



Youth Exchange Action in ECO Direction

YE “Action in ECO Direction” INFO-PACK
Part 1 LATVIA



Youth exchange

“Action in ECO Direction”

Project Reference: 2018-1-LV02-KA105-002048

Dates: June 16-25, 2018

Location: The first phase of Youth exchange project “Action in ECO Direction” will take place at Kesteriems, Engure region, Latvia.

Who: youth (18-25 y.o.) from Italy, Czech Republic, Latvia, Moldova, Armenia and Ukraine:

6 young people (18-25 y.o.) + 1 group leader (no age limits) representing each partner organization.

Project idea

The international youth exchange in Latvia is the first phase of the bigger project “**Action in ECO direction**”, where youth workers and youth from different cultural backgrounds will meet and experience non-formal and informal learning in intercultural environment.

International project “Action in ECO Direction” is aimed to promote eco-responsible behavior, active citizenship and sense of initiative of young people. There will be 2 interconnected youth exchanges within the project: 1 in Latvia and 1 in Ukraine.

Young people from 6 countries will get together and learn about the most important environmental problems and risks exist in their countries and the whole Europe. Participants will discover the place of an individual in the pollution and how an individual can influence to make the situation better.

Aims and objectives

Project objectives:

- to provide to young people with deeper knowledge about environmental protection;
- to analyze environmental challenges in the participating countries and in the wider context, and to look for solutions on different levels;
- to promote responsible and eco-friendly behavior among young people;

- to promote active citizenship of young people, esp. in the field of environmental protection;
- to promote inclusion of young people with fewer opportunities through providing them opportunities to participate on the equal level in the international youth project;
- to promote diversity, intercultural dialogue and tolerance between young people from different countries through sharing, learning and working together in the international team;
- to promote sense of initiative of young people through working on the solutions to the global issues and organizing own community actions;
- to promote international cooperation between youth organisations in the sphere of non-formal education of young people through working together on the international project.

As a result of the each of the youth exchanges participants will create and conduct community actions for the local youth with the purpose to promote eco-friendly behavior.

Each of the youth exchanges will last for 10 days (including arrival and departure days).

The objectives of the each of the youth exchanges are the same as general project objectives, but additionally each of the youth exchanges will focus on the certain specifics. During the youth exchange in Latvia we will focus on pollution and waste reduction. Participants will discover the specifics of the environmental protection situation in the hosting palce. The final activity of the youth exchange will be dedicated to raising awareness and discussion with the local community the important ecological issues and how it's important to keep the nature. The final activity of the project will be combined with the Latvian national holiday Ligo.

It is expected that some of participants will take part in both youth exchanges, so the knowledge transfer will be provided.

Programme

A draft of the programme will be added soon. It's flexible and everyone can contribute. The programme of the youth exchange will be facilitated by all the project team, group leaders and participants. It is expected active participation from everyone to make this youth exchange a great experience!



Participants

- young people of 18-25 y. o. with fewer opportunities (some can be older up to 30 y.o.);
- coming from Latvia, Italy, Ukraine, Armenia, Czech Republic and Moldova;
- personally interested in the topic of intercultural learning, ready to share and gain new experience;
- motivated to take active part in the project;
- motivated to share the experience gained during the project in their communities and use the obtained knowledge on practice.



Practicalities

Accommodation: the participants will be lodged in rooms for 3-5 people in the summer camp [Albatross](#) (Kesterciems, Engure region, Latvia).

Food: you will have three meals and two coffee-breaks a day. Please, inform about your food habits and needs (vegetarian, vegan etc).

Working language: English.

Internet Access: free wifi is available at the venue.

Plugs: the type of the plugs in Latvia is European. Make sure that you have adapters for your electrical devises.

What to bring with you:

- “Standard youth exchange equipment”: an alarm clock, any dictionaries you might require, music, musical instruments, comfortable clothes, personal first aid kit, swimming suite, personal hygiene stuff etc;

- Additionally we will inform you about the things which you need to prepare and bring for the programme elements.



Crossing the border and identification in Latvia

Participants from Czech Republic, Italy do not need visa to Latvia. Please, do not forget your international passports and insurance!

Participants from Moldova, Ukraine, Armenia with BIOMETRIC PASSPORTS do not need visa to Latvia. If you don't have biometric passport, you can get it now before coming to Latvia, otherwise you have to get visa in nearest Latvia embassy in your country based of our invitation. In that case we will need your personal dates as soon as possible to get visas in time. Groupleader has to collect personal dates of participants for visa and send it to coordinator of the project.

