



TRAIN UP

Erasmus+ KA1 International Training course

18.-24. October 2026

Rēzekne, Latvia

Participants: **4 participants from each organization (age 18+)**
Youth workers / youth leaders / project managers



Made with GAMMA

About the Organizer

European Association "World-Our-Home" Latvia, Rezekne

An NGO active at European level since 1999, working in youth, social, educational and cultural fields.



Main Aims

- Promotion of European active citizenship, solidarity, multiculturalism, and human rights
- Non-formal education at local, regional, and European levels
- Building European awareness and social integration



Key Activities

- Active participation in Erasmus+, CERV programmes
- Language learning and cultural exchange programs
- Career development and social integration support



Mission

"World-Our-Home" gives people the opportunity to learn foreign languages and get acquainted with different cultures in order to gain European awareness, increase possibilities for social integration into the European community, and make successful career choices.

Learn more: www.worldourhome.com

About the Project



Topic

Non-formal Education Methods and Facilitation of Non-formal Learning

Project description

The training course aims to develop participants' knowledge and competences in the field of non-formal education.

Special attention will be given to facilitation skills, effective communication, and creating safe and inclusive learning environments.

By the end of the course, participants will have gained practical experience and the confidence to design and deliver their own non-formal learning activities.

What Participants Will Do



Learn Non-Formal Methods

Discover and understand various non-formal education methods and how to apply them in practice with different target groups.



Develop Facilitation Skills

Practice planning and facilitating learner-centred and experiential learning activities with focus on effective communication and creating safe, inclusive environments.



Gain Practical Experience

Participate in interactive workshops, group work, simulations, discussions and reflection exercises to build confidence in designing and delivering non-formal learning activities.



Welcome to Rēzekne

Known as the **Heart of Latgale region**, Rēzekne is built on seven hills in eastern Latvia - 242 km from Riga, with a population of 26,378. The city offers rich cultural history, scenic landscapes and a warm community atmosphere.



Location

Latgale region, eastern Latvia



October Weather

Avg. 10°C max / -5°C min

Warm clothes required!



Currency

Euro (€) - cards widely accepted

Partner Organizations

We are currently searching for partner organizations from Programme Countries.

We are actively seeking partners from Erasmus+ Programme Countries to participate in this training course and contribute to a strong international exchange of ideas, experience and good practices.



Seminar Schedule & Participants



Each organization sends **4 participants** (18+).

📌 Before booking tickets, notify the coordinator of EA "World-Our-Home".

Travel & Transport

Getting There

Fly into **Riga, Latvia**. Take bus No. 22 from the airport to "Autoosta" bus stop (~20–30 min, €2). Then take a bus or train to Rēzekne.

- Buses: "RĪGAS SAO" → "RĒZEKNES AO"
- Trains: "RĪGA PASAŽIERU" → "RĒZEKNE 2"

The bus/train journey from Riga to Rēzekne takes approximately 4 hours.

Check schedules at 1188.lv/en/transport

You can buy bus or train tickets online at <https://www.bezrindas.lv/> or <https://www.vivi.lv/lv>

You can purchase tickets at the ticket office on-site. If you have a paper ticket, you will need to provide us with the original ticket.

Travel Reimbursement

Costs covered per Erasmus+ distance bands. Choose the cheapest public transport option.

You can check the distance from your place of origin to the project I venue - **Rēzekne**

[Distance calculator for organisations](#)

Distance Band	Max per person
10-99 km	28 €
100-499km	211 €
500-1999 km	309 €
2000-2999 km	395 €

-  Reimbursement requires the original tickets, boarding passes and invoices. If you have any paper tickets, you will need to send all the original documents by regular post after the project. If all your travel documents were purchased or issued online, you can send them by email to pasauleathome@gmail.com instead.

Accommodation & Food



 Zeimuls



Zeimuls - Zeimuls

Uzzināt vairāk Aktualitātes: Pasākumi:

Eastern Latvian Center of Creative Services "Zeimuls"

Our accommodation and activities will take place at **Zeimuls**, the Eastern Latvian Center of Creative Services in Rēzekne. This modern cultural venue is known for its distinctive architecture and inspiring atmosphere.

- Shared rooms: 4 persons per room, same gender
- Shared facilities available on site, including toilets, showers, towels & bed linen
- Please bring your personal hygiene products
- Creative and cultural spaces are available within the center

Meals

Breakfast, lunch and dinner are fully covered. Please inform organizers of any dietary needs (vegetarian, allergies, religious requirements).

Reimbursement Rules & Insurance



Distance Band Rules

Reimbursement is based on approved distance bands. Special rules apply for participants who are not traveling from their home cities.

Use the distance calculator:

European Commission distance calculator



Cheapest Option Requirement

Participants must choose the cheapest available public transport option. Taxis are not reimbursed.

Do not book through travel agencies, as they are usually more expensive.



Full Attendance Required

Reimbursement is paid only after full attendance of the project. If you miss any part of the project, reimbursement may be reduced or denied.



Required Documents

Bring original tickets, boarding passes, receipts and invoices for the full route from home to Rēzekne bus or railway station, including e-tickets, buses, trains, airport shuttles and other public transport.

Original tickets are always required. Print all flight tickets even if they were sent electronically before.



