

Hats Off

A WorkLab on strengthening Inner Resources
for more effective youth work

9 - 15 May (travel days incl.), Latvia



Nederlands
Jeugdinstituut



Co-funded by the
European Union

Upside Down
Upside Down

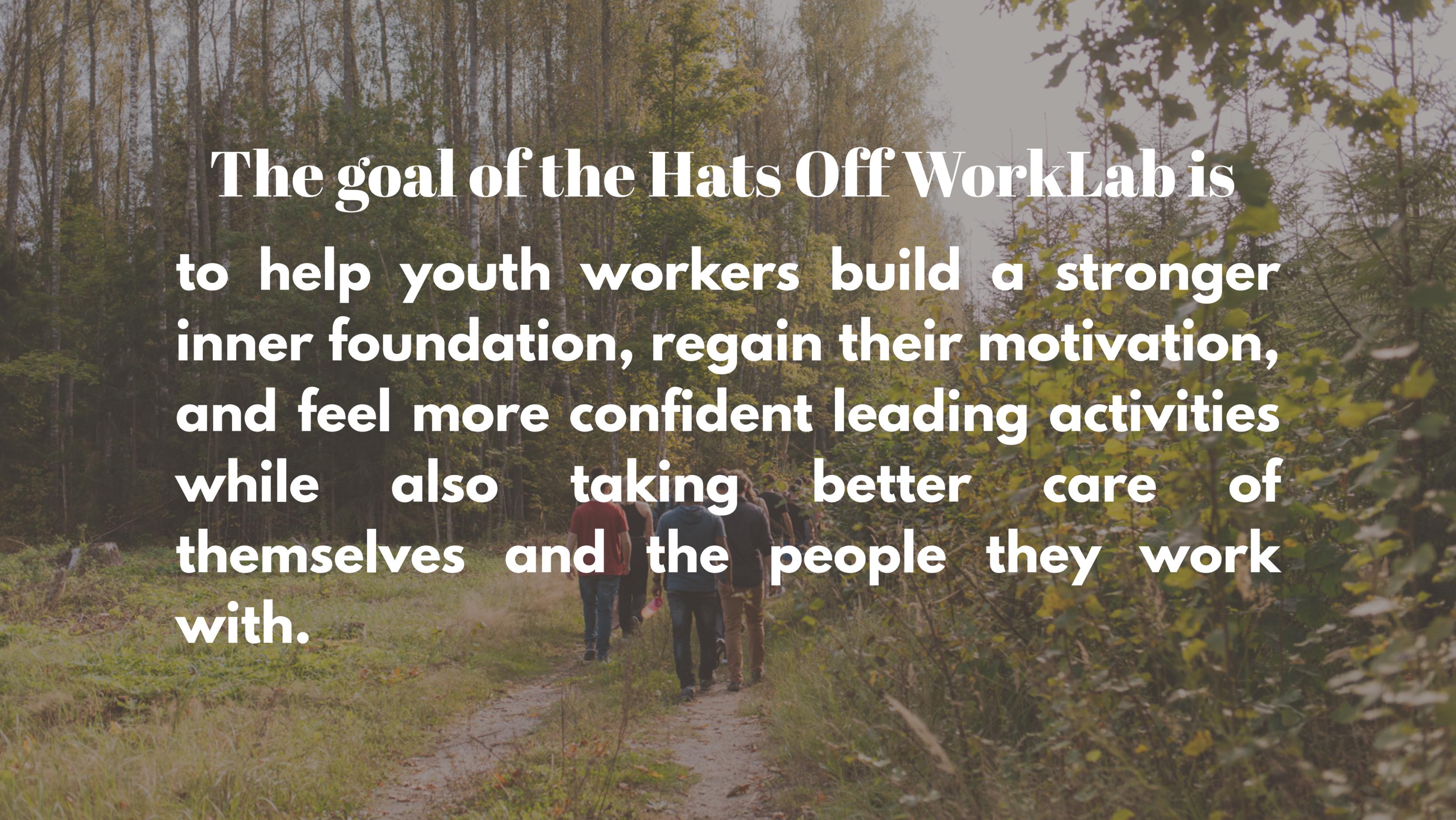
Why a Worklab ?

This is a WorkLab, not a Training.

The purpose of this framework is to experiment, to exchange practices, and to learn from each other's working forms.

This will be a learning event in which you decide what you learn

Your engagement will have a great impact on what is happening on the spot

A group of people is walking away from the camera on a dirt path through a forest. The trees have yellow and orange leaves, suggesting autumn. The path is surrounded by tall grass and some bushes. The overall scene is peaceful and natural.

