



Youth exchange

2026

July, 6th-9th

**FLOWER
POWER**

Sabīle, Latvia

A large central graphic with a white, cloud-like border. Inside, a yellow flower shape contains the text 'FLOWER POWER' in bold black letters. The text 'Youth exchange' is on the left, '2026' is at the top right, 'July, 6th-9th' is on the right, and 'Sabīle, Latvia' is at the bottom.

Co-funded by
the European Union



The project “Flower power” is financed by the Erasmus+ Programme of the European Union and administrated by Agency for International programs for Youth, Republic of Latvia. The presentation reflects only the opinion of the author, Association Radi Vidi Pats.



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Agency for International
Programs for Youth
Republic of Latvia



The host – Radi Vidi Pats

Radi Vidi Pats (meaning Create the Environment Yourself in Latvian language) is a 21 years old association, based in Liepaja, Latvia, working all over Europe.

Our aim is to support the creation of a more sustainable, inclusive and participatory society with the resources we are given.





You can check more info about Radi Vidi Pats on our social media

→ <https://www.radividipats.lv/en/type/about-association>

→ <https://www.facebook.com/RadiVidiPats>

→ <https://www.instagram.com/radividipats/>

→ Or email us in case of any questions
rvpliepaja@gmail.com





Partner organizations

- ➔ **Zielone Ogniw**(Poland) is a group of young people, who care about the environment and social participation. We work with the local community and internationally to create collaborative and creative solutions for climate, biodiversity, social inclusion, and empowerment
- ➔ **Asociacija Tavo Europa**(Lithuania) can gain practical experience provides an environment where young individuals matters and civic responsibilities. Our mission? Empowering EVERY young individual ,especially those with fewer opportunities.
- ➔ **Georgian Youthfor Europe** (Georgia)- offer after-school educational activities, including sports, non-formal education, and volunteering, to combat social and geographical isolation. Their projects focus on healthy lifestyles, environmental protection, active outdoor education, cultural diversity, and youth inclusion among youth.
- ➔ **Ambitia Institute** (Slovenia) -committed to give the rural youth a chance to experience Europe themselves. We work with the youth from deprived circumstances, often meaning rural Slovenia or farming regions. We want to empower them so they help us create better rural projects.

Latvian team



Agata,
a facilitator

I am a member of Radi Vidi Pats since 21 years. I will be glad to support your stay and learning in a beautiful Latvian landscape and host you in my grandparents' land



Jēkabs,
a group leader

I'm a chemistry student and group leader from Latvia. I'm looking forward to a great time working together.

If you have any questions about naturally occurring chemical compounds and how they interact with the world around us, I hope I can help you with an answer.

Latvian team

Sigita, participant

I expect to spend plenty of time out in fresh air and gain a lot of valuable practical knowledge and interesting memories. My contribution will be my friendliness and readiness to try anything new.



Stella, participant

I am a language student at the university. I really enjoy the nature in all its seasons and different weather. I am looking forward to learn new things about the nature around us!



Adriana, participant

I'm an emerging audiovisual artist and a fresh film studies graduate from Latvia! In this project, my aim will be to absorb as much nature energy as I can and help you to do the same!!



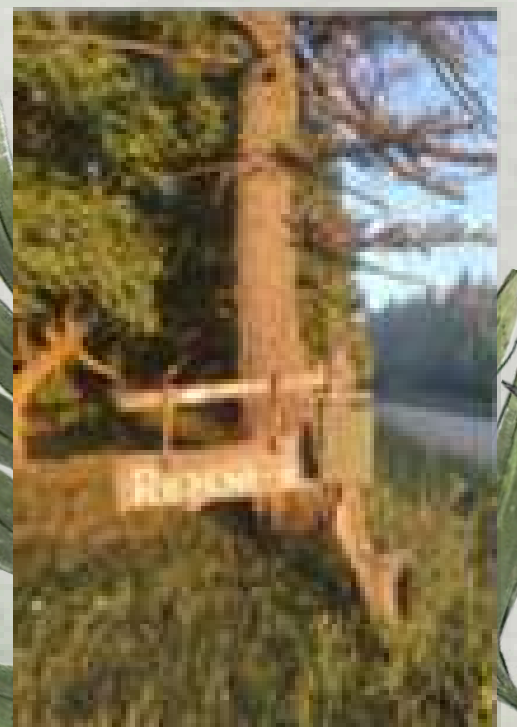
Eliza, participant

I am a nature lover looking to learn new things, explore and find likeminded people.



Aim

The aim of the activity is to enhance young people's understanding of the importance of biodiversity and nature conservation in the European context, while strengthening a conscious, responsible and sustainable relationship with nature as a key foundation for physical and mental well-being and cultural identity...





Tasks



To deepen young people's knowledge of biodiversity and nature conservation with a particular focus on plant (and bird) species found in Abava River Valley, habitat protection, and the role of micro-reserves within the European nature protection framework.



To strengthen young people's personal connection with nature, recognizing its impact on mental well-being, physical health, and overall quality of life, while encouraging sustainable lifestyles and everyday practices.



