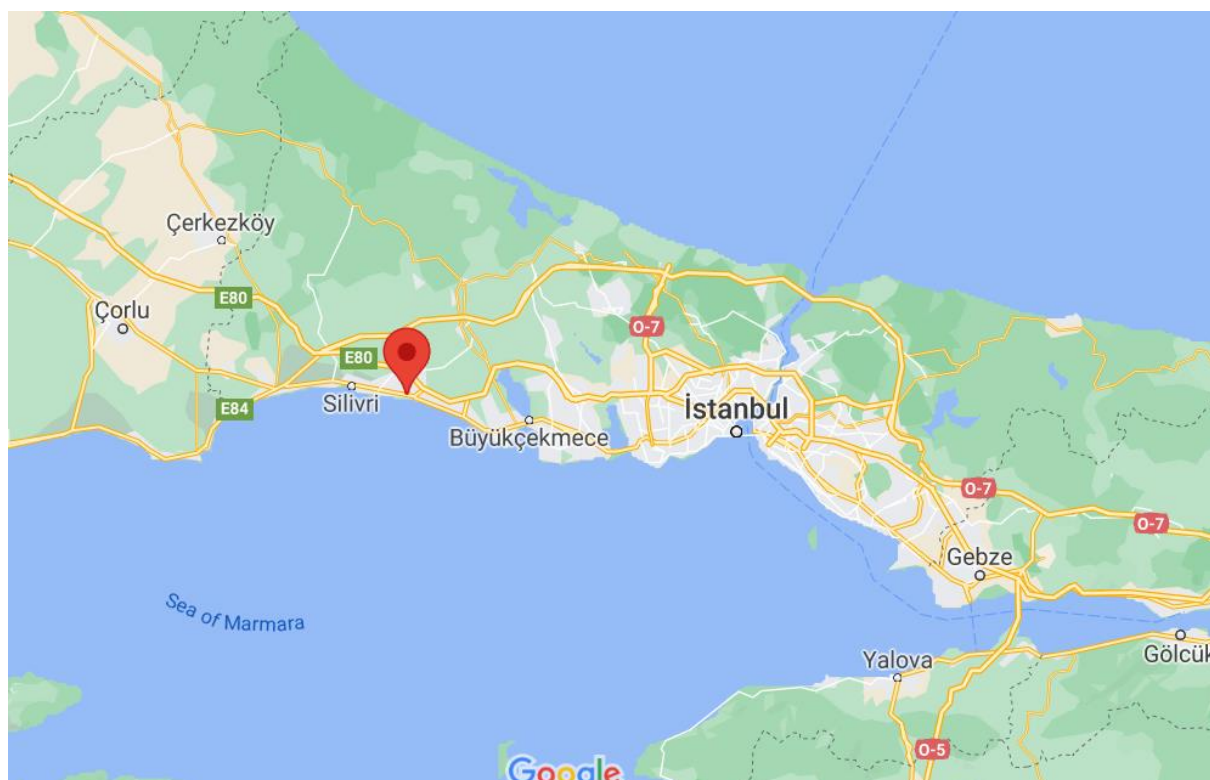




ECO-LIFE



YOUTH EXCHANGE ISTANBUL, TURKEY

PLACE AND DATE: 21-30 JUNE 2021, ISTANBUL, TURKEY

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

COUNTRY: Partner countries will be from **Denmark, Estonia, Poland, Lithuania, Czech Republic and Turkey.**

LANGUAGE: The working language will be English.



SUMMARY



Sustainable development, recycling and similar key actions that we have to take to secure our future. Participants are interested in carrying out this activity because they realize the importance of environmental science which they would like to share by education. We found out Erasmus+ program as a very interesting way to share and disseminate environmental awareness. The implementation of the activity will help raise awareness of global problems. By the activities we will bring zero waste to the idea of “waste recycling” and sustainable development. This program can provide significant opportunities such as the involvement of several countries in youth exchanges. Thanks to the Erasmus+ program, participants will get to know each other and learn to work together in a multicultural team. The diversity of countries and participants will create a working group with different opinions, backgrounds and attitudes. This is a unique opportunity for project participants to share their opportunities, experiences and attitudes with other countries. Participants from different countries will also be an inspiration in preparation of the environmental project for the community.

The main activity of the project is youth exchange. Youth exchange will take place in the Istanbul, Turkey on 21-30 June. The number of participants is 60. The number includes 10 people from each country.



The group are : group leaders - a youth worker or person with experiences with youth work in the age 18+.

Participants will be required to learn how to work alone or with people from different countries. Participants will be in situations where they will be required to discuss in foreign language (by using it they will be better in it). In group works they will learn how to learn new things. Every participant will gain 8 key abilities. Right choice of participants and leaders will make the best possibility to gain the best result in accomplishing the objectives.

ACTIVITIES AND METHODS



Working Methods

The organizing group will consist of volunteers working on the project, facilitators, coordinators of the project, staff ensuring logistics and project continuity. Organisers of the project and facilitators will work 10 days before the beginning of the project to create activities. Every activity (workshop) will be done in non-formal education – discussion, role-play, interactive presentation, self-reflection, educational games, video, workshops, etc. Participants will present their personally created wares and possibilities of Erasmus+ program to local people. Every participant can learn new things from different areas by these activities. Participants will work also with non-national minorities. Participants will be required to learn how to work alone or with people from different countries. Participants will be in situations



where they will be required to discuss in foreign language (by using it they will be better in it). In group works they will learn how to learn new things. Every participant will gain 8 key abilities. Right choice of participants and leaders will make the best possibility to gain the best result in accomplishing the objectives.

Who can participate in the youth exchange?



The participants of our project will be young people at the age of 15 - 30 years old. Above all, we want to engage them in this topic to help them develop personal skills, teamwork, critical thinking and managerial skills. We want to prepare them for their future decisions on global issues and environmental science. Last but not least, the group leaders and young people have the opportunity to get to know the Erasmus + programme. Within this age category, participants have the possibility undertake projects or activities at

a similar basis in the future with their ambitions, visions and acquired knowledge. Our goal is also to facilitate friendships between participants that can encourage recruitment

skills and encourage their desire to learn more within the group.

To ensure gender balance, we have communicated beforehand with our partners so that we can

ensure equality at the time of our project. The partners agreed to send an equal number

participants from each gender. The project will maintain the balance of activities

creating groups of different sexes and nationalities. By this, we can ensure active intercultural dialogue during the activities.



TRAVEL COSTS

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

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant
Czech Republic	Turkey	500-1999 km	10	275.00
Lithuania	Turkey	500-1999 km	10	275.00
Denmark	Turkey	2000 - 2999 km	10	360.00
Poland	Turkey	500-1999 km	10	275.00
Estonia	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 (**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.



Erasmus+

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 AT CAMPING:



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

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 rooms. 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 send you infopack about travel.

We would like to collect all of you in Istanbul and drive to camping place.

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.
- ✓ 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 ISTANBUL, TURKEY