Jaunatnes starptautisko programmu aģentūra

Funded by the European Union

FIND YOUR TRIBE

Project Agreement Code: 2025-3-LV02-KA152-YOU-000372615

Erasmus+ Youth Exchange

RIGA, LATVIA
15 - 24 APRIL 2026

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ABOUT PROJECT

Loneliness is a critical crisis facing young people today. Through extensive consultations and a survey of 106 individuals across Latvia, Estonia, Hungary, and Cyprus, we discovered a stark reality:
64.3% of young people feel lonely "Often" or "Very Often."
85.7% struggle to find people with similar interests.
78.6% cite a lack of community events or spaces to meet people.
Young people aren't just feeling isolated; they are trapped in environments that lack the catalysts for connection. They want to connect, but the structures to facilitate it simply don't exist.
"Find Your Tribe" is a direct response to these expressed needs. We are building a temporary, ideal community that provides exactly what is missing.
Our project focuses on:
Connection Labs: Structured team-building games and workshops (requested by 85.7% of respondents) that act as a "social gym" to practice conversation and collaboration in a low-pressure setting.
Creative Workshops: Hands-on sessions (favored by 71.4% of respondents) that allow young people to connect through shared creation, rather than just small talk.
Building Resilience: We equip participants with mindfulness and self-awareness tools to help them manage social anxiety and build the confidence to sustain friendships.
Our Goal: To turn isolated individuals into a connected "Tribe," fostering the social confidence needed to build resilient communities for the future.

Here is the overview of the Activity Agenda. Activity times are subject to change.

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SELECTION CRITERIA

Age Requirements: Young people aged between 18 and 30 years old.

The Number of Participants: We are looking for 32 participants in total. 7 participants, 1 team leader per national team, must join our project.

Gender Balance: 4 men and 4 women

Language Requirements: English language proficiency level isintermediate.

Fewer Opportunity Background:
There must be 3 participants from each national team who have **economic, geographical, and social disadvantages.**

In line with our commitment to inclusivity and equal access, our national team will include twelve (12) participants who face various geographical, social, or economic disadvantages.

Below is an overview of the profiles we are looking for:

Financial Disadvantages: young people from financially disadvantaged backgrounds. This includes individuals without a steady income, such as unemployed university students or recent graduates who are currently unemployed and face economic barriers to participating in international opportunities.

Social Barriers: individuals who have experienced social challenges, including social isolation, anxiety, difficulties forming new relationships, low self-confidence, or challenges adapting to international settings.

Geographical Barriers: young people from remote or rural areas, where accessing international opportunities is more complicated due to long travel distances, limited transport connections, and logistical challenges.

If you believe you fit one of these profiles, you are encouraged to discuss your situation with your sending organization, which can provide guidance and support throughout the application process.

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TRAVEL INFORMATION

Country Name	Role	Travel Limit (EUR)	Number of Partcipants	Arrival Date	Departure Day
Latvia	Local Coordinator	28	7	15.04.2025	24.04.2026
Cyprus	Project Partner	395	7	15.04.2025	24.04.2026
Hungary	Project Partner	309	7	15.04.2025	24.04.2026
Estonia 🚌	Project Partner	285	7	15.04.2025	24.04.2026

Participants from Estonia 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.

Insurance:

All participants are required to have valid travel, health, and life insurance for the full duration of the project, covering medical emergencies, accidents, illnesses, and repatriation if necessary. The cost of the insurance will be reimbursed together with the travel expenses, provided it falls within the applicable travel limit. To be eligible for reimbursement, participants must submit proof of insurance (policy document and payment receipt) to their sending organization.

Participants who fail to obtain adequate insurance will be personally responsible for all medical costs incurred during the project.

In addition to the above, participants holding a valid European Health Insurance Card (EHIC) are reminded that the EHIC only provides access to state-provided public healthcare in participating countries. It does not cover private treatment, minor illnesses (such as flu), emergency repatriation, or all medical expenses. Therefore, the EHIC is not a substitute for full travel insurance.

To ensure complete coverage, including for medical emergencies, travel disruptions, and repatriation, participants must obtain private travel insurance regardless of whether they possess an EHIC.

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TRAVEL INFORMATION

Travel limit:
Travel limits are presented on the table above.

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:

Detailed information will be shared before the arrival.
The Host Organisation will provide constant online support.
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.
- To the left of the airport, you will find a ticket machine where you can buy a ticket for the bus. Please note that this machine accepts only cash. If you don't have cash, you can use this app to buy your ticket online. (https://apps.apple.com/fr/app/mobilly/id511847269?l=en-GB

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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 the date, itinerary, and price are visible. Please note, taxi expenses cannot be reimbursed unless there are Force Majeure cases such as unavalibity of public transport during project time.

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: For all airlines, online boarding passes will only be accepted if they are downloaded as PDF files from the official airline website during the check-in process. Screenshots of boarding passes are not accepted and will not be reimbursed.

Exception for Ryanair:
Ryanair issues online boarding passes only. Therefore, for Ryanair flights only, we accept the online boarding pass as provided, without requiring a PDF download.

