



OUT IN THE OPEN

3-PHASES TRAINING PROGRAM FOR YOUTH WORKERS

SEPTEMBER - DECEMBER 2019, LATVIA

ABOUT THE PROJECT

Out in the Open focuses on improving the social inclusion and active participation of LGBT+ youth in society by improving the competencies of youth workers in outdoor education.

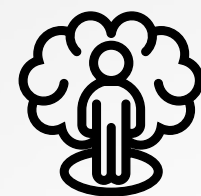
The 3 phases training program, aims to provide outdoor methods and tools to youth workers who work with young LGBT+ people - in order to become pioneers in the implementation of those tools in the field of social inclusion and in the search of LGBT+ young people's empowerment.

Outdoors is a tool that brings people together, regardless of their background. Learning through outdoor experience is a powerful stimulus which places us in unique settings where we are often quite unsure of ourselves. We are offered the opportunity to move beyond our comfort zone, build meaningful connections, face our issues and fears while fostering our physical and mental health, living a full-body experience.

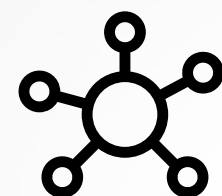




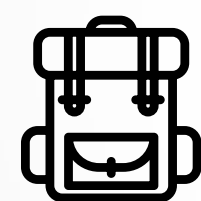
OUR OBJECTIVES ARE



- to increase the lifelong learning **COMPETENCIES AND BOOST THE SELF-CONFIDENCE** of participants during each phase



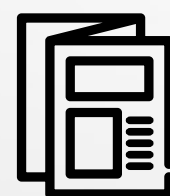
- to **DEVELOP NEW METHODS AND APPROACHES** connected to outdoors and the LGBT+ spectrum



- to **ORGANIZE OUTDOOR ACTIVITIES WITH SCHOOLS** in Latvia and introducing gender diversity during the Training Course



- to **ORGANISE LOCAL ACTIVITIES** in the participating countries during the Local Action Phase, putting in action the learnt practices



- to **CREATE AND DISSEMINATE A TOOLKIT** during the Capacity Building Meeting with the new methods created and used



- to organize **A NETWORKING CONFERENCE EVENT IN RIGA**

STRUCTURE OF THE PROJECT



1ST PHASE

TRAINING COURSE

9 - 15 SEPTEMBER 2019

RITES, LATVIA

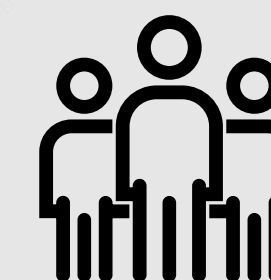


2ND PHASE

LOCAL ACTION PHASE

SEP, OCT, NOV 2019

EACH PARTNER COUNTRY



3RD PHASE

CAPACITY BUILDING MEETING

4 - 8 DECEMBER 2019

RIGA, LATVIA

IN A 7 DAYS PROGRAM, YOU WILL:

- Experience the power of outdoor methodologies yourself
- Learn about the reality of youth work in the LGBT+ spectrum in the participating countries
- Receive practical skills in designing, implementing and facilitating outdoor activities as tools for inclusion and empowerment of LGBT+ young people
- Design and deliver workshops and activities using outdoors with the topic in schools in the Kegums region in Latvia
- Adapt outdoor learning to own methods working with your target group
- Create your action plan for the Local Action Phase

DURING THE 2 AND HALF MONTHS ACTION PHASE, YOU WILL:

- Come back to your local organization and put in action the gained experience and tools by organizing and implementing workshops and the newly learnt methods there with your target group
- Practice and improve your facilitation skills in outdoor methodologies and the LGBT+ spectrum, receive feedback from your target group
- Measure the impact of the methods used in your local reality and within your target group

DURING THE 5-DAYS MEETING, YOU WILL:

- Evaluate the results of your Local Action Phase, identify how the developed methods are impactful for the lgbt+ group, how they can be improved
- Collect all the methodology used during each phase about outdoors and lgbt+ spectrum into a toolkit
- Produce a series of videos showcasing the results, impact of the project and the benefits of outdoor education on social inclusion and active participation of youth
- Organize the international and European “Out in the Open” Conference event, a networking event to present the results and impact of the project



