wildly digital

Erasmus+ training course

Latvia jul/aug 2025

DEAR READER,

For more than a decade, the association "RED – Radošu Efektu Darbnīca" has been organizing training and exchange projects for young people and youth workers.

In summer 2025, RED brought together 30 youth workers from 10 countries to explore how digital tools can be meaningfully combined with outdoor activities in youth work. Using design thinking methods and co-creation, participants tested 4 new activities that organizations (and anyone else!) can now integrate into their daily practice.

The project directly addressed the needs of participating organizations by:
- creating space for discussions and sharing best practices on how to help young people find balance between life with and without technology,
- building participants' skills and knowledge on how to integrate digital tools into outdoor education.

Over 9 days at Lake Usma (Bukdangas), participants experimented with four outdoor activities — cooking, hiking, canoeing, and low ropes — each enriched with digital tools. This not only deepened their experience of Latvian nature but also gave organizers the chance to notice details we often overlook in our familiar environments.

Participants came from Latvia, Lithuania, Italy, Spain, Czech Republic, Austria, Portugal, Martinique, Greece, and Hungary, bringing together a wide range of cultural experiences and youth perspectives.

Such projects allow local participants and organizations not only to create new partnerships but also to inspire others to develop similar initiatives. We want to say a huge thank you to everyone involved for making this possible!

IN THIS BOOK YOU WILL FIND WORKSHOPS EXPLORING:

canoeing

1.

cooking

2.

low ropes

3.

hiking

4.

rowing

This workshop introduces young people to sustainability through reflection, teamwork, and connection with nature. Participants are encouraged to explore questions of responsibility, balance, and long-term thinking, gaining a deeper understanding of how individual and collective actions shape a more sustainable future.

This workshop invites young participants to experience sustainability in a hands-on, embodied way. The journey begins with a rowing trip across a lake, where teamwork, rhythm, and connection to nature set the tone. As the group makes its way toward a small island, participants reflect on guided questions about sustainability—covering topics such as shared responsibility, resource use, and our relationship with natural ecosystems.

The physical act of rowing becomes a living metaphor for sustainable living: progress depends on cooperation, balance, and awareness of limits. Upon reaching the island, reflections are deepened through discussion and observation, helping participants translate the experience into everyday choices. The workshop encourages youth to think critically about sustainability while engaging both body and mind in a meaningful outdoor setting.

Go on a boat trip across a lake to get to an island. In the process of that the participents answer questions about sustainabillity. This workshop teaches the youth about sustainability

Digital tools	Google forms, pictures, videos, Whatsapp
Time	3 hours of summer
Participants	as many as you can fit in the boats you have
Materials	boats, kayaks, life vests, paddles, phones, ropes

Steps:
1. Assign the participants to the boats
2. Have them answer questions about lake sustainability
3. Make sure to give vests to the participants
4. Use boats to get to the island across the lake
5. On the island have the participants do tasks that teach them about sustainability
6. Use boats to get back from the island

Should do:
- Give participants instructions on how to use paddle on kayaks and boats along as safety instructions
- Mark the landling point on the place, either I with a flag or with a map
- Offer participants ways to protect their tech from water during the activity
- Think about a warm-up moment for the participants
- Create an atmosphere. Could be a piratish one i.e. play pirates music, treasure hunt, pirates names and chants
- Offer participants protection for their hands while rowing
- Supply participanta with food and water
- Give instructions for appropriate clothes
- Before the workshop get as many info as possible on the landing place and visit in advance if possible
- Think about the content of the debate in advance
- Investigate in advance if people feel comfortable riding boats

Should not do:
- Ignore safety measures
- Assume the weather will be fine
- Be strict about timing
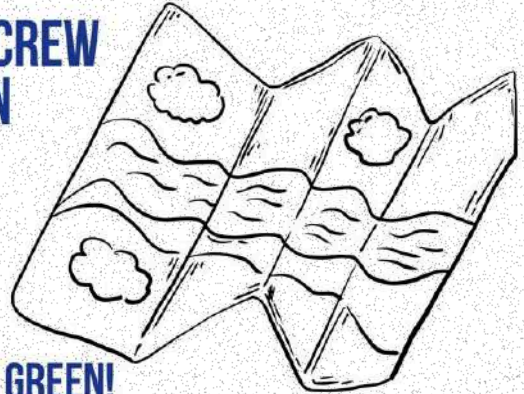- Give very little context

AHOY!

