

Interreg V-A Latvia–Lithuania Cross Border Cooperation Programme 2014-2020

Project No. LLI-513 „Empowerment of generations for social integration“

(Power of Generations)

Summer camp (D.T2.2.1)

**AGENDA**

2022-07-01

Linkuva social services center, Parko street 4, Linkuva 83435, Lithuania

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| 8.30 – 9.00 | Arrival, check-in, welcome coffee and snacks. |
| 9.00 – 9.30 | Greetings, Pakruojis Youth Center volunteer concert.  Presentation of camp activities, presentation of volunteers.  Fun program. |
| 9.30 – 12.30 | Lecture "Stress management, improving emotional health" and practical exercises in the sectors:  - psychological consultations and activities;  - physical activity;  - healthy eating activities. |
| 12.30 – 13.30 | Lunch |
| 13.30 – 16.00 | Lecture "Stress management, improving emotional health" and practical exercises in the sectors:   * sound therapy sessions; * art therapy classes. |
| 16.00 – 16.30 | Discussions, camp closure, farewell coffee and snacks |

Photos and videos will be taken during the event.

Contact person in Pakruojis District Municipality Administration:

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Project partners:

 