



PLASTIC SOLUTIONS
FOR
GREEN REVOLUTION

TRAINING COURSE

*2 DEC - 11 DEC
INCLUDING TRAVEL DAYS
SIGULDA, LATVIA*



Erasmus+





Agency for International
Programs for Youth
Republic of Latvia



Funded by the
Erasmus+ Programme
of the European Union

KALM
INTERNATIONAL
TRAININGS

We are all affected by climate change and yet we unconsciously still contribute to pollution of our world on a daily basis.

Plastic Solutions for Green Revolution is a trainings course about practical ways on **how to become more environmentally-friendly in our daily practice**. It will help you gain awareness about plastic pollution, as well as develop new ideas and initiatives on how to swap from single-use plastic to more sustainable materials.

If you are ready to change your life and take more meaningful actions in favour of our planet, keep on reading!

Training course
2/12/2019 - 11/12/2019



Knowing how plastic pollution damages the environment does not imply...

- finding it easy to make the best **decisions**
- or to **take action**,
- neither it is knowing **how to encourage others** to take responsibility for their own actions.

Usage of plastic should be examined in **all activities** implemented by youth workers and NGO's, embracing less plastic or **plastic-free approaches**.

“Plastic Solutions for Green Revolution” will help you become **more aware** about plastic pollution, and also **develop new ideas and initiatives** about how to **switch from single-use plastic** to more sustainable materials in daily life.

WHAT CAN YOU EXPECT?



Discover what is plastic pollution and how it affects climate change



Understand why there is plastic pollution and why it is bad



Find out are you contributing to climate change



How we can make a switch from single-use plastic to more sustainable materials



Organize different DIY workshops about alternative ways on how to lower plastic consumption



Brainstorm and come up with ways how we can raise awareness about this topic



Be a part of the team who will make a guide with practical steps on how to reduce plastic usage and be more environmentally friendly



Tackle the question - how to make youth work more environmentally friendly?



Learn more information about Erasmus+ and how to use it in order to develop your project ideas



WHAT ELSE WILL HAPPEN?

Training course will happen in an intercultural environment and using non-formal learning methods

- Energizers & group dynamics to boost energy and build a successful team.
- Teamwork activities in changing groups to encourage peer-to-peer learning and collaboration.
- Workshops and masterclasses to embrace learning by doing.
- Daily reflections, because one best learns through reflection on what one experiences.
- What is Youthpass and how to use it to reflect on learning outcomes.
- **A LOT OF LAUGHTER, FUN and LEARNING!**

PARTICIPANTS PROFILE



- **Youth multipliers 18+** (youth workers, youth leaders, young activists, volunteers, trainers, NGO representatives, young professionals ...) active in the youth field.
- Eager to make the first steps to live a **plastic-free life**.
- **Prior experience** in using non-formal learning techniques.
- Ready to **actively engage in all stages of the project** (preparation, main activity, and follow-up activity).
- Willing to adopt **vegetarian or vegan eating** habits during the main activity.
- **Dedicated and motivated** to bring gained knowledge and skills back to their communities.
- Ready to make **online dissemination activities**.
- Open to create at least one **dissemination event** to share learning outcomes (min. 15 people).
- Above average **English proficiency**.

Prior experience within the environmental field is **NOT** necessary.

Priority will be given to participants with fewer opportunities!

FINANCIAL ARRANGEMENTS

- 100% accommodation, food, and program materials during main activity days are covered by Erasmus+ grant.
- Meals will be 3 times per day + 2 coffee breaks.
- All travels included in the programme will be fully covered.
- 100% traveling costs are covered, up to the maximum limit:

Romania	275.00	eur
Croatia	275.00	eur
Estonia	180.00	eur
Italy	275.00	eur
Turkey	275.00	eur
Portugal	530.00	eur
UK	275.00	eur
Spain	530.00	eur
Greece	360.00	eur
Latvia	20.00	eur

- You can arrange 2 days before or after the project dates, may you wish so. Always at your own cost.



