



Erasmus+ mobility of youth workers in Riga, Latvia



# Em.Power.YOU.th

21ST – 27TH JULY, 2025

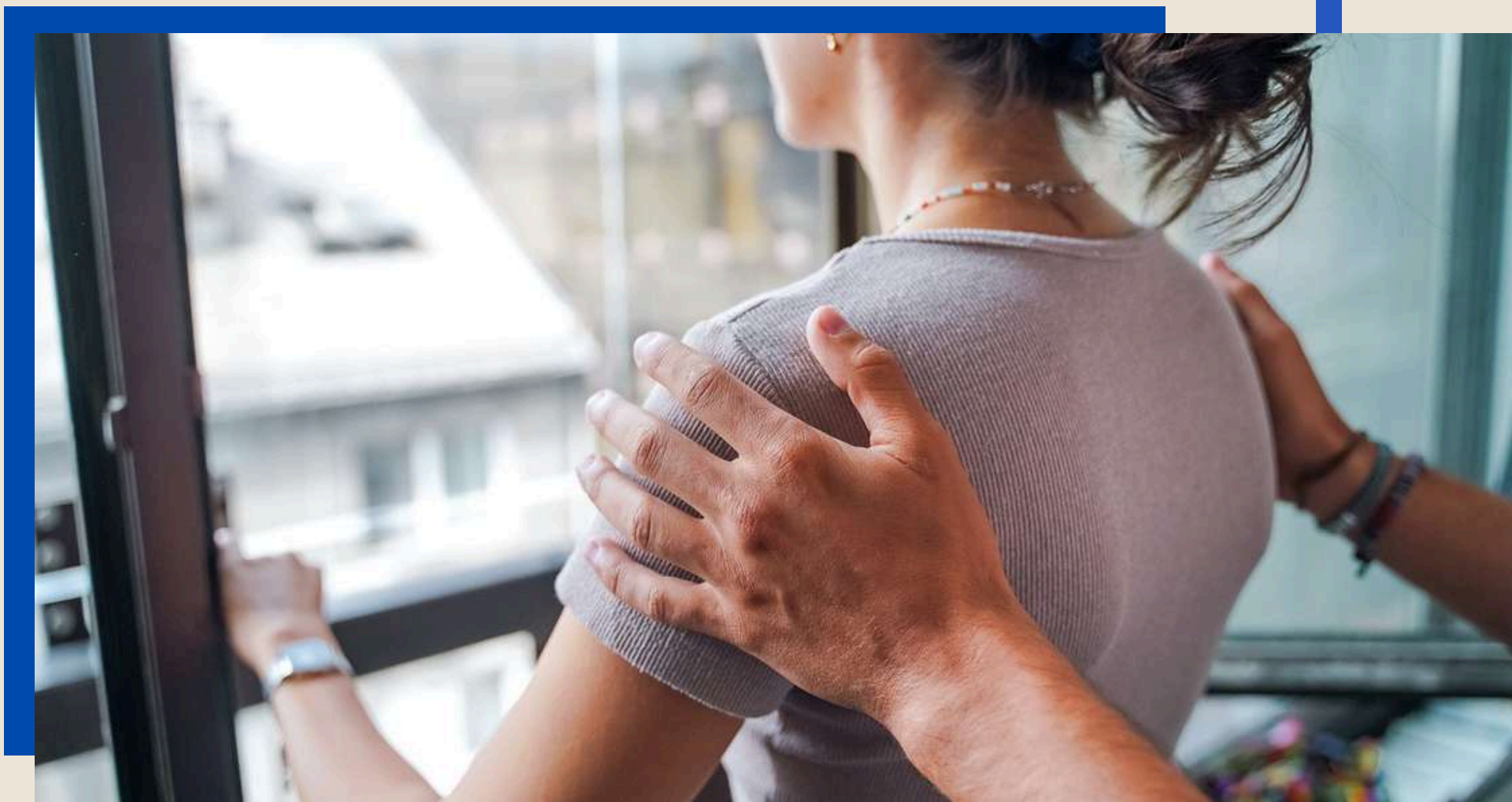


Agency for International  
Programs for Youth  
Republic of Latvia



Co-funded by  
the European Union

**MOVE**  
Youth organization





# The training

"Em.Power.YOU.th" is an Erasmus+ mobility training course for youth workers that focuses on empowering professionals to better support young people in becoming leaders and change-makers in their communities. This training will strengthen youth workers' capacities through practical tools, reflective learning, and new perspectives on communication and collaboration styles with young people.





# Methodology



## Experiential learning

This hands-on method is based on the principle of “learning by doing.” Through practical exercises, role plays, and group challenges, participants will experience situations first-hand, reflect on them, and translate insights into professional growth. It supports self-awareness, skill-building, and deeper understanding through active participation.

## Study visits

Participants will meet with local organizations and initiatives in Riga that are working directly with youth engagement, leadership, and empowerment. These real-life examples will inspire new ideas, partnerships, and ways of working with young people in participants’ own contexts.

## Co-creation

We believe that youth workers are not just learners, but also contributors. In co-creation sessions, participants will shape parts of the training content together, design new tools, and exchange good practices. This method values collaboration, creativity, and shared ownership of the learning process.

# This is for you if you are...



## ➤ working with young people

Youth workers, educators, social workers, and community organizers working with diverse youth populations, and passionate about inclusion and youth engagement.

