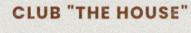
INFOPACK

E+ YOUTH EXCHANGE



KADAGA, LATVIA 14.07. – 23.07.











Agency for International Programs for Youth Republic of Latvia







If for some reason you have stumbled across this Infopack and you are reading it, you know – **THIS IS A SIGN!** Either a sign for good luck, a little nudge from the universe, or **to say yes to new adventures** (just like this one)!

Before you jump further, let me introduce myself – *I am the House Spirit* – someone who is invisible but always here, guiding you and keeping the youth and our NGO "Club "The House"" (yes, that's how I got my name) alive.

In this Infopack, you will find all the necessary information about the "My On(the)line" Youth Exchange – from what the project is about, what is the participant profile, and how to apply, to all the technicalities about travel, the venue, and Latvia itself. You will also hear some side info from me as well, and I will appear as a text bubble.

So grab a snack, get comfy, and let's dive into all the good stuff – everything you need to know to feel prepared, excited, and ready for the journey ahead!















The youth exchange My On(the)line brings together young people from across Europe to explore **digital identity**, **online self-expression**, **and healthy relationships with digital environments**.

In today's world, young people live much of their lives online – but **are we aware of the impact this has on our self-image, emotions, and well-being?** This project will dive into both **media literacy** and **mental health**, encouraging participants to reflect on their digital habits without judgment. We won't be demonizing social media – instead, **we'll look at how to use it intentionally and responsibly, in ways that support our well-being and empower civic engagement.**

It will be a space to step back from the digital routine, reconnect with ourselves and others, and return with fresh perspectives and healthier ways of engaging online.

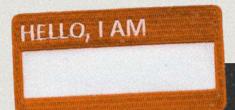
During this exchange, we will:

- Reflect on and build awareness of our digital identity
- Learn how to use digital tools for self-expression and civic engagement
- Explore the mental health impacts of digital life
- Share tools to create healthy habits and boundaries with technology

The program is based on **non-formal education** methods including workshops, group reflection, creative sessions, roleplays, art-based approaches, movement, and intercultural learning.



PARTICIPANT PROFILE



4 PARTICIPANTS PER COUNTRY

- 18 30 years old
- Basic knowledge of English
- Are interested in digital culture, mental health, and civic engagement
- Are motivated to engage in group learning and intercultural exchange
- Have **fewer opportunities** or **limited international experience** (priority group)

1 GROUP LEADER PER COUNTRY

- 20 30 years old Meets the same requirements as
- participants Has previous experience in Erasmus+
- projects Willing and ready to support their national
- team with travel, logistics, and emotional support Open to co-creating activities and sharing input
- during the project Available and proactive in preparation and follow- up phases

PROJECT owerview

JUNE Participant application process Travel plan coordination and ticket booking

1. - 10. JULY

Only APV for group leaders only
Online Whatsapp group for all participants

14. - 23. JULY

"My On(the)line" activity period, with travel days 14th and 23rd of July

AUGUST

Follow-up and dissemination activity period

SEPTEMBER

Travel reimbursement period



The **detailed project programme** will be shared with the selected participants in the WhatsApp group chat. Activities will take place daily from **10:00 to 19:00**, with two coffee breaks and lunch break between. The exact **date for the APV meeting** will be communicated individually to group leaders. Travel reimbursement may happen also sooner, but that **depends on completion of dissemination activities.**

LPIKUUNEG THE VEC

You will be hosted in lovely Latvian countryside in **Kadaga**, at the **venue "Laba pirts"** only 30km from Riga. You can find the exact location here.













You will be accommodated in rooms shared **by 2-4 people**, each with a **private bathroom.** There's also additional sleeping space in the attic (upper floor). Activities will take place in the second house or outside if weather allows. The venue provides with a lot of opportunities for free time activities - a volleyball court, swimming pool, sauna, grill area, and even an outdoor hot tub!

Participants will have meals three times a day + two coffee breaks.



Although we'll be staying in the countryside, there are other neighbors and just as we, latvians, seek peace in nature, please respect the **quiet hours from 23:00 to 08:00**.

* REIMBURSEMENT LOGISTICS

TRAVEL REIMBURSEMENT

Your travel costs will be reimbursed based on the official Frasmus+ distance calculator. Green travel – such as biking, taking the bus or train, or carpooling – is encouraged whenever possible. Reimbursement will be processed after full participation in the project, completion of all dissemination activities, and submission of required travel documents (boarding passes, invoices, etc.). Please note that reimbursement usually takes 2–3 months after the project.

Country	Max reimbursement per person (€)
Latvia	28 €
Lithuania & Estonia	285 €; Green travel only
Italy	395 € (green travel - 535 €)
Spain & Portugal	580 € (green travel - 785 €)

Please plan your travels accordingly so that you arrive at the venue between 16:00 and 19:00 on the 14th of July.

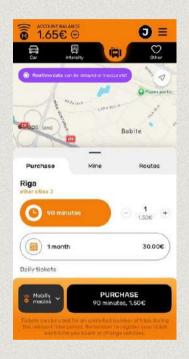


Do not book any tickets before you have sent them to the hosting organization for approval.

It is **fundamental that you keep all your original travel documents**: bus and train tickets, invoices, boarding passes; etc. The reimbursement cannot be done without these documents.

GETTING TO THE VENUE

To get from the airport or bus station to the venue, your best friend will be the "Mobilly" app. You can add your card details (or use Apple Pay) to pay for tickets online – and avoid losing physical ones (we know it happens!). But still the method with paying at the bus driver works, just then learn how to say "Labdien! Man vienu bileti uz..." (Hello, one ticket to...)

