

TRAINING COURSE

FOR PEOPLE INVOLVED IN YOUTH WORK

LATVIA

24.05.-01.06.

INCLUDING TRAVEL DAYS



CAPACITY BUILDING

PREVENTION OF BURN-OUT
TASK DIVISION
OPPORTUNITIES

SUSTAINABILITY

WE'RE IMPROVING THE FIELD
OF YOUTH. LETS MAKE SURE
THERE'S ALSO TOMORROW FOR
THEM



Co-funded by the
Erasmus+ Programme
of the European Union



THE OBJECTIVE

is to strengthen the capacity of people involved in youth work and lessen the environmental impact of our activities.

WHERE

Lavenderbeachvilla is a family owned business. They grow not only lavender but also biologically clean food that they cook for their guests

<https://ej.uz/lavenderbeachvilla>

They're located on the coast of the Baltic sea:
"Smiltnieki", Vērgales pag.,
Pāvilostas nov., LV-3430



THE TOPICS

- 1) emotional hygiene and burn-out syndrome;
- 2) the opportunities and burden of Erasmus+ and European Solidarity programmes;
- 3) sustainable actions and sustainable impact.

STANISLAVS BABINS

is a non-formal education trainer and project manager from Liepaja, Latvia. Working for NGO Radi Vidi Pats and The Latvian Agency for International Youth Programs. He regularly delivers trainings on national and international level on topics of active participation, volunteering, social inclusion and culture, environment and sustainability.



RADI VIDIPATS

was founded in 2005. The vision of our NGO is a responsible, educated active and sustainable society. We use volunteering as a tool to reach our aims. Some keywords that would describe our activities: inclusion, swapshop, freakbikes, alternatives, community garden, caring, democracy building, life long learning.

RADI VIDIPATS = CREATE THE ENVIRONMENT YOURSELF

FOR ASSISTANCE AND MORE INFORMATION ABOUT THE TRAINING COURSE CONTACT COORDINATOR OF THIS PROJECT - LINDA: LINDA@RADIVIDIPATS.LV, +371 25985455.

LINDA ULANE

is a project coordinator in Radi Vidi Pats. She also works as NFE trainer for Latvian National Agency. Mostly she covers topics of well-being, self exploration and the importance of creativity. Linda is also a volunteer in Liepaja prison and teaches creative writing there. In her work as a trainer she also brings in practices of her experience as a writer and as Dr Clown



TRAVEL

WE ALWAYS SUGGEST TO TRAVEL OVERLAND, ESPECIALLY FROM THE NEAREST COUNTRIES. FOR EXAMPLE, THERE ARE BUSES FROM/TO WARSAW A FEW TIMES PER DAY. NEVERTHELESS, WE UNDERSTAND THAT THERE ARE VARIOUS REASONS WHERE THE PLANE IS THE MAIN CHOICE. THE BEST AIRPORT TO ARRIVE IS RIGA AIRPORT.

MAKE SURE YOU **ARRIVE IN RIGA ON 24.05. BEFORE 17:00** TO MANAGE TO CATCH A BUS TO THE PROJECT LOCATION. **DEPARTURE FROM RIGA SHOULD NOT BE LATER THAN 12:00 ON 1.06.** DO NOT BUY TICKETS BEFORE **CHECKING THEM WITH US!** MORE PRECISE INFO WILL BE PROVIDED AFTER THE SELECTION OF PARTICIPANTS.

THIS PROJECT IS POSSIBLE THANKS TO FINANCIAL SUPPORT FROM THE ERASMUS+ YOUTH PROGRAMME. COSTS FOR ACCOMMODATION, FOOD AND ACTIVITIES DURING THE TRAINING COURSE WILL BE COVERED FROM THE PROJECT BUDGET. THERE IS NO PARTICIPATION FEE BUT WE ENCOURAGE PEOPLE CHOOSING FLIGHTS TO PAY CO2 EMISSION COSTS. WE WILL ALSO COVER THE PCR COVID-19 TESTS IF NECESSARY.

THE REIMBURSEMENT WILL BE DONE VIA BANK TRANSFER AFTER YOU REALISE THE FOLLOW UP ACTIVITIES AND AFTER RECEIVING ALL THE ORIGINAL TICKETS OF PARTICIPANTS ACCORDING TO THE DISTANCE CALCULATOR AND PROGRAM GUIDELINES. TAXI AND FIRST CLASS TICKETS WILL NOT BE REIMBURSED.

