



# WHAT THE F\*\*\* IS YOUTH WORK?

CRASH COURSE FOR NEW YOUTH WORKERS

8 OCTOBER - 16  
OCTOBER  
SARAIĶI, LATVIA



# OVERVIEW

## GOAL

Goal of this training course is to help local youth workers, mentors and volunteers to strengthen both their professional and mental capacity while working with young people and coordinating youth policy.

## OBJECTIVES

- To give local youth workers, mentors and volunteers practical methods to help them strengthen both their professional and mental capacity;
- Share good practices of cross-sectorial youth work;
- Help to develop a burn-out security plan for all specialists involved in youth work;
- Create new methods that can help specialists involved in youth work to learn new competences on daily basis.

## DETAILS

Physical training course

Guest house Lavander Bech Villa  
2022. 10.08. - 2022. 10. 16.

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

# TRAINERS

YOU<sup>+</sup>

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

**Andris Kāposts**

**Youth work trainer**

- Director and creator of SouthKurzeme youth mentor network
- Working on youth decision maker dialogue projects since 2015
- Director and mentor of youth NGO "Development platform YOU+"
- EURODESK regional coordinator in Kurzeme region
- Trainer and project coordinator since 2017
- Mental health specialist in Adolescent Resource center

Contact information:  
andris.kaposts@youplus.lv  
<https://www.facebook.com/andris.kaposts.77/>

**Marius Ulozas**

**Youth policy expert / youth work trainer**

- Public relations and communication skills  
7+ years of professional experience
- Training skills  
15+ years of professional experience, wide range of topics
- Expert in youth Participation and citizen engagement topics  
#ParticipationMatters
- Love golf
- ERASMUS+ experience  
Quality KA1, KA2, KA3 projects, work with NAs, SALTOs etc
- Facilitation skills  
Creative, empowering, safe space for learning, sharing and exploring

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<https://www.facebook.com/mariusulozas>  
@MariusUlozas  
+370 688 26290

[www.institutas.eu](http://www.institutas.eu)

**Anna Vītola**

**Mentor and Mental health specialist**

- Psychology student
- Mentor and co-founder of youth NGO "Development platform You+"
- Public speaker and group trainer for young adults
- Youth worker
- Youth mentor in Adolescent Resource center
- Youth mentor in social service

Contact information:  
anna.vitola@youplus.lv  
anna.vitola@psuvalstucents.lv

# ARRIVAL

YOU<sup>+</sup>

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

## OPTION 1

### **Riga international bus 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 to Liepaja bus station where you will be picked up.

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

## 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



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

- Covid-19: there are no regulations for foreigners to enter Lithuania but since Covid-19 is unpredictable please follow newest information  
<https://covid19.gov.lv/en>
- 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 - 210 EUR/per person;  
Poland - 210 EUR/ per person;  
Estonia - 210 EUR/ per person;  
Georgia - 320 EUR/ per person.  
Spain - 360 EUR/ per person  
Bulgaria - 360 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<sup>+</sup>



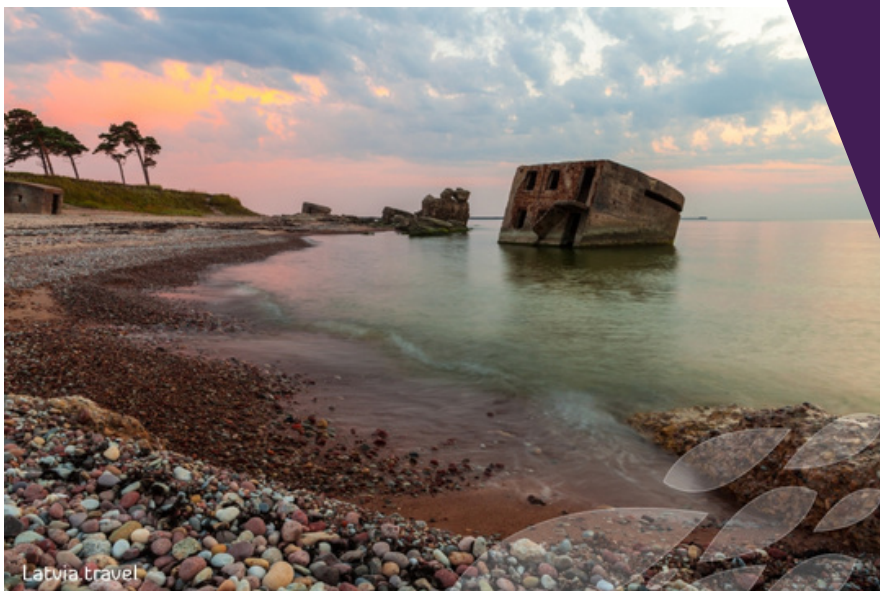
# FREE TIME

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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[www.youpluss.lv](http://www.youpluss.lv)

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