

# UNIFORM FOR T



# O L E R A N C E



Erasmus+



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## Elektrėnų kultūros centras

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# Tolerance

the ability or willingness to tolerate the existence of opinions or behaviour that one dislikes or disagrees with. The key to society free of hate, prejudices, false opinions.



“ Anger and intolerance are the enemies of correct understanding. ”

- Mahatma Gandhi

# The exchange

Our youth exchange was an amazing experience. We were doing a lot of stuff, starting with workshops about stereotypes, tolerance, acceptance, finishing with first aid, workshops with fire fighters, where we could learn basics of this duty. We could discover what are the opportunities connected with uniform services.

We will remember this experience for ever. We also wanted to share with you a little bit of our knowledge. That's why we created fanpage, video and this booklet, where you will find a little bit of stuff we've learnt on the project. Enjoy next pages and remember about one important thing, never judge anyone by his/her appearance, be tolerant, be open, remember about others.



# Opportunities

Public service is not only a job. It is a lifestyle. When you are working as a police officer, firefighter, soldier, you have to know that you have duties. At the time of danger you have to be on call, all the time, every second of your life you have to be ready.

But it's not only that. Public services provide you a job, which is stable, and you don't have to be worried about your future. And it gets only better, because you can get promoted. If you will have commitment, if you will have will to work hard, you will get promoted and have not only salary, but also satisfaction.

Yet the most important thing in public service is that you become somebody very important. Somebody who is a true superhero. Public servants have to be tolerant, open. They have to treat everybody equally, have to help rich and poor, women, men, disabled, able bodied, people who believe in different gods, with different skin colors. They are helping people.



# First aid

The first step in any emergency is the recognition of the problem and providing help. When in doubt or when someone is seriously injured or ill, you should always activate the emergency response system by calling emergency number (112, 911, 999). If you're not sure how serious the situation is, the emergency number operator will ask you a series of questions to determine the seriousness of it.

Remain on the line until additional help arrives, or until the operator tells you to hang up. Emergency system dispatchers can guide you through the steps of performing cardiopulmonary resuscitation (CPR), using an automatic external defibrillator (AED), or delivering basic care until additional help arrives.\*

We will not teach you here all the technical stuff. First aid is too serious to be taught by us. You should take a professional course, or listen to professionals. But always act! Call emergency, you can save life!





# Sharing the knowledge

During the project we were using non-formal education methods. It was youth exchange, so we wanted to share the knowledge, to discover it by ourselves, not to be taught by someone.

It took four steps to achieve the success:

\*Preparation- it was important before the exchange to prepare. We distributed tasks, and started to work 2 months before the exchange. We were working in smaller groups where we prepared workshops and presentations.

\*Good working methods- we used non-formal education methods, such as work in teams, presentations, brainstorming, discussions.

\*Having the energy to act- we were conducting short energizers (warm up, fun games), which helped us in focusing.

\*We always remembered about leaders. Working in team? Each team needs a leader. Working



# Gallery









**Be open-minded**  
**Remember who you are**  
**Be tolerant**

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