



Green Fashion

Erasmus+ Youth Exchange

01-10 October 2024

Ventspils, Latvia



Co-funded by
the European Union

PROJECT DESCRIPTION

Clothing production has more than doubled since 2000, causing pollution and contributing to global warming.

This project aims to raise awareness among young people about sustainable fashion choices, encouraging eco-friendly practices like upcycling and repairing clothes. By engaging participants in learning and sharing experiences, we hope to inspire participants to become advocates for green change and spread awareness about the importance of conscious consumption.

The language of instruction is English.



OUR GOALS AND OBJECTIVES

- To establish a safe and empowering space for youngsters from different countries to exchange skills and practices on the topic of fast fashion and the entire concept of sustainable way of living
- To gain hands-on skills in upcycling, sewing, and embroidery to repurpose and redesign clothing
- To develop and implement swap shop concept as a tool for environmental awareness, solidarity and youth empowerment
- Promotion of creative thinking among participants through practical sessions and dispose of their dormant potential;
- To document and share the process and results of the exchange though the use of digital tools and social media to engage other youth
- To identify the competencies that can be obtained through European non-formal learning projects and their certification by Youthpass;
- To explore the possibilities of the Erasmus + program as a tool for cultural education and mobility

OUR PARTNERS

THE AWESOME PEOPLE BEHIND THIS PROJECT



NODIBINAJUMS
APVIE NOTAI
LATVIJAI
LATVIA



ARKTIC
GERMANY



PEOPLE OF 2050
DENMARK



ORAMA
CYPRUS



KURESEL AKTIVİTELER
DERNEĞİ
TURKEY



ASOCIACIJA
"AIDINTI KARTA"
LITHUANIA



ASOCIACIÓN MADRID
OUTDOOR EDUCATION
SPAIN

PARTICIPANTS PROFILE

Our project targets young people who are:

- a) the ages of 18-30 coming from rural areas and/or having fewer opportunities
- b) who are interested in the topics of sustainable fashion and minimal lifestyle.
- c) who have a good command of English.

- d) Who show a big motivation for participation and are available for the whole duration of the training.
- e) Who are citizens/residents of one of the participating countries.

Each national team should consist of 4 participants. Partners are requested to involve at least 2 participants with fewer economic, geographical, social educational and other opportunities.

Team leaders should be at least 18 years old, no upper age limit.

DATES AND VENUE

Venue: Hotel Dzintarjūra

📍 **Ganibu street 26, Ventspils**



Sessions: Ventspils Youth House

📍 **Kuldīgas iela 13, Ventspils**



Food: Cafe Columbia

📍 **Lielā iela 6, Ventspils**



Arrival day: 01 OCT, 2024

Departure day: 10 OCT, 2024

Participants will be accommodated in double/triple rooms in the Hotel Dzintarjūra. The venue provides bed sheets and towels as well.

Participants will be provided with 3-time food per day in Cafe Columbia.

The activities will be organized in the Ventspils Youth Center, which is just next to the Cafe Columbia.

We strongly ask participants to inform the host organization about special needs, such as allergies, special diets, food, etc.

A separate menu will be offered to vegans/vegetarians.

FINANCIAL CONDITIONS

The training will be implemented in the frames of the EU ERASMUS+ Programme.

Board and accommodation will be covered by the hosting organization.

The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. The travel costs will be reimbursed up to a certain amount. **Only the tickets that were confirmed by the organizing team will be reimbursed.**

Participants should arrange their own transportation to the venue. More detailed information is available on **page 11** of this info pack

COUNTRY	MAX. TRAVEL REIMBURSEMENT /EUR	TOTAL NUMBER OF PARTICIPANTS / LEADERS
LITHUENIA	285 (Green travel)	4+1
GERMANY	309	4+2
TURKEY	309 (80 visa costs)	4+1
CYPRUS	395	4+1
DENMARK	309	4+1
SPAIN	395	4+1
LATVIA	56	4+2

Travel reimbursement:

Travel expenses will be reimbursed via bank transfer after the project, upon presentation of all necessary documents (next sections).

All tickets' costs purchased in a local currency will be converted and calculated according to the exchange rate of the month given by the European Commission (<https://bit.ly/384sXo0>).

METHODOLOGY

The whole training course will be based on non-formal education.