HEALTH INSURANCE

Private Health insurance is strongly suggested for ALL participants, if you have one send it to KALM email before arrival.

The following areas must be covered:

- travel insurance, including damage or loss of luggage.
- third party liability.
- accident and serious illness (including incapacity).
- death and repatriation.

Where applicable, **we strongly recommend you to also bring the European Health Insurance Card** (<http://ec.europa.eu/social/main.jsp?catId=559>).





MEDICINE, ALLERGIES AND DIET

PLEASE INFORM THE PROJECT COORDINATOR IF YOU HAVE ANY ALLERGY, CHRONIC DISEASE OR SPECIAL NEED.

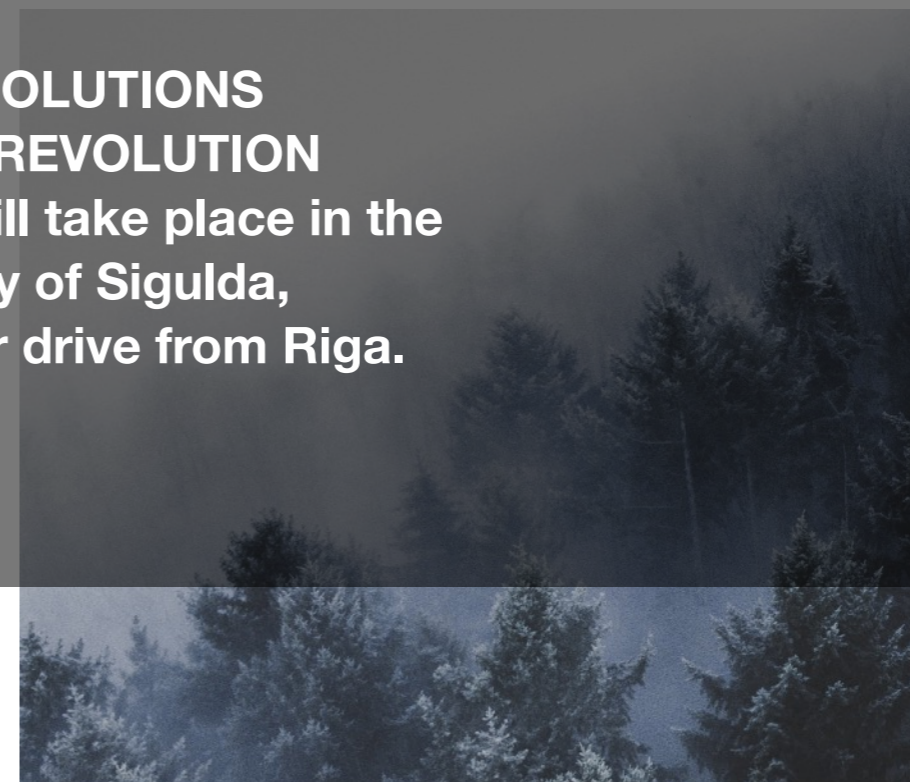
ALSO ABOUT ANY DIETARY REQUIREMENTS.

Remember we would ALL follow a VEGETARIAN DIET (or vegan when requested) during the training course in Latvia.



ACCOMMODATION

**PLASTIC SOLUTIONS
FOR GREEN REVOLUTION**
training course will take place in the
beautiful city of Sigulda,
less than an hour drive from Riga.





Sigulda is a must visit in Latvia because of their ancient castles and stunning scenery.

We will be staying in **Hotel Kaupo**: Jaunbeites, Siguldas pagasts, LV-2150.

There is a shopping center 7 minute on foot from our venue.

Kaupo hotel is a **hostel type** accommodation with **bunk beds** and around **10 people per room**. The rooms are simple but new and nice.

There are **4 bathrooms** and **4 toilets** in the hallway.

There is a **lounge** for chilling and free time activities.

Wifi is also available.

We will try our best to make you feel comfortable, but please bring with you any **medication**, equipment or goods **you will need to have with you**.

