



Training

EUC-BIS

EUth Connected – Building Inclusive Spaces



Latvia 13.04.2026 - 19.04.2026



Co-funded by
the European Union



Agency for International
Programs for Youth
Republic of Latvia

Gulbenes
novads

BĀZE
BULBENES KOVADA JAUNIEŠU CENTRS
PULS
B.U.M.S. LĪGODA



Project info

Project name:	EUC - BIS EUth Connected–BuildingInclusive Spaces
Project type:	Erasmus+ accreditation project - youth worker mobility
Project No.:	2025-1-LV02-KA151-YOU-000298537
Hosting organization:	Gulbene district youth center "Bāze"
When:	13.04. - 19.04.2026 (13.04, 19.04 - travel days)
Venue:	Latvia, Stāmeriena guest house "Sonāte"
FOR WHO?	<i>27 people total (18+), 3 youth workers, people connected with youth work from each organization or country</i>



Youth center BĀZE

about
us



The idea of youth center's name "BASE" (latvian – BĀZE) is to create a place for youngsters to come, meet others and to feel like it's their own place, like they belong there. To create a BASE for youngster's ideas!

YC "Bāze" is based on three main areas: non-formal education, volunteering and initiatives. The aim of the organisation is to give support for local youngsters to realize their initiatives in a local level, inform young people to make better decisions, help them open to new opportunities and realize their full potential by actively participating in community life.

It is a place where youngsters can spend their free time usefully, participating in local, national and international projects and activities that give them a great opportunity to gain valuable knowledge, skills, abilities, experiences and friends.

Introduction

A youth centre, being an open place for everyone, naturally brings together young people from diverse backgrounds, creating a space of shared ideas and learning. This diversity, while a significant strength, can also present challenges. Youth Centre “Bāze,” like many similar organizations across Latvia and Europe, works to support youth with fewer opportunities. These young individuals often face complex barriers, including social, geographical, economic, and educational disadvantages, as well as those related to disabilities, discrimination, and health problems. To address these needs, organizations must consistently maintain an inclusive approach when designing projects and activities, ensuring genuine accessibility for all participants. So that means that a youth practitioner must possess the essential mindset, skills and knowledge that help navigate conflicts, shows how to respect one another, and offers support to someone who might feel excluded.





Introduction

With this in mind—the trainers and Y.C.“Bāze”have created the training course:

EUC-BIS (EUth Connected – Building Inclusive Spaces)

The aim of the training is to equip youth work practitioners with the specific tools and knowledge necessary to reach and engage more participants with fewer opportunities, use the knowledge to create projects and activities that actively promote inclusion and, ultimately, contribute to establishing a truly welcoming space for all fewer opportunity youth in their local communities.

This training course connects directly with several European Youth Goals, especially Connecting EU with Youth, Equality of All Genders, Inclusive Societies, Mental Health & Wellbeing, Youth Organisations & European Programmes, and Space and Participation for All. By focusing on Inclusion and Diversity, the course supports youth practitioners to translate these goals into practical approaches that strengthen equal opportunities, fair representation and youth engagement. It highlights the importance of accessible information, safe spaces, gender equality, and active participation, ensuring that young people understand their connection to Europe and feel empowered within youth structures and programmes.

At the same time, the training aims to equip participants with tools, knowledge and confidence they can apply directly in their organisations and communities. Through sharing experiences, exchanging ideas and developing practical methods, the course supports youth workers to promote meaningful participation, improve wellbeing, and reach young people from diverse backgrounds. This creates a stronger link between youth practitioners, youth organisations, and the wider framework of European values and programmes, ultimately contributing to more inclusive and supportive youth environments.

Trainer

Renos Georgiou



Expert in the field of Social Inclusion, key competences development and as Youthworkers' trainer with experience in orchestrating Workshops in Non-formal Education and Intercultural learning. 26years of experience in Education in Schools in Cyprus, 22 years of experience and expertise in Non-Formal Education. He delivered more than 120 international training courses as main trainer and developed projects with Universities, NGOs, Municipalities, Schools and Youth centers.



venue

The training will take place in Guest House "Sonāte", located 197 km from Riga, in Gulbene district, Stāmeriena. Accommodation will be in shared bedrooms of 2 – 6 people, divided by gender. Bathrooms and toilets will be in every room. Bed linen and towels are provided in the rooms, but toiletries are not, so please bring your own. Activities will take place at the guest house (the main hall) and its outside areas.

All meals will be provided by the guest house. For any dietary needs please inform the organization through the for m.

There is an opportunity to go to the shop in the village. There might be a possibility to enjoy Latvian sauna so bring a swimsuit and extra towel.

[click here](#)



Participant



The training course targets: Youth workers, youth leaders, trainers, coaches as well as any other youth work practitioners, willing to develop their competencies in the field of youthwork.

All participants selected by Partner organisations should fill in the registration form.

Please keep in mind that the registration form is only for the selected participants.

