



# DIGITAL YOUTH WORK METHODS 3.0.

CRASH COURSE FOR YOUTH WORKERS

30 APRIL - 7 MAY  
LIEPĀJA, LATVIA



# OVERVIEW

## GOAL

Goal of this training course is to prepare specialists as digital youth workers and be ready to work with newest technologies, digital youth work trends and young people with digital addictions

## OBJECTIVES

- To give practical digital youth work methods
- To give a chance to try out the latest digital technologies like Virtual reality, 360 cameras, AI etc.
- To introduce youth workers in to e-sports, healthy gaming and how young people can improve themselves with the help of computer games
- To prepare specialists to maintain a healthy digital balance while implementing digital youth work with young people.

## DETAILS

Training course

MainQuest Liepaja E-sportscenter

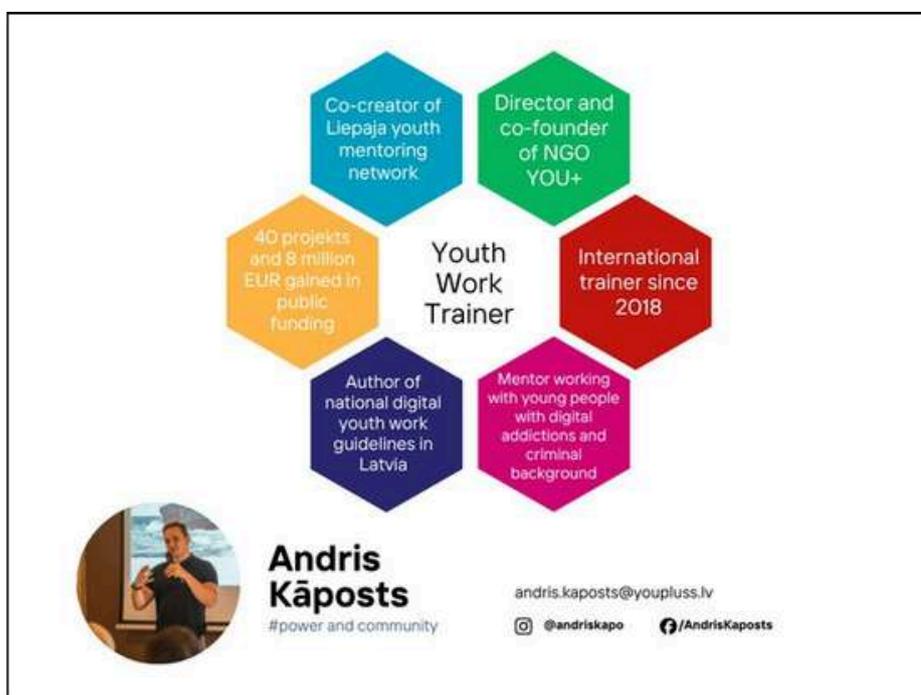
30.04.2026.- 07.05.2026.

25 participants from Latvia, Lithuania, Norway, Finland and Georgia

# TRAINERS

YOU<sup>+</sup>

Here you can see profiles of trainers that will be working with you during the training course.



**Andris Kāposts**  
Youth Work Trainer

andris.kaposts@youpluss.lv  
#power and community

@andriskapo /AndrisKaposts



**Helvijs Vičivskis**  
Digital Youth Work Trainer

helvijsvic@gmail.com  
#power and community

@helvijsv /Helvijs Vičivskis

# ARRIVAL

YOU<sup>+</sup>

Since climate change is playing even bigger role in our lives, together with European Commission we invite you to avoid traveling on plane and use travelling options that leave smaller carbon footprint.

## OPTION 1

### Riga international bus/train station

Here you can find various international bus routes arriving to Riga international bus station  
<https://www.autoosta.lv/?lang=en>

From there you can take a bus or train to Liepaja station where you will be picked up.

<https://www.1188.lv/satiksmes/starppilsetu-autobusi/rigas-sao/liepajas-ao/105317/105293>

<https://www.1188.lv/en/transport/trains/riga-pasazieru/liepaja/100001/100056>

## OPTION 2

### Palanga bus station

Here you can find various international bus routes arriving to Palanga bus station

<https://autobusubilietai.lt/en>

From there you can be picked up.

## OPTION 3

### Personal car

If you are coming in group with other participants, you can use personal car and your gas expenses will be reimbursed. If you are choosing this option, please let us know first, so we can arrange the hotel parking

# OTHER PRACTICALITIES

YOU<sup>+</sup>

**This project is fully funded by "Erasmus+: Youth in action" program.**

- During the training course we will organize a cultural evening. Bring with your traditional snacks and drinks, some games for the evening. Venue does not provide opportunities to cook. Bring necessary ingredients with you, the venue cannot provide it (ex. specific type of bread, fruits etc.).
- In the centre there is Wi-Fi Internet connection so you can bring your computer. Washing machine is available only for an emergency.
- During the project you will be provided with 3 meals (breakfast, lunch, and dinner), also 2 coffee breaks a day.
- What to bring with you:  
Bring personal hygienic things (shampoo, soap, toothbrush etc.);  
Bring medicine you need.  
If you have a photo camera, video camera, laptop you might take it with you.

Lithuania - 210 EUR/per person;  
Finland - 309 EUR/ per person;  
Georgia - 395 EUR/ per person.  
Norway - 309 EUR/ per person  
Latvia - 0 EUR/ per person

Also, if you are travelling the green way and spend a long time on the way, we can reimburse food and staying expenses up to 80 EUR per participant. About this you have to personally contact coordinators.

NOTE! We will not reimburse taxi, first class tickets.

# ACCOMODATION

YOU<sup>+</sup>

Līva Hotel is a centrally located hotel in Liepāja. We will be staying in double rooms and having all meals at the hotel restaurant. The hotel is a 15-minute walk from the working venue, Main Quest Liepāja.



# WORKING VENUE

YOU<sup>+</sup>



**Main Quest Liepāja is our newly created e-sports center, based on the Norwegian esports center methodology. The building also houses a Fab Lab digital co-creation space equipped with 3D printers, a CNC cutter, laser cutters, and other technical production equipment.**

# FREE TIME

YOU<sup>+</sup>

During the training course we will visit city of Liepāja, historical military city Karosta and have activities at the beach.



Liepaja city



# Contact Us!

## Project Coordinator in Lithuania



Laura Vanagaitė

[laura@tavo-europa.eu](mailto:laura@tavo-europa.eu)



Co-funded by  
the European Union



# 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>**



Co-funded by  
the European Union

