

AUGUST 10 - AUGUST 17

2025

# Find your Voice, Tell your Story

## Youth Exchange



Jaunatnes starptautisko  
programmu aģentūra



Līdzfinansē  
Eiropas Savienība



Baltijas  
Reģionālais  
Fonds



deamicitia



JELGAVA, LATVIA



# Themes:

## **STORYTELLING, CONNECTING, AND MINDFULNESS**

THE PROJECT WILL PROVIDE A SAFE SPACE FOR SELF-EXPRESSION AND EMPOWER PARTICIPANTS TO VALUE THEIR OWN AND OTHERS' EXPERIENCES.

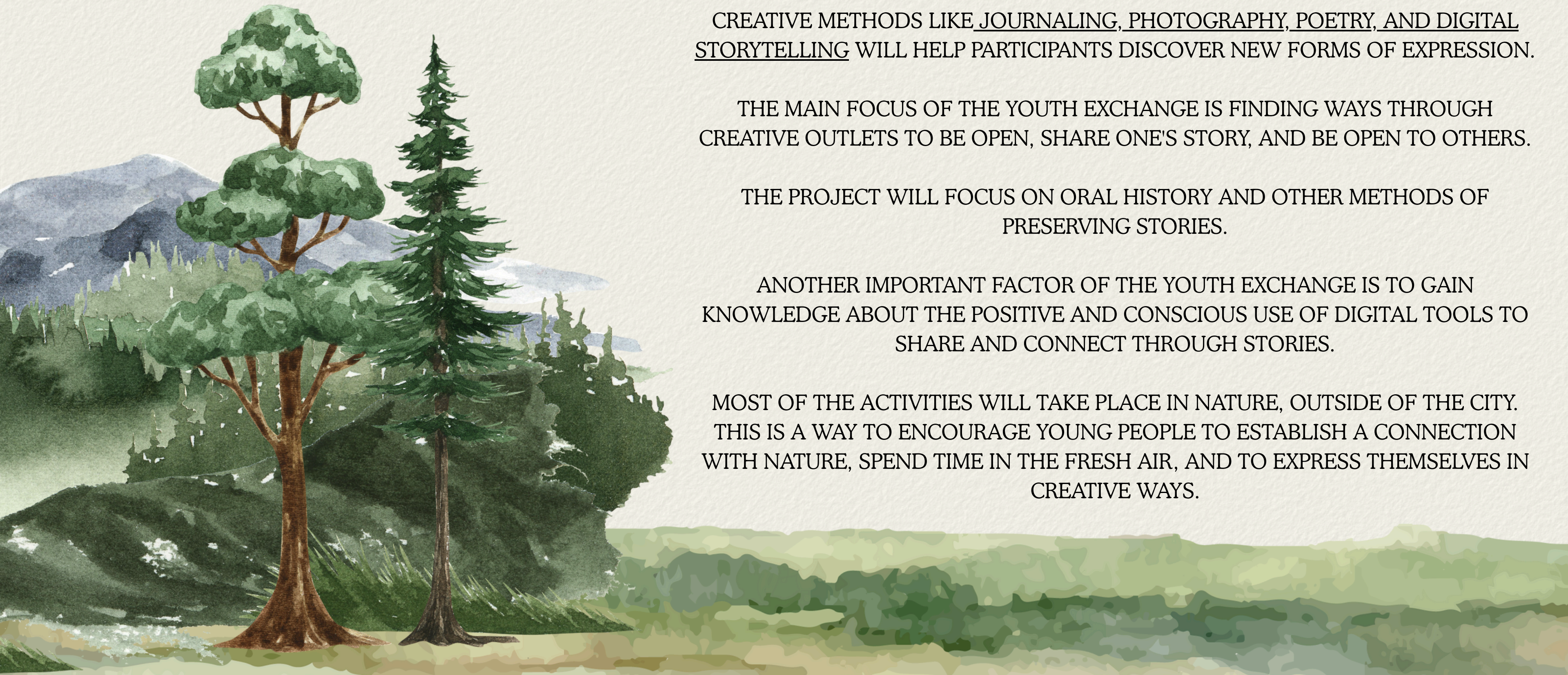
CREATIVE METHODS LIKE JOURNALING, PHOTOGRAPHY, POETRY, AND DIGITAL STORYTELLING WILL HELP PARTICIPANTS DISCOVER NEW FORMS OF EXPRESSION.

THE MAIN FOCUS OF THE YOUTH EXCHANGE IS FINDING WAYS THROUGH CREATIVE OUTLETS TO BE OPEN, SHARE ONE'S STORY, AND BE OPEN TO OTHERS.

THE PROJECT WILL FOCUS ON ORAL HISTORY AND OTHER METHODS OF PRESERVING STORIES.

