



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



YWW Ambassadors

ERASMUS+ TRAINING COURSE IN SAULKRASTI, LATVIA

Brief Description of the Project

Volunteer service gives young people amazing chances to have amazing experiences in their daily lives, and in the process they learn many new skills. However, all of the skills acquired through volunteering are not properly recognized. Developing skills through volunteering is useful for increasing employment and it can contribute to the personal development of volunteers, but unfortunately, this opportunity is hardly used.

When managed properly, volunteering is a win for all stakeholders, including:

- Volunteers gain soft and hard skills that increase their confidence and qualifications for the job market;
- Non-governmental organizations gain support and additional accomplishments that would not have been possible without
- volunteers' dedication;
- And the local community benefits in a variety of ways related to the specific activities undertaken by the volunteer.

Goals and Methods

This training course will meet real demands and emphasize EU values, Erasmus+ program priorities, and build skills and methods of professional development for youth workers and volunteers of partner organizations. Moreover, this method involves working with young people digitally, which is very important for transmitting common basic values of society to hard-to-reach groups of young people. Furthermore, we also want to prevent radicalization among young people.

The main goals of the "YW Ambassadors" training course are:

- To introduce project partners' approaches to volunteering in the context of their work.
- To contribute to the development of personal and organizational abilities in the design, production, mentoring, and evaluation of regional,
- national, and worldwide volunteer projects.
- Create organizational outreach to include youth in volunteering schemes.
- Strengthen the organizational calendar and strategies for making progress in volunteer schemes that require a diverse approach.

Profile of participants

Participants are expected to be youth workers, with decision-making capacity and involved in the local and international activities of their organizations - sending partners - having an active participation in the preparation phase of this Training Course. They must have experience in working with young people with fewer opportunities, in the use of non-formal education methodologies and in project management, also linked to the topic of the project; they must be motivated to contribute in all phases of the project, to disseminate the results and to stimulate activities with young people, finally, be aware and recognize the problems, needs and expectations of the project and of young Europeans and what opportunities (also for personal / social transformation of their reality) can be used as an answer.

Age limit: 18+

CONSORTIUM

- Circle of Sustainable Europe (Belgium)
- Kulturas un izglitibas biedriba "YStreet" (Latvia)
- Asociacija Tavo Europa (Lithuania)
- 2Europa (Spain)
- Active Youth for Europe (Italy)
- Associacao Intercultural Amigos Da Mobilidade (Portugal)

Dates and venue

Arrival day: 14 March 2022

Departure day: 22 March 2022

Venue: Hotel "Minhauzena Unda",

City: Saulkrasti, Latvia

Please note that organisers are not responsible for participants' accommodation, food and transport for extra days both before and after the project dates.



Accommodation

Venue: 3* Hotel "Minhauzena Unda".

