Date: 30 November - 6 December 2025

Location: Trakai, Lithuania

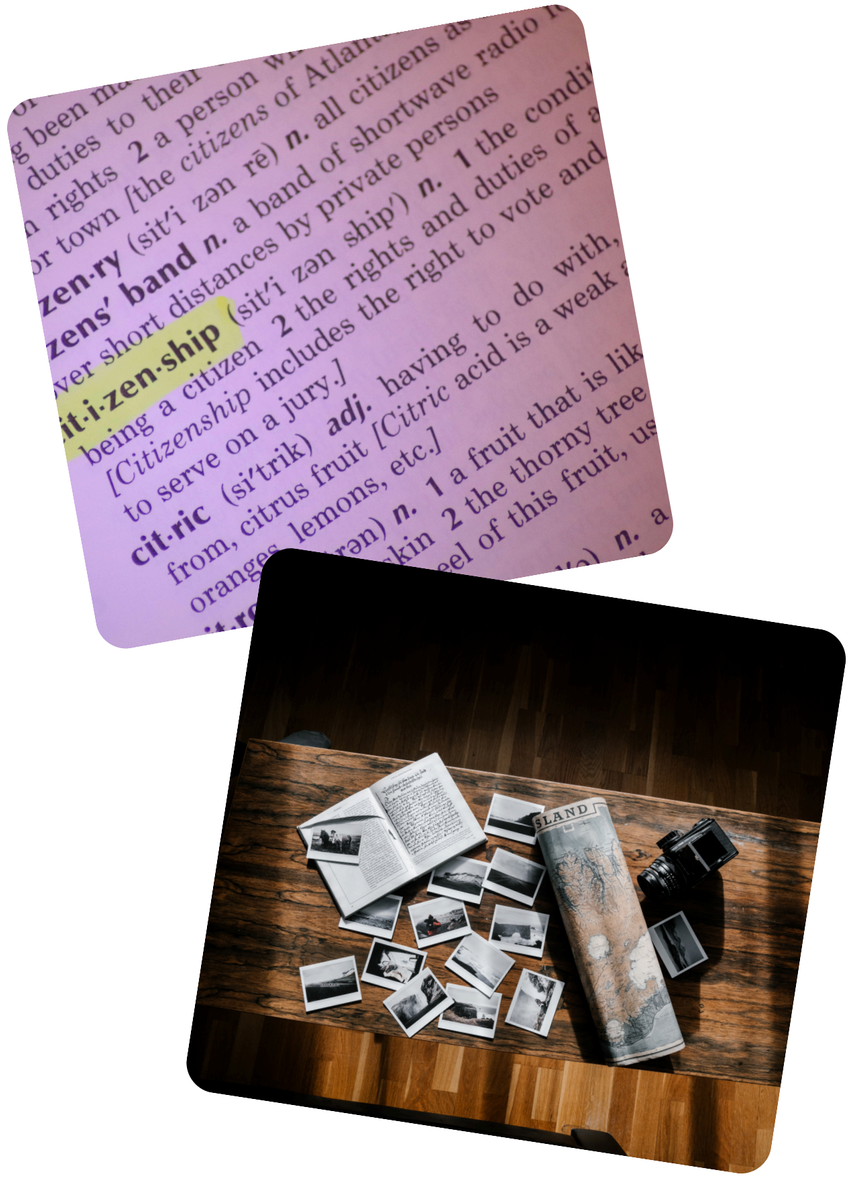
CJ SUPER HEROES

CITIZEN JOURNALISM TRAINING



Co-funded by the European Union

About the LTTA



This 5-day LTTA (Learning, Teaching, Training Activity) takes place within the framework of the Erasmus+ project "Citizen Journalism SUPERHEROES", which empowers NGOs and educators to use citizen journalism as a tool for civic engagement and storytelling for social change.

The training invites community workers, NGO staff, adult educators and facilitators interested in supporting their learners to critically engage with media and become active contributors to the public discourse.

It is a collaborative testing ground for a brand-new approach to adult learning in the field of citizen journalism. It's also a space for networking with like-minded professionals from across Europe who share a belief in the power of community storytelling and the urgency of democratic dialogue in the digital age.