More info on specific items to bring to Latvia coming soon :)



HOW TO GET: TO RIGA CENTER



From the airport to Riga:

1) **Buy the e-ticket:** The bus ticket (e-ticket) costs **1,15 euro** if bought before you travel. Please buy **a ticket for 2 trips** so you could use it for going to Riga center from the airport and for going back to the airport on your last day, so we can do the reimbursement. It can be purchased at the airport information office (**Welcome to Riga!**) or in little shops called **NARVESEN** at levels 1 and 2 of the terminal [See pictures on the left].

DO NOT FORGET TO TAKE ALL THE RECEIPTS BECAUSE YOUR TICKETS CAN BE REFUNDED ONLY IF YOU PROVIDE THE RECEIPT !

2) **Find the bus 22:** Walk outside of the airport and cross the parking lot P1, you will see a bus stop opposite the airport terminal. Take **bus number 22** (destination **Abrenes iela**). Once on the bus remember to **validate your e-ticket!**

3) **Get off at the stop called Autoosta** (20-30 min ride).



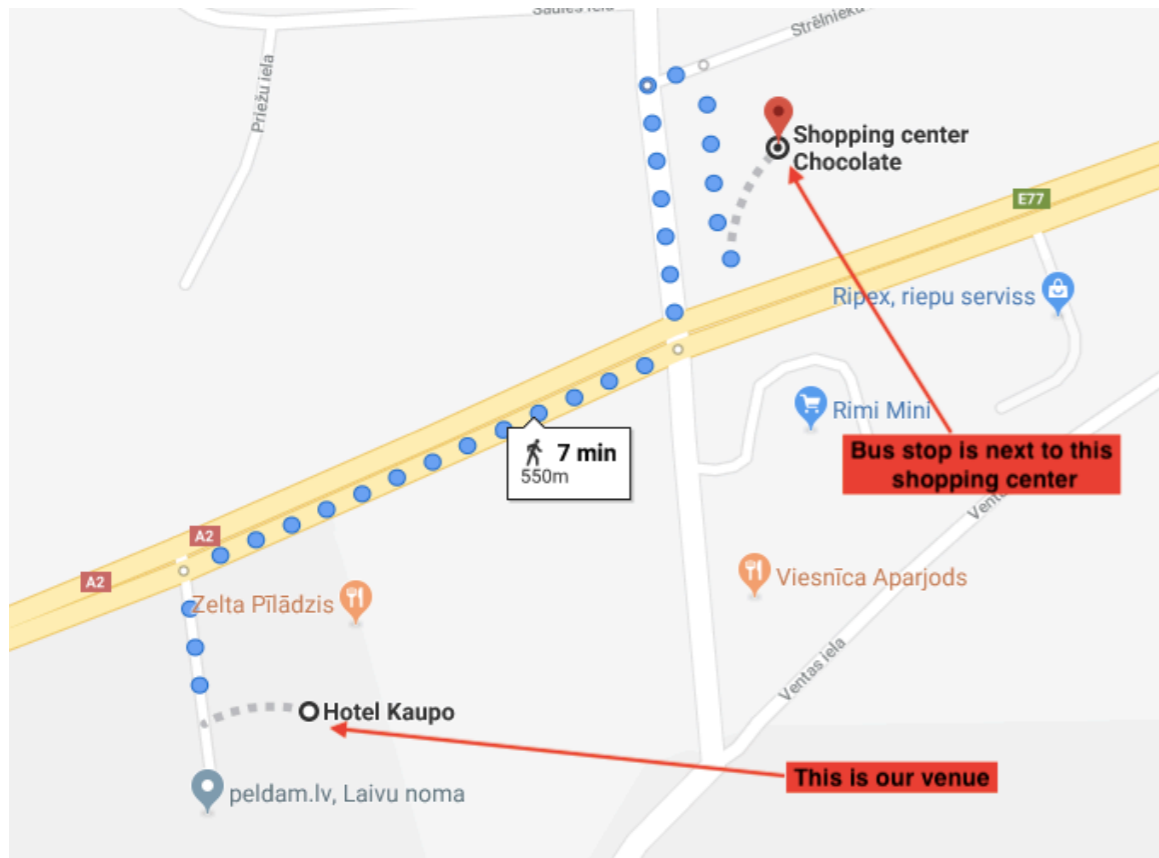
HOW TO GET: TO THE VENUE

From the city center to Sigulda:

1) **Walk to Riga International Bus Station:** From the bus stop Autoosta you have to walk to Riga International Bus Station which is around the corner [follow the directions in the picture bellow].

