

Key Action 1: Learning Mobility of Individuals (Youth) **“CYCLING-BASED LEARNING”**

DATE: 22 – 27 APRIL 2019, VILNIUS



PROJECT NAME: “CYCLING BASED LEARNING”

Project dates: 22 – 27 April 2019

Place: Vilnius

Organization: PBL Institute

Participants: Total of 30 Participants in the project will belong to 6 different countries: SPAIN, ROMANIA, GREECE, BULGARIA, POLAND and LITHUANIA.

Organizers

NGO “Problem-based learning institute” (PBL Institute) is public non-profit organization that aims to provide different educational consultancy in the sphere nowadays didactics in the settings of non-formal school, vocational, higher education. PBL Institute owns progressive paths in any kind of education realizing modern principles of nowadays education in terms of collaboration, contextually, self-direction and constructivism.

www.pblerasmus.com

About project

Project "Cycling-based learning" brings the new highly integrated conception of psychological well-being, sport, healthy lifestyle, environment protection and active citizenship to the new level altogether. Cycling-based learning gives the new approach towards the psychological well-being of youth having fruitful, healthy, active full-blooded, activities in Nature together with other beloved persons acknowledging the natural and cultural heritage of the local region together. Cycling-based learning reveals the highly integrated conception of learning by doing by actively exploring the sense of acting and learning together while cycling a bike.

The project idea strongly focuses healthy lifestyle promotion, that's highly supported by European policy. EU Health policy and its Health strategy that highly promotes the following aspects of health policy:

- Prevention work - especially by promoting healthier lifestyles;
- Equal chances of good health & quality healthcare for all (regardless of income, gender, ethnicity, etc.);
- Tackling serious health threats involving more than one EU country;
- Supporting dynamic health systems & new technologies.

Mental health and sports benefits of youth are highly supported within EU2020. EU Health policy and status of public health highly contributes to the implementation of Europe 2020 strategy which aims to make the EU a smart, sustainable and inclusive economy promoting growth for all – one prerequisite for which is good health.

Based on the latest estimates of World Health Organization (WHO) in European Union countries, overweight affects 30-70% and obesity affects 10-30% of adults. Over 60% of children who are overweight before puberty will be overweight in early adulthood. Childhood obesity is strongly associated with risk factors for cardiovascular disease, type 2 diabetes, orthopedic problems, mental disorders, underachievement in school and lower self-esteem. That's why physical activity and diet is advised mostly to tackle health-related problems. (<http://www.euro.who.int/.../nonco.../obesity/data-and-statistics>).

Scientists notice a number of cycling benefits (<http://www.bikeradar.com/.../30-reasons-to-take-up-cycling-2.../>) like beating the illness, longer life, improving general health, losing overweight, improving mental being, creative breakthrough and much more. That's why this approach in the project was selected - to promote healthy living habits of youth.

Vilnius region - seems to be a very nice example of "Cycling-based learning" because of rich Natural and Cultural heritage of this wonderful capital of Lithuania. Vilnius is called "Green City", because of plenty of green areas within also it contains a number of famous objects of cultural heritage with its own unique cultural gothic, baroque and renaissance backgrounds. "Cycling-based learning" has a strong non-formal education character - it gives youth better understanding about benefits of a healthy lifestyle while cycling, acknowledge how to read value of local natural heritage in terms of preservation of forests, green areas, how to contribute to preservation of natural areas within the cities, suburban areas and local regions and how to start active volunteering in related organizations. Healthy life awareness and benefits of cycling together promoted in the project fostering of active community bringing and new ideas for realization through volunteering activities.

The AIM of Project - promoting of Youths' Healthy living habits by practicing cycling activities acknowledging local cultural and natural highlights.

