



Co-funded by
the European Union



Jaunatnes starptautisko
programmu aģentūra



ERASMUS +

DIGY IN TRAINING COURSE (YOU)TH

31 OCTOBER - 10 NOVEMBER 2025

RIGA, LATVIA

DIGITAL TOOLS | WORK WITH AI |
VIDEO EDITING SKILLS

FOR YOUTH

A photograph of several smooth, rounded stones stacked on top of each other, set against a soft, golden sunset background. The stones are in the foreground, and the background is a blurred horizon over water.

WHO ARE WE?

For YOUTH is a Latvian non-profit organization established in 2025, focused on promoting social inclusion, non violent communication, and personal development. Its mission includes supporting individuals at risk of exclusion (social, digital, economic), promoting healthy lifestyles, and fostering education through workshops and community programs. The foundation also encourages civic engagement, entrepreneurship, and intercultural dialogue while supporting marginalized groups such as refugees, people with disabilities, and the people with fewer opportunities.

GENERAL INFO ABOUT THE PROJECT

DIGY IN YOUTH IS AN ERASMUS+ PROJECT FOCUSED **ON IMPROVING THE DIGITAL COMPETENCIES OF YOUTH WORKERS** AND YOUTH LEADERS. IT RESPONDS TO THE GROWING CHALLENGES OF DIGITALIZATION BY EQUIPPING PARTICIPANTS WITH PRACTICAL SKILLS IN USING DIGITAL TOOLS, **UNDERSTANDING ARTIFICIAL INTELLIGENCE, AND IDENTIFYING MISINFORMATION**. THE PROJECT PROMOTES RESPONSIBLE DIGITAL BEHAVIOR, MEDIA LITERACY, AND THE MINDFUL USE OF ONLINE PLATFORMS.

IT BRINGS TOGETHER PARTICIPANTS FROM VARIOUS EUROPEAN COUNTRIES THROUGH INTERACTIVE AND NON-FORMAL LEARNING ACTIVITIES SUCH AS **WORKSHOPS, DEBATES, AND CREATIVE TASKS**. SPECIAL FOCUS IS PLACED ON INCLUDING PARTICIPANTS FROM REMOTE OR DISADVANTAGED BACKGROUNDS, ENSURING EQUAL ACCESS TO DIGITAL EDUCATION AND EMPOWERING THEM TO USE TECHNOLOGY CONFIDENTLY AND ETHICALLY IN THEIR YOUTH WORK.



ACTIVITIES

ROLE-PLAYING

CREATIVE EXERCISES SUCH AS “BACK TO THE 1980S”, WHERE PARTICIPANTS ATTEMPT TASKS WITHOUT DIGITAL TOOLS TO EXPLORE RELIANCE ON TECHNOLOGY AND DEVELOP CRITICAL AWARENESS.

DIGITAL SKILLS WORKSHOPS

OPEN SPACE AND GROUP ACTIVITIES WHERE PARTICIPANTS CHOOSE AND WORK WITH TOOLS SUCH AS COWORKING PLATFORMS, VIDEO EDITORS, GRAPHIC DESIGN APPS, AND AI APPLICATIONS. INCLUDES CONTENT CREATION FOR SOCIAL MEDIA AND PROMOTIONAL PURPOSES.

EXPERTS MEETINGS

INTERACTIVE PRESENTATIONS AND DISCUSSIONS LED BY EXPERTS ON TOPICS LIKE ARTIFICIAL INTELLIGENCE, DIGITAL ADDICTION, MEDIA LITERACY, AND DIGITAL TRENDS TO DEEPEN UNDERSTANDING AND STIMULATE REFLECTION.

TOOL DEVELOPMENT

GROUP WORK SESSIONS AIMED AT PRODUCING OUTPUTS LIKE A DIGITAL TOOLBOX, AI USAGE EXPLAINER VIDEOS, AWARENESS POSTERS, AND SHORT VIDEOS ON DIGITAL HYGIENE, VERIFICATION, AND CYBERSECURITY TO SUPPORT FUTURE YOUTH WORK AND CIVIC ENGAGEMENT.

