



# YOUTH EXCHANGE IN LATVIA





# INTRODUCTION: ✨ ABOUT THE PROJECT

We are excited to invite partners from Latvia, Lithuania, Estonia and Rumania to join our youth exchange designed to empower young people through experiential learning, teamwork, and youth participation.

The project is ideal for school parliaments, youth councils, and active youth groups aiming to build leadership capacity and create meaningful impact in their communities.

Organized by: Rīgas Natālijas Draudziņas vidusskola & NGO “Move Up”

📍 Location: Riga, Latvia

🏫 Venue: Rīgas Natālijas Draudziņas vidusskola



# YOUTH EXCHANGE

**"LEADER IN ME"**  
**16.08. - 24.08.**

**FOCUS:**

**THIS YOUTH EXCHANGE IS DEDICATED TO HELPING YOUNG PEOPLE DISCOVER AND DEVELOP THEIR LEADERSHIP POTENTIAL. THROUGH HANDS-ON ACTIVITIES AND GUIDED REFLECTION,**

**PARTICIPANTS WILL:**

- **EXPLORE THEIR PERSONAL STRENGTHS, VALUES, AND LEADERSHIP STYLES**
- **GAIN TOOLS FOR EFFECTIVE COMMUNICATION AND DECISION-MAKING**
- **BUILD SELF-CONFIDENCE AND A DEEPER UNDERSTANDING OF THEIR ROLE IN GROUP DYNAMICS**



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



Jaunatnes starptautisko  
programmu aģentūra



# TARGET GROUP

- Young people aged 14–17
- Youth involved in school parliaments, youth groups, or community projects (or might be interested to be involved in future)
- 5 participants + 1 group leader from each country per youth exchange.
- No previous experience in international projects is required – openness and motivation matter most!



EXPERIENTIAL LEARNING –  
LEARNING BY DOING,  
FOLLOWED BY STRUCTURED  
REFLECTION SESSIONS

OUTDOOR ACTIVITIES – TO  
PROMOTE LEADERSHIP AND  
COLLABORATION IN REAL-  
LIFE SETTINGS

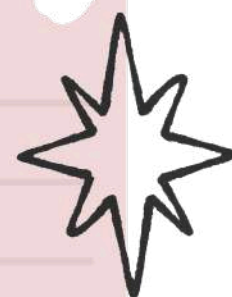
TEAM-BUILDING GAMES –  
ICEBREAKERS, PROBLEM-  
SOLVING, AND TRUST-  
BUILDING EXERCISES

# Our Methodology

SELF-REFLECTION & GROUP  
REFLECTION – DAILY  
REFLECTION SPACES TO  
PROCESS EXPERIENCES

CREATIVE WORKSHOPS –  
USING ARTS, MOVEMENT,  
AND STORYTELLING TO  
EXPRESS IDEAS

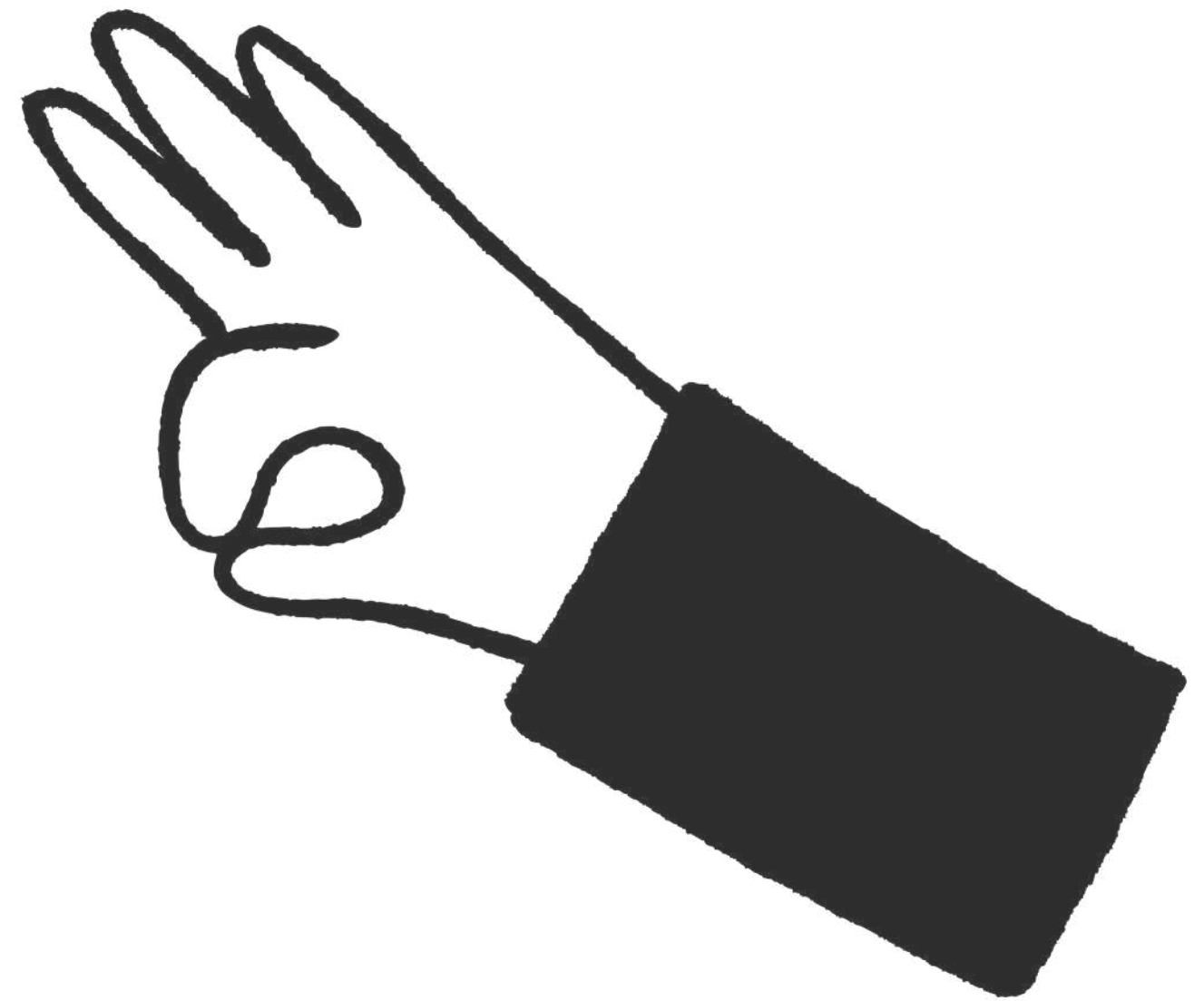
YOUTH-LED SESSIONS –  
ENCOURAGING PARTICIPANTS  
TO CO-CREATE AND  
FACILITATE PARTS OF THE  
PROGRAMME





