

MY BACKPACK

ERASMUS+ YOUTH EXCHANGE

BERNĀTI, LATVIA

25.06.2026 - 03.07.2026



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the European Union



WHO CAN PARTICIPATE?

PARTICIPANTS (5 per country)

- 18-28 years old
- Able to communicate in English (can understand and express their ideas)

We are looking for participants who are:

- open-minded, motivated, and ready to actively participate
- committed to **fully participate** in the entire project duration
- willing to take part in both indoor and outdoor activities
- ready to **co-create** the programme and lead or **support at least one session**
- willing to take initiative and contribute to participant-led activities
- interested in **personal development** and learning through non-formal education
- **curious about different cultures** and open to meeting people from other countries
- willing to share their experience during and after the project (e.g. social media posts, local activities)

Participants with fewer opportunities are especially encouraged to apply

GROUP LEADER (1 per country)

- 18+ years old
- Has previous experience in Erasmus+ or similar youth projects
- Able to communicate in English (can understand and express ideas in conversations)
- Supports and guides their national group before, during, and after the project
- Helps participants feel included, safe, and engaged in the activities
- Cooperates with the organising team and supports the implementation of the programme when needed
- Responsible, proactive, and motivated to learn and contribute to the group process
- Ready to learn from organizers and gain amazing skills and knowledge

***Make sure you are ready to stretch your comfort zone, spend time with 27 other people for 9 days, participate in all activities, share your ideas & and have a great time!**



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ABOUT PROJECT

"MY BACKPACK" is an Erasmus+ youth exchange project that will **focus** on young people's **mental health, emotional wellbeing, and flexibility**.

The idea of the project is based on the **metaphor** that every person carries an invisible backpack in their daily life - filled with emotions, stress, experiences, expectations, fears, and also strengths, dreams, and resources. During the project, participants will explore what they carry in their own "**backpack**" and what tools they need to feel balanced, confident, and emotionally well.

The project will bring together young people from different countries to learn about mental health, emotional regulation, stress management, self-awareness, and healthy lifestyle habits through non-formal education methods.



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WHAT WILL WE FOCUS ON IN THIS PROJECT?

- To increase young people's understanding of mental health and wellbeing.
- To help participants learn how to recognize and manage their emotions.
- To provide tools for stress management, preventing overload and burnout.
- To strengthen young people's relationship with themselves, self-awareness, and self-confidence.
- To introduce mindfulness practices
- To develop reflection skills and the ability to understand personal needs and values.
- To support young people in creating their own Personal Wellbeing Toolkit for everyday life.
- To promote intercultural learning, sharing experiences, and mutual support between young people from different countries.
- To improve participants' communication, cooperation, and self-expression skills.



OUR GOAL IN THIS PROJECT

The goal of the project is to **support** young people in **improving** their mental wellbeing, emotional flexibility, and self-awareness by **providing** practical tools and methods that help them manage stress, emotions, and everyday challenges.



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HOW MANY PEOPLE CAN PARTICIPATE?

Partner Countries	Name of the organisation	Number of participants
Latvia (applicant)	Keep The Change	6 Participants + 1 Leader*
Slovakia	YIC – Youth Initiative Cana Slovakia	5 Participants + 1 Leader*
Spain	Asociacion MIRAS	5 Participants + 1 Leader*
Lithuania	TAVO EUROPA	5 Participants + 1 Leader*

Project will be implemented in the frame of the **ERASMUS+ Programme**.

