



Jaunatnes starptautisko
programmu aģentūra

This project has been
accepted by Latvian
National Agency.
<https://www.viaa.gov.lv/lv>



Participants from each country
8 Participants

+

1 Leader from each country
Age between 18-30 years old



30TH NOVEMBER 2026
7TH DECEMBER 2026



Funded by
the European Union

 Erasmus+



Riga LATVIA

Youthpass

Vital Youth Biedrība

Fit Future

Why This Project is Needed

Across Europe, unhealthy lifestyles among young people have become an increasingly significant public health concern. Sedentary behaviour, poor eating habits, excessive screen time, and declining levels of physical activity have contributed to a steady rise in overweight and obesity rates. Beyond their physical consequences, these issues also affect young people's mental well-being, self-confidence, and social participation.

Although young people have access to health-related information, many struggle to transform knowledge into everyday practice. Fast-paced lifestyles, unhealthy food choices, and limited opportunities for regular physical activity often prevent them from developing sustainable habits. At the same time, misconceptions surrounding body image and weight continue to fuel discrimination, low self-esteem, and social exclusion, highlighting the need for a more holistic approach that addresses both physical and mental well-being.

The Fit Future project has been designed to respond to these challenges by promoting healthy lifestyles through non-formal education, intercultural learning, and experiential activities. Rather than focusing solely on physical health, the project encourages participants to understand the relationship between nutrition, movement, mental resilience, and social inclusion.

Ultimately, the project seeks to empower young people to become more conscious of their well-being, challenge stereotypes related to body image, and promote healthy living within their communities.





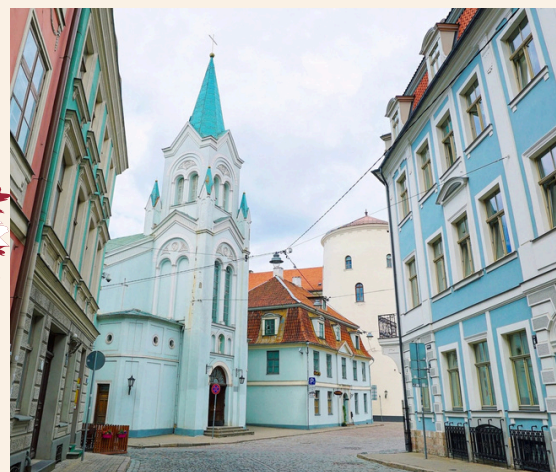
WELCOME TO RIGA, LATVIA

Riga is the vibrant capital of Latvia, located on the Baltic Sea at the mouth of the Daugava River. Known for its rich history, impressive architecture, and multicultural atmosphere, Riga offers an inspiring setting for international projects.

Founded in 1201, the city has been shaped by various cultures and traditions over the centuries. Its UNESCO World Heritage-listed Old Town and one of Europe's largest collections of Art Nouveau architecture reflect this diverse historical legacy. Landmarks such as Riga Cathedral, St. Peter's Church, and the House of the Black Heads showcase the city's unique character.

Today, Riga combines tradition with innovation through its thriving cultural scene, universities, and creative industries. Despite being a modern European capital, it has preserved a strong local identity, with lively public squares, green parks, cafés, and the famous Central Market bringing people together.

Its welcoming atmosphere and commitment to intercultural cooperation make Riga an ideal environment for youth exchanges, learning, and international collaboration.





How to Get to Riga

Riga is one of the most accessible cities in the Baltic region, with excellent connections by air, bus, and rail. Whether you are traveling from another European country or within the Baltics, reaching Riga is easy and convenient.



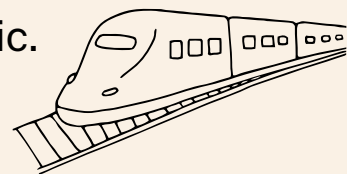
By Air – Riga International Airport (RIX)

Riga is served by Riga International Airport (RIX), the largest airport in the Baltic States, offering direct flights to numerous European destinations. The airport is located approximately 10 km from the city centre.

You can reach the city by:

Bus 22: 25–30 minutes to Riga City Centre.

Taxi or Bolt: 15–20 minutes, depending on traffic.