To promote critical understanding of European Union nature conservation policies and regulations, by linking environmental legislation, current environmental challenges, and hands-on experience in a local natural setting.



To strengthen young people's personal connection with nature, recognizing its impact on mental well-being, physical health, and overall quality of life, while encouraging sustainable lifestyles and everyday practices.



To promote intercultural learning and dialogue, by exploring different European perspectives, traditional knowledge, and cultural approaches to nature conservation and the sustainable use of natural resources.

Activities

1.

Wandering and wondering in the nature with the supervision of professional environmental guide and getting to know, documenting and describing different plant species as well as creating different amulets, incenses and other objects from the plants and objects of nature

2.

Hiking to a small town of Sabile and Open air Art museum in order to discover the synergies of nature and life in small town and its history

3.

Creating a multilingual catalogue of nature tourism in the local area

4.

Canoing 15 km down the Abava River to observe the biotopes and landscape.





Daily routine

9:00 – 10:00 Breakfast

10:15–11:30 Morningsession

11:30–12:00 –Coffee /tea break

12:00 – 13:30 Midday session

13:30 –15:00 Lunch and a break

15:00 – 16:30 – Afternoon session

16:30 – 17:00 –Coffee/Tea Break


17:00–18:30 Afternoon session

18:30–19:00 Reflexion

19:00 – Dinner

Self organized evening

Please keep in mind that this plan might shift a bit specially the days when we will be walking to the town or rowing the boats.



Venue



- **Sabile** is a small and charming town in western Latvia, known for its scenic landscapes and historic charm. It lies about 100 kilometers west of the capital, Riga. It is also famous for having one of the northernmost vineyards in Europe, attracting visitors interested in wine and nature.

<https://maps.app.goo.gl/YDnj5D2eMeFTSBps9>

The youth exchange will be hosted in a **Ružēni** homestead, 3 km from Sabile centre. It belongs to a family of one of our members. We have already hosted there couple of training courses and smaller meetings. As well as it is a place where the annual meeting of organizations' members is taking place.

<https://maps.app.goo.gl/gwB6vhnM6J4M9c8KA>



Venue

- We will sleep in tents.
- We also have shared rooms for those whose health doesn't allow tent-life.
- We offer tents/mats/sleeping bags, but you can take your own if possible.
- There are indoor and outdoor showers
- Good news - there's river as well in 10 min walk distance.
- We will work mostly outdoors. We have big geodome tent for activities to hide from sun/rain.
- And there are animals (cats and dogs and other nature).





Travel

We always suggest to travel overland, especially from the nearest countries. We also reimburse hotels for green travellers..

If you want to explore Latvia, you can arrive and/or leave two days earlier/later, we still reimburse the travel costs, but your extra hosting costs won't be covered by the project.

If the travel distance is less than 1500km, you must choose green travel (bus/train/car-sharing). For others the best airport to arrive is Riga airport. You should **arrive on 5th of July before 18:30. Departure plane should be after 11:30 on 12th of July** if you want to avoid spending night in the airport.

Information about bus from Riga to project location will follow closer to the activity.

DO NOT BUY TICKETS BEFORE CHECKING THEM WITH AGATA!



Travel

All the tickets will be reimbursed after you deliver us the original tickets (the ones that are in paper and digital) AND after you report us about experience sharing event.

The reimbursement costs are calculated according to E+ guidelines (first amount (bigger) is for green travel) and distance calculator: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

Arrival to Sabile

1.

By bus from Riga Bus station to Sabile where we can pick you up.

You can see the schedule and purchase the ticket [here](#)

2.

By car driving directly to Ružēni

8:10 AM Rīgas SAO	10:48 AM Sabile	 Rīga-Dubulti-Tukums-Kandava-Kuldīga 7938 Latvijas Sabiedriskais Autobuss	€5.90 Ticket	114km	2h 38min
11:25 AM Rīgas SAO	2:03 PM Sabile	 Rīga-Dubulti-Tukums-Kandava-Kuldīga 7938 Latvijas Sabiedriskais Autobuss	€5.90 Ticket	114km	2h 38min
12:45 PM Rīgas SAO	2:25 PM Sabile	 Rīga-Kuldīga K7410 Liepājas autobusu parks		112km	1h 40min
1:45 PM Rīgas SAO	3:37 PM Sabile	 Rīga-Spuņupe-Kandava-Kuldīga 7410 Latvijas Sabiedriskais Autobuss	€5.80 Ticket	112km	1h 52min
6:20 PM Rīgas SAO	8:03 PM Sabile	 Rīga-Spuņupe-Kandava-Kuldīga 7410 Latvijas Sabiedriskais Autobuss	€5.80 Ticket	112km	1h 43min
8:10 PM Rīgas SAO	10:30 PM Sabile	 Rīga-Dubulti-Tukums-Kandava-Kuldīga 7938 Latvijas Sabiedriskais Autobuss	€5.90 Ticket	114km	2h 20min

