group Discussion (10 minutes)

Small Group Sharing: Participants were divided into small groups of 3-4 people, mixing individuals from different countries to encourage diverse perspectives. Each group member shared their goals and initial reflections.

The groups discussed strategies for achieving their goals and offered support and suggestions to each other. This interaction fostered a sense of community and mutual encouragement among the participants.

Group Reflection: After the small group discussions, everyone reconvened. Volunteers shared insights and interesting points from their group discussions. Arianna used a whiteboard to summarise key takeaways, highlighting common goals and effective strategies. This helped reinforce the learning and provided a visual summary for the participants.

Wrap-Up and Encouragement (5 minutes)

Encourage Ongoing Participation: Arianna reminded participants to continue with their Digital Detox Challenge over the coming week and suggested they keep in touch with their group members for support and accountability.

Final Thoughts: Arianna Quintana González concluded by emphasising the importance of being mindful of digital habits and their impact on mental health. Arianna encouraged participants to apply what they had learned and to seek help if they felt overwhelmed by their digital habits.

The interactive exercise "Ladder of Public Participation" was implemented for the group of 16 females from Bulgaria, Spain, Cyprus, and Lithuania. Participants were divided into smaller groups of 4 and encouraged to communicate in English. The exercise aimed to illustrate different levels of public involvement in decision-making processes and foster understanding through collaborative and creative activities.

Part 1: Performing the Interactive Game "Ladder of Public Participation"

1. Introduction and Explanation:

Lidiya Svetoslavova began by introducing the concept of the "Ladder of Public Participation" to the participants. She explained that it is a conceptual framework illustrating different levels of public involvement in decision-making processes, ranging from manipulation to empowerment. Each level's significance in promoting democratic decision-making was discussed. This introduction set the stage for participants to think critically about their roles in civil society and the impact they could have.

2. Interactive Group Activity:

Participants were divided into four small groups of 4, ensuring diversity in each group to encourage varied perspectives. Each group received large sheets of paper or poster boards and markers.

3. Creating the Ladder:

Each group was instructed to draw a ladder on their sheet of paper, with rungs representing each level of public participation. They labelled each rung with the corresponding level (e.g., Manipulation, Therapy, Informing, Consultation, Participation, Empowerment).

4. Scenario Development:

Each group was assigned a scenario or case study related to a community issue or decision-making process. Groups discussed and determined which level of public participation best described their scenario. This step encouraged participants to think deeply about real-world applications and current public engagement in their communities.

5. Placement on the Ladder:

Groups placed their scenarios on the ladder according to the level of public participation they identified. They justified their placement and discussed any uncertainties or disagreements within their group. This activity not only fostered critical thinking but also enhanced their ability to articulate and defend their viewpoints, essential skills for activism.

6. Gallery Walk and Discussion:

Once all groups had placed their scenarios on the ladder, a gallery walk was conducted. Participants visited each group's poster to view their placements. Lidiya facilitated a group discussion in which participants shared their observations, reflections, and insights on the placement of scenarios. The discussion was lively and insightful, with many participants expressing a newfound understanding of how public participation can be structured and improved.

7. Reflection and Debrief:

The activity concluded with a reflective debrief, during which participants shared their thoughts and feelings about the exercise. Lidiya prompted participants to reflect on how the ladder concept applied to their experiences with public participation and decision-making. Participants noted that the exercise had inspired them to think more strategically about their

involvement in civic activities and the importance of fostering higher levels of public participation in their own countries.

Part 2: Performing the Mime

1. Introduction:

Lidiya explained that the participants would now perform a mime activity to visually represent the "Ladder of Public Participation." Participants were divided into the same smaller groups, each representing one level of the ladder. They brainstormed and planned a short mime or tableau that symbolised their assigned level of participation.

2. Mime Performance:

Each group had the opportunity to perform their mime for the larger group. Participants observed and interpreted the mimes, paying attention to the emotions, actions, and symbols depicted. The mime performances brought creativity and fun, helping to cement the participants' understanding of the different levels of public participation.

3. Discussion and Interpretation:

After each performance, Lidiya facilitated a discussion, inviting participants to share their interpretations and insights into the representation of each level. Participants discussed the effectiveness of the mimes in conveying the concepts of public participation. This discussion further solidified their comprehension and effectively sparked ideas on conveying complex civic topics to wider audiences.

4. Reflection and Conclusion:

The activity concluded with a final reflection, during which participants shared their overall impressions and key takeaways from the mime exercise. Lidiya emphasised the importance of creative expression in understanding complex concepts like public participation.

Outcome:

Implementing the "Ladder of Public Participation" exercise successfully engaged participants from different cultural backgrounds. Combining conceptual discussion, group collaboration, and creative expression helped deepen their understanding of public participation levels. Participants appreciated the interactive format and the opportunity to practice English while learning about an essential democratic framework.

Impact on Activism:

The exercise significantly impacted the participants' activism and willingness to plan and implement national actions on hot civil topics. Many participants expressed renewed motivation and confidence in their ability to influence public policy and civic engagement. They were inspired to take the concepts learned during the exercise back to their home countries to organise workshops and campaign events that promote higher levels of public participation.

Participants shared plans to develop and lead community initiatives, awareness campaigns, and educational workshops to empower others and enhance civic participation. The collaborative and reflective nature of the exercise fostered a strong sense of solidarity and shared purpose among the participants, which is crucial for effective activism and the successful implementation of civic initiatives.

Session: Intercultural Evening

The Intercultural Evening was a vibrant and dynamic event organized by the four groups from Bulgaria, Spain, Cyprus, and Lithuania, celebrating their cultural diversity through food tasting, presentations, and national dances. Here's how the evening was performed:

1. Food Tasting: Each group set up a designated area showcasing traditional dishes and beverages from their respective countries. Participants and guests were encouraged to sample the various culinary delights, creating an atmosphere of culinary exploration and cultural exchange. Representatives from each group provided background information about the dishes, including their significance, ingredients, and preparation methods.

2. Presentations: Following the food tasting, each group delivered a short presentation highlighting critical aspects of their culture, such as history, customs, traditions, and language. Presenters utilised multimedia tools to engage the audience and provide visual context to their presentations. This allowed participants to better understand each other's cultural heritage and fostered mutual appreciation and respect.

3. National Dances: To conclude the evening on a festive note, each group performed traditional dances from their respective countries. Guests were invited to join in the dances, creating an atmosphere of joyous celebration and camaraderie.

