



KA1 – Learning Mobility of Individuals

INDEPENDENT LIVING AREA

03-10 April 2015,

Istanbul – TURKEY

HOST ORGANIZATION

ANADOLU EDUCATION AND CULTURE FOUNDATION (AKEV)

Anadolu Education and Culture Foundation (AKEV) was founded in 1995 by Dr. Mustafa Aydın, together with a group of academics and businessmen who believe that well educated and trained individuals and are the most important investment of a nation. AKEV's aim is to help contribute to Turkish youth becoming conscious, open minded, productive and creative individuals. Parallel to this aim, AKEV also supports the bright youngsters who have limited financial means, and the children of veterans and martyrs, via free scholarship, and allocates special funds for their educational development.

PRACTICAL INFORMATION

COURSE DESCRIPTION

Our Project entitled “Bağımsız Yaşam Sahası (Independent Living Area)” is a multilateral youth exchange within the frame of Erasmus + KA1 project which will be carried out by the ‘Anadolu Education and Culture Foundation (AKEV)’. Within the frame of the project the participants will be able to make their contribution during the activity time between 03-10 April 2016. The venue of the project will be in our city, İstanbul, Turkey. There will be total number of 30 participants, having 4 youngsters and 1 group leader with no age limit from Algeria, Morocco, Croatia, Spain, Poland and



Erasmus+



Turkey. Total duration of the activities will be eight days excluding travel days from 03 th to 09th April, 2016. Our project consists of 'Bad Addictions' as a main topic.

There is no better or worse habits, so if we take serious perspective even smoking is a big threat. According to scientific researchs, smoking is generally the first step to getting new bad addictions. That's why "Smoking is harmful for our health" is a popular saying and slogan which is highly-esteemed in society. When we question this saying on what scales it reflects the truth, we will see that it is just a slogan just made up to hide the real harm of smoking and to make it seem more innocent than it really is.

The World Health Organisation estimates that in 2008, 63 per cent of people died due to bad habits including smoking, alcohol or poor nutrition. Do the sums and you will realise that every single year more than 9 million people die before the age of 60 because of poor lifestyle choices. Even this statistics demonstrates that 'bad habits' is truly big problem as worldwide. Therefore , we have chosen this subject to emphasize it moreover thinking about solution ways with qualified project participants by using Non-formal & Informal learning methods. Our project includes informative seminars, sports and animation activities, workshops, slogans and short film contests, chat with people that have experienced it with life, campaign design and the cultural sharing nights.

In line with our objectives, our partners who participated in our project will be under an obligation of conscience to fulfill some tasks after the project as well. They will share these important issues with other civil society organizations and friends in the local areas. Our the biggest goal is through our environment that we will create awareness about bad addictions and create a bright future as to minimize the loss of these elements. We sincerely believe that possible to create new world for everybody as whole 'Independent living area'During training course we will use methods of Non formal Education such as simulation, working in small groups, peer to peer education/learning, role play and out door(local) activities in order to understand and promote intercultural dialogue for conflict transformation.

LANGUAGE

The language of the course will be English.

THE VENUE

Istanbul Aydın University Social Facilities

Adres : TEPEKENT ISTANBUL / TURKEY



Erasmus+



INFORMATION OF CITY AND COUNTRY



Istanbul's history as a city is more than 2500 years old. The first city was founded by a guy named Byzas about 700 years before Christ. The Delphic Oracle in Greece told him to build a city in a place that was 'opposite and blind'.

Istanbul – The Bosphorus City

Istanbul, with its unique setting by the Bosphorus, is a meeting place of people coming from all directions. Istanbul is the only city in the world that is located on two continents and therefore merges both the spirits of Europe and Asia. Its exciting history made the city a place that just wants to be discovered. The many different facets of culture, politics and society create a

diverse landscape with a very special atmosphere. Due to massive migration movements the city grew rapidly in the last decades. Istanbul is a city of neighborhoods and timelessness. It is a place that is utterly modern and yet so steeped in historical places and persons that it defies any attempts at placing it as a city of a specific time or civilization. They called it Byzantium and realized that everyone else must have been blind not to see this spot, since on the opposite side of the Bosphorus there was a city in a less perfect spot.