THE PROJECT TIMELINE

PREPARATION

WE ARE HAVING AN ONLINE CALL AND EACH PARTNER IS READY TO CONTRIBUTE WITH THE PREPARATION OF THEIR PARTICIPANTS TO THE TRAVEL AND THE PROJECT ITSELF

IMPLEMENTATION

THE PARTICIPANTS WILL BE ACTIVE DURING THE MAIN ACTIVITIES AND PARTICIPATE IN ALL OF THE SESSIONS DURING THE DAYS 1-10 NOVEMBER

DISSEMINATIONS

THE PARTICIPANTS ARE OBLIGED TO DISSEMINATE THE PROJECT RESULTS ON SOCIAL MEDIA OF THEIR CONTRIBUTING TO THE MEDIA CAMPAIGN MAIN RESULT + ORGANIZING THE LOCAL WORKSHOPS IN THEIR COMMUNITIES

REPORTING

THE PARTICIPANTS WILL RECEIVE THE FINAL REPORT QUESTIONNAIRES TO FILL OUT ON THE 12TH FEBRUARY



Be prepared!

PREPARATION OF THE PARTICIPANTS

- > MANDATORY TO HAVE AN ID OR A PASSPORT
- > BRING A LAPTOP. IT MAY BE HELPFUL WITH SOME WORKSHOPS
- BRING ONE POSTCARD FROM YOUR COUNTRY TO THE MEETING IN
> LATVIA THE POSTCARD WILL BE EXCHANGED AND GIVEN TO
OTHER PARTICIPANTS.
- > IF YOU TAKE PHOTOS AND THERE IS A POSSIBILITY TO BRING A
CAMERA, IT WOULD BE VERY NICE!
- > PREPARE THE ENERGIZERS YOU MIGHT LEAD THEM DURING THE
PROJECT
- > PREPARE THE PRESENTATION ABOUT YOUR ORGANISATION, SOME
LEAFLETS AND INFO WOULD BE GOOD

RESPONSIBILITIES DURING AND AFTER PROJECT

- ALL PARTICIPANTS ARE EXPECTED TO PARTICIPATE FULLY IN ALL ACTIVITIES.
- UNEXCUSED ABSENCES FROM WORKSHOPS ARE NOT PERMITTED. IN SPECIAL INSTANCES YOU CAN OF COURSE TALK TO THE COORDINATOR ABOUT YOUR SCHEDULE.
- WORKSHOPS ARE ORGANIZED AND CONDUCTED IN SUCH A WAY THAT ALL PARTICIPANTS CAN SHARE THEIR POINT OF VIEW.
- WE EXPECT YOU TO BE VERY ACTIVE AND INVOLVED. PARTICIPANTS ARE REQUIRED TO ORGANISE DISSEMINATION EVENT AFTER THEIR RETURN

TRAVEL ARRANGEMENT



CONFIRM YOUR ROUTE WITH US AND BUY THE FLIGHT OR BUS/TRAIN TICKETS TO RIGA AIRPORT (ONLY AFTER THE CONFIRMATION)



WHEN YOU ARRIVE AT RIGA 31ST OCTOBER PLEASE CHECK IN AT THE HOTEL AND YOU WILL BE PROVIDED WITH ALL THE NEEDED INFORMATION AT THE CHECK-IN DESK

ON THE WAY BACK:

- 10TH NOVEMBER FROM THE EARLY MORNING YOU CAN PLAN YOUR TRIP BACK.



Co-funded by
the European Union



Jaunatnes starptautisko
programmu aģentūra

REIMBURSEMENT

BEFORE YOU BUY TICKETS PLEASE CONSULT THE CHOICE WITH US!

WE ARE WAITING **FOR YOUR TRAVEL PLAN TO LATVIA TILL 15 SEPTEMBER** SEND IT TO THE EMAIL ADDRESS CHEERS12710@GMAIL.COM AND CONSULT WITH THE SENDING ORGANISATION.