4. Intercultural Interaction: Throughout the evening, participants engaged in informal conversations and interactions, exchanging stories, experiences, and laughter. This facilitated meaningful connections and friendships across cultural boundaries, promoting intercultural understanding and unity.

Overall, the Intercultural Evening provided a platform for participants to celebrate their cultural diversity, strengthen bonds, and promote cross-cultural dialogue and cooperation. The event showcased the richness and vibrancy of each culture represented through food, presentations, and dances, leaving a lasting impression on all who attended.

Summary of the Daily Personal Reflections and Self-Evaluation

The activities throughout the day significantly impacted the participants' competencies, aligning with the EU competence framework. Through engagement with reflection materials and digital tools during the morning sessions, participants enhanced their digital competence. The study visit to UkreateHub fostered resilience and problem-solving skills, contributing to their learning-to-learn competency. Discussions on mental health online and civil participation promoted social and civic competence, while the intercultural evening and city walk enhanced cultural awareness and communication skills. Overall, these activities provided a comprehensive learning experience, fostering the development of key competencies essential for personal, social, and professional growth.

MOTTO - Overcoming - Digital competence and problem-solving;

Digital skills – theoretical part

1. **Overview of Digital Skills**:
   o Introduction to the concept of digital skills, including basic, intermediate, and advanced skills.
   o Explanation of why digital skills are essential in today's digital age for accessing information, communicating, collaborating, and participating in online communities.

2. **Digital Literacy**:
   o Definition and importance of digital literacy, encompassing the ability to use digital devices, navigate digital platforms, critically evaluate online information, and protect one's digital identity and privacy.
   o Discussion on the digital divide and strategies for bridging the gap to ensure equitable access to digital literacy resources and opportunities.

3. **Information Literacy**:
   o Overview of information literacy skills, including the ability to search for, evaluate, and ethically use information from digital sources.
   o Exploration of strategies for critically analyzing online information to identify biases, misinformation, and disinformation.

4. **Communication Skills in the Digital Age**:
   o Examination of communication skills needed for effective online communication, such as clear writing, active listening, and respectful engagement in digital conversations.
   o Discussion on the role of digital communication tools and platforms in facilitating collaboration, networking, and advocacy for social change.

5. **Cybersecurity and Digital Safety**:
   o Overview of cybersecurity threats and best practices for protecting oneself and others online, including password management, data encryption, and recognizing phishing attempts.
   o Discussion on digital safety issues such as online harassment, cyberbullying, and strategies for promoting a safe and inclusive online environment.

6. **Digital Citizenship**:
   o Exploration of the concept of digital citizenship and the rights, responsibilities, and ethical considerations associated with participating in digital communities.
   o Discussion on digital activism, online advocacy, and the use of digital platforms for promoting social justice, human rights, and civic engagement.

7. **Emerging Digital Technologies**:
   o Introduction to emerging digital technologies and their potential applications for social change, such as social media, data visualization, virtual reality, and blockchain.
   o Discuss the opportunities and challenges emerging technologies present in addressing societal issues and advancing social impact initiatives.

8. **Digital Skills for Empowerment**:
   o Reflection on how digital skills can empower individuals and communities to advocate for their rights, amplify their voices, and create positive change in society.

- These are case studies and examples showcasing how digital skills have been utilized in grassroots movements, activism campaigns, and community-led initiatives around the world.

By presenting these topics in the theoretical part of the session on digital skills, participants can gain a comprehensive understanding of the importance of digital literacy, communication skills, cybersecurity, digital citizenship, and emerging technologies in the context of social change and empowerment. Theoretical discussions can lay the groundwork for hands-on practical activities and workshops in the subsequent parts of the session.

14.00 – 18.00 with one coffee break
Digital story telling
1. **Introduction (15 minutes)**:
   - Welcome participants to the workshop and provide an overview of the session objectives.
   - Explain the importance of digital storytelling in conveying messages, engaging audiences, and advocating for social change.
   - Introduce key concepts such as storytelling techniques, digital media platforms, and the power of multimedia storytelling.
2. **Understanding Digital Storytelling (30 minutes)**:
   - Define digital storytelling and discuss its significance in the digital age.
   - Explore examples of effective digital stories from various sources, such as social media, documentaries, and online campaigns.
   - Discuss the elements of a compelling digital story, including narrative structure, visuals, sound, and emotional resonance.
3. **Storytelling Techniques and Strategies (30 minutes)**:
   - Present different storytelling techniques and strategies that participants can use to craft engaging narratives.
   - Discuss the importance of identifying a central theme or message, developing relatable characters, and creating a compelling plot.
   - Provide tips for selecting appropriate digital media tools and techniques to enhance storytelling effectiveness.
4. **Practical Demonstration (30 minutes)**:
   - Conduct a live demonstration or showcase pre-recorded examples of digital storytelling projects.
   - Walk participants through the process of creating a digital story, from brainstorming ideas to selecting and editing multimedia elements.
   - Demonstrate how to use digital media tools such as video editing software, graphic design tools, and audio editing programs.
5. **Hands-On Activity (30 minutes)**:
   - Divide participants into small groups or pairs and assign them a storytelling prompt or theme.
   - Provide participants with access to digital media tools and resources to create their own digital stories.
   - Encourage participants to collaborate, brainstorm ideas, and experiment with different storytelling techniques.
6. **Sharing and Feedback (15 minutes)**:
   - Invite each group to share their digital stories with the rest of the participants.

- o Facilitate a constructive feedback session where participants provide positive feedback and suggestions for improvement.
- o Encourage participants to reflect on their storytelling experience

7. **Conclusion and Next Steps (15 minutes)**:
- o Summarize the key takeaways from the workshop and reinforce the importance of digital storytelling skills in advocacy and communication.
- o Provide resources and recommendations for further learning, including online tutorials, books, and workshops.

