

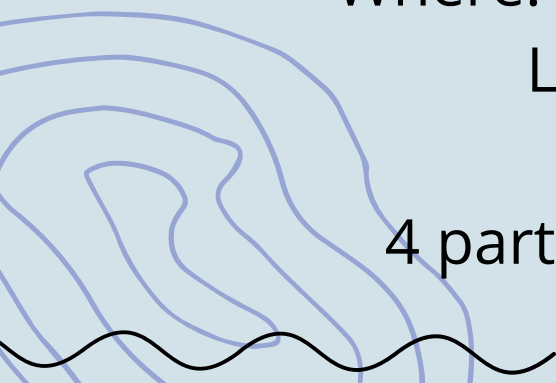


Youth Exchange

When: 11 - 20 April 2022

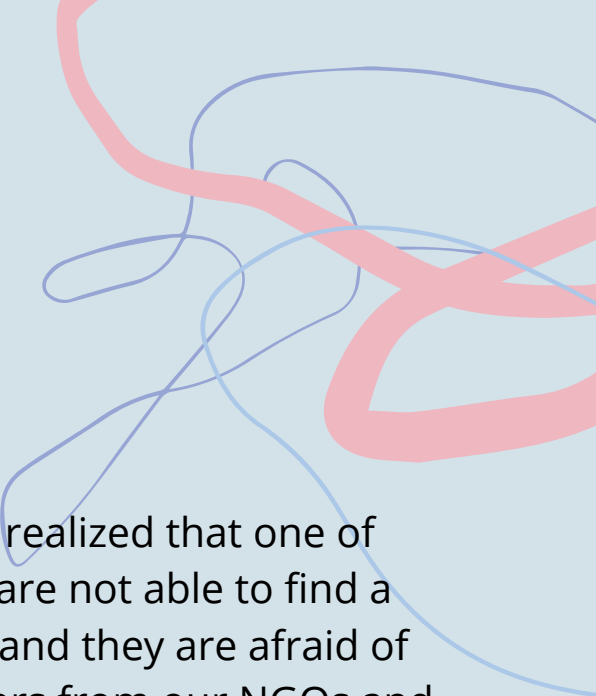
Where: Pie Jāņa Brāļa guest house,
Liepāja, Raiņa iela 43

4 participants + 1 group leader






About the project:



We want to carry out this project because we realized that one of the main concerns of youngsters is that they are not able to find a good job and they underestimate their skills, and they are afraid of giving up their studies. We surveyed youngsters from our NGOs and others who did not have a job and, based on their needs, desires and proposals we formed a problem tree and we identified the main problem - youngsters face the situation that it is hard to find a job after graduating from the school or university. We also noted several reasons for that - they don't know what they want to do, don't know how to apply for job, don't know how to prepare for an interview, don't get professional advice, they don't have confidence, don't know their own skills etc.

Objectives of the project

The aim of the project is to improve youngsters' employability prospects through non-formal learning and empowerment. In order to achieve our aim, we have set the following objectives: Exchange of information and knowledge about labor market and its aspects; Exchange of the best practices and creating new ideas on reducing youth unemployment; Equipping youngsters with skills and knowledge necessary to apply for a job and to obtain employment; Empowerment of youngsters by highlighting their advantages in the labor market; Promotion of the Erasmus+ program



Intercultural evenings

We will have 2 cultural evenings and every country should present their culture. You do not need ppt presentation, be creative in showing interesting things about your country. Play some music, teach us some typical dance, bring your flag and something tasty from your area. You can bring just simple snacks but if you want even cook there will be possibility to use a kitchen so you can surprise us.

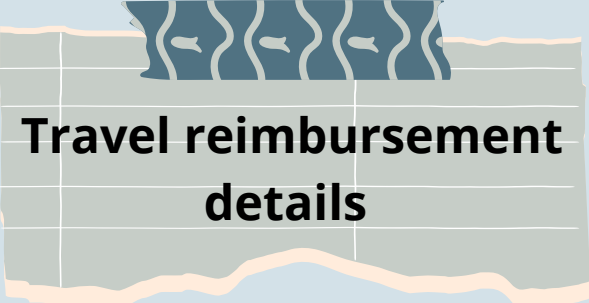
Participants' profile

- Preferably Interested in topic of the project
- Preferably gender balance
- Young people

Financial conditions

The project is funded by Erasmus+ Programme so accommodation, food and all activities will be covered from the EU grant.