2) **Buy a ticket to Sigulda:** buy a ticket till Sigulda at the bus station. It costs from 2,50 - 3,40 euros and it's just over an hour drive.

DO NOT FORGET TO TAKE ALL THE RECEIPTS BECAUSE YOUR TICKETS CAN BE REFUNDED ONLY IF YOU PROVIDE THE RECEIPT !



At Sigulda. To the venue:

- 1) **Get off at the bus stop called Allažu pagrieziens:** You can show the bus driver the name of the stop (Allažu pagrieziens) to make sure you don't miss it.
- 2) **Walk to the venue:** the bus stop is close to the shopping center Chocolate. Follow the directions in the picture on the left to walk to the venue. It's only a few minutes ;).

In Latvia you can use Google Maps for directions.

TIMEFRAME

PREPARATION:
OCT - NOV

ARRIVAL DAY:
2 DEC

YOUTH EXCHANGE:
3 DEC - 10 DEC

DEPARTURE DAY:
11 DEC

FOLLOW-UP/
EVALUATION:
JAN - FEB - MAR





FEW FACTS ABOUT LATVIA

Latvia is **among the world's greenest countries**: over half of Latvia's territory is covered with forests and 1/5 of the country comprises protected nature areas.

It's watery: Latvia has 12.000 rivers and 3.000 small lakes and has sandy beaches.

Latvia is **anything but mountainous**: its highest point is Gaiziņkalns, at 312 metres above sea level!

Riga has the **finest collection of art nouveau in Europe**.

It has **one of the world's oldest flags**: Latvia's current flag design has been in use since 1280.

Riga's Central Market is **one of Europe's biggest markets**: famous for its pavilions constructed by reusing World War I German Zeppelin hangars.

Latvians are generally reserved. However, they become very friendly once they get more comfortable with people around them.



SOME USEFUL WORDS IN LATVIAN

Sveiki! - Hello!

Paldies! - Thank you!

Lūdzu! - Please!

Atā! - Bye!

Cik? - How much?

Piedod! - Sorry!

Garšīgi! - Tasty!

Jā! - Yes!

Nē! - No!

Man patīk! - I like it!



**AND NOW...
HOW TO APPLY?**

PLEASE MAKE SURE YOU FILL IN
THE ONLINE APPLICATION FORM:

<https://forms.gle/QvoENfVP3mbCpMor5>

**IF FOR ANY REASON YOU FEEL LIKE THIS
GUY ON THE RIGHT, CONTACT US:**

Kristine Celitane
Project coordinator
Email: kalmtrainings@gmail.com
WhatsApp: +371 27195498



PARTNERS OF THE PROJECT:

KALM International Trainings, Latvia 🇱🇻

INSTITUTE OF YOUTH POWER, Croatia 🇪🇺

Dare to take your chance, Romania 🇷🇴

Worldview Impact Foundation, UK 🇬🇧

MTU PathFinders (Estonia) 🇪🇪

Youthnet Hellas, Greece 🇬🇷

HAPPYbeings, Spain 🇪🇸

Artis Youth Culture Art Training Association, Turkey 🇹🇷

Check-In – Cooperation and Development, Portugal 🇵🇹

Young Effect Association, Italy 🇮🇹

The project Plastic Solutions for Green Revolution was financed with the support of European Commission's "Erasmus+: Youth in Action" administered in Latvia by the Agency for International Programs for Youth. This publication reflects only the author's views, and the Commission cannot be held responsible for any use which may be made of the information contained there in.