



World-Our Home  
EUROPEAN ASSOCIATION



Co-funded by the  
Erasmus+ Programme  
of the European Union

**Seminar**  
***“Be Active-Be European”***

**Project type:** KA153-YOU - Mobility of youth workers

**Location:** Rezekne, Latvia

**Dates for seminar:**

**8th – 14th April  
2024**

**3-4 participants from each organization (age 18+)**

**WORKING LANGUAGE: ENGLISH**

## About us:

**European Association “World-Our Home”** is an NGO active at European level working in youth, social, educational and cultural fields since 1999. The main aim of Association is promotion of European active citizenship, solidarity, multiculturalism, human rights and other values as well as non-formal education on local, regional and European level. The organization is busy with European youth exchange projects, seminars, trainings, international cultural projects. The organization actively participates in Erasmus +, Europe for Citizens, EEA Grants programmes. WOH is a hosting, sending and coordinating in European Solidarity Corps programme. The organization gives people the opportunity to learn foreign languages and get acquainted with different cultures in order to get European awareness, to gain more possibilities for social integration into the European community and make successful choice in their career. EA “World-Our Home” joins youth organisations around Europe and it has a strong cooperation with public and education institutions and other European networks.

Check [www.worldatourhome.com](http://www.worldatourhome.com)

## About the project:

The project "Be active - Be European" is designed to empower youth workers in the mission of countering Euroscepticism and inspiring active involvement among young Europeans in the upcoming 2024 European Elections.

We aim to discuss between partners the vital role of youth in EU civic engagement and to raise awareness about the challenges posed by Euroscepticism. Additionally, we would like to explore how the European Union Parliament works, how do EU policies emerge, how significant are EU Elections, and what are the notable achievements of the EU.

Moreover, during this seminar we seek to equip youth workers with the knowledge and tools to effectively prepare young citizens and first-time voters for the 2024 European Elections. Throughout our collaborative efforts, participants will engage in informative sessions, share experiences, and explore the positive impacts of the EU on its citizens.

## About REZEKNE city:

<https://www.youtube.com/watch?v=NMAM1OBpT9o&t=11s>

Rezekne is a city in the Rēzekne River valley in Latgale region of eastern Latvia. It is called *The Heart of Latgale* (Latvian *Latgales sirds*, Latgalian *Latgolys sirds*). Rezekne is located 242 km from the state capital Riga. It has a population of 26 481 making it the 7th largest city in Latvia.



In Rezekne there is the Embassy of Latgale GORS – the first acoustic concert hall in Latvia, built from the ground-up, was opened in 2013. Designed by Latvian architects. The acoustics of the highest level, which is appreciated by the famous Latvian and international artists.



Here meet the cultural heritage of Latgale and ancient values, traditions and new performance, language, and events, art, and culture, song and dance.

## Partner organisations



<b>Nr.</b>	<b>Name of the organisation</b>	<b>Country</b>	<b>Contacts</b>	<b>Number of participants</b>
1.	European Association “World-Our Home”	Latvia	pasauleathome@yahoo.co.uk	7 (3 facilitators)
2.	Kultur Arteko Ekintza Berria Nueva Accion Intercultural	Spain	kaebnai@gmail.com	3
3.	VŠĮ DARNOJE	Lithuania	stirbys@gmail.com	4
4.	Steps for Youth	Cyprus	pan.vasileiou@hotmail.com	3
5.	Udruga za savjetovanje MORE COACHING	Croatia	dianagrgat@yahoo.com	4
6.	ENTREPRENEURSHIP AND SOCIAL ECONOMY GROUP	Greece	info@ekogreece.com	3
7.	Vedogiovane Società Cooperativa Sociale impresa sociale [VEDOGIOVANE]	Italy	bellomo_francesca@yahoo.it	5
8.	KOBIETY.LODZ.PL	Poland	projects.kobiety@gmail.com	3
9.	YOUTHFULLY YOURS SK	Slovakia	info@youthfullyyours.sk	3


