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Empowering Vulnerable youth for Overcoming Life's Vulnerability in Europe (EVOLVE)

**YOUTH EXCHANGE
31 JANUARY - 7 FEBRUARY 2025**

ALANYA, ANTALYA, TURKEY





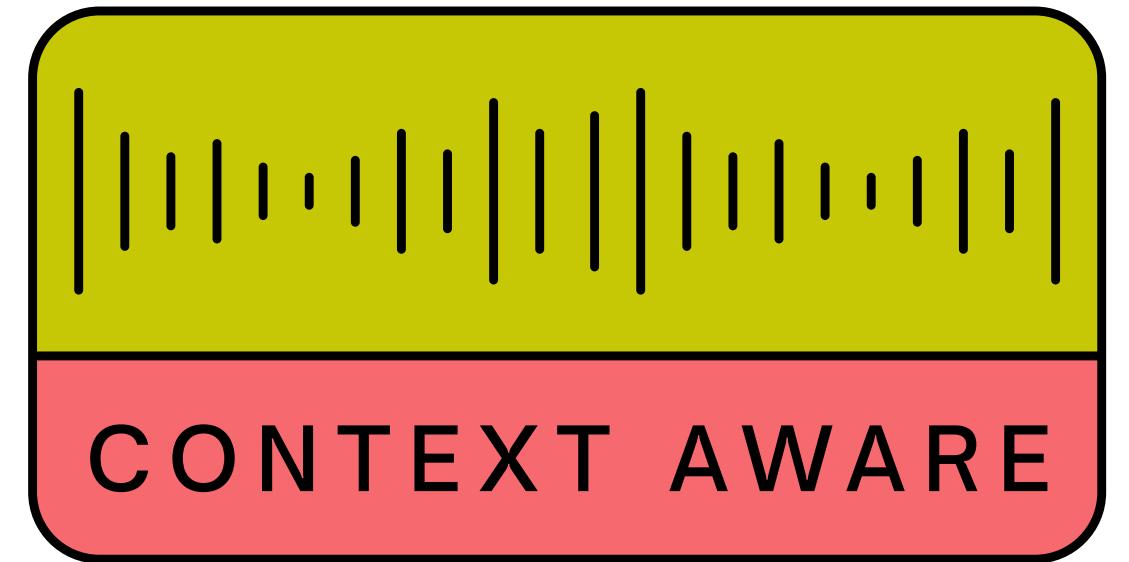
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Project Context

The "Empowerment of Vulnerable Young People" project is a 8-day youth exchange taking place in Antalya, Türkiye, from 31 January to February 7, 2025. The project involves participants from eight European partner organizations, each contributing 4 young people and 1 group leader, ensuring a gender-balanced representation. This initiative focuses on empowering vulnerable youth, fostering inclusion, and addressing the challenges faced by disadvantaged young people in their daily lives.

Through a holistic approach, the project addresses various aspects of participants' well-being, including life skills, mental health, creative expression, and leadership development. Participants will engage in diverse activities such as workshops on time management, communication, and interpersonal skills, alongside creative sessions in painting, sculpture, and writing. Outdoor physical activities, leadership training, and cultural exchange programs will further enhance their confidence and resilience.

This youth exchange creates opportunities for young people with fewer resources to connect with peers from across Europe, share experiences, and overcome societal barriers. By promoting diversity, tolerance, and cultural understanding, the project contributes to building a more inclusive and supportive community for vulnerable youth.



Objectives



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- **Promoting Inclusion and Diversity:**

1. Foster a culture of inclusion and integration among young people.

2. Raise awareness of the challenges faced by vulnerable youth and advocate for equality and diversity.

- **Empowering Vulnerable Youth:**

3. Equip participants with essential life skills such as communication, decision-making, and time management.

4. Improve participants' self-esteem, confidence, and emotional well-being through positive reinforcement and skill-building activities.

- **Encouraging Social and Cultural Participation:**

5. Provide young people with fewer opportunities a chance to engage in meaningful social and cultural activities.

6. Increase participants' tolerance, respect for diversity, and appreciation of cultural differences.

- **Developing Leadership and Teamwork:**

7. Enhance participants' leadership and conflict management skills through group discussions and training workshops.

8. Promote teamwork and collaboration through team-building exercises.

- **Promoting Creative Expression:**

9. Develop participants' artistic and creative skills through activities like painting, sculpture, and creative writing.

10. Encourage emotional expression and mental health awareness through art and creative workshops.

- **Encouraging Healthy Lifestyles:**

11. Promote physical health and wellness through outdoor activities and fitness programs.

12. Raise awareness of the importance of a balanced and healthy lifestyle.

- **Strengthening Peer Support Networks:**

13. Build a sense of community and reduce feelings of isolation through group activities and shared experiences.

14. Strengthen peer support among disabled and non-disabled young participants.





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Project information

- **Dates:** 31 January- 7 February 2025
- **Location:** Alanya, Antalya, Turkey
- **Number of participants:** 40
- **Type of the project:** Youth Exchange

Board and accommodation will be covered by the hosting organization. The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that **the participant will take part in the whole project.**

The travel costs will be reimbursed up to the certain amount according to Erasmus+ rules.

