

WE GO NEWS

Kaunas City Adventure

On Saturday, our second day here, Kikas, Rasa and Pranas decided to take us in Kaunas City, the second largest city in Lithuania. We've arrived with our bus at Nemunas Island and then we split up in six international groups. All the groups had the same tasks during the day: one main task made up of four sub quests (Firefighters, Police, Paramedics, Army) and a secondary task made up of four (or five, sorry we don't remember!) quests in order to explore Kaunas City.



During the Firefighters we had to rescue two people after a boat crash. One of them was almost dead and the other one was lost. This experience made us feel aware of what it means to be a firefighter, and we learned that Margarida and Fabio won't ever be Firefighters!



to steal a car!

About the Paramedics one, the best way to save a person is doing CPR

singing "Stayin' alive – Bee Gees". That man died anyway, but probably because we didn't know the lyrics.

But the best experience was the Army one! Everyone loved to be a soldier, even for just 15 minutes! But probably because we weren't in a real war. Carlos even shot our VIP because he was bothering us!

The most important thing is that we loved being volunteers, we enjoyed all the activities and we also had time to visit the city, drink and go to shopping.



The volunteering in the rehab centre

On Tuesday (9th of October) 11 of the participants in the youth exchange "The Best Time to Volunteer Was Yesterday" went to a rehab centre, hidden in the deep Lithuanian forest. The mission of the participants was to experience volunteering by first hand.

In the centre there are 11 people who are struggling to get rid of their addictions. All of them are taking part into a programme called

“Minnesota” and they have to follow different steps in order to complete the programme successfully. They don’t use phones, they don’t have computers and they don’t watch TV. Their everyday life includes different lessons, physical work, prayers and hours in the gym. They have a library, meetings with psychologists and also they are involved into tea production. All of the inhabitants of the centre are males, because it is considered to be more appropriate for the goals of “Minnesota”. They come from different backgrounds and they have different stories and expectations for the future.

The participants of “The Best Time to Volunteer Was Yesterday” went to centre in the early morning and they started their volunteering experience with raking the leaves and arranging the woods for the fireplace. After that, they had the opportunity to talk with the people who are living in the centre and this was the most emotional part of the whole morning. At the end of the volunteering, the director of the centre invited the volunteers for a cup of “home-made” tea and shared the story of the centre and the main challenges which they are facing.

European youth visited Dzukijas National Park



On Tuesday 9th 36 European youth from Portugal, Spain, Italy, Greece, Poland and Lithuania discovered the beauty of Dzukijos National Park. After volunteering in various institutions in Merkine, the

youngsters, who are in Lithuania for a youth exchange, hiked their way back to their accommodation. In their way home, they visited Merkine s hillfort and the panorama tower and explored the beautiful landscape there, getting in touch with the zones history and nature.

Energizers

Every morning each of countries must prepare some energizers. Energizers is an activity that can be run to warm up the team and promote group interaction. It is a good meeting starter for any team meeting. An energizers is a



short activity designed to quickly increase the energy level of your audience when people are starting to look tired. Explaining the rationale behind your energizers is therefore important. As is selecting an appropriate energizer for your audience. We usually explain that we are just going to do on activity for a couple of minutes to give our brains a break, simply a chance to do something else for a minute so our brains can refresh themselves. You can try energizers

- before or after test
- before long lessons block
- while waiting for a special an all-school meeting or dismissal

When we do energizers we have a lot of fun. Everyone is happy and smiling. Let’s do energizers

Back to School!



Hi my name is Nikos and in this article I will talk about my visit at a school at the City of Merkinė. First impression while walking inside it was the size of it for a village with this little population. Also it was very clean and well preserved. First task was to talk with students that was at the second grade of high school. While being a bit shy at the beginning the students quickly got more open to us and we started discussing about ourselves and our dreams and goals. After the break we joined the gymnastics teacher at the really well equipped closed basketball court and did some exercises with the younger students. In the next hour we joined again for an English lesson this time with the students of the final grade and talked about the process of getting into a University in Lithuania and the educational system of the country in general. After eating a ridiculously cheap lunch at the school's restaurant we went for the final gymnastics challenge which was a volleyball match. We left the school having the best impressions and hoping we persuaded students to learn about Erasmus and Evs programs.



Sharing cultures

All of us were born in different countries and, consequently, in different cultures, but we have something that connects us - #wegoproject - and here we had the opportunity to share with others the characteristics that differentiates us during the intercultural nights. This nights were happy moments full of food, drinks, dance and music.



The Italians were the first to bring us their typical flavours with their aperitivo - cheese, sausages, bruschette, olives and drinks. After having our stomachs full filled we danced a Sardinian dance called Su pass'a tresì. Polish participants were the second to invest their time making pierogi for dinner and homemade vodka - bimber. Everyone could experience the tastes from this close neighbor of Lithuanians and even though what the history tells us, they still have a lot of particularities between eachother.



Portuguese and Spanish participants took us on a trip to Iberian Peninsula. First of all the night started with a recreation of a daily fado house's night with candles and music, after the Spanish brought with them some knowledge about their country with a

quiz. The night become warmer with moscatel, sangria, typical cheeses, chorizos, biscuits and candies. Finally the Greeks had their opportunity to take us to their beautiful islands and landcamps through videos about the country and again a quiz. After a shot of ouzo everyone felt the urge to dance Sirtaki and taste Greek salad, kritsinia and dry nuts.

Finally our hosts shared with us more about their country and traditions, by taking us to a typical wedding between Melanie and Dovydas. Everyone had the opportunity to participate in this simulation and some of us had a special role, the night was followed with vodka with sweet bread, we danced for hours their typical dances and got the chance to understand why Lithuanians are blonde, skinny, rich and a little bit of a bitch.

