



# FROM LIFE BALANCE TO GLOBAL RESPONSIBILITY



## INFOPACK

**WHAT:** training course on Life Balance in the frame of Global Responsibility

**WHEN:** 19-28 September 2018

**WHERE:** Liepaja, Latvia.



Agency for International Programs for Youth of the Republic of Latvia

## ABOUT THE TRAINING COURSE

The Training Course "From Life Balance to Global Responsibility" designed by a group of specialists on nutrition, personal development trainers, a yoga teacher and healthy lifestyle coaches. In order to provide a complex learning experience for youth workers, so they can better understand the importance of Life Balance in their life and use that knowledge in their daily work with youngsters

Co-funded by the  
Erasmus+ Programme  
of the European Union



# OBJECTIVES OF THE PROJECT

- Increase awareness about Life Balance in the frame of Global Responsibility among youth workers;
- Empower youth workers with tools, methods and ways to understand Life Balance and Global Responsibility and act as multipliers on these issues;
- Create a shift in youth minds from personal to Global Responsibility;
- Create a platform for youth workers who work in the field of health and Life Balance, to exchange ideas and share teaching methods;
- Develop a guidebook for youth workers about Life Balance in the frame of Global Responsibility, which will contain knowledge, tools, resources and material

## PARTICIPANTS' PROFILE

The target group for this project is youth workers, social workers, group leaders, youth leaders, because we realize their important role as multipliers of knowledge among youth and other communities.

The background of our target group is those who: feel "overwhelmed" from the work, who have a need to understand better how to feel balance in their life and pass this knowledge within their organisations and young people they work with.

## FINANCIAL CONDITIONS

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

There is also a transport allowance according to distance from city of partner organization to place of the activity (please see table below).

# TRAVEL REIMBURSEMENT DETAILS

Remember you should use cheap way of travelling, use just 2nd class. Tickets from 1st class or taxi will not be reimbursed.

You can come some days before project and/or leave some days after it, taking into account 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 FOR CONFIRMATION BEFORE BUYING ANY TICKETS!**

Participants shall be reimbursed for their travel expenses up to the amount available for their countries and no more than their real costs. Each delegations shall send the organizers:

- Invoices of flights (there must be price and name of the person stated on it)
- Original of boarding pass from both ways or printed in case of online check-in
- Tickets for train, bus or other public transport
- List of travel costs (we will send you form to fill)

Additionally, the reimbursement will be performed only if the following conditions are met:

1. Participants submit their individual participant report as requested by the European Commission through the Mobility Tool;
2. Participants and their sending organizations send the organizers a proof of dissemination activities.

# LIMITS FOR TRAVEL COSTS

Maximal amount of transport costs will be reimbursed up to limit for each participant as stated in the following table.

COUNTRY (PARTNER)	BUDGET FOR TRANSPORT
Austria	275 Euros per participant
Italy	275 Euros per participant
Latvia	180 Euros per participant
Malta	360 Euros per participant
Poland	275 Euros per participant
Romania	275 Euros per participant
Spain	360 Euros per participant

## ACCOMMODATION

**VENUE:** Hostel Perlitel, 3 Hika street, Liepaja, LV-3401, Latvia.

Hostel is situated in a city park zone very close to the city centre and close to the seaside.

Participants will be accommodated in the rooms of 3-4 people with shared bathrooms, mixed nationalities.



<https://www.booking.com/hotel/lv/perlite.lv.html>

# SAFETY AND PROTECTION

We will stay in a safe place and we will not do any dangerous sport activities but anyway we kindly ask you to have insurance for the project days. We recommend to the participants to bring your European Health Insurance Card, which is for free or acquire any other suitable insurance.

<http://ec.europa.eu/social/main.jsp?catId=559>

## ABOUT LIEPAJA

Liepaja is the 3rd largest city in Latvia, located in the Western part of the country near the Baltic sea. It is an important industrial, transport, culture and education centre of Kurzeme region. For more information check <http://liepaja.travel/en/home/>

## WHAT TO BRING

- ID card or passport, insurance card
- Towel and personal hygiene kit
- Personal medicine
- Something for cultural evenings (flag, food, drinks, maps, songs, etc.)
- Personal Cup/glass (we don't want to use Plastic Glasses)

## FACEBOOK GROUP

Please add all your participants to this Facebook group

<https://www.facebook.com/groups/405706166601427/> The group has been created for communication by social media, for getting to know each other a bit even before project start and to share materials and photos.

## CONTACT DETAILS:

JANIS – [JANIS.BALODIS.COB@INBOX.LV](mailto:JANIS.BALODIS.COB@INBOX.LV), +371 28353679