

OUT OF THE JAR

21/08/2023-27/08/2023

Stāmeriena, LATVIA



Co-funded by
the European Union

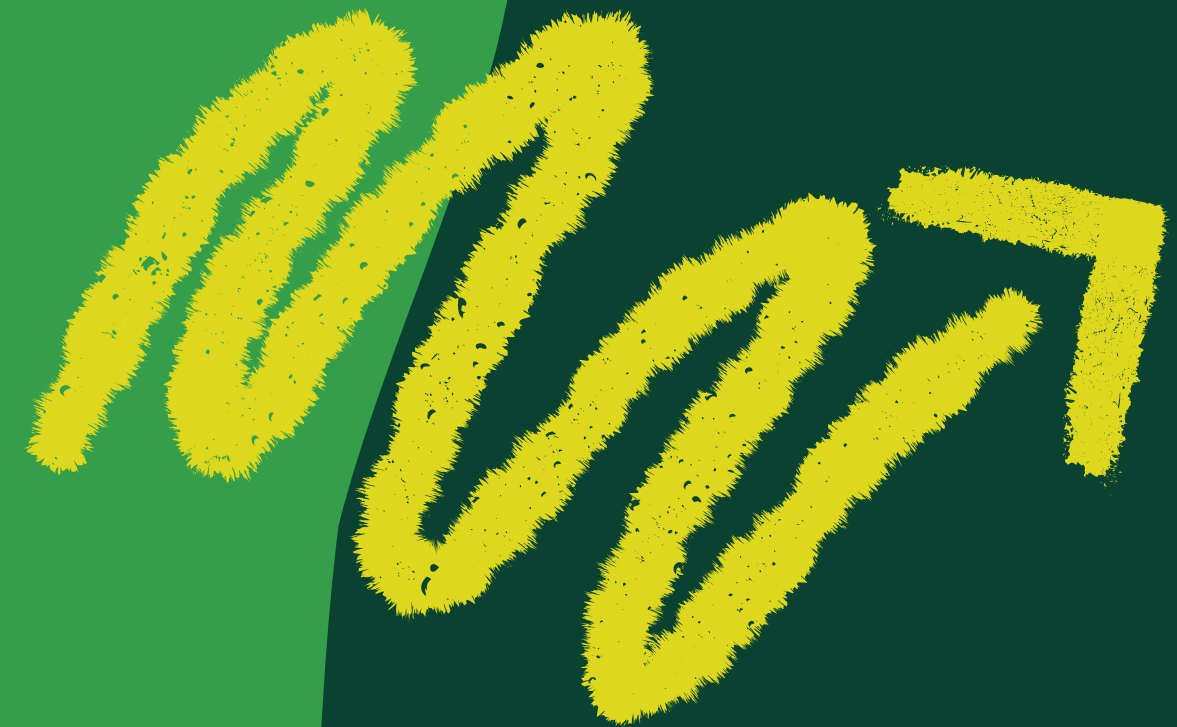


INTRODUCTION

Young people living in rural areas generally have fewer opportunities than their peers living in urban areas to engage in activities offered by youth workers, such as non-formal education activities, sport events or creative workshops

"Out of the Jar" is a training course with the goal to provide a better understanding of youth work engagement in rural areas, to enhance youth participation, a way to ensure that every youngster has an opportunity to prove to themselves that they can and they will!

If you are a youth worker, ready to share your experiences, get to know other people and learn new practices and methods, **THIS PROJECT IS FOR YOU!**



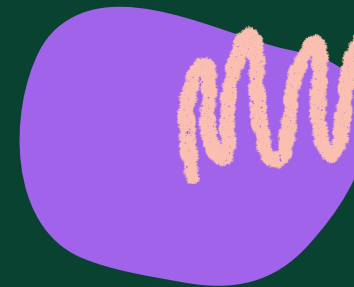
AIM

The AIM of this project is to create space and opportunity for youth workers to learn and share in good practice, and develop/improve their competencies for creating equal access to opportunities and resources for youngsters who might feel excluded because of their geographic location

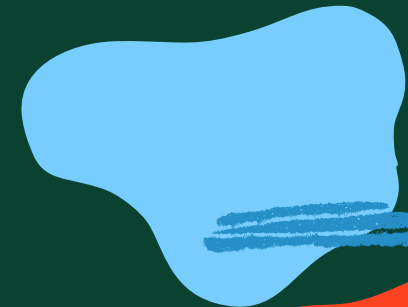
OBJECTIVES



To understand the concept and the learning dimension of rural youthwork



To raise awareness of the learning dimension in rural youthwork and provide tools for learning support