TRAVEL AND TRAVEL INSURANCE (SUGGESTED!)
COSTS WILL BE COVERED IN FOLLOWING AMOUNT:

100-244 KM UP TO 180 EUR

500-1999KM UP TO 275 EUR;

2000-2999KM UP TO 360 EUR

(FOR GREEN TRAVEL IT'S MORE)

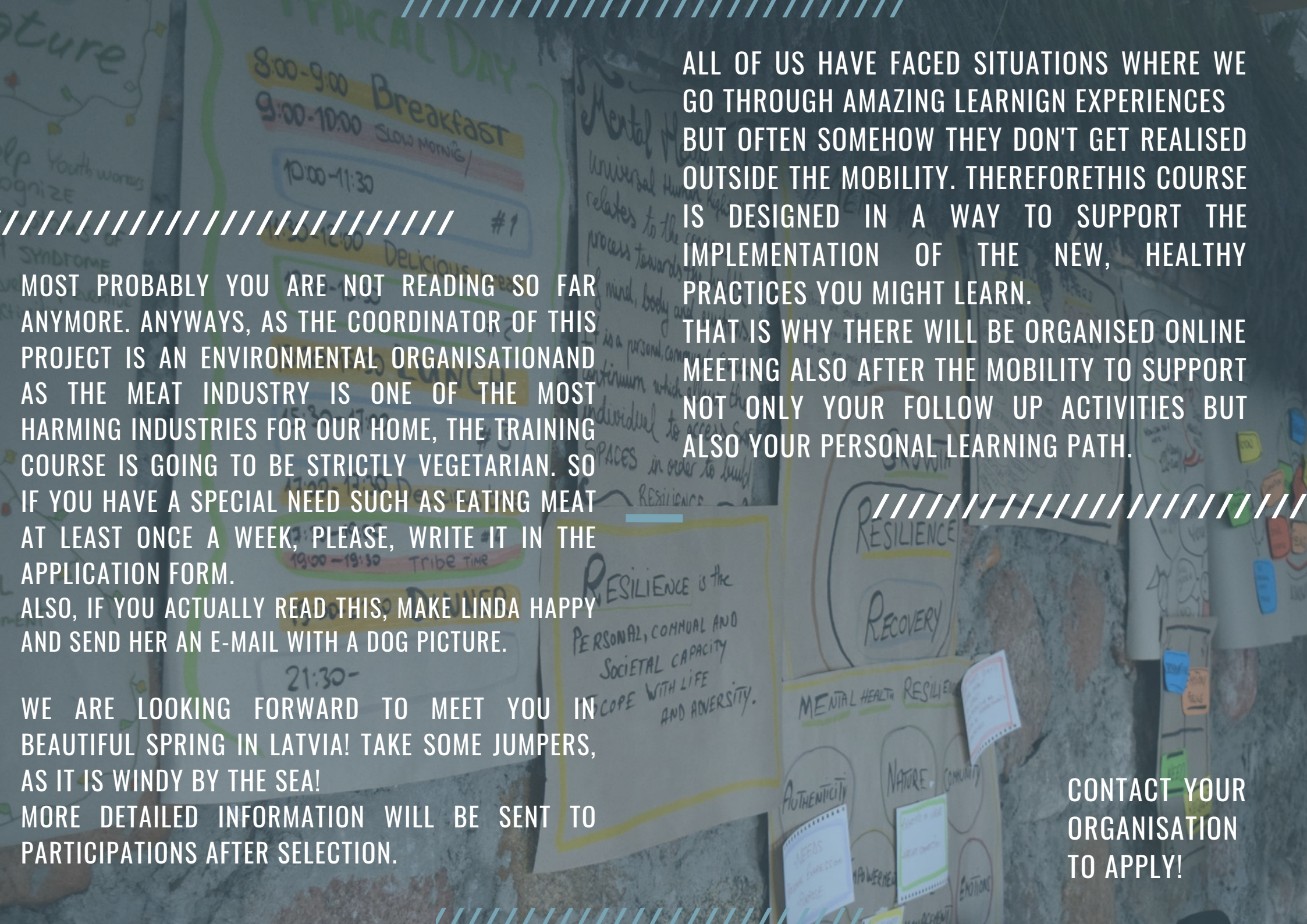
WE KINDLY ENCOURAGE YOU TO FIND AND CHOOSE THE TYPE OF TRAVEL INSURANCE THAT COVERS COVID19 SITUATIONS, INCLUDING FLIGHT CANCELLATION OR DELAYS.