Project OBJECTIVES:

1. Give better insights for youth on healthy lifestyle and cycling as a tool for exploring of local natural and cultural heritage;

2. Provide insights on cycling-based learning a method for catalyzing the new pro-social ideas and bringing ideas to the practice;
3. Provide the new, innovative ideas for youth how to volunteer in local sport/environmental/cultural organizations;
4. Introduce youth to the conception of learning by doing losing xenophobic, discriminatory attitudes;
5. Creating of innovative projects for contributing to local communities preserving of local cultural, natural heritage and sports infrastructure for promoting active, healthy, culturally rich environment for youth and local communities.

Project Methodology - learning by doing (Dewey, 1958), that involves highly practical activities by learners exercising themselves acting together and learning from the practice. Cycling-based learning is at the heart of "Learning by doing" because of active learners' involvement in sports activities exploring local natural and cultural heritage for better understanding and contributions by volunteering in the local cultural, natural and sport infrastructure establishments

TARGET

The Youth Exchange is designed for volunteers, youth workers and professional workers who work directly *with young people, youth workers and organizations who are interested nowadays didactical issues and approaches.*

Number of persons per country: 5 persons per country. (4- Age 18-30 and 1 – 18- unlimited).

PARTICIPANT'S PROFILE

- Youth participants of sending organizations, active youth workers and youth information workers.
- Capable of speaking, writing and understanding English at least at the medium level;
- Interested in the main topic of the exchange;
- Capable and willing to develop further projects.

PREPARATION WORK FOR PARTNERS

All partners must prepare indoors and outdoors educational activities (games /exercises) on following topics:

- **ASSOCIATION**, SUR 217, SPAIN - Surviving in nature skills;
- **ASSOCIATION**, D.T.C., ROMANIA - Volunteering in public organizations;
- **NASZA WIES**, POLAND – Non-formal education;
- **BULGARIAN SPORT ASSOCIATION**, BULGARIA – Sports-based education;
- **YOURS YOUTHFULLY GR**, GREECE – Architecture and Cultural heritage;
- **PBL INSTITUTE**, LITHUANIA – PBL and Cycling based learning methodology.

WORKING METHODS

In our training we will use a non-formal learning method. This means that learning is based on the participants' experience, their motivation and their needs. During the training, methods of non-formal education and methods for ensuring the balance between theory and practice are used in the form of presentations, group work, workshops, games, role plays, exercises, etc.

PARTICIPANT COUNTRIES AND PARTNER ORGANIZATIONS:

- ASSOCIATION, SUR 217, SPAIN
- ASSOCIATION, D.T.C., ROMANIA
- NASZA WIES, POLAND
- BULGARIAN SPORT ASSOCIATION, BULGARIA
- YOURS YOUTHFULLY GR, GREECE
- PBL INSTITUTE, LITHUANIA

TRAVEL

Arrival – 21 April, 2019

Departure – 28 April, 2019

Preferable airports:

☑ Vilnius airport (<http://www.vilnius-airport.lt/en>);

☑ Kaunas Airport (<https://www.kaunas-airport.lt/index.php?lang=en>).

From Kaunas to Vilnius shuttle: <http://www.ollex.lt/en/express/Kaunas-airport/buy-a-ticket> (20 Euro - two ways).

Before buying tickets – **please send information to verify and confirm by us.**

[Buying of tickets allowed only from 01-01-2019](#)

If you arrive before the date, please accommodate yourself. Some options for hostels:

Please reserve hostel (price varies from 10 euro / night/ person) in Vilnius centre, because you will be collected all and taken to the venue on 21 April. (18.00) from Vilnius Centre (Central Cathedral, Tower Clock). Proposal for hostels (look at booking.com):

- 5 Euro Hostel Vilnius

- Sodu Hostel

- B&B

- Hostel gate Privates

- Hostelgate

- Hostel Filaretai

ACCOMODATION

Mikailiškių k., Vilniaus rajonas

<https://goo.gl/maps/XRkzjcZYg9D2>



Commodities:

- Basketball court
- Tennis court
- Sauna
- Tub
- Nice environment;
- Forest
- Indoors games facilities
- WIFI
- Bikes

Contacts:

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PROJECT WILL COVER: TRAVEL, THE PROGRAMME, ACCOMODATION AND 3 TIMES PER DAY MEAL.