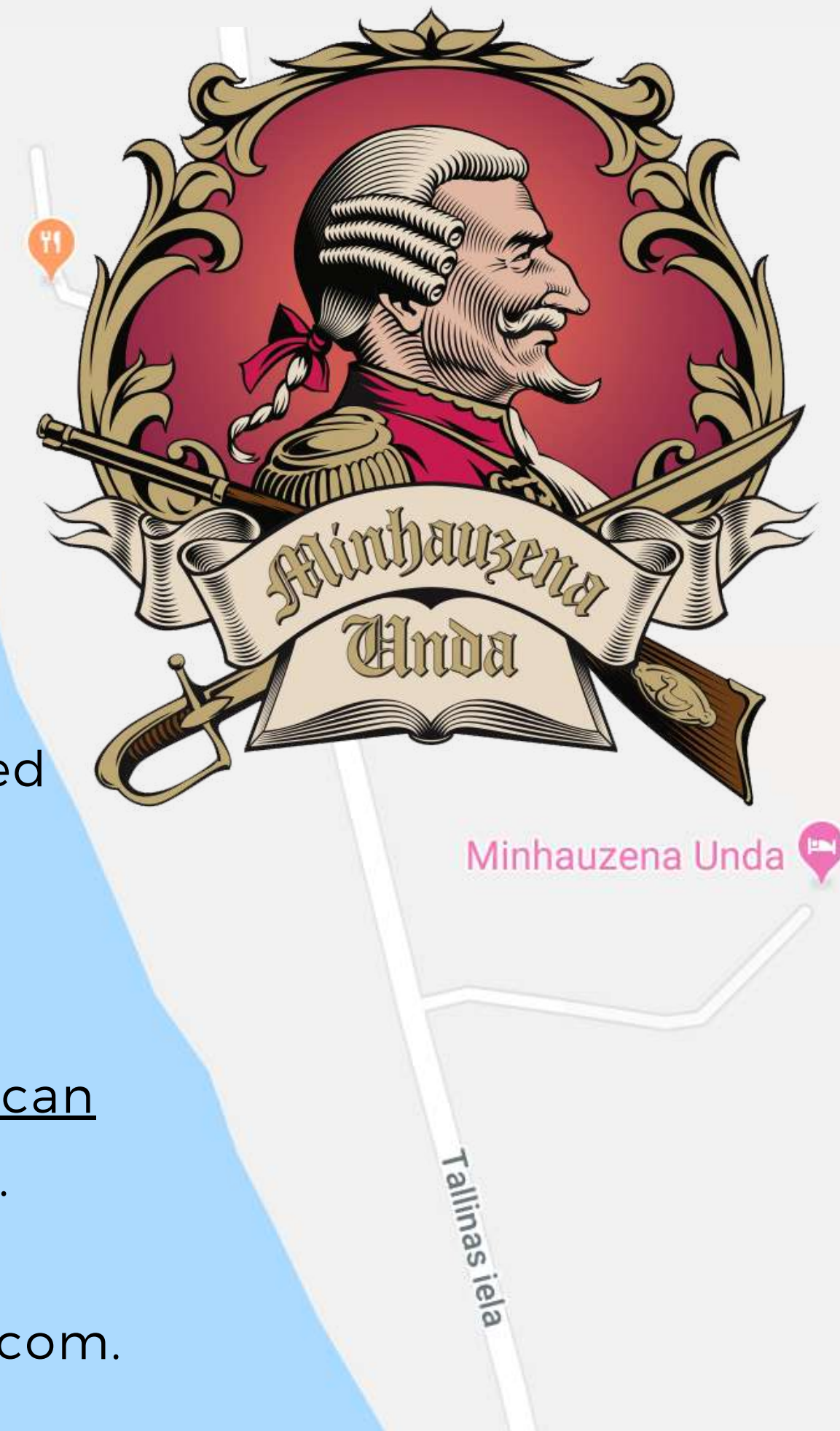
Participants will share gender-separate rooms.

Each room of the venue has separate beds, provides bathroom (toilet, shower cabin). Participants will be provided with 3-times meals and a coffee break per day. A special menu will be prepared for vegetarians, vegans, etc.

The venue provides bedsheets, towels and free WIFI.

Please be aware that due to high amount of people WIFI signal can be unstable. For personal use please take a 4G backup, if needed.

For more details, please visit its webpage or check it on Booking.com.





INTERCULTURAL EVENINGS

We will have intercultural evenings where you will be able to present your country.

Each country will have up to 20 minutes for presentation, divided into 2 parts:

- The first part will involve quizzes, Kahoot, dancing, songs, videos, or anything else - at your discretion!
- The second part will involve a table with food and drinks. Bring something that represents your country, which we would love!

And, of course, your table will look brilliant with your national flag - bring it if possible!

