



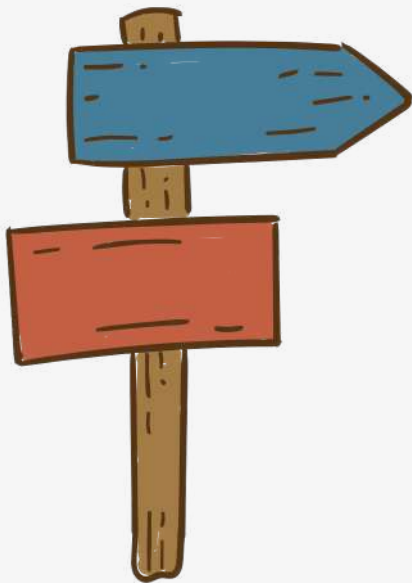
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the European Union

BEYOND WALLS: OUTDOOR JOURNEYS TO MENTAL BALANCE

*19-28 September 2025
Ventspils, Latvia*

INTERNATIONAL TRAINING COURSE

PROJECT DESCRIPTION



The "Beyond Walls: Outdoor Journeys to Mental Balance" project is designed to address the growing need for innovative and effective approaches in youth work and education, particularly in the post-pandemic, war period. The challenges young people face today—such as increased stress, declining mental health, social isolation, and reduced engagement in physical activities—require youth workers and educators to adopt new methods that foster resilience, well-being, and personal development.

Outdoor adventure education provides a powerful solution by offering experiential learning in natural settings. It enhances mental and physical well-being, develops essential life skills, and strengthens connections with peers and the environment. However, many youth workers and educators lack the necessary skills, knowledge, and confidence to integrate nature into their programs. This project aims to bridge this gap by equipping participants with practical competencies, methodologies, and resources to implement outdoor learning in their daily work with young people, especially those from marginalized communities.

OUR OBJECTIVES

1. Promote Outdoor Adventure Education - Advocate for outdoor learning as a productive, healthy, and sustainable approach in youth work, emphasizing its benefits for mental health, stress management, and overall well-being.
2. Integrate Nature into Learning Processes - Analyze and demonstrate how nature-based experiences contribute to young people's personal development, motivation, and learning outcomes.
3. Address Contemporary Challenges in Youth Work - Explore the evolving needs of young people in the post-pandemic era and identify practical initiatives that youth workers can apply to enhance engagement and resilience.
4. Develop Essential Soft and Hard Skills - Improve participants' competencies in communication, leadership, teamwork, and emotional intelligence while providing training in trip planning, risk management, safety, and first aid.
5. Foster Networking and Sustainable Cooperation - Strengthen partnerships among organizations, encourage knowledge exchange, and explore future collaboration opportunities within Erasmus+ and beyond.

OUR PARTNERS

THE AWESOME PEOPLE BEHIND THIS PROJECT



PARTICIPANTS PROFILE

Our target audience includes trainers, educators, youth leaders, facilitators, work camp leaders, staff members, etc. a) Who are interested in the topics of outdoor education, experiential learning, and sustainability. b) Who have a good command of English.

c) Who are min. 18 y.o. and more d) Who show a big motivation for participation and are available for the whole duration of the training, e) Who are citizens/residents of one of the participating countries.

DATES AND VENUE



"VIESU NAMS DZIRKAĻI" GUEST HOUSE

**19 SEP - ARRIVAL DAY 28
SEP - DEPARTURE DAY**

Kr. Valdemāra iela, Ventspils, Latvia

Participants will be accommodated in double/triple/quadruple rooms.

They will be provided with 3-time food and 1 coffee break per day. The venue provides bed sheets and towels as well.

We strongly ask participants to inform the host organization about special needs, such as allergies, special diets, food, etc.

Indoor training activities and food provision will be held in the neighbouring Youth Center and Restaurant, which are 20 minutes walking distance from the venue.

Please note, that the organizers are not responsible for participants' accommodation, food, transport and other expenses for extra days both before and after the project dates.

FINANCIAL CONDITIONS

The training will be implemented in the frames of the EU ERASMUS+ Programme.

Board and accommodation will be covered by the hosting organization.

The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. The travel costs will be reimbursed up to a certain amount. **Only the tickets that were confirmed by the organizing team will be reimbursed.**

Participants are responsible for their own transportation to the project venue in Ventspils.

