



YOU(TH)INK YOUTH EVOLVE



Erasmus+ YOUTH EXCHANGE
15th - 23rd September 2023 Sigulda,
Krimulda, Latvia

FOLLOW



Jaunatnes starptautisko
programmu aģentūra



Co-funded by
the European Union

MIHI
MAKE IT HAPPEN INFINITY
Organized by MIHI Latvia



Context

The main theme of the project is set out from the title of the project: give youth the opportunity to experience the impact of soft skills. The choice of the theme was made after research and facts emphasizing the gap between the skills that employees possess and the abilities that employers are looking for. After a thorough analysis of the gap, young people gathered to illustrate how transversal skills are key points in the labor market. Nonformal education, one of the main assets in the Erasmus+ program, provides the necessary challenging and creative environment together with strong educational activities followed up with reflection. Through this project, young people will try to understand the difference between the hard skills they learn at school, university, etc, and the soft skills which are not necessarily taught in a specific framework and format but are considered experiential learning.

The activities of the project are designed accordingly to highlight the particular skills young people aim to develop. Based on the group stages of Tuckman, they start a journey of forming a group dynamic that will perform with synergy after the cooperation and integration of the team. Some of the thematics the project will approach are problem solving, public speaking, conflict management, time management, empathy, communication and many more. The type of the activities introduced are simulations, specifically designed games, debates, small group activities, role-playing, outdoor activities and mindfulness.



Participants profile: 31 motivated young people who feel that their skills are inadequate regarding the labour market, whose goals and potentials need support and they want to establish a valuable and skillful personality and career. The project will include also participants with fewer opportunities.





The specific objectives of the project are:

- To foster mutual understanding of soft skills and their role in the employability of young people;
- To give knowledge regarding soft skills and their characteristics;
- To allow participants to experience soft skills development practically and understand their relevance in the working environment;
- To improve the international competencies of participants by working in an international context and environment;
- To boost participants' personalities with key competencies that will help them to work more efficiently;
- To make them more familiar with transversal skills such as communication, teamwork, problem-solving, leadership, time-management, Emotional Intelligence, Conflict Management, Critical thinking, and adaptability;
- To improve those cross-competences of participants and experience new methods which can be transferral to life;
- To give a chance to young people to experience a different way of learning, experiential learning where they will take the initiative.

Through nonformal educational methods we will address these issues:

Nonformal education

Experiential Learning

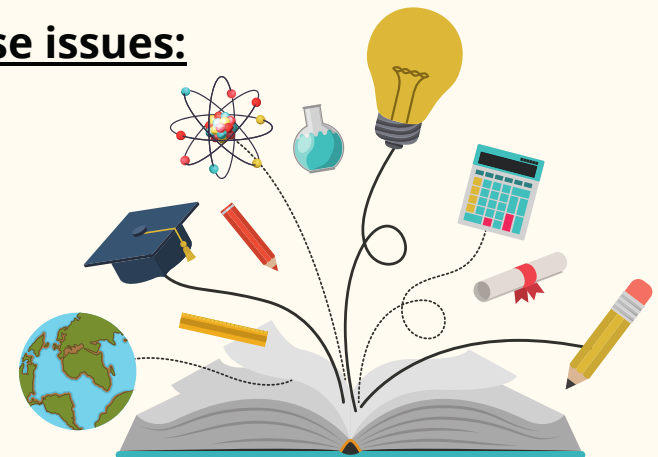
Soft skills-Life skills-Key competences

Intercultural Dialogue and Mutual Understanding

Erasmus+ programme

Methods of Organising and Debriefing

Certificate of Participation to Erasmus+





Hour	Friday 15/9	Saturday 16/9	Sunday 17/9	Monday 18/9	Tuesday 19/9	Wednesday 20/9	Thursday 21/9	Friday 22/9	Saturday 23/9			
8:30-9:30	Breakfast											
9:30-10:00	Buffer time											
10:00-11:30	Arrivals	Get to know each other	Non formal education and group formation	Soft skills reality	Free Day	Public Speaking	Conflict Management I	What did I learn?	Departures			
11:30-12:00		Coffee Break				Coffee Break						
12:00-13:30		Schedule - Fears and Expectations - Rules	Who are I	Debate Simulation I		Emotional Intelligence and Communication	Conflict Management II	Erasmus+				
13:30-15:30		Lunch				Lunch						
15:30-17:00		Team building	Teamwork and Imagination	Debate Simulation II		Open Space Technology I	Problem solving	Youthpass				
17:00-17:30		Coffee Break				Coffee Break						
17:30-18:30		Youthpass and Learning Methods	Get organised	Brain games		Open Space Technology II	Step forward Activity	Evaluation in 7 steps				
18:30-19:00		Reflection time										
19:00-20:00		Dinner										
20:00-21:00		Diner and welcome of the group	Free night			Games				Intercultural night		Free evening, organized evening by participants
21:00-00:00	Free night			Games			Intercultural night		Farewell Party			