## Practical information



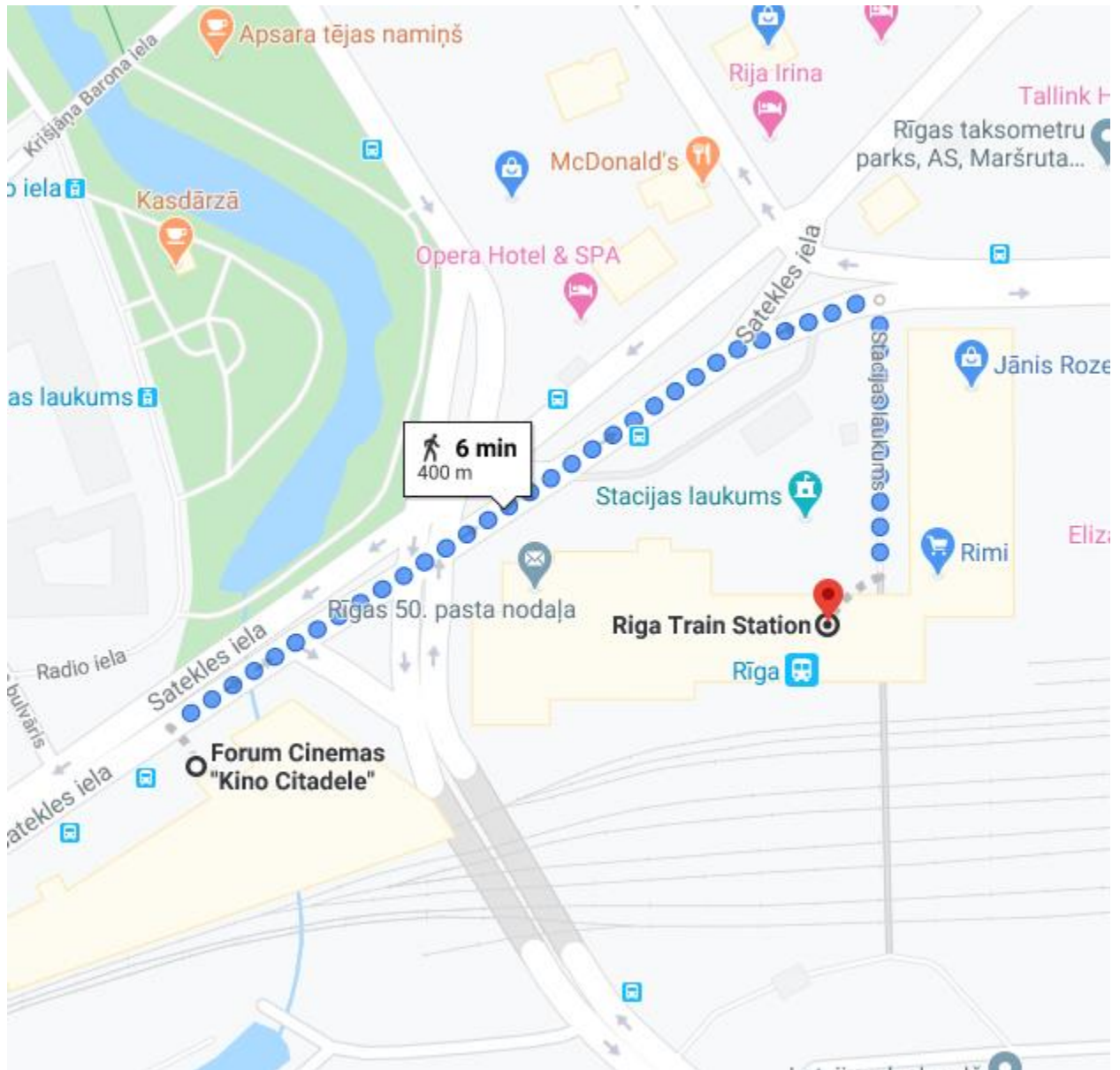
<p>DATES and PARTICIPANTS</p>	<p><b>Seminar:</b></p> <p><b>8<sup>th</sup> – 14<sup>th</sup> April 2024</b></p> <p>Arrival: <b>8<sup>th</sup> April 2024</b>          Working days: <b>9<sup>th</sup>-13<sup>th</sup> April 2024</b>          Departure: <b>14<sup>th</sup> April 2024</b></p> <p><b>3 participants (18 +) from each organization (youth leaders, youth workers, project managers, people who has experience in Erasmus + programme)</b></p>
<p>TIME ZONE</p>	<p>Rezekne, Latgale region, Latvia is located in GMT +2 hours.</p>
<p>CURRENCY</p>	<p>Latvian money is <b>EURO €</b>          In most of the establishments and shops, credit-cards Visa and MasterCard are accepted.</p>
<p>PHONE</p>	<p>The international phone <b>code is +371 or 00371</b></p>
<p>WEATHER CONDITIONS</p> 	<p>Average temperature in Latvia:  <b>In April 10°C (max.) and -2°C (min.).</b> Warm clothes will be a mandatory, especially for participants coming from southern countries.          Please check the weather forecast before your travel, because in Latvia we never know what will be the weather. 😊</p>
<p>ARRIVALS/ DEPARTURES</p> 	<p>When booking the tickets we suggest you to come till 17:00 on 8<sup>th</sup> April and book your flight back on 14<sup>th</sup> April after 13:00. If your departure will be early in the morning you can have a problem with the transport as there is only 1 night bus from Rezekne to Riga which arrives to Riga at 6:00 am. That's why we advise you to book your flights from Riga in the afternoon.</p> <p>You can check the trains/busses to/from Rezekne on <a href="https://www.1188.lv/en/transport">https://www.1188.lv/en/transport</a></p> <p>Buses you must check: from “RĪGAS SAO” to “RĒZEKNES AO”</p>

