

BEHIND THE WHEEL

ERASMUS+ TRAINING COURSE

BERNĀTI, LATVIA

17.08.2026 - 25.08.2026



ABOUT PROJECT

“Behind the Wheel” is an Erasmus+ **training course** created for youth workers who want to strengthen their understanding of youth **wellbeing** and gain practical tools to support young people’s emotional balance, self-awareness, and **personal growth**. The project is based on the idea that youth workers are often “behind the wheel” of the learning process, meaning that the way they communicate, facilitate activities, and manage their own emotions and energy has a direct impact on young people’s experiences and wellbeing.

Through the training, participants will explore how to create safe, supportive, and motivating environment for young people by first developing a deeper understanding of themselves. The project combines **embodiment**, **mindfulness**, **coaching** approaches, and **reflective practices** to help youth workers improve both their personal and professional skills. Participants will experience **practical methods** that can later be integrated into youth exchanges, youth centres, schools, and community work.



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WHO CAN PARTICIPATE?

- Youth workers (responsible for youth programs)
- NGO staff and volunteers (in administrative roles)
- Young people (18–30) who directly benefit from NGO initiatives
- Educators, Trainers, and Facilitators who collaborate with youth workers
- Partner organizations and community members who wish to foster civic engagement and social cohesion

***Make sure you are ready to stretch your comfort zone, spend time with 25 other people for 9 days, participate in all activities, share your ideas & and have a great time!**



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WHAT WILL WE FOCUS ON IN THIS PROJECT?

- Understanding youth wellbeing and the challenges young people face today, such as stress, pressure, and emotional disconnection.
- Exploring the role of youth workers in creating safe, inclusive, and supportive learning environments.
- Developing self-awareness and emotional understanding through reflection and practical activities.
- Learning and practicing mindfulness exercises, embodiment methods, and body awareness techniques.
- Using coaching approaches and reflective tools to improve communication and personal development.
- Strengthening group facilitation skills and creating meaningful learning experiences for young people.
- Discovering practical wellbeing-oriented methods that can be applied in daily youth work activities.



OUR GOAL IN THIS PROJECT

The goal of "Behind the Wheel" is to strengthen the capacity of youth workers to support young people's wellbeing, emotional resilience, and self-awareness through practical, wellbeing-oriented methods and conscious facilitation approaches. The project aims to help youth workers better understand young people's needs and challenges while also improving their own self-awareness and emotional management skills.



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HOW MANY PEOPLE CAN PARTICIPATE?

Partner Countries	Name of the organisation	Number of participants
Latvia (applicant)	Keep The Change	4 Participants
Germany	eSquare	4 Participants
Georgia	კრეატიული ახალგაზრდული პლატფორმა (Creative Youth Platform)	4 Participants
Spain	ASOCIACION CULTURAL MADITERRANEA	3 Participants
Albania	Fondacioni "Krahët e Shqiponjës" - Eagles Wings Albania	3 Participants
Slovakia	"Youth Initiative Cana"	3 Participants
Poland	Foundation for sports and education reGeneration	3 Participants
Lithuania	TAVO EUROPA	3 Participants

Project will be implemented in the frame of the **ERASMUS+ Programme**.

Accommodation, living, working materials & other project related expenses will be **funded 100% by the European Commission**



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PLACE WHERE WE WILL STAY



CHECK HERE

The participants will stay in
Bernāti, Latvia, camping "Ērgļi"

2-4 people in one room
(maximum 5 people)

80% VEGETARIAN MEALS
3 meals per day + 2 coffee breaks



Near a **beach** and **forest**



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WHAT TO BRING

- Bring **swimsuits**, the venue is near the white sand beach, but it can be pretty cold :)
- Bring a **warm jumper**, nights can get colder sometimes
- Bring comfortable clothes for indoor and outdoor activities
- Any **medications** you need to use while in the project
- At least **1-2 laptops** per country so we can use digital tools
- Bring traditional food to present your country. We will have cultural evening.
- European Health Insurance Card (EHIC)
- Towel
- Toiletries (shampoo, shower gel, personal hygiene items)
- Reusable water bottle



ESSENTIAL THINGS TO KNOW



INSURANCE

Organizers will provide local health insurance for accidents during the project.

!!!Please note: this does NOT cover travel issues.

Each participant is responsible for their own travel insurance (for example: missed flights, delays, lost luggage, etc.).