No	COUNTRY/ AREA	DISTANCE, KM	MAXIMUM REINBURSMENT FOR TRAVEL IN EUR.*
1	HUELVA (SPAIN) IN CASE TRAVEL FROM SEVILIA / FARO	OVER 3000	400
2	BUCHAREST (ROMANIA) IN CASE TRAVEL FROM BUCHAREST	UNTIL 2000	250
3	WARSAW (POLAND) IN CASE TRAVEL FROM ANY POLAND LOCATION	UNTILL 500	100
4	THESALONIKI (GREECE) IN CASE TRAVEL FROM THESALONIKI / ATHENS	UNTILL 2000	250
5	SOFIA (BULGARIA) IN CASE TRAVEL FROM SOFIA	UNTILL 2000	250

*Reimbursed according factual expenses

DOCUMENTS THAT MUST BE PROVIDED:

1. Boarding passes;
2. Travel invoices;
3. Payments (bank transfer sheets);
4. Taxi checks;
5. Public transport tickets.

IMPORTANT: please make sure you have all the documents with you once come. Try to do electronic check in to get backwards boarding passes before leave. All travel expenses will be reimbursed in case all required documents has been delivered in the right order. Money will be sent to sending institution's bank account. From Vilnius airport / Bus station you will be taken by minibus to Exchange location.

OTHER IMPORTANT INFORMATION:

- Please prepare for National night: bring some national food with you;
- Please make sure you have travel insurance; group leaders – travel and civil insurance;
- Every national group must prepare 3-5 icebreakers; be able to contribute to implementation of YEX programme actively;
- Equipment needed: smart phone (shooting pictures / videos).

INFORMATION NEEDED RULES

- YOU ARE EXPECTED TO PARTICIPATE FULLY IN ALL ACTIVITIES. UNAUTHORIZED ABSENCE FROM ACTIVITIES AND WORKSHOPS WON'T BE ALLOWED. WE WOULD REALLY APPRECIATE ENERGETIC AND ACTIVE PARTICIPATION.
- SMOKING IS PROHIBITED INSIDE OF THE BUILDINGS, SO ALL SMOKERS WILL HAVE TO LEAVE THE BUILDING IN CASE THEY WANT TO SMOKE A CIGARETTE.
- HEALTH AND TRAVEL INSURANCE: HEALTH INSURANCE WILL NOT BE PROVIDED OR REIMBURSED BY THE ORGANIZERS. ALL PARTICIPANTS
- ARE REQUIRED TO PURCHASE HEALTH INSURANCE INDIVIDUALLY, OR GET THE FREE OF CHARGE FORMULARY E-111; FROM YOUR NATIONAL SOCIAL SECURITY THAT COVERS MEDICAL COSTS AROUND EU MEMBER STATES (EUROPEAN HEALTH INSURANCE CARD).

CULTURAL NIGHT

DON'T FORGET TO BRING SOME TRADITIONAL MUSIC FOR THE INTERCULTURAL EVENINGS!

WE WILL HAVE 2 CULTURAL NIGHTS WHERE 4 COUNTRIES WILL SHARE SPACE AND LIMITED TIME, WHERE THEY CAN EXPOSE THEIR CUSTOMS, CUISINE AND CULTURE. PLEASE!!! ALL TEAMS MUST PREPARE SOME PRESENTATION OF YOUR COUNTRY IN A CREATIVE WAY (TRY TO AVOID POWERPOINT AND MOVIES FROM TOURIST AGENCIES). WE HOPE, THAT YOUR CULTURE MEANS YOU SOMETHING MORE THAN NATIONAL FOOD AND DRINKS. ALSO BRING FLAG OR YOUR COUNTRY. IT WOULD BE NICE IF YOU BRING ALSO SOME SMALL SOUVENIRS WITH YOU (COSTS ARE NOT COVERED).

