



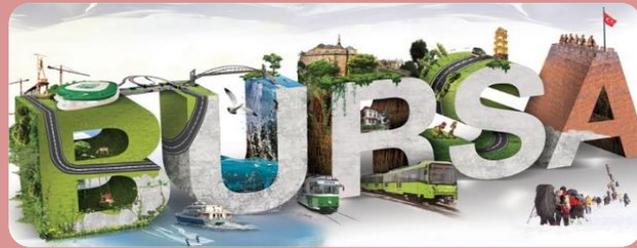
Mobility Against Obesity

ERASMUS+

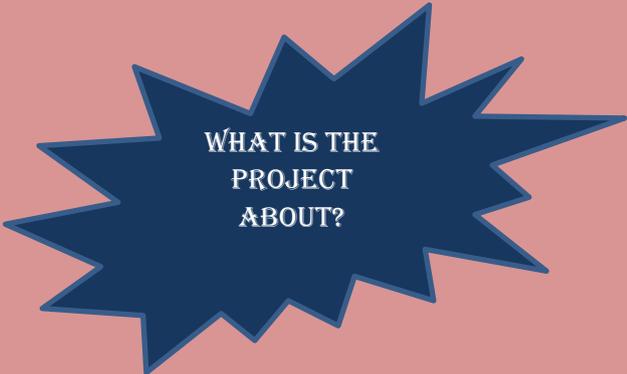
Youth Exchanges Projects

Information Pack

22/07/2019 - 02/08/2019, Bursa/TURKEY



Co-funded by the
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WHAT IS THE PROJECT ABOUT?

Obesity nowadays is considered as one of the most important health problems of developed and developing countries. In general terms obesity is considered to come to existence as a result of increasment of the oil cell of the body more then desired level in regarding to the proportion between body weight and length. Alongside behavioral, social, cultural and environmental factors associated with health, physical, psychological and economic problems also are one of the reasons of the obesity. On the other hand increased level of education, increasing cultural level and regular physical activity decrease obesity.

The goal of the project "Mobility Agaist Obesity" organised by Bursa Herkes Icin Spor Toplulugu, is to increase the awareness for healthy eating and sportive activities in order to reduce rates of obesity of 37 youngs from Turkey, Greece, Italy, Lithuania, Portugal and Spain ,between 22/07/2019 - 02/08/2019at Bursa.

The project comprises a mobility of Youth Exchange that will take place in Bursa with 6 participants from Turkey and 2 group leaders and 5 participants and 1 group leader from other partners.

The overall objective of the project is to contribute on reducing of health and psychological problems of young people with obesity and through this bringing them back to society.

Objectives:

- Improve knowledge and skills about knowing body mass index, obesity, causes and consequences
- To encoure the consumption of natural foods and preparing healthy meals instead of prepared fast foods etc.
- To encourage the prevention of obesity by developing knowledge and skills for various sports and outdoor physical activities
- Obtaining a practical guide to obesity and delivering to 20,000 young people
- To promote the video to 50.000 young people during the sports activities
- To promote the video to 50.000 young people during the gastronomy academy and sharing experiences in this field
- Publish news on the project in 5 local and national newspapers
- To improve positive attitudes towards cultural diversity
- To provide equality and inclusion of the uoung people with fewer opportunities also

In order to achieve these goals, 3 main activities and other activities were determined: obesity education, gastronomy academy and sports academy.

1- Obesity training will develop awareness about obesity in theoretical terms and its treatment and will teach the measurment of body mass index in practice.

2- The gastronomy academy will teach the food groups and determine the nutritional habits based on these food groups in different cultures, develop healthy and natural foods with

practical activity, improve their skills on healthy cooking methods and the relationship with obesity.

3- The sports academy will increase the knowledge and skills of participants to know their own body and identify the relationship between obesity and physical activity. Physical activity will be encouraged by various sports and will teach how to use sports as a tool to prevent obesity. Other activities will enable participants to gain tolerance for diversity, to feel themselves part of a group and to empathize with young people with fewer opportunities. In addition it will be a short presentation from local and national institutions in the fields of youth, sports and health in order to teach youth how to work in this field in practical and institutional dimension also.

Widespread and formal training methods will be used to achieve the objectives. In this context will be used activities and methods like: presentation, mimics, communication network, musical balloons, sharing circle, Marshmallow Challenge, group work, flipchart, question-answer, interactive workshop, brain storming, elevator speech, intercultural communication, sharing of good practices, World Cafe, story A lot of participants and other instructional methods . The learning process of the participants will be supported by methods such as Gibbs Model of Reflection, Family Meeting, Check-In.