And so it went until 196 AD when the city was destroyed and rebuilt and named Augusta Antonia. It stayed a Roman City and in 330 AD it was renamed again, the more familiar sounding Constantinople after Emperor Constantine became a Christian and made it his capital. Later in 537, Emperor Justinian had the Hagia Sophia built and it remained the largest Christian church for 1000 years.

Globalization and traditional values are going hand in hand and cause both innovation and friction. The country's prosperous economy makes Turkey increasingly to a global player and raises the question about its position towards the European Union.



In 1451, the chariot races at the Hippodrome came to stop when Fatih Sultan, Mehmet II of the Ottoman's conquered the city and turned the Hagia Sophia into the world's largest mosque. He also



Erasmus+



had the Topkapı Palace built. Sultan Ahmet later built the famous Blue Mosque close by. After picking the wrong side in World War II, the Turks struggled to get their independence and Mustapha Kemal (Atatürk) moved the capital to Ankara so that it wouldn't be vulnerable by the sea.

FINANCIAL CONDITIONS

TRAVEL COSTS

We will reimburse travel cost after training course via bank transfer. However, in case we receive project grant on time we will reimburse during project. We will keep you update regarding this.

! Note: Reimbursement of travel costs will only be done upon presentation of all (including return tickets) original tickets, receipt/invoices and boarding passes. Please print before all documents, which are related to travel expenses. This means that once home after the training, participants will be asked to send the originals of all return documents and boarding passes. Please remember to bring the original invoices – there will be no reimbursement without the original invoices and tickets with indicated Names of travellers, description of the journey, indication of cost and currency and date of travel.

Please do not lose your boarding passes; you will need them for reimbursement of travel cost.

!! Note: If participants pay for their ticket with a credit card, they are requested to bring along the confirmation of payment (i.e. credit card slip and/or bank statement).

!!! Note: Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate of the month when the grant agreement for this project will be signed by the NA, as stated in the official European Commission web-site at <http://ec.europa.eu/budget/infoeuro/index.cfm?Language=en>

!!!! Note: Please check for the travel budget limits at the end of this document. Please contact us before you buy your tickets

!!!!!! Note: Finally, please make copies (or even better, scan or take photographs) of all tickets and invoices and email these to info@akev.org.tr before attending the training. This will be very helpful to organisers to begin processing the financial and reimbursement data so that all payments may be made as efficiently as possible. In exception situation we might buy participants' tickets.

The following only applies to participants travelling by plane:

You should arrive to İstanbul 03 st of April and leave on 10nd April 2016.

You can stay up to 2 days before or after the project. You should arrange your own accommodation then. We **are not responsible** for the time you spend in İstanbul out of project period.



Erasmus+



We kindly ask you to bring money you will need to spend for your own goods during project.

TRAVELING AND ARRIVAL TO VENUE

Please check Annex 2

VISA ARRANGEMENTS

Turkey is not yet in the EU so please bring along your passports! Some of you may need visa. You can get visa in airport. Please check the board before the passport control if you need visa or not. It costs **25 euro**. We suggest you get visa online (e-visa) <https://www.evisa.gov.tr/en/>

In this way you will pay 15 euro and you will not wait on the line at airport. Please print your e-visa before you take your flights.

Visa cost will be reimbursed %100 when it is presented.

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.

INTERNET

You will desperately need Internet during our stay in İstanbul. There is free wi-fi in almost everywhere, but you should kindly ask for the password ☺

There is free wi-fi at our otel! Our activity locations (İstanbul Aydın University Tepekent Social Facility) will of course have wi-fi, and we will give you the passwords when you're there.

ELECTRICITY





Erasmus+



In Turkey, we use this kind of plugs. Please check the visuals and get your adaptor or connection devices with you

SECURITY, TURKISH LAWS AND REGULATIONS

İstanbul, especially at recent times after thousands of migrants and refugees have joined to 15million+ population of the metropolitan city! Don't panic when you see the police everywhere. They're usually polite/silent and helping to people.

As for the rules and regulations, please read the warnings/signs carefully. There are underpasses or safe traffic lights on the streets, but check the roads two times more than you normally check in your own country.