COUNTRY	MAX. TRAVEL REIMBURSEMENT / EUR	TOTAL NUMBER OF PARTICIPANTS / PERSON
BULGARIA	309	4
GERMANY	309	4
POLAND	309	4
ITALY	395	4
LATVIA	0	4
HUNGARY	309	4
LITHUANIA	285 (Green Travel)	4
SPAIN	395	4

Travel reimbursement:

Travel expenses will be reimbursed via bank transfer after the project, upon presentation of all necessary documents (next sections).

All tickets' costs purchased in a local currency will be converted and calculated according to the exchange rate of the month given by the European Commission (<https://bit.ly/384sXo0>).

METHODOLOGY

The whole training course will be based on non-formal education.

Different methods, such as outdoor education, bivouac, hiking trips, simulation activities, cooperative games, individual work, small discussion groups, plenary work, group dynamics and etc. will be used.

Please get acquainted with key components of non-formal education through the following resource: <https://www.youtube.com/watch?v=Xm7PioKwkGo&t=3s>

DRAFT AGENDA

The home tasks to prepare.*

- Sharing local realities: Each national team will be given a stage to present youth involvement in sports activities, interconnection, and statistics of outdoor education and mental/physical health, success stories in their respective countries.

*Each session should last no more than **15** minutes. The sessions should be based on interactive methods of nonformal education.

- Organizing cultural evening. Here participants are free to present their culture, national dances, cuisine, music, etc.

* Each session should last no more than 30 minutes. The sessions should be based on interactive methods of nonformal education.

- Presenting their organization/non-formal group.

	19.Sep	20.Sep	21.Sep	22.Sep	23.Sep	24.Sep	25.Sep	26.Sep	27.Sep	28.Sep
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
09:00-10:00	Arrival and registration	Breakfast								
10:30-12:00		Getting to know each other. Team buildings and trust building	Principles of Experiential Learning, Outdoor Adventure Education, Learning Zones	Wall climbing activity hosted by the Ventspils Olympic Center	Redefining Success - Setting the context & goals of Bivouac and Wilderness Camping	Bivouac and Wilderness Camping	Bivouac and Wilderness Camping	Multi-Step Reflection on the Bivouac and Wilderness Camping	Dissemination and follow-up plans. Developing a Toolkit and social media materials	
12:00-12:30		☕ Coffee break			☕ Coffee break			☕ Coffee break		
12:30-14:00		Rule of conduct Expectations /fears/ contributions	Experiential learning and the brain + amigdala activation activities (trust activities)		Preparation for the Bivouac and Wilderness Camping			Action Planning - Designing educational activities based on Experiential Learning	Erasmus +* & "Youthpass" Transfer & Follow up	
14:15-15:30		Lunch					Day 1	Day 2	Lunch	
15:30-17:00		Participants' space								
17:00-18:45		"City quiz"	Experiential learning tools (Navigation, maps, planning and forecast)	Leadership and communication in the context of youth work	Preparation for the Bivouac and Wilderness Camping		Action Planning - Designing educational activities based on Experiential Learning	Final evaluation & closing		
18:45-19:00		Welcome to the "Beyond Walls"	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	
19:00	Dinner									
20:30-23:00	Welcome evening "My name is"	One minute of fame	Intercultural evening	Participants' space	Participants' space	Bonfire talks	Participants' space	Intercultural evening	Participants' space	
										Departures

*Changes may be applied to the agenda , due to weather forecast, group dynamics, etc.

FURTHER RULES

TICKETS / REIMBURSEMENT

- The selected participants choose flight connections and send them to the organisers for confirmation. **Please don't book any tickets without our confirmation.** Only
- the cheapest tickets will be reimbursed. Tickets with deviation from the extra direct route, unnecessary stops and layovers will not be reimbursed. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurance, etc. **Only 1 piece** of checked-in baggage of a maximum of 15-23 kg will be covered. Only tickets purchased
- online will be reimbursed. We can't cover travel agencies' fees, thus, their invoices won't be accepted for reimbursement.
- We can't reimburse taxis or private cars, only public transport will be covered. You can arrive 1-2
- days before the activity and depart 1-2 days after if you want to spend more time in Latvia on your own, provided that the tickets on these days are not more expensive than on the official travel days. Eurowings,
- Ryanair, and Wizzair tickets should be purchased only on the websites of the airlines. Tickets purchased via the KIWI website are not very much reliable.
- PRINT your flight tickets and invoices and provide them at the training course. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.