Please get acquainted with key components of non-formal education through the following resource: <https://www.youtube.com/watch?v=Xm7PioKwkGo&t=3s>

DRAFT AGENDA

	1-Oct Day 1	2-Oct Day 2	3-Oct Day 3	4-Oct Day 4	5-Oct Day 5	6-Oct Day 6	7-Oct Day 7	8-Oct Day 8	9-Oct Day 9	10-Oct Day 10
Breakfast										
09:00-10:00										
10:00-11:30	Getting to know each other.	Reveiling participants' expectations, contributions and fears. Rule of conduct.	Unveiling the Truths of Sustainable & Fast Fashion	Mapping the Clothing Journey	Storytelling for Sustainability	Clothes Swap Party	Ethical brands battle	Guidebook/Testimonials/Video summary development		
11:30-12:00										
12:00-13:30	Team building activities	Concepts: Non-formal education & learning	Deep Dive into Impact	Fast Fashion vs. Sustainable Fashion Debate	Open space for creative thinkers	Upcycling Workshops	Design It Green: Sustainable Fashion Hackathon	Transfer & Follow Up		
14:00-15:00										
15:00-17:30										
17:30-19:00	Team building activities	Exploring local realities *	Fashion Futures	Calculate Closet Impact	Hiking & Free time	Upcycled Runway	Meeting with "AJ Power Recycling"	Final Evaluation & closing, YouthPass Ceremony		
7:00-20:00										
20:30-23:00	Welcome evening "My name is"	Mug exchange	Intercultural evening	Movie night	Intercultural evening	Participant's space	Intercultural evening	Intercultural evening	Farewell evening "See you soon"	

Departures

The home tasks to prepare.*

- Sharing local realities: Each national team will be given a stage to present the current state of Sustainable Fashion in their local communities, paint a picture of how different places are working towards eco-friendly fashion.

*Each session should last no more than 15 minutes. The sessions should be based on interactive methods of nonformal education.

- Bring clean, gently used clothing items you no longer wear to exchange them with others during the **Clothes Swap Party**
- Organizing cultural evening. Here participants are free to present their culture, national dances, cuisine, music, etc.

* Each session should last no more than 30 minutes. The sessions should be based on interactive methods of nonformal education.

- Presenting their organization/non-formal group.

As soon as the national teams are formed, specific home tasks will be delivered to each team.

FURTHER RULES

TICKETS / REIMBURSEMENT

- The selected participants choose flight connections and send them to the organisers for confirmation.
Please don't book any tickets without our confirmation.
- Only the cheapest tickets will be reimbursed. Tickets with deviation from the direct route, extra unnecessary stops and layovers will not be reimbursed. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurance, etc. **Only 1 piece** of checked-in baggage of a maximum of 15-23 kg will be covered.
- Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees, thus, their invoices won't be accepted for reimbursement.
- We can't reimburse taxis or private cars, only public transport will be covered.
- You can arrive 1-2 days before the activity and depart 1-2 days after if you want to spend more time in Latvia on your own, provided that the tickets on these days are not more expensive than on the official travel days.
- Eurowings, Ryanair, and Wizzair tickets should be purchased only on the websites of the airlines. Tickets purchased via the KIWI website are not very much reliable.
- PRINT your flight tickets and invoices and provide them at the training course. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.

VISA

Please note, that **citizens of Turkey a need to acquire a VISA to enter Latvia.**

For other countries free entry to Latvia often is possible **only with a biometric passport**. Please follow the link and check for the specific country conditions.

<https://www.mfa.gov.lv/en/countries-and-territories-whose-citizens-may-enter-latvia-without-visa>



TRAVEL DOCUMENTS

International travel expenses can be reimbursed ONLY upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets for plane/bus/train (also e-tickets),
3. Invoices,
4. Payment checks.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment proves that you will get during your travel.

THINGS TO BRING



A mug for the "Mug Exchange" Activity



Photo Cameras



Personal hygiene items



What can entertain participants during free time, e.g. games, musical instruments, etc



Traditional food, drinks, music, dances, songs, etc.



Valid international biometric passport for travel



Travel Insurance



Laptop (at least 1 per national team);



Unwanted clothes for the swap party

MONEY

The currency in Latvia is the euro. Each euro is divided into 100 cents.

When you're buying currency for Latvia, look out for the currency code EUR. And once you're in Latvia, you'll see the symbol € used to show prices.

You'll find Euro banknotes in denominations of 5, 10, 20, 50, 100, 200, and 500 - although the 200 and 500 EUR notes are seldom used. There are also 1 and 2 euro coins.

Cents come in coins of 1, 2, 5, 10, 20 and 50.



COMMUNICATION / WIFI



Internet Access

There is a free WiFi network in the hotel territory. Nevertheless, for your own convenience, we highly advise buying a Sim card.

You can get a Latvian SIM card in LMT, Zelta Zīvtina (ZZ) by Tele2 & Bitē stores. Resellers, like post offices, newsstands & grocery stores, also sell SIM cards. They are also sold at Riga International Airport (RIX).