The goal of the Hats Off WorkLab is to help youth workers build a stronger inner foundation, regain their motivation, and feel more confident leading activities while also taking better care of themselves and the people they work with.



Hats Off WorkLab might be for you, if you have questions like..

- How can I be kind and supportive toward myself in difficult moments?**
- How can I calm and regulate myself when I feel stressed or overwhelmed?**
- What are my boundaries as a youth worker?**
- How can I take care of myself so that I can better support others?**
- How can I notice my reactions without letting them control my actions?**
- What can I learn from my own mistakes and from the experiences of others?**

What we will cover ?

Team work*

*team-building activities, guided reflections, exploring and recognizing our own behavioral patterns, and learning how to show up consciously and effectively within a team.

Self-regulation*

*with a focus on emotional regulation through outdoor practices and body-work exercises and tools.



Whom are we looking for?

- Youth workers, trainers, facilitators, mentors, community managers aged 20–30 with different levels of experience.
- Working actively with young people individually or in groups.
- Experiencing challenges with self-management, internal resources, or teamwork.
- Those who feel overwhelmed, burned out, or demotivated and want to regain their motivation and energy.
- Youth workers who want to strengthen their self-leadership and self-regulation skills.

Timeline

Pre-learning
preperation

Arrival
Day

Departure
Day

April

May 9

A group bus
will be
organised to
reach the
Venue

WORKLAB

plan your travel
in a way that you
are here for the
whole program

May 15

A group
bus will be
organised
to reach
Riga

We will live in a simple Guest house “Plavnas” surrounded by the greenery of Latvian nature. It will be a remote location, without any distractions from the cities or roads.

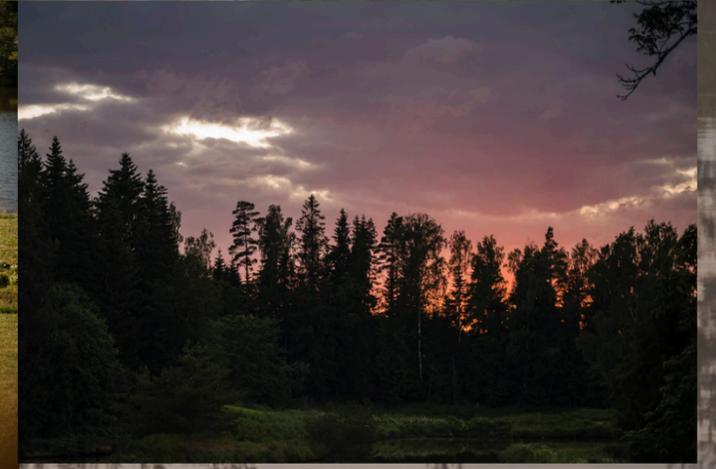
The rooms will be shared by 2 to 5 people.

Accommodation & food are covered fully by Erasmus+ funding. The menu throughout the project will be fully vegetarian & vegan. We will have our own chef who will prepare us delicious meals with love.

We will be living together and taking care of our environment & each other by contributing to daily household tasks.

Wi-Fi connection is really limited, so we invite you to spend this week less connected to technologies and more to people & nature.

The Venue



Travel Reimbursement

Country	Regular travel (plane)
Czech Republic, Romania, Italy,	309 EUR
The Netherlands	309 EUR
Portugal, Spain	395 EUR

There will be a 50 Eur contribution fee collected upon arrival.*

Please buy your tickets only after they have been confirmed. Participants will be reimbursed up until a maximum amount granted by the European Commission.

*In case you have economic obstacles, reach out to us.

Team



Laura Prusakova

Laura is a certified Mindset Coach and non-formal education trainer with over five years of experience in youth work and outdoor education, equipped with practical tools and skills in self-regulation and emotional regulation to support young people's growth and resilience.



Katrīna Anna Striķe

Katrīna is a true adventurer, with a deep love for the nature. Whether she's collecting mushrooms, tending to her balcony tomatoes, or brewing kombucha in her kitchen, she brings curiosity and energy to everything she does.



Marats Abdullajevs

With 8 years of experience in youth work, he brings care and playfulness to every programme he is a part of.

Rather than giving answers, he prefers asking questions, believing that with the right guidance, everyone can discover their own solutions.

Could this be for you ?

[Click here for
the application
form!](#)

Biedrība re:view



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www.instagram.com/reviewlatvia/



reviewlatvia@gmail.com

This WorkLab is part of the KA2 project Upside Down. It is a 24-month collaboration partnership dedicated to **increasing the quality of youth work across Europe.**

During this period, we aim to develop **9 Working Labs** and create **35 educational videos** and **70 resources** for youth work.

Photos by: Lauris Veličko, Reinis Auziņš
Design by: Marats Abdullajevs



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