

RESILIENT COMMUNITIES, BRIGHTER FUTURES

Project Agreement Code: 2025-1-LV02-KA152-YOU-000302735

Erasmus+ Youth Exchange

RIGA, LATVIA
21 NOVEMBER - 28 NOVEMBER 2025

PROJECT NEEDS

Resilience is essential for young people facing challenges like climate change, mental health issues, and economic instability. In Latvia, these challenges are intensified by emigration, regional inequalities, and natural disasters. Our project aims to strengthen young people's ability to cope with crises by developing their emotional, practical, and leadership skills through stress management sessions, crisis simulations, digital tools, and small community projects. We also promote creativity, inclusion, and intercultural exchange. The project aligns with the Erasmus+ programme by supporting learning mobility, personal growth, intercultural understanding, social inclusion, sustainability, and non-formal education. It empowers youth to become active and responsible citizens in a stronger, more united Europe.

Here is the example of what daily activities would look like. Please keep in mind that, the project timelines and sequences are subject to change and the latest version of the detailed project agenda will be shared on the first day of the project: ActivitySchedule Overview

GOALS

- Participants will gain key skills like teamwork, public speaking, and decision-making through practical workshops and simulations.
- They will connect with peers from different countries, learning about other cultures and breaking stereotypes.
- Leadership roles will help them take initiative and feel empowered in their communities.
- Group work will boost creativity, innovation, and problem-solving.
- Emotional well-being activities will teach stress management and adaptability.
- Participants will better understand Erasmus+ and its impact on youth-led change in Europe.
- The project encourages civic responsibility through volunteering and community engagement.
- Communication in English will improve their language skills.
- They will also become more aware of key issues like climate resilience and digital literacy.



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SELECTION CRITERIA

Age Requirements: Young people that are aged between 18 - 25 years old.

The Number Of Participants: We are looking for 24 participants in total. 6 number of participants per national team must join our project.

Gender Balance: 3 men and 3 women participants per national team must join our project.

Language Requirements: English language proficiency level is intermediate.

Health Insurance: Participants are required to have valid medical insurance for the entire duration of the program. The insurance should provide comprehensive coverage for medical emergencies, accidents, and illnesses that may occur during the program as well as the reparation coverage, and if the participant needs to be transported back to their home country for medical reasons. Participants who does not obtain a health insurance accepts to cover all their costs if a medical emergency occurs.

Motivation: If you are ready to grow, embrace challenges, build resilience, and make a positive impact in your community, join us to learn, create, and inspire others.

Fewer Opportunity Background: There must be 2 participants from each national team with **economical, geographical, cultural and social disadvantaged backgrounds.**



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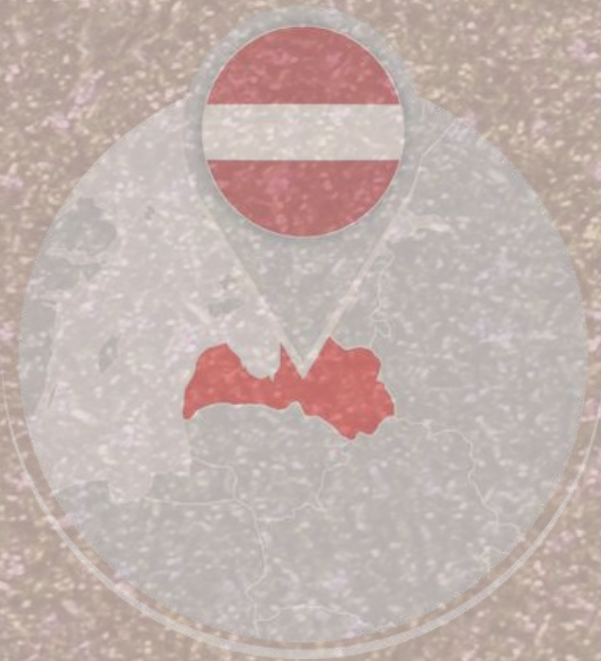
TRAVEL INFORMATION

Country Name	Role	Travel Limit (EUR)	Number of Participants	Arrival Date	Departure Day
Latvia	Local Coordinator	28	6	21.11.2025	28.11.2025
Italy	Project Partner	309	6	21.11.2025	28.11.2025
 Hungary	Project Partner	417	6	21.11.2025	28.11.2025
 Lithuania	Project Partner	285	6	21.11.2025	28.11.2025

It's essential to arrive at the accommodation by 21 November 2025 at 15.00.

Participants must leave the accommodation by 28 November 2024 at 11.00.

Participants from Lithuania and Hungary will use green travel options to reach the project. Green travel means avoiding air travel and taxis, and instead using trains, buses, or carpooling with others via shared vehicles or public transportation.



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TRAVEL INFORMATION

Travel limit:

Travel limits are presented on the table above. There may be 2 possible outcomes:

If you have spent less than the limit: For example, your limit is 275€ but you have spent 180€, you will receive 180€.

If you have spent more than the limit: For example, your limit is 275€ but you have spent 300 euros. You will be reimbursed 275 euros

Travel to Project Venue:

From Riga Airport (RIX) to Hotel Viktorija:

By public transport:

- Take bus **#22 to Autoosta** (Central Bus Station).
- Transfer to tram **#1 or #11** and get off at **A. Čaka iela**.
- Walk about 3–4 minutes to Aleksandra Čaka iela 55.

WHAT TO DO IN AN EMERGENCY:

POLICE	110
MEDICAL EMERGENCY	112
FIRE DEPARTMENT	112



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TRAVEL REIMBURSEMENT

- Maximum travel reimbursement amounts are as listed on the table above. Participants are required to choose the most competitive travel options while booking their tickets.
- Before booking your tickets, you need to receive a confirmation from us. Tickets booked without our prior confirmation will not be eligible for reimbursement.
- It's crucial to retain boarding passes and gather necessary documentation such as e-tickets, invoices, and proof of payment. For train and bus tickets, ensure visibility of the date, itinerary, and price. Please note, taxi expenses cannot be reimbursed.
- **PHYSICAL BOARDING PASS:** If you have a physical boarding pass, please keep them. You will be required to provide the scan of physical boarding passes for reimbursement.
- **ONLINE BOARDING PASS:** If you have an online boarding pass, we only accept those downloaded in PDF format from the official airline's website during the check-in process. Screenshots of boarding passes are not accepted. If you did not have the option to download your boarding pass during check-in, you can request a PDF version by emailing the airline in advance, at least 5 hours before boarding your flight
- All participants are required to provide necessary documentation to the organization directly. Tickets purchased through a travel agency will not be covered under reimbursement policies.
- Reimbursement will be provided to the appointed team leader, who will distribute funds among group members accordingly. Any intermediate charges occurring during the distribution of the reimbursement amounts between participants are not covered by us.
- The reimbursement process occurs up to 3 months following submission of all essential documents, including return documents.

In order to be eligible for reimbursement, participants must complete all requirements stated in the Reimbursement Guidelines & Participant Agreement, which will be shared at a later stage.



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ACCOMMODATION AND FOOD

The project provides full coverage for accommodation and three meals daily through the Erasmus+ Programme. There will be one course of meal per participant. We strive to offer the finest accommodation available. The project will take place between 21 November to 28 of November, 2025 (including arrival and departure days) in Hotel Viktorija, Latvia

During the stay, participants will stay in shared room with a capacity of **4** people in each room. Each bedroom includes twin beds. Each room is equipped with a private bathroom.

