



Liepāja
2027
European Capital of Culture

Official partners:
Kuldīga region
Southkurzeme region



YOUTH PARTICIPATION LAB #IRESEARCH

CRASH COURSE FOR YOUTH WORKERS

3 MAY - 10 MAY
SARAIĶI, LATVIA



OVERVIEW

GOAL

Goal of this training course is to help youth workers, researchers and policy makers and volunteers reflect how use of evidence-based methods can support youth participation and other Erasmus+ priorities - digitalisation, sustainability and inclusion. this activity will be highly linked with the Liepaja Cultural capital 2027 Youth program development. You will have practical sessions in which you will help to develop this strategy.

OBJECTIVES

- Strengthen the links between research, practice, and decision-making;
- To familiarise participants with types of research, which could easily be applied in the daily youth work practice;
- Share best practices of using research for youth policy development and youth work development

DETAILS

Physical training course

Guest house Lavander Bech Villa
2023. 05.03. - 2023. 05. 10.

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

TRAINERS

YOU⁺

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, SALTs etc
- Facilitation skills
Creative, empowering, safe space for learning, sharing and exploring

Contact information:
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Sendija Kaprānova

Youth Work Trainer

- Mental Health specialist
- Youth Mentor at Liepāja Youth Mentor Network
- Public Relations Specialist
- Materials Development Specialist
(Mental Health Book, One stop Agency etc)
- Trainer and project coordinator
- Event manager at youth NGO "Development platform YOU⁺"

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ARRIVAL

YOU⁺

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/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 know first.

Location of a venue
<https://ej.uz/saraikitc>



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).
- 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;
Georgia - 360 EUR/ per person.
Bulgaria - 275 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.

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⁺



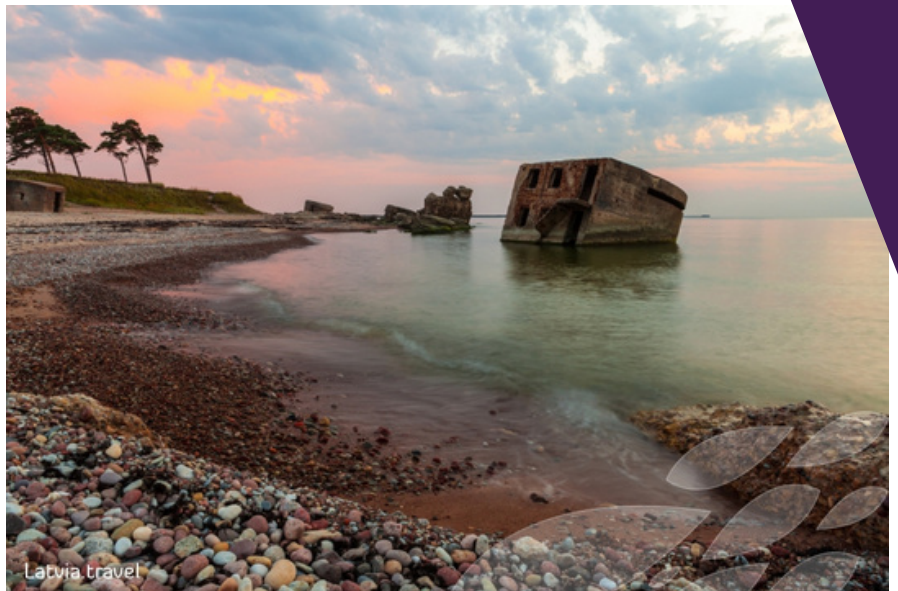
FREE TIME

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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