

Youth Exchange
READING
UNITED KINGDOM
12.11.2022-20.11.2022



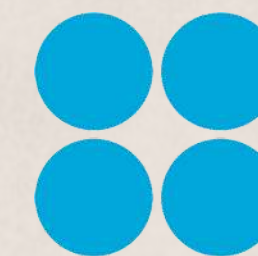
FANTASTIC 4 YOUTH
LONDON

***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

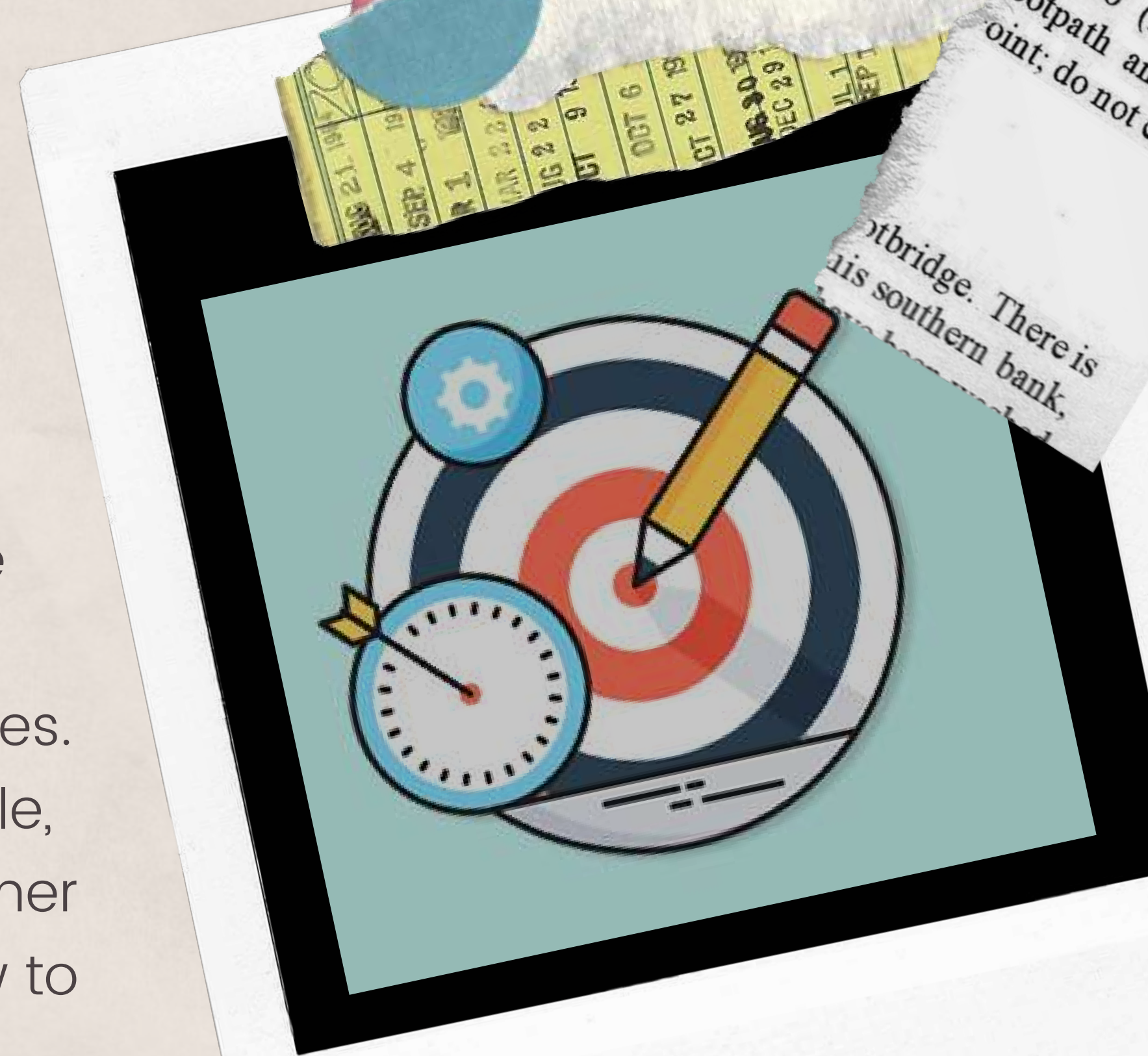
Since diabetes became one of the most challenging health problems nowadays, often called “epidemic of 21st century” and more and more victims of this condition are especially children and young people, participants recognized opportunity provided through Erasmus+ program and non-formal learning to talk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

