

Youth Exchange



# SPORTS FOR INCLUSION

03.09.2019. - 10.09.2019.

Liepaja, Latvia

# Infopack



Erasmus+



Agency for International  
Programs for Youth  
Republic of Latvia

### Basic points

What: youth exchange on sport topic

When: 3 September - 10 September 2019

Where: Hostel Perlite, 3 Hika street, Liepaja, LV-3401, Latvia.

Who: 4 young people (age limit - 18 - 30) + 1 group leader (over 18) per country

Countries: Latvia, Romania, Spain, Lithuania, Turkey, Bulgaria, Netherlands, Czech Republic

### About the exchange

The main objective of the project is to involve and inspire young people to become more open to sports and other outdoor activities instead of staying bored at home, playing video games and not being active. Every young person that lives in the EU has special abilities and has equal rights, but we haven't the same chance to develop our skills. We want to promote sport as a method for promoting cultural learning and social inclusion through sport. We can promote sport as tool for improvement the adaptive social skills. The sport is perfect way to integrate youth with fewer opportunities in the society and youth community. That seems sport is innovative method to break many stereotypes and prejudices especially about youth with fewer opportunities.

### Objectives of the project

- To promote inter cultural learning through sports and the role of the sport as a tool for integration of youth
- To involve more deeply youth into sport through non-formal methods and promote social inclusion through sports
- To develop social and creative skills of youth through sports

### Intercultural evenings

We will have 2 cultural evenings and every country should present their culture. You do not need ppt presentation, be creative in showing interesting things about your country. Play some music, teach us some typical dance, bring your flag and something tasty from your area. You can bring just simple snacks but if you want even cook there will be possibility to use a kitchen so you can surprise us.

### Participants' profile

- 4 participants in age of 18-30 years and 1 group leader 18+
- Preferably with some experience in physical activities
- Or at least interested in topic of the project
- Preferably gender balance

### Financial conditions

The project funded by Erasmus+ Programme so accommodation, food and all activities will be covered from the EU grant.

There is also a transport allowance according to distance from city of partner organization to place of the activity (please see the table below).

## Travel reimbursement details

Costs will be reimbursed by bank transfer to one account of each partner organization after the activity and dissemination activities. Transfer will be done after receiving all original invoices, boarding passes, bus/train tickets or other documents needed. Remember that You should use the cheapest possible way of travelling. For flight tickets only online purchases are eligible.

Any tickets purchased in a local currency other than EUR, will be converted and calculated according to the exchange rate of the month given by the European Commission.

Tickets from the 1st class or taxi expenses will not be reimbursed.

Extra travel days - You can come some days before the activity and/or leave some days after it, taking into account that this has to be coordinated with hosting organization, so please contact us for consultation. Note that lodging and catering during extra travel days is not covered by the organizers.

**NB! Please provide us Your travel details (to [perspektiva.rasio@gmail.com](mailto:perspektiva.rasio@gmail.com)) for confirmation before booking the tickets (In case of price increase reconfirmation is required). Tickets booked without confirmation of the organizers will not be reimbursed.**

Documents you need to give us for reimbursement of travel expenses:

- Invoices of flights (there must be price and name of the person stated on it)
- Original boarding passes,
- Tickets for train, bus or other public transport
- List of travel costs (form will be provided)
- Bank details of sending NGO

## Limits for travel costs

Maximum amount of transport costs will be reimbursed **up to the limit** for each participant as stated in the following table:

Country (Partner)	Budget for transport
Latvia	180 EUR per participant
Romania	275 EUR per participant
Spain	360 EUR per participant
Lithuania	180 EUR per participant
Turkey	275 EUR per participant
Bulgaria	275 EUR per participant
Netherlands	275 EUR per participant
Czech Republic	275 EUR per participant

## Visas

Turkish participants need valid Schengen Area visa to enter Latvia. Budget for covering visa costs is up to 80 EUR per person.

## Travel details

By plane – it is possible to arrive in Liepaja by plane, as Air Baltic is offering connection flights via Riga. Public transport in Liepaja is coordinated with the flight arrivals and departures.