YOUTH EXCHANGE PROGRAMME (SOME ASPECTS COULD BE DIFFERENT)

ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE "CYCLING-BASED LEARNING"					
Activity n°	A1				
Participating organisations	DARE TO TAKE YOUR CHANCE (ROMANIA); SUR217; I LIKE CZERSK (POLAND); ASOCIACIA ZA RAZVITIE NA BULGARSKIASPORT (BULGARIA); PROBLEM-BASED LEARNING INSTITUTE (LITHUANIA); Youthfully Greece (Greece)				
Venue		Duration			
City/Town	Country	Start date	End date	Activity duration (excluding travel days)	Travel days
Vilnius	Lithuania	4/22/2019	4/27/2019	6	2

Activity Programme		
Timetable	Activities	Non-formal and informal learning methods used
DAY 1		
9.00-10.30	Introductory ice-breakers games with project participants	<p>The following Ice-breakers games for introductory purposes will be implemented:</p> <ul style="list-style-type: none"> - "Story of my name" (telling origins / interesting stories about names: Work in pairs and later both colleagues tell the each other story of names to general audience); - "Drawing of colleague faces: (drawing faces of colleague and asking audience to guess the personality); - Lining up according sequence of the first names letter / date without verbal information; - Blanket game (guessing names of participants, that are behind the blanket once quickly removed); - Making post box for each of participants, that will be used for giving secret remarks or compliments to the fellows during the week of activities. <p>All those activities are active games involving all participants either in pairs of groups, that will help to break social boundaries among the participants, acknowledge each other better, lose shyness and start YEX programme successfully.</p>
10.30-12.00	Introduction to Youth exchange programme: presentation of Cycle-based learning conception; introducing of activities day by day; instruction on programme attendance rules; safety issues.	<p>Introduction to the programme will be implemented by showing slides and working programme, that will be implemented day by day; special visualization of each day of the programme will be prepared on the walls of meeting venue to memorize better each day activities. Safety rules and basic discipline presented as well as rules of Ethics will be created by group itself. Each partner's contributions to the programme analyzed; Each National group will plane to organize open learning spaces during cycling activities in Nature or Public areas in Vilnius city / county.</p>
13.00-16.00	Introduction to the main activities of the project and benefits of healthy lifestyle in terms of active exercising by cycling: visiting Lithuanian Club of Travelers / Cycling association for exchanging ideas about cycling for non-formal educational activities;	<p>Visiting Association of Cycling where participants will be introduced with history of organization; mission, vision. Participants, projects; cycling health benefits; interesting stories from daily activities of association. Participants will be introduced with the basic tips of cycling: clothing, biking attributes; different biking equipment's; biking peculiarities during different seasons. Open learning space will be organized by PBL Institutes representatives: discussion on "Cycling with Love" conception and philosophy.</p>