WILDLY DIGITAL HUMANS, SEE YOU TOMORROW FOR AN ADVENTURE

NEAR THE CLUB, 10AM

🏴🏴 AHOY, WILDLYS! JOIN THE CREW TO LEARN HOW TO SAIL THE GREEN WAY — WE CAN GUARD THIS TREASURE FOR THE NEXT GENERATION!

PIRATE CREW TASKS — KEEP THE WATERS GREEN!

1- STRETCH YER SEA LEGS! START WITH A QUICK ENERGIZER TO GET THE CREW READY FOR ADVENTURE.

2- NAME YER VESSEL! GIVE THE BOAT A LEGENDARY PIRATE NAME.

3- CHART THE COURSE OF SUSTAINABILITY! TAKE A MOMENT TO TALK AS A CREW ABOUT WHAT IT MEANS TO PROTECT OUR PLANET IN A SUSTAINABLE WAY AND TREASURES.

4- GEAR UP LIKE A TRUE SAILOR! WEAR YER LIFE VEST RIGHT AND TAKE A PROUD SELFIE WITH YER CREW. DON'T FORGET TO POST IT IN THE WHATSAPP TAVERN!

5- SECRET ISLAND ENTRY CODE! ON THE WAY, THINK OF ONE SUSTAINABLE HABIT YE USE EVERY DAY — YOU'LL NEED IT TO DOCK AT THE ISLAND.

6- RESCUE MISSION! YE MIGHT FIND A TURTLE IN TROUBLE. SAVE IT BY FISHING OUT ONE CAN PER BOAT — NO PIRATE LEAVES A MATE BEHIND!

7- BOTANICAL BOUNTY! ON THE ISLAND, FIND A PLANT YE FANCY, SNAP A PIC, LEARN ITS STORY, AND SHARE IT WITH THE CREW ON WHATSAPP.

8- CREW'S TALE! MAKE A SHORT VIDEO (AS A TEAM) SHARING WHAT YE LOVED MOST ABOUT THE ISLAND.

9- RAISE YER VOICES! CREATE A PIRATE-THEMED CHANT ABOUT SUSTAINABILITY AND SHARE IT WITH THE CREW. ARRR, LET THE MESSAGE ECHO ACROSS THE SEVEN SEAS!
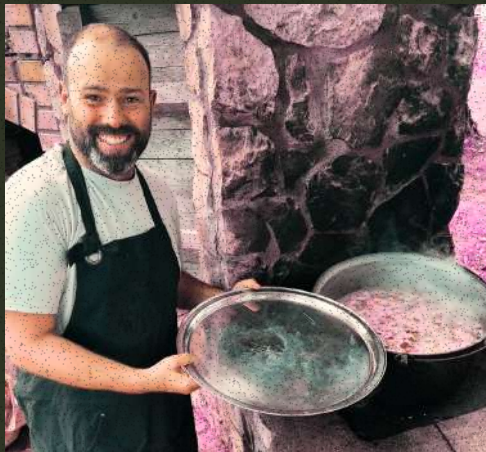
cooking

This workshop supports young people in exploring mental health
through reflection, emotional awareness, and open communication.
Participants are encouraged to express feelings, develop empathy,
and build tools for understanding their own wellbeing and
that of others.

This workshop creates a safe and engaging space for young people to explore mental health through everyday practices and open dialogue. By combining shared food preparation with guided reflection supported by digital tools, participants are encouraged to express emotions, build emotional literacy, and deepen their understanding of mental wellbeing. The workshop emphasizes care, trust, and peer support, helping youth connect personal experiences with broader conversations around mental health.

Our cooking workshop had participants explore mental health topics by preparing food and talking about their emotions in a deeper level by using digital tools.

Digital tools	NFC tags, Reve generative AI
Time	3 - 4 hours
Participants	Minimum 20 and maximum 40
Materials	Organising team: NFC tags and App, cellphone, whiteboad, Reve generative AI, computer to create documents, posters, Participants: NFC App, cellphone, Reve generative AI, papers and pen, Food preparation: Cutting boards, cuttlery, kitchen knives, bowls, containers, peelers, cooking method (Suggested: boiling in a large pot) Food: Recipe (Suggested: stew, soup, chili) Enough ingredients for the recipe for the amount of people participating. Other food that you may want to add to include in the meal.

