



# VulnerAbility

ERASMUS+  
TRAINING COURSE  
8-15 SEPTEMBER 2023  
SIGULDA, KRIMULDA, LATVIA  
ORGANIZED BY MIHI LATVIA

FOLLOW



Jaunatnes starptautisko  
programmu aģentūra



Co-funded by  
the European Union



# Context

The main aim of the Training Course is to increase the awareness of personal strengths and authenticity among youth workers during a personal journey of self-discovery. The project will aim to create an atmosphere of genuine and honest expression among participants, and especially after the past tensions of pandemic and excessive access to the digital world, we aim to give the space of body, mind, and soul connection and its manifestations is because this alliance is the ticket to self-appreciation and unconditional self-love. All these above-mentioned principles are the compass that will lead us in order to encourage youth workers to have an open heart and mind, as well as be more participative in their lives and in their community. The learning methods are based on physical theatre, movement, yoga and meditation, and arts and all developed through non formal learning.



# Objectives



To support youth workers to become more aware of themselves, thus enabling them to make conscious choices and decisions that fit with the core of their identity and their goals.



To provide youth workers with tools to support a deep connection with young people they work with through a similar process.



To self-heal and be honest and vulnerable after an emotional rollercoaster from the pandemic consequences.



To reflect on their own learning process by using the Key Competences from the Youth Pass and give the opportunity for capacity building in the context of the Erasmus+ Program.

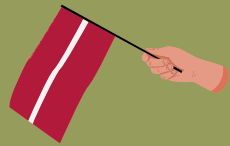


**3 motivated participants who are youth workers, educators, or young leaders who dedicate their careers to coordinating and managing teams and have a strong motivation to explore new possibilities in expression and develop their inner leadership.**



	Friday 8/9	Saturday 9/9	Sunday 10/9	Monday 11/9	Tuesday 12/9	Wednesday 13/9	Thursday 14/9	Friday 15/9	
8:00-9:30	<b>Breakfast</b>								
9:30-10:00	<b>Buffer time</b>								
10:00-11:30	Get to know each other	Mind Body and Soul I	"The art of being yourself"	Mindfulness-Full Mind	Emotions and Walking pace	Past Present Future I	<b>Departures</b>		
11:30-12:00	<b>Coffee Break</b>								
12:00-13:30	Schedule - Fears and Expectations - Rules	Mind Body and Soul II	"The power of vulnerability"	The artist adult	Emotions - Empathy	Past Present Future II			
13:30-15:30	<b>Lunch</b>								
15:30-17:00	Team building	Trust and Listen	Forest Bathing	<b>Free time</b>	Open Space	Erasmus+ and Youthpass			
17:00-17:30	<b>Coffee Break</b>				<b>Coffee Break</b>				
17:30-18:30	Youthpass and Competences	Movement	Paradise of Senses		Open Space	Evaluation			
18:30-19:00	<b>Reflection time</b>								
19:00-20:00	<b>Dinner</b>								
20:00-21:00	<b>Dinner and welcome of the group</b>	Free evening	Night games	Intercultural night	Story Telling	Free evening			Youthpass Awards and Farewell Party
21:00-00:00									

# Partner organizations



"MIHI"



BITISI



EuroMuevete



UmanaMente- APS



NEOI ELLADOS SE EYROPAIKI DRASI

SDRUZHENIE BALGARSKI MLADEZHKI FORUM



COSI (Civic Orientation and Social Integration)



