

Infopack

# Future starts today

Erasmus+ Training course



02/9/2023 - 12/9/2023

Latvia

Applicant and coordinating organization: Internationaal jeugdwerk JOETZ (Belgium)



Organizational partner(s):

Miromida, Latvia



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<sup>1</sup> JOETZ is a partner of [Solidaris](#), one of the major public, nonprofit health insurance funds in Belgium (also called a *mutualiteit* or *ziekenfonds*).

<sup>2</sup> JOETZ is a recognized national youth association by the Flemish government, [Department of Culture, sport and leisure](#).

## 1. What can you expect of the project?

### 1.1. Description

The aim of the training course for youth workers "Future starts Today" is to reconsider the tendency to overconsumption and to appreciate the sustainable values of quality time with people, nature and inner selves through pilgrimage type hiking. To fulfil the idea of the project TC "Future Starts Today" planned for 3-11 September, 2023, 25 participants from Latvia, Poland, Czech Republic, Greece, Belgium, Malta, Sweden, Norway will make the pilgrimage type hiking of over 90 km of Daugavpils-Aglona route, on their way exploring various spiritual techniques and searching ideas for combating dependency on things to share with young people. The TC is designed for youth workers who are interested in combating their own and young people's dependency on things and overconsumption and try to survive with the needed minimum in practice, being present here and now, appreciating the quality time and finding inspiration in spiritual techniques to fight against young people's depression and low self-esteem. These will be youth workers dealing with youngsters, especially with psycho-social difficulties- in their daily work, using various methods.

### 1.2. Program

Days	Place	Topics & Activities
2.09.	Home-Daugavpils	Arrival
3.09.	Daugavpils	Introduction, team-building, setting goals
4.09.	Daugavpils – Ozianna	Preparation, first walk
5.09.	Ozianna	Problem awareness, meditation, raising motivation
6.09.	Ozianna-Lielborne	Overcoming stress and lack of time
7.09.	Lieborne-Kraslava	What is healthy
8.09.	Kraslava – somewhere, tent	Advertizing and consumism, quality time
9.09.	Somewhere-Aglona	Who am I
10.09.	Aglona	Spirituality
11.09.	Aglona-Daugavpils	Transfer, evaluation, future plans
12.09.	Daugavpils - home	Departure

### 1.3. Team on the spot

***Kristina Castronovo, Latvia: trainer& coordinator***

*Kristina is the founder and board-member of Miromida, non-formal education trainer and project coordinator with over 15 years experience from several countries.*

***Joris Wagemakers, Belgium: facilitator***

## **2. What do we expect from you as a participant in this project?**

### 2.1. Participant profile

Youth workers of all ages (18+), especially those dealing with young people with fewer opportunities, e.g. psycho-social difficulties. The participants have to be ready for long walks every day, changing accommodations, staying in natural conditions, also sleeping in a tent.

### 2.2. Engagement in the project

#### *Before*

Follow-up of your emails/Whatsapp regarding the practical organization and presence during an online pre-departure meeting if necessary with the group (date tbd based on the possibility of participants).

#### *During*

100% active presence during the project + organizing an Instagram take over of our channel together with the Belgian participants.

#### *After*

Follow-up of your emails/Whatsapp regarding the further practical/ financial handling and dissemination of the project.

Follow-up activities:

You will gain a lot of knowledge during the training. We expect each participant to take this knowledge with him/her in his/her work with young people (in their free time). The intention is that we can also see this post project engagement somewhere. This will be communicated later.

## **3. The project organizers**

### 3.1. Applicant, coordinating organization: JOETZ

JOETZ's mission is to be a health promoter for children and young people (3-30 years old) in Flanders and Brussels. We strengthen and support a sensitized and solidarity-based society able to develop the health and well-being of its children and young people in a high-quality, sustainable and participative manner.

JOETZ wants to achieve this mission through various health projects (healthworkshops, online and offline health content, health campaigns), activities (children's and youth holidays, playground activities, children's events) & training (animator/youth leader trainings, training courses, peer to peer education) and does this for, by and with children and young people. This happens locally, supra-locally and internationally.

As a health promoter, JOETZ wants to have an impact on children and young people, always starting from its youth work DNA: in a fun and playful non-formal way.

JOETZ's specific core tasks are: [health projects](#), [activities & holidays](#), [trainings for our unpaid youth workers](#), [international youth work](#) and giving a voice to young people through our [online platform ZAPmag](#).

### *JOETZ' part in the project*

As for this Erasmus+ project, JOETZ is the beneficiary of the EU grant. This means that JOETZ coordinates this project. For the implementation of this project, we work together with the partner(s) listed below.

The financial and administrative handling of the project is the responsibility of JOETZ (so are the reimbursements). JOETZ also arranges the Youthpasses.