How to get to the venue

If you are traveling with your team, the most convenient way to get from Riga Airport to Riga Central Station is the **YANDEX GO** app - this taxi app provides cheap services. Even if you split the cost for two (to the center of Riga it will be about € 7-10). Here's what the app looks like:



You can also get a **FREE RIDE OR A GOOD % OFF** if you enter the following promo code as soon as you download the app and register your Visa or Mastercard: **UHAG8RIC**

Since, unfortunately, according to Erasmus+ rules, we cannot reimburse taxi, we highly recommend using this option with a promo code.



MORE ABOUT FREE RIDES AND DISCOUNTS

YANDEX GO will take you from Riga Airport to the project venue for about 30-35 EUR. Use promo code **UHAG8RIC** and get a discount from the first trip. This means that the trip will cost you less. It will also save a lot of your time due to not having to wait for the bus/train/pickup. If you have a group of 3 or 4 people, it might make sense, **You are welcome :)**

How to get to the venue with public transport

Take bus or minibus 22 from Riga Airport to the city center and get off at the "**Autoosta**" stop.

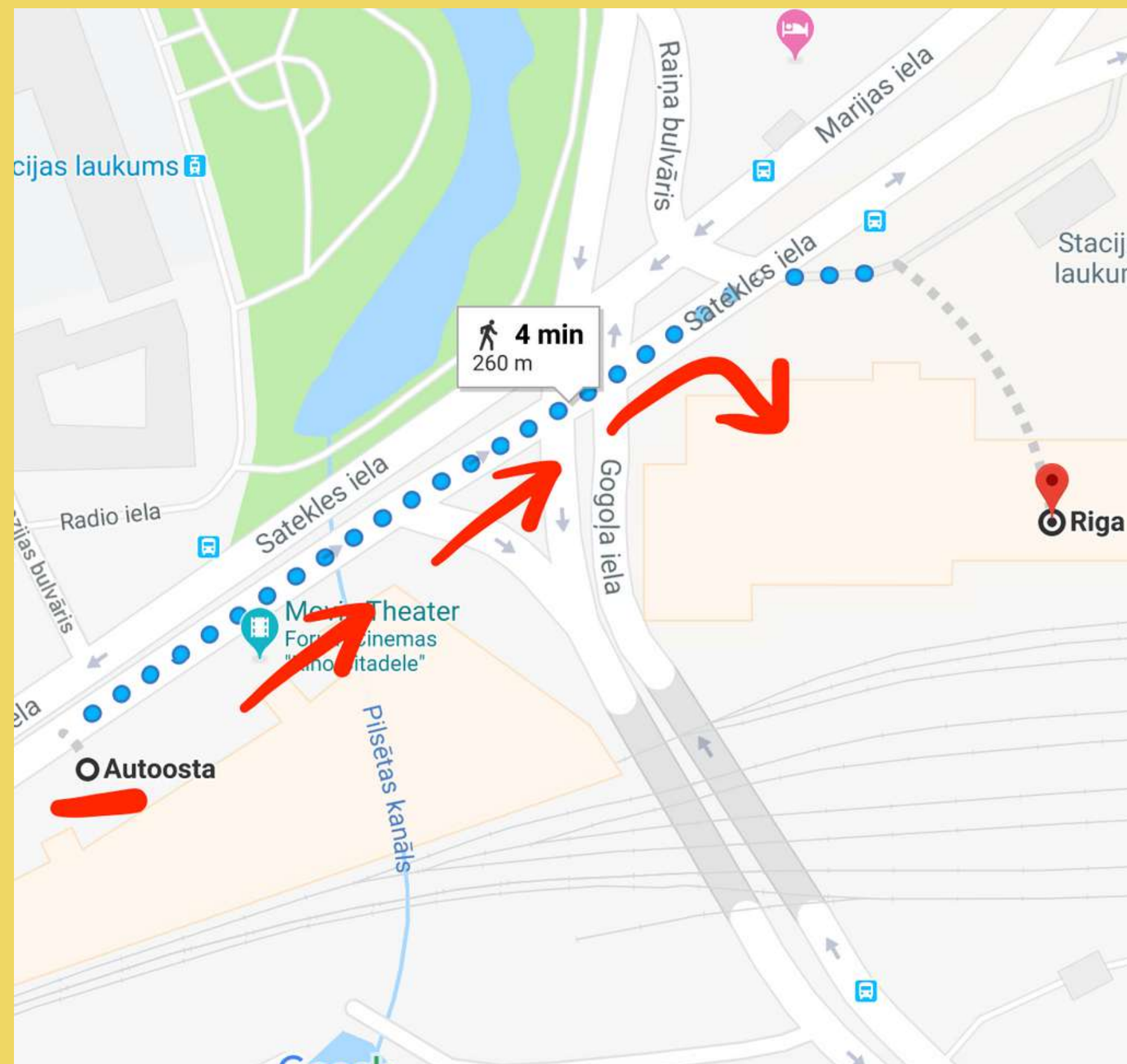
Ticket price: 2 EUR / person

From the bus stop "**Autoosta**" walk about 4 minutes (260 m) to the **Central Railway Station "ORIGO"**.

At the station you buy a ticket to **Saulkrasti**. Trains run every hour, so you do not have to wait long. And the travel time will be about 1 hour.

Ticket price: 2 EUR / person

Attention: Let us know **when you depart**, so that we are ready to pick you up from the Saulkrasti train station and take you to the project venue.



Travel Reimbursement

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel information and costs, namely:

1. Boarding passes (For round trip),
2. Tickets (Also e-tickets),
3. Receipts (In case the tickets are bought by cash),
4. Invoices **and** card payment history (In case the tickets are bought by bank card),
5. Payment checks / Bank statements.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment prove that they will get during the travel. Regarding way-back tickets and boarding passes, they should be sent by international post service to "CoSE" in Belgium (example: check-in at airport) or by e-mail (if they were issued through online check-in). **SCANS / PHOTOS / SCREENSHOTS ARE NOT ALLOWED!!!**

Because of Erasmus+ rules, unfortunately we cannot reimburse Taxi costs.

Reimbursement for ALL COUNTRIES will be done by BANK TRANSFER after we have all original tickets and relevant documents.