TECHNICAL EQUIPMENT

Reminding you to take your camera, video recorder, charger, batteries and etc with you to the media event doesn't sound funny, but being in İstanbul for days and not even taking a selfie at famous areas or not taking a video of street musicians is even more silly ☺ Take your technical equipment with you and always keep an eye on them during the activities and especially on the move!

GETTING TO KNOW EACH OTHER

You must have noticed the facebook sign on each page of this info pack ☺ There is good reason for this. Click on this sign and join our group which will gather the participants of all the events/projects organized within AKEV. Here is the link: <https://www.facebook.com/groups/985180014877907/>

SOCIAL MEDIA / FACEBOOK GROUP

During our meeting/activities/free time in İstanbul, we should use the social media effectively! Please use these hashtags: **#IndependentLivingArea** **#AKEV** **#NoSmokeNoCry**
#IAU

Also, follow these:

Project Name: Independent Living Area
(03-10 April 2016, İstanbul / Turkey)



Erasmus+



<https://www.facebook.com/akev1995?fref=ts>
<https://twitter.com/akev1995>

Our secret group:



PREPARATION and WHAT TO BRING

- 1- Documents about your organization. You will make presentation about your organization.
- 2- For intercultural night. You are free to bring food, drinks, snacks to present during intercultural night.. **Please bear in mind that it will not be possible to cook something.** You can also show dance, play music etc.

Some Turkish words

People love it when you make an effort to speak some Turkish with them.

Often, a “Merhaba” (Hello) or Sağol (Thanks) is enough to make people smile. If you have some time (I know, volunteer workers are always busy! ;)), have a look at the words below and keep some of them in mind.

English	Turkish	Pronunciation
Hello	Merhaba	Mare -ha-ba
Good morning	Günaydın	Gyewn-eye- dn
Good afternoon/day	İyi günler	Ee-yee gyewn- lair
Good evening	İyi akşamlar	Ee-yee ack- sham -lar
Thank you (very much)	(Çok) Teşekkür ederim	(Chock) Tesh- ek-cure ed-air-eem
How much? (price)	Ne kadar?	Ney kadar
Where are the toilets?	Tuvalet nerededir?	Too -val-let- lair neh -red-ed-eer



Erasmus+



REIMBURSEMENT LIMITS

Annex 1:

Country	Organization	Number of Participants	Maximum Travel Cost Per person (Euro)
Algeria	Youth Association for Environment and Culture	5	270
Croatia	Hrvatska Udruga Mladih	5	170
Spain	Ticket2Europe	5	400
Morocco	ASSOCIATION TIMZDAY MOROCCO	5	400
Poland	Klub sportowy TSD Sport	5	170

HOW TO GET HOTEL

Annex 2: How to Get Hotel

A-) From ATATURK INTERNATIONAL AIRPORT

Please follow next steps:

COSTS: One ticket cost is 4 Turkish liras. If you will stay in Istanbul and travel around then we suggest you to buy ISTANBUL CARD because with card you pay less. Bus, ferry, metro, tramway are public transports in Istanbul and they all cost same price.

B-) From SABIHA GOKCEN AIRPORT

Project Name: Independent Living Area
(03-10 April 2016, İstanbul / Turkey)



Erasmus+



COSTS: One ticket of shuttle cost 9 is Turkish liras. If you will stay in İstanbul and travel around then we suggest you to buy İSTANBUL CARD because with card you pay less. Bus, ferry, metro, tramway are public transports in İstanbul and they all cost same price.

PS: The Participants using to Ataturk Airport will be get to meet by us in Airport Station and we will go to hotel together. But, the participants using to Sabiha Gokçen Airport will be get to meet by us in Taksim The Marmara Hotel. Then we will go to hotel together.

LOCAL SPONSORS AND STRATEGIC PARTNERS



CONTACT DETAILS

Project mail address: projectgroupofAKEV@gmail.com

- 1- Contact Person:
Emin Devrim FİDAN
Mail: emin@devrimfidan.com
- 2- Contact Person:
Eyyüp Cengiz ÜSTDAĞ
Mail: eyupustdag@aydin.edu.tr

Project Name: Independent Living Area
(03-10 April 2016, İstanbul / Turkey)



Erasmus+



<http://www.akev.org.tr/>
info@akev.org.tr
projectgroupofAKEV@gmail.com