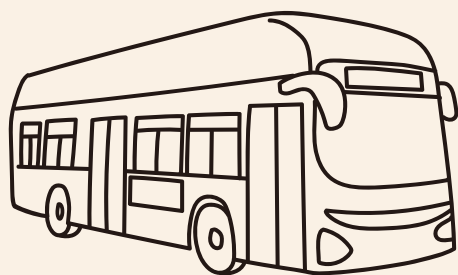


By Train – Riga Central Railway Station

Riga Central Station is the city's main railway hub, with connections to domestic destinations and neighbouring Baltic countries. The station is located in the heart of the city, within walking distance of the Old Town and well connected to public transport.

By Bus – Riga International Coach Terminal

Located next to the Central Railway Station, the Riga International Coach Terminal offers frequent services to destinations across Latvia and neighbouring countries. International bus operators such as Lux Express, Ecolines, and FlixBus provide direct connections to cities including:



Tallinn
Vilnius
Warsaw
Kaunas
Tartu



The terminal is within walking distance of the city centre, making bus travel a convenient and budget-friendly option.

MAXIMUM REIMBURSEMENT PER PERSON

COUNTRY PER PERSON (€)

Latvia	0
Bosnia and Herzegovina	309
Georgia	395
Türkiye	395
Hungary	309



Travel reimbursements will be processed after the completion of the project and are expected to be transferred within approximately four months following the end of the mobility. Since the project concludes on 7 December 2026, travel reimbursements will be transferred on 7 April 2027. Please note that payments cannot be requested or processed earlier than this estimated timeframe.



As you prepare for your trip, we would like to share some important information to help ensure a comfortable and hassle-free experience. We strongly encourage all participants to regularly monitor available travel options in order to find the most convenient and cost-effective route. Whether you choose to travel by plane, train, or other means of transportation, please make sure to search for the best available option. Before purchasing any tickets, all participants must contact the organizers and receive confirmation of the selected itinerary.



Every participant is responsible for obtaining valid travel and health insurance covering the entire project period, as required by the Erasmus+ Programme.



Accommodation will be provided in hostels, offering comfortable shared rooms and the essential facilities needed during the project. If you require any personal items for your comfort, we encourage you to bring them with you. Three meals per day will be provided throughout the activity. Please also note that check-in begins after 2:00 PM, while check-out must be completed by 11:00 AM.



Local Transportation in Riga

Public Transport – Rīgas Satiksme

The main public transport system in Riga is operated by Rīgas Satiksme, providing an extensive network of buses, trams, and trolleybuses across the city.

Public transport connects the city centre with residential areas, the airport, and major attractions.

Tickets can be purchased via the Rīgas Satiksme mobile app, ticket machines, or selected kiosks.

A 90-minute ticket costs €1.50 when purchased in advance, while tickets bought directly from the driver are more expensive.

Most services operate from approximately 5:30 AM until midnight, with several night bus routes available.



Walking

Riga's city centre is compact and pedestrian-friendly, making walking one of the easiest ways to explore the city.

The Old Town (Vecrīga), Central Market, Freedom Monument, parks, cafés, and many cultural attractions are all within walking distance of one another.

Comfortable walking shoes are recommended, as many streets in the Old Town are paved with cobblestones.



Project Participation Rules

1. Respect the Host Organisation and Local Culture

Participants are expected to respect the guidance, instructions, and safety recommendations provided by the host organisation throughout the project. As participants come from different cultural backgrounds, mutual understanding, respect, and openness towards cultural differences are essential.

2. Participation in Evaluation Activities

Daily and final evaluation sessions are an integral part of the project. Participants are required to complete questionnaires, reflection forms, quizzes, and other evaluation tools honestly. Attendance, names, and signatures may be requested to document participation and assess the quality of activities, teamwork, and the overall learning experience.

3. Quiet Hours and Rest

Social gatherings may continue after cultural evenings; however, all participants are expected to return to their rooms by 01:00 a.m. to ensure adequate rest before the following day's programme.

After this time, participants should avoid making excessive noise or disturbing others.

4. Zero Tolerance for Illegal Drugs

The possession, use, purchase, or distribution of illegal substances, including cannabis, marijuana, or any other prohibited drugs, is strictly forbidden during the project. Any participant involved in such activities will be immediately excluded from the project, and the relevant authorities may be informed in accordance with national legislation.

5. Grounds for Exclusion from the Project

The host organisation reserves the right to remove a participant from the project without reimbursement if they:

- repeatedly arrive late without a valid reason;
- disrupt activities or disturb other participants or local residents;
- display discriminatory, racist, aggressive, or disrespectful behaviour;
- engage in physical or verbal violence;
- fail to provide the required travel or administrative documents.