ANOTHER IMPORTANT FACTOR OF THE YOUTH EXCHANGE IS TO GAIN KNOWLEDGE ABOUT THE POSITIVE AND CONSCIOUS USE OF DIGITAL TOOLS TO SHARE AND CONNECT THROUGH STORIES.

MOST OF THE ACTIVITIES WILL TAKE PLACE IN NATURE, OUTSIDE OF THE CITY. THIS IS A WAY TO ENCOURAGE YOUNG PEOPLE TO ESTABLISH A CONNECTION WITH NATURE, SPEND TIME IN THE FRESH AIR, AND TO EXPRESS THEMSELVES IN CREATIVE WAYS.





## Our goal:

To amplify the voices and stories of youth.

## This project is for you if you:

- Are open to sharing your experiences
- Want to learn from others
- Like creative self-expression
- Want to connect to others
- Like mindfulness practices

## The result:

As a result of the exchange, we will prepare a digital exhibition, where the participants will have the opportunity to tell their stories through different mediums. the format of the exhibition will allow them to share their work in their home countires as well.





# PARTICIPANTS

**PARTNER COUNTRIES: SPAIN (DE AMICITIA), SLOVAKIA (YOUTHFULLY YOURS SLOVAKIA), AND LATVIA (BALTIC REGIONAL FUND)**

## We are looking for:

**24 PARTICIPANTS (12 WITH FEWER OPPORTUNITIES) + 6 LEADERS**

**TEAM FOR EACH COUNTRY: 8 PARTICIPANTS (4 WITH FEWER OPPORTUNITIES) + 2 LEADERS**

**FEWER OPPORTUNITIES SUCH AS - ECONOMIC, GEOGRAPHICAL OR EDUCATIONAL OBSTACLES - I.E. YOUNG PEOPLE WHO DO NOT WORK, DO NOT STUDY, HAVE THE MOST DIFFICULT ECONOMIC CONDITIONS, YOUNG PEOPLE FROM LOW-INCOME, MULTIPLE-CHILD OR SOCIAL RISK FAMILIES, YOUNG PEOPLE FROM RURAL REGIONS, ETC.**

## Participant profile:

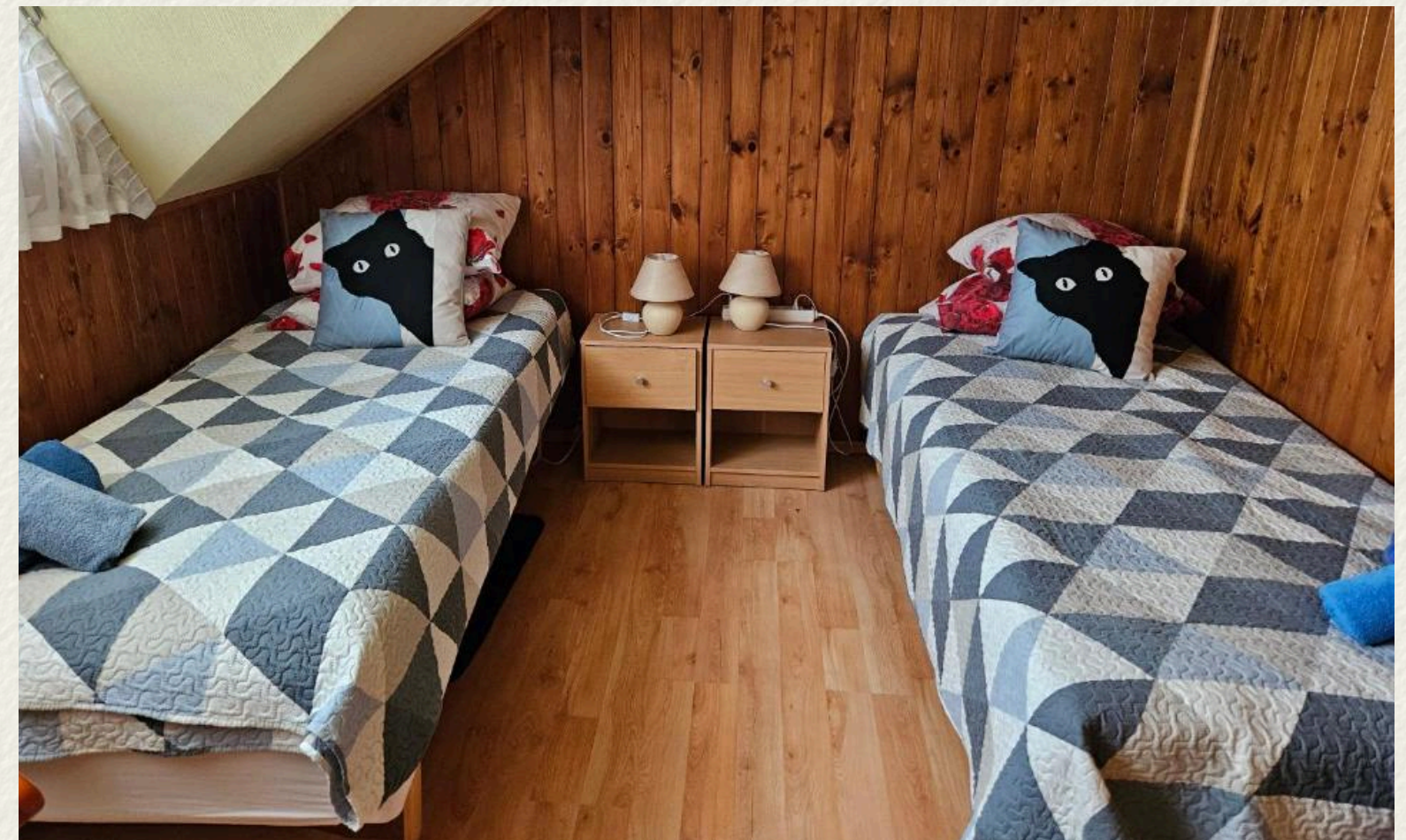
- **18-24 YEARS OLD (NO AGE LIMIT FOR THE GROUP LEADER)**
- **ARE ENGLISH SPEAKING (BASIC KNOWLEDGE IS ENOUGH)**
- **INTERESTED IN THE TOPIC OF ORAL HISTORY, STORYTELLING, CREATIVITY, AND DIVERSITY**
- **READY TO SHARE EXPERIENCE AND LISTEN TO OTHERS**
- **ABLE TO PARTICIPATE FOR THE WHOLE DURATION OF THE PROJECT**
- **AN INTEREST IN DIFFERENT ART METHODS**