Accommodation, living, working materials & other project related expenses will be **funded 100% by the European Commission**

*LEADER in Erasmus+ Youth Exchange play a crucial role in creating a positive and enriching experience for participants. They provide guidance, support, and mentorship, helping young people make the most of their exchange journey and fostering personal growth and development. Age for leader: 18+



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TIMETABLE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME	25.06.	26.06.	27.06.	28.06.	29.06.	30.06.	01.07.	02.07.	03.07.
9:00-10:00	Arrival to the project place	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00-11:30		Official opening	Mindstorm	Mindstorm	Mindstorm	Mindstorm	Mindstorm	Mindstorm	Mindstorm
11:30-12:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
12:00-13:30		Expectations, fears, suggestions of youth exchange	Emotions in me	Stress?! Who are you?	My money coming back to me	Needs and Values	My inner batteries	People know about us	
13:30-15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00-16:30		Creating safe space, and making friends	What I know about erasmus+ and youth pass?	Time to relax	Chill and chill	Map about myself	Sharing is caring	I'm visible	Departure BY 8:00 am
16:30-17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00-18:30		Me vs I	Me as the best version of human being	Me in other people eyes	Chill and chill	I'm powerfull	I'm the best version of myself	Final evaluation	
18:30-19:00		Journaling	Journaling	Journaling		Journaling	Journaling		
19:00-20:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00-21:00	Hello, hello party	Evening activity	Evening activity	Evening activity	Evening activity	Evening activity	Evening activity	Bye, bye party	

*The programme may be adapted based on participants' needs and group dynamics. The organisers reserve the right to make necessary changes.

PLACE WHERE WE WILL STAY



CHECK HERE

The participants will stay in
Bernāti, Latvia, camping "Ērgļi"

2-4 people in one room
(maximum 5 people)

80% VEGETARIAN MEALS

3 meals per day + 2 coffee breaks

There will be lots of tasty food during the project. From our experience, participants usually go home with an extra 2–3 kg after the project 😊 So you definitely won't be hungry!



Near a **beach** and **forest**



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WHAT TO BRING

- Bring **swimsuits**, the venue is near the white sand beach, but it can be pretty cold :)
- Bring a **warm jumper**, nights can get colder sometimes
- Bring comfortable clothes for indoor and outdoor activities
- Any **medications** you need to use while in the project
- At least **1-2 laptops** per country so we can use digital tools
- Bring traditional food to present your country. We will have cultural evening.
- European Health Insurance Card (EHIC)
- Towel
- Toiletries (shampoo, shower gel, personal hygiene items)
- Reusable water bottle



ESSENTIAL THINGS TO KNOW



QUIET HOURS AT THE CAMPING SITE

We will be staying in a beautiful camping area where quiet hours start from **23:00**. We kindly ask everyone to respect this rule so we can maintain a good relationship with the place and allow everyone to rest properly.



EVENING ACTIVITIES / PARTIES

If participants would like to spend time together, talk, play music, or have small evening gatherings, these can take place **at the beach after 23:00**, so we do not disturb others at the camping area or in the local village.



DEPARTURE ON THE LAST DAY

On the last day, we will organize transport for all participants to Liepāja bus station so everyone can **catch the 08:00 bus to Riga**.



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ESSENTIAL THINGS TO KNOW



INSURANCE

Organizers will provide local health insurance for accidents during the project.

!!!Please note: this does NOT cover travel issues.

Each participant is responsible for their own travel insurance (for example: missed flights, delays, lost luggage, etc.).

The organisers will **NOT** cover or reimburse new tickets if your travel plans change.

SHARING YOUR EXPERIENCE

This project is part of Erasmus+, and sharing your experience is an **important** part of it.

Each participant can choose HOW to share their experience during AND after the project. This can be one of the following:

- a social media post with pictures and an amazing description.
- a video or reel with an amazing description of your experience.
- a blog or article
- a post on your school / university / organisation page

IN YOUR CONTENT, SHARE INFO WITH OTHERS ABOUT:

- what Erasmus+ is
- what you experienced
- what you learned
- why you would recommend this experience to others

Additionally, **we encourage you** to organise a small local activity (for example, a talk with friends, a meeting in a youth centre, or any simple gathering) where you share your experience from the project.



SMALL DAILY RESPONSIBILITIES

The project takes place in a simple and friendly environment where we all take care of shared spaces together.

After meals, each participant is expected **to wash their own dishes and clean after themselves.**

It's a small task that only takes a few minutes and helps keep the space clean and pleasant for everyone.



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TRAVEL OPTIONS

1



Flight destination
Riga Airport (RIX)
(ARRIVE in Riga by LATEST 15:00)

Because you will need to travel 3-4h to project place. And the last bus to project place is at 20:40 from Liepāja. And to get to Liepāja from Rīga you need to travel at least 3h. Latest time to start travel from Riga to Liepaja - 17:00



No.22

Then with bus **No.22** from bus station "Lidosta" you will go to the station "Autoosta"

it will take you **30-45 min**, depending on the traffic - your helper in this situation will be Google Maps

2

From "Rīgas Starptautiskā autoosta" you must take bus **Rīga SAO (or Rīga coach station) - Liepāja AO (or Liepāja coach station)**

you can buy tickets before -

1. <https://luxexpress.eu/lv/> (comfortable bus)
2. https://www.bezrindas.lv/lv/autobusu-biletas/choose/45/32/1/20240115/0/0/ee7e21ee85db1dd138d4e9fd_baf5e5d1efb46792



The ride will take approximately
3 hours and 30 minutes



The first bus from Riga to Liepāja leaves at 07:05

3

**Arrive to Bernati on 25.06.
from 18:00 to 21:00**

Take a bus from the same bus station you arrived in
"Liepaja to Alpi"

prepare cash and check the bus times:
<https://www.1188.lv/en/transport/buses>

From
Liepāja

To
Alpi



TRAVEL COSTS

Countries	Travel plan	Costs
Latvia	Green travel	56 EUR *
Slovakia	By plane	309 EUR
Spain	By plane	395 EUR
Lithuania	Green travel	285 EUR *

**Below 500 km, participants will, as a general rule, travel with low-emissions means of transport. Over 500 KM, participants are strongly encouraged to use a combination of different modes of transport to make their travel more sustainable.

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It is possible for you to have 2 extra days before or after the project to explore Latvia and still get the money back for your travel tickets to and from the project.

Organizers “Keep the Change” need to see your travel options before you buy tickets. Tickets purchased without our confirmation will not be accepted and reimbursed.

TRAVEL REIMBURSEMENT RULES

Travel costs will be reimbursed based on the Erasmus+ distance band and according to the following conditions:

- Only economy class / standard tickets will be reimbursed (e.g. economy flight tickets, standard class train or bus tickets).
- The project supports cost-efficient and reasonable travel options.

Please note that the following costs will NOT be reimbursed:

- First class or business class tickets
- Taxi or private transport services (e.g. Bolt, Uber, private drivers), unless explicitly approved in advance by the organisers
- Additional services such as seat selection, priority boarding, extra luggage (unless necessary and agreed in advance)
- Any unnecessary or luxury expenses

Before purchasing tickets:

- Participants must send their travel plan to the organisers and receive approval
- Only approved travel options will be eligible for reimbursement

Important:

- Reimbursement will be made only after full participation in the project and submission of all required documents (tickets, boarding passes, invoices, etc.)



HOW TO GET MONEY BACK FOR YOUR TRAVEL

*Submitted documents of costs will be reimbursed to the bank account of the participant or your sending organization within **4 months** after receiving all documents and filling in the **PARTICIPANTS REPORT AND DOING THE HOMEWORK**

*The travel documents are **plane tickets, invoices** (not only boarding pass), boarding passes (for all the parts of air travel), **ORIGINAL** or electronic bus/train tickets

YOU ARE EXPECTED TO PARTICIPATE IN ALL ACTIVITIES

UNAUTHORIZED ABSENCE FROM ACTIVITIES AND WORKSHOPS IS NOT PERMITTED IF LESS THAN 90% OF THE PROGRAM IS ATTENDED, IT WILL NOT BE POSSIBLE TO BE REIMBURSED FOR THE TRAVEL COSTS



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MEET THE TEAM



Andra Štāle

Founder and project manager at NGO "Keep the Change"

Mind & growth coach | Trainer | Facilitator

I help people recognise their SUPERPOWERS and turn ideas into clear, actionable plans. With 8+ years of experience working with youth, schools, NGOs, and women in business, I have designed and implemented 50+ projects in Latvia and internationally, mainly within the Erasmus+ framework.



