



PAKRUOJIS ADULT AND YOUTH EDUCATION CENTRE

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"New Flavour of Your Life: Promoting Active Citizenship and Health Awareness through Gardening in Towns and Cities"

PROJECT MEETING REPORT

5th international meeting, 8th - 12th June, 2015 in Pakruojis, Lithuania
Host institution – Pakruojis Adult and Youth Education Centre

Participants

Partner institution 1 (coordinator and host) - Pakruojis Adult and Youth Education Centre, Lithuania
Mrs.Rima Juozapavičienė, Mrs.Rima Leimontienė, Mrs. Greta Jasiūnienė, Ms. Eglė Kriukaitė, Ms. Jūratė Morkūnaitė, Mrs.Rasa Augustinaitienė, Mrs. Rasa Stravinskienė and other participants

Partner institution 2 – Balvi Further Education Centre, Latvia
4 participants: Mrs. Lauma Kalva, Mrs. Inta Raciborska, Mrs. Maruta Castrova, Mrs. Zinaida Logina

Partner institution 3 –Toroslar Public Education Centre, Turkey
4 participants: Mrs.Nilgün Çitak, Mrs. Zehra Memilli, Mr.Yusuf Gülgen, Mr.Özcan Bozoğlu

Partner institution 4 – Dodo, Finland
4 participants: Ms.Maria Nordlund, Mrs.Virpi Sirkiä-Nordlund, Mrs.Lena Lietepohja, Mrs.Pirjo Ingerö

Partner institution 5 – Messzelato, Hungary
7 participants: Ms. Tünde Udvarnoki, Ms.Zsuzsa David, Ms. Viktoria Takács, Mrs. Kinga Fetyko, Dr. Kornélia Széll, Mr. Gergely Ángyán, Mr. József Zsolt Nagyházi

Plan of Activities

Day and Date	Time	Activity
Monday, 8th June	till 16.25 by 17.00 18.00	Arrival of the participants to Vilnius Airport Arrival of participants to Panorama Hotel Welcome meeting with participants at the hotel Introduction of the meeting programme. Welcome dinner.
	19.30–21.00	Session 1 Visiting <i>Antakalnis</i> Community Urban Garden and meeting the representatives of the environmental association <i>Žali.LT</i> for contacts and ideas for future projects
Tuesday, 9th June	8.00–9.00	Breakfast
	9.15–12.15	Excursion to Vilnius Old Town
	12.30–13.30	Lunch at Panorama Hotel and payments
	15.00–20.30	Session 2 Workshop "Be Creative and Healthy: Food from Wild Plants". Going to „Žolynų namai" place www.zolynunamai.lt – (making food outdoors from wild plants, in a camping style - amidst Lithuanian meadows and having dinner together).
	19.00 23.30	Going to Pakruojis (a stop at Trakai Castle for a sight seeing on the way) Arrival to Pakruojis
Wednesday, 10th June	8.00-9.00	Breakfast
	9.00–10.00	Session 3 - Visiting urban gardens of Pakruojis Education Centre and a garden established by a nursery- kindergarten <i>Saulutė</i> .
	10.00-12.30	Session 4 - Conference for summarizing and evaluation of the outcomes and benefits of the project partnership activities (panel discussion of representatives of institutions – learners, coordinators, heads of partner organizations)
	12.30–13.30	Lunch at <i>Traktierius</i> Restaurant
	13.30-16.00	A guided tour in Pakruojis Manor Homestead and Lithuanian herb garden (Chemist's garden) + Perfumer's Show (making our own fragrance by using natural herbs and oils).
	16.30-19.00	Lithuanian Bread Baking and Herbal Tea Ceremony in Lygumai
	19.00-20.00	Dinner at Vasiliauskai farmstead
	21.30....	Free time in Pakruojis
Thursday, 11th June	8.00-9.00	Breakfast
	9.00-10.00	Session 5 - Final activities of the project: preparation of the material for EST database and project webpage, local evaluation activities in institutions (discussion)
	10.00-10.15	Coffee break
	10.15-11.30	Session 6 - Preparations for the final report of the project (discussions on the procedures and distribution of tasks)
	11.30-12.30	Lunch at <i>Medenė</i> Cafe
	13.00-14.30	Visiting Kleboniškės ethnographical village
	15.30-16.30	Visiting the Hill of Crosses – a unique historical place in the world.
	17.00-19.00	Free time in Šiauliai, the nearest major town
	19.00...	Departure for Pakruojis
	20.00-21.00	Farewell Dinner at <i>Gluosnis</i> Cafe
21.00....	Session 7 Feedback and evaluation of meeting activities Certificate Ceremony Lithuanian National Song and Folk Dance Evening Departure for Vilnius Airport	
Friday, 12th June	5.20	

PROJECT MEETING RESULTS

1. Sessions 1&2 were organized for **contacts, ideas for future activities and projects.**

The participants were involved in Visiting *Antakalnis* Community Urban Garden and meeting the

representatives of the environmental association Žali.LT to get the ideas for further activities and contacts for future projects on community gardening and sustainability in cities for their groups of learners as well as other community members. Workshop "Be Creative and Healthy: Food from Wild Plants" was organized for the participants in order to support the idea of healthier lifestyle and eating habits and introduce the initiative of organizing future wild plant food workshops in partner organizations.