Preparation:

Based on the number of participants decide on the number of teams to split the group into. Recommended size 5-8 people per team.

Get all the food ingredients and the following food preparation tools: cutting boards, kitchen knives, bowls, containers, and peelers.

Create a box for each team that includes a portion of each ingredient, at least 1 of each of the food preparation tools: cutting boards, kitchen knives, bowls, containers, and peelers, and pen/paper. Place the box at a station for each team that includes a flat surface(table).

Create a NFC tag for each of the food ingredients that you use. For each tag you will connect the food to an emotion and design some questions to discuss that emotion. Also include instructions on they should prepare each ingredient. See below for an example. Add the NFC tags for each ingredient to the team stations.

Prepare cooking area (stove, grill, oven, pot, pan, tray, etc) depending on what recipe you choose.

Prepare the main workshop space with a white board and markers.

During:

- Give an introductory talk on the importance of mental health and the expression of emotion.
- Do your favorite team forming activity to break the group into teams. We gave everyone a season and had them find each other by miming the season.
- Introduce NFC tags and make sure all teams have access to NFC tools.
- Send the teams to their stations where they will prepare the ingredients and answer the questions. We used four ingredients with four questions and gave them 10 minutes per ingredient (40 minutes total).
- While the teams are at the station, if necessary members of the organizing team can start preparing the cooking station. For example, we cooked stew/soup over a fire so we started the fire and prepped the broth.

- When the teams are done have them bring the prepared ingredients to the cooking station. The recipe will cook while the other activities happen.
- Bring the teams back together.
- Give an introductory talk about Generative AI
- Introduce Reve and make sure everyone has it.
- Have participants create images based on the emotions used at the stations.
- Do multiple rounds of image creation and after each round do an activity to get them to share their images with each other. We did things like find images that used the same emotions, guess the visual style, guess the emotions.
- Close the workshop with the reflection on what took place.

Post:

Gather to eat the food that was cooked.
Make sure there is a plan to clean up after the event

Enjoy!

low ropes

This workshop supports participants in reflecting on their Erasmus journey, focusing on personal growth, emotions, and learning experiences. Through creative reflection and digital storytelling, participants are encouraged to transform memories into meaningful insights they can carry forward.

This workshop invites participants to reflect on their Erasmus experience as a personal journey of growth, challenge, and learning. Through guided reflection and the support of digital tools, participants revisit key moments from their first steps into Erasmus, exploring emotions, resilience, and personal development. The workshop encourages self-expression, shared reflection, and meaning-making, transforming individual experiences into a collective learning moment.

Your Erasmus Hero's Journey: Low Ropes & Quality Learning Workshop. This activity combines a fun outdoor experience with a meaningful digital reflection. Participants go on a symbolic journey that helps them remember their first steps into the world of Erasmus.
At each station, they take on a low ropes challenge designed to open their minds and help them reflect. These challenges guide them to think about and share how they felt during important moments of their Erasmus journey.
In the end, each participant creates a personal story. They record their reflections using their voice, and these recordings are turned into a song in their favorite music genre using AI technology.

Digital tools	phone, speakers, suno.com (AI music generator)
Time	2 - 3 hours
Participants	3 groups of minimum 4 participants
Materials	different sets of low ropes enough for 4 stations 4 paper explanations for each stations with station name, trees, comfortable outdoor space, paper, markers, tape 4 Blindfold if any activity requires, closed shoes

1.Choose a Safe Outdoor Location
Select a flat, grassy area with trees or stable vertical posts where ropes can be securely tied. Safety is key.

2. Set Up 4 Low Ropes Stations
Create four distinct stations using strong ropes. Each one should symbolically represent a step or challenge in the Erasmus journey (e.g., The calling, The challenge, The transformation, The return).

3. Prepare Station Materials
At each station, place an instruction sheet that includes:
- Station name
- A reflective question related to Erasmus experiences connected to the station name
- A short reminder of safety rules and activity flow
- A short, 40-second story-like narrative introduction played on the speakers to set the mood and welcome participants to that specific journey station

4. Welcome & Introduce the Activity (20 minutes)
Greet participants and introduce the workshop as their "Erasmus Hero's Journey." Explain that each physical task represents emotional or learning moments from their Erasmus experience.

