

# Waldorf International Summer School (WISS)

## Vilnius, Lithuania, 1<sup>th</sup> – 6<sup>th</sup> July 2019

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	Monday 1 <sup>th</sup>	Tuesday 2 <sup>nd</sup>	Wednesday 3 <sup>th</sup>	Thursday 4 <sup>th</sup>	Friday 5 <sup>th</sup>	Saturday 6 <sup>th</sup>
08.00-8.45		Eurythmy				
08.45-9.15	<b>Breakfast</b>					
09.15-10.15	<b>"Language phenomenon"- by Lilleberta Sandved</b>					
10.30-11.00	Discussion groups					
11.00-11.20	<b>Coffee break</b>					
11.20-11.50	Reflection					
12.00-13.00	Workshops: The spiritual teaching from Rudolf Steiner about the picture of man. Meditation exercises which can lead us to cooperate with higher beings//Sewing puppet/puppet play//painting///handcrafts					Summing up and planning the future.
13.00-15.00	<b>Lunch and break</b>					
15.00-15.40	Singing / Indoor and outdoor social activities, games	Tour to Vilnius center and old town	Singing / Indoor and outdoor social activities, games			
15.50-16.30	Social activities, games / singing		Social activities, game / singing			
16.30-16.45	<b>Break</b>		<b>Break</b>			
16.45-18.00	Workshops: Meditation exercises.//Sewing puppet/puppet play //painting//handcrafts		Workshops: Meditation exercises //Sewing puppet/puppet play //painting//handcrafts			
18.00-19.00	<b>Dinner</b>					
19.00-	Evening presentation (biographies, dancing, social evening by nations, free initiatives, etc).				Performances of the workshops	

### Workshops:

- “The spiritual teaching from Rudolf Steiner about the picture of man. Meditation exercises which can lead us to cooperate with higher beings” with **Kari Frid**
- Painting with **Anneli Laasi**
- Handkraft (Carving) with **Mindaugas Kilda**
- Handkraft (Band weaving) with **Ramunė Smailienė**
- Handkraft (Straw gardens making) with **Aušra Puskunigienė**
- Sewing Puppet/Puppet play with **Jurgita Zokaitytė** and **Egidijus Kabošis**
- Clowning with **Piotr Wojciech Bujak**
- Singing with **Julija Kostiukevičiūtė**
- Indoor and outdoor social activities, games with **Egidijus Kabošis**
- Eurythmy with **Vilma Dastikienė**

**Accommodation in the classroom:** We are waiting for you from Sunday. Please take sleeping bag and a mat.

**Cost:** The seminar is supported by the Norwegian Association of Steiner schools. Participation fee is 30 Eur.

**Public transport:** <http://www.vilniustransport.lt/en/> Ticket price 1 Eur to buy from bus driver. To buy a top-up card from the kiosk or to use mobil app <https://www.trafi.com/> is cheaper.

From Couch or Rail Station (**Stotis**) to stop **Parko g.** buses No. 31 or 74 (~ 30 min.)  
 From airport (**Oro uostas**) to stop **Stotis** buses No. 1 or 4 (~20 min.)  
<http://stops.lt/vilnius/#plan/2613/2354,2355/en>

Have a nice travel! See you soon! Aušra Puskunigienė+370 620 93076, WhatsApp

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