Andželika Ivaščenko

Project Manager at NGO "Keep the Change"

Youth center manager | Youth Worker | Facilitator | Project Coordinator

Manager at Nica Youth Center and as a youth worker in the South Kurzeme Municipality, where organize activities, projects, and learning opportunities for young people.

In "Keep the Change" work as facilitator and project organizer, also I focus on social media management, project writing, workshop development, and project coordination.



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WEATHER



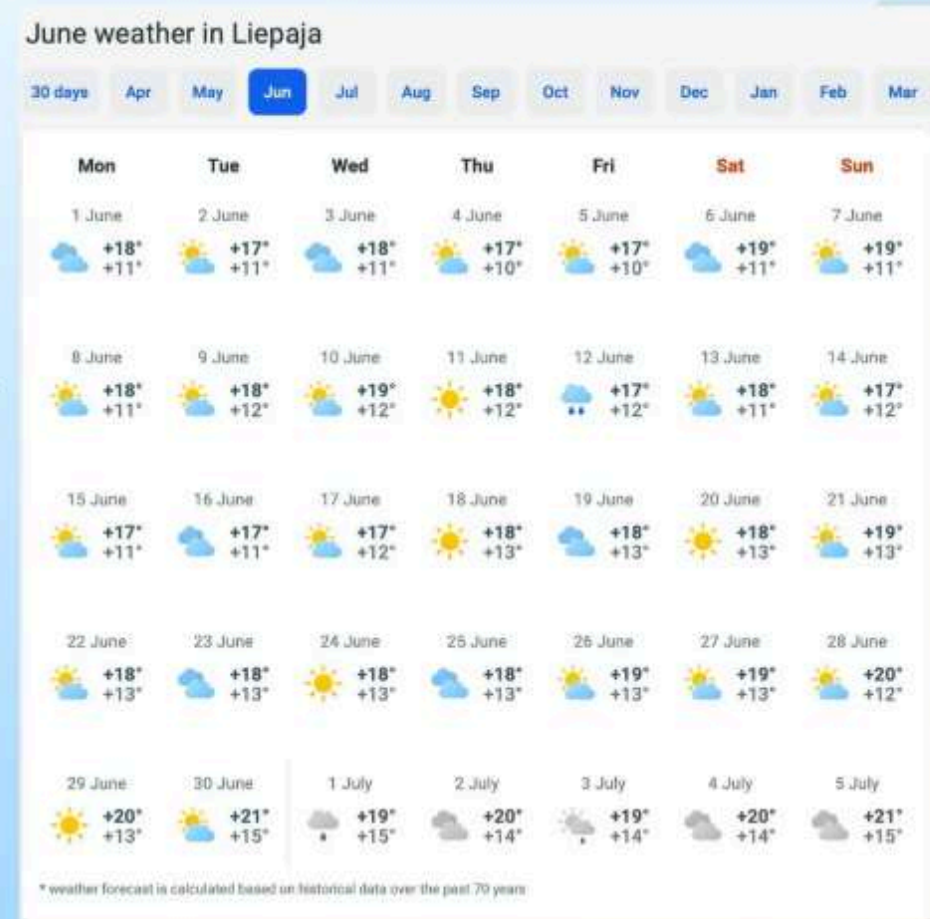
Weather in Latvia:

<https://www.meteoprog.com/weather/Liepaja/month/july/>

The temperatures in Bernāti in **June/July** are comfortable- with lows of 14°C and highs up to 23°C

Some days during the project you can **expect rain, so bring some waterproof jackets** (it's up to your comfort)

Before the project, please **check the weather**, because in Latvia it changes a lot! It can be also super sunny and warm.



