

Erasmus+
Training Course

YOUTH WORK KITCHEN

20.08. - 26 .08.2023.

LATVIA

REGISTRATION:
[SHORTURL.AT/KPUS3](https://shorturl.at/kpus3)

MORE INFO:
MINDSFORCULTURE@GMAIL.COM



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Jaunatnes starptautisko
programmu agentūra



*Creative minds
for culture*



AIM

To improve competences of 29 youth workers, educators, and youth leaders that work with young people in order to shift eating patterns through non-formal education while working with young people.



PROGRAM ACTIVITIES:

- Group building activities;
- Practical methods on healthier food and drink in youth work settings;
- Tips and tricks to healthier snacks and meals for youth activities;
- Practical workshops: how to organise non-formal activities for youth using healthy eating patterns;
- Planning individual activities for youth
- Erasmus+ programme opportunities
- Evaluation; Youthpass Certificates;



PROFILE OF PARTICIPANTS:

- youth workers, youth leaders, teachers (formal/non-formal education), volunteers and staff from youth centers, youth organisations, institutions which work with young people;
 - Age limit: +18 years old;
 - prepared to communicate in English;
 - ready to participate in all training days;
 - beginners (little experience) in using healthier food and meals in youth activities.
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ARRIVAL AND DEPARTURE:

Training course program will be organised from 21.08.2023. until 25.08.2023.

Arrival in the venue for the participants is planned on 20.08.2023. until 8pm and departure from the venue - on 26.08.2023. until 10am.

It is possible to come to Latvia 1-2 days earlier and/or leave 1-2 days later, but then participants have to plan it and to cover all the additional costs by themselves.

Costs covered by EU Erasmus+ programme funding: training, materials, accommodation, food, economic travel (according to Erasmus+ travel distance limits);



Let's promote eco-friendly travel options and make a conscious effort to avoid flying. When possible - choose a bus, train, a car (if sharing with other participants);

Before you buy the tickets, please inform us and receive the approval.

ARRIVAL OPTIONS:

1. International Airport of Riga (RIX)
2. Riga International Coach Terminal
3. Riga Central Train station
4. Sigulda, Latvia (by car)

Exact location and the coordinates will be sent to all participants during the selection process.

ACCOMODATION:

Hotel/Guest House in
Sigulda, Latvia;

Participants will share the room with other 2-4 according to gender. Bring your own personal hygiene items, hair dryer, slippers etc.

In the guest house there is a conference room and a dining room, which we will use for the whole duration of the program.

We will use the surrounding area for some activities outside;

A free WI-FI Internet is available in the guest house.



MEALS:

3 meals (breakfast, lunch, dinner) and coffee breaks will be provided and served at the guest house during the program.

If you have special needs for food (vegetarian, any allergies etc.), you must provide the information in the application form, before your arrival.

METHODS OF THE PROGRAM

The training course is based on non-formal education methods, so the program is based on the activities that - promotes learning by doing, involves your active participation, gives opportunity of exchanging experiences, are based on participants needs, develops knowledge, skills and attitudes of the participants and involves individual and group work methods.

1-2 of the program activities will be implemented outdoors/in nature, but it will not be based on physically hard survival type of activities that require specific equipment, skills and experience;

The program includes 1 short hike, for a distance of 5 to 7 km, but without any extreme elements; This activity is included in the program to experience preparing some food outdoors.



SOCIAL TIME, LEISURE TIME

According to the program there will be short breaks and some time to rest or explore the area.

The closest city to the venue is Sigulda.

The weather at that time will be with average temperature between +19°C to 22°C, but evenings can be chilly (+8 to +11°C).

WHAT TO BRING WITH YOU:

Personal hygienic things (shampoo, soap, tooth brush etc.);
Medicine, if you need;

- Typical food and drinks from your country. We will have two inter-cultural evenings, when participants will present their culture. You can show videos, photos, sing and dance traditional dances and present tradition food. Each group will have 20 minutes to present their culture.
- Appropriate clothes, footwear for the activities inside the house and outside.

FINANCIAL TERMS:

- Accommodation, meals, materials and activity costs during the program will be covered by Erasmus+.
- Maximum grant for travel per participant from:

Latvia - 23 EUR,

Lithuania, Estonia - 180 EUR,

Romania, Hungary, Poland,

Norway, Germany, Bulgaria,

Slovakia - 275 EUR,

Turkey, Spain - 360 EUR,

Portugal - 530 EUR.

TRAVEL EXPENSES AND REIMBURSEMENT:

- Reimbursement will be done according to the real costs and original travel documents and proof of payment.
- Travel reimbursement will be done via bank transfer after all the original travel documents will be presented to the organizers, and participant have fully participated in the training till its last day and have sent the needed information to the organiser.

According to the rules of the Erasmus+ Programme we can refund expenses for your travel cost, if the following points are fulfilled:

- Before you buy the tickets, you must have approval from organiser (Creative Minds for Culture) - mindsforculture@gmail.com
- Your travel route is from your hometown to Riga and Sigulda in Latvia and back;
- You have chosen reasonable and economic means of transportation.
- Your travel dates are according to the programme (2-3 days more is possible if the transport costs are reasonable and not more than original dates. Please compare the travel options).
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets. If you go by plane and book an e-ticket, please send us a copy by email mindsforculture@gmail.com;

After you have booked your tickets, please send us the following details as soon as possible: Name of the traveler (Participant), Date and time of the Arrival and Departure, Price of the tickets;

IMPORTANT!

- Make sure you have a valid ID card or a valid Passport until the day of your departure from Latvia;
- EEA residents must bring their European Health Insurance Card, but we also recommend travel insurance too;
- Costs for a visa will not be covered;
- Only public transportation will be reimbursed (e.g.: taxi at your own expense)

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