



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

Training course
***“Development of Creative and Critical
skills of youth workers”***

Project type: Erasmus + KA1 Mobility for young people and youth workers

Location: Rezekne, Latvia

Dates for training course:

14th – 21st MAY 2022

**3 participants from each organization (age 18+)
Youth workers/youth leaders/project managers**

WORKING LANGUAGE: English



About us:

European Association “World-Our Home” is an NGO active at European level working in youth, social, educational and cultural fields since 1999. The main aim of Association is promotion of European active citizenship, solidarity, multiculturalism, human rights and other values as well as non-formal education on local, regional and European level. The organization is busy with European youth exchange projects, seminars, trainings, international cultural projects. The organization actively participates in Erasmus +, Europe for Citizens, EEA Grants programmes. WOH is a hosting, sending and coordinating in European Solidarity Corps programme. The organization gives people the opportunity to learn foreign languages and get acquainted with different cultures in order to get European awareness, to gain more possibilities for social integration into the European community and make successful choice in their career. EA “World-Our Home” joins youth organisations around Europe and it has a strong cooperation with public and education institutions and other European networks.

Check www.worldatourhome.com

About the project:

The training course for youth workers and youth leaders "Creative and Critical thinking skills in youth work" will take place in Rezekne, Latvia from 14.05.2022.-21.05.2022.

THE AIM OF THE PROJECT is to develop the creative and critical thinking skills of youth workers and youth leaders for the development of non-formal education.

THE PROJECT TASKS:

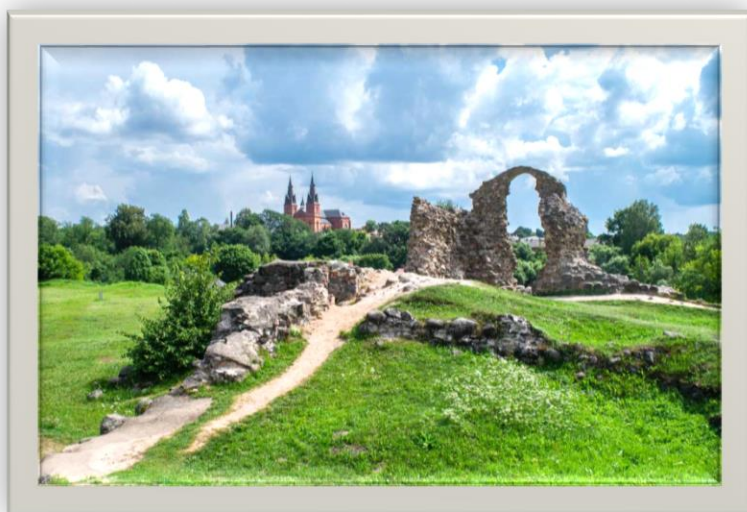
- To get to know different thinking methods;
- To understand the similarities and differences of creative and critical thinking;
- To understand our own way of thinking, its impact on work with young people and teamwork;
- To strengthen the understanding of the creative process and creativity-enhancing environment;
- To train the skills of generating creative ideas;
- To develop critical thinking skills;
- To exchange experiences and intercultural practices in applying creativity and innovation in the youth work;
- To create an appropriate environment for the development of new partnerships and new creative projects in the Erasmus + program;
- To provide project publicity and dissemination activities at local and international level.

Nowadays it is difficult to tell exactly what requirements will be imposed on the personality in the future. Therefore, it is important that youth workers and people who work directly with young people would be able to develop their competences, skills and abilities, including creative thinking, which provides an opportunity to adequately assess new circumstances and develop effective strategies for dealing with potential problems in youth work. Nowadays in the learning process, both in nonformal and formal education, great emphasis is placed on developing thinking skills so that young people can make more adequate and serious decisions, to develop themselves and their abilities to speak, communicate, be in society and successfully build their careers. By strengthening their competences in this field, youth workers and youth leaders will also be able to develop young people with whom they work and who may be affected by the creativity, positivism and knowledge of youth workers. In designing this project, our idea is to organize a training course for youth workers and youth leaders on the development of creative and critical thinking and their use in non-formal education, and the rethinking of creative project ideas with young people. In the current competitive environment to think "from another perspective" and "to another direction" means a lot that can produce significant results. The more complex the modern world becomes, the more creative and decisive people should be to solve different challenges of life.