YOU ARE WELCOME TO ARRIVE IN LATVIA A DAY OR TWO EARLIER AND DEPART LATER BUT NOTE THAT STAY IN LATVIA OUTSIDE THE OFFICIAL PROGRAM OF THE COURSE IS AT YOUR OWN EXPENSE.

PARTICIPANTS

FROM EACH PARTNER WE EXPECT TWO PARTICIPANTS. SOME FOLLOWING CRITERIA:

- 18+
- THEY HAVE TO BE INVOLVED IN PARTNER ORGANIZATION OR THEY ARE LOCAL/REGIONAL PARTNERS OF THEM (MEANING - NO OPEN CALLS AND RANDOM APPLICANTS);
- THEY HAVE TO BE INVOLVED IN WORKING WITH YOUTH; THEY CAN ALSO BE YOUTH LEADERS, MENTORS, ACTIVISTS OR VOLUNTEERS WITH A POTENTIAL TO BECOME PROJECT MANAGERS, YOUTH WORKERS ETC.
- IT IS EXPECTED THAT ONE OF THE PARTICIPANTS IS MORE EXPERIENCED, THE "PROJECT PERSON" WHO HAS SO MUCH OF DUTIES (DEADLINES, PARTNERS WAITING AND THE USUAL STAFF) THAT THEY CAN'T EVEN FIND TIME TO PASS ON THE KNOWLEDGE AND SHARE THE TASKS. THE OTHER PARTICIPANT IS WITH LESS EXPERIENCE BUT WITH WILLINGNESS AND ENERGY TO GET INVOLVED MORE, TAKE ON SOME RESPONSIBILITIES, LEARN AND INCREASE THE QUALITY OF YOUTH WORK IN THEIR COMMUNITIES
- THEY HAVE TO UNDERSTAND THAT THE PROJECT DOESN'T FINISH ON THE DAY WHEN THEY RETURN HOME - RESULT DISSEMINATION/FOLLOW UP ACTIVITIES ARE AS IMPORTANT AS THE COURSE ITSELF. AND WE WILL SUPPORT YOU IN THIS.



ALL OF US HAVE FACED SITUATIONS WHERE WE GO THROUGH AMAZING LEARNIGN EXPERIENCES BUT OFTEN SOMEHOW THEY DON'T GET REALISED OUTSIDE THE MOBILITY. THEREFORE THIS COURSE IS DESIGNED IN A WAY TO SUPPORT THE IMPLEMENTATION OF THE NEW, HEALTHY PRACTICES YOU MIGHT LEARN.

THAT IS WHY THERE WILL BE ORGANISED ONLINE MEETING ALSO AFTER THE MOBILITY TO SUPPORT NOT ONLY YOUR FOLLOW UP ACTIVITIES BUT ALSO YOUR PERSONAL LEARNING PATH.

MOST PROBABLY YOU ARE NOT READING SO FAR ANYMORE. ANYWAYS, AS THE COORDINATOR OF THIS PROJECT IS AN ENVIRONMENTAL ORGANISATION AND AS THE MEAT INDUSTRY IS ONE OF THE MOST HARMING INDUSTRIES FOR OUR HOME, THE TRAINING COURSE IS GOING TO BE STRICTLY VEGETARIAN. SO IF YOU HAVE A SPECIAL NEED SUCH AS EATING MEAT AT LEAST ONCE A WEEK, PLEASE, WRITE IT IN THE APPLICATION FORM.

ALSO, IF YOU ACTUALLY READ THIS, MAKE LINDA HAPPY AND SEND HER AN E-MAIL WITH A DOG PICTURE.

WE ARE LOOKING FORWARD TO MEET YOU IN BEAUTIFUL SPRING IN LATVIA! TAKE SOME JUMPERS, AS IT IS WINDY BY THE SEA!

MORE DETAILED INFORMATION WILL BE SENT TO PARTICIPATIONS AFTER SELECTION.

CONTACT YOUR ORGANISATION TO APPLY!