Short-term results of the activities performed are the decrease in the health problems related to obesity and the inclusion of young people in the society. The long-term effect of our project is the reduction in obesity-related mortality, health and psychological problems.



PARTICIPANTS PROFILE

Participants will be between the ages of 18-30 (1 group leader from each participating country with 30 age limit) from disadvantaged communities, who are eager and motivated to learn about different cultures, team work, and social activities. We are willing to provide gender equality and positive discrimination for women; so we are expecting 3 female and 3 male participants from partner countries.



GENERAL INFORMATION

Venue:

Bursa lies in the north western part of Turkey near the Sea of Marmara, about 20 km inland. The Ottomans, who started as a small emirate in the countryside just east of Bursa, took control of their first major city, Bursa. As such, it served as the first capital city of the Ottoman Empire, from 1326, when it was captured from the Byzantines, to 1365, when the capital was moved to Edirne in European Turkey, as sultans started to turn their attention to Europe. Most of the historic sights of the city date back to this early period of the Ottomans. Today, with a population of more than 2,500,000, Bursa is the fourth largest city in Turkey after Istanbul, Ankara, and Izmir. It is famous for its peach, chestnut, and silk, although lately, heavy industry located in the outskirts of the city has surpassed these traditional industries. Furthermore, Uludağ—one of the highest mountains in Turkey—lies very close to Bursa and is the main winter sports centre of Turkey.

Hotel:

Accommodation will be provided in Oruç Hotel, Görükle. You can view the hotel from the link below:

<http://www.gorukleoruchotelspa.com/>

Currency:

We use Turkish Lira in Turkey. 1 Euro is around 6.00– 6.50 TL. You can find places to change money easily.



Travel Dates:

22/07/2019-02/08/2019

The travel grant per each partner country:

Italy 275,00 EUR (per participant)

Lithuania 275,00 EUR (per participant)

Portuhal 820,00 EUR (per participant)

Greece 180,00 EUR (per participant)

Spain 530,00 Euro (Per participant)

How to get the venue:

For the flights there are 2 options.

For Sabiha Gökçen Airport (we recommend)

If you buy your tickets to Sabiha Gökçen Airport there are direct busses from the airport to Bursa bus station. You can check the busses and buy your bus tickets from this address: <https://bus.burulas.com.tr/> If the website opens in Turkish please click “EN” at the right top of the page. Please buy both tickets as round tickets according to your flight time. We will pick you up from Bursa Bus Station and take you to the hotel. For this service you will be charged 15 EUR which will be taken from your travel reimbursement.

For Atatürk Airport

If you buy your tickets to Atatürk Airport you must travel to IDO Yenikapı Ferry Station via subway or taxi (taxi expenses are not reimbursed) And you must take the ferry to Bursa (Güzelyalı) Ferry station. You can check about the ferries and prices from this website: <https://www.ido.com.tr/> If the website opens in Turkish please click “EN” at the right top of the page. Again please buy both tickets as round tickets according to your flight time. We will pick you up from Bursa (Güzelyalı) Ferry Station and take you to the hotel. For this service you will be charged 15 EUR which will be taken from your travel reimbursement.

Sabiha Gökçen is the closest international airport to Bursa. And sometimes ferries can be cancelled according to weather conditions. So bus is a better option.

Feel free to ask if you need further information.

Reimbursements will be done after you provide us with original travelling documents (boarding passes and electronic tickets, ferry or bus tickets etc.) So please take good care of them. Reimbursements will be done in Euro. Please try to fit in the budget: It means all the tickets both ways. Feel free to contact us for any additional travel info. We'll be happy to help you find the best options. But **do not buy** your tickets before we approve it!!

Please note: We will need the invoices (prices should be written in the invoice) of your travel expenses and we will not be able to cover any costs that exceed the travel limit. We recommend you to use economic and ecological ways of travelling.



Participants are encouraged to bring their good mood and positive approach first of all! :)

We advise you to bring comfortable clothes, suitable for active motion. Be prepared for changes in the climate and weather.

You can bring some snacks, drinks, performances and stories from your communities to share with other participants.



Deadline for the name list of participants: 15/05/2019

Deadline for booking tickets: 20/05/2019

CONTACT INFO:

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