



M MENTORU
TĪKLS



HOW TO BE A YOUTH MENTOR? 2025

CRASH COURSE FOR YOUTH WORKERS

13 OCTOBER - 20
OCTOBER
SARAIĶI, LATVIA



OVERVIEW

GOAL

Goal of this training course is to prepare specialists as youth mentors so they could provide individual mentoring to young people with various social and personal challenges. This training programme is based on a social service that we are providing to more than 200 young people in Liepāja every year. Since its establishment, 6 municipalities in Latvia are working based on this module and more than 300 mentors have been trained that have helped over a 1000 young people

OBJECTIVES

- To give practical mentoring tools for doing individual youth work
- To give practical mentoring methods that can be used also with colleagues, other specialists and yourself as well
- To prepare specialists for working with troubled youth and young people that need individual support.

DETAILS

Training course

Guest house Lavander Bech Villa

13.10.2025.- 20.10.2025.

30 participants from Latvia, Lithuania, Poland and Georgia and Bulgaria

TRAINERS

YOU⁺

Here you can see profiles of trainers that will be working with you during the training course.



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ARRIVAL

Since climate change is playing even bigger role in our lives, together with European Comission we invite you to avoid traveling on plane and use travelling options that leave smaller carbon footprint.

OPTION 1

Riga international bus/train station

Here you can find various international bus routes arriving to Riga international bus station
<https://www.autoosta.lv/?lang=en>

From there you can take a bus or train to Liepaja station where you will be picked up.

<https://www.1188.lv/satiksmes/starppilsetu-autobusi/rigas-sao/liepajas-ao/105317/105293>

<https://www.1188.lv/en/transport/trains/riga-pasazieru/liepaja/100001/100056>

OPTION 2

Palanga bus station

Here you can find various international bus routes arriving to Palanga bus station

<https://autobusubilietai.lt/en>

From there you can be picked up.

OPTION 3

Personal car

If you are coming in group with other participants, you can use personal car and your gas expenses will be reimbursed. If you are choosing this option, please let us know first.

Location of a venue
<https://ej.uz/saraikitc>

OTHER PRACTICALITIES

YOU⁺

This project is fully funded by "Erasmus+: Youth in action" program.

- During the training course we will organize a cultural evening. Bring with your traditional snacks and drinks, some games for the evening. Venue does not provide opportunities to cook. Bring necessary ingredients with you, the venue cannot provide it (ex. specific type of bread).
- In the centre there is Wi-Fi Internet connection so you can bring your computer. In the venue there is a washing machine you can use.
- During the project you will be provided with 3 meals (breakfast, lunch, and dinner), also 2 coffee breaks a day.
- What to bring with you:
Bring personal hygienic things (shampoo, soap, toothbrush etc.);
Bring medicine you need.
Bring hair dryer. Venue does not provide a hair dryer.
If you have a photo camera, video camera, laptop you might take it with you.
The nearest shop is 8 km away (small one) so if you have special needs bring things with you. There will be 3 times in the program when you will have the opportunity to go to the shop.

Lithuania - 285 EUR/per person;
Poland - 285 EUR/ per person;
Georgia - 395 EUR/ per person.
Bulgaria - 309 EUR/ per person
Latvia - 0 EUR/ per person

Also, if you are travelling the green way and spend a long time on the way, we can reimburse food and staying expenses up to 80 EUR per participant. About this you have to personally contact coordinators.

NOTE! We will not reimburse taxi, first class tickets.

VENUE

Lavender BeachVilla is located right on the seashore, halfway from Liepāja to Pāvilosta. The coast of the Baltic Sea is about half a kilometer long, surrounded by a pine forest behind it,

YOU⁺



FREE TIME

YOU⁺

During the training course we will visit city of Liepāja, historical military city Karosta and have activities at the beach.



Liepaja city





CONTACT US

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