About REZEKNE:

<https://www.youtube.com/watch?v=NMAM1OBpT9o&t=11s>

Rezekne is a city in the Rēzekne River valley in Latgale region of eastern Latvia. It is called *The Heart of Latgale* (Latvian *Latgales sirds*, Latgalian *Latgolys sirds*). Built on seven hills, Rezekne borders with Russia, Lithuania and Byelorussia. It has become a border city between EU, NATO and the Eastern states. Rezekne is located 242 km from the state capital Riga, 685 km from Moscow, 450 km from St. Petersburg, and 860 km from Warsaw. It has a population of 31,216 making it the 7th largest city in Latvia.

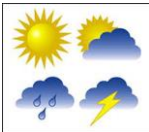



Partner organisations

Nr.	Name of the organisation	Country	Contacts
1.	ACTIVE YOUTH AND SPORT CLUB ASSOCIATION	TURKEY	aktifgnclk@gmail.com
2.	FUNDACIO CATALUNYA VOLUNTARIA	SPAIN	info@catalunyavoluntaria.cat
3.	BULGARIAN YOUTH FORUM	BULGARIA	bilidimitrova@gmail.com
4.	STEPS FOR YOUTH	CYPRUS	pan.vasileiou@hotmail.com
5.	YOUTHFULLY YOURS GR	GREECE	youthfullyyoursgr@gmail.com
6.	UNIQUE PROJECTS	LITHUANIA	info@uniqueprojects.eu
7.	LUDBREŠKA UDRUGA MLADIH ENTUZIJASTA	CROATIA	dianagrgat@yahoo.com
8.	ACTIVE YOUTH	MALTA	alphzamm@onvol.net
9.	EUROCIRCLE ASSOCIATION	FRANCE	interculturel@eurocircle.info
10.	YOUTHFULLY YOURS SK	SLOVAKIA	info@youthfullyyours.sk

Practical information



<p>DATES and PARTICIPANTS</p>	<p>Training course: 14th – 21st May 2022</p> <p>Arrival: 14th May 2022 Working days: 15th-20th May 2022 Departure: 21st May 2022 3 participants (18 +) from each organization. Preferably youth workers, youth leaders, project managers, leaders of the youth organisations.</p>
<p>TIME ZONE</p>	<p>Rezekne, Latgale region, Latvia is located in GMT +2 hours.</p>
<p>CURRENCY</p>	<p>Latvian money is EURO € In most of the establishments and shops, credit-cards Visa and MasterCard are accepted.</p>
<p>PHONE</p>	<p>The international phone code is +371 or 00371</p>
<p>WEATHER CONDITIONS</p> 	<p>Average temperature in Latvia: In May 20°C (max.) and 5°C (min.). Warm clothes will also be a mandatory, especially for participants coming from southern countries. Please check the weather forecast before your travel, because in Latvia we never know what will be the weather. ☺</p>
<p>ARRIVALS/ DEPARTURES</p> 	<p>When booking the tickets we suggest you to come till 17:00 on 14th May and book your flight back on 21st after 15:00. If your departure will be early in the morning you can have a problem with the transport as there is only 1 night bus from Rezekne to Riga which arrives to Riga at 6:00 am. That's why we advise you to book your flights from Riga in the afternoon on 21st .</p> <p>You can check the trains/busses to/from Rezekne on https://www.1188.lv/en/transport</p> <p>Buses you must check: from “RĪGAS SAO” to “RĒZEKNES AO”</p> <p>Trains: “RĪGA PASAŽIERU” to “RĒZEKNE 2”</p> <p>The tickets will be reimbursed after we receive all the necessary documents from your side (original tickets, boarding passes, invoices, etc.).</p> <p>NOTE: Before buying the tickets notify the organizer EA “World - Our Home”</p>