POWER PLUGS / ELECTRICITY



In Latvia, the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

IMPORTANT NOTES

PARTICIPANTS' SELECTION

Participants' selection should be finalized by **08 of August!**

Partners are free to use any selection procedure/form, making sure that at the end the selected candidates have filled in the provided Travel form.

Note! The organizing team reserves the right to the final selection/rejection of participants. Thus, please make sure, that the candidates correspond to the minimal requirements:

- Interested or involved into the topic of sustainable fashion, proactive, motivated to learn, work, create and share the impact
- Full engagement in all activities
- Availability during the whole project;
- Good level of English;
- Awareness of the project details provided in the info pack
- Young people facing fewer opportunities
- Young people between 18 and 30 years

TIMELINE

Activity	Deadline	Form
Participants' Selection	15 August 2024	***
Purchasing tickets and filling in the travel form	25 August, 2024	https://shorturl.at/KDtj6

TRANSPORTATION

Participants are responsible for their own transportation to the venue. Below is the travel plan from Riga to Ventspils, including the Bus N22 schedule.

RĪGAS SAO - VENTSPILS AO

Atiet	Pienāk	Maršruts	Dienas	Cena
07:10	10:25	Rīga - Talsi - Ventspils	1,2,3,4,5,6,7	€ 9,60
08:40	11:35	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,20
09:25	13:15	Rīga - Talsi - Ventspils	1,2,3,4,5,6,7	€ 9,60
10:40	13:40	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,20
11:20	14:20	Rīga - Ventspils	2,3,4,7	€ 9,20
12:20	15:20	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,20
13:10	16:10	Rīga - Ventspils	1,5	€ 9,20
13:40	16:43	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,20
15:00	17:55	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,20
16:00	19:00	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,30
17:00	20:00	Rīga - Ventspils	1,2,3,4,5,7	€ 9,20
17:40	20:30	Rīga - Ventspils	5,6	€ 9,20
18:10	22:02	Rīga - Tukums - Talsi - Ventspils	1,2,3,4,5,6,7	€ 9,70
18:30	21:30	Rīga - Ventspils	5	€ 9,30
19:00	21:55	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,20
19:30	22:25	Rīga - Ventspils	7	€ 9,30
20:20	23:20	Rīga - Ventspils	1,2,3,4,5,6,7	€ 9,30
22:40	01:55	Rīga - Tukums - Talsi - Ventspils	1,2,3,4,5,6,7	€ 9,70

22 Autobuss		22	
Lidosta - Abrenes iela		Lidosta Rīga (P1 stāvlaukums)	
Lidosta Rīga	Priežkalni	Maršruta ielas: P1 stāvlaukums P133 Lidostas "Rīga" pievedceļš- Kārja Ulmaņa gatve- Lielirbes iela- Kalnciema iela- Daugavgrīvas iela- Rāņķa dambis- Uzvaras bulvāris- Akmens tilts. 11.novembra krastmala- 13.janvāra iela- Emīlijas Benjamiņas iela- Vilhelma Purviša iela, Abrenes iela	
Zolitūdes iela	Upesgrīvas iela/ Spice	22	darba dienas (darbojas no 17-06-2024)
Kauguru iela	Dreiliņu iela	5 25 45	5 25 45
Mēlnsila iela	Slokas iela	6 05 25 45	6 05 25 45
Daugavgrīvas iela	Uzvaras bulvāris	7 00 12 22 32 39 45 51 58	7 05 25 45
Nacionālā bibliotēka	11.novembra krastmala	8 05 13 21 29 37 46 57	8 05 25 45
11.novembra krastmala	Rīga bus terminal	9 05 15 25 35 45 55	9 05 25 45
Rīga bus terminal	Centrāltirgus	10 05 15 25 35 45 57	10 00 15 30 45 57
Centrāltirgus	Abrenes iela	11 09 21 33 45 57	11 09 22 37 52
Abrenes iela		12 09 21 33 45 57	12 07 19 34 46 58
		13 09 21 33 45 57	13 10 22 34 46 58
		14 09 21 33 45 57	14 10 22 34 46 58
		15 07 15 23 31 39 47 55	15 10 22 34 46 58
		16 03 11 19 27 35 43 52	16 10 22 35 48
		17 01 10 18 26 34 42 50 58	17 01 14 27 40 53
		18 06 14 22 30 38 48 58	18 06 19 34 54
		19 08 20 32 44 57	19 14 34 56
		20 08 21 34 48	20 14 32 50
		21 02 16 30 50	21 10 30 50
		22 10 30 50	22 10 30 50
		23 10 30 50	23 10 30 50
		0 10 40	0 10 40

Sliktu laiku un ceļa apstākļu, kā arī transporta sastrēgumu gadījumos atiešanas laiki var mainīties.
Uzspiežot uz atiešanas laika, parādīsies transporta apstāšanās laiks citās pieturvietās.