Travel reimbursement details

Costs will be reimbursed by bank transfer to one account of each partner organization after the activity and dissemination activities. Transfer will be done after receiving all original invoices, boarding passes, bus/train tickets or other documents needed. Remember that You should use the cheapest possible way of travelling.

For flight tickets only online purchases are eligible. Any tickets purchased in a local currency other than EUR, will be converted and calculated according to the exchange rate of the month given by the European Commission.

Tickets from the 1st class or taxi expenses will not be reimbursed.

Extra travel days - You can come some days before the activity and/or leave some days after it, taking into account that this has to be coordinated with hosting organization, so please contact us for consultation. Note that lodging and catering during extra travel days is not covered by the organizers.

NB! Please provide us Your travel details (to perspektiva.rasio@gmail.com) for confirmation before booking the tickets (In case of price increase reconfirmation is required).

Tickets booked without confirmation of the organizers will not be reimbursed.

Travel expense reimbursement for Czech Republic, Hungary, Romania, Slovakia, Poland – up to 275 EUR/ per person.

Travel expense reimbursement for Estonia - up to 180 EUR/per person.

Documents you need to give us for reimbursement of travel expenses:

- Invoices of flights (there must be price and name of the person)
- Original boarding passes,
- Tickets for train, bus or other public transport
- List of travel costs (form will be provided)
- Bank details of sending NGO and participants.

Travel details

By plane – it is possible to arrive in Liepaja by plane, as Air Baltic is offering connection flights via Riga. Public transport in Liepaja is coordinated with the flight arrivals and departures.

When arriving to Riga airport, take the bus 22 to the city centre. (You can buy ticket at the newsstand, or a machine by the bustop)

Vilnius and Tallinn is well connected with several buses per day (For more details see <http://www.luxexpress.eu/en> and <https://ecolines.net/international/en> and <https://global.flixbus.com/>)

Getting from Riga to Liepaja By bus –

Riga coach station is located in the city center close to the main railway station and several routes of the local public transport. International and national intercity buses depart and arrive in the same area. Participants arriving from Riga international airport should get off the bus on the stop "Autoosta" (26 minutes bus ride from the airport). Liepaja and Riga are connected with several buses per day. Check the timetable to choose the most appropriate: <http://www.1188.lv/transport/all/schedule?from=R%C4%ABgas+SAO&fromid=5495843&fc=1&to=Liep%C4%81jas+AO&to-id=5495797&tc=1&date=2016-04-16>

Ticket prices vary around 8,65 EUR, the trip takes from 3,5 to 4 hours. Tickets can be bought from the bus driver before departure.

Practical information

April in Latvia is spring, however, be prepared for low temperatures as well. And keep in mind that Liepaja as a seaside town is windy.

Getting to the venue

Hotel is situated close to the city centre, so you may take a tram or bus from the bus station to the city centre.

Accommodation

- ✓ Pie Jāņa Brāļa guest house, Liepāja, Raiņa iela 43
- ✓ Guest house is situated close to the city centre.
- ✓ Participants will be accommodated in 2- 6 people shared rooms with private or shared bathrooms.
- ✓ Bed linen will be provided once and will not be changed during the activity. If you wish to change then please bring your own extra bed linen.



Covid situation in Latvia

Strongly recommendable that participants have received full course of vaccination(14 days after the last dose administered). EU accepted vaccines – Pfizer, Moderna, AstraZeneca and Janssen), or they have recovered from Covid-19 not later than 6 months since the last positive test, that can be proven with the EU Covid certificate.

Currency

Latvia is part of the European monetary union, and Euro is the official currency.

Safety and protection

We will stay in a safe place, and we will do sport activities so we kindly ask You to have insurance for the days of the activity.

We recommend to the participants to bring

- European Health Insurance Card, which is for free or acquire any other suitable insurance.

About Liepaja

Liepaja is the 3rd largest city in Latvia, located in the Western part of the country near the Baltic sea. It is an important industrial, transport, culture and education centre of Kurzeme region. For more information check <http://liepaja.travel/en/home/>

What to bring

- ✓ Personal hygiene kit (shampoo etc.)
- ✓ Something for cultural evenings (flag, food, drinks, maps, songs, etc.)
- ✓ ID card or passport, insurance card

Facebook and WhatsApp groups

We will have a Facebook group and WhatsApp group chat for the project for communication through social media, for getting to know each other and to share materials and photos.

Contact details:

perspektiva.rasio@gmail.com



See you in Liepaja!

