



# INFO PACK

Erasmus+ Mobility for Youth workers

## SOLIDARITY CIRCUS 2025

RIGA, LATVIA  
May 12-19, 2025



Co-funded by  
the European Union



Agency for International  
Programs for Youth  
Republic of Latvia

eurodesk



Alternatīvā  
Realitāte



## Join the Adventure of Solidarity Circus 2025!

Are you a passionate youth worker looking for fresh, dynamic, and engaging methods to empower young people? Do you believe in the power of creativity, movement, and performance to inspire inclusion, confidence, and active citizenship? Then **Solidarity Circus 2025** is for you!

Young people today face challenges like social isolation, mental health struggles, and disengagement from civic life. As a youth worker, you play a crucial role in helping them find their voice, build their confidence, and develop the skills they need for life.

But how can you make learning fun, engaging, and truly transformative?  
The answer: **Circus Pedagogy!**





## The adventure is ready to begin!

Circus pedagogy is a unique and creative way to connect with young people, boost their confidence, and foster teamwork. It is an amazing tool to promote leadership, mental well-being, and social inclusion.

Our organization has successfully implemented this method in previous projects, Circus Pedagogy for Youth Work in 2021 and Juggling Diversity in 2024, proving its powerful impact.

Now, it's time to take it to the next level!

 **Dates:** May 12-19, 2025 (including 2 travel days)

 **Location:** Latvia, Riga

 **Partner countries:**

LATVIA, ESTONIA, LITHUANIA, POLAND, UKRAINE, PALESTINE, ITALY, JORDAN, NORWAY

- NO ANY PARTICIPATION FEE
- 100% accomodation, food and program cost is funded by Erasmus+ Program of EU and provided by coordinating/hosting organization CULTURE ASSOCIATION ALTERNATIVE REALITY (Latvia)
- 100% travel costs are reimbursed in the limits of Erasmus+ Distance Calculator after participation



## What Will You Gain?



The main goal of Solidarity Circus 2025 is to provide you with fresh skills, knowledge, and tools to make your youth work more engaging and impactful. This training course will give you practical, hands-on experience in using circus arts to motivate, include, and inspire young people.

### Why You Should Join?

- ✓ Master Circus Pedagogy – Learn how to use juggling, acrobatics, and performance as a powerful youth work tool.
- ✓ Boost Mental Well-being – Gain new techniques to support young people's emotional health and self-development.
- ✓ Develop Leadership & Communication Skills – Strengthen your ability to inspire and lead diverse youth groups.
- ✓ Promote Social Inclusion – Use circus arts to break barriers and connect young people from different backgrounds.
- ✓ Be Part of a Green Initiative – Help reduce environmental impact by using sustainable travel and eco-friendly practices.
- ✓ Showcase Your Talents on a Big Stage! – Perform at a huge international festival and make an unforgettable impact.



## Who Can Join?

We are looking for 32 Youth Workers age 18+ from:

- ✓ Latvia: 3 participants
- ✓ Estonia: 4 participants
- ✓ Lithuania: 4 participants
- ✓ Poland: 3 participants
- ✓ Italy: 3 participants
- ✓ Ukraine: 4 participants
- ✓ Palestine: 4 participants
- ✓ Jordan: 3 participants
- ✓ Norway: 4 participants

Ideal Participants: Youth workers, youth leaders, educators, and trainers who work directly with young people, especially those from marginalized backgrounds.





# PERFORM ON THE STAGE!

By the end of it, we're going to put on a circus show that'll be the highlight of everything we've learned and shared!

**Final Show: May 17, 2025, at the annual multicultural festival "Count of May 2025" in Riga, where you will perform in front of thousands of festival visitors!**

We're really looking forward to making this project a reality. It's not just about the fun of circus skills but about the connections, growth, and community we'll build together.



