



# DIGITAL YOUTH WORK METHODS 3.0.

CRASH COURSE FOR YOUTH WORKERS

30 APRIL - 7 MAY  
LIEPĀJA, LATVIA



# OVERVIEW

## GOAL

Goal of this training course is to prepare specialists as digital youth workers and be ready to work with newest technologies, digital youth work trends and young people with digital addictions

## OBJECTIVES

- To give practical digital youth work methods
- To give a chance to try out the latest digital technologies like Virtual reality, 360 cameras, AI etc.
- To introduce youth workers in to e-sports, healthy gaming and how young people can improve themselves with the help of computer games
- To prepare specialists to maintain a healthy digital balance while implementing digital youth work with young people.

## DETAILS

Training course

Main Quest Liepaja E-sports center  
30.04.2026.- 07.05.2026.  
25 participants from Latvia,  
Lithuania, Norway, Finland and  
Georgia

# TRAINERS

YOU<sup>+</sup>

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

Co-creator of Liepāja youth mentoring network

Director and co-founder of NGO YOU+

40 projects and 8 million EUR gained in public funding

International trainer since 2018

Youth Work Trainer

Author of national digital youth work guidelines in Latvia

Mentor working with young people with digital addictions and criminal background



**Andris Kāposts**  
#power and community

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Mechatronics engineer with over 8 years of experience

Virtual Reality educational trainer

Children's STEM summer camp organizer

Founder of two entertainment venues in Liepāja

Digital Youth Work Trainer

Interest in strategy-based video games

Physics teacher at two secondary schools



**Helvijs Vičivskis**  
#power and community

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# ARRIVAL

YOU<sup>+</sup>

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, so we can arrange the hotel parking



# OTHER PRACTICALITIES

YOU<sup>+</sup>

**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, fruits etc.).
- In the centre there is Wi-Fi Internet connection so you can bring your computer. Washing machine is available only for an emergency.
- 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.  
If you have a photo camera, video camera, laptop you might take it with you.

Lithuania - 210 EUR/per person;  
Finland - 309 EUR/ per person;  
Georgia - 395 EUR/ per person.  
Norway - 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.

# ACCOMODATION

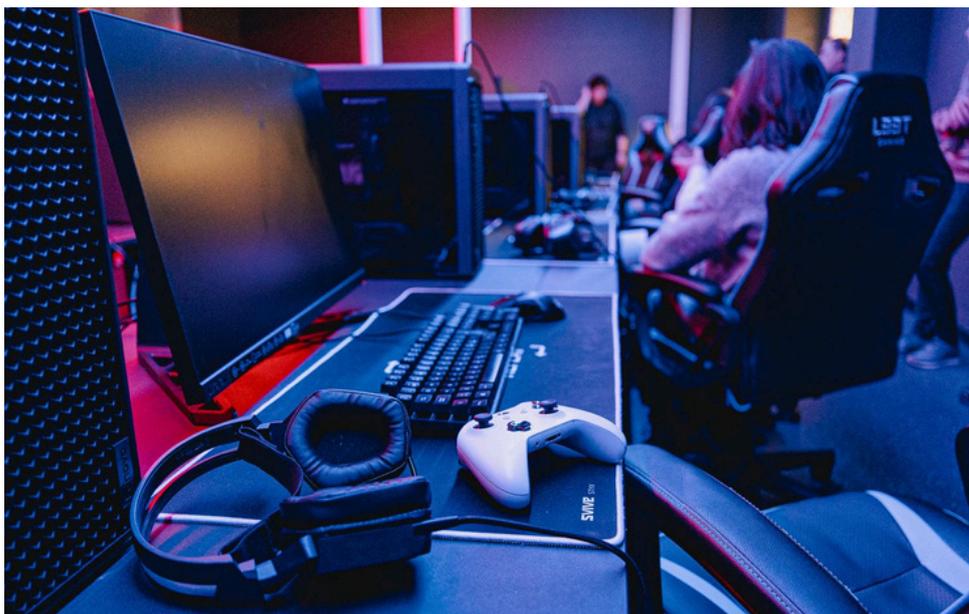
YOU<sup>+</sup>

Līva Hotel is a centrally located hotel in Liepāja. We will be staying in double rooms and having all meals at the hotel restaurant. The hotel is a 15-minute walk from the working venue, Main Quest Liepāja.



# WOKRING VENUE

YOU<sup>+</sup>



**Main Quest Liepāja is our newly created e-sports center, based on the Norwegian e-sports center methodology. The building also houses a Fab Lab digital co-creation space equipped with 3D printers, a CNC cutter, laser cutters, and other technical production equipment.**

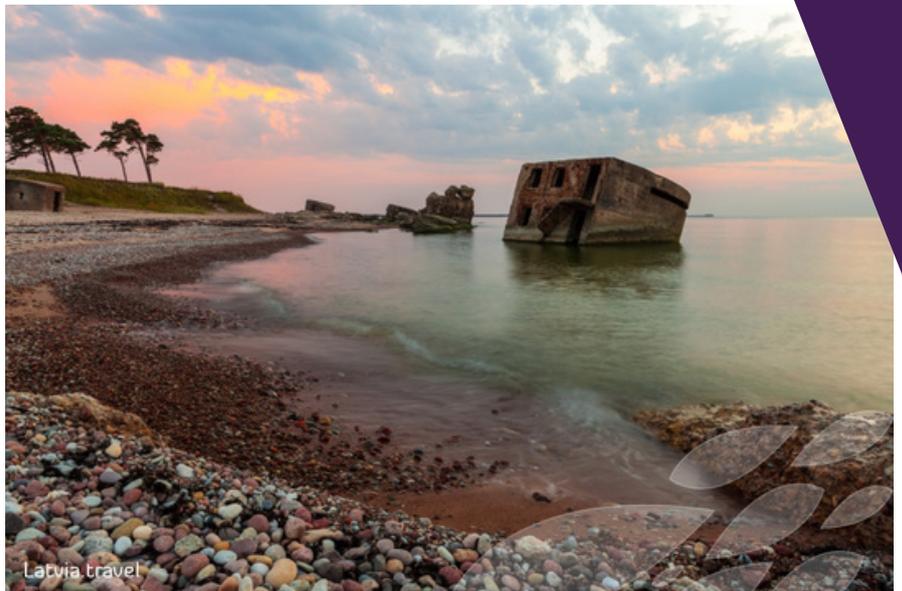
# FREE TIME

YOU<sup>+</sup>

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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The project is financed with the support of European Commission's "Erasmus+: Youth in Action" administered in Latvia by the Agency for International Programs for Youth. This publication reflects only the author's views, and the Commission cannot be held responsible for any use which may be made of the information contained there in.