Partner organizations



MIHI

5 participants + 2 leaders

Youthfully Yours GR

5 participants + 1 leader

EQuality

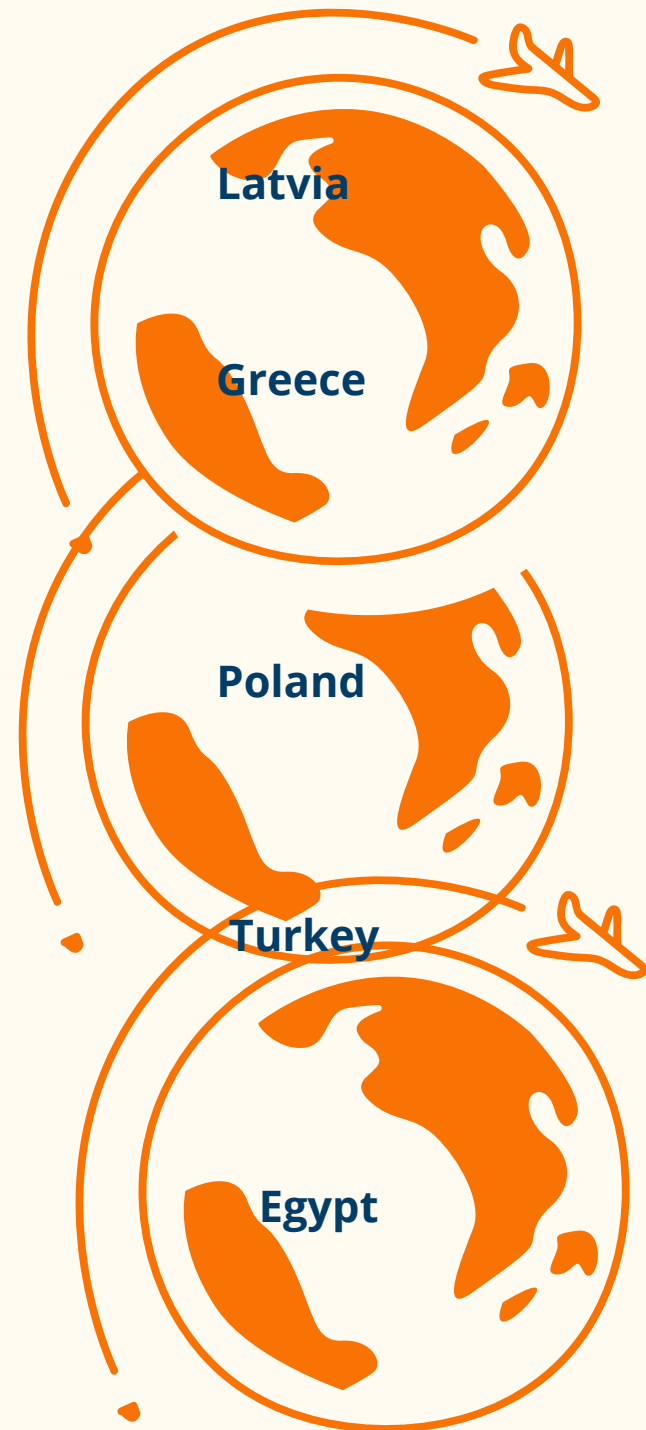
5 participants + 1 leader

COSMOS(KOZMOS) GENCLIK DERNEG

5 participants + 1 leader

MI HI For Training And Development

5 participants + 1 leader



Logistics in Latvia

- The participants will be hosted in the cozy Reinis Hotel Sigulda, a guesthouse on the outskirts of Sigulda
- Surrounded by a peaceful natural landscape, the Reinis is only a 10-minute drive away from the town center, Turaida Castle and the Gauja Valley, Gauja National Park
- A comfort stay for all participants, in shared rooms, apartments of 2,3,4,6 beds quadruple, triple, and twin with private and shared bathrooms and showers, shared kitchens

A free Wi-Fi connection is available.

- The sessions will take place in a meeting room a 2 min walk from the guesthouse.

Insurance, travel, and finances

- The accommodation and meals are 100% covered by the coordinating organization.
- Note: The breakfast, lunch, and dinner meals will be provided at a restaurant at the guesthouse; the meals have no vegan options.
- A bus /Taxi will be booked to take you from Sigulda train station to the Venue; the distance is 7 km. Therefore, 40 euros are to be deducted from the reimbursement of travel costs, the price corresponding to this service. (Latvian participants are exempt)
- Each participant will be provided flight proposals most suitable for reaching Riga or Vilnius airport. The direct flights and cheapest means of transport are to be considered. All tickets shall be booked by the participants and reimbursed up to 2 months after the youth exchange. This reimbursement is conditioned to active participation. Checked-in luggage and any other extra flight options are not reimbursed. When traveling with Ryanair or Wizzair, it is allowed to add the priority-boarding option. Tickets can only be booked upon approval.
- We aim to promote green travel; we suggest the participants use Land transportation in other countries, take one flight only to reach Riga, and one flight back. **All participants should arrive on the 15th before 4 PM in Riga and departure from the Venue on the 23rd after 8:00 Am, no departure from the venue early than that**
- It is not possible to stay before and after the travel days unless more suitable transportation options are available one day before and/or after at the participant's expense.
- The European Health Card is mandatory for all participants.



The weather in September

The weather in Latvia in September
You can expect about 3 to 8 days of
rain in Latvia during those months



What to bring?

- Bring along your umbrella and raincoat, just in case ;D
- Towels and personal hygiene things (shampoo, shower gel, will be provided; participants will need to bring other personal hygiene (toothpaste, etc.)
- Minimum one laptop for the country group. We will have activities that require digital content
- A refillable bottle of water.
- Comfortable clothes and shoes for hiking and walking activities in the forest
- Comfortable shoes to wear indoors the apartments and the guesthouse
- There will be an intercultural night, you may bring light objects that
- can represent your country, as souvenirs or snacks.
- Good mood and open mind! ☺

Our Contact

You Can Stay Connected

Contact Person

Ibrahim Elrefaei

WE CAN'T WAIT TO
WELCOME YOU IN LATVIA

See You Soon, Friends...



Mobile Number

+37122828509



Website

www.mihiyouth.org



Email Address

application.lv@mihiyouth.org



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