



HOW TO BE A YOUTH MENTOR? 2026

CRASH COURSE FOR YOUTH WORKERS

**13 SEPTEMBER - 21
SEPTEMBER
LIEPĀJA, LATVIA**



OVERVIEW



YOU⁺

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

13.09.2026.- 21.09.2026.

25 participants from Latvia, Lithuania, Poland, 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

YOU⁺

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/satiksme/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 now first, so we can arrange the hotel parking



OTHER PRACTICALITIES



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;
Poland - 275 EUR/ per person;
Georgia - 395 EUR/ per person.
Bulgaria - 309 EUR/ per person
Latvia - 0 EUR/ per person

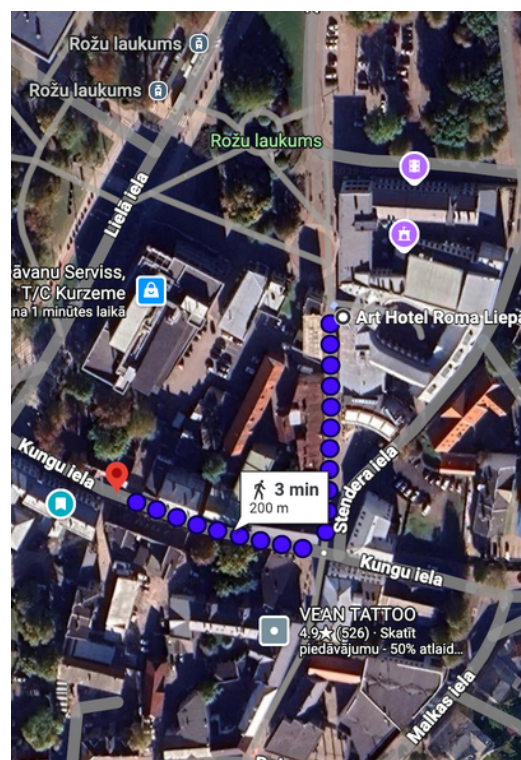
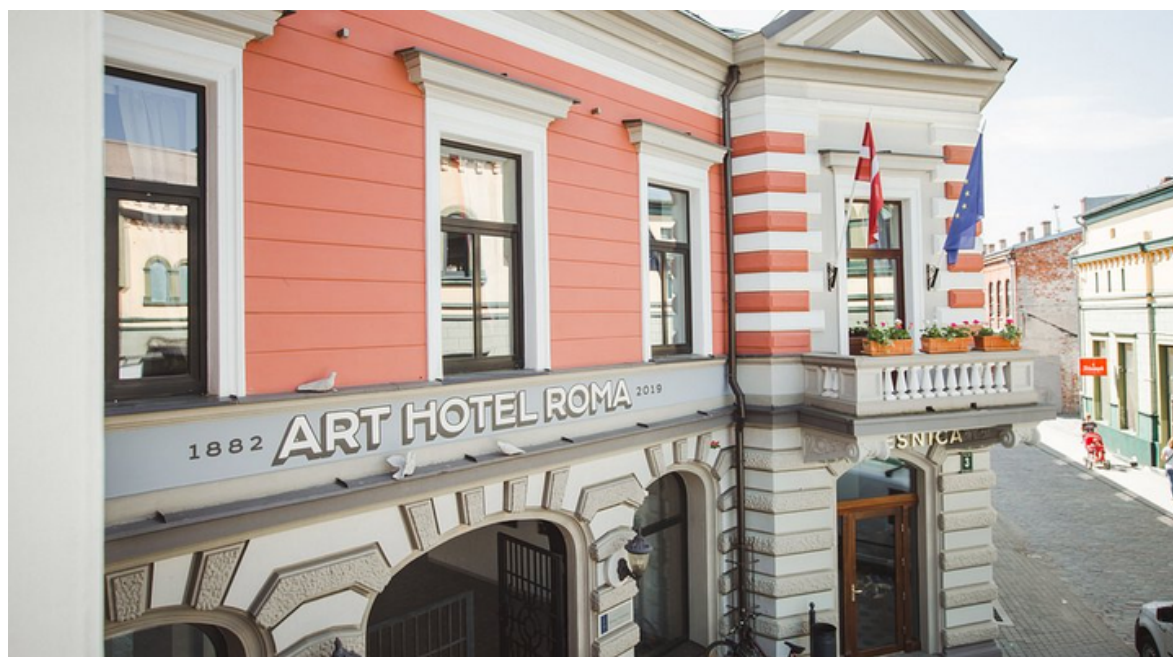
Also, if you are travelling the green way and spend a long time on the way, we can reimburse food and staying expenses up to 80 EUR per participant. About this you have to personally contact coordinators.

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

ACCOMODATION

Art Hotel Roma 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 5-minute walk from the working venue, YOUSpace.

YOU⁺



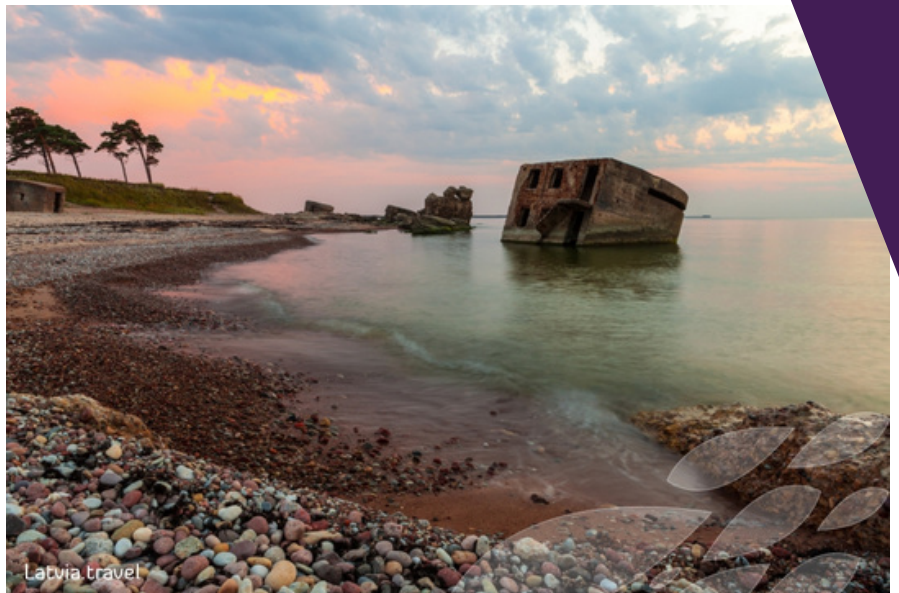
FREE TIME

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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