Paper & Electronic Tickets

For paper tickets, a photocopy is needed for the return trip, and the original tickets must be sent by post after the project.

For electronic tickets, provide proof of payment such as an invoice or booking confirmation printed from the internet, plus the boarding pass for the outward journey.

Boarding passes must be printed as PDF.

IMPORTANT! If you are flying with Ryanair, please take a screenshot of your mobile boarding pass before your flight. Otherwise, your mobile boarding pass will disappear after the flight, and you will no longer be able to access it.



Payment & Currency

Reimbursement is made by bank transfer only after project completion. No cash reimbursements are possible.

Money is transferred to the group leader or sending organization. Reimbursement is paid in EUR only, using exchange rates from the European Commission website based on the purchase date.



Bank Details

Please bring your IBAN, SWIFT code, bank name and account number.



Insurance

Organizers provide accident & civil insurance. **You must purchase your own travel insurance.** EU citizens should bring a European Health Insurance Card (EHIC).



Participant Report

Every participant must complete the Participant Report before receiving their reimbursement. The report will be automatically generated and sent to your email address on the last day of the project.

What to Bring & Contacts



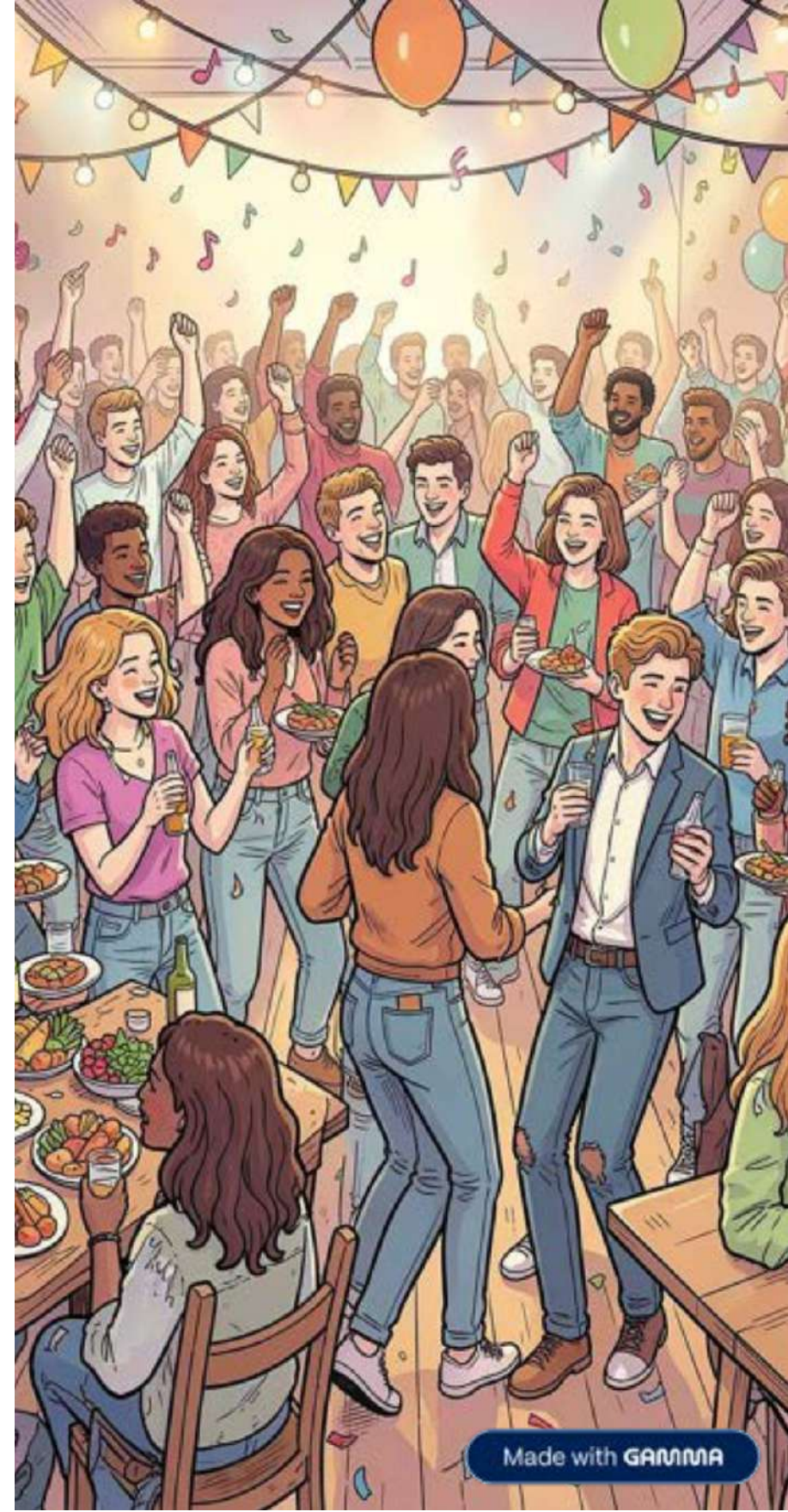
Pack

Medicine, comfortable and **warm** clothes & shoes, personal hygiene products, motivation & good mood!



Intercultural Evening

Each organization brings food, drinks or typical national items to share.





Contact Us!

Project Coordinator in Lithuania
Laura Vanagaitė

laura@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>