	<p>Trains: “RĪGA PASAŽIERU” to “RĒZEKNE 2”</p> <p>The tickets will be reimbursed after we receive all the necessary documents from your side (original tickets, boarding passes, invoices, etc.).</p> <p><b>NOTE: Before buying the tickets notify the organizer EA “World - Our Home”</b></p>
<p>APPLICATION FORM</p>	<p>Participants are required to fill in online Application form for the project. Deadline 20.03.2024.</p> <p><a href="https://forms.gle/pPfesZgdVB3K8ARR9">https://forms.gle/pPfesZgdVB3K8ARR9</a></p>
<p>TRANSPORT MAXIMUM REIMBURSEMENT AMOUNTS</p>	<p><b>FUNDING CONDITIONS:</b> The international travel costs are covered according to the rules of ERAMUS+ (distance band calculator,</p> <p>100-499 km = 180 euro,  500-1999 km = 275 euro,  2000- 2999 km = 360 euro,  3000-3999 km = 530 euro,  4000-7999 km = 820 euro.</p> <p>You can check distance from your city to Rezekne, Latvia here:  <a href="https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator">https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator</a></p> <p><b>NOTE: This money should cover also costs for your local transport to your nearest airport and travel costs from Riga-Rezekne-Riga (around 20 euros). If your travel expenses exceed these limits, we cannot pay extra, only within these limits.</b></p>
<p>TRAVEL ARREGEMENTS</p>	<p>If you want to visit Latvia, Riga, you can buy the tickets 1-2 days before the project and stay in Latvia 1-2 days after the project, but we cannot cover your accommodation and food expenses for extra days in Latvia.</p>

