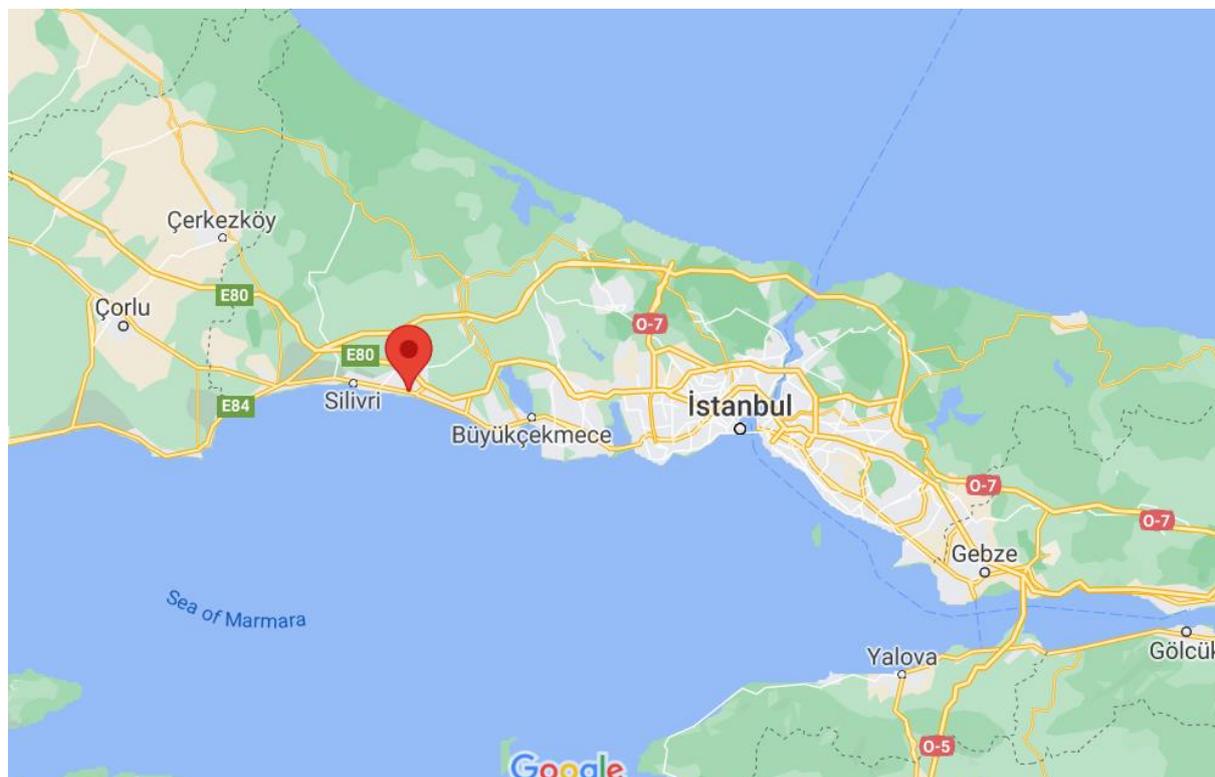




HEALTH IN OUTDOOR



YOUTH EXCHANGE ISTANBUL, TURKEY

PLACE AND DATE: 17-29 MARCH 2022, ISTANBUL, TURKEY

PARTICIPANTS: 60 people (9 youth + 3 group leaders from each country)

COUNTRY: Partner countries will be from **UK, Romania, Lithuania, Turkey and Estonia.**

LANGUAGE: The working language will be English.



SUMMARY



Project aims to increase the awareness of importance of including sports and other outdoor recreational activities in the lives of young people in the communities of partners involved, emphasizing their positive impact on a healthy lifestyle. A variety of non-formal learning methods in a multicultural context, as well as many practical activities, will be used to reach this aim.