## ➤ 18+ and a resident of an E+ program country

If you are currently residing in an Erasmus+ program country, you are eligible for a funded spot to participate in the training. You can learn more here\_\_\_\_\_



# Facilitators

## ➡ Anna Ločmele

Anna brings a wealth of experience in youth work, especially at the municipal and governmental level. She has been actively involved in policy-making initiatives that involve young people in shaping the decisions that impact their lives. Anna will guide participants on how to effectively involve youth in policy-making processes and community-driven change.

## ➡ Paula Cīrule

With extensive experience in youth work and outdoor adventure education, Paula has unlocked unique ways to actively engage with young people, helping them step out beyond their comfort zones. Her approach focuses on building trust and creating opportunities for youth to express themselves in a safe and encouraging environment.





## ★ Training timeline

The training starts on July 21st and finishes on July 27th. During these days, be prepared to fully participate. The 20th and 28th of July are designated arrival and departure days. The program will start in the mornings at 10:00 at finish in the evenings with dinner around 19:00, the time might change depending on the locations of the program.

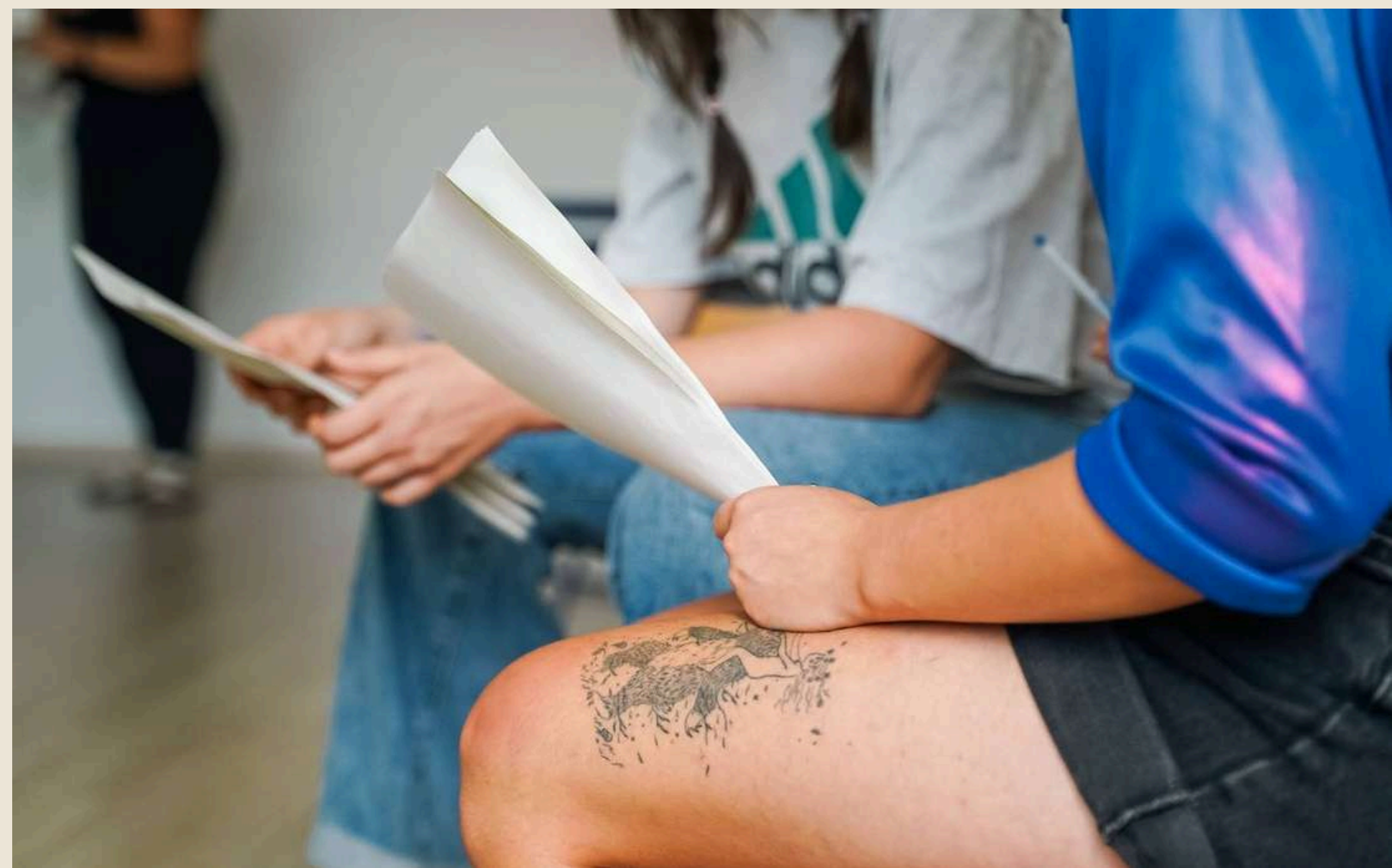
## ★ Accommodation and training venue

During the training, you will stay in the TreeHouse hostel in Riga city center. The training will take place in a local school nearby and other locations, like community spaces and youth centers.

## ★ Finances

The project is co-funded by Erasmus+. Accommodation, meals, and program expenses are fully covered by the organizers. Travel costs will be reimbursed in accordance with Erasmus+ financial guidelines. Selected participants will receive more information.

# Practicals



# Join us and get empowered!

## Apply till the 20th of June



**For more information or  
any questions, feel free  
to contact us at:**



+371 23306844 (Paula)



biedribamoveup@gmail.com

The training course is organized by NGO “Move up” and is co-funded with the support of the European Commission’s Erasmus+ program, which is administered in Latvia by Jaunatnes starptautisko programmu aģentūra.



# Contacts



Project Coordinator in Lithuania  
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## **Educator Pass 2025**

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

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