5. Review Safety Rules
- Support each other
- Communicate clearly
- No pushing or rushing
- Respect each person's comfort level – no pressure

6. Divide into Small Groups
Split participants into 3 small groups. Assign each group a starting station. Allow them time to plan their approach and support each other.

7. Station Challenges & Reflections (20 min per station + 5 min reflection)
At each station:
- Participants complete the physical challenge together
- After finishing, each participant records their answer to the reflective question using a voice recorder or phone
- All four station reflections should be recorded into one single audio file, with a short pause between each answer. This is important for generating a clear and meaningful AI song.

8. Sample voice prompts for each station:
- What was your role in this task?
- How did you feel supported?
- What did this station remind you of from Erasmus?

9. Rotate Stations
Groups rotate until everyone has completed all three stations and recorded their four answers, the 4th station can be more challenging and optional to do (approx. 2 hours total).

10. Final Group Reflection & Recording (30 minutes)
Bring everyone together. Invite each participant to record one final short message summarizing their Erasmus story or personal learning in 20–30 seconds.
- Generate AI Songs
- Guide the participants to upload their complete reflection audio (with all 4 answers and a final summary) into an AI music generator (e.g., Suno.com) to create a personalized song in their favorite music genre.

Should do:
- At least one person in the group should have experience with the equipment.
- Check all ropes and equipment before the workshop starts for safety.
- Explain the rules and goals clearly at the beginning.
- Guide gently but let participants lead their own reflections.
- Create a relaxed mood with music, smiles, and encouragement.
- Have backup plans in case of bad weather or tech issues.

Should not do:
- Don't rush the participants through the stations.
- Don't interrupt reflections or recordings unless needed.
- Don't force anyone to do a challenge they're not comfortable with.
- Don't forget to check that all participants have working recorders or phones.
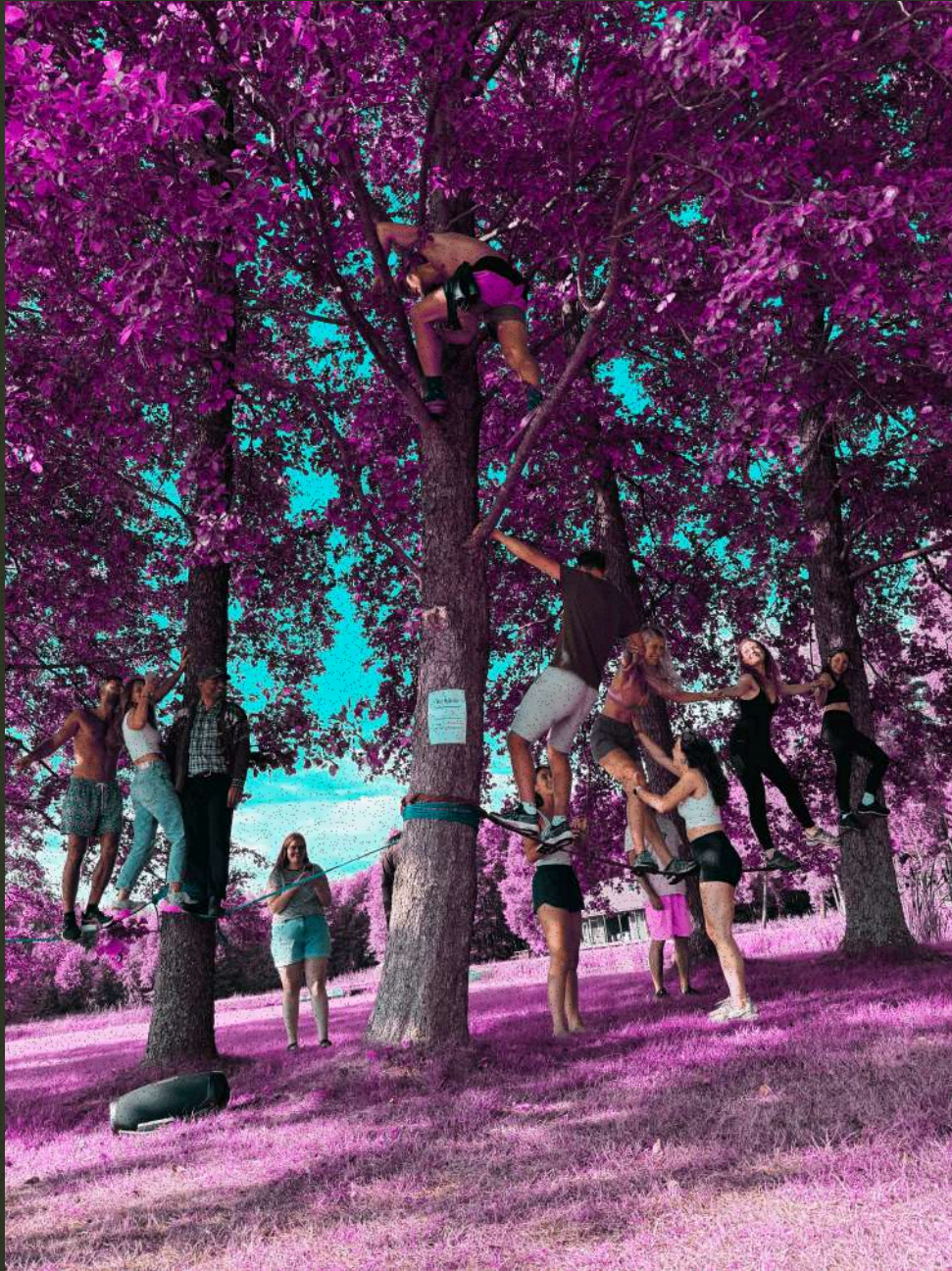
Low Rope Challenge Stations