THIS TRAINING PROGRAM IS FOR YOU IF **YOU ARE**

- youth worker, youth leader, mentor, volunteer or staff in NGO', who works directly with LGBT+ youth at a local level (thus you have at least basic knowledge and skills working with the target group and about the LGBT+ human rights)
- 18+ years old and a resident of Czech Republic, Italy, Greece, Latvia, Lithuania, Slovenia, Spain
- Committed to take part in the 3 phases of the Training Program
- Eager to learn or develop further your competencies in the topic and methods used
- Highly motivated and ready to fully experience the outdoor methodologies yourself, no need to have previous experience with them. Just bring your curiosity and enthusiasm along!
- Ready to participate in an intercultural environment and inspired to challenge yourself and work on your personal and professional development, so to inspire in return your groups
- Able to work and communicate in English

This program is also for you if you are falling into the category of people who are considered with fewer opportunities, especially those who face social obstacles as LGBT+ people do, economic or geographical obstacles.

PROGRAM ELEMENTS:

- This Training Program is following an **Experiential Learning approach, being highly participatory and interactive.** You will learn by doing and by reflecting upon what you do. During the 1st and 3rd phases of the program, you will experience a fully dynamic program containing several non-formal methods and work-formats where you are able to explore, create and act out in the open.
- In Out in the Open, **you are the actor or your own learning and creator of your experience,** guided by the facilitators and supported by the group.

The working hours vary according to the needs of the group and the program. There are morning, afternoon and evening sessions and we will be working 8 to 10 hours daily accordingly.

- Please note that the program does not include touristic trips and free days therefore in case you are interested in such possibilities we invite you to plan them for yourselves by arranging (on your own costs) some days before or after the training.



The background of the slide features two circular images. The top-left image shows a woman with long blonde hair holding a rainbow flag. The bottom-right image shows a person with long blonde hair wearing a yellow jacket and black blindfold goggles, smiling. The slide is decorated with abstract shapes: a large blue circle, a smaller cyan circle, and a purple-to-cyan gradient bar. There are also black double-line diagonal strokes in the top-left and bottom-right corners.

WHAT YOU WILL GET OUT

By joining this training program, you will have the chance to learn, practice, enhance, experience and reflect on your:

- self-awareness, self-confidence, and connection to yourself on a deeper level
- mental and physical health
- leadership core and sense of initiative
- communication, cooperation, and connection to others
- response to challenges and problem-solving
- giving and receiving feedback
- facilitation, and ways you can use outdoor methods with your target group
- knowledge, skills, and attitudes about the LGBT+ spectrum
- team-work, time-management, and organizational skills
- public speaking and presentational skills
- media and digital skills
- inclusion and intercultural awareness
- network and new professional contacts
- inspiration, creativity, joy, spontaneity

THE TEAM



**CATHY
MANOUSAKI**

is a professional trainer, facilitator and youth worker with more than 9 years in the field of non-formal education. She works with people from diverse backgrounds, including LGBTQIA+ youth and loves developing dynamic programs blending a variety of non-formal methods, where they can learn, grow and realise their potential. She is the founder of Active Rainbow educational platform focused on linking experiential learning with activism and giving visibility to the young voices.



**PAULA
UDRINA**

is a passionate youthworker and trainer with experience and education in coaching, leadership, personal development, body movement, storytelling and of course outdoors which is her main playground for growth. Paula believes that by being outdoors we as humans connect more with our beings and each other therefore fostering awareness, confidence and cooperation.

ABOUT (OUR HOMES)

ACCOMMODATION



1ST PHASE

TRAINING COURSE

9 - 15 SEPTEMBER 2019

RITES. LATVIA

Rites, a beloved place for endless creativity, is the training site of Piedzīvojuma Gars and is located in a beautiful remote area with just a few neighbor houses around, with the nearest town Ķegums at a distance of 15 km.

We will be living together in a close shared space on the 2nd floor of the house, taking care of the environment and each other by contributing to daily household tasks.

The training site has no alcohol and no drugs policy. Note that in the venue the internet connection is limited. We will have our own cook preparing delicious meals.

The arrival night on 8th of September, you will be staying in Riga, Latvia at the Tree House Hostel, which is located in the beautiful old part of Riga.



3RD PHASE

CAPACITY BUILDING MEETING

4 - 8 DECEMBER 2019.