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WHAT OTHERS SAY ABOUT OUR PROJECTS

AMAZING. I felt really comfortable, I could be myself without feeling judge and that felt amazing, I'm really grateful to Andra and Andzelika.

The project was very well managed. The flow of the sessions was smooth and balanced – there was a good mix of learning, reflection, and fun. Communication before and during the project was clear and helpful; we always knew what to expect and who to contact if we had questions. The program structure made sense and allowed us to gradually build trust and go deeper into the topic of mental health. The reimbursement procedure was also well-organized and transparent, with clear instructions and timely support.

Yes, I felt completely safe, respected, and encouraged to participate throughout the project. The atmosphere was open and non-judgmental, and the team made sure everyone's voice was heard. It was easy to express my thoughts and feelings, even on sensitive topics like mental health.

Andra it s a super energetic person that always know how to talk with us and what to say. I saw that she was so involved in everything, i love that.

Very active in this project and i could see on her face that she liked leading this project. very good impression you are awesome

Yes, we were all invited to share our feelings, but also to check with our own energy levels and to take care of ourselves.

Yes, I think that in this project we were really encouraged to speak up and express our thoughts and feelings. In every discussion there were open questions asked to us and we were free to answer them or/and to listen to others.

The support from the organizing team and trainers was excellent. They were always approachable, friendly, and ready to help with anything we needed – both personally and within the group. The trainers created a safe and inclusive environment where we felt heard and supported, especially when discussing sensitive topics like mental health.

Organized and kind. Making the sessions well understandable and holding the space and structure so all the participants can take from the sessions as much as possible. Very open and kind.

Just an example to follow. I also admire her deeply. She is kind, fun, hardworking and also delivers great sessions. She is very friendly and close with us, but knows how to be on her feet when needed. She is a model for me :)

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THANK YOU FOR THIS INCREDIBLE EXPERIENCE! I will never forget it!!!



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MEET THE LOCAL TEAM



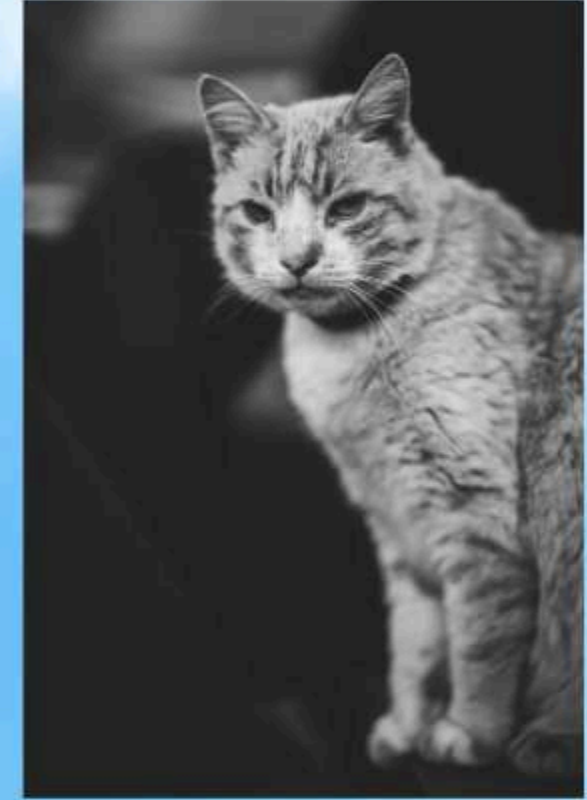
Bongo

Judgmental, likes to be petted max 3 times - 4th time is at your own risk. Walks around like he owns the place.



Leo

Emotional support dog, sometimes steals a shoe, always present. Active participant in all activities. Loves to be loved. Loves to give love.



Čārlijs - Charlie

You might see him twice during the project, kind of old and grumpy, loves some head scratch.

*All of them will be in the project place the whole time.



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Contact Us!



Project Coordinator in Lithuania

Austeja Amankaviciute

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Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

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:

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



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