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# About Project

June 26, World Day to Combat Drug Abuse and Smuggling" announced by United Nations represents a struggling process goes a long way. In UN's private report which was published on June 26, 2017, 29.5 million drug addicts and 250 million between the ages of 15-64 have experienced drug at least once across the world. As a matter of fact, In 2016, 207 thousand people have lost their lives because of drugs. When we look at the data of the United Nations Office on Drugs and Crime (UNODC), we see that drug use reaches a very dangerous dimension in Turkey. In deaths resulting from the use of synthetic drugs, Turkey ranks first among European countries. As the KIO, we prepared the project which has an international impact potential that is called "Bağımlılıkla Mücadeleye El Ver - Give a Hand to Fight Against Addiction" originated from based on results of our previous Erasmus + Structural Dialogue project which was completed successfully in 2015. The aim of this project is raising awareness among youth individuals about combatting with drug addiction. In addition to this consciousness, our aim is to overcome the confidence that young people can change their welfare and social development levels and encourage healthy living in accordance with human dignity. In addition to this consciousness, our aim is to encourage youth in relation to they can change their countries' wealth level and engrain in healthy lifestyles. In our project where 5 partners (1 local stakeholder) and 45 participants from 5 different countries will take place; young people who have been using drugs for a while and who have been treated and whose treatment is still going on, and civil society organizations that work on combating drug addiction, public institution youth unit and university student club representatives, volunteers. Within our project; There are many activities such as brainstorm, intercultural learning activities, managed workshops to increase hand skills, group cohesion activities, cycling and healthy life, music, art, awareness. These activities have been developed specifically with non-formal education methods..

# General Information

## 1.1 About Turkey



**Conventional long form:** Republic of Turkey

**Conventional short form:** Turkey

**State Type:** Republican

Parliamentary Democracy

**Capital:** Ankara

**Official Language:** Turkish

**Independence:** 29 October 1923

**Population:** 77,695,904 (2014 est.)

# 1.1 About Bursa

**Bursa** is a large city in [Turkey](#), located in northwestern [Anatolia](#), within the [Marmara Region](#). It is the [fourth most populous](#) city in Turkey and one of the most industrialized metropolitan centres in the country. The city is also the administrative centre of [Bursa Province](#).

Bursa ([Ottoman Turkish](#) *rojam tsrif eht saw* (بورسا) and second overall capital of the [Ottoman State](#) between 1335 and 1363. The city was referred to as *Hüdavendigâr* (Ottoman Turkish *ehťgnirud* ('tfig s'doG' خدائوئدگ ار [Ottoman](#) period, while a more recent nickname is *Yeşil Bursa* 'Green Bursa' in reference to the parks and gardens located across its urban fabric, as well as to the vast and richly varied forests of the surrounding region. [Mount Uludağ](#), the ancient Mysian Olympus, towers over it, and has a well-known [ski resort](#). Bursa has rather orderly urban growth and borders a fertile plain. The [mausoleums](#) of the early [Ottoman sultans](#) are located in Bursa and the city's main landmarks include numerous edifices built throughout the [Ottoman](#) period. Bursa also has [thermal baths](#) and several museums, including a museum of [archaeology](#).

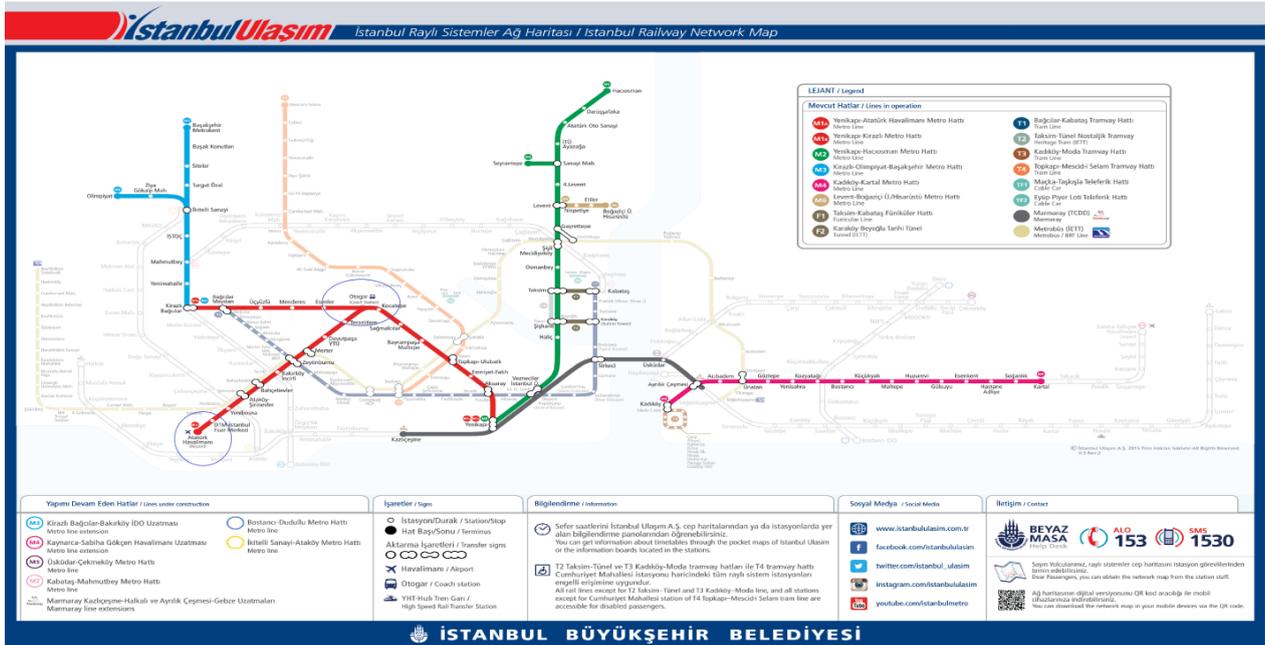
The [shadow play](#) characters [Karagöz and Hacivat](#) are based on historic personalities who lived and died in Bursa. The city is also known for [Turkish dishes](#) such as [İskender kebab](#), its candied [marron glacé](#) chestnuts, Bursa peaches, and production of [Turkish Delight](#). Bursa houses the [Uludağ University](#), and its population can claim one of the highest overall levels of education in Turkey. The historic towns of [İznik](#) ([Nicaea](#)), [Mudanya](#) and [Zeytinbağı](#) are in [its province](#).

# 1.3 How to Reach Bursa

You have 2 ways of coming to Bursa from İstanbul Atatürk Airport.& İstanbul Sabiha Gökçen Airport

## from İstanbul Atatürk Airport

1.Firstly you should catch the metro from airport to İstanbul- Esenler bus station if you are coming from İstanbul Atatürk Airport . You can see from the infographic , you should use the red line.



It takes 20-30 minutes from the airport to bus station. You can buy a ticket from the airport train (metro) station. you can buy a bus card that is 6 TRY, put money and then use it (for one way 2.6 TRY).

2. From İstanbul Esenler to Bursa there is a lot of direct buses

<https://www.pamukkale.com.tr/>

It takes 3 hours

**From Sabiha Gökçen Airport** you can take directly to Bursa please find more information in the websites.

<https://bus.burulas.com.tr/>

<http://istanbulkonfor.com/>

#### Arrival

Please plan to arrive at the venue on 19 November. Dinner will be served between 19:00 – 20:00. If you expect to arrive later, please notify us (see email address above).

#### Departure

The final session of the workshop will take place on the evening of 27th November. Please arrange your onward travel to leave from the venue in the morning of 28th November. You must make sure you have your onward travel arranged before arriving in Turkey.

## Accommodation and venue information

The accommodation information will be announced in the following weeks.

Your room will be available from 2 pm on 19 November and check-out is before 12 am on 28 November.

Participants will be staying in 3-4 bedroom apartments.

Please don't forget to take hairdryer ,towel,shampoo,slipper.

## Meals

We'll have 3 meals each day. from dinner on 19 November to breakfast on 28 November.

## Additional accommodation requirements

We're sorry but we cannot provide or pay for accommodation before or after the dates of the event.

# Necessary Information

## Money and insurance

### Costs

Accommodation for 9 nights from 19 November to 28 November and meals, transport, and hospitality arranged by the project and shown on the programme. Not included are incidental expenses including personal telephone charges; drinks/meals/snacks other than those listed. All such bills must be settled before departure.

### Personal spending money

There are cash machines near the venue and at the airport. As a general rule, any cash machine that displays the Visa badge can be used by Plus cardholders and those displaying the MasterCard badge can be used by Cirrus cardholders. Recognised international credit cards and debit cards with a 4 digit PIN can also be used at shops.

### Health/medical insurance

Please make sure you have adequate personal insurance (medical, travel/cancellation, personal possessions) for the duration of the event. There is no budget for insurance, so you should pay for your own.

## Travel Costs

Accommodation, food, activity costs will be covered within the program. Most importantly, travel costs will be reimbursed following the submission of all the original travel documents. Reimbursements will be done through bank transfer so as to assure the travel documents like boarding passes, bus and train tickets.

The maximum travel budget is;

**Turkey- 0 EUR (for per person)**

**Poland-275 EUR (for per person)**

**Lithuania-275 EUR (for per person)**

**Greece 275 EUR (for per person)**

**Romania-275 EUR (for per person)**

The reimbursements is made after resulting final report of project.

**P.S : Please keep your all boarding passes and tickets (bus, public bus, train,etc.) for reimbursement.**

## Participant Profile

- 9 Participants from all partners  
7 pax (18-30 Ages) + 2 group leader (No limited Age)
- The gender balance is so important

## Practical information

### Electrical voltage

Turkey standard voltage is 220 V 50 hz, with 2 round pins plugs. You may wish to bring an adapter with you.



### Smoking/non-smoking arrangements

Turkey introduced a new law to make all closed public places and workplaces not allowed to smoke. If you wish to smoke, be prepared to smoke outdoors.

### Shops

The town has several small supermarkets, a pharmacy and some gift shops.

### Language

Turkish Language and Minimized Dictionary-Turkish is the largest Turkic language in terms of speakers, with some 50 million native speakers. There is a high degree of mutual intelligibility between Turkish and other Oghuz languages, including Azeri, Turkmen and Qashqai. If these are counted to gather as "Turkish", the number of native speakers is close to 90 million. One characteristic feature of Turkish is vowel harmony, "sour cherry" is closed unround front and is open unround front. Stress is usually on the last syllable, with the exception of some suffix combinations, and words like masa ['masa]. **For more detailed information:**

<http://www.turkishlanguage.co.uk/>

<http://www.omniglot.com/language/phrases/turkish.php>

And some turkish words for you guys that can be useful;

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How much?	Ne kadar?	What are you doing?	Ne yapıyorsun?
Good morning	Günaydın	Good Bye	Güle güle
Good nighth	İyi geceler	See you	Görüşürüz
How are you?	Nasılsın	What is your name?	İsmin ne?
I'm fine	İyiyim	Sorry	Özür dilerim
Good	İyi	Congratulations	Tebrikler
Please	Lütfen	What time is it?	Saat kaç?
Yes	Evet	Beautiful	Güzel
No	Hayır	Handsome	Yakışıklı
Maybe	Belki	Be carefull!	Dikkatli ol!
Thank you	Teşekkürler	When?	Ne zaman?
Coffee	Kahve	Where?	Nerede?
Water Closed(WC)	Tuvalet	Why?	Neden?

## 2.1.1 Turkish currency and sample prices

<http://www.oanda.com/currency/converter/>

If you need, you can change money in banks and exchange offices. Banks open from Monday to Friday: 9 a.m. to 5 p.m., with one hour of break during noon. Saturday and Sunday closed. Banks exchange money, at lower prices. You can also find Exchange Agencies everywhere and most of them open 7 days/week from 8 a.m. to 7 p.m. You can also exchange money at the airport upon arrival at the Post office or ATM,

Approximately everywhere you can use your credit card; the most important credit cards are accepted: VISA, MasterCard and American Express.

Here are some estimated prices in Euros to give you some ideas about expenses in Turkey:

**Water (0.5 liter) 1 TL**

**Beer 9 TL**

**Wine (a bottle) 25 TL**

**McDonalds Big Mac Menu 15 TL**

**Bus and Metro Ticket 2.60 TL**

**Postcard 1 TL**

**Can of Coke 2.5 TL**

**Lunch 15 TL**

**Jeans 25 – 200 TL**

**T-Shirt 10 - 55 TL**

**A coffee 7 TL**

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**Cigarettes** 14 TL (Pack, Marlboro)  
**Chocolate (a bar)** 0.5 - 2 TL  
**Hygienic Pads (packet of 10)** 5 TL  
**Condom** 2 TL  
**Souvenir** 15 - 50 TL

## 2.1.2 Emergency and Other Phone Numbers

**Ambulance:** 112

**Police:** 155

**Fire Dept.:** 110

**Military Police:** 156

## 2.1.3 Organisers Contacts

**Ongu Yilkan Tekeli** +90 506 428 4332

**proje@kio.org.tr**

## 2.1.4 What to Bring

- National Identify Card
  - Your passport
  - Visa (If required)
  - International travel insurance
  - International student identity card
  - Pocket money
  - Your country flag, traditional clothes, foods, drinks(also you can bring your traditional alcohol for other participants )
  - A print out of this infopack
  - Swimsuit, towels, other hygiene stuff of yours (Tooth brush etc.)
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