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Infopack for participants

“Together Against Bullying and Cyberbullying” (BullyFree) Youth Exchange

Rezekne, Latvia

**16.05.2025-24.05.2025 (*travel days
included*)**

Erasmus+ KA-151 Youth Project

Project ref. no: 2024-1-R001-KA151-YOU-000222028

Welcome to the information pack for the upcoming youth exchange “Together Against Bullying and Cyberbullying” BullyFree, organized by Babilon Travel NGO. Please read it in advance because it contains important information about the activity.



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About us

Babilon Travel NGO is a non-governmental organisation based in Cluj-Napoca Romania, which is designing programmes and projects that promote the social and economic inclusion of young people with disabilities or fewer opportunities, on local and European level. These programmes and projects are widely using elements of non-formal education, intercultural learning, active European citizenship and volunteering.

Summary of the mobility

Place: Rezekne, Latvia

Dates: 16.05.2025 - 24.05.2025 (including travel days)

Participants: 40 participants + 2 facilitators

Participant countries: Romania, Latvia, Poland, Czech Republic, and Lithuania.

About the youth exchange

Bullying and cyberbullying are important issues that negatively impact the well-being and safety of young people worldwide. The “Together Against Bullying and Cyberbullying” (BullyFree) exchange will unite youth from diverse backgrounds to address these challenges. Participants will explore the causes, consequences, and prevention strategies through interactive workshops, discussions, and creative projects. The exchange will not only promote awareness but also equip young people with the tools and strategies necessary to promote empathy, inclusion, and mutual respect in their communities.



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The main aim of the youth exchange is to empower young people to recognize, address, and prevent bullying and cyberbullying while developing empathy and creating safer digital and physical environments.

By emphasizing inclusivity, the Youth Exchange ensures that youth with sensory impairments and those facing other barriers are empowered to engage fully and advocate for positive societal change.

Objectives

- To increase participants' knowledge of bullying and cyberbullying, including their causes, forms, and consequences.
- To foster empathy, inclusion, and mutual respect among participants for positive interactions in online and offline settings.
- To provide participants with practical strategies, such as conflict resolution and digital safety, to address and prevent bullying.

Learning outcomes

The primary outcome will be a collaboratively created storybook (visual/audio) depicting real-life scenarios of bullying and cyberbullying alongside acts of kindness, effective communication strategies and security strategies. The storybook will be designed for online sharing and as a teaching tool in schools, raising awareness and promoting positive behaviors among young people.

Participants' profile

- ☒ Citizens or legal residents of: Romania, Latvia, Poland, Czech Republic, and Lithuania.
- ☒ Youngsters aged between (17-30), able to communicate in English
- ☒ Youth leaders and accompanying persons, age 18+
- ☒ Youth leaders connected to their sending organization.
- ☒ Ready to interact with their disabled/non- disabled peers in an active and supportive way
- ☒ Committed to attend for the full duration of the youth exchange

Each partner organization will send a total of 8 participants, divided as follows:

- 1 youth leader (age 18 +, connected to the sending organization)
- 4 typical young person (age 17-30)
- 1 young person with fewer opportunities (age 17-30)
- 1 young person with sensory impairments (age 17-30)
- 1 experienced accompanying person (age 18+)



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*The **accompanying person** supports the young person with sensory impairments, helping them fully take part in the project. They assist with communication, navigating spaces, and making sure activities and materials are accessible. This support ensures the young participant can engage, learn, and contribute alongside the others effectively.*

***Youth leaders** are expected to guide and support their team throughout the youth exchange, promoting engagement and ensuring inclusivity. Their tasks include preparing participants beforehand, facilitating group dynamics and sometimes activities during the exchange, hand in are required documents from the coordinating organization and contributing to follow-up activities and project dissemination after the event.*

Travel information

In line with Erasmus+ Programme rules (funded by the European Union), travel costs will be reimbursed based on the most economical, eco-friendly, and efficient options. Key details are as follows:

- Eligible options include low-cost flights, 2nd class train tickets, buses, minivans, and carpooling.
- Original tickets, invoices, receipts, and boarding passes must be provided for reimbursement.
- Travel costs also cover public transportation (taxis are NOT eligible unless there are no public transport options available).
- Travel expenses will be reimbursed within 45 days after the mobility, if provided all necessary documents, tasks and dissemination materials are submitted.
- Reimbursement will be made directly to the sending organisation's bank account.

Important: Do not purchase any tickets without receiving our approval.

We will reimburse the travel based on real costs not exceeding the lump sums based on the Erasmus+ travel distance bands. Use the distance calculator, and calculate the upper limit of what can be covered by Erasmus+ grant. Please enter the place where your journey starts and enter 'Rezekne, Latvia' as the end point of the journey.