More information about visas to Latvia please see here:

<http://www.mfa.gov.lv/en/consular-information/countries-whose-citizens-may-enter-latvia-without-a-visa>

!!! Please note that foreigners entering and residing in the Republic of Latvia must have a valid health insurance policy, which guarantees the covering of

expenses related to health care in the Republic of Latvia, including the transportation back to the country of residence in the case of serious illness.

Participants from Latvia: bring your national IDs (national passport, driver license or student ID card).

Health insurance

The health insurance is not provided and will not be reimbursed by the organizers. All participants are **strongly advised** to purchase private travel insurance, as it is asked by Latvian law. Also the costs of private health care in Latvia are high.



Travel arrangements

The day of **arrival** to Latvia: 16 June 2018

The day of **departure**: 25 June 2018

How to get to Latvia:

The closest airport to the venue is [Riga airport \(RIX\)](#) (approx. 1 h 20 min from venue).

We will organize your trip from the airport to the venue (~ 10 EUR one way). You don't have to pay for it, we do it by ourself.

Transfer from Riga to venue (Riga time) at June 16:

Will be organized 3 buses according to arrival times of the most participants. Detailed information about transfer from airport to venue will be published later, when we will know all arrival times.

Group leaders: before buying any tickets for your groups, please contact Irina and provide her information about your group travel plans (means, place of arrival, timing, prices). She will consult you about the best travel solutions and will help you to arrange your trip to the venue.



Travel costs

The organizers will reimburse 100% of participants' travel costs from your home city to the **venue** within the limits defined by Erasmus+ program.

Maximum amounts to be reimbursed (EUR):

- Armenia – 360
- Czech Republic – 275
- Italy – 360
- Moldova – 275
- Ukraine – 275
- Latvia – 20

Reimbursement of the travel costs will only be done after submitting all original tickets, receipt/invoices, boarding passes and later sending of the return documents and boarding passes. Save the boarding passes from your airport check in as well. Please, be aware that in case you lose any invoices or tickets we will not be able to reimburse the cost. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice according to [the official currency exchange rate of European Commission](#).

! Note: in case of higher travel cost, you will need to cover excess yourself.

Important: the reimbursement of travel costs for participants will be done via bank transfer to the bank account provided, upon presentation of all required original travel documents.

Group leaders: you are welcome to consult with us before purchasing the tickets for your group. Please make the copies (better scan or photo) of all the tickets and invoices before your arrival to the youth exchange. Email those to Irina



Currency in Latvia

The national currency in Latvia is EURO. Other currencies you can exchange in currency exchange points in Riga airport or in any Latvian bank.

Weather

In June in Latvia is usually warm, but partly rainy weather. Average temperature on the dates of the youth exchange will be around +14 +20 degree Celsius. Please check the [weather forecast Riga](#) before coming and make sure that you have an appropriate clothes.

Hosting place and trips

Youth exchange will be conducted in the summer camp Albatross in Kesterciems near the Baltic sea, about 1h 20 min drive from Riga. Within the programme it's planned to have trips to Riga and Jurmala.

Riga

Riga is capital of Latvia. With a population of around 800,000 the city hosts its own cultural life, has several universities and is the economic centre of central Latvia region called Vidzeme. Founded in 1201 Riga is 817 years old, and combines great history with modern life. A city of beautiful churches and historical sights, Sumy also has a wide choice of the restaurants, cafes, and nightclubs.



Some Latvian words

Hello. Labdien (formal)Hi. Sveiki (non-formal)

How are you? Kā iet? (Kaa iet?)

Fine, thank you. Paldies, labi

Please. Lūdzu (luudzu)

Thank you. Paldies

Yes. Jā. (jaa)

No. Nē. (nee)

Do you speak English? Jūs runājiet angļiski? (Jūs runāat angļiski?)



Partners

- [Kulturas biedrība “Alternatīva Realitāte”](#) (Latvia);
- [Center for Euroinitiatives](#) (Ukraine);
- [INTERNATIONAL CENTER FOR AGRIBUSINESS RESEARCH AND EDUCATION FOUNDATION](#)(Armenia);
- [EVROPSKE CENTRUM MLADEŽE BRECLAV](#)
[EUROPEAN YOUTH CENTRE BRECLAV Z. S.](#) (Czech Republic);
- [YOUTH CONNEX ASSOCIAZIONE ATTIVA-MENTET](#) (Italy);
- [EU MISC MOLDOVA](#) (Moldova).

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