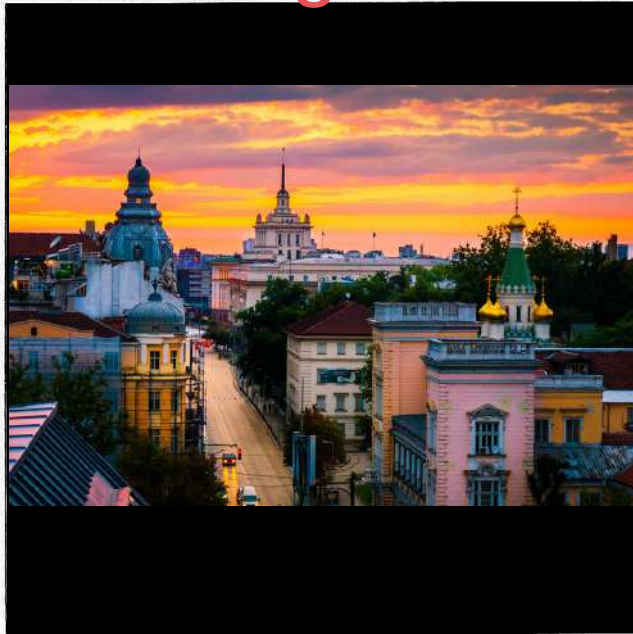


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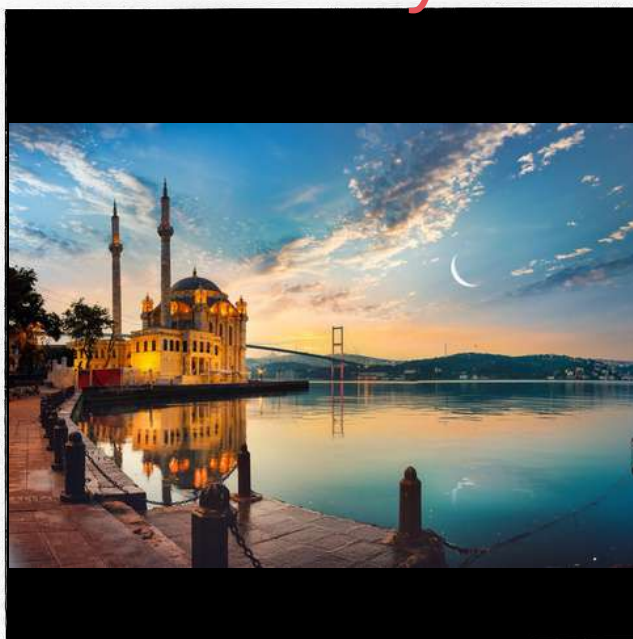
PARTNERS

Bulgaria



**DIABETES, PREDIABETES AND
METABOLIC SYNDROM**

Turkey



**AKDENİZ EGİTİM VE İSTİHDAM
DERNEĞİ**

United Kingdom



FANTASTIC 4 YOUTH

Greece



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

Estonia



SEIKLEJATE VENNASKOND

CULTURAL EVENING

AS AN INTEGRAL PART OF THE INTERNATIONAL PROJECTS, WE WILL ALSO HAVE INTERCULTURAL EVENING.

IN ORDER TO PRESENT YOUR CULTURE AND COUNTRY TO THE OTHERS, WE KINDLY ASK YOU TO BRING WITH YOU SOME FOOD, SWEETS, DRINKS ETC.

ALSO, FEEL FREE TO BRING OR CREATE ANYTHING ELSE THAT WILL PRESENT IT IN A FUNNY AND CREATIVE WAY (PPTS ARE OUT OF THE FASHION) :)



ABOUT THE VENUE

CITY

The project will be implemented in **Streatley-on-Thames (near Reading)** in the UK.

VENUE

The Hostel is "YHA Streatley-on-Thames"