## Ready to Join?

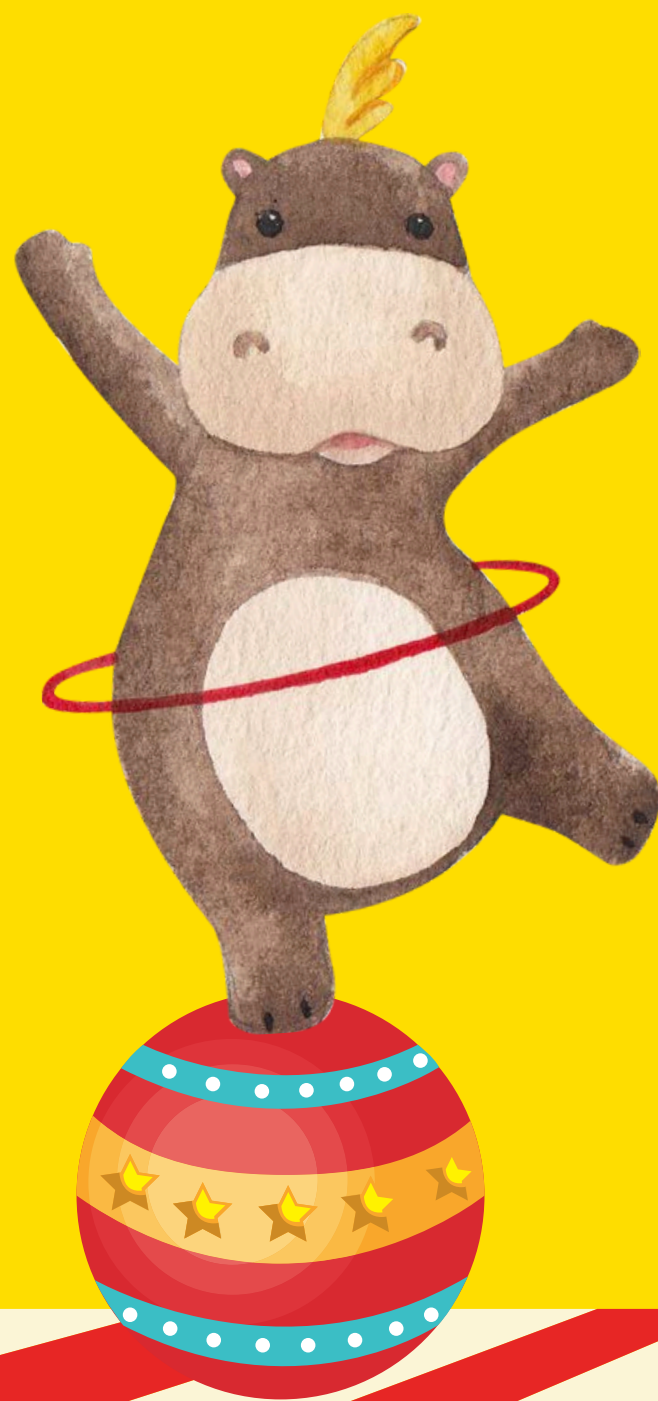
- This is your chance to develop new skills, meet inspiring people, and bring something fresh to your youth work! Don't miss out on this exciting opportunity to be part of a unique experience that will change the way you work with young people forever. 🎪🔥
- Stay tuned for more details about the program, training sessions, and practical arrangements. In the meantime, start stretching – we have some juggling to do!

APPLY HERE!





## Activities



- **Circus workshops:** implement circus-based educational activities that encourage teamwork, communication, and social integration, conduct daily workshops in diverse circus arts, including juggling, diabolo, unicycle, and prop-making, ensuring accessibility and engagement for all skill levels.
- **Intercultural workshops:** facilitate sessions where participants can share and learn about each other's cultures, enhancing mutual understanding and respect.
- **Euroclasses:** conduct informative sessions on EU institutions, focusing on their roles, functions, and the importance of youth participation in democratic life, including elections.
- **Community engagement:** open workshops to the local community, promoting widespread participation and fostering a sense of belonging and community spirit.
- **Environmental consciousness:** Incorporate eco-friendly practices in circus prop-making, emphasizing sustainability and responsible behavior