Station Name:

The Call to Adventure

Question:

What made you decide to leave your comfort zone and say "yes" to this experience?

Start/continue the audio recording with:

I am on the call station of my hero journey...

Reminders:

If its your FIRST STATION begin the audio with: **Create a song for my Hero Journey**

All 4 answers should be in one audio recording, pause in between the challenges, each answer is roughly 20 seconds, total recording length should not surpass 1 minute.

hiking

This workshop helps participants develop communication, teamwork, and collaborative problem-solving skills in a supportive and engaging environment. By fostering connection with both peers and nature, it encourages active listening, cooperation, and positive group dynamics.

This workshop focuses on strengthening communication skills, teamwork, and connection with nature through shared challenges. Participants are encouraged to collaborate, listen actively, and support one another while navigating tasks that require coordination and problem-solving. A light, friendly competitive element adds motivation, while the overall experience emphasizes cooperation, trust, and learning through collective effort.

The participants had the chance to develop their communication skills and connection with nature by engaging in a sequence of group activities. They collected a "letter" for each challenge they completed, and in the end they have to figure out which word it forms to unlock the final station for a prize. Friendly competitive environment.

Digital tools	NFC, Whatsapp, Camera, QR code generator, Word.rodeo, Google drive
Time	2 - 2,5 hours
Participants	20
Materials	NFC chips, paper, stationary, at least one smart phone per station and team
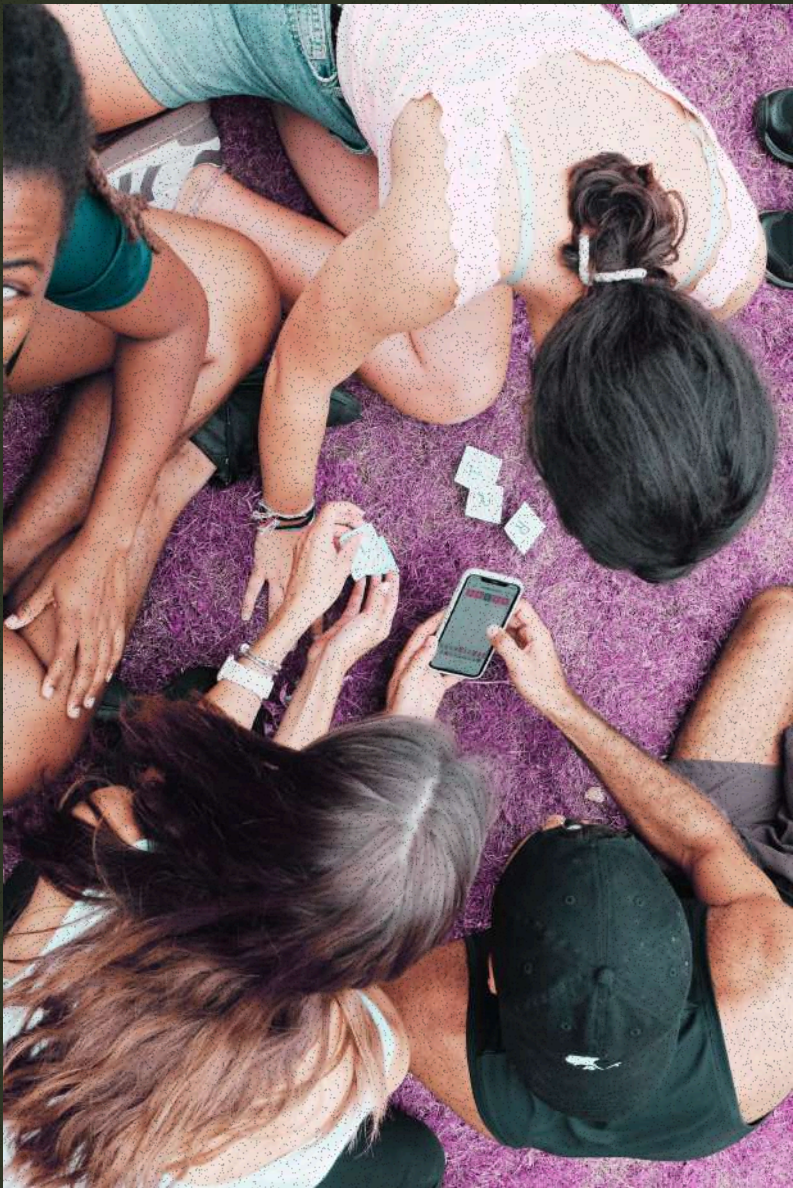
Steps:
1. Choose a word based on the theme
2. Divide the stations for each letter of the word
3. Brainstorming the activities for the stations related to your location (if you are out of ideas, you can use chatgpt)
4. For example: miming, photo bingo, improvisation station
5. For easy communication, create a WhatsApp group
6. Name the stations after colors and letters, for tagging the chips
7. Create timetable where each team has a different starting station
8. Plan same amount or more stations than teams
9. Find locations related to your activities and a central checking point
