

INSPIRATION



YOUTH EXCHANGE

ISTANBUL, TURKEY

PLACE AND DATE: (1-9 February 2020) to ISTANBUL, Turkey

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

COUNTRY: Partner countries will be from **UK, Turkey, Lithuania, Macedonia, Latvia and Germany.**

LANGUAGE: The working language will be English.

SUMMARY



The principle goal of the project is to increase awareness among youth people all around Europe that music can be utilized as a social and instructive device for self-improvement. Also, to have a beneficial outcome in the society. Accordingly, with this Youth Exchange, we seek to enable them to become more and more dynamic in their life and to utilize their abilities towards a positive reason, for example, advancing tolerance and harmony among youth. In such manner, the project targets are as following:

To encourage youth to utilize music as educational device, also for social change.

To enable them to become more active in their life and to use their time significantly and more qualitatively step by step;

To change their own musical encounters, to create melodic abilities and to become familiar with the variety of procedures to improve innovatively;

To energize their ability and build their self-confidence;

To give suggestion about active youth contribution and to advance social incorporation through non-formal education, music and performance;

To clarify diverse methodologies and viewpoints in music, also to exchange experiences and practices;

To advance the Erasmus+ Program and non-formal education;

ACTIVITIES AND METHODS



Working Methods

Moreover, the entire learning procedure will be founded on non-formal educational strategies where participants will create musical capabilities and will change their own melodic encounters, and also they will gain knowledge with an assortment of systems to build up their imagination and to utilize their time subjectively and conveniently. To be specific, participants will be associated with different introductions, inventive workshops, outside exercises, debates and intercultural exercises so as to meet projects targets and help participants build up their talents and make music advancing positive change. Hence, all through the entire Youth Exchange music will be made by the participants using vocals, instruments and innovation, and the project will finish with a final occasion with music performance, where the music, as well as the Erasmus+ Program and the projects' results will be introduced. Henceforth, we are trying to give a space to youth people all around Europe, in which music can motivate them to take advantage their abilities, for spreading positive message, as well as to end up vessels of social change influencing their communities and urging their supporters to join. Included with such a development, participants will have a remarkable chance to drive that development forward for social change and to advance audience partners' awareness of both the music and the cause. Additionally, workshops will be held about how participants to decide their own styles and how to manage circumstances while experiencing or seeing bullying, digital harassment or provocation. Other than that, every day each group of participants will have intercultural evening with an intend to strengthen in respect to for social traditional variety and to help concurrence of various cultural identities and beliefs.

Who can participate in the youth exchange?



The target group of participants involved in this project will be youngsters who have passion to acquire and advance skills, knowledge and competencies in the field of music and social change, given the principles of non-formal education. Participants will be between 18 and 30 years of age, including the group leaders who will be 18+ years old. As these people are just entering their adult years, they need to have certain level of knowledge and attitudes in order to be able to contribute the society by being role models for other youth. Given that, during this Youth exchange will be also involved people who are interested in non-formal education and seek to gain better understanding in experiential learning and its methodology. Thus, learning new and different methods will enable participants to act as multipliers of qualitative knowledge by applying and implementing what they have learned during this project.

PARTNERS

The project will host 60 participants from the following 6 organisations.
UK, Turkey, Lithuania, Macedonia, Latvia and Germany.

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
UK	Turkey	2000-2999 km	10	360.00
Macedonia	Turkey	500-1999 km	10	275.00
Lithuania	Turkey	500-1999 km	10	275.00
Latvia	Turkey	500-1999 km	10	275.00
Germany	Turkey	500-1999 km	10	275.00
Turkey	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 (**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.

MONEY

The official currency in Turkey is Turkish Lira (Turk Lirasi). The prices in Turkey are became little bid expensive last two years but still it is cheaper than many European countries.

You can check cost of living in Istanbul; <https://www.numbeo.com/cost-of-living/in/Istanbul>

THE VENUE



Istanbul (Turkish: *İstanbul*), once known as **Constantinople** and **Byzantium** before that, is the most populous city in Turkey, and the country's economic, cultural, and historical center. Istanbul is a transcontinental city in Eurasia, straddling the Bosphorus strait between the Sea of Marmara and the Black Sea. Its commercial and historical center lies on the European side and about a third of its population lives on the Asian side.

Note: Organisers will not provide accommodation for any additional stay in Istanbul. 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. 2 days before project or 2 days after project only allowed. This is no holiday, so please respect the Erasmus+ projects rules.

ACCOMMODATION PLACE

Park Polenezkoy Hotel

Adresse: Polonez, Kuşan Çk., 34829 Beykoz/İstanbul, Türkiye

Telefon: +90 216 343 22 23

<https://www.parkpolonezkoyhotel.com/galeri>



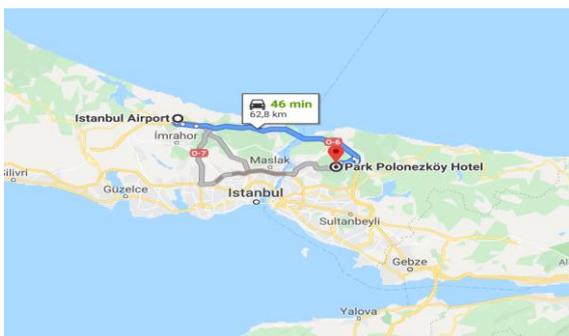
Rooms: Participants will be accommodated in Standard triple rooms. Bed linen and towels will be provided. The main activity room is located in the hotel. Wifi internet connection is available. Organisers will provide participants with three meals per day. Food will be served at the hotel's restaurant.

We strongly recommend each participant to inform the organizers about any special dietary needs in advance.

HOW TO REACH THE HOTEL

From Istanbul New Airport

From Sabiha Goksen Airport



We can arrange minibusses for each group or each 10 people. Remember you have to pay for those minibusses as part of your travel costs budget. Later on we will make payment to you.

More Details about how to arrive to venue will be given. Please be patient! We will do our best for you. It is easy to arrive!

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.

 **Serdar Altuntop**

 **00905330535737**



SEE YOU ALL IN ISTANBUL, TURKEY