ONLINE COMPONENT

- In the week before the LTTA, all participants will join a mandatory online session (morning / 3 hours) designed to introduce the digital tools used in the Citizen Journalism SUPERHEROES training program.

- This online part will focus on practical applications of AI tools that support content creation (from transcription, translation and summarization to image/audio enhancement), as well as the ethical use of generative AI





LTTA
(30.11 - 06.12.2025)

Throughout the LTTA, participants will engage in hands-on, interactive sessions focused on 3 core areas:
i. (new) media literacy
ii: media ethics / digital citizenship
iii. practical content creation skills

The training is based on innovative, non-formal lesson plans and tools developed by the project consortium, currently in their pilot phase. These materials will be tested and critically explored during the LTTA.
Participatory methods such as peer learning, group work, discussions, and co-creation sessions will support the evaluation and improvement of the activities. Feedback moments will help refine the educational model based on participants' insights.

PRELIMINARY PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Nov. 30	Dec. 1	Dec.2	Dec.3	Dec.4	Dec.5	Dec.6
08:30-09:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30 - 11:00		Rules and Expectations Presentation of the CJ Superheroes Training Program (Goals, Modules, Sessions)	Modern Media Ecosystem, Credible sources & Fake news	Media Ethics and Digital Citizenship - Concepts and Skills	Media production skills - Audio	Audience engagement with your content	Departure
11:00 - 11:15		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11:15 - 12:45		Introductory concepts in Citizen Journalism	Modern Media Ecosystem, Credible sources & Fake news	Legal issues in Citizen Journalism	Media production skills - Audio	AI Tools -Playground	
12:45-13:00		Feedback round	Feedback round	Feedback round	Feedback round	Feedback round	
13:00 -14:30		Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	
14:30 -16:00		Introductory concepts in Citizen Journalism	Media Ethics and Digital Citizenship - Concepts and Skills	Advocacy for Media Ethics	Media production skills - Video	Collaborative session: Refining the training model	
16:00-16:15		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
16:15 -18:00		Modern Media Ecosystem, Credible sources & Fake news	Media Ethics and Digital Citizenship - Concepts and Skills	Media production skills - Storytelling	Media production skills - Video	Closing Circle & Evaluation	
18:00 -18:30	Get-to-know each other	Feedback round & Daily reflection	Feedback round & Daily reflection	Feedback round & Daily reflection	Feedback round & Daily reflection	Feedback round & Daily reflection	
19:00 -20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00-..	Socialize and network	Cultural evening	Cultural evening	Socialize and network	Free evening	Sauna evening	

The agenda above presents the main thematic areas of the training, not the final session titles. A detailed, finalized version will be shared about one month before the mobility.

PARTICIPANTS

Lithuania - 7
Germany - 6
Bulgaria - 5
Romania - 5
Spain - 5

Profile: 18+, motivated adult educators who are interested in the topic of citizen journalism. No prior experience in the topic required.

TRAVEL BUDGET

Participants will be reimbursed 100% of their travel costs, up to the specified maximum limit:

LITHUANIA (GREEN TRAVEL) – 100€
GERMANY – 300€
BULGARIA – 300€
ROMANIA – 300€
SPAIN – 400€

The limits apply to all means of transport you use for your roundtrip from home to the LTTA location



TRAVELING TIPS

- Before booking your tickets, please confirm your travel plans with your sending organisation.
- You are allowed to travel up to 2 days before or after the project dates. However, please note that any additional accommodation or meal expenses during these extra days will not be covered and are your own responsibility.
- Only hand luggage or priority boarding options are eligible for reimbursement, so please keep this in mind when packing.
- The closest airport is Vilnius (approx. 35 km from the venue), and it's the recommended option. Kaunas Airport is also convenient. If you find significantly cheaper flights, you may also consider Riga or Warsaw airports - but keep in mind that it takes approximately 4 hours by bus/train from Riga and 8 hours from Warsaw to reach Vilnius.
- Remember to save all travel-related documents, including boarding passes, bus/train tickets, invoices, and receipts - these are required for reimbursement.

