

# CREATIVOK MUSIC AND PHOTO KA210 PROJECT

YOUNG  
FOLKS

RIGA, LATVIA

INFOPACK



## ABOUT US

Young Folks LV is a non-profit organization based in Riga. Our goal is to provide a safe and supportive environment that discovers and develops cognitive and creative skills of different target groups. We promote non-formal education and meaningful communication, creating a welcoming and inspiring environment alongside a friendly community.



We aim to broaden young people's horizons by providing opportunities for learning and self-development. We go beyond conventional education. Through our events and programs, we enable participants to unlock their potential, share ideas, and find inspiration from like-minded individuals and opponents. Our team believes that in a non-formal educational environment, young people can gain the skills and knowledge that will prepare them to solve future societal challenges. We create a friendly environment where everyone feels important and respected, regardless of their experience or level of expertise in a particular area.

## PROJECT DESCRIPTION

**PLACE: RIGA, LATVIA**

**TIME: 3-7 OF SEPTEMBER**

**(2.09 and 08.09 are travel dates)**

This ERASMUS+ training in Riga will be centered on the use of music therapy and phototherapy as innovative tools in youth work. Designed for professionals and educators in non-formal education, this training provides participants with hands-on techniques to enhance their practice by fostering emotional resilience, self-expression, and mental well-being among young people.

The program features a rich blend of activities, including workshops, interactive sessions, experiential and peer-to-peer learning. Walking together around the stunning Riga of looming fall, enjoying views of the Baltic Sea we'll breathe in beauty and happiness to sublimate them into creativity and enthusiasm. Just make sure you've packed an umbrella and sunglasses and don't forget the power bank for your camera!

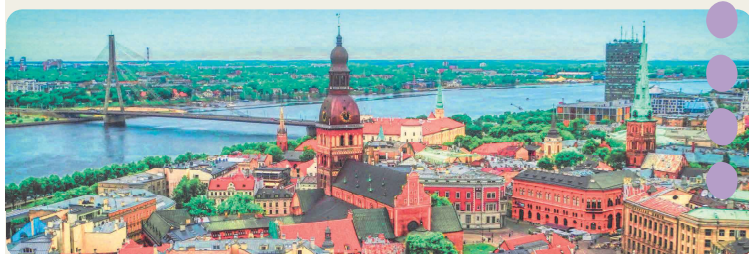
## MAIN OBJECTIVES:

- Equip participants with practical skills in music therapy and phototherapy to be applied in youth work.
- Enhance understanding of non-formal education methodologies and their impact on youth development.
- Foster international collaboration and exchange of best practices among youth workers across Europe.
- Provide opportunities for personal growth and professional development through cultural immersion and experiential learning.

## SCHEDULE

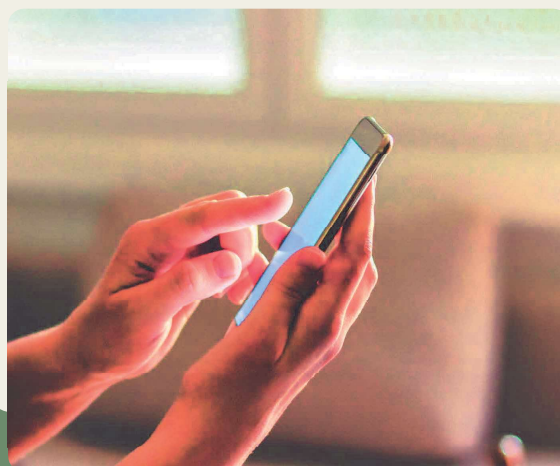
Here you can find the general schedule of the training. Please find comments and annotations below

	03/09/2024	04/09/2024	05/09/2024	06/09/2024	07/09/2024
10:00-11:30	Getting to know each other	Photo walk	Photo Therapy	Mindfulness session 10:00-11:00 Break 10:00-10:20	Working on video
11:30-11:45	Break	Break	Break	Self-portrait presentation	Break
11:45-13:15	Photo Therapy	Music Therapy	Photo Therapy	National team activities	
13:15-15:00	Lunch	Lunch	Lunch 13:15-14:45	Lunch 13:15-14:45	Lunch
15:00-16:30	Photo Therapy		Music Therapy	Music Therapy	Evaluation & reports
16:30-18:00	City tour quest	Baltic Sea Visit	Illusion Museum visit	Pharmacy Museum Visit	Video Presentation and Youthpass Ceremony
18:00-18:30	Reflection time		Reflection time		
18:30	Dinner	Dinner	Dinner	Dinner	
20:00	Free time	Free time	Free time	Free time	Farewell Dinner



## SPHOTOTHERAPY METHODS FOR YOUR EMOTIONAL WELL-BEING

Together we'll learn the methods of 5 techniques in Phototherapy and develop several activities to be launched in your organizations for groups of teenagers and young adults. Using just a camera in your phone you can launch an exhibition and make a movie.