RIGA. LATVIA

You will be staying at a hostel, while the main part of the program will take place in the Piedzīvojuma Gars quarters.

More information about the logistics for the 3rd phase you will receive after the end of the 1st phase.



TIMEFRAME

OF THE PROJECT



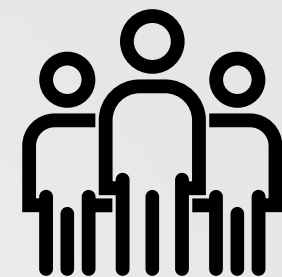
1ST PHASE SEPTEMBER

Start of the program - 9.00 The program for the 1 st phase, will start early in the morning on 9 th with breakfast at the hostel and traveling together to Kegums by train, and after-on a hike to the venue.	9	16	Departure Day - 9.00
	10	17	
	11	18	
	12		
	13		
	14		
Arrival Day until 17.00	8	15	End of the program - 20.00



2ND PHASE SEPT - NOV

17
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30



3RD PHASE DECEMBER

	2	9	Departure Day - 10.00
Arrival Day until 17.00	3	10	
Start of the program - 10.00	4	11	
	5		
	6		
	7		
	8		End of the program - 20.00

We highly ask you to plan your travels accordingly to the timeframe.

You are not allowed to arrive later or leave the program earlier.

If you wish to explore Latvia, you can come 2 days earlier and leave 2 days later before/ after the project dates. Covering the expenses during these days are up to you.

FINANCIAL ARRANGEMENTS

- 100% accommodation, food and program materials are covered by the grant from Erasmus+
- The reimbursement for the 1st phase will be done after the implementation of your Local Action Phase and for the 3rd phase, after the implementation of online disseminative activities.
- For travel reimbursement, it is mandatory to send all your e-tickets, e-invoices, e-boarding passes and e-receipts. If e-documents are not issued, then originals are accepted. Without these travel costs cannot be reimbursed.

Your travel costs for each phase are 100% covered, up to the maximum expenses:

EXPENSE	COUNTRY
360 euro	Greece, Spain,
275 euro	Slovenia, Italy and Czech Republic
180 euro	Lithuania
20 euro	Latvia (only for the 1 st phase)

The contribution fee for this project is 50 EUR to be paid upon arrival.





Before applying take into account that you need to work with your local group of young people for the Local Action Phase of the program.

In case you are currently not working directly with young people at a local level, you can contact your sending organisation and find a way to cooperate with their target group during this phase.

If you are selected, you will receive a confirmation letter with all details about your participation in the activities of the project.

COUNTRY	ORGANIZATION	EMAIL
Greece	Solidarity Mission	training@solidaritymission.org
Slovenia	DIH	info@dih.si
Spain	Ticket2Europe	ana.delvalle@ticket2europe.eu
Czech Republic	Asociace DICE	asociace.dice@gmail.com
Italy	Vagamondo	info@vagamondo.info
Lithuania	Synergy LT	aringa@synergylt.lt
Latvia	Piedzivojuma Gars	outintheopen@piedzivojumagars.lv



ABOUT US PG AND ACTIVE RAINBOW

Piedzīvojuma gars [PG] (english: Adventure Spirit) is an experiential outdoor education organisation that works with individual and group development.

We want to drive social progress in the world through new and innovative projects, thus empowering youth adaptability to the ever changing circumstances, and foster a beautiful, sustainable co-creation between humans and nature.

