

# ACT LOCALLY FOR A GLOBAL CHANGE

Cēsis, Latvia



## ABOUT THE PROJECT

APV  
27/08/2019-29/08/2019  
Leader and 1 participant

Youth Exchange  
21/09/2019-29/09/2019  
5 participants (15-17 y.o.) + 1 leader (18+)

By carrying out the project, we want to become a part of the solution of harming impact human society brings to Earth and to popularize #youthforclimate movement in our Countries. By carrying out the project's activities, we are aiming at creating a more aware and educated society in the terms of human impact in nature and give the next generations the important message of how crucial it is to take care of nature, not to destroy it. We have to work for nature, not against it because we truly are a part of it. At this time, when our biosphere is experiencing so many changes, we need to take a step back and acknowledge our actions, to improve them for the better. We will educate the participants of our project on the ways they can involve in nature preservation/protection by giving them knowledge and tools of action, to be implemented regionally and internationally.

### IMPORTANT INFORMATION:

Since during this project, we want to turn youngsters attention to a more environmentally friendly lifestyle, **ONLY vegetarian dishes will be provided. By agreeing to the participation in this project, you AGREE with these terms. Also, since the participants of the project are minors, no alcoholic beverages are allowed in the project. Please keep that in mind! :)**



## Venue of the project

The Youth Exchange will be held in Cēsis, which is a city founded in 1206 and it is the third oldest town in Latvia. According to the evidence, Cēsis was inhabited from the fourth century. It experienced a rapid growth in times of the Livonian Order, when the town became the capital of Livonia and the main centre of development of Vidzeme. <http://turisms.cesis.lv/en/>



**TRAVEL REIMBURSEMENT UP TO**

**LATVIA 20 EUR**

**SPAIN 530 EUR**

**POLAND 275 EUR**

**TURKEY 360 EUR + VISA costs 360 Eur**

**GERMANY 275 EUR**

**IRELAND 360 EUR**

**ITALY 360 EUR**

**ESTONIA 180 EUR**



## WHAT TO PREPARE FOR THE YOUTH EXCHANGE

Each national team/participant has to:

1. Fill in the application form (all participants). The link will be posted in the Facebook group.
2. Prepare a short presentation about the Country (culture, traditions etc.) for the intercultural evening.
3. Prepare some energizers/ team building games.
4. Bring some national foods and drinks for the intercultural evening
5. Post photos from the preparation phase in the Facebook group
6. There will be more information given during the Advance Planning Visit

## OTHER IMPORTANT INFORMATION

1. In the accordance with the ERASMUS+ rules and regulations, we expect you to participate the full activity
2. Arriving later and departing earlier is not an option
3. Consult the organizer on your travel plan in order to support you with being eligible for reimbursement. You can buy the tickets **ONLY** if they are approved by the project's coordinator.
4. **We ask you to keep ALL your tickets, boarding passes and invoices (originals).** Only if you have the travel tickets, boarding passes and invoices. we are able to reimburse your travel costs
5. Insurance is not provided and will not be reimbursed by the organizers.
  - All participants are **obligated** to purchase private travel insurance.
  - **All EU residents should obtain European Health Insurance Cards (EHIC) before the exchange. This is obligatory for your safety and health!**
6. During our programme, in order to share delicacies and stories from our countries, we are going to use the coffee breaks of our programme to share with each others something from our homes. Every country is going to use the time of each coffee break to share with the others part of their culture. For this, we ask you to bring something from your country that can be served next to a cup of coffee or tea. Additionally, you can have with you flyers or anything else you think can share with the rest of the participants part of where you are coming from.

## WHAT TO BRING?

- Clothes suitable for weather conditions in Latvia and personal hygiene items.
- **Please bring one computer per national team.**

# SEE YOU IN LATVIA!



## PARTICIPATING ORGANIZATIONS:

Latvian Association for Youth Activists (Latvia)  
EUROMED EVE POLSKA (Poland)  
ASSOCIAZIONE SIKANIE (Italy)  
Euro-Med Youth Federation (EMYF) (Germany)  
ASOCIACION JUVENIL INTERCAMBIA (Spain)  
Kadin ve Genc Girisim Merkezi Dernegi (Turkey)  
Euromed Eve Ireland Ltd (Ireland)  
MTÜ NOORTEVAHETUSE ARENGU ÜHING ESTYES (Estonia)