

# POWER UP

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



Agency for International  
Programs for Youth  
Republic of Latvia



**Sniegpulkstenīte**



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



# ABOUT THE PROJECT



WHO?

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



WHAT?

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



HOW?


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





THIS PROJECT IS FOR  
YOU IF YOU...



- 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



20-30.8.2019  
Latgale, Latvia



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



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?  
[poweruplatvia@gmail.com](mailto:poweruplatvia@gmail.com)



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