# IMPACT

-  **For Youth Workers:**
  - Develop innovative methods for engaging young people through circus pedagogy.
  - Strengthen your ability to support mental well-being and emotional resilience in youth work.
  - Gain confidence in leading creative and inclusive activities for young people from diverse backgrounds.
  - Expand your international network and collaborate with experienced trainers and fellow youth workers.
  - Become an agent of change by bringing circus-inspired non-formal education to your local community.
-  **For Young People:**
  - More inclusive and engaging youth programs in their communities.
  - Improved confidence, self-expression, and teamwork skills through circus arts.
  - Increased participation in democratic life and community activities.
  - More opportunities to connect with European values and cultural diversity.
-  **For the Community & Society:**
  - Strengthened local and international partnerships in the youth work sector.
  - Greater visibility of youth work's impact on social inclusion and well-being.
  - A more sustainable and environmentally friendly approach to youth work and mobility projects.
  - An unforgettable public performance at Count of May Festival 2025, raising awareness of social inclusion through art and culture.





# TRAVEL AND REIMBURSEMENT

- TRAVEL TO RIGA - capital of LATVIA - by bus, plane or shared car! We all will meet in Creave center “ Alternative Reality” in Riga center and then by rented bus we will together go to the venue!
- TRAVEL COSTS WILL BE REIMBURSED IN THE LIMITS OF ERASMUS+ DISTANCE CALCULATOR BY PROVIDING ALL ORIGINAL TRAVEL TICKETS AND INVOICES
- LOCAL TRANSFER WILL BE PROVIDED BY HOSTING ORGANIZATION

ALL TRAVEL PLANS MUST BE APPROVED BY COORDINATORS OF Culture Association ALTERNATIVE REALITY, so don't buy any tickets if they are not approved - you will be not reimbursed in this case

- You will need valid ID or passport to enter Latvia (see next page)

## TRAVEL LIMITS

(round trip from Partner country and back to home country)

COUNTRY	GENERAL TRAVEL	GREEN TRAVEL
LATVIA	not applicable	56
POLAND	not applicable	417
ESTONIA	not applicable	285
LITHUANIA	not applicable	285
UKRAINE	not applicable	417
NORWAY	309	417
ITALY	395	535
PALESTINE	395	535
JORDAN	395	535

Green travel allows up to 4 additional travel days!



# VISA AND INSURANCE



- Participants from EU countries are not required to get visa to enter Republic of Latvia.
  - For third-country nationals, the travel document (passport or identity card or electronic identification card) must be valid for at least three months after the date on which you plan to leave Latvia. For nationals of the European Union and the EEA, the travel document must be valid at least until the last day of departure from Latvia.
  - Participants from non-EU countries please check requirements for entry to Latvia according to this list [WHO CAN ENTER TO LATVIA WITHOUT A VISA](#)
- [non-EU residents please check your allowed days to stay in Shengen zone before the project!!:](#)  
<https://ec.europa.eu/assets/home/visa-calculator/calculator.htm?lang=en>
  - For EU citizens it is requirement to have valid EHIC insurance card
  - If you have any other valid insurance for period of activity please let us know before the project!



# ACCOMODATION AND FOOD

- Participants will live in shared apartments in Riga center
- Venues are equipped with all facilities for the accomodation
- Participants will live in shared rooms by 2-4 participants by gender with shared facilities, kitchens and bathrooms will be provided in for every room
- Towels and bed linen are provided
- Please bring personal hygiene and medicine
- Please take comfort clothes and shoes for healthy outdoor activities, workshops and trainings
- For green habits please bring your personal water bottle with you!
- Alcohol and smoking are prohibited for the whole period of the activity
- Traditional Latvian food will be provided 3 times per day: breakfast, lunch and dinner
- additionally coffee-breaks will be organized daily with healthy snacks
- Participants are asked to inform organizers before the activity about your special diets or restrictions (non-gluten, or vegetarian etc)
- Workshops and training sessions will be held in youth center Narnija.lv or in the city park - a place for the festival "Count of May"
- if you have your stage costumes and/or props - please bring them with you!

[Apart-hotel Multilux.lv](http://Apart-hotel Multilux.lv)



JOIN THE PROJECT



What an unique adventure!

CONTACTS OF COORDINATORS:

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