

Erasmus+ training course It's Earth O' Clock



2-9 September 2025
Sigulda, Krimulda,
Latvia

Organized by MIHI Latvia

FOLLOW



Jaunatnes starptautisko
programmu aģentūra



Co-funded by
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Context

The past year, global temperatures have reached exceptionally high levels. The Copernicus Climate Change Service reported on record-breaking conditions such as the hottest month on record and daily global temperature averages briefly surpassing pre-industrial levels by more than 2°C.

The situation is alarming.

Disasters related to climate change, such as storms, wildfires, drought, flooding, and heatwaves, have almost tripled in the past 40 years.

Environmental risks are becoming increasingly complex, with weather-related disasters growing in frequency and triggering severe ripple effects across all sectors of society.

As a result, the humanitarian sector will be faced with a growing number of crises and disasters, characterized by greater frequency, larger scale, and heightened magnitude.

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This necessitates a comprehensive understanding of the actual causes and effects of these issues.

Today's youth will navigate a life shaped by evident ecological problems stemming from human misbehavior. Therefore, their engagement in addressing these challenges is vital. Given the transnational nature of environmental issues, cross-border projects serve as valuable tools to heighten awareness among youth and inspire them to take meaningful actions.

The main goal of this project is to equip participants with essential information, enabling them to make significant lifestyle changes to address ecological issues effectively.

Other Objectives:

 Enhancing the key competences of youth workers actively involved in green topics and fostering active citizenship.

 Strengthening cooperation among international organizations and expanding the scale of activities involving young people.

 Promoting high-quality youth work



Time Table

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
	2-Sep	3-Sep	4-Sep	4-Sep	5-Sep	7-Sep	8-Sep	9-Sep
09:00 - 09:50	Arrivals	Breakfast						
10:00 - 11:30		Ice-breaking games and get to know each other	Visit Getliņi EKO Waste Management in Riga.	World Café	The WEB of Life	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	The impact of our choices	Act o' clock: activism for changing narratives	Dissemination Strategies	
13:30 - 15:30		Lunch break	Visit in XXX and free afternoon	Lunch break				
15:30 - 17:00		Fears and expectations of the participants		National realities: presentation of environmental issues in each of the represented countries	Can you live sustainably?	Projects for the future	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: presentation of environmental issues in each of the represented countries	Role Play	Presentation of projects for the future	Evaluation	
18:30 - 19:00		Reflection Groups						
20:00	Dinner							
21:30 - ...	Name games	Free night	Free night	Intercultural night	Game night	Movie night	Farewell party	



Participant Profile

Each partner will select participants who match these criteria:

Essential Criteria

- Youth workers, educators, or youth leaders
- Actively working with young people at the local level
- Interested in environmental issues, climate change, and sustainability
- Motivated to learn, share, and apply new tools and methods
- Willing to act as multipliers — using what they learn in their local communities
- Open to intercultural learning and non-formal education
- Ready to engage in discussions, teamwork, and practical activities
- Preferably aged 18+
- Able to communicate in English (working language of the project)
- Fully available to participate in the entire training course duration

After the Training

Participants are expected to:

- Use the tools and methods learned in their work with youth
- Contribute to dissemination and follow-up activities
- Stay connected for possible future cooperation

Partner organisations

Latvia

"MIHI"

Italy

Trevessu APS

Spain

**Fundación Plan B Educación
Social**

France

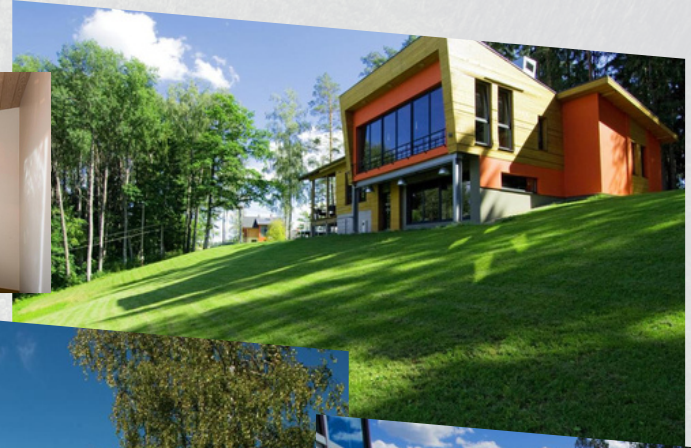
**Avec Nous la Fabrique des
territoires**

Turkey

Future Europe Gençlik Grubu

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, contribution fee of 40 EUR to be deducted from the spent travel costs of each participant. , the contribution 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 2nd th before 4 PM in Riga and departure from the Venue on the 9th 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. MIHI will also provide insurance for participants .

Latvia weather in SEPTEMBER 2025

The temperatures in Latvia in September are usually low and can range between 10°C and 17°C.

You can expect about 3 to 8 days of rain in Latvia during the month of September. It's a good idea to bring along your umbrella so that you don't get caught in poor weather.

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

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See You Soon, Friends...



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