



Youth Exchange

**G R O W**

Let's come together and learn how to  
make the world a better place.

The Youth exchange “Grow” is based on a cycle of non-formal methods and creative activities focused on environmental education and active civic participation. The reason of the program is a need of the youngsters to come together and learn about how to make the World a better place.

### **WHO?**

4 participants (13-17 years old) 1 group Leader (18+)

### **WHAT?**

Youth exchange for young people from: Italy, North Macedonia, Lithuania, Latvia and Estonia

### **WHEN?**

From 20 July till 26 July 2022

### **WHERE?**

In Liepaja, Latvia



The Project is aimed to promote young people's competences for sustainable action and their active involvement in environmental policy processes.

**Environment:**  
promote young people's understanding of environmental issues and climate changes through practical activities and visits to water treatment plants and landfills; to empower youngsters .

**Personal action:**  
to develop young people's skills to live in an environmentally and nature-friendly way.

**Active civic participation:** empower young people to become role models for behavioral change in their communities and in individual lifestyles.

**Being in nature:** to create and strengthen youngster's connection with nature by acting and being in nature.

**Creativity:** to use art and creativity as a tool to make young people's voices heard.

## Objectives and theme of the exchange



# What will we do?

Participants will implement their ideas in the Liepāja's Community Garden and help create a small garden festival on July 22.

A two-day hike along the Baltic sea.

Participants will meet organizations that encourage citizen participation and will learn how to express their voice through art.

We'll visit the water treatment plant and the landfill to see what and how much people are leaving behind.

An international cultural evening for which an activity should be prepared to get to know more about each other's culture and country.



# More about hike

**2 days: each 15 km of walk, that's 3-4 hours**, and during the track we'll stop to meet interesting places and people; the track is flat and walk is not very difficult, however, be prepared for moderate physical activity;

**Sleeping in tents or hammocks**, if possible, please take your own; Please take your sleeping bags, if possible;

**Hat** - it's very important because we'll walk along the sea and the sun could be very strong even if it doesn't feel hot;

**Mosquitoes and ticks** - just for you to know - during the hike in evenings there are a lot of those creatures, we will provide some remedy for mosquitoes;

Important to know that **during the hike there will be no bathroom or real shower**; you will learn how to take care of yourself while being in nature and at the same time not harming the environment;



## What to prepare

-think about how you can let other participants get to know your country in an interactive way (food, games, dances, songs, etc.);

-prepare a game or workshop on one of the exchange topics (civic activity and participation, environmental protection, sustainable action and habits ).

Midsummer or Solstice in Latvia

# What to bring

- SLEEPING BAG and TENT: important for the hike (if possible)
- BACKPACK: to carry personal and useful things during the hike (like a water bottle, clothes for change, personal care products), and for daily walks;
- Towel and other personal hygiene items;
- Slippers and / or sandals to stay inside of the school
- Reusable water bottle;
- Raincoat;
- Comfortable warm clothes;
- Comfortable shoes for walk;
- Hat against sunstroke during the hike;
- Flashlight
- Sunscreen



# Accommodation

All participants will stay together in "Internāts".

The building was an abandoned school where a local organization is developing an artists' residences. It is a new place where young artists can stay to create their works in different fields.

This is the right place for creative activities, there are rooms for both workshops and more active classes, if the weather is not too nice.

Sleeping will be on mattresses.

The place is close to the city center and the beach. Community garden, where we will do some activities, is about 25 minutes walking or 10 minutes with bus.

This is home page to NGO who develop this building [INTERNĀTS – Mākslai vajag telpu. Te tā ir. \(internats.lv\)](http://internats.lv)







# 5 Partner organizations

**Italy**

Noi Ortadini



**North Macedonia**

**Macedonia**

Multus



**Lithuania**

Berželis



**Estonia**

Continuous Action



**Latvia**

Radi Vidi Pats



An aerial photograph of a coastal town with red brick buildings and green trees, situated next to a sandy beach and a large body of blue water under a clear sky.

# Contacts

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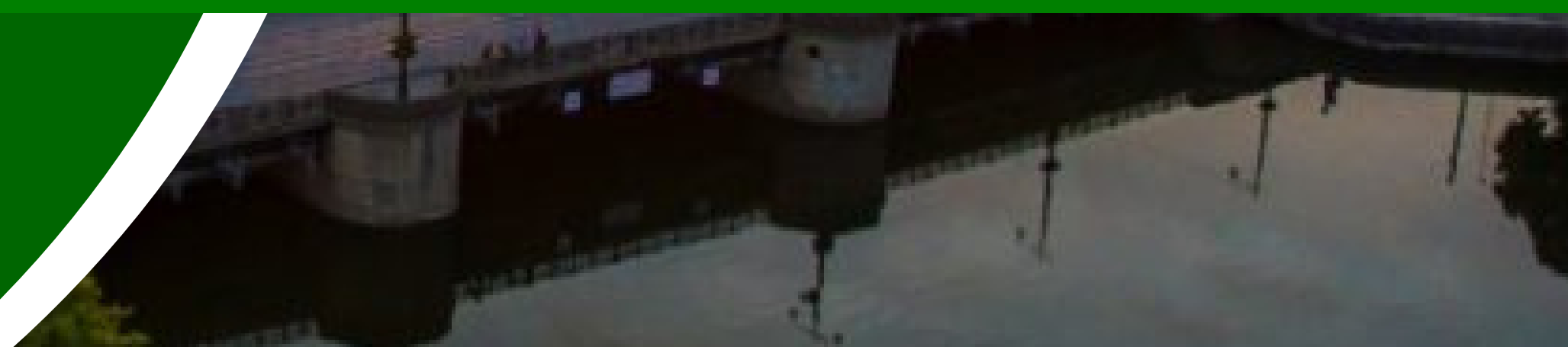
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An aerial photograph of a sandy beach with green dunes in the foreground, leading to a large body of blue water under a clear sky.



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LIEPĀJA!



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