



SHAKE4LIFE



YOUTH EXCHANGE

BURSA, TURKEY

PLACE AND DATE: 7-19 JULY 2021, BURSA, TURKEY

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

COUNTRY: Partner countries will be from **Sweden, Turkey, Romania, Slovakia, Lithuania and Hungary.**

LANGUAGE: The working language will be English.



SUMMARY



SHAKE4LIFE project will raise awareness among young people about dance as a recreational activity in their lives, with an emphasis on its positive impact for a healthier lifestyle.

Interactive non-formal education methods in a multicultural context, as well as practical activities (fitness, Zumba, dancehall, traditional dances, etc.), will be used for this purpose, through which young people can learn by experimenting.

The European and global context regarding the inactivity and sedentarism of young people allows easy identification of many problems that were the basis of the idea of our project. Following the consultation "WHO (World Health Organization) - Physical activity factsheets" (2018) we found:

- Low physical activity is a key factor for the predisposition to cardiovascular diseases, cancer and diabetes, diseases that affect global health.

- 1 out of 4 young adults (below 35) suffer from conditions caused by sedentary lifestyle

Another important point in determining the young people to get involved in this project is the awareness campaign at the international level through the street events organized in their communities of origin and by creating and managing the 4 dissemination tools in social



media. Young people will be able to learn how to plan, organize in a team, make changes, organize an event or social media campaign and receive feedback for it.

SHAKE4LIFE is based on the partnership between the 6 organizations. In order to increase the quality of all the stages of the project, as well as for more seriousness within the partnership, we have designed a Partnership Agreement.

An important aspect for all partners before the project activities is the training offered to young people. The training sessions will hold them accountable and introduce them into the intercultural and non-formal atmosphere of exchange.

Each national team will also design, prepare, implement and evaluate two workshops: one for teaching a national dance to the rest of the group, and second to perform a complex physical activity based on dance with the rest of the group.

By 'organization' we mean that the young people of each national group mentioned will have the attributions like arranging the room / space, using specific materials and facilitation, debriefing and obtaining feedback from the other young people. The local project team will provide the young people with the necessary materials, after they have been requested in advance during the training period. For any changes made depending on the group dynamics, possible conflicts, weather changes, etc., the local team will support the young people in their efforts and advise them where they have no experience.

The young participants of 60 come from 6 countries with multiple cultural, religious and social differences, which contributes to the multicultural spirit of the project.

The impact on the 6 partners varies depending on the specifics of each one and the community in which they operate. In discussing with the partners, we identified a series of general benchmarks for estimating the impact at the organization level:

- increasing the visibility in communities by promoting positive habits, as a result of being involved in solving a problem existing at local level
- creating and maintaining links with other project partners for the development of new partnerships, with potential in writing new Erasmus+ applications or for other funding sources



ACTIVITIES AND METHODS



Working Methods

The methods underlying the activities of the SHAKE4LIFE exchange are from the field of non-formal education and have various roles in obtaining the desired results from the implementation. They were chosen by young people and transposed into practical activities with the help of the project team. We grouped the methods according to their role:

- 1) **INTEGRATIVE:** To improve the dynamics between participants and stimulate group cohesion: name and knowledge games; team-building activities (Mission Impossible, Make your choice!, Broomsticks, Hot Potatoes); work in mixed and national groups (presentations, research, production of promotional clips); Teach me your dance; group dance workshops
- 2) **CREATIVE:** To develop the artistic sense and inventiveness, giving participants freedom of expression: interactive presentations; dance sessions as manifestation of creativity; creating motivational clips; artistic presentations and manifestations from cultural evenings
- 3) **INTERCULTURAL LEARNING:** To overcome prejudices and stereotypes about other cultures: the Albatross; the content of cultural evenings; the visit to Istanbul and free time spent discovering local cultural elements
- 4) **EXPERIENTIAL LEARNING (learning by doing):** To put participants outside their comfort zone through new situations for them and through which they will learn more about themselves (also about elements related to the organization and technique used in these types



of activities): the dance workshops (various styles and intensities); individual and team choreography; interviews conducted in the visit to city of Polenezkoy and Istanbul

5) REFLECTION: To encourage young people to express their thoughts and provide constructive feedback: daily reflection; intermediate and final evaluation; the beginning and end sessions dedicated to Youthpass (because it helps the young people to discover more easily the skills obtained and to systematize the information)

Who can participate in the youth exchange?



The young participants of 60 come from 6 countries with multiple cultural, religious and social differences, which contributes to the multicultural spirit of the project. The project team drafted a profile of the participant, according to:

General elements:

- Age: between 18 and 30 years

-Sex: we want an equal ratio of boys / girls

-Education: most of the young people will be in the last years of high school, in the faculty / master and some will have the completed studies

- Work place: most of the young people are without a full-time job due to studies, but it is possible to have a percentage active in the labor market (part-time, freelancer); we have young people with reduced opportunities in the NEET category (who do not study and do not have a job)



PARTNERS

The project will host 60 participants from the following 6 organisations.
Sweden, Turkey, Lithuania, Hungary, Czech Rep. and Romania.

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
Sweden	Turkey	2000 - 2999 km	10	360.00
Czech Republic	Turkey	500-1999 km	10	275.00
Hungary	Turkey	500-1999 km	10	275.00
Lithuania	Turkey	500-1999 km	10	275.00
Romania	Turkey	500-1999 km	10	275.00
Turkey	Turkey	0 km	10	0.00

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 NEFES DAGYENICE, BURSA:



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

NEFES DAGYENICE





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 info-pack 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.



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