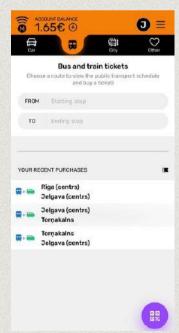


1. For your way in Riga

Option "City" A 90-minute ticket costs €1.50 and allows unlimited rides within that time – no need to worry about exact schedules! It takes about 30 minutes to get from the airport to the city center.

2. For your way from Riga to the venue

Option "Intercity" I Bus stop "Siguļi"
It's about a 50-minute ride, and the ticket costs
€2.20. This ticket is valid for one ride only and is
linked to a specific departure time.
Those who will come to Riga by bus or train (LT and
EE) will already arrive to the central bus station.



You will receive **more specific information** about getting to the venue later **in the common group chat.** There will also be **a group leader** with you, who will guide and support you with all the technical details.

PWHUEJEE ROJFAESCIL



Rita (LV) is someone who sees the world through a visual lens. She loves capturing the little moments and sharing feelings in the digital space. Rita believes that "sometimes, you have to become small in order to grow big," which is why she values mindful and intentional relationships with the online world.

With a background in multimedia communication and experience as a youth worker and fasilitator, Rita is passionate about connecting like-minded youngsters who are ready to reflect on their digital and real-life identities.

Benita (LV) is an experienced youth worker and project manager with eight years in the field. As a community leader and facilitator, she gently guides people toward mindfulness, well-being, and a deeper connection with themselves through yoga, meditation, and honest conversations about life.

She believes that "true happiness begins within us" when we learn to care for ourselves, embrace our feelings, and find balance in our busy lives.



INVOLVED PARTNERS SIDES



CLUB "THE HOUSE" - YOUTH FOR A UNITED EUROPE

LATVIA

Your host and best friend for (and after) the project;)







SHOKKIN GROUP ESTONIA
ESTONIA

ASOCIACIÓN JUVENIL ALMENARAS
SPAIN





AMADORA INOVA, E. M. PORTUGAL

GROUP ASSOCIAZIONE LISISTRATA

ASSOCIAZIONE CISISTRATA

SUNE HINGS APB LAST 101

WEATHER

In summer, it's around 17-25°C, but bare in mind, that it can also rain and get colder at night, so pack with you some sun protection, raincoats and warm clothes to not get eaten by mosquitoes.

MONEY

The currency used in Latvia is euro. You can easily pay with a card most of the time. We are digitalized, baby!

SAFETY

Although Latvia is located on the eastern border of Europe, neighboring an aggressor state, it remains one of the safest countries in the world. As a member of both the EU and NATO, Latvia prioritizes defense, security, and the national armed forces to ensure the safety of its people.

TIME ZONE

Latvia is in the Eastern European Time Zone (EET), which is UTC+2 in standard time, and UTC+3 during daylight saving time (EEST).

ELECTRICAL OUTLETS

Latvia uses the European standard Type C and Type F electrical outlets. If your devices have a different plug type, you may need an adapter.

TRANSPORTATION

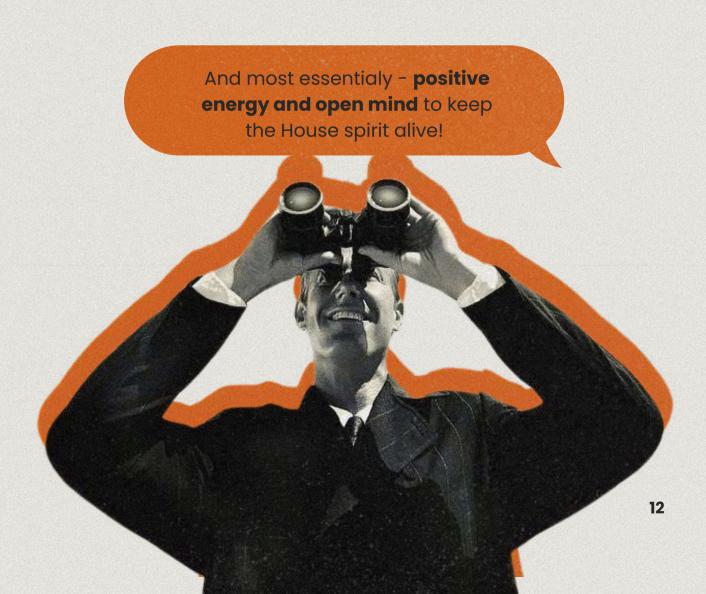
Latvia has a well-developed public transportation system, including buses, trams, and trains. Taxis and ride-sharing services are available in urban areas.

LATVIAN DIET

Latvian cuisine? Well, get ready for potatoes – in every form imaginable! You'll have them with dill, boiled, roasted, with sour cream, and, of course, the famous young potatoes. So, if you're not a fan of potatoes, you might want to rethink your visit! (Just kidding, we will also eat other goods!)

WHAT TO PACK

- Appropriate clothes for changing weather
- Swimwear if you wish to go to sauna and hot tub
- Your medicines
- EU health card, ID's/passport, tickets
- Pocket money
- Chainging shoes for indoors
- Personal toiletries: shampoo, shower gel ect.
- A reusable bottle of water
- Some typical snacks from your country to share for the cultural night



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 training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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. Join the group with more opportunities: https://www.facebook.com/groups/186132221744993



https://www.tavoeuropa.eu/ training-courses/eu-and-me