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IMPORTANT LINKS

FACEBOOK GROUP

All the selected participants and coordinators are requested to join the Facebook group of the Youth Exchange to stay tuned to the latest updates and news.

<https://www.facebook.com/share/6YLSyzBjyiTBRnxH/>

TRAVEL FORM

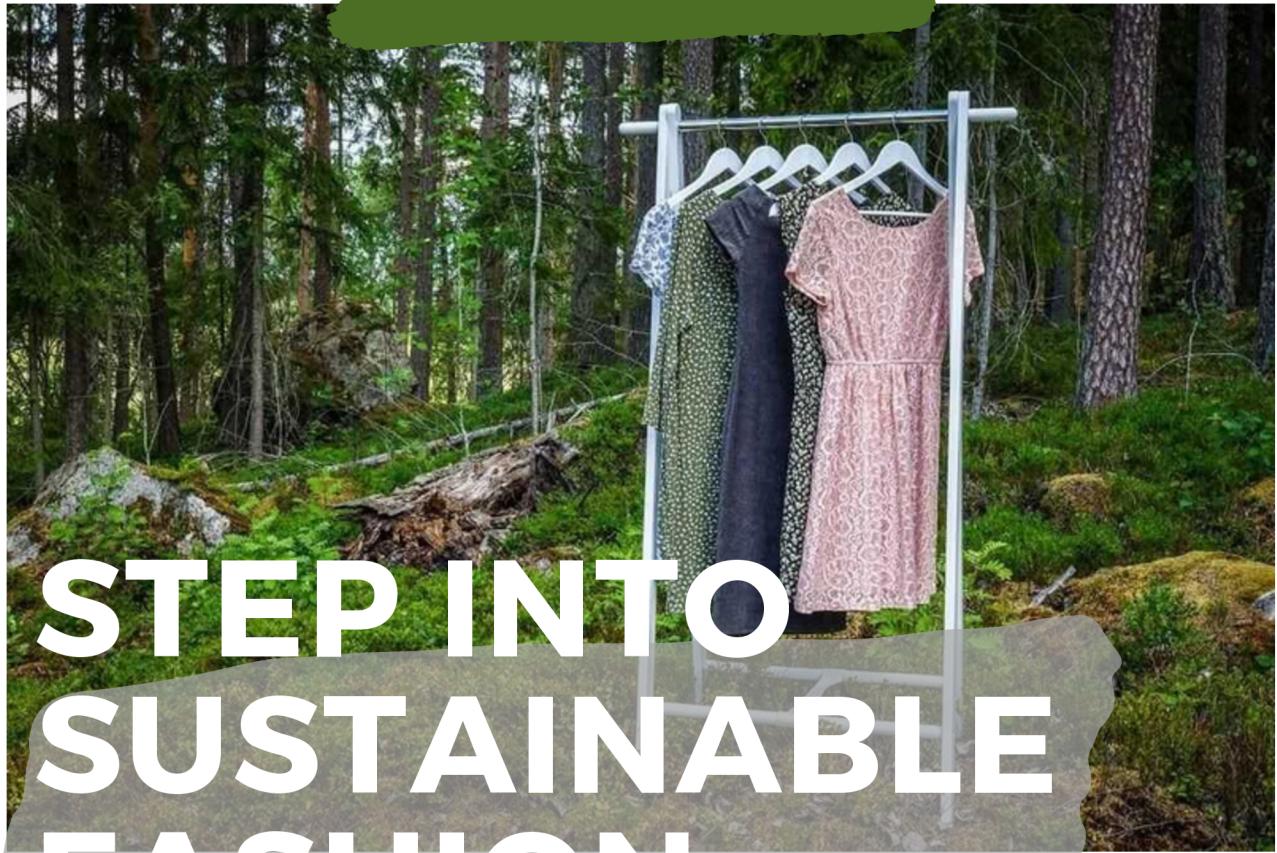
As soon as the tickets are booked, participants are requested to fill in the following travel form. This is needed for practical/logistic arrangements.

<https://forms.gle/xvnuL5MsQoV5j4jb8>

GREEN TRAVEL

We highly encourage participants to stay sustainable throughout the travel. Here we share information on "10 Steps to Being a Sustainable Traveller".

bit.ly/3DIExVV



STEP INTO SUSTAINABLE FASHION



Co-funded by
the European Union



Jaunatnes starptautisko
programmu aģentūra



APVIENOTAI LATVJAI

CONTACT US

marine.martirosyan.95@gmail.com
gatis_meiris@inbox.lv

+37493533146 - WhatsApp/Telegram (Marine)
+37126785879 - Cell phone (Gatis)