# The Venue

GUEST HOUSE "UPESLĪČI" IS LOCATED 40 KM AWAY FROM RIGA (OR 1 KM AWAY FROM JELGAVA) IN A QUIET AND WELL-GROOMED ENVIRONMENT ON THE BANKS OF RIVER SVETE. ROOMS WILL BE SHARED BY 2 - 5 PARTICIPANTS OF THE SAME GENDER AND DIFFERENT NATIONALITIES. THE ACCOMMODATION PLACE ALSO HAS A MINI ZOO WITH ALPACAS, AND THEY ALSO HAVE A SAUNA! :) THERE WILL BE 3 MAIN MEALS AND 2 COFFEE BREAKS EVERY DAY. CHECK IT OUT HERE:  
[HTTPS://UPESLICIATPUTAI.LV/EN/GUEST-HOUSE/](https://upesliciatputai.lv/en/guest-house/)





**PLEASE NOTE THAT THE VENUE AND YOUTH EXCHANGE  
ENFORCE A STRONG **NO ALCOHOL** AND **NO DRUG**  
POLICY!**

## **HOW TO GET THERE FROM RIGA?**

**YOU CAN EASILY REACH THE VENUE BY  
PUBLIC TRANSPORTATION. YOU  
WILL NEED TO TAKE A BUS FROM RIGA  
INTERNATIONAL COACH  
TERMINAL. THE TICKET COSTS 2,50  
EUR AND THE BUS RIDE IS 1 HOUR  
LONG. MORE INFO ABOUT THAT WILL  
COME LATER. :)**





# Travel budget:

Latvia: 28€

Slovakia: 309€ (Green  
travel: 417€)

Spain: 395€ (Green  
travel: 535€)





**MANDATORY FOR ALL PARTICIPANTS:**

- **A EUROPEAN HEALTH INSURANCE CARD**
- **PRIVATE INSURANCE. IF IT WILL BE POSSIBLE AND THE BUDGET WILL ALLOW US, WE WILL REIMBURSE THE COSTS OF IT TOO. HOWEVER, BE PREPARED TO COVER IT WITH YOUR OWN EXPENSES. PLEASE CHECK WHAT ARE THE OPTIONS IN YOUR COUNTRY, AND CONSIDER BUYING THE GROUP INSURANCE AS WELL.**

**ACCOMMODATION, FOOD AND TRAVEL EXPENSES RELATED WITH THE PARTICIPATION IN THE YOUTH EXCHANGE ARE 100% COVERED BY THE ERASMUS+ TRAVEL GRANT FOR EACH COUNTRY. TRAVEL EXPENSES WILL BE REIMBURSED AFTER THE YOUTH EXCHANGE. IN ORDER TO REIMBURSE THE EXPENSES, PARTICIPANTS NEED TO PARTICIPATE IN ALL ACTIVITIES AND SUBMIT ALL RELATED DOCUMENTS (BOARDING PASSES, INVOICE OF THE PAYMENT ETC.)**







SEE YOU IN  
LATVIA!