Check-in at 13:00 on 21.11.2025
Check-out at 13:00 on 28.11.2025

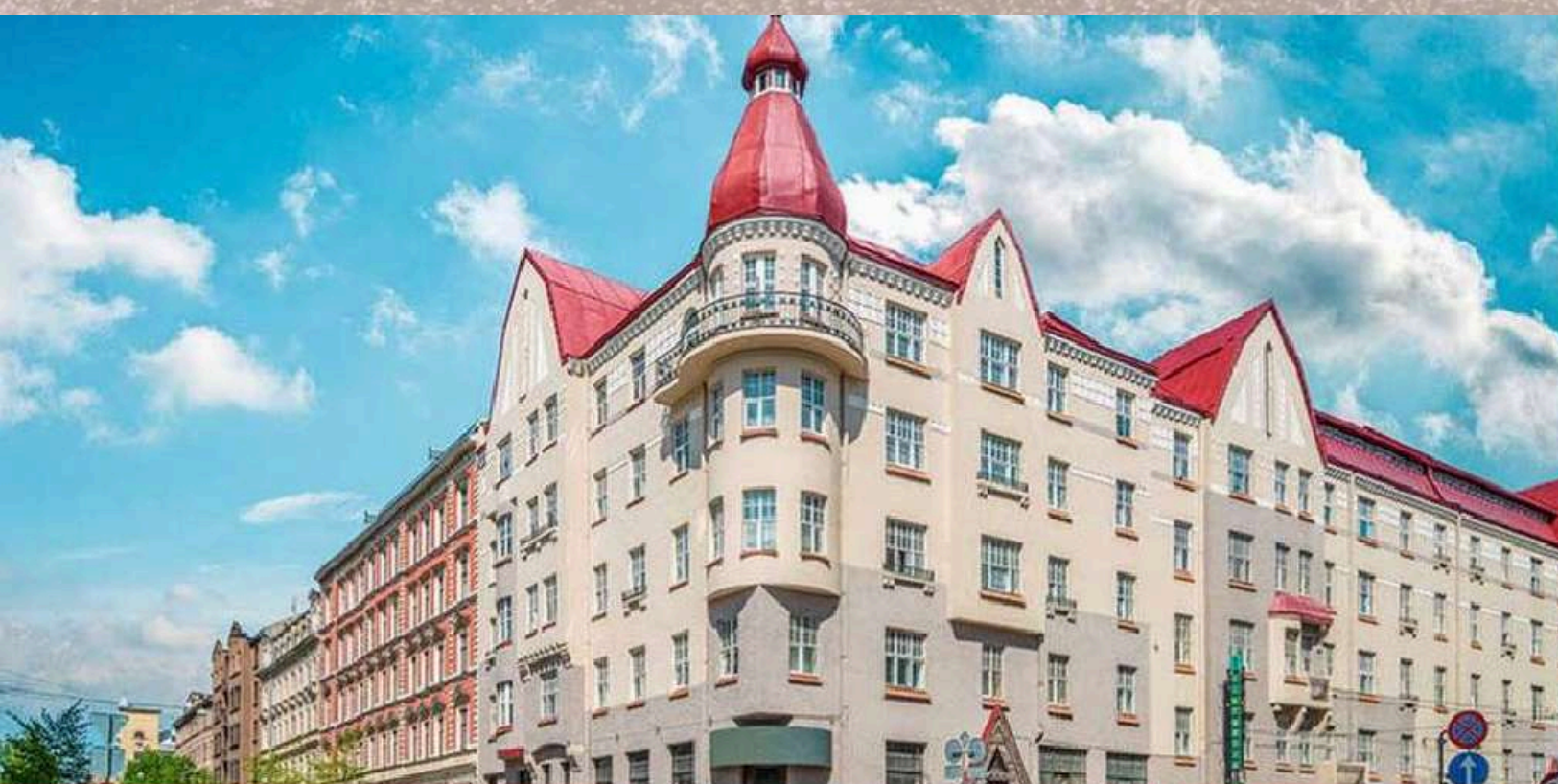
Meals will be provided to participants three times a day: Breakfast will be intercultural, lunch and dinner will be served either at the accommodation or at local venues, and the training room will be located inside the accommodation.

Upon arrival to the accommodation, on 21.11.2025, dinner will be served at 19:00 to project participants. Participants will have breakfast on 28.11.2025 before departure.

The designated accommodation, Hotel Viktorija, Aleksandra Čaka iela 55, Centra rajons, Rīga, LV-1011, Latvia



[Accommodation link](#)



WHAT TO BRING

Cultural Night: Traditional food, snacks, drinks, and attire for the Cultural Night Event.

The shopping cost is on the presenting country group. Coordinate with your national group regarding planned activities such as presentations, traditional dances, games, or quizzes.

Laptop: At least 1 person per national group is required to bring a laptop for activities which require usage of digital tools.

Please bring warm clothing as it will be the start of the winter season and the weather will be cool, so we recommend packing warm clothes

Bed sheets, towels and hair dryers will be provided by the hotel.

Positive Attitude and eagerness to work.

Openness to learning and willingness to share knowledge with others.



CONTACT US



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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:

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Join the group with more opportunities:



<https://www.facebook.com/groups/186132221744993>





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