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**ERASMUS+
TRAINING COURSE
CONSCIOUS CONSUMPTION**

**18-26 APRIL 2024
SIGULDA,
KRIMULDA, LATVIA**

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FOLLOW



Jaunatnes starptautisko
programmu aģentūra



Co-funded by
the European Union



MAKE IT HAPPEN INFINITY
ORGANIZED BY MIHI LATVIA

“SMALL STEPS: BIG IMPACT THE POWER OF CONSCIOUS CONSUMPTION” TC

CONTEXT

Overconsumption is a significant global issue. It is both detrimental to our environment and has seen to perpetuate a materialistic way of life that can really impact our mental health. This is especially evident with the sort of advertising we see and hear and experience on a daily basis, the various forms of the same product that is not necessary but solely to flaunt, the ease in which we can buy things offline without so much as moving two fingers. We are increasingly purchasing things out of want and not need—but most times, our 'wants' are just a perpetuation of outside influence. This is why it is so important to be aware about the many ways that harmful media and other external sources can influence the way we think, purchase, and spend, so that we can make conscious changes to our consumption habits.

To this end, the project seeks to find a sustainable balance in everyday life by exploring alternatives such as swapping, repurposing, and cherishing what is already there.

This training course aims to enable participants to become better consumers. It looks to empower training participants with valuable and exciting digital tools to help them spread lessons learned towards achieving the SDGs. Its objective is to raise awareness about the negative consequences of overconsumption and encourage everyone to adopt more sustainable and responsible consumption habits. The project will bring together youth workers from different European regions to find innovative solutions that can be applied and adapted to their local contexts.



OBJECTIVES



Strengthening Youth Organizations:
Empowering them to meet the needs
of young people online and offline



Building Cross-Cultural Bridges:
Cultivating awareness, sensitivity
and solidarity among participants



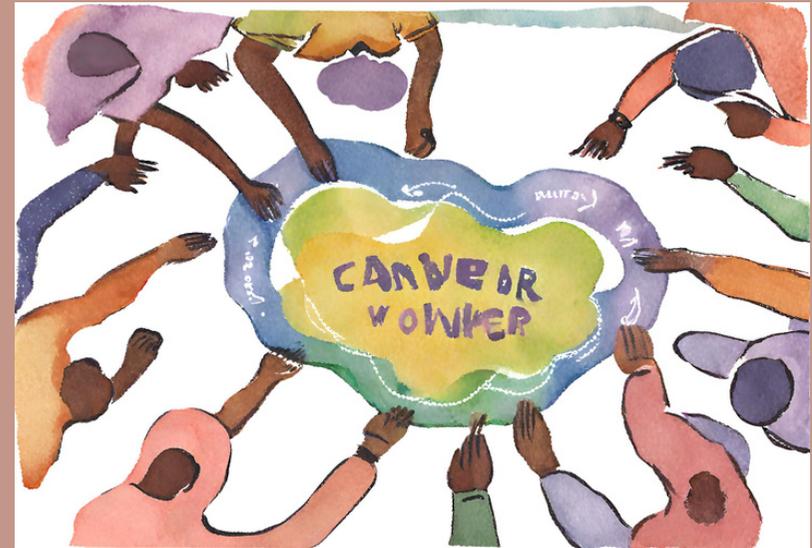
Think Global, Act Local: Empowering
participants to translate global
issues into practical solutions for
local communities



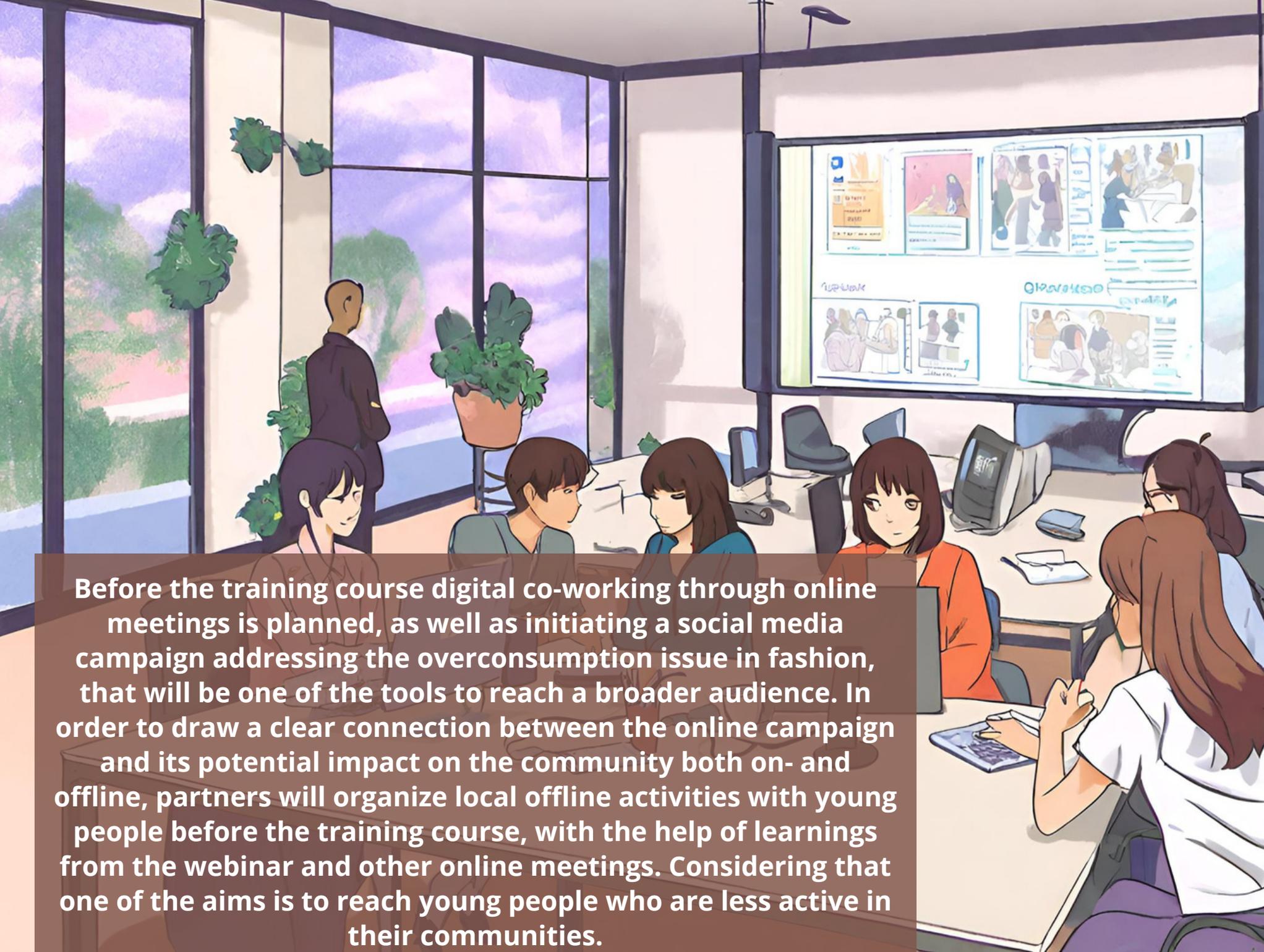
From Awareness to Action: Empowering
youth workers to use social media and
digital tools to to address
overconsumption