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

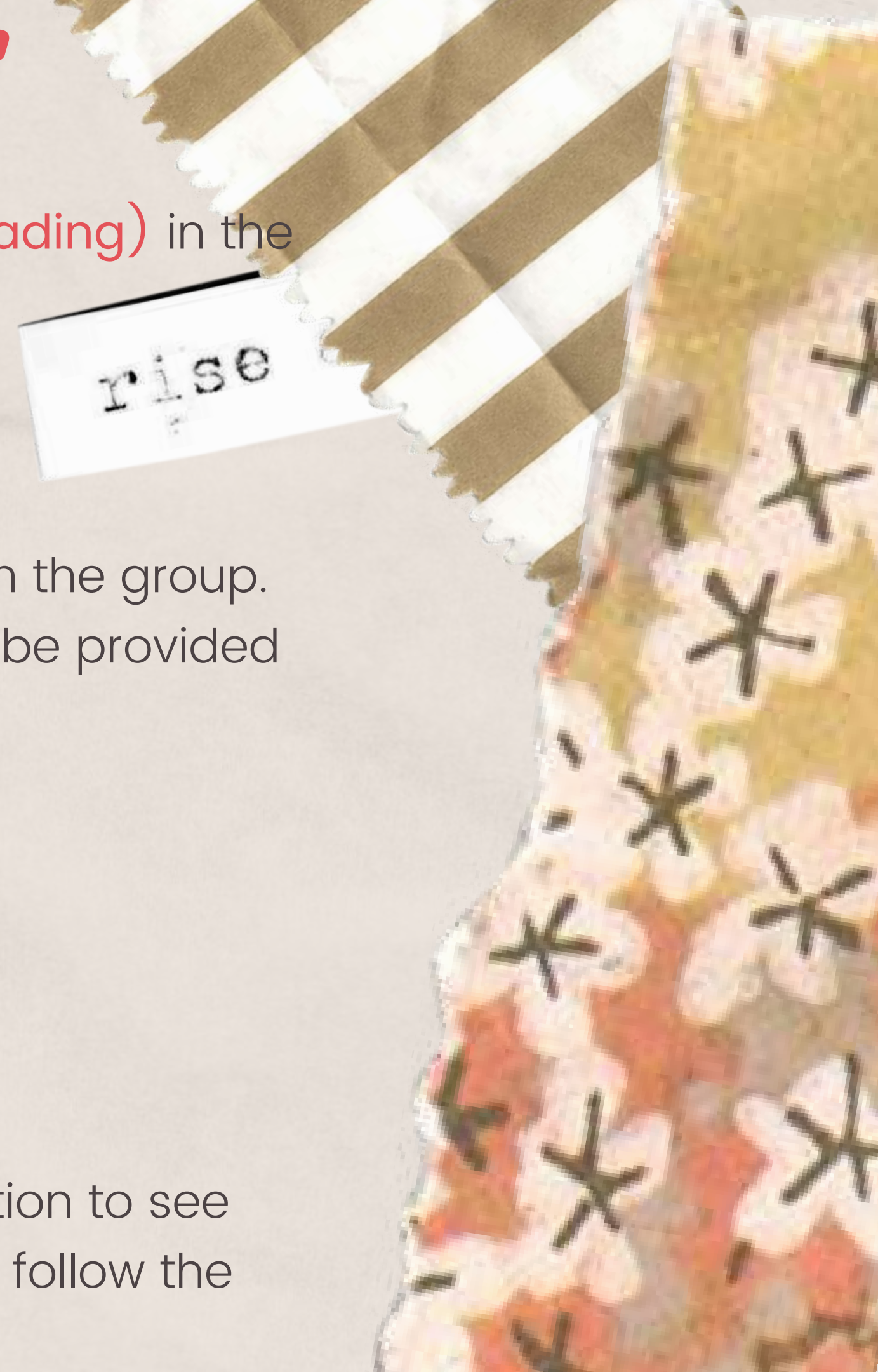
The seminar room is within the hostel. Meals and coffee breaks will be provided in the hostel.

ADDRESS OF THE HOSTEL

Reading Road, Berkshire, Streatley, **RG8 9JJ**

<https://www.yha.org.uk/hostel/yha-streatley-on-thames>

PS: Type **RG8 9JJ** 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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ABOUT THE ROOMS