APPLICATION FORM	<p>Participants are required to fill in online Application form for the project. Deadline 02.05.2022.</p> <p>https://forms.gle/Np2gpwnbd7vSQFoQA</p>																						
TRANSPORT MAXIMUM REIMBURSEMENT AMOUNTS	<p>FUNDING CONDITIONS: The international travel costs are covered according to the rules of ERAMUS+ (distance band calculator, 100-499 km = 180 euro, 500-1999 km = 275 euro, 2000- 2999 km = 360 euro, 3000-3999 km = 530 euro, 4000-7999 km = 820 euro).</p> <p>Country Maximum Amount covered [in €] per person</p> <table border="1" data-bbox="453 860 1157 1592"> <thead> <tr> <th>Country</th> <th>Max amount covered by the project/per person</th> </tr> </thead> <tbody> <tr> <td>Turkey</td> <td>275Eur</td> </tr> <tr> <td>Spain</td> <td>360Eur</td> </tr> <tr> <td>Bulgaria</td> <td>275Eur</td> </tr> <tr> <td>Cyprus</td> <td>360Eur</td> </tr> <tr> <td>Greece</td> <td>275Eur</td> </tr> <tr> <td>Lithuania</td> <td>180Eur</td> </tr> <tr> <td>Croatia</td> <td>275Eur</td> </tr> <tr> <td>Malta</td> <td>360Eur</td> </tr> <tr> <td>France</td> <td>360Eur</td> </tr> <tr> <td>Slovakia</td> <td>275 Eur</td> </tr> </tbody> </table> <p>NOTE: This money should cover also costs for your local transport to your nearest airport and travel costs from Riga-Rezekne-Riga (around 20 euros).</p>	Country	Max amount covered by the project/per person	Turkey	275Eur	Spain	360Eur	Bulgaria	275Eur	Cyprus	360Eur	Greece	275Eur	Lithuania	180Eur	Croatia	275Eur	Malta	360Eur	France	360Eur	Slovakia	275 Eur
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TRAVEL ARREGEMENTS	<p>If you want to visit Latvia, Riga, you can buy the tickets 2-3 days before the project and stay in Latvia 2-3 days after the project, but we cannot cover your accommodation and food expenses for extra days in Latvia.</p>																						
ACCOMMODATION	<p>Accommodation will be in the hotel “Kolonna”.</p> <p>https://www.hotelkolonna.com/en/rezekne/</p> <p>The hotel is situated in the center of Rezekne. Only a few minutes away from the hotel are placed the sights of the city, banks, shopping centers and</p>																						



the most significant objects of cultural history.
Hotel provides wireless (WI-FI) internet connection.
Rooms will be shared from 2 till 3 persons per room of the same sex. All rooms have toilet and shower. Towels and bed linen will be provided.
Don't forget to bring your personal hygienic (shampoo, shower gel, slippers, etc.)!
Activities will be organized in the seminar hall of the hotel.
100% of the seminar costs and seminar tools are covered. No participation fee!

FOOD



Breakfast, Lunch and Dinner will be provided for you by the project.

IMPORTANT:

Please tell us if you have any special food needs (vegetarians, no pork, no fish, allergies etc.)

HOW TO GET TO REZEKNE

The airport to fly to is **RIGA, Latvia.**

Please try to book your ticket for arrival **in Riga as early as possible.**

When you will arrive to Latvia, get out from the airport, across the parking place you will find the bus stop (there is bus **no.22**) You can buy the tickets in the bus **2,00 Eur**, but preferably next to the airport entrance door, on the left side, there is a little shop “**Narvesen**” or in the bus stop there is a tickets machine where you can find **cheaper tickets 1,15 Eur.** (in the bus **2,00 Eur**) The bus No.22 will take you from the airport to the center of Riga. You need to get out in the bus stop “**Autoosta**”. The duration of the trip from airport to the bus stop “Autoosta” is 20-30 minutes.

Check the map below, you can take the **train in the train station** or the **bus in the Bus station for going to Rezekne.**

You can check the trains/busses to/from Rezekne on <https://www.1188.lv/en/transport>