Day 3: Green Skills and Cultural Diversity

Green & Inspiration   **April 24th**
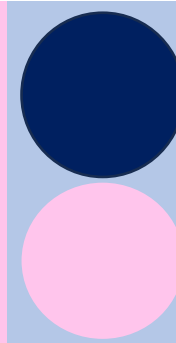
OVERVIEW

Day three was dedicated to developing green thinking in an urban environment and exploring cultural diversity, with morning sessions led by the Lithuanian and Bulgarian partners. Despite heavy rain preventing outdoor exploration of nature, participants engaged in interactive activities focusing on the nature and culture of Vilnius, including a "cultural detective" game. Alternative to outdoor activities, discussions centred on green thinking tips, such as promoting sustainability and reducing environmental impact indoors. This included insights into how Vilnius promotes sustainability through energy-efficient lighting, recycling, and water conservation practices. Participants also monitored facilities to observe if they adopted sustainable lifestyle practices, such as reducing single-use plastics and supporting local, eco-friendly products. They also had the opportunity to visit the Ukrainian Youth Group in Lithuania and listen to their stories. Discussions on resilience and EU values featured personal stories from the war in Ukraine.

The day concluded with digital skills and cultural awareness sessions, where participants shared digital stories from the Culture Detectives Exploration, further enriching their understanding of cultural diversity and digital engagement.

HOW WE DID IT

9.00 – 12.30 with one coffee break
MOTTO: Inspiration – improved Cultural understanding and leadership competence;

Session: Culture Detectives in Vilnius – Handouts for the Groups

The interactive game "Culture Detectives in Vilnius", developed by the trainer Diana Bebenova-Nikolova, offered participants an immersive experience of exploring the city's rich cultural heritage. The game's framework was designed to engage participants in uncovering hidden gems and discovering Vilnius's diverse cultural tapestry.

The game began with a briefing session. Participants were divided into teams, each equipped with a map, clues, and a set of challenges. The objective was to navigate through different neighbourhoods of Vilnius, solve puzzles, answer trivia questions, and complete tasks that highlighted various aspects of the city's culture, history, and traditions.

Participants were encouraged to interact with locals, visit historical landmarks, and explore cultural institutions to gather clues and information. Along the way, they encountered immersive experiences such as tasting local cuisine, trying traditional crafts, and participating in cultural rituals.

The game's framework promoted teamwork, critical thinking, and cultural awareness. Teams collaborated, communicated effectively, and leveraged their collective skills and knowledge to successfully complete challenges and unlock the next stage of the game.

At the end of the game, teams reconvened to share their discoveries and experiences. A debriefing session allowed participants to reflect on their journey, discuss cultural insights gained, and celebrate their achievements.

Here, we present the map that was given to all groups and the Handouts with the tasks for each group. The latter were provided digitally to follow the green thinking recommendations.

Map of the Cultural Sights in Vilnius
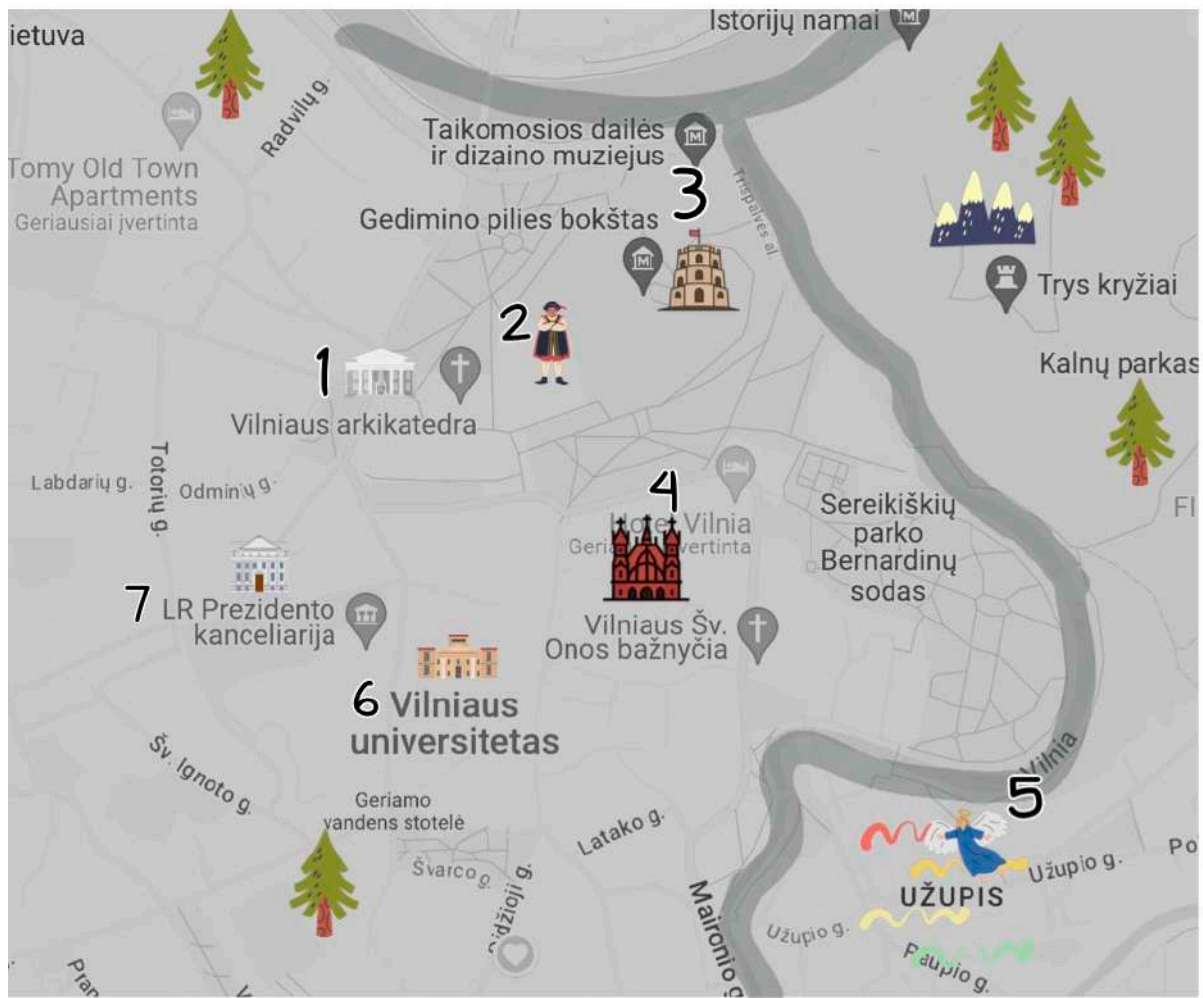
HANDOUT FOR GROUP 1

Welcome, Culture Detectives! Today, we embark on a journey through the vibrant streets of Vilnius, Lithuania, where history, art, and tradition intertwine to create a tapestry of cultural richness. Our mission? To uncover the hidden gems and fascinating stories behind some of Vilnius's most iconic landmarks while producing a captivating digital story that unfolds as we explore the city's diverse sites and landmarks. Through our digital storytelling, we will creatively document our experiences, encounters, and discoveries at each location, showcasing Vilnius's rich history, culture, and hidden gems.