If You Cannot Download Your Boarding Pass:
If you did not have the option to download your boarding pass as a PDF during check-in (for any airline), you must request a PDF version by emailing the airline directly at least 5 hours before your flight departure to ensure you have the proper documentation for reimbursement.

All participants are required to provide the necessary documentation to the organization directly.

Reimbursement will be provided to the appointed team leader, designated person from the national team, or partner organization, who will distribute funds among group members accordingly.

The reimbursement process occurs up to 2 months following submission of all essential documents, including return documents.

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

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ACCOMMODATION AND FOOD

The project provides complete coverage for accommodation, three meals, and coffee breaks daily through the Erasmus+ Programme. There will be one meal per participant, tailored to their dietary needs. We strive to offer the finest accommodation available. The project will take place from 15 April to 24 April 2026 (including arrival and departure days) at Hotel Viktorija in Latvia.

During the stay, participants will be in shared rooms with a maximum capacity of **4** people; each room has two interconnected bedrooms, each with twin beds. Each room has a private bathroom.

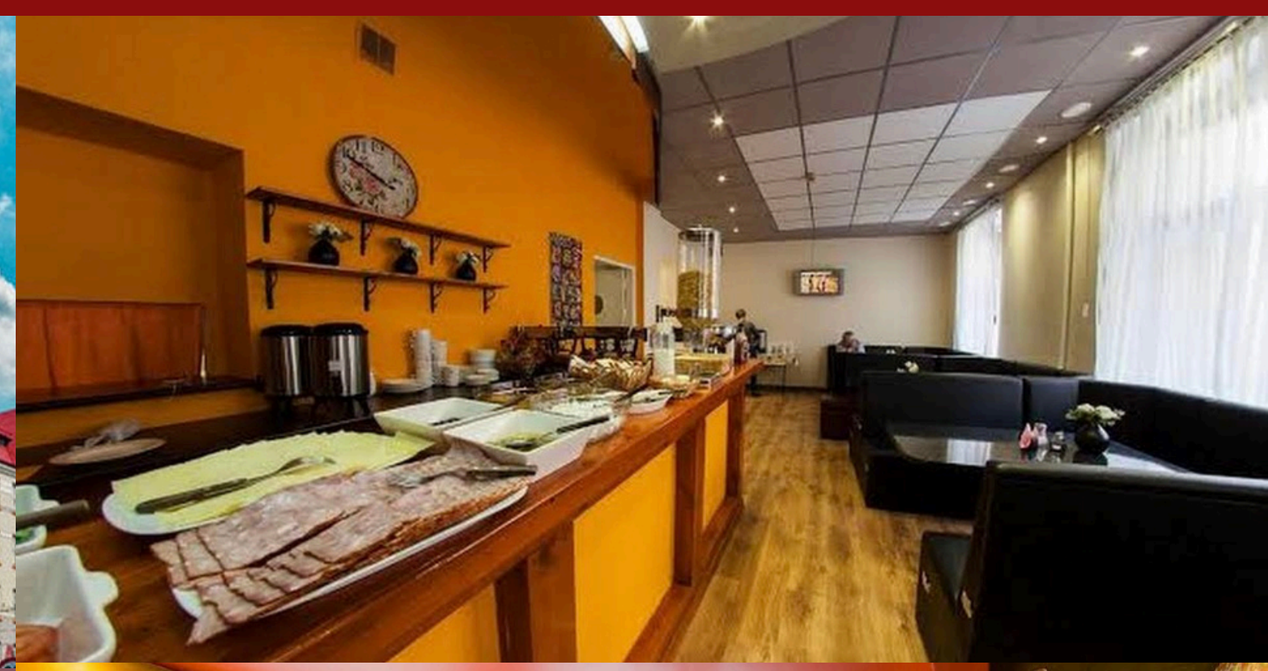
Check in at 15:00 on 15.04.2026. (Dinner will be served at 19:00)
Check-out at 11:00 on 24.04.2026 (Breakfast will be provided)