Youth for Change: Cultivating a sense
of personal responsibility and influence
in tackling structural issues



This training program is designed for
enthusiastic and eager youth workers,
educators, or young leaders from
diverse backgrounds. It welcomes
university students or graduates, as
well as participants with fewer
opportunities, such as NEETs. The
program aims to foster a supportive
learning environment that nurtures
personal and professional growth,
empowering participants to advance in
their careers. 3 per each Country



Before the training course digital co-working through online meetings is planned, as well as initiating a social media campaign addressing the overconsumption issue in fashion, that will be one of the tools to reach a broader audience. In order to draw a clear connection between the online campaign and its potential impact on the community both on- and offline, partners will organize local offline activities with young people before the training course, with the help of learnings from the webinar and other online meetings. Considering that one of the aims is to reach young people who are less active in their communities.

Tunnebale



Time	Day 1 18-Apr	Day 2 19-Apr	Day 3 20-Apr	Day 4 21-Apr	Day 5 22-Apr	Day 6 23-Apr	Day 7 24-Apr	Day 8 25-Apr	Day 9 26-Apr		
09:00 - 09:50	Breakfast										
10:00 - 11:30	Arrivals	Ice-breaking games and get to know each other	World Café	The web of Life	Earth Day Celebration	Visit to the Swap Place Brivbode	Where do you stand	Campaigning	Departures		
11:30 - 12:00		Coffee Break					Coffee Break				
12:00 - 13:30		Introduction to the objectives of the training course, the schedule and creating together a group agreement	NGO FAIR	Ecological footprint calculation	The impact of our choices		DIY	Dissemination Strategies			
13:30 - 15:30		Lunch break				Lunch break					
15:30 - 17:00		Fears and expectations of the participants	National realities	Fish bowl discussion	The cost of fashion	Visit in XXX and free afternoon	Open Space	Erasmus+ and ESC opportunities			
17:00 - 17:30		Coffee Break					Coffee Break				
17:30 - 18:30		Introduction to Youthpass and Non Formal Education	National realities	The story of stuff	Role Play	Open Space	Evaluation				
18:30 - 19:00		Reflection Groups									
20:00		Dinner									
21:30 - ...		Name games	Free night	Game night	Intercultural night		Free night	Movie night		Farewell party	

PARTNER ORGANIZATIONS

"MIHI" LATVIA

MOBILITY OPPORTUNITIES
HAPPENING APS ITALY

SPAIN

ASOCIACIÓN PROFESIONAL DE EMPRENDIMIENTO E
INNOVACIÓN SOCIAL Y EDUCATIVA MAESTRICES

NEOI ELLADOS SE EYROPAIKI DRASI GREECE

ASOCIATIA TIMBRU DE BUCOVINA ROMANIA

SDRUZHENIE BALGARSKI MLADEZHKI FORUM
BULGARIA

REGIONALNE CENTRUM WOLONTARIATU
POLAND

TOULOUSE YOUTH NETWORK FRANCE



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 vegan options.
- A bus /Taxi will be booked to take you to and from Riga Airport or Riga Center/ Sigulda train station to the Venue; the distance is 64 km. Therefore, 40 euros are to be deducted per each 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 18th before 4 PM in Riga and departure from the Venue on the 26th 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.

LATVIA WEATHER IN APRIL 2024

The weather in Latvia in April is very cold with temperatures between 2°C and 11°C, warm clothes are a must. You can expect about 3 to 8 days of rain in Latvia during the month of April. It's a good idea to bring along your umbrella so that you don't get caught in poor weather. You can expect a few days of snow in Latvia during April. It's important to get out your snow boots and warm mittens to stay warm while you explore Latvia.

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! 😊
- Swimsuit for Sauna



OUR CONTACT

YOU CAN STAY CONNECTED

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SEE YOU SOON, FRIENDS...



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