

INFOPACK

E+ YOUTH EXCHANGE

# Imp(act)

CLUB "THE HOUSE"

DAUGMALE, LATVIA  
31.05. – 08.06.



Agency for International  
Programs for Youth  
Republic of Latvia



Co-funded by  
the European Union



TAVO EUROPA



# Hi, dear!



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 "**Imp(act)**" **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!**



# WHAT IS THIS EXCHANGE ABOUT?

A hand holding a globe, symbolizing global impact or responsibility.


Do current **political events feel dull and meaningless?** Do you **feel hopeless about the future?** Do you sense a **disconnection from society** and feel like there's nothing you can really impact?

**Erasmus+ youth exchange "Imp(act)"** brings together young people (*just like you*) to support a **shift from feelings of disconnection and hopelessness towards a stronger sense of citizenship and participation in democratic life.** Through the project, you will build your own opinions, identify your personal sphere of influence, and explore practical ways to contribute to society.

**Just as the project name, We will cover 3 layers of impact in democratic life:**

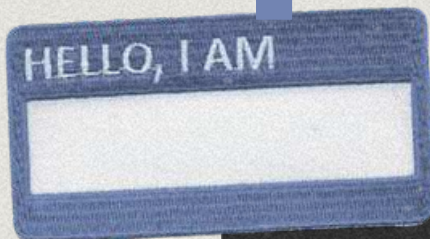
- **What impacts?** – understand what is happening in the world and how it affects your life, while exploring why many young people feel disconnected from it.
- **I'm-pact** – reflect on your own values, build your own opinions, and discover your personal role in society.
- **(act)** – turn your thoughts into action by identifying your sphere of influence and creating your own way of contributing to society.

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

A globe with a bite taken out of it, symbolizing the impact of individual actions on the world.

What's the point to act if I can't change the world?

# PARTICIPANT profile



## 5 PARTICIPANTS PER COUNTRY

- **18 – 30** years old
- Basic knowledge of **English**
- Are interested in **participation in democratic life, active citizenship** & motivated to **create impact**
- 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 overview

## TIMELINE

### 24. APRIL - 7. MAY

Participant application & selection process

### 8. - 17. MAY

Travel plan coordination and ticket booking

### 18. - 30. MAY

Online pre-departure call for group leaders

Whatsapp group for participants & communication of logistics

### 31. MAY - 8. JUNE


Erasmus+ "Imp(act)" youth exchange activity period, with travel days of 31<sup>st</sup> May and 8<sup>th</sup> June

### 9. - 31. JUNE

Follow-up and dissemination activity period

### 1. - 31. JULY

Travel reimbursement period

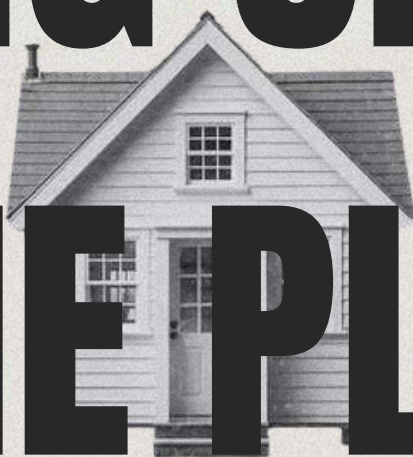


The **detailed project programme** will be shared with the selected participants in the WhatsApp group chat. Activities will take place daily from **10:00 to 19:00**, with two coffee breaks and lunch break between.

The exact **date for the online pre-departure meeting** will be communicated individually to group leaders.

**Travel reimbursement will be done only after full completion of dissemination activities.**

# LIVING SPACE & THE PLACE



Participants will be hosted in lovely Latvian countryside in **Daugmale, venue**

**"Upes Villa"** ~40km from Riga. You can find the exact location [here](#).



Participants will be divided by **2-4 people in one room with private bathroom**. Activities will take place in the second floor or outside if weather allows that.

Venue provides with a lot of opportunities for free time activities - volleyball court, grill place and even swimming place in river Daugava.