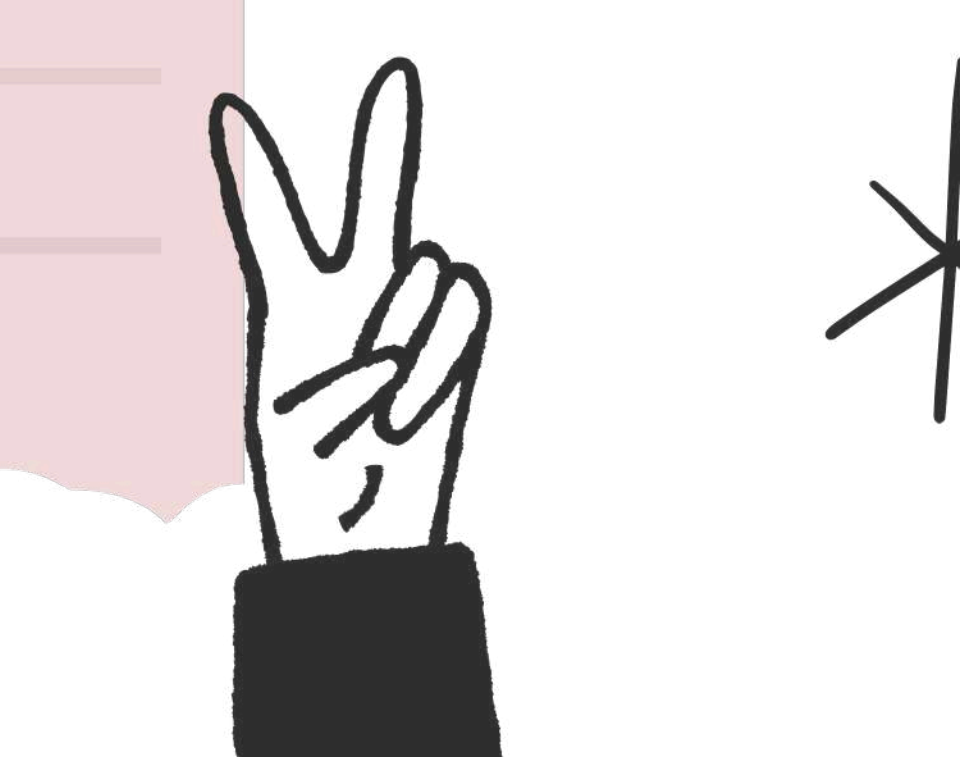

# PRACTICALITIES

- **ACTIVITIES WILL TAKE PLACE IN SCHOOL CLASSROOMS, WORKSHOPS ROOMS AND OUTDOORS**
- **SLEEPING ARRANGEMENTS: PARTICIPANTS WILL STAY IN CLASSROOMS, SLEEPING ON FOLDING BEDS WITH PROVIDED SLEEPING SACKS**
- **WE WILL PROVIDE THREE HEALTHY MEALS AND SNACKS PER DAY, TAKING INTO ACCOUNT ANY DIETARY NEEDS OR ALLERGIES.**
- **TRAVEL - FOR LITHUANIA AND ESTONIA WE WILL ORGANIZE A SMALL BUS, THAT WILL PICK YOU UP AND DELIVER YOUR GROUP**





# EXPECTED OUTCOMES: BENEFITS AND SCOPE



Through this youth exchange, participants will strengthen their leadership and teamwork abilities, gain a deeper understanding of themselves and others, and build essential life skills such as communication, problem-solving, and initiative-taking in a supportive, intercultural environment. They will return home more confident, motivated, and equipped to actively contribute to their school parliaments, youth groups, and local communities, becoming positive changemakers in their surroundings.



# CONTACT US



PROJECT COORDINATOR IN LITHUANIA

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# JOIN NOW WITH TAVO EUROPA!



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. JOIN THE GROUP WITH MORE OPPORTUNITIES:



[HTTPS://WWW.FACEBOOK.COM/GROUPS/186132221744993](https://www.facebook.com/groups/186132221744993)