1.   **Your adventure begins in the heart of Old Town**, where the magnificent Vilnius Cathedral stands tall in Cathedral Square. Keep an eye out for the "Miracle" (look on the ground, you might find it), rumoured to bring good luck to all who step upon it. Find it, take a photo, and try to remember the Lithuanian word for miracle. Then, try to find the names of the people whose sculptures are on the church's roof. Answer why these people were selected.

2.   **Next on our itinerary is the majestic Palace of the Grand Dukes of Lithuania**, a testament to the city's regal past. How do you translate the word 'DUKE' in your language? Take a photo of the team, be brave, and pose like true dukes. By the way, what is the Family name of the Dukes who lived here? How is this Palace connected with the Polish history as well? Who destroyed the Palace and when? What is the architectural style of the newly built building?

3.   **You just discovered one of Vilnius's symbols—the Castle.** What is the name of the Lithuanian duke who built the castle? Read the myth and share a few creative photos reenacting the events that led to building the city and the castle. Bonus points go to those brave enough to reach the top of the castle mountain.

4.   **Your journey continues with a visit to St. Anne's Church**. What is the architectural style of the building? How is it related to UNESCO? Lithuanians argue that Napoleon wanted to do something with the church during his time. Try to guess what:

- destroy the church to the ground,
- take it home and keep it in France
- add the picture of the church to currency of France
- ask someone to paint it and have the picture at the Louvre
- sell it to the Russians

5.   **Venturing into the bohemian "republic" of Užupis District**, we'll encounter a haven for artists and free spirits alike. Keep your senses sharp as you look for something out of this world, close to a bird and more magical. Vilnius is sometimes described as a city of these beings. What are we talking about? Find it and take a photo. p.s. You can get a true stamp in your passport while visiting this republic.

6.   So, fellow Culture Detectives, **are you ready to Visit Vilnius University**? Did you know that it is the oldest university in Eastern Europe? As fellow students say, from here we go to the stars.. so you, detectives, use all of your creativity to show how you are reaching the stars - take photos and videos, use various tools

- show your ideas on how to reach the stars.
- Read the QR code to learn more about Vilnius University

7.   Let's go for a quick visit. Near the university, you might meet one of the most critical people in Lithuania. Do you know what we are talking about?

Before this person, a very special lady used to reside there. Can you name her? Why was this person so special?

You might notice no more numbers on the map from now on. If you are brave enough, try to challenge yourself and explore the city as a local.
It's time to be quick and walk around. There is a very special street around known as Dwarf Passage. Find it and take some photos. Can you find out the legend(s) about this passage?

Take some photos of the Vilnius from above. Enjoy Subačiaus observation deck, Subačiaus st., Vilnius, 11350 Vilnius. Take some photos to use for your digital story and share with us.

HANDOUT FOR GROUP 2
Welcome, Culture Detectives! Today, we embark on a journey through the vibrant streets of Vilnius, Lithuania, where history, art, and tradition intertwine to create a tapestry of cultural richness. Our mission? To uncover the hidden gems and fascinating stories behind some of Vilnius's most iconic landmarks **while producing a captivating digital story that unfolds as we explore the city's diverse sites and landmarks.** Through our digital storytelling, we will creatively document our experiences, encounters, and discoveries at each location, showcasing Vilnius's rich history, culture, and hidden gems.
1.   Your group adventure starts **at point 4 – Please visit St. Anne's Church**, a masterpiece of Gothic architecture that has captured the hearts of visitors for centuries.
Lithuanians argue that during Napoleon's time, he wanted to do something with the church and try to guess what exactly:
   • destroy the church to the ground
   • take it home and keep it in France
   • add the picture of the church to the currency of France
   • ask someone to paint it and have the picture at the Louvre
   • sell it to the Russians
2. Go to site 5! Venturing into the **bohemian "republic" of Užupis District**, we'll encounter a haven for artists and free spirits alike. Keep your senses sharp as you are looking for something out of this world, close to a bird and more magical. Vilnius is sometimes described as a city of these beings. What are we talking about? Find it and take a photo. p.s. You can get a true stamp in your passport while visiting this republic.
3. Now go to site 1. This is the Old Town, where the magnificent **Vilnius Cathedral** stands tall in Cathedral Square. Keep an eye out for the "Miracle" (look on the ground, you might find it), rumoured to bring good luck to all who step upon it. Find it, take a photo, and try to remember the Lithuanian word for miracle. Who ordered the construction of the building and why? What happened to the Cathedral during the Soviet time? Why? What is the predominant religion in Lithuania? Is there a 'state or official' religion?
4. Next on our itinerary is the majestic **Palace of the Grand Dukes of Lithuania**, a testament to the city's regal past. As you explore the site, you create a digital story that transports viewers back to the era of the dukes. Imagine yourself as a court historian documenting the lives and events that unfolded within these walls. Use your creativity to craft a multimedia narrative that brings the palace's history to life, highlighting significant moments, influential figures, and the cultural legacy of the dukes.
5. You just discovered one of **Vilnius's symbols—the Castle**. What is the name of the Lithuanian duke who built the castle? What is he remembered with? Read the myth and share

a few creative photos reenacting the events that led to building the city and the castle. Bonus points go to those brave enough to reach the top of the castle mountain.

6. So, fellow Culture Detectives, are you ready to Visit **Vilnius University**? Did you know that it is the oldest university in Eastern Europe? As fellow students say, from here, we go to the stars.

So, you, detectives, use all of your creativity to show how you are reaching the stars - take photos and videos, use various tools

- show your ideas on how to reach the stars.More about Vilnius University

7. Let's go for a quick visit. **Near the university**, you might meet one of the most important people in Lithuania. Do you know what we are talking about? Before this person, a very special lady used to reside there. Can you name her? Why was this person so special?

Solve the riddle: I stand tall, a gateway to faith, Where whispers of devotion embrace. Morning's light, my name adorns, In Vilnius, where history mourns. What am I? Why is this important for Vilnius?