Participants will have **meals three times a day + two coffee breaks**. Meals mostly will be **vegetarian**, to minimize the impact on environment



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**.

# TRAVELING reimbursement

## LOGISTICS

### TRAVEL REIMBURSEMENT

Your travel costs will be reimbursed based on the official [Erasmus+ 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 **1-2 months after the project**.


Country	Max reimbursement per person (€)
Latvia	28 €
Lithuania	245 €; Green travel only
Portugal	540 € (green travel - 745 €)
Spain	540 € (green travel - 745 €)

Please plan your travels accordingly so that you **arrive at the venue between 16:00 and 19:00 on the 31<sup>st</sup> of May & leave the venue between 6:00 - 11:00 on the 8<sup>th</sup> of June**

**Every participant will get civil, accident and travel insurance**, so the price of it is calculated already off from the travel reimbursement



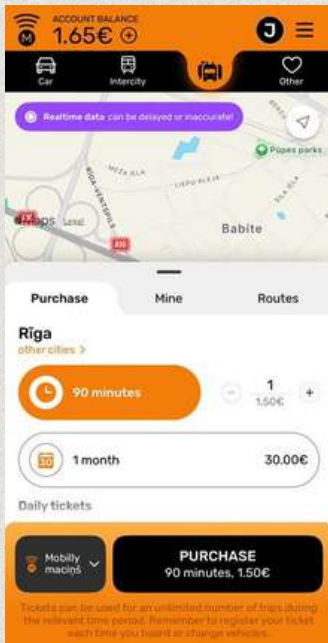
**Do not book any tickets before** you have sent them to us (hosting organization) for approval.



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 biļeti 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!

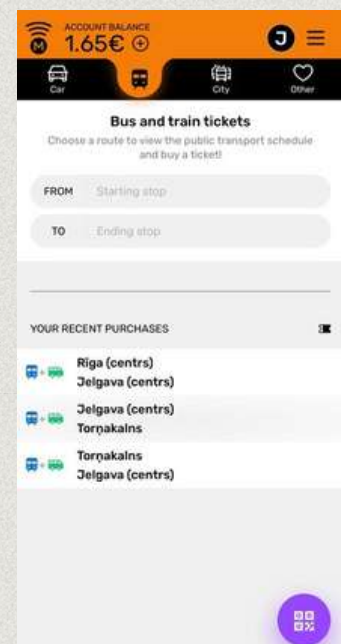
It takes about **30 minutes** to get **from the airport to the city center**.

## 2. For your way from Riga to the venue

### Option "Intercity" | Bus stop "Daugmale"

It's about a **40 minute ride**, and the ticket costs **€2.00**. 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, **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.

# MEET YOUR PROJECT HOSTS



**Rita (LV)**, Erasmus+ project coordinator in Club "The House", is **someone who tries to do meaning full actions for society and encourages other youngsters to do the same.** She is passionate about young adults phenomenon and how it can shape the future of society. With a **background in multimedia communication and experience as a youth worker and facilitator**, Rita is especially interested in how we can find our "the thing" & turn it into a step closer to civic participation, even if it's not related to politics directly.

**Liene (LV)**, Chairperson of Foreign Affairs Committee in JEF Latvia since 2025, is a **young adult who contributes her political and international relations interest in The New Federalist magazine.** Having taken part in various events, such as YEYS, Erasmus+, Euroscola and others, she shares her knowledge and experience regarding **how democracy works in non-formal education way and why youth is crucial part of it and has to participate in it.**



# SOME THINGS ABOUT LATVIA



## WEATHER

In early summer, it's around 15-22°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 swim (*the water will be still pretty cold tho*)
- Journal (notebook where to write)
- Your medicines
- EU health card, ID's/passport, tickets
- Pocket money
- Changing 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

And most essentialy – **positive energy and open mind** to keep the House spirit alive!



# apply now!



**Project Coordinator in Lithuania**

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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:**

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

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



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