Maximum Travel Costs for each Partner Country according to Erasmus+ Distance Calculator:

• Germany - 395 Euro	• Latvia - 395 Euro
• Slovenia - 309 Euro	• Romania - 309 Euro
• North Macedonia - 309 Euro	• Ireland - 580 Euro
	• Finland - 395 Euro



(The prices are calculated according to the cities that NGOs are located in accordance with the distance calculator of the Erasmus+ Programme. For more info please check [this link](#)).



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Participants

We are seeking for 5 participants from each country the following profile:

IMPORTANT comment for Sending Organisation:

During the selection process give attention to ensure the gender balance.

- 1 Group Leader from each country can be 18+;
- 4 participants from each country between 18-30
- Active Participation in Empowerment Workshops:
 - Engage in life skills development sessions, including communication, problem-solving, and time management.
 - Take part in creative expression activities such as painting, sculpture, and writing workshops.
 - Contribute to sessions on leadership, teamwork, and resilience building.
 - Contribute to Discussions and Learning:
 - Participate in workshops on topics such as inclusion, diversity, and tolerance.
 - Share personal stories and experiences that highlight challenges and strategies for overcoming vulnerabilities.
 - Engagement in Physical and Mental Wellness Activities:
 - Take part in physical health and wellness programs, including outdoor activities.
 - Attend relaxation and mindfulness exercises to foster mental well-being.
 - Foster Cultural Exchange:
 - Collaborate with peers from different countries in cultural change activities, promoting understanding and appreciation of diversity.
 - Support Project Outputs:
 - Contribute to the creation of digital and creative outputs that capture the essence of the project, such as blogs, artwork, or presentations.
 - Participate in creating reports and materials that promote the lessons learned during the exchange.
 - Promote Erasmus+ and ESC Programs:
 - Learn about the Erasmus+ Programme and ESC through interactive discussions and presentations.
 - Share insights and raise awareness about youth mobility opportunities in local communities.
 - Provide Feedback and Reflect:
 - Take part in reflection sessions to discuss personal growth, group dynamics, and the project's overall outcomes.
 - Participate in mid-term and final evaluation sessions to assess the project's impact.



Responsibility

Don't forget that you come as youth leaders and workers to this project, you are representatives of the partner organizations and you act responsibly and with respect to the learning process, group, cultural differences, laws of the country, rules of the venue and organizers



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Intercultural Evening

During a special evening, we will share characteristics from our culture. We ask you to bring foods and alcoholic/non-alcoholic drinks and **magnets** to share! You can also think of some other things to share with the group from your culture: stories, dances/songs, etc. Please do not make only PowerPoint presentations or country promotion videos, as it would be best if you can share something in your own words and with physical examples if you can. By the way, **presenting something from your culture does not mean it has to be something about only the country itself: it can also be from a specific region or a city, etc.**

As we are trying to collect special and different magnets from each city and country **to make an international wall** we would like to have one magnet from your hometown as well. **We would like to see your impact on our organization to remember you through your magnet.**





About Turkey

Turkey, a country that occupies a unique geographic position, lying partly in Asia and partly in Europe. Throughout its history, it has acted as both a barrier and a bridge between the two continents. Turkey is larger than some European travel countries such as Italy, France, Germany, and the UK. Turkey offers a wealth of destination varieties to travelers: from dome-and-minaret filled skyline of Istanbul to Roman ruins along the western and southern coasts, from heavily indented coastline against a mountainous backdrop of Lycia and wide and sunny beaches of Pamphylia to cold and snowy mountains of the East, from crazy "foam parties" of Bodrum to Middle Eastern-flavoured cities of Southeastern Anatolia, from verdant misty mountains of Eastern Black Sea to wide steppe landscapes of Central Anatolia, there is something for everyone's taste.



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About Antalya

The westerly region of Turkey's Mediterranean coastline is especially popular. There are abundance of beach kinds such as Rocky, sandy beaches as well as pebbly beaches especially around the Konyaalti Bay. With a particularly diverse landscape, it is actually quite feasible to enjoy a morning swim, and then head to the Taurus Mountains for a spot of skiing in the afternoon at the neighbouring resort of Davras.