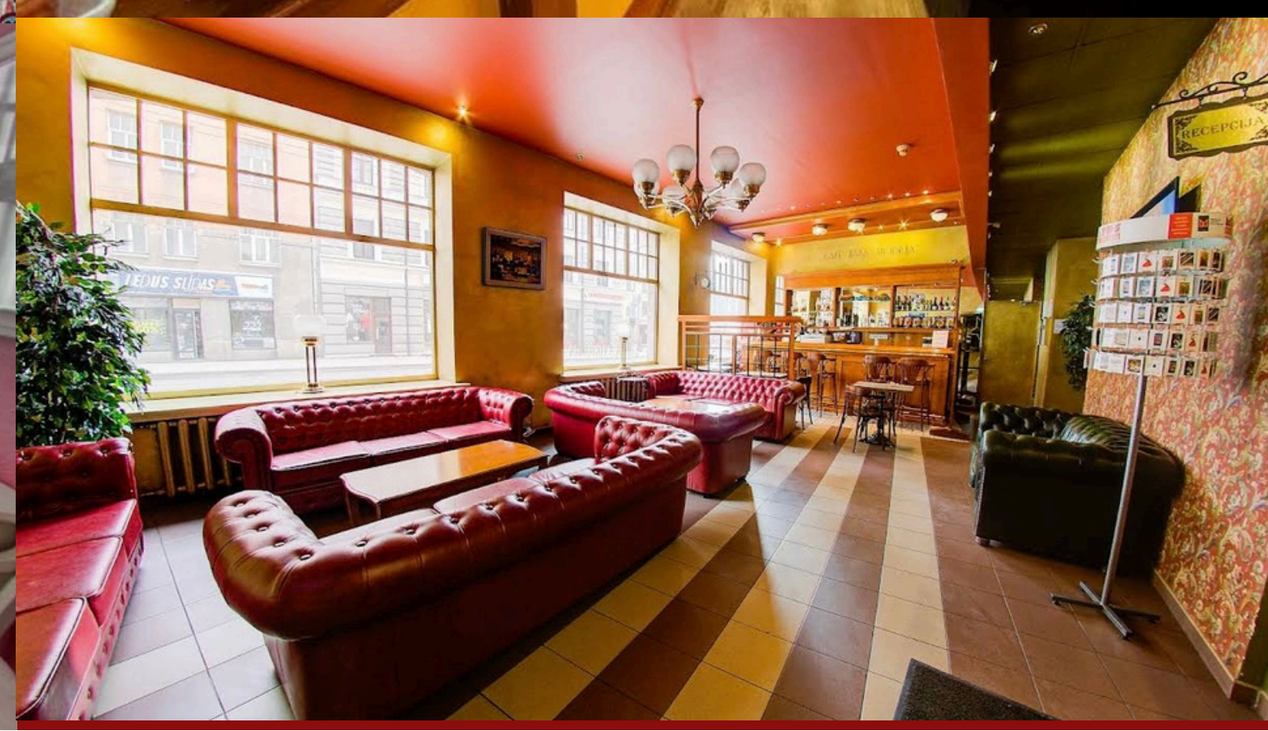
Meals will be provided to participants three times a day: Breakfast will be intercultural, lunch and dinner will be served at the accommodation, and the training room will be located inside the accommodation.

Upon arrival to the accommodation, on 15.04.2026, dinner will be served at 19:00 to project participants. Participants will have breakfast on 24.04.2026 before departure.

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

Accommodation link





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Food Arrangements

Lunch and dinner will be provided at the accommodation.
Breakfast will be cultural: each national team will be responsible for preparing breakfast for all participants on one assigned morning. All necessary facilities will be provided, including access to a kitchen, logistical support, and a trip to the local market to purchase ingredients. The cost of market purchases will be covered by the project.

The nearby market offers basic products. If your national team requires specific ingredients for your traditional breakfast that are not available locally, please let us know in advance. Upon confirmation, you are welcome to bring these ingredients from your home country. Keep the receipt for any such purchases, and the cost will be reimbursed together with your travel expenses.

Cultural Night:
Each national team is invited to present its culture through traditional food, snacks, drinks, and attire during the Cultural Night event. You may bring refrigerated food items. Each country team will receive a budget of €50 to cover shopping expenses for Cultural Night. Please keep all receipts for products purchased, whether from your home country or locally, as this amount will be reimbursed during the travel reimbursement process.

What to Bring:
Laptop: At least two (2) participants per national group must bring a laptop for activities that require digital tools.
Bed sheets, towels, and hair dryers will be provided by the accommodation.
Participants should bring their own personal items (toiletries, medications, etc.).
For free time, you are welcome to bring card games, other games, a camera, or a portable speaker to share with others.

Riga, Latvia, typically experiences cool, windy weather in April. Daytime temperatures generally range from 1°C to 10°C, with cooler conditions in the evenings and mornings.

Participants are advised to pack:
Warm winter clothing (jackets, sweaters, thermal layers)
Waterproof raincoat and waterproof shoes/boots
Scarf, gloves, and a hat to protect against wind and cold
Warm socks and comfortable indoor wear

Please ensure you bring adequate warm clothing, as the weather will be cool throughout the project period. Being properly prepared will help you stay comfortable and fully enjoy both indoor and outdoor activities.

SEE YOU AT RIGA, LATVIA

Before applying to the project, we strongly encourage you to read the Infopack thoroughly. It contains essential information about the project, participant profile, practical arrangements, and expectations.

Contact Information of Participating Organisations:

Latvia: Asociācija Kopā uz mērķi
Facebook: https://www.facebook.com/profile.php?id=61577558597902
Mail: togethertowardsagoal@gmail.com

Cyprus: Bridges Not Walls
Facebook: https://www.facebook.com/share/182KPgC7S7/?mibextid=wwXIfr
Mail: bnw.youthgroup@gmail.com

Hungary: Elmék Mozgásban Alapítvány
Facebook: https://www.facebook.com/share/18DWNXGXWQ/?mibextid=wwXIfr
Mail: elmekmozgasbanalapitvany@gmail.com

Estonia: Magic Youth MTÜ
Facebook: https://www.facebook.com/share/17z82MBVWe/?mibextid=wwXIfr
Mail: magicyouthee@gmail.com