



## Laura Alčiauskaitė

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📍 Home: Telsiai (Lithuania)

### WORK EXPERIENCE

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#### Youth trainer

*Freelance* [ 2014 – Current ]

- Delivering **trainings** and workshops for young people on topics of human rights education, social inclusions, mental health awareness, peace education and youth empowerment;
- Advocating for human rights for youngster with fewer opportunities, esp. persons with different disabilities.

#### Psychologist/Facilitator

*University of Dundee* [ 2021 – Current ]

City: Dundee

Country: United Kingdom

- Delivering weekly **expressive writing** workshops for Human Rights defenders under the Scottish Human Rights Defender Fellowship Programme;
- Providing **emotional support** to the Human Rights defenders.

#### Project coordinator

*European Network on Independent Living* [ 02/2020 – 03/2023 ]

City: Brussels

Country: Belgium

- Coordinating the TRIPS project (Horizon 2020 Research and Innovation Programme; GA no. 875588);
- Implementing **qualitative and quantitative user research** and need identification;
- Co-writing the **research papers** and disseminating the results in conferences and other events;
- Developing the **co-design-for-all** methodology;
- Preparing **policy recommendations** and project deliverables.

#### Director

*NGO "The Fifth Corner"* [ 2021 – Current ]

- Running **local and international activities** on human rights education, social inclusion, social psychology;
- Working under KA1 and KA2 projects of **Erasmus+** programme;
- Running **study sessions** in co-operation with Youth Department of Council of Europe.

#### Psychologist/Junior Researcher

*Vytautas Magnus university* [ 2014 – 2017 ]

- Providing **psychological counselling** to rheumatic patients with disabilities staying at Abromiškės rehabilitation hospital;
- **Planning, developing and implementing** scientific research using various methods of data analysis;
- Actively **presenting** the findings in international and national conferences and writing **research papers**.

#### Psychologist

*Telsiai Crisis Center* [ 2012 – 2013 ]

- Providing **individual and group psychological counselling** for children and adults in times of crisis;
- **Working in a team** of other professionals (social workers, lawyers, police).

## EDUCATION AND TRAINING

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### PhD in Psychology (Doctoral Studies)

Vytautas Magnus University [ 2013 – Current ]

City: Kaunas

Country: Lithuania

Level in EQF: EQF level 8

### Master in Health Psychology

Vytautas Magnus University [ 2010 – 2012 ]

City: Kaunas

Country: Lithuania

Level in EQF: EQF level 7

### Bachelor in Psychology

Vytautas Magnus University [ 2006 – 2010 ]

City: Kaunas

Country: Lithuania

Level in EQF: EQF level 6

## LANGUAGE SKILLS

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Mother tongue(s): **Lithuanian**

### Other language(s):

#### English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

#### Russian

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

#### German

LISTENING B1 READING B2 WRITING B2

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

#### French

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## DIGITAL SKILLS

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Microsoft Office / Zoom / Social Media / SPSS SOFTWARE / Adobe Photoshop

## ORGANISATIONAL SKILLS

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### Organizational skills

- Great **organizational and planning skills** gained through organizing different activities and running an NGO;
- Strong **project management skills** gained from coordinating both local and international projects;
- Good at **involving different stakeholders** (currently working with academia, NGOs, business and municipalities);
- Great **analytical skills** gained through my work experience both as a researcher and a psychologist.

## COMMUNICATION AND INTERPERSONAL SKILLS

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### Communication and interpersonal skills

- Great **verbal and written communication skills** - experienced in working with different groups of society;
- Strong leadership and **management skills** - leading the local teams in 7 European cities under TRIPS project;
- As a professional psychologist having good **conflict and problem solving skills**;
- **Strong empathy** and willingness to contribute to stronger society coming from more than 12 years of volunteering.

## JOB-RELATED SKILLS

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### Job-related skills

- Having strong knowledge of **Human Rights and Disability Rights**;
- Having more than 10 years experience **working with persons with disabilities**;
- Having more than 6 years of **coordinating projects** on local and international levels.