Antalya's historical Old Town area known as Kaleici. It offers beautiful harbour views and is surrounded by medieval fortified walls, which date back before both the Roman and Byzantine periods and have been restored many times. Currently it is the fastest growing city in Turkey. Besides, Antalya enjoys an idyllic climate for a good deal of the year and much tourism.

Weather: The climate in Antalya is warm and temperate. The winter months are also sunny most of the time. However it is also rainy and the rains are so dense in winter times.

Health & safety: Tap water is not drinkable. Besides, Antalya is very safe to visit, with a low crime rate and a high safe index.



Interesting fact about Antalya: Around 300 days of the year are sunny, the sea temperature never goes below 15°C and in the summer is around 28°C.



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Travel Info

Travel days are the **31 January 2025 (arrival) and the 7 February 2025 (departure)**. During the arrival and departure days, the participants can explore the city. We suggest you travel by Gazipaşa - Alanya Havalimanı (GZP) OR Antalya International Airport (AYT).

- You are allowed to spend 4 days more (if the tickets are cheaper than arrival ad departure day) in Turkey before OR after the training course. However please note that the expenses before and after the project are your own responsibility and the organizers are not responsible for reimbursing the travel tickets, accommodation, and meals for the extra days.
 - The organizers will not provide transfers from the airport to the hotel. You will be responsible for reaching the project venue. (**Please see more information about how to reach the project venue with public transportation at pages number 12-14**).
- **Important Note:** According to the Erasmus+ rules only the reasonably cheapest tickets can be reimbursed. Likewise, as only public transportation tickets will be reimbursed, **taxi costs are not included in the budget**.
- **The transportation in Antalya stops from midnight (00.00) until morning (05.00). Please plan your arrival and departure accordingly!**
- **The transportation in Alanya stops from midnight (23.00) until morning (06.00). Please plan your arrival and departure accordingly!**
- **Please DO NOT BUY YOUR TICKETS BEFORE GETTING A CONFIRMATION OF THE ARRIVAL HOURS BY US!!**

It is very important to keep all the tickets and boarding passes and make a copy or photo of them! We need it for reimbursement.

We are going to refund your travel costs according to the limit of your country, based on the InforEuro exchange rate valid in the month of purchasing the tickets.





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Travel Info

- The selected participants choose flight connections and send them to us or via the partners for confirmation.
- Please don't book any tickets without our confirmation!
- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route, extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurance.
- Only hand luggage will be covered!
- Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees. Travel agencies invoices for the flight tickets won't be accepted for reimbursement.
- We can't reimburse taxi or private cars, only public transport will be covered





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How can I get to the Hotel?



Shuttle Service Information

For your convenience, organizers are not provide shuttle services from the airport to the project venue. You can book a shuttle according to your flight's arrival and departure times from ["Bizim Transfer"](https://bizimtransfer.com/en) (<https://bizimtransfer.com/en>)

Steps to Book Your Shuttle:

1. **Check Your Flight Times:** Look at your flight arrival and departure times to see when you will need the shuttle.
2. **Contact the Project Coordinator:** Before booking, please contact the project coordinator to confirm the availability of the shuttle service and flight tickets for your chosen times.
3. **Book Your Shuttle:** Once you have confirmation, you can book your shuttle seat.

Cost: The cost for a one-way trip is 500 TRY.





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EVERYTHING YOU NEED TO KNOW ABOUT
AntalyaKart



Public transportation for tram **available between 05.00- 00.00**. For the routes and schedules, it is useful to download the **AntalyaKart application** to your phone. **1 ride usually costs about 25TRY. You can obtain AntalyaKart from a card automat, card center or dealer, which will cost you 50TRY.** You can activate your card by going in the app or on the website. Besides, the automats won't give money back, instead, the change will go on your balance.

This is the icon of the application:





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Accommodation...

Relax Beach Hotel

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

Located on Alanya, Antalya.

The hotel has its own pool and you can reach the beach by walking from the Hotel.

The hotel has a garden and a terrace where you can have a pleasant time.

There is free wifi available in the hotel.

Three meals and coffee breaks are also available at the hotel.

Participants will be accommodate 2-3 at the same room



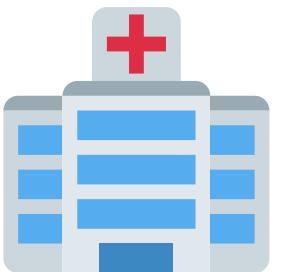


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Emergency



Emergency Number: 112



Nearest State Hospital: [Alanya Eğitim ve Araştırma Hastanesi](#)



Nearest Pharmacy: [Doğa Eczanesi](#),



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Enjoy the Journey!