Reimbursement Limits

per participant

LATVIA	20
LITHUANIA	180
BELGIUM	275
ITALY	275
SPAIN	360
PORTUGAL	360

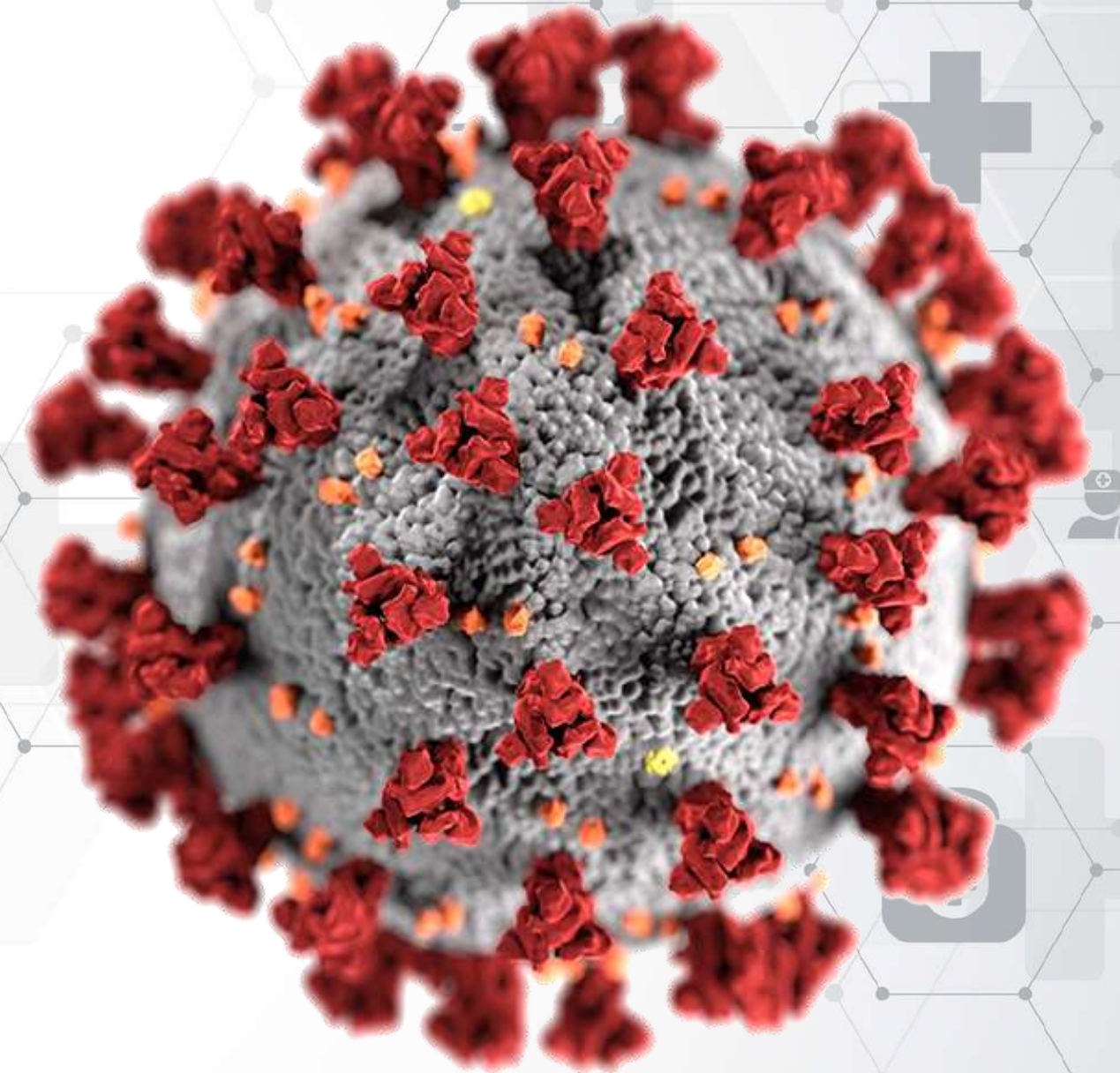
COVID-19 RULES

PLEASE READ THE FULL INFORMATION ON THE WEBSITE OF THE GOVERNMENT OF LATVIA: [HTTPS://COVID19.GOV.LV/EN](https://COVID19.GOV.LV/EN)

48 HOURS BEFORE YOUR ARRIVAL YOU HAVE TO FILL THE FORM ON THIS WEBSITE: [HTTPS://COVIDPASS.LV/EN/](https://COVIDPASS.LV/EN/) AND PRESENT PROVIDED QR-CODE AT THE AIRPORT GATE.