From now on, you might notice no more numbers on the map. If you are brave enough, try to challenge yourself and explore the city as a local. Don't forget your task: Produce a captivating digital story that unfolds as you explore the city's diverse sites and landmarks.

HANDOUT FOR GROUP 3

Welcome, Culture Detectives! Today, we embark on a journey through the vibrant streets of Vilnius, Lithuania, where history, art, and tradition intertwine to create a tapestry of cultural richness. Our mission? To uncover the hidden gems and fascinating stories behind some of Vilnius's most iconic landmarks while producing a captivating digital story that unfolds as we explore the city's diverse sites and landmarks. Through digital storytelling, we will creatively document our experiences, encounters, and discoveries at each location, showcasing Vilnius's rich history, culture, and hidden gems.

1. Your group adventure will begin at site 6, Vilnius University. Did you know that it is the oldest university in Eastern Europe? As fellow students say, this is where we start our journey to the stars. Therefore, as detectives, you are encouraged to unleash your creativity and showcase how you would reach the stars using various tools. You can take photos and videos and describe your ideas in any way you like. To learn more about Vilnius University, please visit its website.

2. Let's go for a quick visit. Near the university, you might meet one of the most critical people in Lithuania. Do you know who we are talking about? Before this person, a very special lady used to reside there. Can you name her? Why was this person so special?

3. Now go to site 1. This is the Old Town, where the magnificent Vilnius Cathedral stands tall in Cathedral Square. Keep an eye out for the "Miracle" (look on the ground, you might find it), rumoured to bring good luck to all who step upon it. Find it, take a photo and try remembering the Lithuanian word for miracle.

4. Next on our itinerary is the majestic Palace of the Grand Dukes of Lithuania, a testament to the city's regal past. Take a photo of the team, be brave, and pose like true dukes. By the way, what is the Family name of the Dukes who lived here? How do you translate the word 'DUKE' in your language? Take a photo of the team, be brave, and pose like true dukes. By the way, what is the Family name of the Dukes who lived here? How is this Palace connected with the Polish history as well? Who destroyed the Palace and when? What is the architectural style of the newly built building?

5. You just discovered one of Vilnius's symbols—the castle. What is the name of the Lithuanian duke who built the castle? Read the myth and share a few creative photos reenacting the events that led to building the city and the castle. Bonus points go to those brave enough to reach the top of the castle mountain.

6. Please visit St. Anne's Church, a masterpiece of Gothic architecture that has captured the hearts of visitors for centuries.
Lithuanians argue that during Napoleon's time, he wanted to do something with the church to:

- destroy the church to the ground
- take it home and keep it in France
- add the picture of the church to the currency of France
- ask someone to paint it and have the picture taken at the Louvre
- sell it to the Russians

7. Go to site 5! Venturing into the bohemian "republic" of Užupis District, we'll encounter a haven for artists and free spirits alike. Keep your senses sharp as you are looking for something. Something out of this world, close to a bird and more magical. Vilnius is sometimes described as a city of these beings. What are we talking about? Find it and take a photo. p.s. You can get a true stamp on your passport while visiting this republic

From now on, you might notice no more numbers on the map. If you are brave enough, try to challenge yourself and explore the city as a local. Don't forget your task: Produce a captivating digital story that unfolds as we explore the city's diverse sites and landmarks.

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HANDOUT FOR GROUP 4
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creatively document our experiences, encounters, and discoveries at each location, showcasing Vilnius's rich history, culture, and hidden gems.

2. Your group adventure starts **at point 4 – Please visit St. Anne's Church**, a masterpiece of Gothic architecture that has captured the hearts of visitors for centuries.

Lithuanians argue that during Napoleon's time, he wanted to do something with the church and try to guess what exactly:

- destroy the church to the ground
- take it home and keep it in France
- add the picture of the church to the currency of France
- ask someone to paint it and have the picture at the Louvre
- sell it to the Russians

2. Go to site 5! Venturing into the **bohemian "republic" of Užupis District**, we'll encounter a haven for artists and free spirits alike. Keep your senses sharp as you seek something out of this world, close to a bird and more magical. Vilnius is sometimes described as a city of these beings. What are we talking about? Find it and take a photo. p.s. You can get a true stamp in your passport while visiting this republic.

3. Now go to site 1. This is the Old Town, where the magnificent **Vilnius Cathedral** stands tall in Cathedral Square. Keep an eye out for the "Miracle" (look on the ground, you might find it), rumoured to bring good luck to all who step upon it. Find it, take a photo, and try to remember the Lithuanian word for miracle. Who ordered the construction of the building and why? What happened to the Cathedral during the Soviet time? Why? What is the predominant religion in Lithuania? Is there a 'state or official' religion?

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5. You just discovered one of **Vilnius's symbols—the Castle**. What is the name of the Lithuanian duke who built the castle? What is he remembered with? Read the myth and share a few creative photos reenacting the events that led to building the city and the castle. Bonus points go to those brave enough to reach the top of the castle mountain.

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 - take photos and videos, use various tools
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From now on, you might notice no more numbers on the map. If you are brave enough, try to challenge yourself and explore the city as a local. Don't forget your task: Produce a captivating digital story that unfolds as you explore the city's diverse sites and landmarks.

During our visit to the Ukrainian Youth Group in Lithuania, we were warmly welcomed by members Anastasiia Dobrianska, Igor Lameko, Mykhailo Naginaylov, Pavlo Zoskoka, and Olchandra Kottiar. They shared their organisational goal for engaging youth in socially active and culturally political activities. We learned about the group's origins and its unique role as the first of its kind in Lithuania.

The group members spoke passionately about their mission to promote youth involvement and their dedication to the values of freedom, gratitude, and loyalty to their homeland. They emphasised the importance of youth as the driving force behind societal change and highlighted the significance of their work in fostering a sense of community and belonging among Ukrainian youth in Lithuania.

Through personal stories from the war in Ukraine, Anastasiia, Igor, Mykhailo, Pavlo, and Olchandra shared their experiences and the impact of the conflict on their lives. The emotional impact reached its climax when each recounted their experiences of displacement, loss, and uncertainty. Tears welled in their eyes as they relived the traumatic events, their voices trembling with emotion. Despite the pain and trauma they endured, their resilience shone through as they spoke with unwavering determination and a deep sense of purpose.

