



M MENTORU
TĪKLS



Co-funded by
the European Union

HOW TO BE A YOUTH MENTOR?

CRASH COURSE FOR YOUTH WORKERS

**19 OCTOBER - 26
OCTOBER
SARAIĶI, LATVIA**



OVERVIEW

GOAL

Goal of this training course is to prepare specialists as youth mentors so they could provide individual mentoring to all kinds of young people. This training programme is based on a social service that we are providing to more than 200 young people in Liepāja every year.

OBJECTIVES

- To give practical mentoring tools for doing individual youth work
- To give practical mentoring methods that can be used also with colleagues, other specialists and yourself as well
- To prepare specialists for working with troubled youth and young people that need individual support.

DETAILS

Training course

Guest house Lavander Bech Villa
19.10.2024.- 26.10.2024.
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.



Coordinator of Youth Mentor Network

Youth Mentor at Liepāja Youth Mentor Network

Project coordinator

Coach, Youth Work specialist

Growth and transformation coach

Wellbeing, Mental Health speaker

Public Speaker

Elīna Briljonoka

#Be Yourself
#Do epic sh*t!

elina@youpluss.lv
elinabriljonoka@gmail.com

@elinabriljonoka /elinabriljonoka



Director and creator of South Kurzeme youth mentor network

Working on youth-decision maker dialogue projects since 2015

Mental health specialist in Adolescent Resource center

Youth work trainer

Director and mentor of youth NGO "Development platform YOU+"

Trainer and project coordinator since 2017

EURODESK regional coordinator in Kurzeme region

Andris Kāposts

Contact information:
andris.kaposts@youpluss.lv
https://www.facebook.com/andris.kaposts.77/



Mental Health specialist

Youth Mentor at Liepāja Youth Mentor Network

Event manager at youth NGO "Development platform YOU+"

Youth Work Trainer

Public Relations Specialist

Trainer and project coordinator

Materials Development Specialist (Mental Health Book, One stop Agency etc.)

Sendija Kapranova

Kapranova.sendija@gmail.com

@sendiakapro /SendijaKapranova

ARRIVAL

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/satiksmes/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

YOU⁺

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 - 320 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⁺



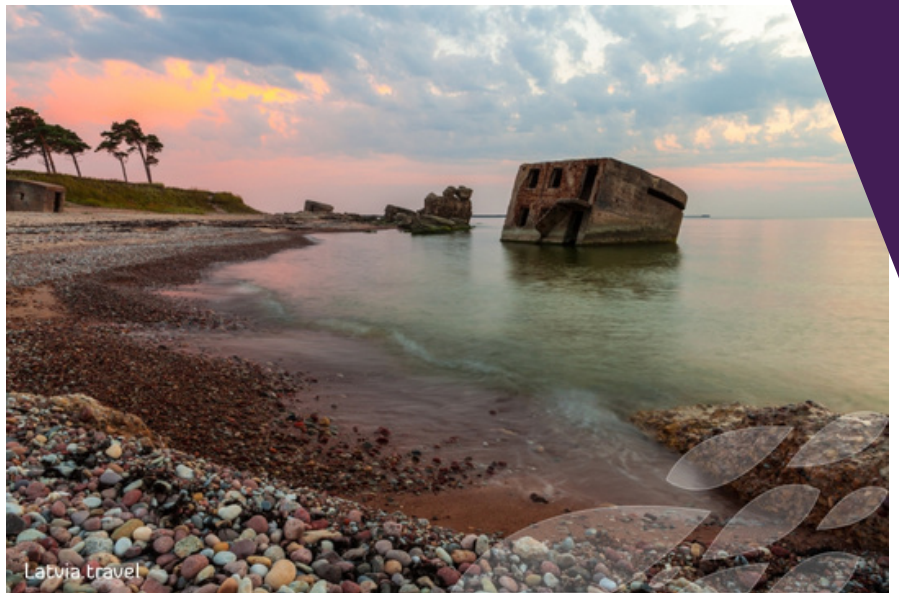
FREE TIME

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

Andris Kāposts (project coordinator)
andris.kaposts@youpluss.lv
+371 20597141

www.youpluss.lv

The project is 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.