



PEDAL4LIFE



YOUTH EXCHANGE BURSA, TURKEY

PLACE AND DATE: 10-20 OCTOBER, BURSA, TURKEY

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

COUNTRY: Partner countries will be from **Sweden, Turkey, Lithuania, Croatia, Czech Republic and Romania.**

LANGUAGE: The working language will be English.



SUMMARY



The bicycle can be described as a two-wheeled non-motorized vehicle shaped by the combination of numerous pieces of equipment. Today, it comes to the fore with advantages such as economic savings, environmental-air cleaning, physical and mental wellbeing, energy conservation, building a social atmosphere, and sending a civic message, in addition to the ease of transportation. While bicycles are often used for short-distance transportation in the modern world, they are often used for mountain, long-distance, and creative purposes.

Project Aim: The project's ultimate goal is to improve cycling and lead to the reduction of health issues, crashes, natural resource conservation, and economic growth of young people by healthy driving.

Other goals include: ensuring that at least 12 young participants who do not know how to ride a bicycle learn to ride a bicycle; promoting safe driving by the proper selection of bicycles and safety equipment, as well as teaching traffic knowledge; developing capacities in basic emergency-focused bicycle maintenance, repair, and mechanics; and raising awareness about the physical and mental health of participants.



ACTIVITIES AND METHODS



Working Methods

The methodology will be based on non-formal educational methods such as, practical exercises and opportunities for experiential learning. Thus, during the whole project methods will be used, such as interactive presentations, open discussions, role plays and various creative workshops including individual and group work.



Who can participate in the youth exchange?



There will be 60 young people between 15 and 30 years of age, including one leader per group, 18+ and with no age limit, coming from 6 countries.

The project covers main activities: preparation, youth exchange in Turkey, evaluation and dissemination. PREPARATION FOR YE Basic elements of the preparation activities will be the preparation of already selected participants (preliminary list), arrangements for hosting and learning and dealing with logistics matters. Such international preparatory activities, as communication among partner organizations, discussion of the map of duties and agreements assigning responsibilities, providing informational materials and etc. will be made through on-line interaction (skype meetings and emails). However, preparatory meetings with participants on the project presentation, gender balance and safety rules and etc. will be held locally at partner institutions. Some preparatory tasks related to national cultural parties will be completed through team working and some tasks related to reading improvement of language and topic related skills will require individual preparation. Preparatory activities will involve all partners from all countries and will be made locally at their venues during planned dates. Age of participants can be from 15 to 30 years old. Group leaders MUST be 18+.



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 |
| Lithuania | Turkey | 500-1999 km | 10 | 275.00 |
| Czech Republic | Turkey | 500-1999 km | 10 | 275.00 |
| Croatia | Turkey | 500-1999 km | 10 | 275.00 |
| Romania | 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 (**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



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 BURSA:



do not sneeze in the palm of your hand



sneeze on your elbow or scarf



wearing mask



Wash food



Wash your hands



SO FAR THERE IS NO COVID RULES IN TURKEY BUT BE READY FOR ALL KIND OF CHANGES!



ACCOMMODATION PLACE

NEFES DAĞYENİCE

<https://www.facebook.com/Nefesdagyenice>

<https://www.nefesdagyenice.com/>

Photos and videos about our accommodation place and workshop place;
<https://www.booking.com/hotel/tr/nefes-dagyenice.html?activeTab=photosGallery>



Rooms: Participants will be accommodated in 1, 2 or 4 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. There are no shower/toilets in those rooms but there are common shower and toilets where you can use there unlimited. **Participants will stay at Glamping houses.**

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

HOW TO REACH THE HOTEL

You can fly to Istanbul New Airport or Sabiha Gokcen Airport. We recommend you Sabiha Gokce since it is close to Bursa city. From those two airports you can take bus to Bursa Central Bus station. We will pick up participants from Bursa Central Bus station in group situation.



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 BURSA, TURKEY