To strengthen competencies and increase knowledge of youth workers about rural youth work



To reflect upon roles, responsibilities, challenges and needs, concerning rural youthwork



To provide a meeting point for organizations to exchange information, to support contact and cooperation between organizations, to establish international partnerships

PARTICIPANTS

The training course targets:

- Youth workers, youth leaders, trainers, coaches as well as any other youth work practitioners, willing to develop their competencies in the field and to establish future cooperation
- All participants selected by Partner organisations should fill in the registration form:
<https://forms.gle/FeEjmBFg5b7BBZiL8>
- Please keep in mind that the registration form is only for the selected participants

ALL PARTICIPANTS HAVE THE RESPONSIBILITY TO OBTAIN THE EUROPEAN HEALTH INSURANCE CARD: <https://ec.europa.eu/social/main.jsp?catId=559&langId=en>

FINANCIAL ARRANGEMENT

The ERASMUS+ grant financially supports the following project.

Food and accommodation expenses will be covered by the organiser while travel costs will be reimbursed by Youth Center Baze which is the Coordinating organisation of the whole project. All reimbursements will follow the Erasmus+ rules after providing the relevant documents (travel invoices, boarding passes, etc). So please make sure that you keep all of your tickets, as we will need copies to prove that you actually travelled to the training

THE VENUE

The training will take place in Guest House “Sonāte”, located 197 km from Riga, in Gulbene district, Stāmeriena

- Accommodation will be in a shared bedroom of 2 – 3 people, bathrooms and toilets will be in every room
- Activities will take place at the guest house, youth centre “Bāze” and other (rural) locations
- All meals will be provided by the guest house. For any dietary needs please inform the organizers

For more information see here:

<https://viesunamiem.lv/sonate>



HOW TO REACH THE VENUE

ARRIVAL - Monday, 21st of August

DEPARTURE - Sunday, 27th of August

TRAVELING TO GULBENE- From Riga Airport to the venue and back

To reach Gulbene you need to travel by bus. Be aware that it will be a long drive (around 3 hours) According to your arrival and departure time, we could arrange pick-up from the airport will be based on your arrival time. Same as travelling to Gulbene from Riga So please - as soon as you know arrival time options, let us know!!!

If you want -and have the time - to see something from our capital city - Riga, you can use public transportation

Be aware that you need to be at the airport 2-3 hours before the flight

BEFORE BOOKING ANY TICKETS CONTACT US IN ADVANCE!

If you are travelling Green (car, bus) we will wait for you at the Guest House “Sonāte”



[CLICK FOR MAP](#)



WHAT TO BRING



- travel documents (ID or passport), invoices and boarding passes
- insurance and health insurance card
- comfortable clothes (please check the weather!)
- toiletries (shampoo, shower gel etc)
- towels
- slippers for the indoors
- swimsuit!!!
- medicine (if you need any)
- hairdryer (if you need one)

As you all know, one of the best ways to get to know each other and learn about other cultures is through intercultural evenings. Therefore, please bring some of your country's delicacies and ideas for traditional dances, songs or games to share with others and make this evening more exciting!

DAILY TIMETABLE

7:30 - 9:30	BREAKFAST
9:30 - 11:00	1ST MORNING SESSION
11:00 - 11:30	COFFE BREAK
11:30 - 13:00	2ND MORNING SESSION
13:30 - 15:00	LUNCH
15:00 - 16:30	1ST AFTERNOON SESSION
16:30 - 17:00	COFFE BREAK
17:00 - 18:30	2ND AFTERNOON SESSION
19:00	DINNER

Here you can see our working hours and breaks so you can plan your other responsibilities efficiently. A proposed timetable of activities will come to your email from the training team. We believe in the learner's centerness approach and therefore everything is adaptable so to fit to the needs of attendants

CONTACT US

IF YOU HAVE QUESTIONS OR YOU NEED CLARIFICATION DO NOT HESITATE TO CONTACT US

GULBENE DISTRICT YOUTH CENTRE "BĀZE" PROJECT MANAGER:
LINDA LAPERE: linda.lapere@gulbene.lv

Remember!

- YOU HAVE THE OPPORTUNITY TO TRAVEL IN A GREEN WAY
- YOU HAVE A LIMITED TRAVEL BUDGET ACCORDING TO THE MAXIMUM LIMITS BASED ON THE DISTANCE CALCULATOR OF ERASMUS+ PROGRAM
- BEFORE BUYING FLIGHT TICKETS INCLUDE TRAVEL INSURANCE AND CONTACT US
- SAVE ALL TRAVEL DOCUMENTS

APPLY HERE:

[REGISTRATION/ APPLICATION FORM](#)



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