

# MIND THE WILD

youth exchange  
2/10 - 10/10  
Rites, Latvia

*We are the architects of our actions and we must live  
with their consequences, whether glorious or tragic.*

*Add a little bit of body text*

## we will be

- *learning about environmental protection*
- *building mindfulness*
- *surviving in the wild*
- *exploring creativity*
- *understanding cause and effect relationships*
- *taking initiative*
- *cooking ourselves*
- *connecting with others under different, sometimes  
uncomfortable circumstances*

## we will have

- *active mornings*
- *happy people*
- *role-plays*
- *survival in the woods*
- *peacefulness*
- *starry nights above the ground*
- *Mind the Wild festival*
- *intercultural meals*





# When & where

*Arrival date: October 2, until 5 pm*

*Departure date: October 10, until 10 am*

*The project will take place in the rural municipality of Birzgale, in our training site Rites. It is the perfect place for connecting with nature, enjoying the peacefulness and presence of each other.*



# what to bring

- *weather-friendly outdoor clothes*
- *good shoes for walking*
- *a fancy shift of clothes*
- *a sleeping bag and a mat*
- *towel and hygienic kit*
- *passport, travel tickets, invoices*
- *personal medicine*
- *a dish, a cup and a spoon*
- *a backpack*
- *European Health Insurance Card or other insurance*



# partner organizations

*Each partner organisation will take part in the project with 5 participants between 18 and 30 years (4 + 1 team leader with no age limit)*

Country	Organization	Contact
Latvia	Piedzīvojuma Gars	Rota Gulevska rota@piedzivojumagars.lv
Bulgaria	Synergy Bulgaria	Tihomir Georgiev synergy.trainings.bulgaria@gmail.com
Netherlands	Buitendoor	Margo Dickhout margo@buitendoor.nl
Romania	Cercul Excelentei	Bogdan Dumitrescu bogdandumitrescuv@gmail.com
Czech Republic	European Youth Centre Breclav	Jana Parolková eycb.info@gmail.com



# travel

According to the rules of the Erasmus+ Program you can get your travel costs reimbursed up to € 170. If your travel costs are lower or same as this amount, you get reimbursement of 100% of your travel costs. If they are higher than € 170, the difference is covered by you. That's why we recommend to book your ticket as soon as you receive the confirmation letter, since they are often much cheaper when bought in advance.

To be eligible for reimbursement, we ask you to keep all your original tickets, boarding passes and invoices. ONLY if you have them will we be able to reimburse your travel costs!

We will only reimburse your travel costs if you participate in the whole exchange.

# how to apply

Fill in the application form provided and send it to your sending organization from your country and to Piedzīvojuma Gars as well at [rota@piedzivojumagars.lv](mailto:rota@piedzivojumagars.lv), latest until 15th August 2015.

Piedzīvojuma Gars will make the selection of the participants in agreement with the partner organisation from your country. If you are accepted for the project you will receive a confirmation letter with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

As soon as you get your confirmation letter, you may book your tickets and inform the organizers about your arrival and departure time. We require that you take part during the whole exchange. If you wish to arrive earlier or leave later, you should arrange your own stay in Latvia. Your stay during the days not included in the program of the project will not be covered by organizers. In order to get reimbursed for your travel, you may come or leave no more than 2 days earlier/later.

# contribution

We ask for a contribution fee of €20 from each of the participants, which will be collected upon arrival and registration.

If you have any problems concerning the participation fee, feel free to contact us and we will look for ways to solve them!



# contacts

Coordinating spirit  
Rota Guļevska  
rota@piedzivojumagars.lv  
+371 20062784

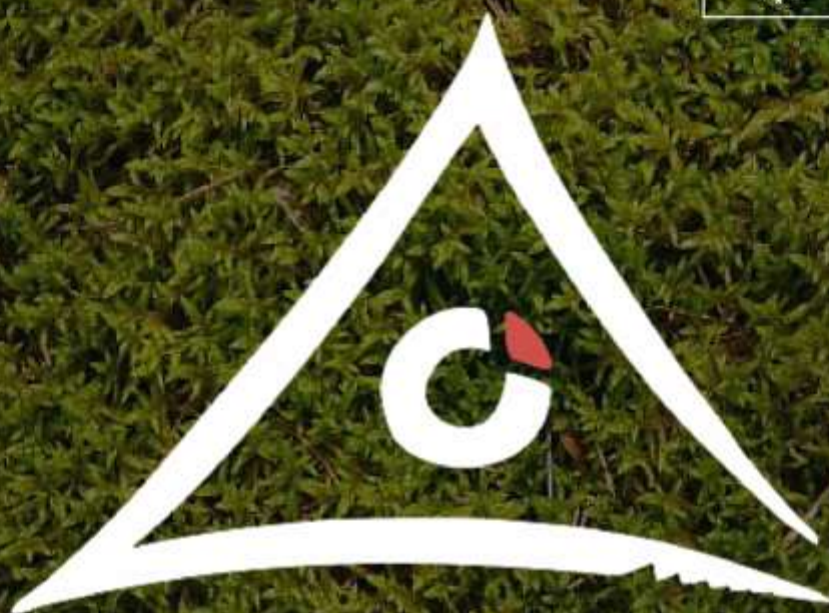
Biedrība "Piedzīvojuma Gars"

[www.piedzivojumagars.lv](http://www.piedzivojumagars.lv)

FB: Piedzīvojuma Gars



Erasmus+



Piedzīvojuma Gars

*The world is changed. I feel it in the water. I feel it in the  
earth. I smell it in the air. Much that once was is lost, for  
none now live who remember it. The game is on.*