<table>
<tr><td colspan="2" align="center">Example of good practice.
Lithuania</td></tr>
<tr><td>Title</td><td>Creative Mandala Design Workshop with Canva</td></tr>
<tr><td>Place of implementation</td><td>Lithuania</td></tr>
<tr><td>Type of the activity (course/ workshop/ social event/ ecc.)</td><td>Workshop</td></tr>
<tr><td>Format (online/ face-to-face/ combined)</td><td>Face-to-face</td></tr>
<tr><td>Level of the implementation (local, regional, national, international)</td><td>Local</td></tr>
<tr><td>Target groups</td><td>Target Groups:

• Older adults from local communities.
• Individuals at risk of social isolation.
• People interested in creative, nature-based activities.
• Participants with limited digital skills who wish to learn design tools.
• Environmentally conscious individuals interested in sustainable practices.
• Community members seeking social connection, personal growth, and well-being.</td></tr>
<tr><td>Objectives</td><td>• Foster artistic expression. Encourage creativity through hands-on mandala creation using natural materials.
• Promote mindfulness and well-being. Support emotional and mental wellness by providing a calming, nature-focused creative outlet.
• Develop digital skills. Introduce participants to digital design tools like Canva, enhancing their technological confidence.</td></tr>
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	• Strengthen social connections. Reduce isolation by creating a supportive, community-focused environment for older adults. • Encourage sustainability. Promote eco-friendly habits by using garden-sourced, reusable materials. • Preserve cultural and personal narratives. Provide a platform for sharing personal stories and life experiences through art.
Description of the activity.	Public libraries in Lithuania host creative workshops for older adults, offering a supportive space for artistic expression and social connection. In these sessions, participants create beautiful mandalas using natural materials gathered from their gardens, like flowers, leaves, berries, and other organic elements. This hands-on process encourages mindfulness and creativity while deepening their connection to nature. After crafting their mandalas, participants learn to digitize their designs using Canva, transforming their physical creations into lasting digital art. This step not only preserves their work but also introduces them to essential digital design skills, expanding their creative toolkit and building confidence in using technology. Beyond the artistic benefits, these workshops create a sense of community. Participants share stories, form new friendships, and reduce social isolation, positively impacting their mental and emotional well-being. Additionally, the focus on using natural, garden-sourced materials reinforces the importance of sustainability. Participants learn to appreciate the value of reusing and recycling organic resources, encouraging eco-friendly practices in their daily lives and inspiring them to share this mindset with others.
Methodology and procedure.	The workshop is carried out in three main phases: 1. Creative mandala making. • Participants bring natural materials from their gardens (e.g., flowers, leaves, berries, fruits). • Using these materials, they create individual mandalas. • This activity promotes mindfulness, artistic expression, and a connection to nature. 2. Digital transformation with Canva. • Participants photograph their mandalas using smartphones or tablets.

	- With guidance, they use Canva to design digital versions of their artwork (e.g., postcards, posters). - This phase helps build digital literacy in a creative, accessible way. 3. Sharing, reflection, and sustainability. - Participants share their work and experiences in a group setting. - The session encourages conversation, emotional connection, and community building. - Emphasis is placed on sustainability and reusing natural resources in daily life.
Resources/ materials/ setting needed	1. Physical Materials - Natural elements: flowers, leaves, berries, fruits (from participants or provided) - Base surfaces: paper sheets or trays - Tools: scissors, gloves (optional) - Smartphones or tablets for photography 2. Digital Tools - Tablets or laptops with internet access - Free Canva accounts - Projector for demonstrations (optional) - Power strips/chargers 3. Setting - Bright, spacious room with tables and chairs - Calm, accessible environment for focus and interaction 4. Human Resources - Facilitator with art and digital skills - Assistant for technical and participant support
Impact	1. Social Connection and Community Building. - Reduce isolation by fostering social connections. - Encourage intergenerational interaction and mutual learning. - Provide emotional support through shared creative experiences. 2. Digital Empowerment.

	- Improve digital skills with hands-on Canva training. - Build confidence in using technology for personal expression. - Bridge the digital divide by introducing older adults to digital tools. 3. Personal Well-being and Creative Expression. - Promote mindfulness, relaxation, and emotional well-being. - Boost self-esteem through creative achievement. - Encourage lifelong learning and artistic exploration. 4. Environmental Awareness. - Promote sustainability through the use of natural, reusable materials. - Foster a deeper connection to nature and environmental awareness. 5. Long-term Community Impact - Strengthen community ties and intergenerational connections. - Encourage participants to share skills and knowledge within their communities.
Name of the organization	**The Association of Lithuania's Regional Libraries (LRBA)** The LRBA is a vibrant, forward-looking network that connects libraries across the country, including major institutions in Vilnius and Kaunas, Lithuania's largest cities. Established in 2012, the LRBA plays a vital role in strengthening the cultural, educational, and social impact of libraries in communities of all sizes. Driven by a commitment to innovation and collaboration, the Association supports libraries in adopting new technologies, enhancing digital literacy, and promoting lifelong learning. It provides professional development for librarians, ensuring they remain skilled and adaptable in a rapidly changing world. The LRBA also advocates for the importance of libraries as inclusive, accessible spaces that foster

	community connections and empower individuals through knowledge. By participating in modernization programs, organizing innovative projects, and building partnerships with local and international organizations, the LRBA is helping shape the future of Lithuanian libraries, making them essential cultural and educational hubs for their communities.
Webpage/ contacts	www.lrba.lt www.uvb.lt www.utau.lt