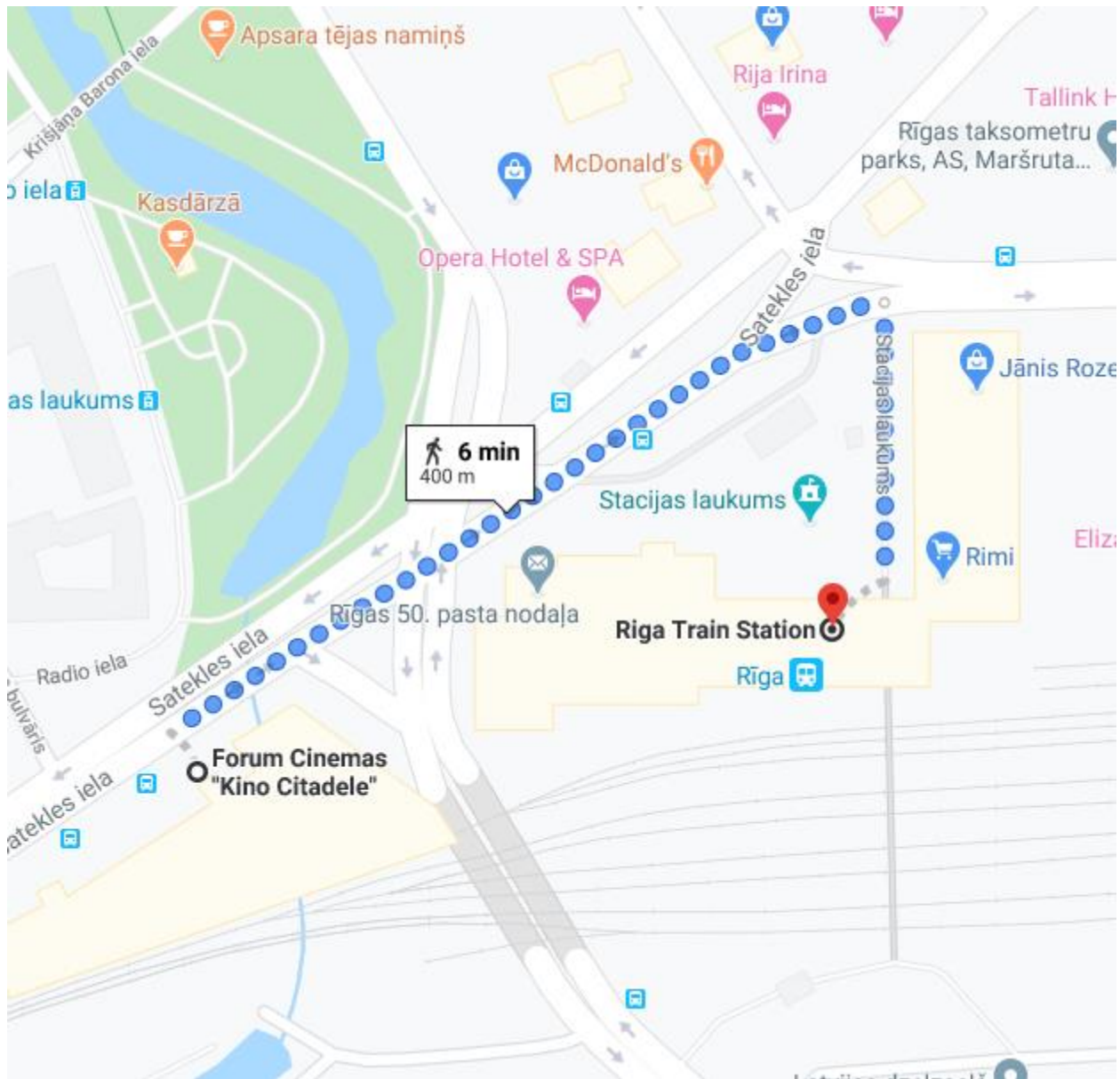
Buses you must check: from “**RĪGAS SAO**” to “**RĒZEKNES AO**”

Trains: “**RĪGA PASAŽIERU**” to “**RĒZEKNE 2**”

