

Training Course

Why Did Deer Cross The Road?

8.-14.10.2024.



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Why we do this?

The OBJECTIVE of this training course:
To rise environmental and climate awareness and action in the field of youth through re-creating the connection with nature, also in urban settings.

Tasks

- 1) Rise awareness about climate crisis and environmental issues among youth workers;
 - 2) Re-establish the connection with nature and explore its impact on mental well being;
 - 3) Equip youth workers with nature-connection tools they can use in their daily work with youth.
 - 4) Equip youth workers with tools they can use in their work with youth on climate and environmental issues.
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WHO?

Host of this training course is Latvian environmental and educational association RADI VIDI PATS (RVP).

Our aim is to support the creation of a more sustainable, inclusive and participatory society with the resources we are given.

For assistance and more information about the training course contact coordinator of this project:
Linda Ulane

linda@radividipats.lv

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(also on Telegram and Whatsapp)

Who will help?

Stanislavs Babins is non-formal education (NFE) trainer and project manager from Liepaja, Latvia. Working for RVP 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 peace culture, environment and sustainability.

Linda Ulane is a project coordinator in RVP. She also works as NFE trainer for Latvian National Agency. Mostly she covers topics of support system for youngsters, self exploration and the importance of creativity. Linda is also a writer and she volunteers in Liepaja prison where she facilitates creative writing and bibliotherapy workshops. She also works as healthcare clown in hospital.

Alex Giurgea dedicates his time and energy creating spaces and opportunities of holistic development in which he threads together rhythms, deep imagination, nature-based youth work and depth psychology with non-formal learning contexts. Through these he invites people to discover and enrich their inner resources and personal power. Trainer, youth-worker, mentor and human development guide, he has been working with individuals and groups locally and internationally for over 9 years. He is also the president of Human and Tree NGO.



Content



While in general youthworkers observe and agree that current climate and environmental challenges are affecting youth, their motivation, even mental health and there is willingness to do something about it, we have researched that the people are lacking knowledge and understanding about the topic .

Therefore, in order to help the youth become climate activists, change-makers, lobbyists for their own future, we have decided to create a training course where together with people from the youth field we explore what are the actual climate challenges, environmental issues in our realities.

To have a deeper understanding we want to also explore and strengthen our bond with the nature. Using eco-centric approach we will remind ourselves that we are a part of the nature, not only consumers or caretakers of it.

Content



Radi Vidi Pats is working with environmental awareness topics since for 19 years. During this Training we will offer the essence of our past experience and also our current activities related to Climate Fresk workshop (supported by Salto Green Resource Centre), using community garden as a tool in youthwork and our experience of freak-bikes and cycling related activities.

Human and Tree, through Alex Giurgea is bringing expertise in nature-based youthwork, with an emphasis on nature connection, Eco-centric Development and a nature-rooted approach to mental health. These are offered through storytelling, nature wandering, council and other nature-based practices.

Programme outline

9:00 Slow morning

9:30 First session

13:00 Lunch

15:00 Second session

19:00 Dinner

20:30 Possible evening activity

Please keep in mind that this plan might shift a bit. There will be a smaller breaks during the sessions. In general we try to keep the evenings free, but if the group has energy and wish we have offerings.

We invite you not to bring with you any other work , as much as it is possible.

Context



This is an intensive training, with a experiential approach, and nature wandering elements in which we expect your full participation, engagement and presence.

As well, we have a sobriety policy in which we encourage you to refrain from using any consciousness altering substance (alcohol, cannabis, any drug etc.) for the whole duration of the program. The programme will be rather intense, therefore your whole mental and physical capacities will be required.

So, if you join us, we want you fully here.

Laumas Guest house and park

<https://www.laumas.lv/>

Laumas is a place “away from city dust and noise”. There is also a park with educational paths and adventurous invitations.

We will also offer sauna in one of the evenings.

In the guest house you will have to share rooms with other 2–3 people. The towels and bed-linens are provided.



What to pack?

Reusable water bottle;

Comfortable clothes and indoor shoes;

Some healthy, preferably zero-waste snack from your culture for tea breaks (we won't have obligatory international evenings);

Warm and rain-proof clothes for longer walks outside (hat, scarf, gloves, boots) - we will have a lot of outdoor activities regardless the weather;

Favorite notebook;

Participatory mood and questions.

Travel

We always suggest to travel overland, especially from the nearest countries. We also reimburse hotels for green travellers. Nice fact: There is a ship from Travemünde (DE) to Liepāja (LV), also worth checking. Nevertheless, we understand that for some it is impossible.

If you want you can arrive and/or leave two days earlier/later, we still reimburse the travel costs, but your extra hosting costs won't be covered by the project.

If the travel distance is less than 1500km, you must choose green travel (bus/train/car-sharing). For others the best airport to arrive is Riga airport. You should arrive on 07th of October before 18:30. Departure plane should be after 12:00 on 15th of October.

Information about bus from Riga to project location will follow when we see the arrival times of participants.

DO NOT BUY TICKETS BEFORE CHECKING THEM WITH LINDA!

Travel

All the tickets will be reimbursed after you deliver us the original tickets (the ones that are in paper and digital) AND after you report us about follow-up event. This event should be experience sharing event for other people who work with youth.

The reimbursement costs are calculated according to E+ guidelines (first amount (bigger) is for green travel) and distance calculator: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

10–99 km	56 EUR	28 EUR
100–499 km	285 EUR	211 EUR
500–1999 km	417 EUR	309 EUR
2000–2999 km	535 EUR	395 EUR
3000–3999 km	785 EUR	580 EUR
4000–7999 km	1188 EUR	1188 EUR
8000 km vai vairāk	1735 EUR	1735 EUR

Food

We totally respect people's health and lifestyle choices. Nevertheless, as we are trying to leave as small negative impact on Earth as possible, the meals will be vegetarian by default. If meat is a special need (medical issues etc.) of yours during these seven days, please let us know in advance, we will try to do our best to answer your need. Until now everyone has been pretty happy about the provided vegetarian meals.





Extra

Dear participant, just to make sure that you have read all the info pack and there won't be any surprises later, please send Linda a picture of cat or dog to her e-mail, so we know you are really getting prepared.

Thank you!



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<https://www.facebook.com/RadiVidiPats>