Project objectives:

- Facilitating the exchange of experiences, information and ideas within the group (48 young people and 12 leaders from 5 countries) to raise awareness of the beneficial effects of sport and recreational activities outdoors;

- Preparing the group to experience (learning by doing) many concrete activities (team sports, tyrolean/zip-line, hiking, treasure hunt, adventure park), during the implementation;

- Disseminating relevant project-related information in the communities involved through the creation of the following tools by the participants: 1 motivational videos, 1 dedicated Facebook page, 1 dedicated blog;

- Increasing the potential for international cooperation for youth organizations on a duration of 2 years.

ACTIVITIES AND METHODS



Working Methods

The non-formal methods that stands at the base of Health in Outdoor have different approaches and roles to ensure the desired results from the project. The methods are grouped by the following system:

-INTEGRATIVE, dedicated to group building and improving the dynamics between participants. Examples of sessions: name and ice-breaking games, team-building games, working in national and mixed teams (including motivational video production), group presentations, hiking in groups, adventure park activities in groups

-CREATIVE, dedicated to developing the artistic sense and inventiveness of young people, giving them freedom of expression. Examples of sessions: interactive presentations about sport, Open Space, creating motivational videos, cultural evenings presentations

-ICL (intercultural learning), that helps participants overcome prejudices and stereotypes about other cultures. Examples of sessions: Albatros and The Little Men exercises, cultural evenings, trip to Health in Outdoor and leisure time generally spent in the area for the discovery of some local cultural elements



- **LEARNING BY DOING**, for putting participants in situations often outside their comfort zone, from which they will learn more about. Examples of sessions: adventure park activities, orientation on mountain trails and hiking, tyrolean/zip-line, individual and team sports played within the group, interviews at the study visit

-**REFLECTION** (and self-assessment), that encourages young people to express what they think and what they would like to change, also giving them the chance to evaluate themselves. Examples of sessions: daily reflection groups, mid-term & final evaluation, Youthpass dedicated sessions (helping young people to discover and understand better the competences gained)

Who can participate in the youth exchange?



The young participants of 60 come from 6 countries with multiple cultural, religious and social differences, which contributes to the multicultural spirit of the project. The project team drafted a profile of the participant, according to:

General elements:

- Age: between 15 and 30 years



-Sex: we want an equal ratio of boys / girls

-Education: most of the young people will be in the last years of high school, in the faculty / master and some will have the completed studies

- Work place: most of the young people are without a full-time job due to studies, but it is possible to have a percentage active in the labor market (part-time, freelancer); we have young people with reduced opportunities in the NEET category (who do not study and do not have a job)

TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated used a specific program called Distance Calculator:

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
UK	Turkey	2000 - 2999 km	12	360.00
ESTONIA	Turkey	500-1999 km	12	275.00
LITHUANIA	Turkey	500-1999 km	12	275.00
ROMANIA	Turkey	500-1999 km	12	275.00
TURKEY	Turkey	0 km	12	0.00

AFTER SENDING their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project (**Istanbul**). These distances must be calculated using the distance calculator supported by the European Commission. We don't send money to each participant. We send only money to sender organization and sender organization will pay to participants. **It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).**

Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.

Please note any extra days you wish to stay will be your own responsibility and your food etc. Visa costs will be covered by participants.



THE VENUE



Note: Organisers will not provide accommodation for any additional stay in Turkey. If participants plan to arrive a few days earlier or depart a few days later, they are kindly requested to inform us and we will be glad to offer assistance with booking a hotel

COVID-19 SPECIAL MEASURES ISTANBUL:



Beside the rules that we all know, and are respecting in our own countries, the following rules are necessary for the creation of a safe and productive learning environment:

- **All persons coming to the youth exchange will need to take an RT-PCR test before the trip as it is mandatory to show a negative test upon entering Turkey. The costs related to the test are supported by the participant directly, if their country does not provide free testing.** The list of acceptable tests is constantly being reviewed as government continues to seek the most accurate alternatives to the PCR test. If you cannot present the correct test result, you may not be allowed to board your flight. **You are fully vaccinated; you are allowed to come to country without any PCR test.**

- Before traveling, please ensure the rules to return home to your country. Will you need to be tested? Will you need to quarantine? If you need to test before returning home, this must be indicated on arrival so that testing can be scheduled within the specified time.