1600-17.00	Reflection groups: National reflection groups and final review implemented by leaders of the day summing up all the results of the day.	Reflection groups will be organizing at the end of the programme day. First all groups leaders will organize National teams where they will collect all the feedback from their participants, later on all leaders will gather to exchange feedbacks acquired in groups; teams of leaders will outline and summarize major outlines.
<i>DAY 2</i>		
9.00-10.30	Waking-up ice-breakers games with project participants	<p>The following Ice-breakers / energizers games for energizing purposes will be implemented:</p> <ul style="list-style-type: none"> - "Ball game" (passing balls to the other persons: every person in the group must touch the ball; not allowed to throw ball to neighboring person); - "Two Leg chairs" (passing to neighboring person chair keeping it to the surface with only two legs moving in circle); - "Fruit Salad" (In circle exchanging chairs with other persons as quickly as possible; not allowed to sit on neighboring persons' chairs). <p>All those activities are active games involving all participants either in pairs of groups, that will help to break social boundaries among the participants, acknowledge each other better, lose shyness and start YEX programme successfully.</p>
10.30-12.00	Open learning spaces: healthy life conceptions using Problem-based learning approach	PBL sessions: drawing pictures in groups about healthy life conceptions connected to Nature. Participants divided in groups and draw pictures on healthy life conceptions; generating of actual questions what's is the most important to live healthy life; how search information about healthy life living and reflections of learning results.
13.00-16.00	Visiting Pavilnys Regional park/Neris Regional park/Dukstas park/Trakai regional park for exploring Natural heritage within and generating creative ideas for preservation of Natural heritage by volunteering activities; Educational visit to local regional parks of Vilnius (2 parks optionally: Pavilnys Regional park / Neris Regional park Dukstas park/Trakai regional park)	Visiting of Trakai / Neris regional park by cycling: introduction to parks history, natural and cultural heritage; Administration staff of parks will give major information about parks, infrastructure, environmental, recreational issues; will discuss on volunteering opportunities in the parks. Open learning spaces organized by SUR217 scouting tips in nature.
1600-17.00	Reflection groups: National reflection groups and final review implemented by leaders of the day summing up all the results of the day.	Reflection groups will be organizing at the end of the programme day. First all groups leaders will organize National teams where they will collect all the feedback from their participants, later on all leaders will gather to exchange feedbacks acquired in groups; teams of leaders will outline and summarize major outlines.

DAY 3		
9.00-10.30	Waking-up ice-breakers games with project participants	The following Ice-breakers / energizers games for energizing purposes will be implemented: - Guess the leader (persons in circle going around and person in the middle of the circle must guess the leader who changes movements of the groups constantly); - "Group Performances" (Dividing participants in teams; groups generates ideas of performances and performs on particular idea connected to healthy life; reflection follows afterwards).
10.30-12.00	Open learning spaces: generating of conceptions of doing sport using Problem-based learning approach	PBL sessions: drawing pictures in groups about healthy life conceptions connected to Sport Participants divided in groups and draw pictures on personal meaning of sport; generating of actual questions what's is the most important in doing sport; how search information about doing sport and reflections of learning results.
13.00-16.00	Cycling in the Vilnius Old town: acknowledging of preservation policies of urban architectures of Old town and green areas within Bernardinai yard; Vilnele river surroundings; St. Ann church; Petras and Povilas Church; Vilnius old-town architecture; Visiting Vilnius tourism center for learning of Vilnius city's developments in terms of preservation of green areas	Educational visit will be organized to acknowledge and reflect major objects of Vilnius: Bernadinai yard; St. Ann Church, St. Petras and Povilas Church, Old town infrastructures: Visiting Vilnius tourism center where the following non-formal educational activities foreseen: - Introduction to Vilnius old town infrastructure at different centuries; - Introduction to Vilnius Cathedral undergrounds its historical and cultural values; - Reflection on preservation policies of architectural values of Vilnius old town; - Discussion of volunteering opportunities for public infrastructures of old own for youth; Open learning spaces will be organized by "Dare to Take a Chance": groups forming educational games.
1600	Reflection groups: National reflection groups and final review implemented by leaders of the day summing up all the results of the day.	Reflection groups will be organizing at the end of the programme day. First all groups leaders will organize National teams where they will collect all the feedback from their participants, later on all leaders will gather to exchange feedbacks acquired in groups; teams of leaders will outline and summarize major outlines.
DAY 4		
9.00-10.30	Waking-up ice-breakers games with project participants	The following Ice-breakers / energizers games for energizing purposes will be implemented: - Spaghetti challenge (Building towers from spaghetti in groups from pasta and tapes; Team building skills); - Tell the story of my way to happy and health life (Participants tells fascinating stories how did they start to do sport / healthy eating / healthy style of life).