Our visit to the Ukrainian Youth Group in Lithuania was informative and inspiring. We left with a deeper understanding of the group's mission and a renewed appreciation for the power of youth activism in promoting positive change. Their stories served as a powerful reminder of the human cost of war and the strength of the human spirit in the face of adversity.
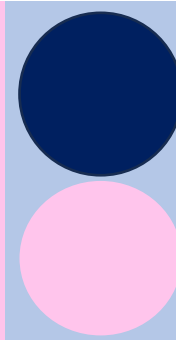
Those interested in learning more about the Ukrainian Youth Group in Lithuania can connect with them on Instagram (@uygl23) and Facebook (UYGL). For inquiries, you can reach them via email at uygl.info@gmail.com.

Day 4: Awareness Campaigns and Planning

Resilience & Activism   **April 25th**

OVERVIEW

In the morning, we visited National Television to explore examples of awareness campaigns. There, we delved into the topic of a "Successful National Campaign to Support Ukrainian Defenders" led by our Lithuanian partner. The insights gained served as valuable inspiration for our upcoming endeavours.

Following this, we engaged in creative workstations, brainstorming and planning the "We Can Do It" campaign on a European Union level. Ideas flowed freely as we collaborated to craft strategies to drive impactful change and foster unity across borders.

Transitioning into the afternoon, our focus shifted to action plans for local campaigns, with active participation from our partners. Together, we formulated concrete steps to bring our campaigns to life, tailoring them to resonate with our respective communities.

As the day drew to a close, we turned our attention to preparations for the Youth Pass and EU Citizen Pass, ensuring that all necessary documentation was in order for our participants to receive recognition for their achievements and contributions.

Finally, we concluded with a final evaluation and feedback session, reflecting on the day's activities and exchanging valuable insights to inform our future endeavours. These evaluation activities ensured that participants assessed their learning and planned for future action.

HOW WE DID IT

9.00 – 12.30 with one coffee break
MOTTO: Resilience – enhanced personal, social and learning-to-learn competence;
Introduction to the "We Can Do It" Campaign

Session on Examples for Awareness Campaigns – Visit to the National Television on the Topic of "Successful National Campaign to Support Ukrainian Defenders" (LT Partner)

Mantas Velykis, Head of the Communication and Marketing Department, welcomed our group and presented the campaign. He said that the "Radarom!" initiative, organised by LRT, "Laisvės TV," along with organisations like "Blue/Yellow," "Strong Together," and journalist Rita Miliūtė, had concluded its efforts in Lithuania on the evening of February 24, 2024.

Throughout the crowdfunding campaign, Mantas highlighted the citizens of Lithuania showed incredible generosity, contributing over EUR 8 million 288 thousand. This impressive sum enabled procuring more than 1,100 safety kits for Ukrainian soldiers. Launched in late January, the campaign aimed to provide essential safety equipment, including night vision monoculars, laser sights, and anti-drone systems, each valued at EUR 7,500. Notably, "Brolis Semiconductors" and NT Service proudly manufactured these kits in Lithuania.

Mantas emphasised that the campaign galvanised various sectors of Lithuanian society, including political leaders, private enterprises, volunteer organisations, and the general populace, in solidarity with Ukraine's defenders. During the final telethon, President Gitanas Nausėda and Speaker Viktorija Čmilytė-Nielsen reiterated Lithuania's unwavering support for Ukraine's defence against Russian aggression.

Reflecting on the conflict's toll, Mantas acknowledged its weight on both Ukrainians and Lithuanians. He commended Ukrainian resolve and stressed the significance of solidarity in

providing material and psychological support. Mantas also shared the gratifying news that the initial safety kits had already reached Ukraine, contributing to protecting Ukrainian soldiers.
As the event concluded, Mantas expressed gratitude to all supporters, including LRT, Laisvės TV, Stiprūs Kartu, Blue/Yellow for Ukraine, journalist Rita Miliūtė, and the countless individuals who contributed to the campaign's success.

MOTTO: Activism - improved organisational competence;
Session: Women Empowerment – What, Why and How, Viktorija Triuskaite

Viktorija Triuskaite describes women's empowerment as the process through which women attain greater control over their lives and decisions. It encompasses various facets, including increased self-worth and the power to make autonomous choices about their lives, education, careers, and bodies. This empowerment journey is marked by a strong belief in one's abilities and a robust sense of self.

Women's empowerment enables individuals to recognise and harness their inherent potential, fostering personal growth and development. By instilling a sense of self-worth, women can navigate life's challenges with confidence and resilience.

Central to women's empowerment is the notion of choice. Empowered women have the autonomy to make decisions that align with their aspirations and values. Whether it pertains to education, career paths, or personal matters, the ability to exercise choice empowers women to chart their own destinies and pursue paths that resonate with their goals and aspirations.

However, women's empowerment extends beyond individual agency and encompasses collective action and societal transformation. By empowering women, societies stand to benefit from their diverse perspectives, talents, and contributions. Empowered women are catalysts for positive change, driving progress and innovation across various spheres of society.

To achieve women's empowerment, concerted efforts are required at multiple levels, including policy interventions, social reforms, and cultural shifts. It necessitates dismantling systemic barriers and creating enabling environments that promote gender equality and inclusivity.

Moreover, there are significant disparities that hinder progress towards gender equality, including a notable leadership gap, decision-making disparities, and unequal pay. Women hold only 26.5% of board seats in Fortune 500 companies, highlighting the need for greater efforts to promote gender diversity and inclusion in corporate governance. Additionally, less than 25% of national parliamentarians globally are women, undermining women's voices in policymaking processes. Unequal pay persists globally, with women earning, on average, 16% less than men for comparable work, reflecting underlying systemic biases and discrimination in the labour market.

Addressing these disparities requires comprehensive strategies to promote gender equality and women's empowerment across all sectors of society. This entails implementing policies and initiatives that promote women's leadership, enhance their participation in decision-making processes, and ensure equal pay for equal work. By addressing these challenges, we can create a more inclusive and equitable society where women have equal opportunities to thrive and contribute to the advancement of society as a whole.

Viktorija Triuskaite explained that they had delved into digital storytelling the previous afternoon, highlighting how it merged traditional storytelling with multimedia elements to create impactful narratives. She mentioned that by incorporating photography, text, audio, voiceover, hypertext, and video, digital storytelling had allowed them to enhance their stories and engage audiences in new and exciting ways.

She stated that digital storytelling had blended traditional methods with modern technology, creating narratives that resonated deeply with audiences. Viktorija asked them to imagine a story that wasn't just told but also shown through images, enhanced with audio, and brought to life with video, emphasising that this approach allowed for richer, more engaging experiences, capturing the audience's attention and imagination.