It has been agreed that

- The sessions have been beneficial in terms of getting the wider perspective of encouraging urban practices and nurturing healthier urban communities in Lithuania's cities and the contacts may be used for initiating new European projects on active citizenship and sustainable urban communities.
- The idea of organizing wild plant food workshops could be successfully adopted in other institutions for organizing adult education activities after the project finishes.

2. Session 3 was organized to introduce **the urban gardens of Pakruojis Education Centre and a garden established by a nursery- kindergarten Saulutė**. The participants had a possibility to meet the learners and the community members who adopted the urban gardening idea for educational purposes and encouraging active citizenship, health awareness.

The participants have noted that

- The idea of establishing a raised bed garden is successfully adopted by the host institution and serves not only for enriching the urban environment but also for strengthening ties between community members and encouraging empowerment among local citizens.
- The local project urban gardening activities have successfully resulted in new teaching process organization ideas for local educational institutions.

3. Conference (session 4) "Grundtvig Learning Partnership *New Flavour of Your Life: Promoting Active Citizenship and Health Awareness through Gardening in Towns and Cities* Outcomes and Benefits" was organized for **summarizing and evaluation of the outcomes and benefits of the project partnership activities**. This was the main activity for evaluating the progress and impact of the project at partnership and international levels. Coordinators and heads of institutions participated in panel discussions "Project results to measure the success of the partnership: adopted activities, initiatives, ideas and approaches in order to enhance adult education activities in partner institutions" and "Products of the partnership for further dissemination and exploitation of the partnership results and outcomes", the learners from the participating countries discussed on a topic "The benefit of the project activities for adult learners".

The partners have agreed that:

- In general the aims of the partnership have been successfully achieved, beyond the expectations.
- The learning resulting from the partnership proved to be distinct because of the European added value, especially diversity should be mentioned as partners benefitted from a possibility to cooperate and learn from different types of organisations (NGOs and adult education centres).
- The project has been fully integrated into current activities within all of our partner organizations and resulted in new learning activities for adults: courses/activities/workshops on urban gardening, food preservation, plants/herbs, healthy food and living, new initiatives such as Restaurant Day, plant and seed exchange events.
- The partnership has been successful as the measurable results were achieved: five new urban gardens have been formed, a booklet has been produced and a website has been designed, each partner has adopted at least three activities/approaches/initiatives/ideas from other partners to enhance adult education activities, namely, urban gardening courses, Restaurant Day, workshops on candle and seed paper making (Latvia), aromatic and medical herb courses, Restaurant Day, balcony gardening (Turkey), six new workshops, raised bed gardening, project management approaches (Hungary), courses on urban gardening basics and food preservation, community gardening ideas (Finland), Restaurant Days with a philanthropic approach, raised bed urban gardening, seed paper and wild plant food workshops (Lithuania).
- The feedback from learners shows that the participation in the project activities has been evaluated positively as the learners have benefited in a possibility to join new learning activities and acquire new skills and knowledge of gardening, useful plants. The project activities have supported the learners'

professional careers and brought new ideas to the educational institutions and communities they work with. The active and practical learning has also resulted in generation of sharing, endurance, enthusiasm, positive emotions and cohesion in a community.

- The partnership has successfully resulted in the products described in the application form: a booklet, a webpage, flyers in national languages, a poster for Restaurant Days, packs of teaching material for the courses, workshops and activities.
- The booklet "Urban Gardening for Adult Education" as the main final product has been successfully published and will prove a valuable and practical resource tool for adult educators for new ideas and aspirations to organize and develop adult education activities on the basis of urban gardening.

4. Discussion on the **final activities of the project: preparation of the material for EST database and project webpage, local evaluation activities in institutions** (session 5).

The coordinators of the partner institutions emphasized the further activities of the project and they have agreed that

- The coordinating institution will enter the description and information on the common results of the partnership to EST database (responsible – Rima, by the end of July).
- The project webpage should be slightly amended by placing all the information relevant to international meetings under one menu item MEETINGS (responsible – institution from Lithuania).
- The final dissemination activities in various forms should be organized by each institution in the participating countries in June and July (responsible - coordinators from all institutions).
- The partners should prepare the pdf versions of the booklet in their national languages according to their needs. The pdf versions of the booklet in other languages should be placed on the project website (responsible – institution from Lithuania).
- The final common questionnaire on the partnership impact on project participants should be based on the questions provided in the final report and should be completed by the end of July (responsible – all coordinators).

5. Discussion on the **preparations for the final report of the project** (session 6) was organized and the partners have decided that

- The parts of the final report E.1 and E.5 should be done jointly (responsible – all coordinators).
- The partners should work on the other common parts of the final report by sharing the tasks: parts E.3, E.8 and E.10.3 should be done by the coordinator from Finland, parts E.6 and E.7 – by the coordinator from Hungary, parts E.2 and E.10.2 should be completed by the coordinator from Lithuania, accordingly – part E.10.1 - by the coordinator from Turkey. E.4 – by the coordinator from Latvia.