10.30-12.00	Open learning spaces: exercising of Yoga for mental health	<p>Special trainer will instruct participants on Yoga exercise for:</p> <ul style="list-style-type: none"> - Promoting breathing techniques; - Promoting of concentration; - Peaceful thinking; - Promoting of mutual support in Yoga activities. Activities will help to promote general mental health of youth and different related techniques.
13.00-16.00	Cycling at forest: survival skills in wild nature skills - cycling and learning survival skills in Vilnius Neris regional park forest. Learning from local scouts' groups of survival skills in wild nature	<p>Educational visit to Vilius Neris regional park with local scouts: learning the following scouting skills in Nature:</p> <ul style="list-style-type: none"> - Hygiene keeping in nature; - Physical exercises in Nature; - Preparing of food in nature; - Acknowledging goods of forest; - Orientation in Nature. Youth Will learn the most crucial survival skills i nature. SUR217 partner will organize non-formal educational games in nature.
1600-17.00	Reflection groups: National reflection groups and final review implemented by leaders of the day summing up all the results of the day.	<p>Reflection groups will be organizing at the end of the programme day. First all groups leaders will organize National teams where they will collect all the feedback from their participants, later on all leaders will gather to exchange feedbacks acquired in groups; teams of leaders will outline and summarize major outlines.</p>
DAY 5		
9.00-10.30	Waking-up energizing games with project participants	<p>The following Ice-breakers / energizers games for energizing purposes will be implemented: Playing basketball 5 against 5 - the tournament. Instruction on rules; traditions in Lithuania. Trainer will introduce Lithuanian basketball personalities and traditions.</p>
10.30-12.00	Presentation from Volunteering organizations representatives	<p>Presentation from Tolerant Youth Organizations / Youth Organization "Help to Fit" / "Mothers and Childs" home and "Youth line":</p> <ul style="list-style-type: none"> - Presentations of organizations; - Presentations of organizations; - History; - Activities projects; - Volunteering opportunities. Exchanging methodical information / getting the main tips for successful volunteering activities.

13.00-16.00	Visiting local youth organizations connected to volunteering in youth organizations connected to psychological support, cultural and natural heritage organizations	Visiting organizations: Kairenai Botanical garden / Direction of Vilnius Castles and Cultural heritage: - Activities projects; - Volunteering opportunities. Exchanging methodical information / getting the main tips for successful volunteering activities.
16.00-17.00	Reflection groups: National reflection groups and final review implemented by leaders of the day summing up all the results of the day.	Reflection groups will be organizing at the end of the programme day. First all groups leaders will organize National teams where they will collect all the feedback from their participants, later on all leaders will gather to exchange feedbacks acquired in groups; teams of leaders will outline and summarize major outlines.
DAY 6		
9.00-10.30	Generating of project ideas for the future projects: problems, projects' framework, programming and selecting of partner; Methodical guidelines.	PBL Institute will instruct on how: To generate idea; Formulate problems; Search for information; Introduction to strategical documents of EU; Examples of filling application for "Erasmus+" programme.
10.30-12.00	Creative workshop on creating project ideas for preserving cultural, natural heritage; promoting mental health and sport activities of youth.	Groups of participants will be involved into creation of projects ideas for promoting of cultural, natural heritage sport and healthy life style activities. Creative workshops will be organized for this purpose. Presentation and reflection of projects ideas will be reflected afterwards.
13.00-15.00	Introduction to Erasmus plus programs and creating the projects for promoting of local communities cultural, natural, and sports infrastructures in project partners' countries	Introduction to Erasmus+ programme: K1;K2;K3 programmes; Presenting the most relevant and actual projects for nowadays youth in Europe. Presentation; creative workshop and discussion will be used to represent and reflect Erasmus+ programme.
15.00	Reflection groups: National reflection groups and final review implemented by leaders of the day summing up all the results of the day and whole week. Evaluation and Cerifications	Final activities. Reflection groups will be organizing at the end of the programme day. First all groups leaders will organize National teams where they will collect all the feedback from their participants, later on all leaders will gather to exchange feedbacks acquired in groups; teams of leaders will outline and summarize major outlines. Evaluations and certification.

CONTACTS

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