

Have you ever had the feeling that you've lost something, but
couldn't remember what?

find the lost

22/08 - 31/08
youth exchange
Latvia

a retreat of mindfulness



NATURE

Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn.



ACCEPTANCE

We'll dive deep within ourselves to see what's there to honor, worship and care for.
We'll go for it fully - let go of who we think we are and fall in love with who we currently are.



BAREFOOT

Plant your feet firmly in the earth and stretch your head to the clouds so you can bring your dreams into reality in your life.
Flying starts from the ground. The more grounded you are, the higher you fly.

rise!

We have all lost something.

As children, when we are born, we have everything. We are full.

On the way, we lose it. Lose the inner child, the acceptance, the connection with the nature, the self and the others. We compare, we judge, we criticize. We no longer walk barefoot.

Now we are going on a journey to find it.

Find it all.

Dive into yourself and join us for this beautiful youth exchange that has been created from soul to soul, having gone through the struggles and having found themselves again.

We welcome participants aged 18-30 coming from Czech Republic, Spain, Romania, Bulgaria and Latvia.

the program

Throughout the program of Find the Lost we go in and out of the stages of opening for the world and each other during contact improvisation workshops, accepting what is in and exploring what could be through different awareness practices, connecting with the self and the environment while being in the nature, expressing our innermost thoughts, feelings and dreams, learning to love and finally - releasing.

One of our focus activities will be the building of a barefoot trail from natural materials in order to explore how we perceive things from different points of view, as well as grounding ourselves and learning to work with each other.

All of your creativity and presence is welcome. Bring whatever wants to come with you on this journey - be it musical instruments, awareness practices and methods you want to share with the others, questions you want to deal from the past or just your pure heart.

our home



We will be living in a close shared space together on the 2nd floor of the house, taking care of the environment and each other by contributing to the daily household tasks.

Rites is the beloved training site of Piedzivojuma Gars that is located in a beautiful remote area with the nearest town Kegums and only a couple of neighbour houses around.

The training site has no alcohol and no drugs policy. Wifi connection is limited and we invite you to leave your electronic devices behind. Be prepared for fully vegetarian meals.

find and take with you

Take the time to evaluate what you truly need. Here's the minimum we advise to bring with you:

- comfortable clothes for movement outdoors
 - outdoor shoes and indoor shoes
 - sleeping bag and sleeping mat
 - towel and personal hygiene kit
 - personal medicine
 - flashlight
 - personal notes
- any kind of personal item that helps you to connect with yourself
 - everything packed in a backpack (ready for a 2-day hike!)
 - ID or passport, EHIC and all your travel documents
 - you arrange your own insurance.

time and costs

We are meeting on 22 August at 1 PM at the Riga Central station from where we will be going together to Rites. The program ends on 30 August at 11 PM and the departure day is 31 August. Plan your travels accordingly.

If you want to explore Latvia, you can come 2 days earlier and leave 2 days later before/after the project dates. Covering the expenses during these days are up to you.

Your travel expenses will be reimbursed up to 275 EUR for Romanians, Czechs and Bulgarians and up to 360 EUR for Spanish participants. The reimbursement will be done after receiving all your travel documents in 2 months' time after the youth exchange.

The contribution fee for this project is 30 EUR to be paid upon arrival. The rest of the expenses (accommodation, food, materials) are funded by Erasmus+ program.

about us

Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.

We enjoy putting people into situations where they have to communicate, cooperate and communicate some more by providing a safe, challenging and flexible environment for them to learn, often outdoors, which we use as a tool for personal development.

Adventure Spirit (Piedzivojuma Gars - PG) is an experiential education organization focused on outdoors and development within a group context.

We want to drive social progress in the world through new and innovative projects, thus empowering youth adaptability to the ever changing circumstances.



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