



**Co-funded by  
the European Union**

## YOUTH EXCHANGE INFOPACK

**Title: Future Entrepreneurs**

**Location: Jõulumäe Tervisespordikeskus.**

**Activity dates: 21th to 29th August 2025**

(21th and 29th are travel dates, activities are between those dates)

Reference number: **KA152-YOU-44F507A0**

Project dates: **01.06.2025 - 31.03.2026**

E-mail: [erasmus@interest.edu.ee](mailto:erasmus@interest.edu.ee)

Phone: **+372 53738285**

Organizer's website: <https://interest.edu.ee/>

Venue's website: <https://joulumae.ee/en/home/>

Venue's location: <https://goo.gl/maps/3qdyR4ks9JmPrhHk6>

Venue's address: Jõulumäe Tervisespordikeskus, Leina küla, Häädemeeste vald 86504 Pärnumaa, Estonia

Participants: **13 - 17** years old participants and 2 group leaders **18+**.

Total **10 persons** per country.

Countries: Finland, Estonia, Latvia, Hungary, Bulgaria and Spain.

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### Project **description**

The aim of the project is to inspire young people to take initiative, develop entrepreneurial thinking, and better understand the challenges and opportunities of future entrepreneurship. Through a week-long international youth exchange, participants will explore creative business models, social entrepreneurship, and innovative solutions that can have a positive impact on society. The program encourages critical thinking, cooperation, and cultural exchange, allowing young people to share perspectives and learn how entrepreneurship can help address social and economic issues.

Participants will engage in practical workshops, team challenges, and simulation games that foster key entrepreneurial skills such as creativity, problem-solving, communication, and leadership. The exchange also promotes the development of the 8 key competences for lifelong learning and highlights non-formal education as a valuable method for youth empowerment. By working in multicultural teams, young people will strengthen their collaboration skills and build international friendships that may serve as a foundation for future projects.

The project provides a safe and motivating space for young people to gain confidence, experiment with ideas, and discover how they can contribute to their communities as active citizens and future changemakers.

The **objectives** of the project are:

- To promote international communication and intercultural understanding among young people through teamwork and cultural activities that foster idea exchange and cross-border collaboration.
- To strengthen young people's active participation in civil society and enhance their sense of responsibility for the well-being of their local communities.
- To develop young people's entrepreneurial mindset and empower them to initiate their own projects and take responsibility for shaping their future.
- To contribute to the improvement of the local living environment through the active involvement and engagement of young people.
- To raise awareness of the opportunities offered by the Erasmus+ programme and encourage young people to take part in international learning experiences.
- To support the development of the 8 key competences for lifelong learning and help young people recognise and reflect on their personal growth through non-formal education.

### **Important notes**

Participants are expected to actively contribute to both the preparation and follow-up phases of the project. Each national team will be responsible for organizing two workshop sessions during the youth exchange. Workshop topics are divided among the participating countries—for example, some sessions will be led by the Estonian team, others by the Bulgarian group, and so on. If a participant has a specific topic they are passionate about or an idea they would like to present, they are encouraged to communicate it to their group leader so that it may be considered for inclusion in the final program.

Following the exchange, **participants are also expected to apply the entrepreneurial mindset developed during the project by initiating a small-scale action or collaboration** in their local community. This dissemination activity should reflect what they learned and aim to create a meaningful impact. In addition, participants will support the visibility of the project by sharing its results through presentations, online content, or other outreach formats.

We will have intercultural nights on 2 evenings, so please bring some music, food, drinks and information about your country. We will not use any digital visual content, such as videos and powerpoints to present your country.

You should have travel insurance and **tickets bought 1 month before travel date**.

### **Reimbursements**

Your public transport costs are wired back to you in 3-6 months after the youth exchange. Why does it take so much time? After this project that is funded by the European Commission, we need to submit report that everything went well and after the report is approved we'll receive the last 20% of funding. We cannot complete payments for everybody, if we are missing the last 20%.

**Max travel reimbursements below. You should keep all receipts and also boarding passes for flights. Best if they are digital (PDFs or photos) and uploaded to our drive.**

	Normal limit	Green travel
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Finland	211	285
Latvia	211	285
Estonia	211	285
Bulgaaria	309	Not available
Spain	580	Not available
Hungary	309	417

Sustainable means of transport (green travel) is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bike, bus, train, or car-pooling.

**Before buying, please confirm travel dates and flight routes.** Group leader's will collect all travel preferences from participants and submit it to project's email (written beginning of this infopack) and we will confirm those in 2 working day.