Riga international airport is served by several airlines – Air Baltic, Lufthansa, Turkish Airlines, Finnair, LOT, Ryanair, Wizzair, Norwegian. Participants arriving in Riga International airport should use bus number 22 to get to the city centre. Ticket costs 1.15 EUR, and tickets can be purchased in the newsstand before boarding the bus (Newsstands are located in the departure hall and next to the exit from the arrival hall). When buying a ticket, do not forget to take a receipt, as it can also be asked by ticket inspectors. Ticket is valid for a single ride – no interruption or transfer permitted. When buying a ticket You can ask to load the necessary amount of tickets - you can upload return ticket as well.

Transportation of luggage on route 22 is free of charge, but this is not applicable to other routes in Riga. Buses run from 6:00 till 23:45 with the frequency of 10 minutes during the daytime and 30 minutes early in the morning or late in the evening, approximate bus ride from the airport to the city centre is 40 minutes. Do not forget to validate Your ticket when getting on the bus!

Check timetables here: <http://saraksti.rigassatiksmelv/index.html#bus/22/b-a/en>

Vilnius is well connected with several buses per day (For more details see <http://www.luxexpress.eu/en> and <https://eolines.net/en/>

## Getting from Riga to Liepaja

By bus – Riga coach station is located in the city center close to the main railway station and several routes of the local public transport. International and national intercity buses depart and arrive in the same area. Participants arriving from Riga international airport should get off the bus on the stop “Autoosta” (26 minutes busride from the airport).

Liepaja and Riga are connected with several buses per day. Check the timetable to choose the most appropriate: <http://www.1188.lv/transport/all/schedule?from=R%C4%ABgas+SAO&from-id=5495843&fc=1&to=Liep%C4%81jas+AO&to-id=5495797&tc=1&date=2016-04-16>

Ticket prices vary around 8,55 EUR, the trip takes from 3,5 to 4 hours. Tickets can be bought from the bus driver before departure.

## Getting to the venue

Hostel is situated 10 minutes tram ride + 5 minutes walk from the bus station or, alternatively, 30 minutes walk from the bus station (see the map below).



## Accommodation

Venue: Hostel Perlite, 3 Hika street, Liepaja, LV-3401, Latvia.

Hostel is situated in a city park zone very close to the city centre and close to the seaside.

Participants will be accommodated in triple rooms with shared bathrooms.

<https://www.booking.com/hotel/lv/perlite.lv.html>



## Practical information

September in Latvia is the turn from summer to autumn, however, this year it is unexpectedly warm compared to other years. Due to warmer summer this autumn is also forecasted to be more humid, so chance of rain increases. Annual weather data forecast temperatures up to +15C during the day and as low as +5C during the night, so remember to take warm clothes and waterproof shoes with You as they can be very useful. And keep in mind that Liepaja as a seaside town is windy. For updated weather forecast check the actual information here:

<http://www.meteo.lv/en/laiks/?nid=638>

## Currency

Latvia is part of the European monetary union, and Euro is the official currency.

Bulgarian Leva, Turkish Lira, Czech Koruna and Romanian Leu are exchangeable in currency exchange offices in Riga. Check the exchange rates for consultation:

<https://tavex.lv/en/currency-exchange-rates/>

## Safety and protection

We will stay in a safe place, and we will do sport activities so we kindly ask You to have insurance for the days of the activity. We recommend to the participants to bring European Health Insurance Card, which is for free or acquire any other suitable insurance. <http://ec.europa.eu/social/main.jsp?catId=559>

## About Liepaja

Liepaja is the 3rd largest city in Latvia, located in the Western part of the country near the Baltic sea. It is an important industrial, transport, culture and education centre of Kurzeme region. For more information check <http://liepaja.travel/en/home/>

## What to bring

- Personal hygiene kit (shampoo etc.)
- Something for cultural evenings (flag, food, drinks, maps, songs, etc.)
- ID card or passport, insurance card

## Facebook group

We will have a Facebook group for the project for communication through social media, for getting to know each other and to share materials and photos.

## Contact details:

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