# POWER

Youth Exchange Latgale (Latvia) 20th-30th August 2019





Agency for International Programs for Youth Republic of Latvia



Co-funded by the Erasmus+ Programme of the European Union

# ABOUT THE PROJECT



25 participants from 18 to 23 years old, from 5 different countries, and 5 group leaders.



Learn and experiment interculturality and key WHAT? competences for the labour market.



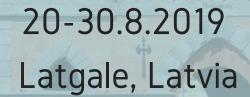
Non formal and experiential learning, workshops and activities, facilitated by the group leaders and by the participants.



- are 18-23 years old and like to spend time outdoors.
- are from Greece, Italy, Latvia, Poland or Spain.
- have NEVER participated in Erasmus+ projects.
- are curious and interested in meeting people from different countries, play games and work together.
- will participate in the preparation phase.
- will participate after the exchange in the organisation of a local event with support from the group leader.

# WHERE AND WHEN





ARRIVALS to Riga before 14h or to Daugavpils before 17:30 on the 20th

CCCC

DEPARTURES from Daugavpils after 12:00 on the 30th

DO NOT BUY ANY TICKETS UNTIL WE CONFIRM YOUR ITINERARY!

# YOUR INVOLVEMENT

By applying to this youth exchange you accept and agree to fully participate in all phases of the project that include:

- online preparation BEFORE the project,
- to fully participate in the activities DURING the youth exchange,
- to actively participate in the meetings with your sending organisation AFTER the youth exchange,
- to participate in organising, implementing and evaluating a local event with your national group for at least 25 people.



# DISSEMINATION



Every country group is expected to lead a local event or workshop in their community within 1,5 months after the project and send us photos and a short description of the event. This is a necessary requirement to receive the travel reimbursement (by bank transfer through the partner association).

# HOW TO GET TO DAUGAVPILS



#### By train:

https://www.raileurope.com/en/index.html

By bus: https://www.busradar.com/

By plane: http://www.skyscanner.com/

The nearest airports are Riga, Vilnius or Tallinn. From there you can take a bus or train to Daugavpils.



Do not buy ANY tickets until they are confirmed by the organisers.



# WHAT TO BRING

- comfortable and waterproof clothes and shoes (something that can get dirty) for 10 days
- a mug to give to someone in the beginning of the exchange
- a personal water bottle for hydration during workshops
- hygienic kit and towels, flip flops for the shower
- typical food and snacks from your country for the international evening
- traditional games, clothes, etc. to share with the group (optional)
- travel and health INSURANCE (European Health Card)
- invoices and travel tickets
- any necessary medicines and anything else you can't do without for 10 days (there are no shops near the venue)

# ABOUT THE PLACE



Participants will be hosted in shared rooms.

There will be no wifi.

The project is alcohol-free.

IF YOU HAVE ANY DIETARY NEED, DON'T FORGET TO WRITE IT IN THE APPLICATION FORM

### PROGRAM



DAY 0 - ARRIVAL OF THE PARTICIPANTS
Getting to know each other and the venue

DAY 1 - LET'S MEET!

Exploring the group, building the team, the rules and discovering the place.

DAY 2 - TRUST & LEARNING
Build the trust within the group, learn more
about methodology and youthpass.

DAY 3 - EXPERIENCE!

Participate in different experiential learning missions.

DAY 4 - GROUP LEADERS WORKSHOPS

#### DAY 5- DISCOVER THE SURROUNDINGS

DAY 6 - CHALLENGE!

Preparation of participants workshops

DAY 7 & 8 - PLAYGROUND

Implementation of participants workshops

DAY 9 - CLOSING

Overview and feedback. Closing and appreciation.

DAY 10 - EVALUATION AND DEPARTURES
Going back home with a different perspective.

# TRAVEL REIMBURSEMENT



Limit of the travel costs reimbursement: 275€ or 360€ according to country

20€ will be deducted from that total for the transport to/from the venue to Daugavpils.

Only the CHEAPEST PUBLIC TRANSPORT tickets will be reimbursed. Every itinerary needs to be APPROVED by the organisers before buying tickets.

You need to bring all the invoices and tickets, and send by post the original tickest after the project, otherwise you cannot get reimbursed.

You can spend a couple of extra days in Latvia, and it will be your own responsibility (you need to pay the accommodation, food, etc.).





Would you like to be part of Power-Up?

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