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Seminar:

«Youth Goals in Practice»

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

Location: Rezekne, Latvia

Dates for Seminar:

9th April – 15th April 2026

3 participants from each organization (age 18+)

2 participants from Lithuania

Youth workers / youth leaders / project managers

EUROPEAN ASSOCIATION
WORLD-OUR-HOME



Funded by
the European Union

Erasmus + Seminar

YOUTH GOALS IN PRACTICE

European Youth Week 2026



**Empowering Youth Workers
to Achieve the *EU Youth Goals!***

9-15 April 2026 | Rēzekne, Latvia

Partner Organizations from Programme & Associated Countries

#EUROPEANYOUTHWEEK





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 actively participates in Erasmus +, Europe for Citizens, EEA Grants programmes. **“World-Our Home”** 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. **Check** www.worldatourhome.com

About the project:

Overall objective:

To strengthen the capacity of youth workers to implement and integrate the European Youth Goals into their daily youth work practice, fostering youth participation, inclusion and active citizenship across Europe.

Specific objectives:

- **To deepen youth workers' understanding of the 11 European Youth Goals and their relevance to the needs of young people at local, national and European levels.**
- **To exchange good practices on how European Youth Goals are implemented in youth work, projects and youth policy.**
- **To develop practical methods and tools for translating Youth Goals into concrete youth work activities.**
- **To foster international cooperation, networking and peer learning among youth workers and youth organisations.**
- **To strengthen the role of youth workers in the context of European Youth Week, promoting young people's voices, democratic participation and European values.**



Seminar Description

"Youth Goals in Practice" is an international Erasmus+ seminar for youth workers focusing on the practical implementation of the European Youth Goals in youth work. The seminar is organised within the framework of European Youth Week, highlighting youth participation, democracy, solidarity and shared European values.

During the seminar, participants will:

- explore the concept and background of the European Youth Goals and their importance in today's Europe;
- analyse how Youth Goals are already being implemented in different local and national contexts;
- take part in interactive workshops, discussions and peer-learning activities;
- co-create ideas, tools and approaches for integrating Youth Goals into their own youth work practice and organisational strategies;
- build the foundations for future cooperation and Erasmus+ youth projects.

The seminar aims to enhance the professional development of youth workers and contribute to increasing the visibility, relevance and impact of the European Youth Goals in youth work across Europe.

About Rezekne:

Rēzekne is a city in the Rēzekne River valley in the Latgale region of eastern Latvia. It is called **The Heart of Latgale** (Latvian "Latgales sirds", Latgalian "Latgolys sirds"). Built on seven hills, Rezekne is located 242 km from the state capital Riga. It has a population of **26,378** – making it the 7th largest city in Latvia.



Practical information:



<p>DATES and PARTICIPANTS</p>	<p>Seminar: 09th April– 15th April 2026 Arrival: 09th April 2026 Working days: 10th April– 14th April 2026 Departure: 15th April 2026</p> <p>3 participants (18+) from each organization (2 participants from Lithuania)</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>WEATHER CONDITIONS</p> 	<p>Average temperature in Latvia: In April 12°C (max.) and 0°C (min.). Warm clothes will 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 until 16:00 on the 9th April and book your flight back on the 15th after 15:00. 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” The tickets will be reimbursed after we receive all the necessary documents from your side (original tickets, boarding passes, invoices, etc.).</p>

**TRANSPORT
MAXIMUM
REIMBURSEMENT
AMOUNTS**

FUNDING CONDITIONS: The international travel costs are covered according to the rules of ERAMUS+ (distance band calculator, 100-499 km = 211 euro, 500-1999 km = 309 euro, 2000- 2999 km = 395 euro, 3000-3999 km = 580 euro)

Country Maximum Amount covered [in €] per person

Country	Max amount covered by the project/per person
ITALY	309 EUR
HUNGARY	309 EUR
GREECE	395 EUR
CROATIA	309 EUR
GEORGIA	395 EUR
TURKIYE	395 EUR
LITHUANIA	285 EUR (Green travel)
ISRAEL	395 EUR
MOLDOVA	309 EUR
NORTH MACEDONIA	309 EUR

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).

ACCOMMODATION

Accommodation will be in the hotel "Latgale".

<http://www.hotellatgale.lv/>




HOTEL LATGALE
MULTICENTER

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 the most significant objects of cultural history. Hotel provides wireless (WI-FI) internet connection. **Rooms will be shared by 2 persons per room of the same gender.** 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.)!
100% of the seminar costs and seminar tools are covered.

FOOD



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

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, paying by card.

