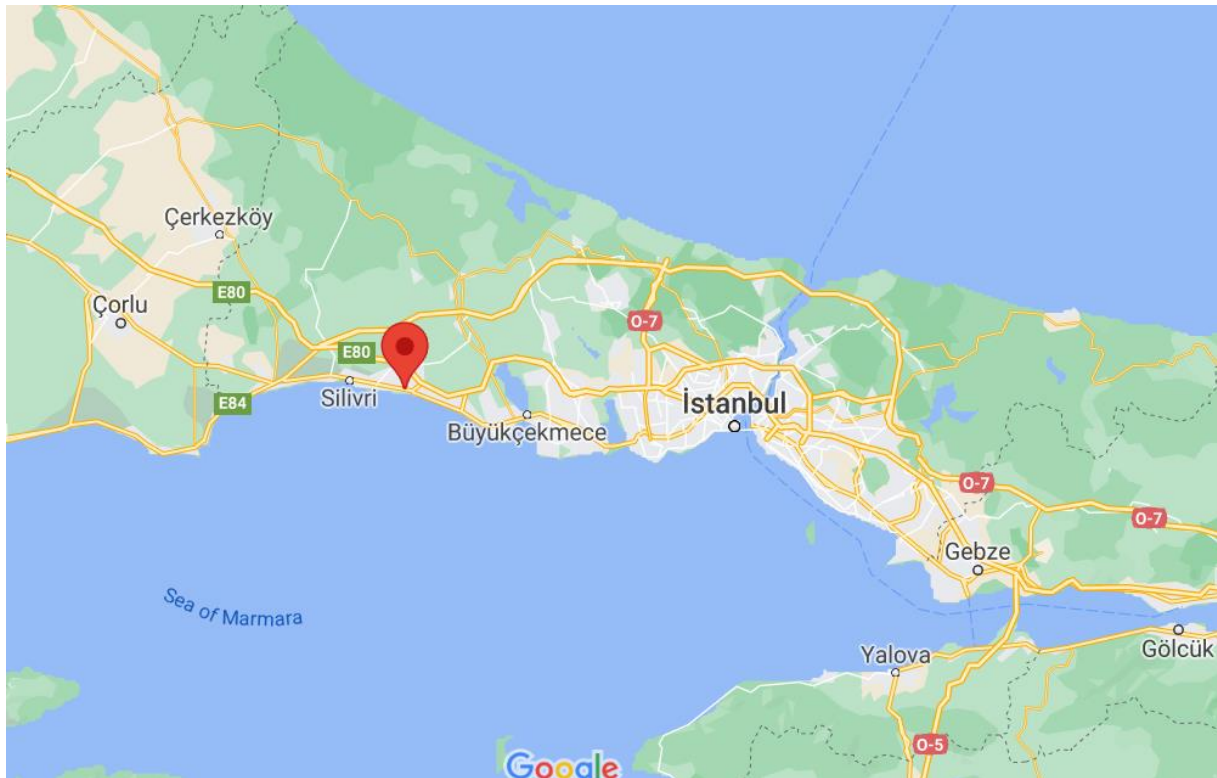




# LEARN AND TEACH



## YOUTH EXCHANGE ISTANBUL, TURKEY

**PLACE AND DATE:** 7-16 MARCH 2022, ISTANBUL, TURKEY

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

**COUNTRY:** Partner countries will be from **Sweden, Turkey, Lithuania, Estonia, Spain and Italy.**

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



# SUMMARY



Ecology enriches our world and is crucial for human wellbeing and prosperity. It provides new knowledge of the interdependence between people and nature that is vital for food production, maintaining clean air and water, and sustaining biodiversity in a changing climate.

Mangroves play a number of ecological roles from fixing sediments to acting as nursery site for young fish. Mangrove forests are also a source of food, medicine and firewood for local populations. Mangrove forest is thus a multipurpose ecosystem, and ecologists' understanding of this unique ecosystem has shown they are very sensitive to change and require sustainable management to preserve their biodiversity.

**Reduce, reuse, and recycle.** Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

**Volunteer.** Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.

**Educate.** When you further your own education, you can help others understand the importance and value of our natural resources.



**Conserve water.** The less water you use, the less runoff and wastewater that eventually end up in the ocean.

**Use long-lasting light bulbs.** Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

**Plant a tree.** Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.

## ACTIVITIES AND METHODS



### Working Methods

The project consists of the following main activities: preparation, youth exchange, evaluation and dissemination, altogether meet the objectives of the project, mirroring various phases of it. Exchange activities will directly provide the achievement of the project objectives. First of all, exchange days will become a special space created due to non-formal educational methods and wide NGOs' experience of social work for communication between youth from. It is planned to involve the equal number of young male and female participants (15-30 years old).



## 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 15 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)



## 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
Estonia	Turkey	2000 - 2999 km	10	360.00
Lithuania	Turkey	500-1999 km	10	275.00
Spain	Turkey	2000 - 2999 km	10	360.00
Italy	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 (**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.



## THE VENUE



**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 ISTANBUL:



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. **You are fully vaccinated , you are allowed to come to country without any PCR test.**

- 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.

- 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**

**Selimpaşa İMKB MTAL Uygulama Oteli**

**Photos and videos about our accommodation place and workshop place;**

**[https://selimpasa.meb.k12.tr/icerikler/uygulama-oteli-iletisim\\_8114890.html](https://selimpasa.meb.k12.tr/icerikler/uygulama-oteli-iletisim_8114890.html)**





**Rooms:** Participants will be accommodated in 3 or 6 people each room. Bed linen and towels will be provided. The main activity room is located in the hotel. Wi-Fi 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**

**Two weeks before the project, we will share info about how to reach the hotel on Facebook group.**

**More discussions can be done in Facebook group.**

## **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.
- ✓ 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).

**Whenever possible, bring your laptops, digital cameras, smart phones and tablets – we will be doing some multimedia work that requires mobile equipment!**



**SEE YOU ALL IN ISTANBUL, TURKEY**