



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

Seminar
***“New Erasmus-
New Opportunities”***

Project type: KA153-YOU - Mobility of youth workers

Location: Rezekne, Latvia

Dates for seminar:

**20th – 26th April
2023**

2 or 3 participants from each organization (age 18+)
**(See the table below for the
number of participants for
each organisation)**



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

About the project:

The current health, economic, social and political challenges which we face in Europe today, more than ever, forces us to look differently to education system, to different opportunities and to seek other possibilities, forms of self-development and the need for recognition of non-formal education. The new Erasmus + program and youth organizations are in front of new opportunities in the new programme.

The project "New Erasmus - New Opportunities" is Erasmus + seminar. During the project workshops the organizations will discuss future cooperation, capacity building of youth organizations, active participation of young people in youth programs, acquisition and development of new knowledge and skills, reducing youth unemployment, as well as raising the knowledge of youth workers about working with young people with fewer opportunities, the digital environment, green thinking.

The project aims are to increase the capacity of European youth NGOs and their staff to organize youth activities and nonformal education activities and to involve young people in the new Erasmus + and ESC programs, ensuring the establishment of long-term, high-quality projects and partnerships.

The following project tasks will be used to achieve the project goal:

- to draw attention of those who involved in youth work and youth organizations to non-formal and informal learning, as well as to promote success of the new youth program;
- to ensure the exchange of experience, knowledge and good practice in the field of youth work, promoting sustainable development;
- building the capacity and innovation of youth NGOs by providing youth workers with new skills and competencies in organizing events in the new program, which will promote European awareness, knowledge and understanding of future cooperation and project development;
- promoting the long-term participation of European countries in networks and youth projects;
- to ensure publicity of the project and dissemination activities at local and international level.

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.

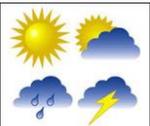
Here meet the cultural heritage of Latgale and ancient values, traditions and new performance, language, and events, art, and culture, song and dance.

Partner organisations

Nr.	Name of the organisation	Country	Contacts	Number or participants
1.	European Association “World-Our Home”	Latvia	pasauleathome@yahoo.co.uk	6
2.	JUGENDKULTURARBEIT EV	Germany	k.murn@jugendkulturarbeit.eu s.may@jugendkulturarbeit.eu	3
3.	Medunarodna udruga mladih EUTOPIA	Croatia	dianagrgat@yahoo.com	3
4.	ASSOCIAZIONE LINK APS	Italy	link@linkyouth.org	3
5.	Organization for women municipality Gevgelija	The Republic of North Macedonia	suzanadim@yahoo.com	3
6.	ASOCIACION BUILDING BRIDGES	Spain	esc@yeseuropa.org erasmus@yeseurope.org	2
7.	SDRUZHENIE FOKUS - EVROPEYSKI CENTAR ZA RAZVITIE	Bulgaria	info@foccen.org Ivailo_ivanov80@abv.bg	2
8.	LYKIA IZCILIK VE DOGA SPORLARI KULUBU DERNEGI	Turkey	info@lidosk.org.tr osmanpisirici@hotmail.com	3
9.	COLLECTIU LA VIBRIA DINICIATIVES CULTURALS PER LA TOLERANCIA I LA INTEGRACIO	Spain	info@vibria.org vibria.intercultural@gmail.com	2
10.	Association for democratic education FAR	Bulgaria	info@farburgas.eu russinb@hotmail.eu	2
11.	Active Youth	Malta	alphzamm@onvol.net active.youth@live.com	2
12.	NEOI ELLADOS SE EYROPAIKI DRASI	Greece	youthfullyyours@gmail.com apostolisyygr@gmail.com	3
13.	ASOCIACIJA AKTYVISTAI	Lithuania	karolis@aktyvistai.lt stirbys@gmail.com	2

Practical information



<p>DATES and PARTICIPANTS</p>	<p>Seminar: 20th – 26th April 2023</p> <p>Arrival: 20th April 2023 Working days: 21st-25th April 2023 Departure: 26th April 2023</p> <p>2 or 3 participants (18 +) from each organization (youth leaders, youth workers, project managers, people who has some experience in Erasmus + programme)</p>
<p>TIME ZONE</p>	<p>Rezekne, Latgale region, Latvia is located in GMT +2 hours.</p>
<p>CURRENCY</p>	<p>Latvian money is EURO € In most of the establishments and shops, credit-cards Visa and MasterCard are accepted.</p>
<p>PHONE</p>	<p>The international phone code is +371 or 00371</p>
<p>WEATHER CONDITIONS</p> 	<p>Average temperature in Latvia: In April 13°C (max.) and 0°C (min.). 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 20th April and book your flight back on 26th April after 15:00. 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 on 26th April.</p> <p>You can check the trains/busses to/from Rezekne on https://www.1188.lv/en/transport</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>

NOTE: Before buying the tickets notify the organizer EA “World - Our Home”

APPLICATION
FORM

Participants are required to fill in online Application form for the project. Deadline 20.03.2023.