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. Then you can take the train in the train station or the bus in the Bus station for going to Rezekne:

<https://www.1188.lv/en/transport>

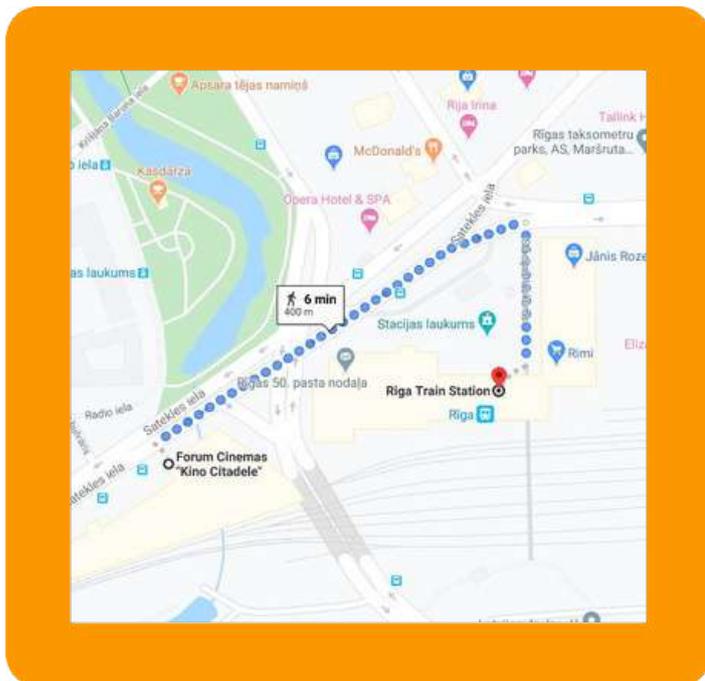
Buses: from "RĪGAS SAO" to "RĒZEKNES AO"

Trains: from "RĪGA PASAŽIERU" to "RĒZEKNE 2"

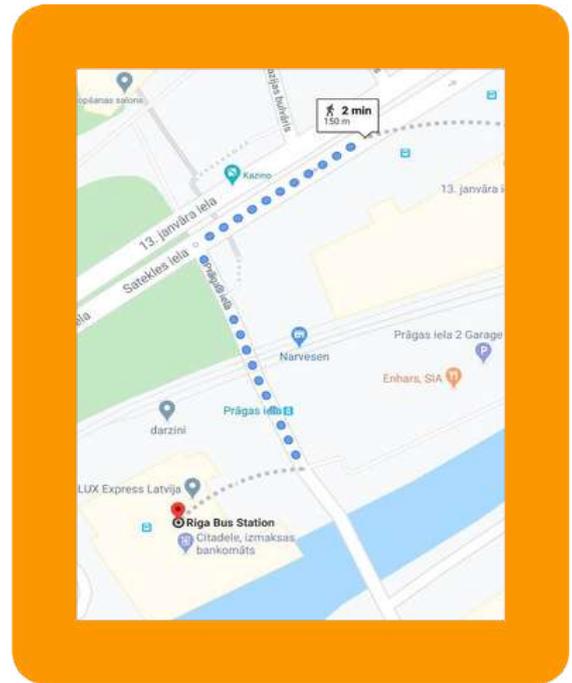
If you are disorientated or lost, don't hesitate to ask people or contact organizers!

↓ **MAPS FOR BETTER ORIENTATION** ↓

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!

For the youth exchange we will transfer the money for all the participants to the leader of the group or sending organisation.

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, group leader 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!

HEALTH AND TRAVEL INSURANCE

Organizers will provide **Accident and Civil insurance**. Please, purchase **TRAVEL Insurance** and if you are EU citizen, take your European Health Insurance card which is free of charge from your national social security that covers medical costs around EU member states.



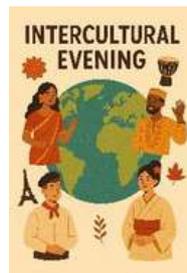
Obtaining a travel insurance **is your own responsibility and at your own expenses**. The information you provided on any special needs does not remove your own personal responsibility for ensuring your own health.

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

PLEASE BRING:

- 1) 🧴 Any medicine you might need.
- 2) 😊 **Motivation and good mood.**
- 3) 👟 Comfortable clothes and shoes.
- 4) 🧼 Personalhygienic products.



Each organisation is asked to bring some food, drinks and other typical national stuff for the international evening.



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Contact Us!



Project Coordinator in Lithuania

Julija Staniulyte:

julija@tavo-europa.eu

Join with Tavo Europa

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

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.

For more projects:

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>