

## TRAINING COURSE



10 - 18 August, 2025

Pāvilosta, Latvia

(Near Liepāja)

# Infopack



Erasmus+



Agency for International  
Programs for Youth  
Republic of Latvia

### Basic points

**What:** Training course on environmental sustainability approaches in the youth work.

**When:** August 10 – 18, 2025 (Travel days – August 10 and August 18)

**Where:** Butterfly House Guesthouse, Sakas iela 1, Pāvilosta, Latvia

**Who:** Participants aged 18+

### About the training course

The training plan is designed based on 4R principle applied in the waste management – Refuse, Reduce, Reuse, Recycle. This will be used as a basis to promote sustainable approaches in other everyday actions attributed to the youthwork.

The aim of the project is to promote 4R concept (Refuse, Reduce, Reuse, Recycle) to foster sustainable practices in the youth work.

There will be 3 thematic sessions daily based on the days topic, 1 session dedicated for work on project results and a reflection activity for identifying and documenting the learning outcomes.

### Objectives of the project

1. To exchange good practice from the youth work in participating countries,
2. To introduce 4R (Refuse, Reduce, Reuse, Recycle) approach,
3. To promote sustainable practices and their integration into youthwork,
4. To promote Erasmus+ Program and Youthpass certificate.

### Intercultural evenings

We will have 2 intercultural evenings and each country should present their culture and traditions. You do not need ppt presentation, be creative in showing interesting things about your country. Play some music, teach us some traditional dance, bring your flag and something tasty from your country. You can bring just simple snacks but if you want even to cook there will be possibility to use a kitchen so you can surprise other participants.

### Participants' profile

Participants aged 18+, motivated to improve their knowledge, skills and attitudes/behaviors through nonformal learning, and interested in sustainability issues, motivated to implement environmental sustainability approaches in youth work, as well as ready to start new and innovative practices to promote sustainable change and further development of youth work.

### Financial conditions

The project is funded by Erasmus+ Program so accommodation, travel, food and all activities will be covered from the EU grant.

### Accommodation

- ✓ Butterfly House [https://maps.app.goo.gl/Y1dZLxV5HC8XSzuz6?g\\_st=ic](https://maps.app.goo.gl/Y1dZLxV5HC8XSzuz6?g_st=ic)
- ✓ Participants will be accommodated in shared apartments with private kitchens and bathrooms.
- ✓ Bed linen and towels will be provided once and will not be changed during the activity. If you wish to change then please bring your own extra bed linen and towel.



### Travel reimbursement details

Travel costs will be reimbursed by bank transfer to one account of each partner organization **after the activity and after completing dissemination activities by participants and partner organizations.**

Transfer will be done after receiving all original invoices, boarding passes, bus/train tickets or other documents needed. Remember that You should use the cheapest possible way of travelling. For flight tickets only online purchases are eligible.

Any tickets purchased in a currency other than EUR, the amount will be converted and calculated according to the exchange rate of the month given by the European Commission.

Tickets from the 1st class or taxi expenses will not be reimbursed.

**Extra travel days** - You can come some days before the activity and/or leave some days after it, considering that this has to be coordinated with hosting organization, so please contact us for consultation. Note that lodging and catering during extra travel days is not covered by the organizers.

**NB! Please provide us Your travel details (to [perspektiva.rasio@gmail.com](mailto:perspektiva.rasio@gmail.com)) for confirmation before booking the tickets** (In case of price increase reconfirmation is required). Tickets booked without confirmation of the organizers will not be reimbursed.

### Documents required for reimbursement of travel expenses:

- ✓ Invoice for flight booking (there must be price and name of the person stated)
- ✓ Original boarding passes,
- ✓ Original tickets for train, bus or other public transport,
- ✓ List of travel costs (form will be provided)
- ✓ Bank details of sending NGO or participants.

### Travel details

Riga international airport is served by several airlines – Air Baltic, Lufthansa, Turkish Airlines, Finnair, LOT, Ryanair, Norwegian. Participants arriving in Riga International airport should use bus number 22 to get to the city center. Ticket costs 1.50 EUR, and tickets can be purchased in the newsstand before boarding the bus (Newsstands are located right after exiting the arrivals hall next to the exit, as well as in the departures hall). When buying a ticket, do not forget to take a receipt. Ticket is valid for 90 minutes after validation and offers unlimited transfers within the period of validity.

Transportation of luggage on route 22 is free of charge, but this is not applicable to other routes in Riga. Buses run from 5:25 till 0:40 with the frequency of 10 minutes during the daytime and 30 minutes early in the morning or late in the evening, approximate bus ride from the airport to the city center is 40 minutes. Do not forget to validate Your ticket when getting on the bus! Check timetables here:

<http://saraksti.rigassatiksmelv/index.html#bus/22/b-a/en>

Vilnius and Tallinn is well connected with several buses per day (For more details see <http://www.luxexpress.eu/en> and <https://ecolines.net/international/en> and <https://global.flixbus.com/>)

### Getting from Riga to Pavilosta

By bus – Riga coach station is located in the city center close to the main railway station and several routes of the local public transport. International and national intercity buses depart and arrive in the same area. Participants arriving from Riga international airport should get off the bus on the stop “Autoosta” (26 minutes bus ride from the airport).