Viktorija pointed out that one of the most beautiful aspects of digital storytelling was the freedom it gave for personal and creative expression. She said each story was unique, reflecting the storyteller's voice and vision, making the stories more authentic and relatable, and allowing the audience to connect with the storyteller on a deeper level.

She mentioned that digital storytelling created narratives that could be easily shared online, making a significant impact. Stories that might have been limited to a local audience could now be viewed by people worldwide, fostering a greater sense of connection and understanding. She stressed that every digital story needed a purpose, a mission, and a clear story to guide the narrative and ensure it resonated with the audience.

Viktorija explained that they needed a strong point of view, which was the story's main point and the author's perspective. She said it guided the narrative and provided clarity, shaping how the story was told and influencing the audience's understanding and interpretation. She also mentioned that a dramatic question kept the viewer's attention and was answered by the end of the story, driving the narrative forward and creating suspense and engagement.

She emphasised that emotional content was crucial, as serious issues came alive in a personal and powerful way, connecting the audience deeply to the story. Viktorija noted that it evoked empathy and engagement, making the story more impactful. By addressing emotions directly, she said, storytellers resonated with their audience on a personal level. She added that personalising the story through their voice helped the audience understand the context and feel a deeper connection to the narrative, making it more intimate and engaging.

Then, Viktorija Triuskaite highlighted three main advantages of digital storytelling in empowering women:

- **Enhanced Personal and Creative Expression**:
  - Digital storytelling allowed women to express their unique voices and perspectives using multimedia elements like photography, audio, and video, making their stories more authentic and powerful.
- **Wider Reach and Impact**:
  - Sharing digital stories online enabled women to reach a global audience, expanding the impact of their narratives and fostering greater connection and understanding, bringing attention to women's issues and experiences.
- **Promotion of Gender Equality and Inclusivity**:
  - Digital storytelling highlighted women's diverse perspectives and contributions, advocating for gender equality and inclusivity by challenging stereotypes and inspiring positive change.

Campaign Strategy and Planning

Led by Diana Bebenova-Nikolova, the workstation on Campaign Strategy and Planning focused on the following key elements:

- Overview of Campaign Components:
  - Discuss the essential components of a successful awareness campaign, such as setting clear goals, identifying the target audience, crafting effective messaging, and selecting appropriate communication channels.
- Country-Specific Breakout Sessions:
  - Participants were divided into country groups to delve into their unique contexts and issues. Through collaborative sessions, they developed tailored campaign strategies and action plans to address their specific challenges.
- Facilitated Discussions and Brainstorming:
  - Engaging activities were conducted to stimulate creativity and innovation in campaign planning. Facilitated discussions and brainstorming sessions encouraged participants to generate novel ideas and tactics for effective advocacy and awareness-raising.

Communication and Outreach Techniques

- Presentation on effective communication techniques for engaging target audiences and raising awareness about social issues.
- Case studies and examples of successful campaign messaging, branding, and storytelling.
- Interactive exercises and role-plays to practice persuasive communication skills and message crafting.

Additionally, the workstation included sessions on:

- **Community Engagement and Mobilization**:
  - Organising workshops on stakeholder mapping, partnership development, and volunteer
  - Planning sessions for community events, workshops, or outreach activities.
- **Campaign Implementation and Evaluation**:
  - Overview of practical considerations for implementing campaign activities, including logistics, budgeting, and timeline management.
  - Development of evaluation frameworks and indicators to measure campaign outcomes and success.
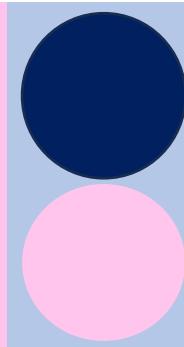
Session: Evaluation

- **Recap of Key Learnings**: A summary was provided, highlighting the main insights and takeaways from the workshop.
- **Distribution of Workshop Materials**: Participants received relevant materials and resources to help them implement what they learned during the training.
- **Announcement of Follow-up Support**: Information about ongoing support and networking opportunities for participants was shared, ensuring continued engagement and assistance beyond the workshop.
- **Closing Remarks and Gratitude**: The session concluded with expressions of gratitude to both participants and organisers for their contributions and dedication throughout the training.

Day 5: Evaluation and Departures

**VIRAGO -empowered women**   **April 26th**

OVERVIEW

The program's final day would involve an evaluation session and departure for participants, offering them an opportunity for reflection and closure. Participants were allowed to bid farewell to their peers and contemplate their experiences over the past five days. Evaluation activities, such as completing Youthpass and European citizen pass documents, were mentioned as a means for participants to formalise their learning and achievements.

CONCLUSION

The "Empowering Women for Social Change" training program offered a comprehensive learning experience designed to equip participants with the knowledge and skills to drive positive social change in their communities. Through interactive sessions, workshops, and outdoor activities, participants engaged with various topics, including civic awareness, digital skills, green skills, cultural diversity, and campaign planning. The program empowered participants to become agents of change in their communities by fostering collaboration. Evaluation and reflection sessions ensured that participants could assess their learning and plan for future action, ensuring the program's long-term impact.

Appendix 1
Digital Storytelling for Women Empowerment
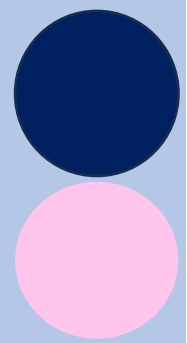
Digital storytelling for women empowerment

What is digital storytelling?

Digital storytelling combines the art of storytelling with multimedia features such as photography, text, audio, voiceover, hypertext and video. Digital tools and software make it easy and convenient to create a digital story.

- Blends traditional storytelling with multimedia elements like images, audio, and video.
- Creates impactful narratives that can be easily shared online.
- Allows for creative expression and personal storytelling

Digital storytelling: key elements

Digital storytelling should always have some purpose, mission, and story.

The power of storytelling is its ability to share a relatable human experience on social media and thus stand out among inauthentic posts.

Digital storytelling: key elements

Digital storytelling should always have some purpose, mission, and story.

The power of storytelling is its ability to share a relatable human experience on social media and thus stand out among inauthentic posts.