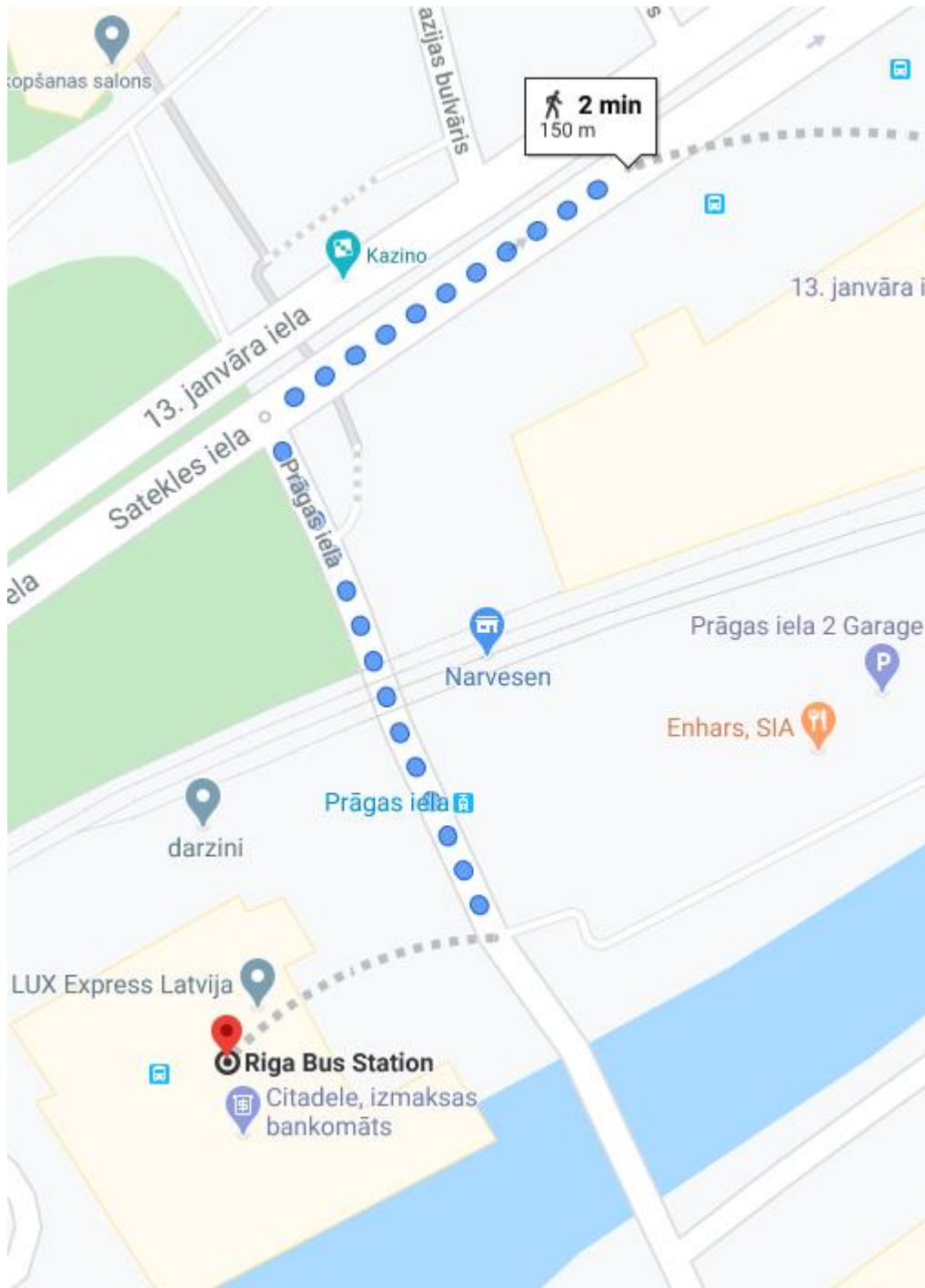
There you will find the convenient transport for you.

If you are disorientated or lost, don't hesitate to ask people or contact organizers!

From Bus stop “Autoosta” to the Train station



From bus stop “Autoosta” to the Bus station



REIMBURSEMENT RULES

- The travel costs are covered up to a maximum amount according each country. Please note that if some of the participants **are not traveling from the home cities of the partner organizations** the reimbursement will be done according to the following rules:

1. If the travel distance is longer than the distance from the home city of the partner organizations the expenses will be reimbursed according to the project approved band distance (which is stated in the list above).

2. If the travel band distance is shorter than the distance to the home city of the partner organization the expenses will be reimbursed according to the actual travel band.

Here you and the participants can calculate the travel distance:

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

- Participants must choose the cheapest travel option. We will only reimburse public transport costs. **No taxis will be reimbursed.**

- The reimbursement will be done only for travel expenses incurred according to the following rules:

1. Reimbursement of travel costs will only be done upon full attendance of the project and presentation of the original travel tickets with boarding passes, receipts, invoices. All the original tickets, boarding passes and invoices from your home to the Rēzekne bus or railway station, including e-tickets, busses, trains, shuttles to the airport, etc. We're allowed to refund only the original tickets (altogether including the return) once we'll receive physically by ordinary mail after the project. Your travel expenses will be reimbursed only upon presentation of documentary evidence of the sum actually paid: original invoice or/and a copy of credit card slip. We will ask you for the originals of ones you have already used; do a photocopy of the tickets, which you need for your return trip, and the rest you need to send us by post after the project.

2. **Electronic tickets** will only be reimbursed on receipt proof of payment (invoice, paper of booking/purchase printed from internet, payment confirmation from Internet) and after presentation of the **boarding pass** for the outward journey.

