EU program "Youth in Action"  
Youth Exchange "Active Lifestyle"  
Shared information about the project

The Host organization:

**NVO „IESPĒJU RESURSI”(**NGO"OPTIONS RESOURCES")

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Youth exchange 30 young people from the Latvia, Italy (Erga Omnes), Romania, Slovakia, Croatia and Turkey for nine days will be Latvia, Stopinu region, Upeslejas. Cultural diversity of young people from social risk groups of young people in an informal setting will look for current issues of health, active way of life, social participation. Young people will learn outdoor living skills, types of health market of ideas, inter- active discuss current youth health topics: day mode, sports activities, hygiene, fresh air, protecting the environment, sexual reproductive health, smoking, alcohol, drugs. Young people will volunteer animal shelter. There will be a chance to learn about different countries national cultural evenings, Latvia, Stopinu region and Baltic sea. 18.07. healthy young people will hold a day of rest Stopinu region with information about the project, the program "Youth in Action", outdoor activities, sports.

**Project start: 17.05.2013.  
APV Project: 7 to 9.06.2013., Latvia (one leader from each country)  
Project Youth Exchange: 12.-21.07.2013.  
Dissemination across countries: 23.07.-10.09.2013.  
End of project: 18/09/2013.**

**Age of participants: 15-25 years / 15-17 years /  
Member States: Latvia, Italy, Romania, Turkey, Croatia, Slovakia  
Participants from each country: 4 people (2 +2), 1 leader (an adult)**

**Social inclusion:** 14 young people with fewer opportunities who are socially, economically and health obstacles. 4 from Latvia, 2 from Romania, 2 from Italy, 2 from Turkey, 2 from Croatia, 2 from Slovakia .

**Purpose:** to promote unity and tolerance for youth, who are at social risk, especially, in the European Union; to promote understanding between youth from different countries; understanding of cultural diversity; and to improve youth participation, understanding and quality of a healthy lifestyle.

**Logistics of the project:**

-living in a hostel;

- meals in school premises;

- departure to Riga, Jurmala;

- sports and outdoor activities in school premises and stadium;

- fresh air, because the school is situated in a pine forest;

- salt chamber and infrared bath house.

**Safety:**

-There will be underage persons between us;

-Every participant has to have parents permission for travelling and for participating in the project (an electronic form shall be available);

-Every person has to be insured;

-Participants are liable for vaccination against tick-borne encephalitis.

**Travelling and travelling:**

APV accommodations and 100% of the travel expenses are repaid + visa for the leader from Turkey/ tickets and visas are repaid after all necessary documents are received by the host organization via bank transfer/ Transport from and to Riga Airport is covered.

Romania 400 EUR -100 %

Turkey 500 EUR-100% + 90 EUR visa

Italy 500 EUR -100 %

Slovakia 450 EUR-100 %

Croatia 450 EUR-100 %

Youth exchange –accommodations are free and 70% of the travel expenses are repaid + visas for the participants from Turkey/ tickets and visas are repaid after all necessary documents are received via bank transfer/ Transport from and to Riga Airport is covered.

Romania 400 EUR -70 %

Turkey 500 EUR-70% + 90 EUR visa

Italy 500 EUR -70 %

Slovakia 450 EUR-70 %

Croatia 450 EUR-70 %

**Preparatory expenses** : 150 EUR for every participating organization (re-payment after all receipts are received via bank transfer)

Organizational questions: