



# TOLERANCE - FEEL IT



## YOUTH EXCHANGE

### BURSA, TURKEY

**PLACE AND DATE:** 26 JUNE -5 JULY 2021, BURSA, TURKEY

**PARTICIPANTS:** 60 people (8 youth + 2 group leaders from each countries)

**COUNTRY:** Partner countries will be from **Germany, Turkey, Lithuania, Hungary, Slovakia and Estonia.**

**LANGUAGE:** The working language will be English.



# SUMMARY



Youth Exchange is the core activity of the project. First of all, exchange days will become a special space created due to non-formal educational methods and wide NGOs' experience of social work for communication between youth Germany, Turkey, Lithuania, Hungary, Slovakia and Estonia.

Youth exchange programme aims to promote tolerance, respect and mutual understanding through cultural, religion, ethnic diversity between youth from different countries, will be achieved by each activity planned during the youth exchange. By gathering youth from different countries together to discuss and to share their experience, ideas and work together for being source of spread gained information in their community, project will support to unite youngsters from different background, nations and culture. Cross-cultural learning and dialogue between the participants from different countries, with a view to promoting mutual understanding and tolerance.

Project consortium decided to organise the project in Istanbul as we found very interesting not only to organise the youth exchange but also to visit the local NGOs and civil society players presented in the region. Preliminarily agreed place has appropriate conditions for all project activities (filmmaking space, space for discussions and the teamwork). Youth Exchange will be strongly based on non-formal learning methods whereby every participant acquires



attitudes, values, skills and knowledge from daily experience and the educative influences and resources in the project environment – from each other, team building tasks, from outdoor places, mass media and etc.

Once the participants are back in their communities, they will be ambassadors of a new ideas gained in the project. Participants are expected to share their knowledge, demonstrate skills and changed attitude with their colleagues, friends and other people during face-to-face meetings, via social media promotion, posts and ideas for future projects. Moreover, local impact expected to be strengthened by the implementation of local follow-up activities with the support of partner NGOs.

## ACTIVITIES AND METHODS



### Working Methods

Preliminarily agreed place has appropriate conditions for all project activities (filmmaking space, space for discussions and the teamwork). Youth Exchange will be strongly based on non-formal learning methods whereby every participant acquires attitudes, values, skills and knowledge from daily experience and the educative influences and resources in the project environment – from each other, team building tasks, from outdoor places, mass media and etc. At the end of each day, as well as after each key activity, participants will have reflection time for sharing their ideas, analyzing achievement of project objectives, finding expectations





compatible to the objectives, reviewing personal growth and contributions. Each day will finish by informal event for making intercultural friendship. As a result of Youth exchange, projects ideas and supportive Social Media Campaign will be developed by participants and disseminated in their countries after coming back home. Among non-formal learning methods will be: discussions, and listen to others, gather and combine ideas; games to build teams, be creative, assume different roles and enact real-life social scenarios; ice-breakers to establish collaborative environment and making friendship; teamwork to cooperate and find best decisions while solving problems; outdoor activities to promote the project ideas and introduce more people to tolerant attitude in Europe; cultural parties to disseminate cultural elements among participants.

## **Who can participate in the youth exchange?**



The total number will amount to 60 participants.

Participants will be expected to know English at a level appropriate for discussing the topic and communicate with each other. However, a low level of English will not prevent those with fewer opportunities from participating.

Gender balance is very important in decision making and building effective teams. To ensure gender balance and gender equality, project consisted of

The project involves young participants of 15 - 30 years old. The preliminary agreed list of participants is gender balanced and has appropriate for Erasmus+ rules age of participants. As the project mainly focuses on active youth who is actively involved in the social processes



and social innovative enterprises, we agreed with partners list of participants of each NGO (active members and motivated youth) who expressed the interest to take part in the project in the project application stage and contributed to the project activities.

## PARTNERS

The project will host 60 participants from the following 6 organisations.  
**Germany, Turkey, Lithuania, Hungary, Slovakia and Estonia.**

## 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
Germany	Turkey	500-1999 km	10	275.00
Estonia	Turkey	500-1999 km	10	275.00
Hungary	Turkey	500-1999 km	10	275.00
Lithuania	Turkey	500-1999 km	10	275.00
Slovakia	Turkey	500-1999 km	10	275.00
Turkey	Turkey	0 km	10	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 (**Bursa**). 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).

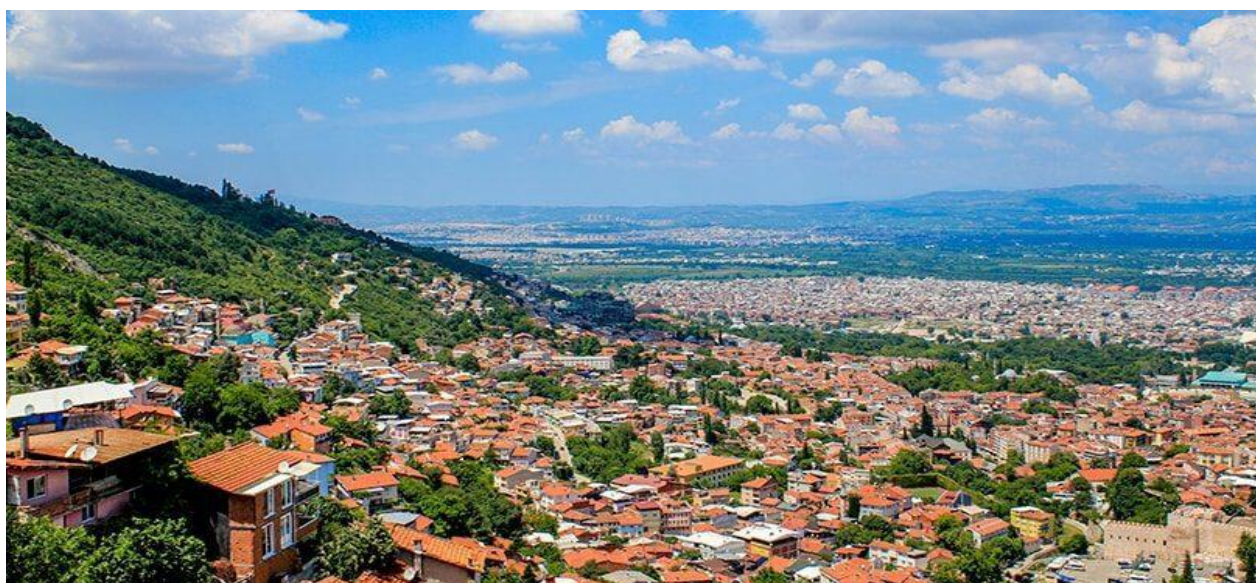


**Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.**

*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**



**Bursa is a large city in northwest Turkey, lying in the foothills of roughly 2,500m-high Mount Uludağ near the Sea of Marmara. The city is known for its mosques and historical sites from the early Ottoman Empire. It's nicknamed "Yeşil Bursa" (Green Bursa), owing to its many parks and trees, as well as its dramatic mountain backdrop. The 14th-century Ulu Cami (Great Mosque) features Seljuk-style arches and 20 domes.**

**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 AT NEFES DAGYENICE, BURSA :



do not sneeze in the palm of your hand



sneeze on your elbow or scarf



wearing mask



Wash food



Wash your hands

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.

- 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.
- **For safety reasons, alcohol will not be allowed during the exchange. You are allowed to bring one bottle per team of your traditional drink for your cultural night, but don't bring any other alcohol to the exchange.** Please don't bring vodka, whiskey or other alcohol that is not a part of your culture and cultural night.
- 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**

**NEFES DAGYENICE**







**Rooms:** Participants will be accommodated in 3 or 6 people each rooms. Bed linen and towels will be provided. The main activity room is located in the hotel. Wifi 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**

**We send you another documents for arrival to hotel. We will update info-pack for arrival 2 weeks before activity.**



## 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.
- ✓ Prepare a **presentation on diversity** in their country.
- ✓ 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).
- ✓ **Bring good spirit, joy and happiness!!!**

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

## **CONTACTS!**

**If you have any questions, please contact us via email or Facebook.**

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**SEE YOU ALL IN BURSA, TURKEY**