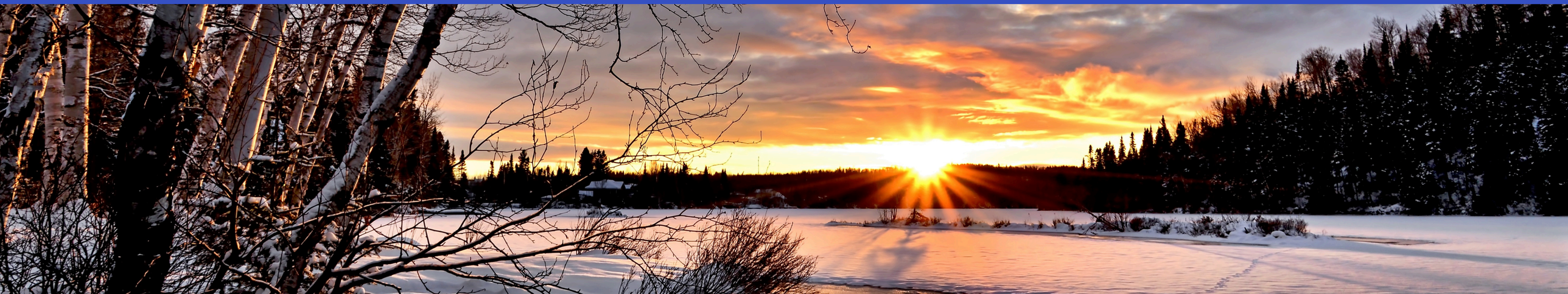
PACKING LIST

- Passport/ID card;
- Any needed medication;
- Insurance (please bring your EHIC card or the equivalent)
- Comfortable shoes and clothes for outdoors;
- Toiletries and Shampoo (those are not provided by the hostel);
- Indoor shoes - we will be spending majority of the sessions indoors, so don’t forget comfy shoes that can be used indoors
- Swimming suit for sauna evening
- 1-2 Laptop/ team
- Sweets/Cookies from your country and other snacks for cultural evening;
- Flags, Games, songs, dances, quizzes, and traditions to represent!



WEATHER

- Winters in Lithuania can be a little chilly, with temperatures dropping around 0 or even minus temperatures. Keep this in mind while packing - a very warm coat, few sweaters and good warm socks are a must. Also, it can rain or snow, so pack some boots for such weather.
- To have a clearer picture on what to expect, check the weather a couple of days before your travels. You can do it here.



VENUE





Adress: La Villa Royale
Trakų rajonas, Markutiškių kelias 28 Trakų rajonas,
Markutiškių kaimas, 21103

- **Towels and sheets are provided**
- **<u>Not provided:</u> personal toiletries, hairdryers, washing machine, dryer**
- **Every room has a bathroom with toilet, sink and shower**
- **You will live 2 - 4 people of the same gender in a room, most likely mixed nationalities**
- **Don’t forget a good mood**
- **Be mindful of your roommates, you will be sharing a space for a week, this is a project, not a fancy vacation :)**



TIPS

- If you need something from the store, take care of it before arriving :) There are some simple grocery stores near Trakai station, so if you need anything, pick it up before we go to the venue (or if you have some time there are grocery stores in both train/ bus stations).
- You can pay only by card in Vilnius city buses, however, it's way easier to get around the city by using mobile app *Trafi*. You can buy Vilnius transport tickets directly in the app, just don't forget to activate it once you get on a bus or trolley.
- The easiest way to reach Trakai are trains, you can buy tickets online here. If train is not an option to travel to Trakai, check buses, you can find schedule and tickets here. However, the option to buy an online ticket closes 45 min before departure for buses, some of the buses are local, thus you can only buy tickets in the bus only by cash.
- If you get any physical tickets don't forget to leave it with us, or you will have to send it afterwards to get reimbursement for those tickets.
- Keep all of the boarding passes and invoices.

FOR MORE INFORMATION

ROMANIA

monomythsassociation@gmail.com

BULGARIA

foundation.ece@gmail.com

GERMANY

eliana@kultur-life.de

SPAIN

asociacionmoviendote@gmail.com

LITHUANIA

giedre@tavo-europa.eu