### 3.2. Organizational partner

Miromida – is an NGO in Daugavpils region, Latvia. Miromida means the pyramide of peace, and Miromida's mission is peace-building. The aims of the organization are to empower people (especially young ones) with fewer opportunities and foster regional development.

### 3.3. Project partners

<b>Organization</b>	<b>Country</b>	<b>Amount of participants</b>
JOETZ	Belgium	4
Miromida	Latvia	5
Modern theatre Shatz	Czech Republic	3
Fundacja Tu Brzoza	Poland	3
Blindern Norsk	Norway	3
Nordens Pärlor	Sweden	2
Fgura United F.C.	Malta	2
4 <sup>th</sup> Vocational School of Heraklion	Greece	3

## **4. Selection procedure and deadlines**

Belgians who are interested in participating always apply first via the website of JOETZ: [www.internationaaljeugdwerk.be](http://www.internationaaljeugdwerk.be). After a pre-selection by the JOETZ team, a possible second selection by the team of trainers follows.

For the other participants, please, use the application form: [ej.uz/fstpreselection](http://ej.uz/fstpreselection)

**Deadline for application:** 01/08/2023

## 5. Costs and reimbursement

The project is funded by the Erasmus+ program. Erasmus+ provides a **fixed budget for transport** with tram, bus, train and plane according to the travel distance calculator indicated by the EU.

If your transport to and from the project stays within this budget, you pay nothing. If you go over the budget you will have to pay for the difference.

**Reimbursement is only possible when JOETZ is in possession of your personal details and all original tickets/boarding passes as proof of transport costs incurred.**

Reimbursement takes place **approximately two to three months after the end of the project and from the moment we are in the possession of what is asked for.**

Food, accommodation and transportation are included only during the project dates. Overnight stays outside this period is at your own costs.

There is **no participation fee.**

Maximum travel reimbursement per participant per country

Belgium	275 EUR
Czech Republic	275 EUR
Poland	275 EUR
Norway	275 EUR
Sweden	275 EUR
Malta	360 EUR
Greece	360 EUR

## 6. Practical

### 6.1. Youthpass

**Youthpass** is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes. So this also counts for your participation in this project. You receive the Youthpass at the end of the project or a few days after.

The responsibility to issue the Youthpass certificates to you as a participant lies with JOETZ.

## 6.2. The venue and food

Our planned accommodations along the route are:

- SanMari Hotel, Daugavpils <http://www.sanmari.lv/>
- Ozianna camping, Naujene <https://viesunamiem.lv/oziana>
- Lielborne manor, Lielborne <https://lielbornesmuiza.lv/en/>
- Kraslava guest house, Kraslava <https://viesunamiem.lv/viesu-maja-kraslava>
- Tent in the middle of the nowhere ☺
- Camping Aglonas Alpi, Aglona <https://www.aglonasalpi.lv/>
- Again SanMari Hotel, Daugavpils <http://www.sanmari.lv/>

Breakfast, lunch, dinner and water will be provided. Quite often we will have a take away lunch prepared by the restaurants of the places where we will stay overnight.

## 6.3. Other

It is necessary for participants to have **travel and health insurance (not covered by project)**.

Please, bring your **European Health Insurance Card**.

The weather in Latvia in September can vary from 10 to 20 degrees. We recommend you to bring clothes which you consider as the most comfortable for you, for these temperatures and hiking, definitely you need to have a **protection from rain and wind**.

Working language: **working language will be English**. For the quality of the project it's important that you are able to express in good English. It doesn't have to be excellent, we all make grammar mistakes. But to avoid disappointments in the group it's important that you are **able to express your feelings in English**. Please, take this in consideration. There will be **vocal sharing in all the sessions!**

Local currency is EURO.

Local time is Eastern European Time.

## 6.4. What to prepare or bring with you

Remember, it is a hike. Remember, we will stay in the wild nature. Remember, the project is about being here and now and appreciation of what You have, without overconsumption and over expectations.

- European Health Insurance card
- Own first aid kit and necessary medicine
- Some cash in EURO
- Some small snacks You might need on the way
- Spray/cream against insects
- A backpack You will carry on You during the whole route
- Hiking pants
- A jacket against rain and wind
- Comfortable hiking shoes
- Only necessary clothes

- Hat
- Sunglasses
- Suncream
- Torch
- 2 water bottles for refilling

\*more details are coming closer to the project date

\* You don't need to bring national food and drinks, there will not be any intercultural night café

\*For staying in the tent, tents, sleeping bags and carpets will be provided

### 6.5. Your travel plan

We expect you to draw up your own itinerary and travel plan. Your sending organization will support in this where necessary. You can already start looking for travel options before selection and find out the **most ecological and economical option**. However, you can **only buy the tickets after selection and approval!**

After selection, send your travel plan to [2023FST@gmail.com](mailto:2023FST@gmail.com). JOETZ will approve only the most ecological and/or economical option. Travel must be economy/2nd class for a plane, train or bus ticket. **No taxi costs** will be refunded unless there is no public transport that covers your journey. After approval you can buy.