INSURANCE

!! Participants are self-responsible for acquiring travel insurance valid for the whole duration of the project.

VISA

For project member countries free entry to Latvia often is possible **only with a biometric passport**. Please follow the link and check for the specific country conditions. <https://www.mfa.gov.lv/en/countries-and-territories-whose-citizens-may-enter-latvia-without-visa>



TRAVEL DOCUMENTS

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets for plane/bus/train (also e-tickets),
3. Invoices,
4. Payment checks.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment proves that you will get during your travel.

THINGS TO BRING

- Valid international biometric passport/ID for travel;
- Travel insurance/health insurance card;
- All required travel documents;
- Sleeping bag
- Backpack (min. 30/40L)
- Sleeping mat
- Good walking shoes - suitable for walking in the forest
- Walking socks
- Sneakers
- Outdoor clothing - jacket and pants for all types of weather (waterproof), warm gloves, warm hat, sun hat. Also, warm clothing and thermal underwear
- Mug/Cup to exchange with other participants - During the project, you will use the cup you receive and at the end, you will take it as a souvenir from someone else.
- Sunglasses and sunscreen
- Headlamp or battery-powered flashlight
- Water bottle (min. 1.5L)
- Towel
- Toiletries with the things you need
- Medications you use and need regularly
- Personal notebook

MONEY

The currency in Latvia is the euro. Each euro is divided into 100 cents.

When you're buying currency for Latvia, look out for the currency code EUR. And once you're in Latvia, you'll see the symbol € used to show prices.

You'll find Euro banknotes in denominations of 5, 10, 20, 50, 100, 200, and 500 - although the 200 and 500 EUR notes are seldom used. There are also 1 and 2 euro coins.

Cents come in coins of 1, 2, 5, 10, 20 and 50.



COMMUNICATION / WIFI



Internet Access

There is a free WiFi network in the hotel territory. Nevertheless, for your own convenience, we highly advise buying a Sim card.

You can get a Latvian SIM card in LMT, Zelta Zivtina (ZZ) by Tele2 & Bitē stores. Resellers, like post offices, newsstands & grocery stores, also sell SIM cards. They are also sold at Riga International Airport (RIX).

POWER PLUGS / ELECTRICITY



In Latvia, the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

IMPORTANT NOTES

PARTICIPANTS' SELECTION

Participants' selection should be finalized by **20 July 2025**.

Partners are free to use any selection procedure/form, making sure that at the end the selected candidates have filled in the provided Travel form.

Note! The organizing team reserves the right to the final selection/rejection of participants. Thus, please make sure, that the candidates correspond to the minimal requirements:

- Experience in youth work (trainers, educators, youth leaders, facilitators, work camp leaders, etc);
- Strong interest in the project topic;
- Full engagement in all activities and outdoor trips requiring walking;
- Availability during the whole project;
- Good level of English;
- Awareness of the project details provided in the info pack;
- At least 18 y.o.

BIVOUAC / HIKING / WALL CLIMBING

The project agenda includes **2-day bivouac activity in a full outdoor and wild environment, with self-made tents, as well as hiking and indoor wall climbing activities**. Please, make sure that your candidates are well aware of the agenda, ready to be involved in all activities, and have the necessary equipment (see in the previous sections).

TIMELINE

Activity	Deadline	Form
Participants' Selection	20 July 2025	***
Purchasing tickets and filling in the travel form	31 July 2025	

FURTHER INFORMATION

TRAVEL FORM

As soon as the tickets are booked, participants are requested to fill in the following travel form. This is needed for practical/logistic arrangements.

<https://forms.gle/ASQWdbMpGKVo2Xax6>

GREEN TRAVEL

We highly encourage participants to stay sustainable throughout the travel. Here we share information on "10 Steps to Being a Sustainable Traveller".

bit.ly/3DIExVV





JOIN THE ADVENTURE



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Agency for International
Programs for Youth
Republic of Latvia

CONTACT US



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JOIN NOW WITH TAVO EUROPA!

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 training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the most suitable and motivated participants to all of our projects.

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