<p>ACCOMMODATION</p> 	<p>Accommodation will be in the hotel “Latgale”.</p> <p><a href="http://www.hotellatgale.lv/">http://www.hotellatgale.lv/</a></p>  <p>The hotel is situated in the center of Rezekne. Only a few minutes away from the hotel are placed the sights of the city, banks, shopping centers and the most significant objects of cultural history. Hotel provides wireless (WI-FI) internet connection.</p> <p><b>Rooms will be shared with 2 persons per room.</b> All rooms have toilet and shower. Towels and bed linen will be provided. Don’t forget to bring your personal hygienic (shampoo, shower gel, slippers, etc.)! 100% of the seminar costs and seminar tools are covered.</p>
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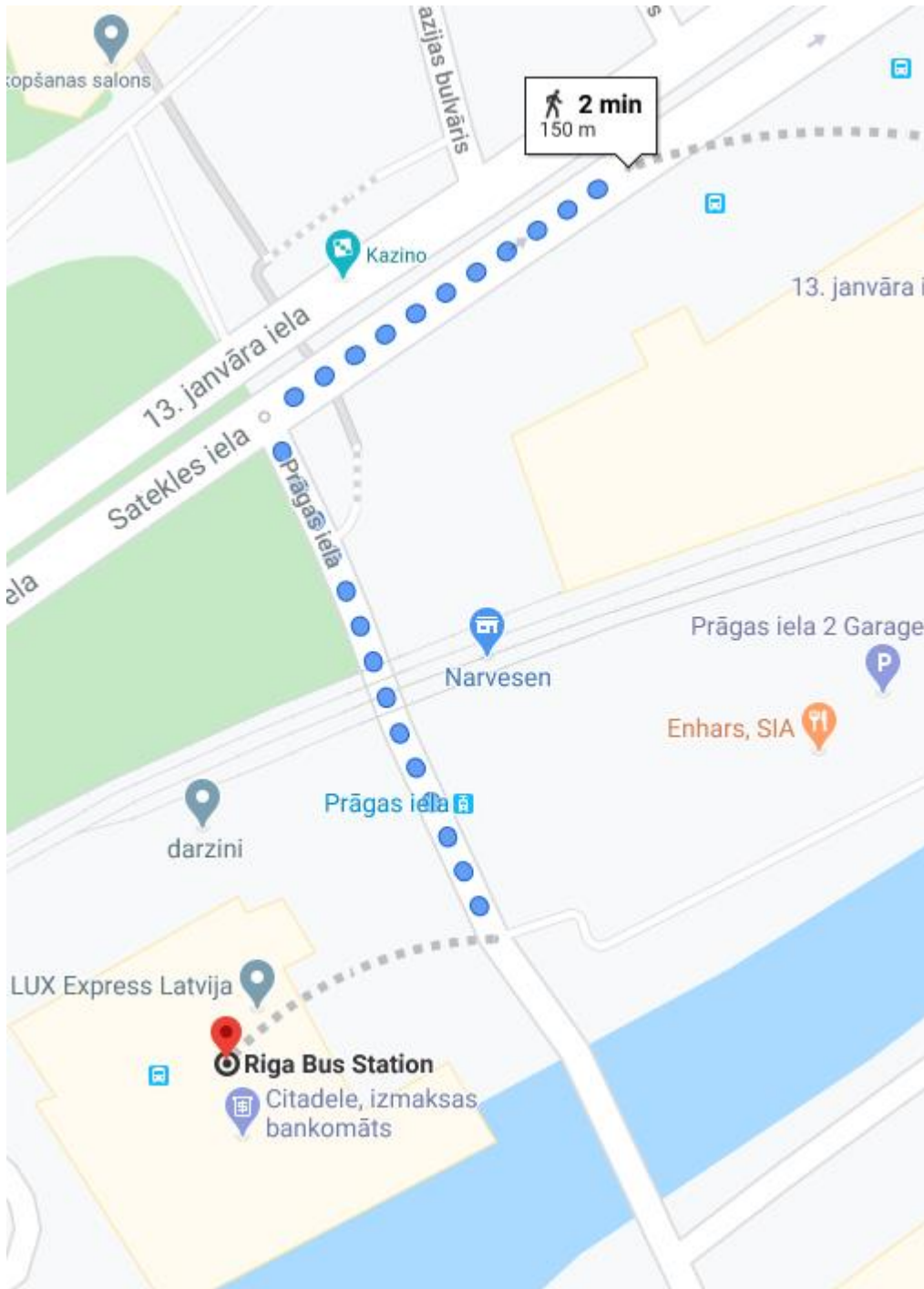
<p>FOOD</p> 	<p>Breakfast, Lunch and Dinner will be provided for you by the project.</p> <p><b>Please fill online Application form and tell us if you have any special food needs (vegetarians, no pork, no fish, allergies etc.)</b></p>
<p>HOW TO GET TO REZEKNE</p>	<p>The airport to fly to is <b>RIGA, Latvia.</b></p> <p>Please try to book your ticket for arrival <b>to Riga as early as possible.</b> When you will arrive to Latvia, get out from the airport, across the parking place you will find the bus stop (there is bus <b>no.22</b>) You can buy the tickets in the bus from the bus driver, <b>2,00 Eur</b> paying by card. The bus No.22 will take you from the airport to the center of Riga. You need to get out in the bus stop “<b>Autoosta</b>”. The duration of the trip from airport to the bus stop “Autoosta” is 20-30 minutes.</p> <p>Check the map below, you can take the <b>train in the train station</b> or the <b>bus in the Bus station for going to Rezekne.</b></p> <p>You can check the trains/buses to/from Rezekne on <a href="https://www.1188.lv/en/transport">https://www.1188.lv/en/transport</a></p> <p>Buses you must check: from “RĪGAS SAO” to “RĒZEKNES AO”</p> <p>Trains: “RĪGA PASAŽIERU” to “RĒZEKNE 2”</p> <p>There you will find the convenient transport for you.</p> <p>If you are disorientated or lost, don` t hesitated to ask people or contact organizers!</p>

### From Bus stop “Autoosta” to the Train station





### From bus stop “Autoosta” to the Bus station



## REIMBURSEMENT RULES

- The travel costs are covered up to a maximum amount according each country. Please note that if some of the participants **are not traveling from the home cities of the partner organizations** the reimbursement will be done according to the following rules:

1. If the travel distance is longer than the distance from the home city of the partner organizations the expenses will be reimbursed according to the project approved band distance (which is stated in the list above).

2. If the travel band distance is shorter than the distance to the home city of the partner organization the expenses will be reimbursed according to the actual travel band.