The organisers will **NOT** cover or reimburse new tickets if your travel plans change.

SHARING YOUR EXPERIENCE

This project is part of Erasmus+, and sharing your experience is an **important** part of it.

Each participant can choose **HOW** to share their experience during AND after the project. This can be one of the following:

- a social media post with pictures and an amazing description.
- a video or reel with an amazing description of your experience.
- a blog or article
- a post on your school / university / organisation page

IN YOUR CONTENT, SHARE INFO WITH OTHERS ABOUT:

- what Erasmus+ is
- what you experienced
- what you learned
- why you would recommend this experience to others

Additionally, **we encourage you** to organise a small local activity (for example, a talk with friends, a meeting in a youth centre, or any simple gathering) where you share your experience from the project.



SMALL DAILY RESPONSIBILITIES

The project takes place in a simple and friendly environment where we all take care of shared spaces together.

After meals, each participant is expected **to wash their own dishes and clean after themselves.**

It's a small task that only takes a few minutes and helps keep the space clean and pleasant for everyone.



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ESSENTIAL THINGS TO KNOW



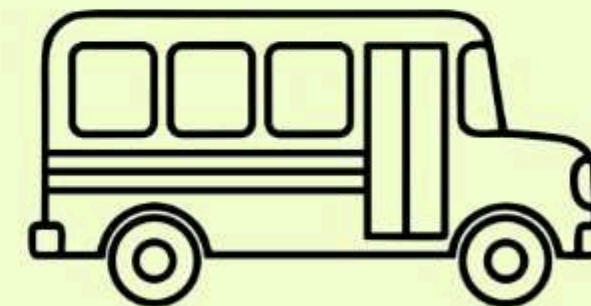
QUIET HOURS AT THE CAMPING SITE

We will be staying in a beautiful camping area where quiet hours start from **23:00**. We kindly ask everyone to respect this rule so we can maintain a good relationship with the place and allow everyone to rest properly.



EVENING ACTIVITIES / PARTIES

If participants would like to spend time together, talk, play music, or have small evening gatherings, these can take place **at the beach after 23:00**, so we do not disturb others at the camping area or in the local village.



DEPARTURE ON THE LAST DAY

On the last day, we will organize transport for all participants to Liepāja bus station so everyone can **catch the 08:00 bus to Riga**.

**If the departure is earlier for some individuals, we will take care of you and bring you to Liepāja bus station.*



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TRAVEL OPTIONS

1



Flight destination
Riga Airport (RIX)
(ARRIVE In Riga by LATEST 15:00)

Because you will need to travel 3-4h to project place. And the last bus to project place is at 20:40 from Liepāja. And to get to Liepāja from Rīga you need to travel at least 3h. Latest time to start travel from Rīga to Liepāja - 17:00

+



No.22

Then by bus **No.22** from bus station "Lidosta" you will go to the station "Autoosta"

it will take you **30-45 min**, depending on the traffic - your helper in this situation will be Google Maps

2

From "Rīgas Starptautiskā autoosta" you must take bus **Rīga SAO -Liepāja AO** you can buy tickets before -

1. <https://luxexpress.eu/lv/> (comfortable bus)
2. <https://www.bezrindas.lv/lv/autobusu-biletas/choose/45/32/1/20240115/0/0/ee7e21ee85db1dd138d4e9fdbaf5e5d1efb46792>



The ride will take approximately
3 hours and 30 minutes

The first bus from Riga to Liepāja leaves at 07:05

3

**Arrive to Bernati on 17.08.
from 18:00 to 20:00**

Take a bus from the same bus station you arrived in
"Liepāja to Alpi"

prepare cash and check the bus times:
<https://www.1188.lv/en/transport/buses>

From
Liepāja
To
Alpi



TRAVEL COSTS



Countries	Travel plan	Costs
Latvia	Green travel	56 EUR *
Germany	By plane	309 EUR
Georgia	By plane	395 EUR
Albania	By plane	309 EUR
Spain	By plane	395 EUR
Poland	Green travel	285 EUR *
Slovakia	By plane	309 EUR
Lithuania	Green travel	285 EUR *

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Organizers “Keep the Change” need to see your travel options before you buy tickets.

Tickets purchased without our confirmation will not be accepted and reimbursed.

*green travel

**Below 500 km, participants will, as a general rule, travel with low-emissions means of transport.

Over 500 KM, participants are strongly encouraged to use a combination of different modes of transport to make their travel more sustainable.