Participants can use **up to 2 extra travel days**. These days are NOT covered by the project regarding food and accommodation.

Possible travel days can be:	
Arrival 31/8	Departure 12/9
Arrival 1/9	Departure 12/9
Arrival 2/9	Departure 12/9
Arrival 2/9	Departure 13/9
Arrival 2/9	Departure 14/9
Arrival 1/9	Departure 13/9

**Keep in mind that you can only arrive at the venue between these dates.** Thank you for respecting this request.

You **pay yourself in advance** for transport costs. Reimbursement takes place approximately two to three months after the end of the project and from the moment we are in the possession of what is asked for (see costs and reimbursement).

A few days after the project you will receive an email from JOETZ regarding procedure of reimbursement.

## 6.6. How to get to the venue

The project start and finish are situated in Daugavpils. You can use [Riga International Airport \(Latvia\)](#) or [Vilnius International Airport \(Lithuania\)](#).

Take bus 22 from Riga airport to Autoosta station. The project venue address is Stacijas 46, it is literally 2 steps from the train station in Daugavpils, in the city centre. You can take train or bus from Riga (centre) to Daugavpils. You can plan Your route via google maps or 1188.lv.

You can also consider buses. Flixbus, Ecolines, LUX express companies operate in Riga international bus station, and there are also international bus platforms in Daugavpils (from Vilnius and Warsaw, for example). Besides, there are Tallink ferries between Stockholm and Riga. The seaport is in a walking distance from the city centre in Riga. **Please, remember to collect receipts also for the local means of transport.**

## 6.7. Preparation

Before the project activity we are going to have a common Whatsapp chat for the group communication. We are also going to organize an online preparation meeting, where You will be able to ask all Your possible questions. We expect everyone's presence during this online meeting.

# 7. Your privacy, safety and health

## 7.1. Privacy

Please note that all the partner organizations in this project may use audiovisual tools (pictures, videos, livestream, project movie) for the purpose of dissemination of the project results. If you do not wish to appear in these digital materials, please inform us.

## 7.2. Integrity

JOETZ attaches great importance to guaranteeing everyone's integrity before, during and after a project. We see it as the task of all parties involved to create a safe space for everyone involved during the project (being the trainers, facilitators, participants, ...).

Violation of integrity is any form of physical, sexual, moral or psychological behavior that someone believes is beyond their own or someone else's boundaries. Situations in which there may be a violation of integrity are, for example: aggression, sexually transgressive behavior, bullying, discrimination, peer pressure or pressure carried out from one person, etc.

Before, during and after the project, everyone is given the opportunity to make a **report of violation of his/her integrity or the integrity of someone else**. This can initially be done by email to the team coordinator of the international youth work of JOETZ which is Liselotte Bekaert (liselotte.bekaert@joetz.be). **For more information visit our website.**

Of course everyone is free to talk about a violation with anyone involved during the project and with whom you feel safe. You ultimately decide whether to report this or not. If another person makes a



report, we analyze the situation by contacting the victim concerned in all serenity. We never take any further steps without the victim's approval.

### 7.3. Health

**Use of alcohol or drugs during the project cycle will be forbidden.** This hiking might be challenging for Your physical and mental health – we will walk distances of up to 25 km, adapting to the route (there might not be toilets, food etc. on Your request and in the conditions You would expect).

There are a lot of forests around, they are beautiful, but **be aware of ticks and mosquitoes.** Some ticks can transmit a virus that can cause inflammation of the brain and meninges. There is a vaccine for this. It is up to the participant to freely choose whether or not to have this vaccination. You can also get Lyme disease through a tick bite, which is caused by a bacteria. Because there is no vaccine against this disease, it remains important to **take the necessary precautions** against a tick bite - and infection.

- For Belgian participants: <https://www.tekenbeten.be/>
- For other countries: google translate works perfectly for translating this website.

You have to **carry a backpack all the way.**

We are going to stay in different accommodations – hotels, campings, also a tent in the middle of nowhere.

You have to be responsible for Your health, **bring Your own first aid kit for You and necessary medicines.**

## 8. Stay in contact

For questions before, during or after the project, send an email to [2023FST@gmail.com](mailto:2023FST@gmail.com).

Once you are selected, we will be in contact with each other via email and Whatsapp. You receive all the necessary information via e-mail. Whatsapp will be used for sending reminders, sharing photos and information. If quick answers are needed or last minute information need to be distributed, we also use Whatsapp. This Whatsapp group can also be used by the team on the spot during the project.