<https://forms.gle/Um3rsuxXBK6WS29h7>

TRANSPORT
MAXIMUM
REIMBURSEMENT
AMOUNTS

FUNDING CONDITIONS: The international travel costs are covered according to the rules of ERAMUS+ (distance band calculator, 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).

Country Maximum Amount covered [in €] per person

Country	Max amount covered by the project/per person
GERMANY	275 Eur
CROATIA	275 Eur
ITALY	275 Eur
THE REPUBLIC OF NORTH MACEDONIA	275 Eur
SPAIN	360 Eur
BULGARIA	275 Eur
TURKEY	360 Eur
MALTA	360 Eur
GREECE	275 Eur
LITHUANIA (Green travel)	210 Eur

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.**

<p>TRAVEL ARRAGEMENTS</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>http://www.hotellatgale.lv/</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>Rooms will be shared from 2 till 4 persons per room of the same gender. 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>
<p>PARTICIPATION FEE</p>	<p>10 EUR per person. Participation fee must be paid in cash on the place, when you will give us all your tickets.</p>

<p>FOOD</p> 	<p>Breakfast, Lunch and Dinner will be provided for you by the project.</p> <p>Please fill online Application form and tell us if you have any special food needs (vegetarians, no pork, no fish, allergies etc.)</p>
<p>HOW TO GET TO REZEKNE</p>	<p>The airport to fly to is RIGA, Latvia.</p> <p>Please try to book your ticket for arrival to Riga as early as possible.</p> <p>When you will arrive to Latvia, get out from the airport, across the parking place you will find the bus stop (there is bus no.22) You can buy the tickets in the bus from the bus driver, 2,00 Eur 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 “Autoosta”. The duration of the trip from airport to the bus stop “Autoosta” is 20-30 minutes.</p>

Check the map below, you can take the **train in the train station** or the **bus in the Bus station for going to Rezekne**.

You can check the trains/buses to/from Rezekne on <https://www.1188.lv/en/transport>

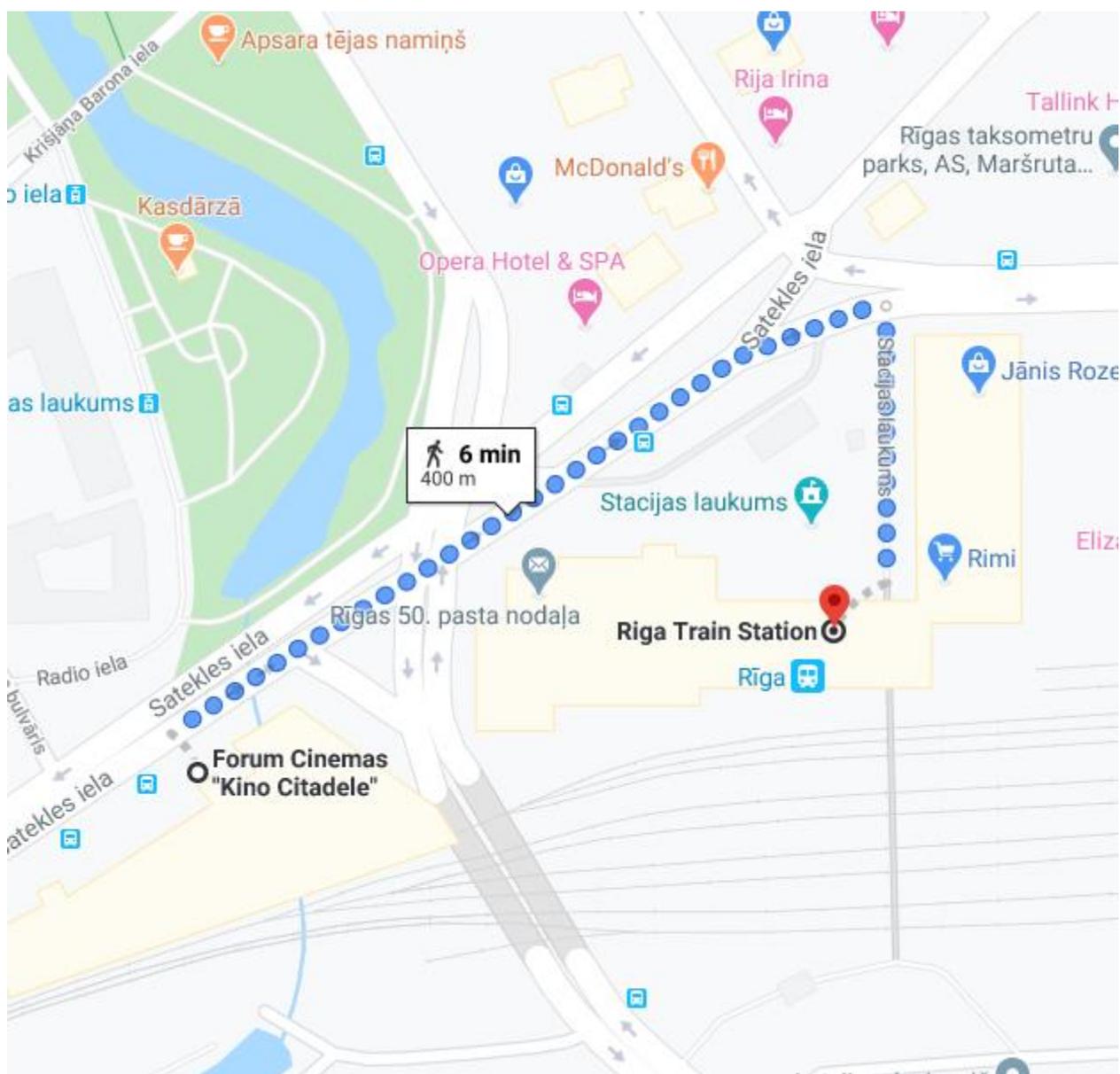
Buses you must check: from “RĪGAS SAO” to “RĒZEKNES AO”