3. Boarding passes must be printed in PDF paper version. **We will not accept mobile electronic boarding passes.**

4. Return tickets must be purchased before the start of the journey.

Money transfer to your bank accounts (or your organizations bank account) will be after project, and after we receive all the necessary documents we asked for, from you. We don't do reimbursements neither during training course nor in cash!

Reimbursement will be done in EURO, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month or day when the ticket/s were purchased, as stated in the official European Commission web-site. For countries with other currency – **we need to know the date of the purchase** of the tickets, to make calculation of currency exchange according to the rules of Erasmus + programme.

The reimbursement will be made by bank transfer only after receiving the original return tickets!!!!!!

Please, bring with you all the bank details (IBAN; SWIFT code, Name of the Bank, Account number etc).

Please do not book the tickets through travelling agencies. They are going to be much more expensive!!!

Before the execution of the reimbursement, participants need to fill a questionnaire

that is generated from the mobility tool (organizers will inform you accordingly).

Without the originals, we can't reimburse the travel costs. Please print out all your flights tickets, even if you sent them to us before, we need them in paper for the reimbursement!!!!

There will be possibility to print everything also on the place!

HEALTH AND TRAVEL INSURANCE

There is NO insurance provided by the organizers. Please, purchase a private insurance or, if you are EU citizen, get it free of charge from your national social security that covers medical costs around EU member states.



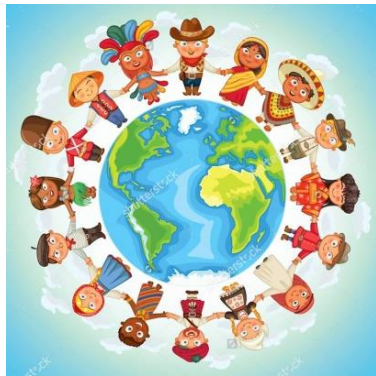
Remember that obtaining a health and a full travel insurance is your own responsibility and at your own expenses. The information you provided on any special needs does not remove your own personal responsibility for ensuring your own health.

Also, it is very important that you notify us of any health risk or possibly necessary medicines, **special food arrangements!!** and so on.

WHAT TO BRING WITH YOU



- 1) Please bring any medicine you might need.
- 2) Motivation and good mood.
- 3) We will try to hold some of our activities outdoors, so bring comfortable clothes and shoes.
- 4) Alarm clock. ☺
- 5) Please prepare presentations about your organization, your projects, work with youth. Each country will have **5-10 minutes**.
- 6) You can use different methods and techniques, but we prefer **PowerPoint/ Prezi presentation** to better understand what your organization is doing!!!



INTERNATIONAL EVENING:

- Each organization is asked to bring some food or drink and other typical national staff for the international evening.

COVID measures



EA "World-Our Home" is constantly organizing projects during this Covid-19 pandemic (as far as possible), so we have created strategy to protect project participants from possible infection. Having into consideration that the Covid – 19 pandemic is still ongoing, we will require the ONE OF the following documents/tests from ALL OF THE PARTICIPANTS:

- certificate of vaccination or valid recovery certificate (in phone or paper format);
- negative PCR test done no later than 72h before travel.
- or negative antigen test if tested within the last 48 hours.

PLEASE NOTE THAT WE CANNOT AFFORD TO REIMBURSE THE PARTICIPANTS FOR THEIR TESTS.

*The project was applied before the pandemic and we do not have these costs calculated in our budget.

Requirements for people:

- In the shop, public transport and other public places it is necessary to wear:
 - a medical mask, or
 - respirators (FFP2-FFP3).
- Medical masks or respirators must be used also for vaccinated people.

ORGANIZERS
CONTACTS

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0037129433012

Dace Deksne, Project Coordinator
0037126658731

E-mail: pasauleathome@yahoo.co.uk

www.worldatourhome.com

JOIN our project Facebook group:



*Training course "Creative and Critical Skills of
Youth workers"*

[https://www.facebook.com/groups/217705916
037658](https://www.facebook.com/groups/217705916037658)

PLEASE REMEMBER that it is essential that participants participate **in all days of the training!**
Otherwise we can't reimburse any money for the tickets.

**Please do not hesitate to contact the EA "World-Our Home" in case of any questions
or comments.**

See you soon in Rezekne!!!