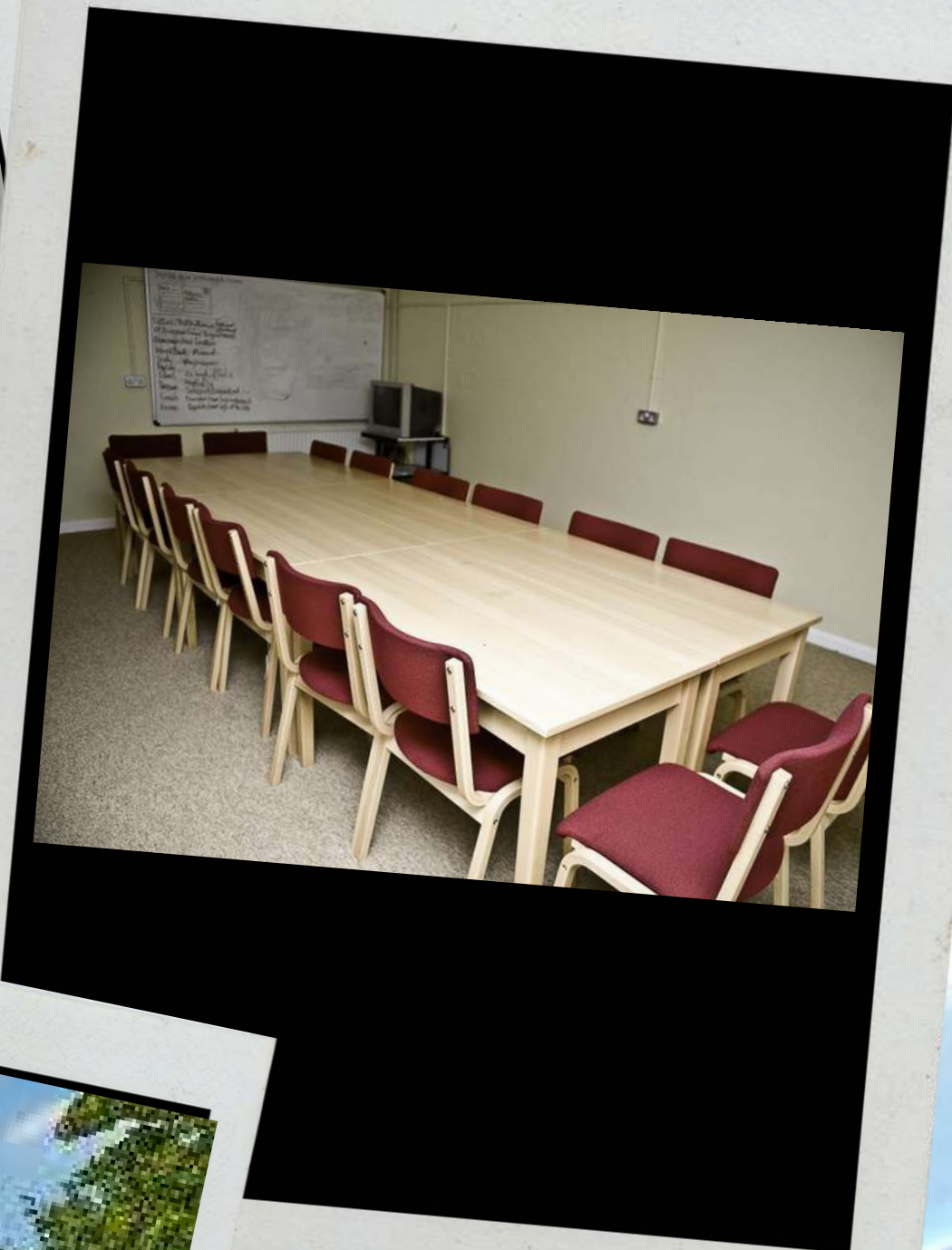
EACH OF THE BRIGHTLY DECORATED ROOMS INCLUDE FRESH LINEN, INDIVIDUAL POWER AND USB SOCKETS AND A SHARED BATHROOM.

ALL OF THE ROOMS ARE MULTI BEDDED ROOM. YOU WILL BE SHARING THE ROOM WITH 3 OTHER PARTICIPANTS FROM PARTNER COUNTRIES.

WE RECOMMEND YOU TO BRING YOUR OWN TOWEL AND SLIPPERS.

THE PICTURE OF THE ROOMS ARE PROVIDED IN THE NEXT PAGE





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HOW TO REACH THE VENUE

FROM HEATHROW

Click the Link for the route

<https://bit.ly/3CmD6Nj>

FROM STANSTED

Click the Link for the route

<https://bit.ly/3dA6NzP>

FROM GATWICH

Click the Link for the route

<https://bit.ly/3whl8Xv>

FROM LUTON

Click the Link for the Route

<https://bit.ly/3pwl0R4>

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 trasnportation 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 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.

You can stay in the U.K max 2 days out of the project dates. All the costs that occur out of the project dates will not be covered by organizers.

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 youth exchange.

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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>

The background is a collage of torn paper and a ruler. On the left, a ruler is visible with markings. A piece of black paper with the word 'AMAZING' in white capital letters is torn and placed on the left side. The word 'DEADLINES' is written in large, bold, red, italicized capital letters at the top right. The text is arranged in three sections: 'SELECTION OF THE PARTICIPANTS', 'PARTICIPATION FORM', and 'TICKETS'. Each section has a title in red and a description in black, with specific dates in blue. The bottom right corner shows more torn paper with some faint, illegible text.

DEADLINES

SELECTION OF THE PARTICIPANTS

Each partner organisation will select 8 people (7 young people up to age 30 and 1 group leader, only Bulgaria will select 2 group leaders in total 9 people.) until **1st of October 2022**

IMPORTANT! Each national team need to have at least 3 participants with diabetes.

PARTICIPATION FORM

Selected participants must fill the participation form until **2nd of the October 2022**

TICKETS

Selected participants must buy their tickets until **5th of October 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 November mostly cloudy, windy and rainy. It's highly recommended to have thick coat, rain jacket and waterproof boots.

For more info:

<https://bit.ly/3Avo1Yk>



ng brought back to life anyw

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* .
- Winter can be cold here, 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
- ✓ MATERIALS TO PRESENT YOUR COUNTRY
(SOME TRADITIONAL SNACKS AND DRINKS FROM YOUR COUNTRIES, FLAG, CULTURAL OBJECTS)
- ✓ 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

CONTACT DETAILS

PHONE NUMBER

+44 7438 292599