P.S. If you want to travel by car, then at least 3 participants need to be in the car.

It is possible for you to have 2 extra days before **OR** after the project to explore Latvia and still get the money back for your travel tickets to and from the project.

HOW TO GET MONEY BACK FOR YOUR TRAVEL

*Submitted documents of costs will be reimbursed to the bank account of the participant within **4 months** after receiving all documents and filling in the **PARTICIPANTS REPORT AND DOING THE HOMEWORK**

*The travel documents are **plane tickets, invoices** (not only boarding paper), boarding passes (for all the parts of air travel), **ORIGINAL** or electronic bus/train tickets

YOU ARE EXPECTED TO PARTICIPATE IN ALL THE ACTIVITIES

UNAUTHORIZED ABSENCE FROM ACTIVITIES AND WORKSHOPS IS NOT PERMITTED IF LESS THAN 90% OF THE PROGRAM IS ATTENDED, IT WILL NOT BE POSSIBLE TO BE REIMBURSED FOR THE TRAVEL COSTS



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WEATHER

Weather in Latvia:

<https://www.meteoprog.com/weather/Liepaja/month/july/>

The temperatures in Bernāti in **August** are comfortable- with lows of 14°C and highs up to 22°C

Some days during the project you can **expect rain, so bring some waterproof jackets** (it's up to your comfort)

Before the project, please **check the weather**, because in Latvia it changes a lot!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 July +22° +16°	28 July +23° +17°	29 July +22° +17°	30 July +21° +16°	31 July +21° +16°	1 August +21° +15°	2 August +22° +15°
3 August +23° +16°	4 August +23° +15°	5 August +22° +16°	6 August +22° +16°	7 August +23° +17°	8 August +22° +17°	9 August +21° +16°
10 August +20° +15°	11 August +21° +14°	12 August +21° +15°	13 August +21° +15°	14 August +21° +15°	15 August +21° +15°	16 August +22° +16°
17 August +21° +15°	18 August +21° +15°	19 August +20° +15°	20 August +20° +15°	21 August +20° +14°	22 August +19° +15°	23 August +20° +14°
24 August +20° +14°	25 August +20° +14°	26 August +20° +14°	27 August +20° +14°	28 August +19° +14°	29 August +19° +13°	30 August +19° +13°



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MEET THE LOCAL TEAM



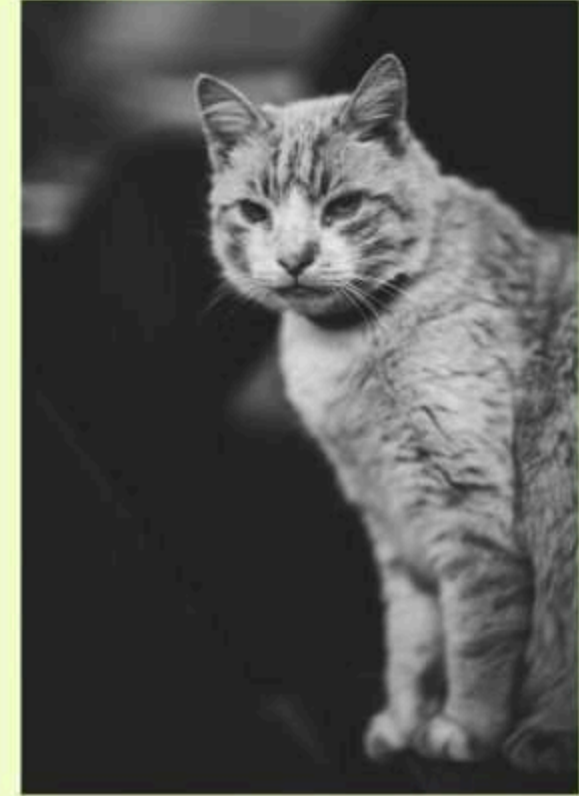
Bongo

Judgmental, likes to be petted max 3 times - 4th time is at your own risk. Walks around like he owns the place.



Leo

Emotional support dog, sometimes steals a shoe, always present. Active participant in all activities. Loves to be loved. Loves to give love.



Čarlijs - Charlie

You might see him twice during the project, kind of old and grumpy, loves some head scratch.

*All of them will be in the project place the whole time.



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Contact Us!



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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>



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