Digital storytelling: 7 key elements

1. Point of View
 What is the main point of the story and what is the perspective of the author?

2. A Dramatic Question
 A key question that keeps the viewer's attention and will be answered by the end of the story.

3. Emotional Content
 Serious issues come alive in a personal and powerful way and connect the audience to the story.

4. The Gift of Your Voice
 A way to personalize the story to help the audience understand the context.

Digital storytelling: 7 key elements

5. The Power of the Soundtrack
 Music or other sounds that support and embellish the story.

6. Economy
 Using just enough content to tell the story without overloading the viewer.

7. Pacing
 The rhythm of the story and how slowly or quickly it progresses.

DIGITAL STORYTELLING FOR WOMEN EMPOWEREMENT

1. Amplifies Women's Voices

Digital media provides a platform for women to share their experiences, challenges, and successes from every corner of the globe. This amplification of women's voices fosters a sense of empowerment by validating their experiences and promoting a communal understanding and appreciation of women's roles in societies worldwide.

2. Breaks Down Stereotypes

Through shared narratives, women can challenge and dismantle the stereotypes. Digital media allows for diverse stories to be told, showcasing the ways women live, work, and thrive, which can change public perceptions and encourage a more inclusive understanding of women's capabilities and roles.

3. Encourages Global Solidarity

Digital storytelling enables women from different cultures, backgrounds, and countries to connect, share stories, and support one another. This global network of solidarity empowers women by showing them they are not alone in their struggles or ambitions, fostering a sense of

4. Provides Role Models

Stories of successful women shared through digital media, can serve as powerful role models for others. Seeing someone who has overcome obstacles and achieved their goals can inspire and motivate other women to pursue their aspirations, empowering them to break barriers and excel in their endeavours.

5. Facilitates Educational Opportunities

Digital storytelling can be a powerful educational tool, teaching women skills ranging from digital literacy to specific professional competencies - allowing women worldwide can access learning opportunities that might otherwise be unavailable.

6. Drives social change

The collective power of women's stories can influence public opinion and policy. By highlighting issues like gender-based violence, wage gaps, and reproductive rights, collaborative storytelling can be a catalyst for social change, pushing for reforms that empower women and promote gender equality.

7. Facilitates Educational Opportunities

Digital storytelling can be a powerful educational tool, teaching women skills ranging from digital literacy to specific professional competencies - allowing women worldwide can access learning opportunities that might otherwise be unavailable.

8. Drives social change

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Other impact:

- ○ Enhances Creative Expression
- ○ Generates Economic Opportunities (monetizing content, freelancing, promoting business)
- ○ Builds Confidence and Skills (communication, presentation)
- ○ Strengthens Mental Health Support

7 KEY ELEMENTS OF DIGITAL STORYTELLING

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1. POINT OF VIEW
○ What is the main point of the story and what is the perspective of the author?

2. A DRAMATIC QUESTION
○ A key question that keeps the viewer's attention and will be answered by the end of the story.

3. EMOTIONAL CONTENT
○ Serious issues come alive in a personal and powerful way and connect the audience to the story.

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4. THE GIFT OF YOUR VOICE
○ A way to personalize the story to help the audience understand the context.

5. THE POWER OF THE SOUNDTRACK
○ Music or other sounds that support and embellish the story.

6. ECONOMY
○ Using just enough content to tell the story without overloading the viewer.
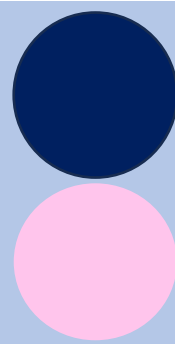
7. PACING

Building a story

IDEA

TARGET AUDIENCE

CREATING STORY

HOW TO BUILD GREAT DIGITAL STORIES?

PLATFORM

CHOOSING CONTENT

CREATING A SCRIPT

EXAMPLE

0:03 / 2:45

What story do you want to tell?

Appendix 2

Women Empowerment

WOMEN EMPOWERMENT

WHAT, WHY AND HOW?

WHAT?

Women's empowerment is the process by which women gain **greater control** over their **lives** and **decisions**.

IT INCLUDES:

- **Increased self-worth**: Believing in their abilities and having a strong sense of self.
- **Choice**: Having the power to make their own choices about their lives, education, careers, and bodies.
- **Access to resources**: Having equal access to education, healthcare, economic opportunities, and political participation.
- **Influence and leadership**: Having a voice and the ability to influence decisions that affect their lives and communities.

WHY?

- **Leadership Gap:** Women hold only 26.5% of board seats in Fortune 500 companies [Catalyst, 2023].
- **Decision Making Disparity:** Less than 25% of national parliamentarians globally are women [UN Women, 2023].
- **Unequal Pay:** Women globally earn on average 16% less than men for comparable work [ILO, 2023].
- **STEM Underrepresentation:** Only 28% of STEM workers globally are women [UNESCO, 2022].

Thank you!

Appendix 3

Mental Health Online
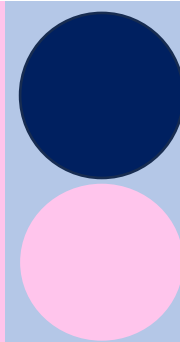
Mental Health online

-Arianna Quintana-
Spain

Contents

1. Introduction
2. How does technology afect our mental health?
3. Is it a gender problem?
4. Are you a victim of your phone?
5. How to remediate the problem?

Introduction

According to the World Health Organization (WHO), mental and substance use disorders are the leading global cause of disability

How does technology afect our mental health? Why?

STRESS

INABILITY TO SET BOUNDARIES

LOW SELF-ESTEEM

INMEDIATE NEED FOR GRATIFICATION

LESS EMPATHY

ANXIETY

LOW EMOTIONAL CONNECTION

DSM-5 DISORDERS

Is it a gender problem?

Men

Gambling

Women

Body image issues

Face image issues

Fake reality

Ways to remediate the problem

Clementine

Restless

Tia care

Sources in Spain
For Women's mental wellness

Social services

Institute of Women

Health center

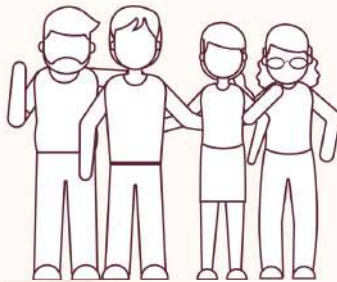**Women's Area or at the Casa de la Cultura of the City Council or**

Wall of opinions

Dinamic

What's the percentage

Thank you!!