The arrival day (August 10) you should take a bus from Riga to Liepaja, then in Liepaja you need to take the bus to Pavilosta (“Kursa” bus stop). The buses arrive/depart from the same coach station. Such itinerary requires 2 separate tickets, and we suggest purchasing tickets from the cash desk inside the terminal building.

Check the timetable to choose the most appropriate buses: <https://www.1188.lv/en/transport>  
(Riga - Liepaja and Liepaja - Pavilosta)

### Practical information

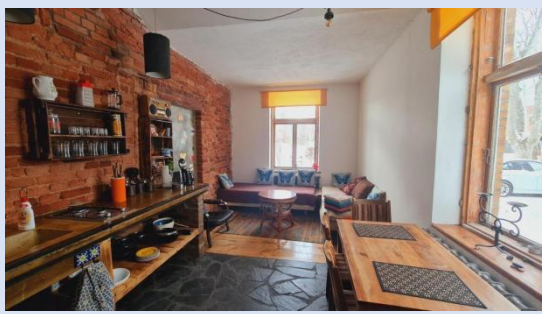
Be prepared for the weather conditions. And keep in mind that Pavilosta as a seaside town is windy. August is usually warm, with temperatures ranging from +25C to +30C during the day, however, due to the climate change, real weather conditions can differ.

For updated weather forecast please check the actual information here:  
<http://www.meteo.lv/en/laiks/?nid=638>

### Getting to the venue

Guest house is situated close to the bus stop (Kursa) within a walking distance.





## Currency

Latvia is part of the European monetary union, and Euro is the official currency.

## Safety and protection

We will stay in a safe place, and we will also have outdoors activities so we kindly ask You to have insurance for the days of the activity. We recommend to the participants to bring European Health Insurance Card, which is for free or acquire any other suitable insurance. <http://ec.europa.eu/social/main.jsp?catId=559>

## About Pāvilosta

Pāvilosta is a small coastal town with white sand beach seaside and yacht port in Southern Kurzeme Municipality in the Kurzeme region in western Latvia. Closest regional centers are Liepāja, Ventspils and Kuldīga.

## What to bring

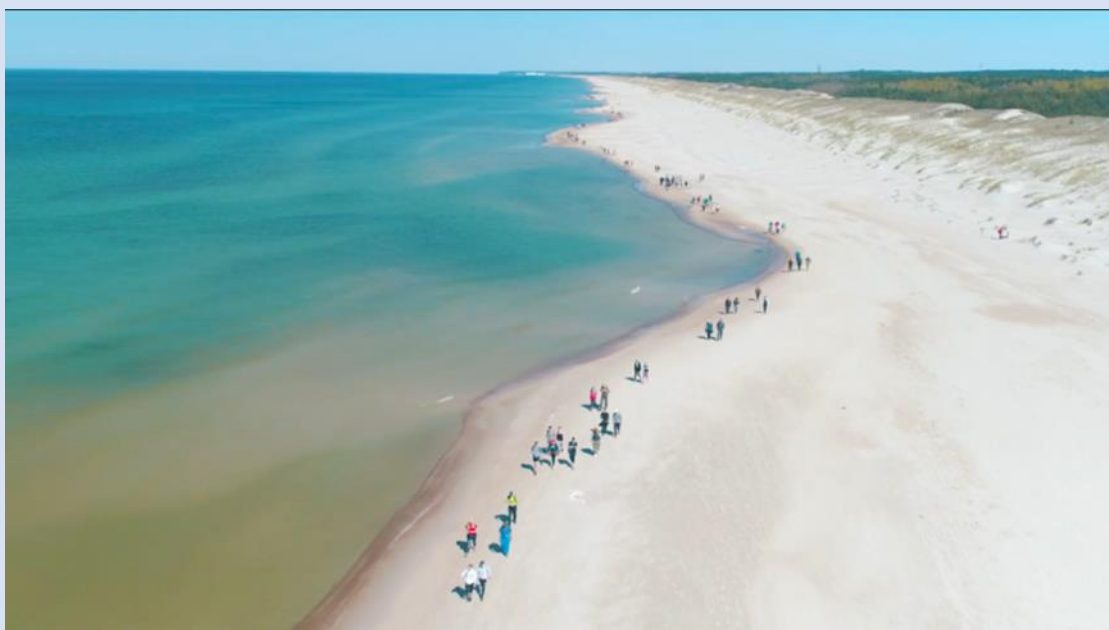
- ✓ Personal hygiene kit (shampoo etc.)
- ✓ Something for cultural evenings (flag, food, drinks, maps, songs, etc.)
- ✓ Personal medications
- ✓ ID card or passport, insurance card

## Facebook and WhatsApp groups

We will have a Facebook group and WhatsApp group chat for the project for communication through social media, for getting to know each other and to share materials and photos.

## Contact details:

[perspektiva.rasio@gmail.com](mailto:perspektiva.rasio@gmail.com)



**SEE YOU SOON IN PĀVILOSTA!**