The calculator will show a straight line distance. If your travel costs exceed these amounts, your (or your organisation's) contribution will cover the remaining amount. Be aware that Erasmus+ functions as co-funding programme and does not aim to cover all your costs.

These are the lump sums for travel costs:

Distance	"Non-Green" travel	Green travel
10-99 km	28 EUR	56 EUR
100-499 km	211 EUR	285 EUR
500-1999 km	309 EUR	417 EUR
2000-2999 km	395 EUR	535 EUR
3000-3999 km	580 EUR	785 EUR

Travel Plan

From the very first meeting, all partners agreed on the following travel plan for this youth exchange to ensure a smooth and coordinated arrival of participants:

- The Romanian team will start their journey on 15.05.2025 by bus from Cluj-Napoca, traveling towards the venue.
- Along the way, they will pick up the Czech team from Krakow or Warsaw and they will all overnight in Warsaw.
- Next day early in the morning (16.05.2025), the teams will pick up the Polish team from Warsaw and continue their journey toward Vilnius where they will pick up the Lithuanian team.

This joint travel arrangement is meant to optimize logistics, facilitate team bonding, and ensure a timely and efficient arrival for all participants. Further details on departure times and exact pick-up locations will be shared closer to the event.

Good to keep in mind

- To receive a YouthPass, each participant must attend the full duration of the activity and participate in all the workshops. Please, keep in mind, according to Erasmus+ guidelines, if a participant doesn't attend at minimum 80% of the activities and fail to meet this requirement, may result in partial or no reimbursement of travel costs or other expenses.
- We kindly ask the participants to bring their health insurance or European Health card. The health insurance is not covered by the budget. A health insurance or EU health card is mandatory!
- We ask all the participants to pay attention (application form) and to inform us about allergies, food intolerances and special needs (even food or products they don't eat) and we will communicate with the restaurant.
- Each country group will come prepared with minimum 2 energizers.

Registration form for participants

For the official registration, please access the link below:

[Registration form](#)

Please fill out the form WITHOUT diacritics or capital letters!

The selected participants will be contacted by their sending organization from their own country!



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Accommodation

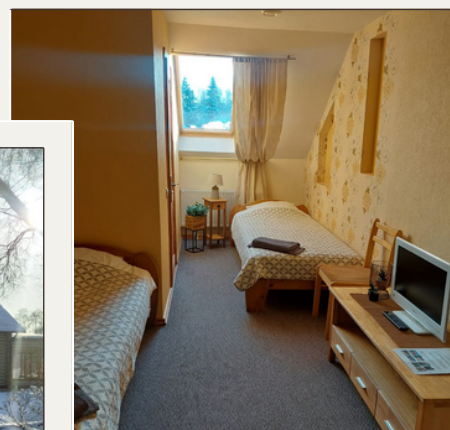
Participants will stay at Zaļā Sala Guest House, in double rooms with private bathroom. The facility offers comfortable rooms with basic amenities. The hotel is conveniently located, at a riverside, surrounded by a nature. Participants will be hosted in rooms of 2 participants of the same gender. Free-Wifi, towels and the other amenities will be provided by the hotel.

Accommodation, food and other project related expenses are 100% funded by the Erasmus+ project.

The food prepared and served is of the traditional as well as international cuisine.

Address of the hotel: Rzekne, Griškānu pag., Litavnieki, "Zaļā sala"

For further information about the hotel, please visit their official website: hotelzalasala.lv





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Good to know information about the location

The youth exchange will take place in Rezekne, Latvia, a city in the eastern part of the country (240 km from Riga), known for its beautiful lakes, cultural heritage, and green surroundings. The accommodation is about 2-3 km from the city.

Weather & Clothing: May in Rezekne brings mild to cool temperatures, with highs around 16-20°C and lows near 6-10°C. Rain is possible, so bringing a light waterproof jacket or umbrella is recommended. Comfortable clothes are advisable.

Language: The official language is Latvian, but Russian and English are also spoken, especially among younger people and in urban areas.

Currency: The currency in Latvia is the Euro (EUR). Cards are widely accepted, but having some cash for smaller purchases is useful.

Time Zone: Latvia follows Eastern European Time (EET, UTC+2) and Eastern European Summer Time (EEST, UTC+3) during daylight saving time.

Other information:

- Tap water is safe to drink in Latvia.
- Rezekne is known for its cultural landmarks, lakes, and parks, making it a great place for nature walks and sightseeing.
- Power plugs are Type F (230V, 50Hz), the same as in most European countries.
- Public transport is available, but walking or taxis may be more convenient for short distances.



Partners

Asociatia Babilon Travel, Romania (coordinating organization)

Rezekne Municipality, Latvia

Asociacija Tavo Europa

Mladioevropani z.s., Czech Republic

Humancentric Foundation, Poland