Here you and the participants can calculate the travel distance:

[https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

- Participants must choose the cheapest travel option. We will only reimburse public transport costs. **No taxis will be reimbursed.**

- The reimbursement will be done only for travel expenses incurred according to the following rules:

1. **Reimbursement of travel costs will only be done upon full attendance of the project and presentation of the original travel tickets with boarding passes, receipts, invoices.** All the original tickets, boarding passes and invoices from your home to the Rēzekne bus or railway station, including e-tickets, busses, trains, shuttles to the airport, etc. We're allowed to refund only the original tickets (altogether including the return) once we'll receive physically by ordinary mail after the project. Your travel expenses will be reimbursed only upon presentation of documentary evidence of the sum actually paid: original invoice or/and a copy of credit card slip. We will ask you for the originals of ones you have already used; do a photocopy of the tickets, which you need for your return trip, and the rest you need to send us by post after the project.

2. **Electronic tickets** will only be reimbursed on receipt proof of payment (invoice, paper of booking/purchase printed from internet, payment confirmation from Internet) and after presentation of the **boarding pass** for the outward journey.

3. Boarding passes must be printed in PDF paper version. **We will not accept mobile electronic boarding passes.**

4. Return tickets must be purchased before the start of the journey.

**Money transfer to your bank accounts (or your organizations bank account) will be after project, and after we receive all the necessary documents we asked for, from you. We don't do reimbursements neither during seminar nor in cash!**

Reimbursement will be done in EURO, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month or day when the ticket/s were purchased, as stated in the official European Commission web-site. For countries with other currency – **we need to know the date of the purchase** of the tickets, to make calculation of currency exchange according to the rules of Erasmus + programme.

**The reimbursement will be made by bank transfer only after receiving the original return tickets!!!!!!**

**Please, bring with you all the bank details (IBAN; SWIFT code, Name of the Bank, Account number etc).**

***Before the execution of the reimbursement, each participant needs to fill a questionnaire that is generated from the mobility tool (organizers will inform you accordingly).***

***Without the originals, we can't reimburse the travel costs. Please print out all your flights tickets, even if you sent them to us before, we need them in paper for the reimbursement!!!!***

***But printer also will be on the place in the seminar hall if you will need to print something extra!***

## HEALTH AND TRAVEL INSURANCE

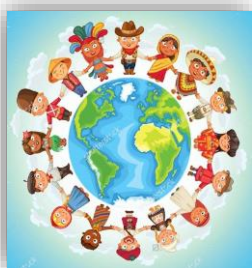
There is NO insurance provided by the organizers. Please, purchase a private insurance or, if you are EU citizen, get it free of charge from your national social security that covers medical costs around EU member states.



Remember that obtaining a health and a full travel insurance is your own responsibility and at your own expenses. The information you provided on any special needs does not remove your own personal responsibility for ensuring your own health. Also, it is very important that you notify us of any health risk or possibly necessary medicines, **special food arrangements!!** and so on.

## WHAT TO BRING WITH YOU

- 1) Please bring any medicine you might need.
- 2) Motivation and good mood.
- 3) We will try to hold some of our activities outdoors, so bring warm, comfortable clothes and shoes.
- 4) Alarm clock.
- 5) Personal hygienic products.
- 6) **Please prepare presentations about your organization, your projects, work with youth. Each country will have 5-10 minutes.**



### INTERCULTURAL EVENING:

- Each organization is asked to bring some food or drink and other typical national staff for the intercultural evening. We will have 1 common intercultural evening.
- **Please keep in mind, that there is no possibility to cook, so please take the ready food!**

ORGANIZERS  
CONTACTS

**Natalija Covvo, Director 0037129433012**  
**Dace Deksnē, Project Coordinator 0037126658731**  
**Jūlija Springe, Financial manager 0037126679594**  
**Stanislavs Babins , Trainer of the project**  
**stanislavs.babins@gmail.com**

**E-mail of the organisation: [pasauleathome@yahoo.co.uk](mailto:pasauleathome@yahoo.co.uk)**

**E-mail to send the tickets, invoices, etc. for travel  
reimbursement:**

**[pasauleathome@gmail.com](mailto:pasauleathome@gmail.com)**

**[www.worldatourhome.com](http://www.worldatourhome.com)**

**When we will get your Application form, we will make  
WhatsApp group for all the participants!**  
**Please fill in Application form and indicate correct phone  
number with your country code!**



**PLEASE REMEMBER** that it is essential that participants participate **in all days of the seminar!**  
Otherwise we can't reimburse any money for the tickets.

**Please do not hesitate to contact the office in case of any questions or comments.**

**See you soon in Rezekne!!!**