10. Get coordinates for the locations
11. Program the NFC chips for the locations
12. Assign the people for the stations and develop tasks
13. Prepare the locations and the central checking point
14. Prepare mini tasks for the central station that every team has to perform when they arrive at the central station
15. For example sing a song, do push-ups
16. Divide the participants into teams, give funny team names connected to the topic
17. Execute! And enjoy :)

Game rules:

Each team gets the location at the central station at the same time, so they do not have advantage on each other.
They have to execute the tasks so they get their letter.
After that, they run back to the central station, where they execute a small task and they get their next location.
They continue the same until they get their last letter, then they go to the central station where they scan the last chip, and get the wordle game link. They need to put it together using the letters they got at the stations, until they solve it.
After solving the wordle game, the final location coordinates get revealed, and the first team gets the prize.

Should do:

- Offering a price at the end so they will be motivated to participate.
- Make sure that all stations have similar execution times and they are similar distance from central station.
- Take the environment into consideration, for example whether there will be rain
- Make sure the stations are not visible from the central station and from each other
- Let all the participants enjoy together something as a prize
- Choose the distances to the stations according to your target group
- Have a test ride of the course. Be ready to adjust.

Should not do:

- Do not forget about the communication, for example write into the group chat which team finished at which station
- Do not overcomplicate the tasks, and let people execute their own stations

PHOTO BINGO

Someone hugging a tree	Someone hiding behind a tree	Someone smelling a flower dramatically
Group selfie pretending to be animals		Group selfie with an insect or animal (real or fake 😉)
Someone doing a yoga pose in the nature	Someone fighting with a tree	Someone "becoming one" with nature

MADE BY

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RED – CREATIVE
EFFECT WORKSHOP

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Enjoy!