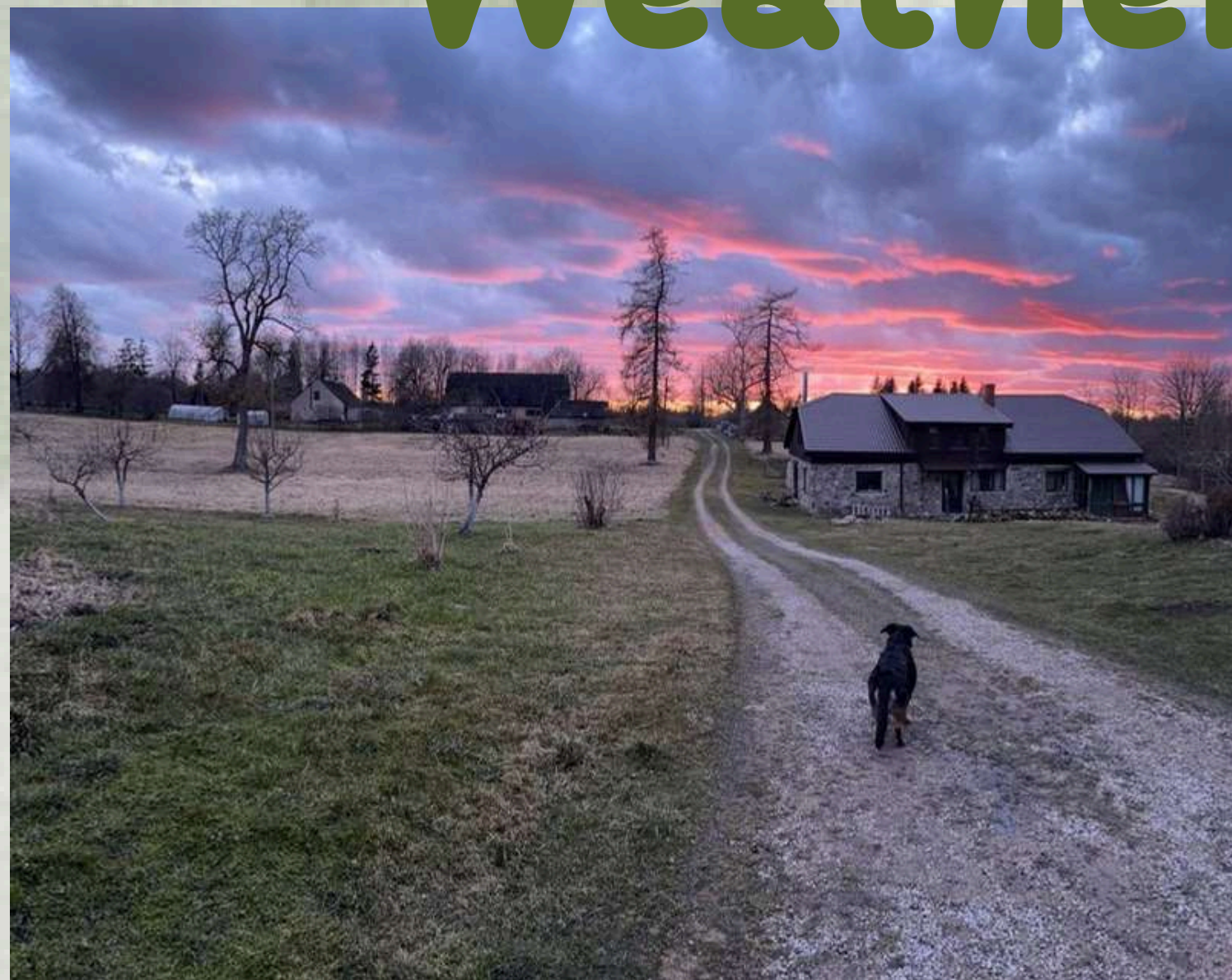


Food

We totally respect people's health and lifestyle choices. Nevertheless, as we are trying to leave as small negative impact on Earth as possible, the meals will be vegetarian by default. If meat is a special need (medical issues etc.) of yours during these days, please let us know in advance, we will try to do our best to answer your need. Until now everyone has been pretty happy about the vegetarian meals provided by our cooks Ediĕe and Dāvis.




Weather



Summer in Latvia usually is very nice and we prefer to spend it in our country. Something between + 20 and +30 °C, it is hard to predict for the moment.

It might be rainy as well, but the sunsets and sunrises are amazing!





We will provide for you

- Tents, air mattresses and sleeping bags. Some places to sleep inside are also available if needed
- Indoor and outdoor showers. Washing machine will be available to wash your clothes if needed.
- Group insurance in case of some accident
- Delicious home cooked, locally grown meals
- Input about learning in nature from some wise people





What to pack

- ➔ Reusable water bottle and little backpack for wanders in the nature
- ➔ Comfortable shoes and clothes, also warm clothes for rain and chilly nights
- ➔ Towel, swimming suit, sunscreen (at least SPF 30), sunglasses, hat, anti-mosquito spray.
- ➔ Your own medication, if you need it. European Health Insurance Card / Travel insurance
- ➔ Some healthy, vegetarian snacks from your country to share with others

Contact Us!



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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