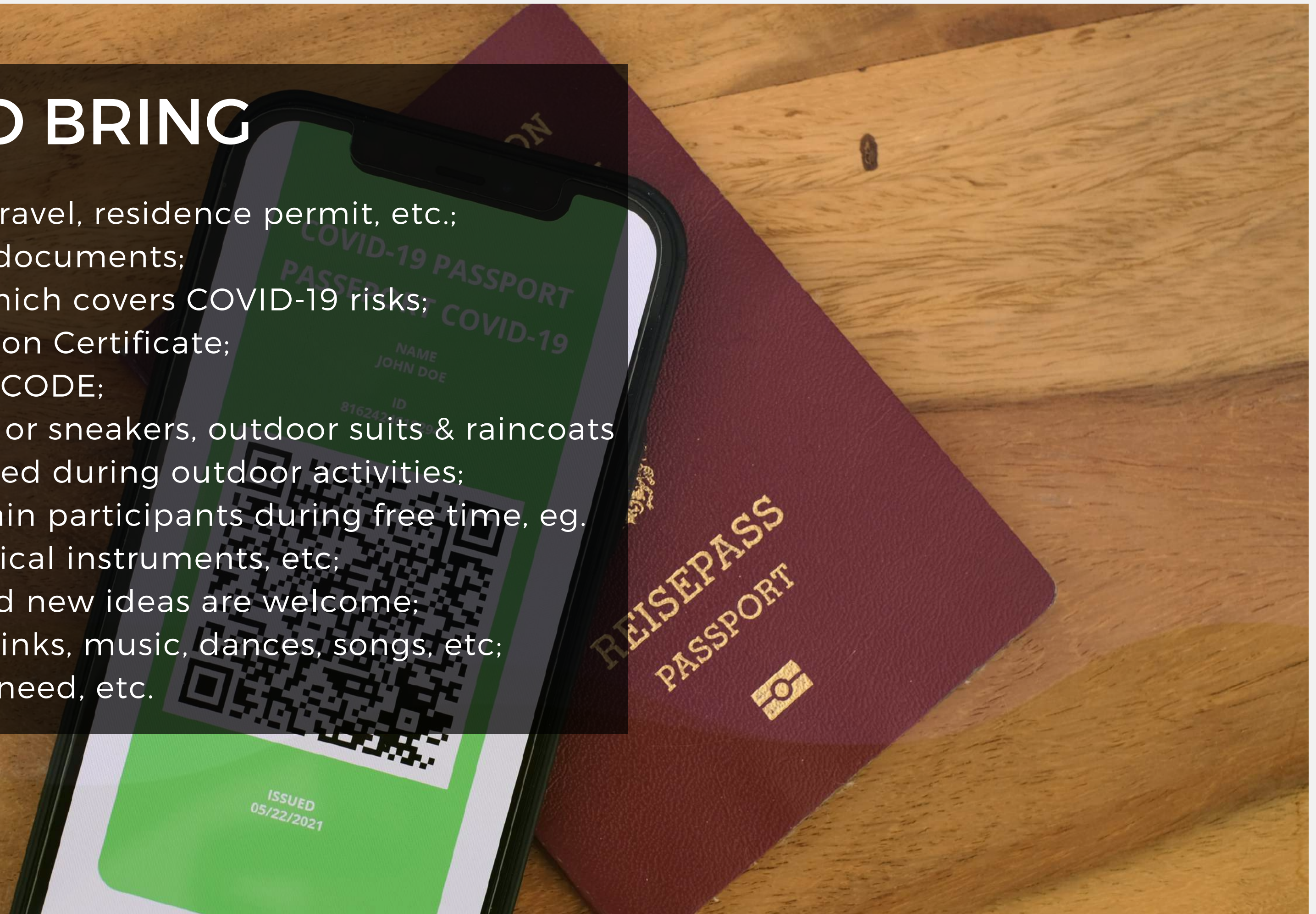
PLEASE NOTICE THAT EACH PARTICIPANT HAS TO ASSUME ITS OWN EXPENSES FOR COVID TESTS.

PLEASE REMEMBER ABOUT TRAVEL INSURANCE WHICH COVERS COVID-19 RISKS, ILLNESS, PERSONAL LIABILITY, CANCELLATION, THEFT, ETC. FOR THE WHOLE DURATION OF THE PROJECT VALID IN LATVIA.



THINGS TO BRING

- Valid passport for travel, residence permit, etc.;
- All required travel documents;
- Travel insurance which covers COVID-19 risks;
- COVID-19 Vaccination Certificate;
- COVIDPASS.LV QR-CODE;
- Comfortable shoes or sneakers, outdoor suits & raincoats which can be needed during outdoor activities;
- What could entertain participants during free time, eg. games, music, musical instruments, etc;
- Group activities and new ideas are welcome;
- Traditional food, drinks, music, dances, songs, etc;
- Medicine you may need, etc.



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