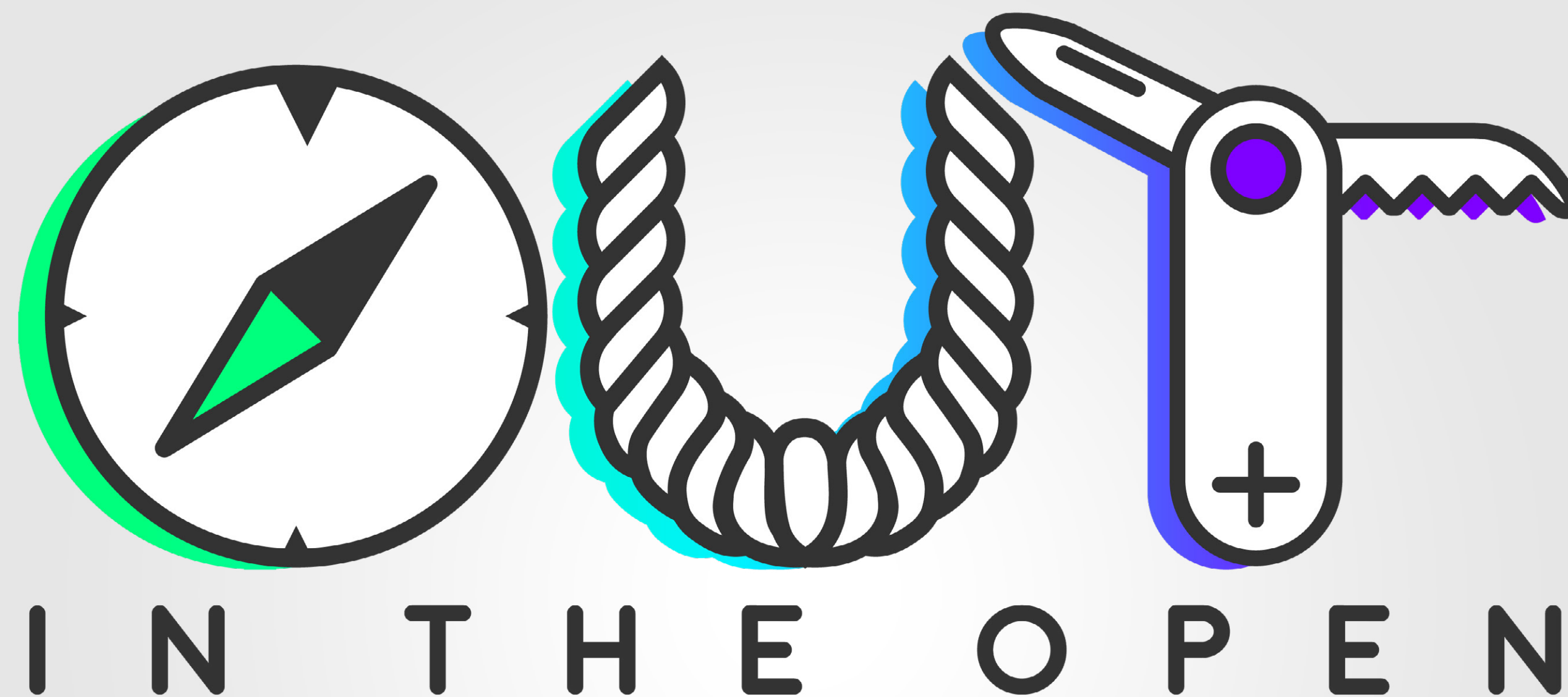
More information
www.piedzivojumagars.lv

Active Rainbow is an educational platform aiming to raise awareness on the topic of Human Rights and LGBTQIA+ Spectrum and to increase the visibility of non-formal education as a tool for promoting social inclusion and active participation. The platform was founded in 2014 and since then its community is growing with young individuals and activists from all over Europe and the world. Its vision is a world where diversity is welcomed and celebrated as a value.

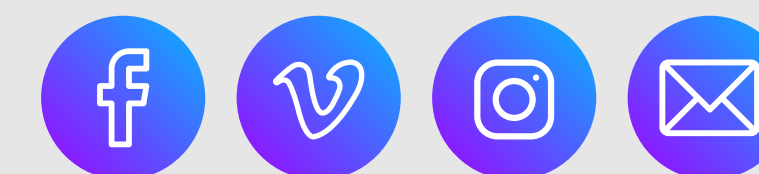
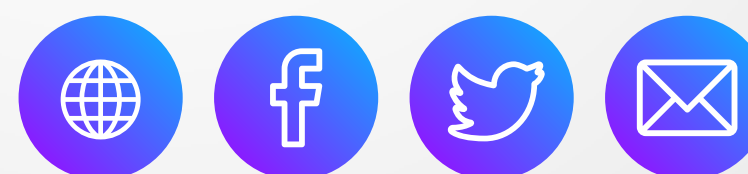
More about the platform [find here.](#)



SEE YOU IN LATVIA &



**If you have questions, need clarifications
or you would like to know more, contact us:**
outintheopen@piedzivojumagars.lv and we will
be happy to answer all your questions.



Partners:

