



# I AM A BOOK



## YOUTH EXCHANGE

## BURSA, TURKEY

**PLACE AND DATE:** 16-24 JUNE 2021, BURSA, TURKEY

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

**COUNTRY:** Partner countries will be from Sweden, Turkey, Lithuania, Poland, Germany and Italy.

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



# SUMMARY



Youth exchange “I am a Book” responds on the need to address social exclusion, discrimination and hate speech in participating countries. Through the youth exchange the participants will not just develop gain new knowledge on social exclusion, discrimination but moreover they will strengthen their skills to realize ‘human library’ event in their communities and directly contribute to process of creating socially inclusive society.

Objectives of youth exchange:

- a) To develop participant’s competencies in the area of human rights education and the methodology of human libraries;
- b) to raise participant’s knowledge on the process of realization of human library as a way of addressing stereotypes, prejudices and fighting discrimination;
- c) to empower the participants to contribute to creating socially inclusive society through the process of organizing ‘human library’ during the youth exchange;
- e) to develop participants competences such as teamwork, leadership, communication, presentation and to contribute to their personal and professional development;



f) to raise intercultural competencies of the participants by giving them an opportunity to interact and work with young people coming from different European countries and also local community from the hosting country;

g) to raise knowledge of the participants about Erasmus + Programme and its Key Action 1 and to encourage the participants to take active part in the Programme.

h) to support creating network and partnerships between participating organizations, exchange of good practices among participating countries related to human rights education, social inclusion.

## ACTIVITIES AND METHODS



### Working Methods

Human library methodology will be important element of youth exchange. “I am a Book” is based on human rights methodology that provides unique opportunity for interaction among these who are representing minority and vulnerable groups (‘the book’) and local population (‘the visitors’) as this methodology engages each individual and empower her or him to thing and interpret independently. It encourages critical analysis of real-life situations, leads to empowerment of the citizens and to thoughtful and appropriate actions to promote and protect human rights.





## Who can participate in the youth exchange?



Young people coming from participating organizations were actively involved in the process of preparation of this project application. They came up with the project idea. They had possibility to comment on the project draft, proposed programme, to share their ideas for activities, topics covered by the project. By direct involving young people in the process of preparation of the project application the partners aim to ensure that the project is responding on the needs of young people – to learn more about hate speech, discrimination, social exclusion, to better understand the roots of these issues, to be aware of the consequences, to have knowledge of tools, activities that can be used to increase awareness of young people in this area, to learn about human libraries, to develop competencies useful in the future e.g. in job seeking process, looking for mobility opportunity.

### Profile of the Participants:

young people in age of 18 to 30;

with communicative level of English, able to express themselves and contribute to the discussions; strongly interested in the issues tackle by youth exchange – discrimination, social exclusion, hate speech and in exploring ways how to address;

motivated to learn about human libraries, to transfer lessons learned in their communities and to their peers and to take part in fighting social exclusion, discrimination, hate speech;



open to work in intercultural learning environment, to take part in individual assignment, group works.

## PARTNERS

The project will host 60 participants from the following 6 organisations. Sweden, Turkey, Lithuania, Poland, Germany and Italy.

## 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
Lithuania	Turkey	500-1999 km	10	275.00
Poland	Turkey	500-1999 km	10	275.00
Sweden	Turkey	2000 - 2999 km	10	360.00
Turkey	Turkey	0 km	10	0.00
Germany	Turkey	2000 - 2999 km	10	360.00
Italy	Turkey	500-1999 km	10	275.00

**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



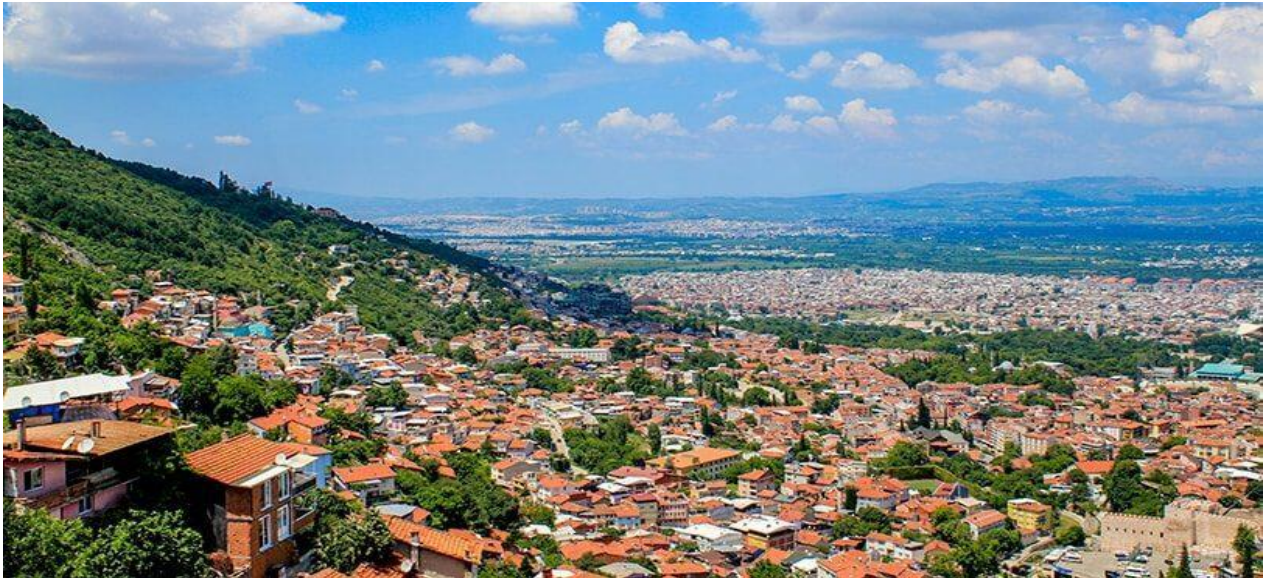
late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).

**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 THE RUPERT I MAYNARD YOUTH COMMUNITY CENTER:



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

GÜRSU ADRENALIN PARK

<http://www.adrenalinparkgursu.com/?fbclid=IwAR1PVAX5VLocCJkNwuNImRuQkTjv9c4j9BM9VU7vJ390Oh6jSkwSrG5KeRY>

**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 infopack 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.

## PREPARATION





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**