### How to get here

1. take a flight to RIX or TLL.
2. take a Lux Express or Flixbus bus to Pärnu City.
  - a. If you come from Riga, it's easier to tell bus driver to make a stop on highway bus stop [here](#) and we will pick you up. Bus drivers have no idea where is that bus stop, so you have to tell the driver something like "please stop in 300 meters".
3. Take a regional bus to [Metsaküla bus stop](#) or [Jõulumäe venue bus stop](#). Here are [timetables for regional buses](#).
4. We will pick you up from Metsaküla if necessary. Direct bus to Jõulumäe venue bus stop is only once a day so there is fair chance you need to go to Metsaküla.



Buses from Riga Coach station.

[Luxexpress Riga](#)

[Flixbus Riga](#)

Buses from Tallinn Coach station.

[Luxexpress Tallinn](#)

[Flixbus Tallinn](#)

With some Lux Express buses you can also be picked up from airport, search your route on website having starting point Riga airport or Tallinn airport. Some buses depart from only coach station, not picking up from airport. So you might have to travel to coach station from airport.

## Our venue

Jõulumäe Tervisespordikeskus (literal translation means Christmashill Health and Sports Center) - one of the best places for sports recreation. It's big and you can do different activities in your free time - running, trekking, football, basketball, disc golf, go for a swim. Check out this video if you have a moment:

[https://www.youtube.com/watch?v=dzdMcYm8O\\_0](https://www.youtube.com/watch?v=dzdMcYm8O_0)



You will have your own tiny little house for sleeping and you'll share it with 3 buddies. Some rooms are also in main house. Bathroom and toilet are nearby, but not in your room. Bathroom is a **shared bathroom** that is a big room with showers, like in schools.

Beach is 40 minutes of walking. Lake is 20 minutes of walking or 10 minutes of running and is actually more convenient place for a swim as the water is not salty, no waves and it's deep. Sea is better for sunset chill.

## Food expectations

This is what an average vegetarian meal looked like last summer. Meals are big, but prepare for simple cuisine. Estonian typical meal is a little bit of potato / rice / pasta, a little bit of salad, and a little bit of meat. Of course all requests for vegetarian, vegan, lactose intolerance and gluten intolerance are handled accordingly.



## Shopping options

There are no shops nearby but you can buy simple stuff such as ice cream or lemonade from the venue's reception desk any time. We'll take some participants to shop (4 km) with a car every few days and they can handle your purchases.

## Weather and nature

We expect sunny weather and about 24 degrees, but the weather can vary a lot. Nights are chilly though, having **warm clothing** with you is a good idea.

There are no dangerous animals in the forest except ticks, who are common in most parts of the world.



Ticks carry 2 infectious diseases. For example [Justin Bieber](#) and [Avril Lavigne](#) have been bitten by ticks and have Lyme disease. Illness can be very serious.

We personally think you should not worry, but should take precautions and check your skin on a regular basis. Finding ticks from your skin is common, but getting infected is quite rare. As we spend lots of time outside - look out for these.

## Dissemination activities

Each group is expected to organize a dissemination activity once they return back to their countries. The purpose of this activity is to spread the results of the project among other people. By deciding to take part in this project, the participants are accepting the **responsibility of organizing the dissemination activity** in their community. More detailed information about this will be provided during a dedicated session, in one of the activity days.

## Safety

**Have travel insurance** that covers at least 50 000€ of medical expenses. Be mindful that we don't sit in a room for 7 days, but rather have outside activities every day. Also many insurance companies require insurance to be bought before buying flight tickets.

It's also recommended to **travel together**. It helps less experienced travelers to reach destinations with less stress and reduces other risks too.

Be sure to have the **phone number of your group leader and organizer** (find it in the beginning of this infopack) in your mobile device. When something happens while travelling or in the project, then you have the option to quickly reach somebody who can help.

Emergency phone number for police, ambulance and fire brigade is **112**. Emergency services are free in Estonia.

It is recommended to have a European **Health Insurance Card** that covers some medical cases too.

To be always informed about changes and other necessary information, be sure to join the **facebook or whatsapp group**. Invitation link is shared privately by your organization or group leader.

If you are **under 18** then you need a **parental consent** form on paper to be with you while you travel. Ask a template from your sending organization.

On first activity day of project we will have a session for:

- rules by the accommodation venue and rules from host organization (safety, cleaning etc)
- common agreements that we as participants together will make to have enjoyable and safe time together.

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If you have an issue that host organization cannot resolve then here are the contacts for Estonian coordinating agency:

Erasmus+ ja Euroopa Solidaarsuskorpuse agentuuri noorteprogrammide keskus  
Phone: +372 6979 236  
Web: <https://euroopanoored.eu>

End. See you soon!

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