

Preparatory Meeting  
LONDON  
02.10.2022-05.10.2022



FANTASTIC 4 YOUTH  
LONDON

***Knowledge is power-managing  
diabetes with confidence***

ECORYS



Co-funded by the  
Erasmus+ Programme  
of the European Union

 **BRITISH  
COUNCIL**



FANTASTIC 4 YOUTH  
LONDON

# ***WELCOME ON BOARD***

## DEAR FRIENDS,

Thank you for joining us in this project! This info pack will provide you with all relevant information regarding the preparation for the E+ youth exchange. Please, read every single part carefully to make all necessary arrangements to have an unforgettable youth exchange which will contribute to make our world a better place.



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## ***BACKGROUND OF THE PROJECT***

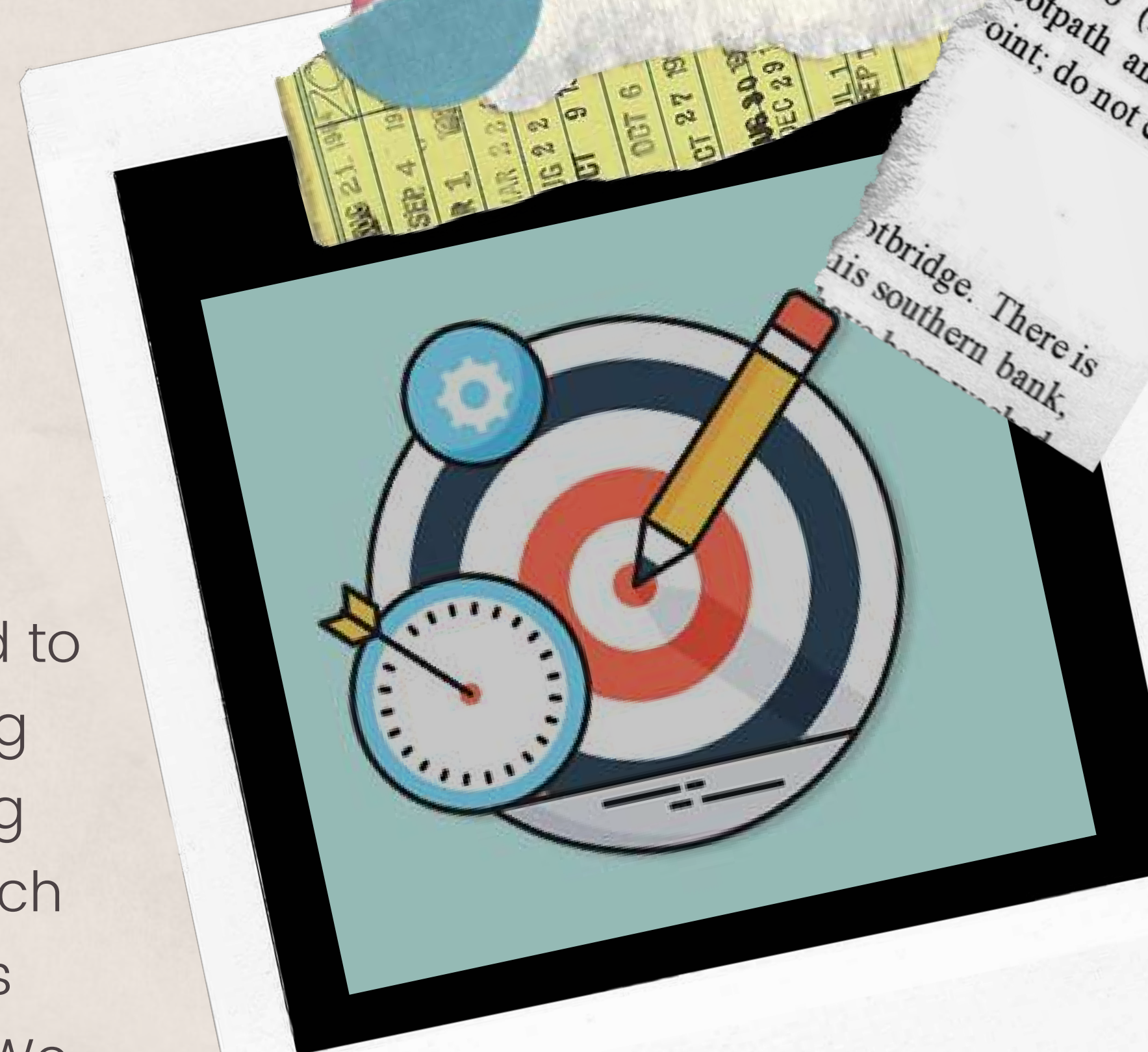
Since diabetes became one of the most challenging health problems nowadays, often called “epidemic of 21st century” and more and more victims of this condition are especially children and young people, participants recognized opportunity provided through Erasmus+ program and non-formal learning to talk about this issues, exchange views and experiences and to raise the awareness of wider public about it.



# OUR PROJECT GOAL

## WHAT WE AIM TO ACHIEVE

We aim to provide space to share experience and to raise the awareness about diabetes among young people from 5 different countries. By implementing this project, we, young people, want to support each other and help each other to understand diabetes better, especially how to control it and prevent it. We want to share experience of living with diabetes and hear first-hand testimonies on how to handle it.



**ECORYS** 

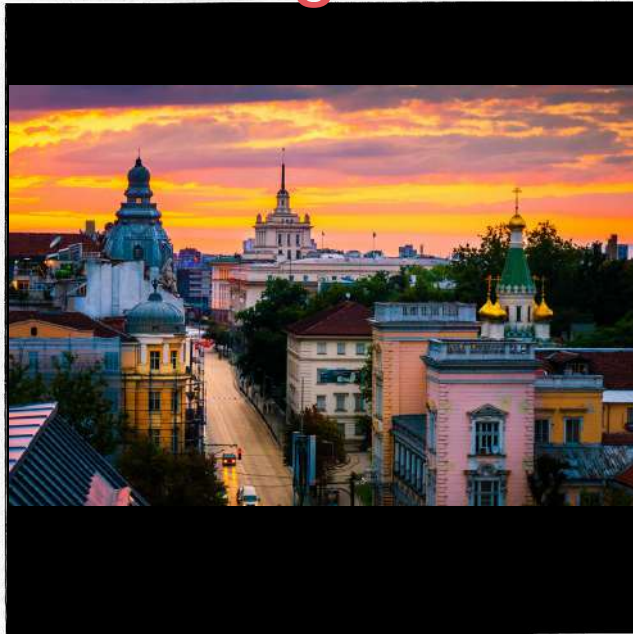


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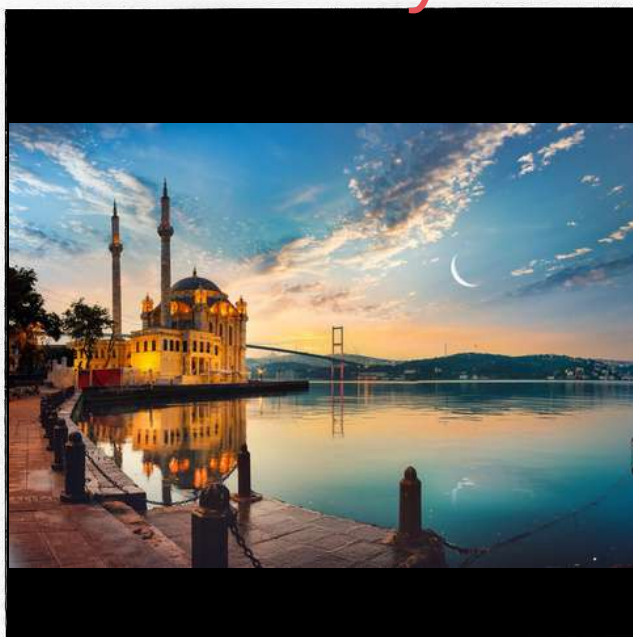
# ***PARTNERS***

## **Bulgaria**



**DIABETES, PREDIABETES AND  
METABOLIC SYNDROM**

## **Turkey**



**AKDENİZ EĞİTİM VE İSTİHDAM  
DERNEĞİ**

## **United Kingdom**



**FANTASTIC 4 YOUTH**

## **Greece**



**HELLAS FOR US ASTIKI MI KERGOSKOPIKI  
MI KYBERNITIKI ETERIA**

## **Estonia**



**SEIKLEJATE VENNASKOND**

# ***WHY DO WE DO ADVANCE PREPARATORY VISIT?***

THIS PREPARATORY VISITS AIM TO ENSURE HIGH QUALITY ACTIVITIES BY FACILITATING AND PREPARING ADMINISTRATIVE ARRANGEMENTS, BUILDING TRUST AND UNDERSTANDING AND SETTING-UP A SOLID PARTNERSHIP BETWEEN THE ORGANISATIONS AND PEOPLE INVOLVED. IN THE CASE OF YOUTH EXCHANGES ACTIVITIES WITH YOUNG PEOPLE WITH FEWER OPPORTUNITIES, THE PREPARATORY VISIT SHOULD ENABLE TO ENSURE THAT THE SPECIFIC NEEDS OF THE PARTICIPANTS CAN BE CATERED FOR. WITH THIS MEETING WE WILL ALSO GO THROUGH TIME-TABLE ONCE AGAIN TO ENSURE QUALITY OF SESSION OUTLINE THAT IS DISTRIBUTED TO THE NATIONAL TEAMS. IN SHORT, WE WILL GO THROUGH ALL THE LOGISTIC MATTER SUCH AS, ACCOMMODATION, MEALS, TRAVELS, NEEDED STATIONARY ETC. AND ALSO ADMINISTRATIVE MATTERS SUCH AS SESSION OUTLINES, REIMBURSEMENTS, QUALITY ASSURANCE, RISK PREVENTION AND MANAGEMENT ETC.



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# ***ABOUT THE VENUE***

## **CITY**

The preparatory meeting will be implemented in **London**.

## **VENUE**

The Hostel is "ST CHRISTOPHER'S INN GREENWICH"

You will be accommodated in shared rooms with other people from the group.

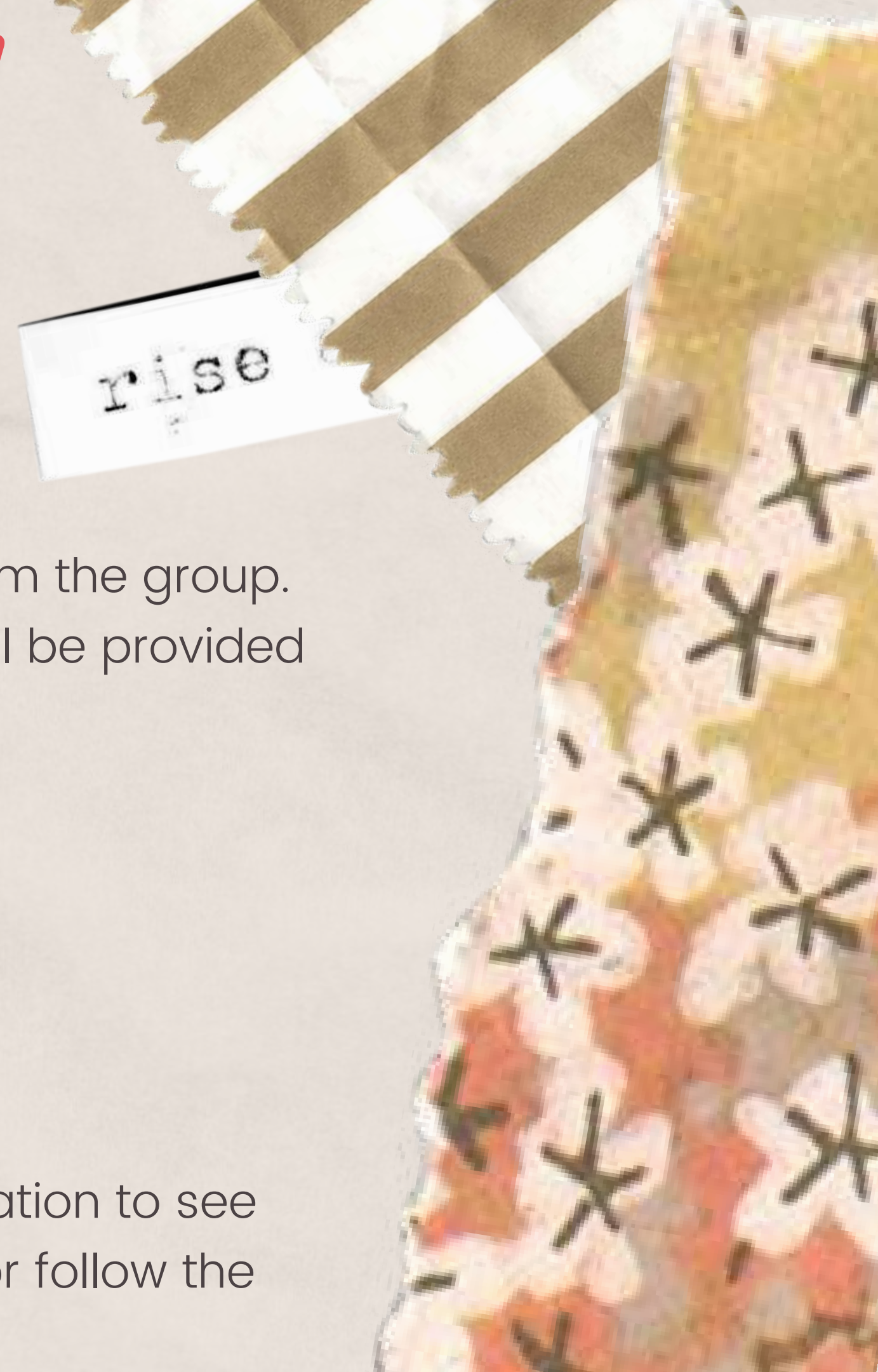
The meeting room is within the hostel. Meals and coffee breaks will be provided in the hostel.

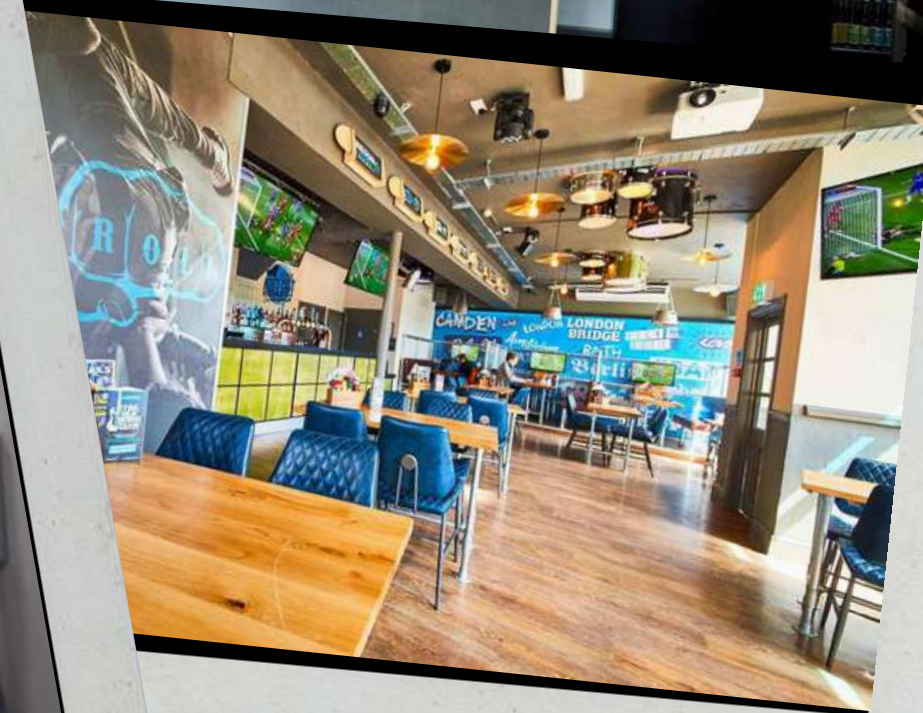
## **ADDRESS OF THE HOSTEL**

- 189 Greenwich High Rd, Greenwich, London **SE10 8JA**

<https://www.st-christophers.co.uk/london/greenwich-hostel/>

PS: Type **SE10 8JA** to google maps and select the public transportation to see the updated routes, it will show you how to reach the destination or follow the links that shared next page.





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# ***HOW TO REACH THE VENUE***

## **FROM HEATHROW**

Click the Link for the route

<https://bit.ly/3cbDG5M>

## **FROM STANSTED**

Click the Link for the route

<https://bit.ly/3CIAi2F>

## **FROM GATWICH**

Click the Link for the route

<https://bit.ly/3PARGDD>

## **FROM LUTON**

Click the Link for the Route

<https://bit.ly/3QVwAAY>

PS:Please note that provided links are example of the route of the venue. You should update the dates after you click the link to get updated transportation schedule

# TRAVEL

There are several airports in London,  
You can search for the tickets to the following airports,

- Heathrow Airport
- Stansted Airport
- Gatwick Airport
- Luton Airport



Please do not buy your ticket before you get the approval from us.

The reservation print screen must be sent to [fantasticfouryouth@gmail.com](mailto:fantasticfouryouth@gmail.com) to be approved. Please note that only approved tickets will be reimbursed. After you got your approval you can proceed to buy your ticket. Once you bought your ticket please send us all electronic tickets before the project in order to make reimbursement faster.

It is recommended to obtain travel health insurance which will cover period of your stay in U.K. For the participants coming from the EU member states it is recommended to obtain European Health Insurance Card.

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# TRAVEL GRANTS PER COUNTRY



Country	Maximum Travel Budget per person (in EUR)
Bulgaria	360
Estonia	275
Greece	360
Turkey	530
UK	0

Please note that the travel cost will be reimbursed on the real cost basis up to the maximum amount that stated in the table above. In case of the exceeding the maximum amount per person, participant should cover the difference.

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# ***VISA*** ***(FOR TURKISH PARTICIPANTS ONLY)***

Fantastic 4 Youth will provide invitation letter for the participants who need visa. In case you need visa to enter the U.K Please, send us following information by e-mail for the preparation of your invitation letter:



Full name (as in passport):

Date of Birth:

Address:

Passport number:

Date of issue:

Date of expiry:

Issuing authority:

Please note that Visa costs will be covered up to 150 EUR per person.



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# ***REIMBURSEMENT***



According to the UK national Agency rules, reimbursement will be made for only the travel tickets and visa invoices that are provided. Your responsibility is to **keep all the tickets and boarding passes**. In case you lose it and do not have electronic version of it, we cannot reimburse it. This also refers to the **boarding passes and visa application invoices** – if you lose your boarding passes or visa application invoices you might not be reimbursed for the flight and the visa costs. Last but not least, in order to be eligible for the reimbursement you must attend the **95%** of the meeting.

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# ***IMPORTANT LINKS***

## **WHATSAPP GROUP(ONLY SELECTED PARTICIPANTS)**

In order to follow the last updates about the youth exchange please join WhatsApp Group below:

<https://bit.ly/3QDUwsJ>

## **PARTICIPATION FORM(ONLY SELECTED PARTICIPANTS)**

In order to provide you better experience we kindly ask all of the participants to fill the participation form through the link below,

<https://bit.ly/3Cmu5Uo>



# ***DEADLINES***

## **SELECTION OF THE PARTICIPANTS**

Each partner organisation will select 2 people (1 young people up to age 30 and 1 group leader until **10th of September 2022**)

## **PARTICIPATION FORM**

Selected participants must fill the participation form until **12th of the September 2022**

## **TICKETS**

Selected participants must buy their tickets until **12th of September 2022**

# ***ABOUT THE OTHER THINGS***

## **CURRENCY**

UK currency is British Pound you can exchange your money in exchange offices at the airport or bus station, banks and post offices. Keep in mind that paying with Euro is not possible.

## **WEATHER**

Average temperature is 8-10 celcius degree in October mostly cloudy, windy and rainy. It's highly recommended to have thick coat, rain jacket and waterproof boots.

For more info:

<https://www.accuweather.com/en/gb/london/ec4a-2/october-weather/328328?year=2022>



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# ***INTERESTING FACTS***



- UK drives on the left side of the road so please be careful when you cross the streets :)
- London and Oxford are the closest big cities to Reading
- Reading is not pronounced as you used to :) The correct pronunciation is *redɪŋ* .
- It can be very cold here so, make sure you have warm clothes with you during the project in November
- English people consume more tea per capita than anybody else in the world. We love tea don't forget to try English Breakfast Tea.
- Contrary to popular belief that Big Ben refers to the world famous clock, it is actually the name of the thirteen ton bell. The tower itself is known as St. Stephen's Tower.
- The London Eye is the tallest observation wheel in the world and each rotation takes about 30 minutes.

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# ***THINGS YOU MAY NEED-SUMMARY***

- ☒ MATERIALS TO PRESENT YOUR ORGANIZATION/GROUP (IF RELEVANT)
- ☒ TOWEL, SLIPPERS
- ☒ WARM CLOTHES
- ☒ TAKE ALL MEDICATION YOU REQUIRE WITH YOU
- ☒ PERSONAL HYGIENE ITEMS
- ☒ TRAVEL AND HEALTH INSURANCE POLICY
- ☒ POWER ADAPTER CONVERTER. PLUGS & SOCKETS ARE DIFFERENT IN THE UK!!

# ***TEAM***



**ANDREJA AUSPERGER**

Facilitator



**UMUT ACAR**

Facilitator



**EMINE AHMEDOVA**

Logistics

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If you need any additional help or information, feel free to write to us. On the day of arrival, we will be available on E-mail, phone and Whatsapp so if you need anything, you can reach us at any time.

### EMAIL ADDRESS

[fantasticfouryouth@gmail.com](mailto:fantasticfouryouth@gmail.com)

## ***CONTACT DETAILS***

### PHONE NUMBER

+44 7438 292599