6. Communication Channels

Official communication will take place through the project's designated online platforms, such as WhatsApp and Facebook groups. Participants are expected to join these communication channels before the project begins and follow all important announcements shared there.

7. Visibility and Dissemination

As an Erasmus+ funded project, dissemination activities are an essential part of the programme.

Participants are expected to contribute to the visibility of the project by allowing photos and videos taken during activities to be used for educational, promotional, and dissemination purposes through websites and social media platforms such as Facebook, Instagram, YouTube, and similar channels. Participants who do not consent to this use should inform the organisers before the project starts, as this may affect their participation.



Financial Rules

The Erasmus+ grant covers only the budget categories approved in the project. The host organisation manages organisational support, individual support, inclusion support (where applicable), and other eligible costs. Participants may only claim reimbursement for eligible travel expenses within the approved travel budget and in accordance with Erasmus+ financial rules.

To be eligible for travel reimbursement, participants must send all travel-related documents by email, including flight tickets, train or bus tickets (where applicable), boarding passes for all flights, booking confirmations, and any other proof of travel requested by the host organisation. These documents must be sent to vitalbiedriba@gmail.com.

Residence Documents

Participants whose nationality is different from the country from which they will travel must provide proof of legal residence in that country. Acceptable documents include a valid residence permit, student certificate/ID, or another official document confirming residency. These documents are required by the Erasmus+ Programme and may be requested by the National Agency during financial checks or audits. Failure to provide the required documentation may affect the reimbursement process.

Changes to Approved Travel Tickets

Participants should purchase their travel tickets only after receiving approval from the host organisation. If you later decide to change an already approved ticket, any additional costs resulting from that change will be your own responsibility. Reimbursement will be based on the originally approved travel itinerary and ticket price, even if the total cost remains within your maximum travel budget.

Example:

Your approved outbound ticket costs €100 and your approved return ticket costs €100 (total: €200). Later, you decide to change your return ticket and purchase a new one costing €150, increasing your total travel cost to €250. Even if your maximum travel budget is €275, your reimbursement will remain €200, based on the original approved tickets.

Shared Travel Bookings

If two or more participants purchase their tickets under the same booking or reservation, each participant is individually responsible for submitting their own travel documents for reimbursement. All participants included in a shared booking must provide the required tickets, boarding passes, and any other supporting travel documents requested by the host organisation.



Arrival and Travel Reimbursement

Participants are encouraged to choose the most economical and environmentally reasonable travel option (flight, bus, or train) from their home city to the project venue.

Do not purchase your travel tickets before receiving confirmation from the host organisation. Once you have found a suitable itinerary, please send it to us for approval. Detailed information about transportation from the arrival point to the accommodation venue will be shared in the project's official Facebook group before the mobility.

Travel costs will be reimbursed in accordance with the maximum travel budget allocated for your country under the Erasmus+ Programme.

If your travel expenses are below the maximum travel limit, you will be reimbursed only the actual amount you have paid. The remaining balance of the allocated travel budget will be used by the host organisation to support project implementation and cover eligible project-related expenses.

If your travel expenses exceed the maximum travel limit, reimbursement will be limited to the maximum amount allocated for your country. Any additional costs must be covered by the participant.

Example 1:

Maximum travel budget: €200

Actual travel cost: €150

Reimbursement: €150

Example 2:

Maximum travel budget: €200

Actual travel cost: €250

Reimbursement: €200

Safety & Emergency Information

Emergency Alerts in Latvia

During your stay in Latvia, please be aware that the country uses an official emergency alert system.

If an emergency situation occurs (including severe weather or national security alerts), please:

- Stay calm and follow the instructions given by the organizing team.
- Follow official emergency notifications received on your mobile phone.
- Keep your phone charged and switched on throughout the project.
- Do not leave the venue unless instructed.

Before You Travel

- We strongly recommend that all participants:
- Enable Emergency Alerts (Cell Broadcast) on their mobile phones.
- Download the official 112 Latvia mobile application.
- Save the Latvian emergency number: 112.

During the Project

- If an emergency alert is issued:
- Follow the instructions of the project team immediately.
- Move to the designated safe area if requested.
- Remain calm and avoid spreading unverified information.

Official Information

- For verified information, please use only official sources:
- www.112.lv
- 112 Latvia mobile application
- Emergency number: 112

Important:

Participants are requested to keep their mobile phones switched on during the activities. In the event of an official emergency alert, all participants must immediately follow the instructions provided by the project team.

SAFE TRAVELS!