ALTIEYLUL ILCE MILLI EGITIM MUDURLUGU



MI HI For Training And Development



Latvia

Georgia

Spain

Italy

Greece

Bulgaria

Romania

Turkey

Egypt

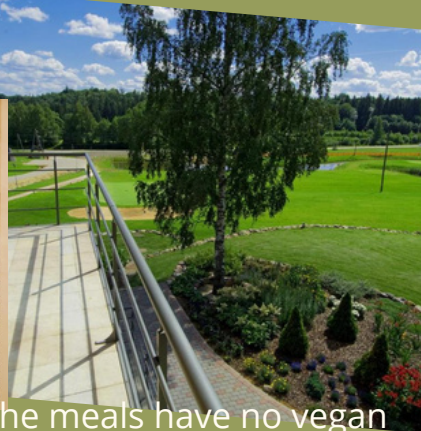
FOLLOW



# Logistics in Latvia



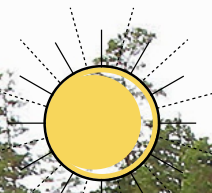
- The participants will be hosted in the cozy Reinis Hotel Sigulda, a guesthouse on the outskirts of Sigulda
- Surrounded by a peaceful natural landscape, the Reinis is only a 10-minute drive away from the town center, Turaida Castle and the Gauja Valley, Gauja National Park
- A comfort stay for all participants, in shared rooms, apartments of 2,3,4,6 beds quadruple, triple, and twin with private and shared bathrooms and showers, shared kitchens  
A free Wi-Fi connection is available.
- The sessions will take place in a meeting room a 2 min walk from the guesthouse.



## Insurance, travel, and finances

- The accommodation and meals are 100% covered by the coordinating organization.
- Note: The breakfast, lunch, and dinner meals will be provided at a restaurant at the guesthouse; the meals have no vegan options.
- A bus /Taxi will be booked to take you from Sigulda train station to the Venue, the distance is 7 km. Therefore, 30 euros are to be deducted from the reimbursement of travel costs, the price corresponding to this service. (Latvian participants are exempt)
- Each participant will be provided flight proposals most suitable for reaching Riga or Vilnius airport. The direct flights and cheapest means of transport are to be considered. All tickets shall be booked by the participants and reimbursed up to 2 months after the youth exchange. This reimbursement is conditioned to active participation. Checked-in luggage and any other extra flight options are not reimbursed. When traveling with Ryanair or Wizzair, it is allowed to add the priority-boarding option. Tickets can only be booked upon approval.
- We aim to promote green travel; we suggest the participants use Land transportation in other countries, take one flight only to reach Riga, and one flight back. **All participants should arrive on the 8th before 4 PM in Riga and departure from the Venue on the 15th after 8:00 Am, no departure from the venue early than that**
- It is not possible to stay before and after the travel days unless more suitable transportation options are available one day before and/or after at the participant's expense.
- The European Health Card is mandatory for all participants.




# The weather in September



The weather in Latvia in September  
You can expect about 3 to 8 days of  
rain in Latvia during those months

## What to bring?

- Bring along your umbrella and raincoat, just in case ;D
- Towels and personal hygiene things (shampoo, shower gel, will be provided; participants will need to bring other personal hygiene ( toothpaste, etc.)
- Minimum one laptop for the country group. We will have activities that require digital content
- A refillable bottle of water.
- Comfortable clothes and shoes for hiking and walking activities in the forest
- Comfortable shoes to wear indoors the apartments and the guesthouse
- There will be an intercultural night, you may bring light objects that can represent your country, as souvenirs or snacks.
- Good mood and open mind! ☺

					1	2
					 17° /12°	 16° /12°
3	4	5	6	7	8	9
 17° /6°	 15° /10°	 15° /8°	 17° /7°	 19° /9°	 22° /12°	 20° /11°
10	11	12	13	14	15	16
 21° /10°	 22° /11°	 21° /15°	 16° /12°	 16° /9°	 16° /10°	 16° /6°
17	18	19	20	21	22	23
 15° /8°	 14° /7°	 15° /8°	 8° /6°	 12° /6°	 13° /6°	 13° /7°
24	25	26	27	28	29	30
 11° /10°	 15° /8°	 15° /9°	 16° /8°	 16° /8°	 12° /9°	 15° /8°

# Our Contact

You Can Stay Connected

## Contact Person

Ibrahim Elrefaei

WE CAN'T WAIT TO  
WELCOME YOU IN LATVIA

See You Soon, Friends...



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