- **All participants need to bring along face masks that you will use at all times in all common areas inside the accommodations.** We will be using masks inside the activity room and other common areas. You will not need to wear the mask inside your sleeping rooms or outdoors, as long as you maintain proper physical distance. If it is not a reusable mask that you can wash every evening before going to bed, you should bring one mask for each working day. Additional disposable masks may be provided on site.

- Every bedroom, bathroom and common area will be equipped with disinfectant spray,



disinfecting wipes and paper towels. The participants are responsible for disinfecting their room and the toilet inside the rooms. The youth center team will be disinfecting common surfaces several times during the day.

- Before each session, the participants will need to wash their hands and use hand disinfectant that will be available at the entrance to the workshops room. The same procedure is necessary before each meal.

- We will have two non-contact digital thermometers. Every morning, group leaders will need to check the temperature of all participants from their team. If someone has a high temperature, the person will need to skip the morning session and self-isolate in the room arranged for these situations.

- After each session, facilitators will gather all materials (such as scissors, glue, markers etc.) that were used by participants and disinfect it for the next session.

- **In order to avoid the use of many glasses during the day, all participants should bring one bottle from which they will be able to refill and drink water during the exchange.** Disposable plates, cutlery and cups for coffee, tea or juice will be available.

- The breakfast, lunch and dinner will be served for each participant. We will explain the procedure to everyone after you arrive at the venue.

- Please note that the wearing of masks is mandatory in all public spaces in Turkey. This includes shops, restaurants, nightclubs and public transportation.

Our main priority is the safety of everyone, and we are sure that these rules and regulations will not stop us from having a good time and meeting amazing people from other countries. If anything is not clear to you or you have any questions, please feel free to contact us at any time.

ACCOMMODATION PLACE

Selimpaşa İMKB MTAL Uygulama Oteli

Photos and videos about our accommodation place and workshop place;

https://selimpasa.meb.k12.tr/icerikler/uygulama-oteli-iletisim_8114890.html



Rooms: Participants will be accommodated in 3 or 6 people each room. Bed linen and towels will be provided. The main activity room is located in the hotel. Wi-Fi internet connection is available. Organisers will provide participants with three meals per day. Food will be served.

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.

HOW TO REACH THE HOTEL

Two weeks before the project, we will share info about how to reach the hotel on Facebook group.

More discussions can be done in Facebook group.

WHAT TO BRING



Since there is going to be an international evening, we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, drink...



HEALTH INSURANCE

Health insurance is not provided and will not be reimbursed by the organisers. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Turkey are quite high if you don't have.



The organizers will not provide the participants with any kind of insurance! Therefore, we strongly recommend every participant to acquire travel insurance at their own expense for the whole duration of the course. Also, please have a valid EU healthcare insurance card (if applicable).

Each of the participating countries should;

- ✓ Bring all your **travel documents** as presented above. **Print out all your documents even if they are online. We don't have printing opportunities.**
- ✓ Prepare a **presentation about the sending organization** (initiatives they have previously participated in, non-formal learning methods used, etc.). We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.
- ✓ Find **interesting videos / games / exercises / educational activities on diversity.**
- ✓ Prepare **energisers** that could be done in the morning.
- ✓ Prepare for your **country's cultural evening**. Please, try to be fun and creative for this! :) No one likes regular .ppt presentations! Any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc.). Don't forget to **bring your national drinks, dishes or snacks** to share with others. Also, please **prepare a mini (and, of course, fun) language course** for the others. We count on you to make these evenings as interactive and fun as possible.
- ✓ check the weather forecast before arrival and **bring adequate clothes**. Please also **bring clothing and shoes that can be used for strenuous activities** (such as dancing).

Whenever possible, bring your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!



SEE YOU ALL IN ISTANBUL, TURKEY