ALL PARTICIPANTS HAVE THE RESPONSIBILITY (if possible) TO OBTAIN THE EUROPEAN HEALTH INSURANCE CARD:

[click here](#)

After the training course participants (individually or as a group from the partner organization) should organize one dissemination activity to share the experience. This can also be in a form of an activity that you do together with youth (to practise some methods, share some experience that you gathered in the training).

TRAVEL

You have two options

Take a plane

Destination – RIGA(RIX)

Travel in a green way

Take a bus, train, drive by car etc.

100 to 499 km	211 EUR	285 EUR
500 to 1999 km	309 EUR	417 EUR
2000 to 2999 km	395 EUR	535 EUR
3000 to 3999 km	580 EUR	785 EUR

**As per Erasmus+ 2025 guidelines*

Please check your distance in the distance calculator: [click here](#)

TRAVELING TO GULBENE

To reach Gulbene you can travel by bus. Be aware that it will be a long drive (around 3 hours).

or

If you have late arrival we can arrange a pick-up from the airport. The same for traveling back. You will hear about the local travel from the project manager when the training comes near.

BEFORE BOOKING ANY TICKETS CONTACT US IN ADVANCE!

WHAT TO BRING?

- Comfortable everyday clothes (please check the weather!)
- Some warm clothes (for rainy, cloudy days)
- Toiletries (shampoo, shower gel etc)
- Slippers for the indoors
- Swimsuit and extra towel (if you need for sauna ;))
- Medicine (the shops near the venue won't have any medicine)
- Hairdryer (if you need it)



TRAVEL ESSENTIALS

- Travel documents (ID or passport), invoices and boarding passes
- European health insurance card
- Travel insurance
- Pocket money

INTERCULTURAL EVENING

- One of the best ways to get to know each other and to learn about other cultures is through intercultural evening...

Therefore we are asking you to bring some of your country's snacks, food or drinks and prepare some traditional games, songs or dances to share with others and make this evening more exciting!

PRACTICAL INFORMATION



- Please keep in mind that each partner organization / participant should individually think of providing travel insurance.
- Currency in Latvia is EURO, in all shops you can pay with card, the venue place has a shop near, but it has limited products. There will also be a chance to visit Gulbene town and youth center "Bāze".
- Latvian weather in spring can be cold and rainy. You can check the weather, but still bring warmer clothes.
- The ERASMUS+ grant financially supports the following project. Food and accommodation expenses will be covered by the organiser Youth Center "Bāze" which is the Coordinating organisation of the whole project. All reimbursements will follow the Erasmus+ rules after providing the relevant documents (travel invoices, boarding passes, etc). So please make sure that you keep all of your tickets, as we will need copies to prove that you actually travelled to the training.
- Please take screenshots of your boarding passes, some companies delete them after 24 hours. Please note that after the training participants (individually or as a group from the partner organization) should organize one dissemination activity to share the experience.
- Travel reimbursements will be made to the sending organizations after receiving the invoice. Please note that Youth Center "Bāze" will transfer the reimbursement after receiving all necessary documents, proof of dissemination activity, Erasmus+ participant reports and filled out evaluation forms. It is very important to us. :)

TIMETABLE

“EUC-BIS”

TRAINING PROGRAMME –
Latvia, 13.04.2026. – 19.04.2026.



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Time	13/04	14/04	15/04	16/04	17/04	18/04	19/04	
8:20 – 9:20	Arrivals	Breakfast						Departures
9:30		TOP 10						
09:45 - 13:30		Get to know each other – Making the team	YOUTH GOALS: (1) Connecting EU with Youth: Youth work and European Citizenship	(3) Equality for all Genders: the role of the youth worker Human rights in local and international level	(5) Space and Participation for All: Active citizenship/ Youth participation Working on values of European Identity	Creating activities on YG for Social Inclusion and dissemination products		
13:30-15:30		Lunch Break						
15:30-18:45		Basic Project concepts E+ and Youth Goals Being a Youthworker in intercultural communities Youthpass as a self-assessment tool	(2) Solidarity and Inclusion Cultural risks Broken information on interculturality	(4) Mental Health & Wellbeing How the youth Organisations can contribute to this direction and Sharing examples from successful stories	Getting familiar with local culture – Stāmeriena castle Visiting Youth center “Bāze”	Evaluation The next steps after the meeting in Latvia		
18:45-19:15		Reflection time						
21:00		Dinner						
		Intercultural evening	Intercultural evening	(Filling out Youthpass)	Receiving Youthpass / Goodbye party			

Coffee break: 11:45-12:15, 17:00-17:20

Here you can see a proposed timetable of training course activities. Please mind, that the timetable may change when the training comes closer, if so, the perfected timetable will come to your email from the training team.



CONTACT US

*If you have any questions please
don't hesitate and contact us! :)*

PROJECT COORDINATOR IN LITHUANIA

Julija Staniulyte: julija@tavo-europa.eu



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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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