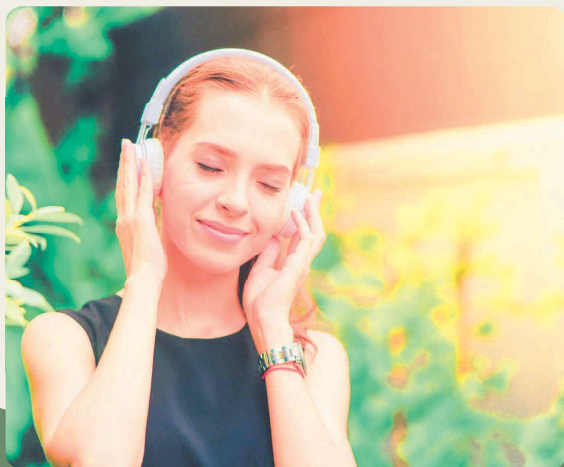




## MUSIC THERAPY FOR YOUR SELF-ESTEEM AND SELF-AWARENESS.

As a part of the course, you will play and listen to music, and sing and write music and lyrics for your songs to accomplish the therapeutic goals.

You will be amazed by the therapeutic impact of activities that seem barely significant and have a huge effect on human mental health.



## TRAVEL DETAILS

The city is served by the international airport Riga (RIX)

You can go to the city center by bus Nr. 22.

Going to the city: the passenger pick-up point is located opposite the terminal building, right behind car park P1.

Coming from the city center to the Airport: the final stop is directly in front of the terminal check-in hall.

The timetable of bus No. 22 is available here: [www.rigassatiksme.lv](http://www.rigassatiksme.lv).

The ticket price EUR 1.50 if through «Narvesen» kiosks or through the Rigas Satiksme app, or EUR 1.81 if bought from the driver in the bus.

## ACCOMMODATION



You will be accommodated in the heart of Riga city center — in the Rixwell Gertrude Hotel, which is located in a renovated Art Nouveau building.

The rooms are bright and spacious, double accommodation will be provided.

<https://www.rixwell.com/en/hotels/rixwell-gertrude-hotel>

- Riga is the 3rd largest city in Northern Europe with 1,1 million inhabitants in the Riga metropolitan area.
- The historic center of Riga was designated a UNESCO World Heritage site in 1997.
- The city is located on both banks of the river Daugava which separates the city into two parts, Vecriga (Old Riga) and Pardaugava.
- Riga is known for its Art Nouveau/Jugendstil architecture and 19th-century wooden architecture.

## REIMBURSEMENT

To get your reimbursement we compulsory require: eTicket / receipt / invoice from your boarding passes/travel tickets in original, used to travel to/from Latvia.

You will need to upload them in the special folder that will be shared with you later.

100% of accommodation, food and transportation during the project will be covered with the support of ERASMUS+.

Only the most economical transportation (2nd class) will be reimbursed.

**!** No taxis are allowed.

Reimbursement of the transport costs will be done AFTER we received all the travel documents of the project directly to your home organizations.

You can take 4 extra days out of the project dates. Extra days for tourism are not covered.

## WHAT TO BRING?

Optional, but nice to have: something from your country (games, dances, snacks, music, flag). A small presentation about your organization, flyers, videos or other materials.

The best practice — a small presentation about one best case from your organization experience: it could be a project, an event, a campaign that you did in a field of non-formal education, youth work or social entrepreneurship. We would love to hear from you about your successful stories!



One of your Phototherapy activities is based on your family pictures. Make sure you have them in your gadgets.

Bringing your notebook or tablet will boost the Phototherapy sessions impact.

**Early fall clothes:** in the beginning of September in Riga the average temperature is 18°/8. It can be rainy, but in general the weather will be sunny. Please keep in mind that it can also be warm (around 24-25°).

You should also bring some house shoes or slippers for the office where the training will be held or just wear your socks in the Young Folks premises.



## CONTACTS:

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