

# THE CYCLE OF CHANGE

## YOUTH EXCHANGE



### DATE

**06.08.2023 –  
13.08.2023**

**6th & 13th are travel days**

### PLACE

**Ludza, Latvia**  
**Hotel "Ludza"**

### NUMBER OF PARTICIPANTS

**6 participants**  
**+ 1 leader per country**

### AGE

**18 - 30 years old**

## PROJECT DESCRIPTION

The main aim of the project is to develop and strengthen a nature-friendly way of thinking. With this project we want to improve attitude and understanding of young people about the severity of the climate crisis situation, give them an opportunity to learn practical methods for individual waste recycling and upcycling learned through dissemination activities and improve their feeling of a community that cares about their and the world environment, putting not only practicality and ease of life forward, but social responsibility in the minds of people.

## ACTIVITIES

During *The Cycle of Change* practical workshops will take place so participants can learn by doing and acquire new skills. There will also be informal presentations to increase environmental awareness. During the activity participants will have a chance not only learn about nature-friendly way of thinking and practices, but disseminate project results to promote environmental awareness.

## RESULTS

Main impact that we intend is: changes in attitudes on a personal, group level, future impact on workplaces and municipalities to promote a more eco-friendly policy making. As well, we intend to not only educate the participants, but also give them the competencies to do something about the problem and make a broader impact.

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## AGENDA

**DAY 1 & DAY 8  
ARE TRAVEL DAYS**

## TIPS

- Latvian currency – EUR
- Take EHIC (European Health Insurance Card) or/and your ordinary insurance  
<https://ec.europa.eu/social/main.jsp?catId=559>
- Take with you comfortable and warm clothes.
- Bring good spirit!

## FINANCED

Accommodation and food (3 meals) are fully paid by hosting organization.

Travel reimburse is up to the limits, according to sending organization.

### DAY 2

- Expectations, contributions, concerns;
- Ecological Footprint – practical workshop.

### DAY 3

- The cycle of waste presentations and practical workshop;
- 1st intercultural evening.

### DAY 4

- Going on a field trip visit to Daugavpils to see examples of good practice in recycling;
- 2nd intercultural evening.

### DAY 5

- New life for reused cardboard – exploring possibilities/practical workshops;
- 3rd intercultural evening.

### DAY 6

- Distribution of results at the Ludza city festival.

### DAY 7

- Circle of Youthpass;
- Evaluation.

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**THE CYCLE  
OF CHANGE**  
LUDZA-2023

### TRAVEL REIMBURSEMENT RULES

- **Keep all travel documents (tickets, e-tickets, boarding passes, invoices) and provide them to your sending organization.**
- **Reimbursement will be provide according to sending organization's rules.**
- **If something is unclear, please don't hesitate to contact with us.**

### PLACE TO STAY



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*Ligita Karvile*  
PHOTOGRAPHY



### PLACE TO STAY LUDZA

Ludza is a town in Latgales region of eastern Latvia, also an oldest city in Latvia.



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**Biedrība KIRA**

<https://www.facebook.com/profile.php?id=100091440589108>

### CONTACT

**Biedrība KIRA**

**kira\_ludza@inbox.lv**

**<https://kira.mozello.lv/>**

**PROJECT COORDINATOR**

**ENDIJA MEDVECA**

**+37120122702**

**[endija.medvecka@ludzasnovads.lv](mailto:endija.medvecka@ludzasnovads.lv)**

### PRACTICAL WORKSHOPS

If you need any materials, during your planned practical workshop or presentation please send us a list of materials, so that we can prepare everything.

### INTERCULTURAL EVENING

Prepare for your region's cultural evening. Try to be creative! Any kind of activities are welcome. Don't forget to bring some regional snacks – just to taste.

### DISSEMINATION

Be ready to actively take part in project results dissemination activity in Ludza city festival and social platforms.

**KIRA**  
Biedrība



 **odyssea**