Trains: “RĪGA PASAŽIERU” to “RĒZEKNE 2”

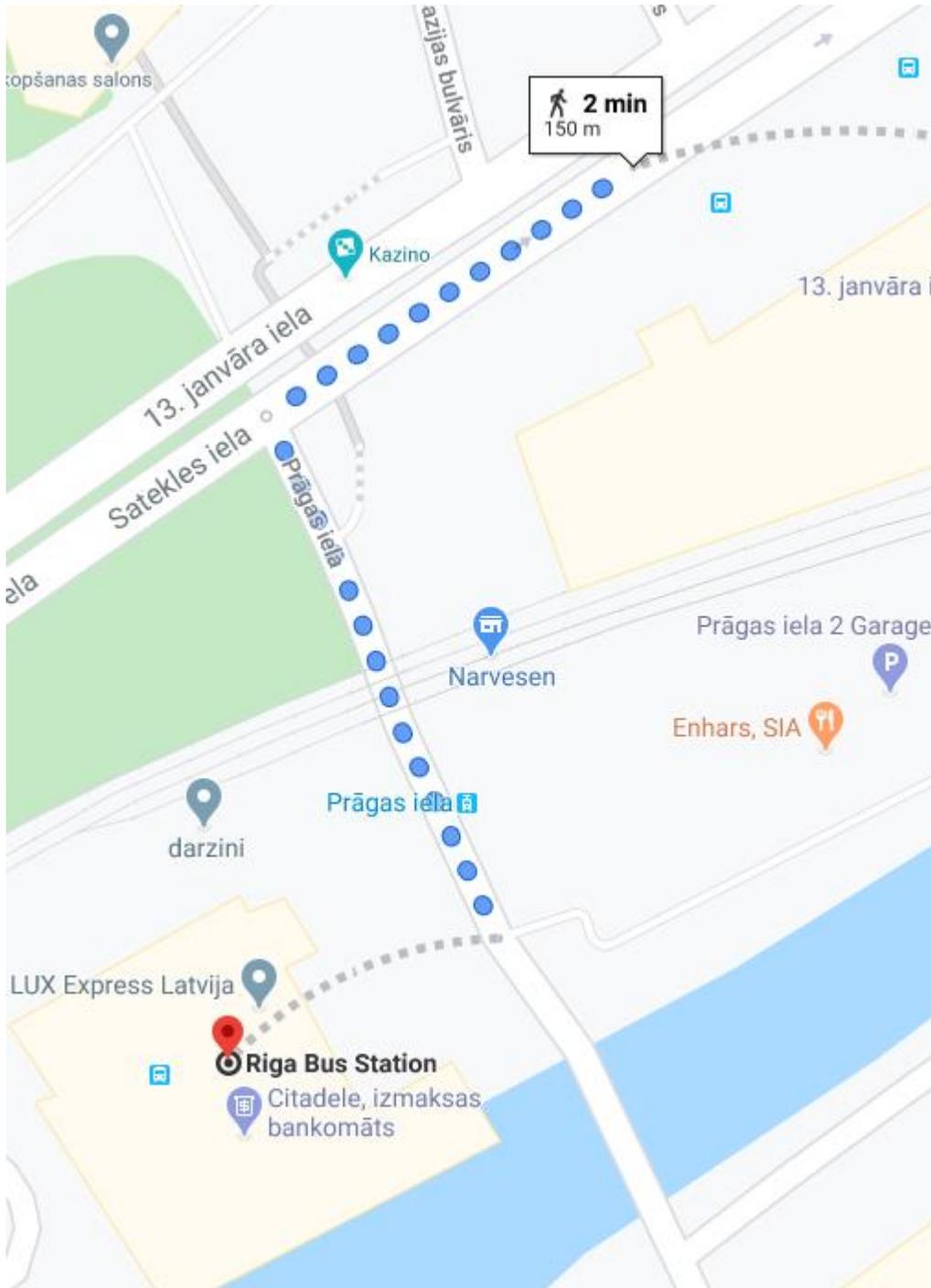
There you will find the convenient transport for you.

If you are disorientated or lost, don't hesitate to ask people or contact organizers!

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

- 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 Deksne, 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

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

pasauleathome@gmail.com

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!!!

