



Youth Exchange

BullyFree

Together Against
Bullying and Cyberbullying

Rezekne, Latvia
May 16 - 24, 2025



Co-funded by
the European Union

Hosting organization

Babilon Travel NGO is a non-governmental organisation based in Cluj-Napoca Romania, which is designing programmes and projects that promote the social and economic inclusion of young people with disabilities or fewer opportunities, on local and European level. These programmes and projects are widely using elements of non formal education, intercultural learning, active European citizenship and volunteering.



About the project

Bullying and cyberbullying are important issues that negatively impact the well-being and safety of young people worldwide. The “Together Against Bullying and Cyberbullying” (BullyFree) exchange will unite youth from diverse backgrounds to address these challenges. Participants will explore the causes, consequences, and prevention strategies through interactive workshops, discussions, and creative projects. The exchange will not only promote awareness but also equip young people with the tools and strategies necessary to promote empathy, inclusion, and mutual respect in their communities. The main aim of the youth exchange is to empower young people to recognize, address, and prevent bullying and cyberbullying while developing empathy and creating safer digital and physical environments. By emphasizing inclusivity, the Youth Exchange ensures that youth with sensory impairments and those facing other barriers are empowered to engage fully and advocate for positive societal change.

Project objectives

Objectives of the youth exchange are: to increase participants' knowledge of bullying and cyberbullying, including their causes, forms, and consequences; to foster empathy, inclusion, and mutual respect among participants for positive interactions in online and offline settings; and to provide participants with practical strategies, such as conflict resolution and digital safety, to address and prevent bullying.

Learning outcome

The primary outcome will be a collaboratively created storybook (visual/audio) depicting real-life scenarios of bullying and cyberbullying alongside acts of kindness, effective communication strategies and security strategies. The storybook will be designed for online sharing and as a teaching tool in schools, raising awareness and promoting positive behaviors among young people.

Participant countries

- Total participants: 40 young people + 2 facilitators
- Participating countries: Romania, Latvia, Poland, Czech Republic, and Lithuania

Participants profile

Eligibility Criteria

Participants must be citizens or legal residents of Romania, Latvia, Poland, the Czech Republic, or Lithuania.

- Young participants: Aged 17-30, with the ability to communicate in English.
- Youth leaders & accompanying persons: Aged 18+.
- Youth leaders: Must be actively connected to their sending organization.
- All participants: Should be open to engaging with both disabled and non-disabled peers in an inclusive and supportive manner.
- Commitment: Participants must attend for the full duration of the youth exchange.

Composition of Each National Team

Each partner organization will send 8 participants, structured as follows:

- 1 Youth Leader (18+), linked to the sending organization.
- 4 Typical Young Participants (17-30).
- 1 Young Person with Fewer Opportunities (17-30).
- 1 Young Person with Sensory Impairments (17-30).
- 1 Experienced Accompanying Person (18+).

Roles & Responsibilities

- Accompanying Person:
 - Provides direct support to the young person with sensory impairments.
 - Assists with communication, space navigation, and accessibility of activities and materials.
 - Ensures the young participant can fully engage, learn, and contribute.
- Youth Leader:
 - Guides and supports the team throughout the exchange.
 - Prepares participants before departure.
 - Facilitates group dynamics and, at times, leads activities.
 - Manages administrative tasks, including submitting required documents to the coordinating organization.
 - Contributes to follow-up actions and dissemination of project outcomes after the exchange.

Travel Information

In line with Erasmus+ Programme rules (funded by the European Union), travel costs will be reimbursed based on the most economical, eco-friendly, and efficient options. Eligible travel methods include low-cost flights, 2nd class train tickets, buses, minivans, and carpooling. Public transportation costs are also covered, but taxis are not eligible unless no public transport options are available.

To receive reimbursement, participants must provide original tickets, invoices, receipts, and boarding passes. Travel expenses will be reimbursed within 45 days after the mobility, provided that all required documents, tasks, and dissemination materials are submitted. Reimbursement will be made directly to the sending organization's bank account. No tickets should be purchased without prior approval.

Reimbursement is based on actual travel costs, which cannot exceed the Erasmus+ travel distance bands. Participants must use the Erasmus+ Distance Calculator, entering their starting point and "Rezekne, Latvia" as the destination to determine the maximum amount covered. If travel costs exceed the allocated lump sums, the participant or their organization must cover the remaining balance, as Erasmus+ is a co-funding programme.

Travel Plan

To ensure smooth logistics and encourage team bonding, all partners have agreed on a coordinated travel plan.

- On 15.05.2025, the Romanian team will depart from Cluj-Napoca by bus, picking up the Czech team in Krakow or Warsaw, and both teams will spend the night in Warsaw.
- The following morning (16.05.2025), the Polish team will join in Warsaw, and together they will continue to Vilnius, where the Lithuanian team will join them before heading to the final destination.

Further details on departure times and exact pick-up locations will be shared closer to the event.

Important information

To receive a YouthPass, participants must attend the full duration of the exchange and take part in all workshops. According to Erasmus+ guidelines, participants who fail to attend at least 80% of the activities may face partial or no reimbursement of travel or other expenses.

All participants must bring health insurance or a European Health Insurance Card (EHIC), as health coverage is not included in the project budget. Having valid health insurance or an EHIC is mandatory.

Participants should inform the organizers in advance about any allergies, food intolerances, or special dietary needs through the application form. This information will be communicated to the restaurant to ensure appropriate meal options.

Each country group should prepare at least two energizers to engage participants during the exchange.

Accommodation

Participants will stay at Zaļā Sala Guest House, in double rooms with private bathrooms. The accommodation offers basic but comfortable amenities, is located by the riverside, and is surrounded by nature. Rooms will be shared by two participants of the same gender.

The hotel provides free Wi-Fi, towels, and other essential amenities. Accommodation, food, and all project-related expenses are fully covered by the Erasmus+ programme. Meals will include both traditional and international cuisine.

📍 Hotel Address: Zaļā Sala Guest House
Rezekne, Griškānu pag., Litavnieki, "Zaļā Sala"

For more details, visit the official website:
hotelzalasala.lv



Location

The youth exchange will take place in Rezekne, Latvia, a city in the eastern part of the country (240 km from Riga), known for its beautiful lakes, rich cultural heritage, and green landscapes. The accommodation is about 2-3 km from the city center.

Weather & Clothing

In May, temperatures in Rezekne range from 16-20°C during the day and 6-10°C at night. Rain is possible, so it's advisable to bring a light waterproof jacket or umbrella, along with comfortable clothing.

Language

The official language is Latvian, but Russian and English are widely spoken, especially among younger people and in urban areas.

Currency

The currency in Latvia is the Euro (EUR). Credit and debit cards are widely accepted, but having some cash for smaller purchases is recommended.

Time Zone

Latvia follows Eastern European Time (EET, UTC+2) and switches to Eastern European Summer Time (EEST, UTC+3) during daylight saving time.

Other Practical Information

- Tap water is safe to drink in Latvia.
- Rezekne is great for nature walks, sightseeing, and exploring cultural landmarks.
- Power sockets are Type F (230V, 50Hz), the same as in most European countries.
- Public transport is available, but for short distances, walking or taking a taxi may be more convenient.



Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects. For more projects: Explore the world and learn together with the help of Tavo Europa.

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