TRAVEL COSTS ARE REIMBURSED UNDER THE CONDITION OF PARTICIPATION IN ALL ACTIVITIES **UP TO 90 DAYS FROM THE DATE OF RECEIPT BY MINDBALANCE OF THE RESULTS OF THE PROJECT DISSEMINATION ACTIVITIES, AND A COMPLETE SET OF DOCUMENTS SUCH AS TRAVEL REIMBURSEMENT FORMS AND ORIGINAL TICKETS.**

ONLY CLASS II OR ECONOMY CLASS TICKETS ARE ELIGIBLE FOR REIMBURSEMENT OF COSTS. **TAXI, CAR ARE NOT ELIGIBLE FOR REIMBURSEMENT.**

YOU MUST SEND US A PLAN OF YOUR TRIP AND A CONFIRMATION OF YOUR PURCHASE, *OTHERWISE, WE MAY TREAT IT AS A CANCELLATION OF YOUR PARTICIPATION.*

- COME AND RETURN FROM/TO ONLY FROM THE COUNTRY YOU REPRESENT.
- THE TRAVEL DAYS ARE ONLY TWO
- IN CASE OF GREEN TRAVEL (CARPOOLING, TRAIN, BUS) YOU HAVE EXTRA TWO DAYS FOR THE TRAVEL. IF YOU GO GREEN YOU WILL NEED TO FILL OUT THE EXTRA STATEMENTS.
- REIMBURSEMENT OF TRAVEL EXPENSES WILL BE SENT TO THE SENDING ORGANIZATION– NOT INDIVIDUALLY.



Co-funded by
the European Union



Jaunatnes starptautisko
programmu aģentūra

REIMBURSEMENT COSTS

- GREEN TRAVEL MEANS TRAVELLING WITH BUS, CARPOOLING OR TRAIN ONLY



309 €/ NO ECO	POLAND
211/285 €	FINLAND
211/285 €	ESTONIA
309 €/ NO ECO	HUNGARY
309 €/ NO ECO	CROATIA
309 €/ NO ECO	GERMANY
0 €	LATVIA
211/285 €	LITHUANIA



Co-funded by
the European Union



Jaunatnes starptautisko
programmu aģentūra

WHAT TO TAKE WITH YOU?



AS A MEMBER OF THE EUROPEAN UNION, LATVIA HAS AGREEMENTS FOR THE RECOGNITION OF INSURANCE SYSTEMS. THOSE WHO POSSESS A EUROPEAN INSURANCE CARD SHOULD THEREFORE BE COVERED FOR ILLNESS AND ACCIDENTS IN THE SAME WAY AS THEY ARE IN THEIR COUNTRY. PLEASE BRING WITH YOU EHIC (EUROPEAN HEALTH INSURANCE CARD).



PERSONAL MEDICINE, HYGIENE PRODUCTS, APPROPRIATE CLOTHS AND SHOES.



THERE IS A TOTAL BAN ON DRINKING ALCOHOL IN PUBLIC PLACES SUCH AS RAILWAY STATIONS, PARKS, STREETS. BREAKING THIS LAW THREATENS THE MANDATE OF THE ALTITUDES OF 100 EUR IN LATVIA. THERE IS ALSO A BAN ON SMOKING IN PUBLIC PLACES SUCH AS CINEMAS, THEATRES, RAILWAY STATIONS, AIRPORTS, AND BUS STOPS. CANNABIS IS ILLEGAL IN LATVIA.



BEFORE COMING TO LATVIA, CHECK THE WEATHER. IN AUTUMN -WINTER WE HAVE QUITE SEVER CONDITIONS



ONCE YOU HAVE APPROVED YOUR PARTICIPATION, YOU WILL RECEIVE AN APPLICATION FORM, AND YOU MUST COMPLETE IT TILL 1ST OCTOBER .2025



PLEASE TAKE THE LAPTOP. IT WILL BE ESSENTIAL FOR ALL OF YOU HAVE A LAPTOP AS IT WILL BE THE BASIC TOOL FOR OUR PROJECT ACTIVITIES.