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**MÍROMIDA**

# Infopack



**Riga region, Latvia  
7-17 July**

**A Training Course/Study Visit  
for 30 youth workers**

**from  
Bulgaria  
France  
Latvia  
Malta  
Poland  
Serbia  
Sweden**

**Contact**

[balancedinout@gmail.com](mailto:balancedinout@gmail.com)

**Apply:**

<https://ej.uz/eurobiopreselection>

## *AIM of the project*

BIO Bridge aims to equip them with the necessary skills and insights to inspire and educate young people about the environment in a holistic and appealing manner, offering a variety of youth work directions in connection to nature. This holistic approach addresses the broader needs of youth workers who often seek more comprehensive content to maintain the engagement and interest of diverse youth groups. By focusing on the interconnectedness of personal well-being, cultural diversity, and environmental health, the project will offer youth workers innovative tools and methodologies to inspire young people to adopt a more conscious and proactive stance towards both their internal and external environments.

## *Participants* (youth workers aged 18+):

Bulgaria 4/ Knowledge Association Lovech

France 4/Framtidstaget

Latvia 6 / Miromida

Malta 4 / Fgura UFC

Poland 4 / Tu Brzoza

Serbia 4 / Jedi Movement

Sweden 4/Föreningen Framtidståget

## *Application form* [ej.uz/biobridgepreselection](http://ej.uz/biobridgepreselection)

Later, a participant form is also to be filled in by the selected participants.

## *Travel costs* the total (for both ways) budget limits per person are:

Bulgaria 309 EUR

France 309 EUR

Malta 395 EUR

Poland 309 EUR / 417 EUR (green travel)

Serbia 309 EUR / 417 EUR (green travel)

Sweden 211 EUR

## *Visa costs* not applicable

## *Participation fee* not applicable

## *Contact information:* [balancedinout@gmail.com](mailto:balancedinout@gmail.com)

please, communicate before purchasing the tickets

## Travelling



Arrival Date: **7<sup>th</sup> July 2025**



Departure Date: **17<sup>th</sup> July 2025**

The project will be held in Riga region – Garkalnes and Ropažu parishes.

You can use Riga International Airport (Latvia) or Vilnius International Airport (Lithuania).

Take bus 22 from Riga airport to Riga centre.

The project venue address is Ezerkrasta iela 17, Sunīši, Garkalnes novads, LV-2137. You can take bus 16 from the city centre, Ģertrūdes iela to the bus stop Ferrum Agro. You can plan Your route via google maps or 1188.lv.

You may also use taxi for the group, if the cost is still within the travel budget limit.

Please, remember to bring the receipts.

## Reimbursement

You will need to upload Your travel documents and receipts to the project drive [balancedinout@gmail.com](mailto:balancedinout@gmail.com) . The travel costs will be reimbursed up to the budget limit to the sending organizations' bank account after the project activity is finished and all participants have filled in the participant report. If Your tickets cost less than the limit, You will get back the exact amount You have paid for them. If Your tickets cost more than the budget limit, You will get the maximum allowed only. You may arrive 1-2 days earlier and leave 1-2 days later, but You have to cover Your extra stay in Latvia on Your own expense these days.

## Project Venue

The accommodation will be Laguna House

<https://www.lagunahousehotel.com/>

It is situated in Garkalnes parish, ca 1-1,5 h drive from Riga. It is right at the beach of Sunīši lake. There are pine tree forests around. At the same time, in just some hundred meters there is a public transport bus stop to go to Riga.

The accommodation, the restaurant and the conference room are under the same roof.

Participants will stay in rooms of 2 – 4 people.



# *Provisional Project Programme*

The program consists of several day-by-day thematic blocks:

Day 1: Introduction to nature& youth work; Nature&customs

Day 2: Nature & Science, Nature & Sports

Day 3: Nature & Non-formal education

Day 4: Nature & Ecology

Day 5: Nature & Hiking, Nature & Health/A day in the forest

Day 6: Nature & Inclusion (Fewer Opportunities)

Day 7: Nature & Voluntary Work; Nature & Arts

Day 8: Nature & Organic Life Style

Day 9: Nature & Further ideas for youth work connected to nature

Please, note that during the project activity we will spend one whole day in a forest and one whole day in a local organic farm. We also plan to spend one night sleeping in tents. Get ready.

## *What to bring*

- A refillable water bottle
- Swimming suits
- Sun protection
- Comfortable closed shoes and clothes for the forest and the farm
- Protection against mosquitoes
- Food for the intercultural night
- European Health Insurance card for EU participants

## *Home task*

- In Your national team, please, prepare a presentation about the ecology situation in Your country. Be creative.
- Bring traditional food for the intercultural night.

*See You soon!*