

Break the silence

Youth Exchange

2015-2-TR01-KA105-023125

*We are glad to welcome you to “Break the silence” -
an “Erasmus Plus” Programme project, that going to take place
in Elazig, Turkey from 31st of March to 6th of April 2016.*



About the project:

Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize or hurt someone. Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. The main motive which stands behind this project is the belief of our organization that domestic violence is preventable. We aim to disseminate this belief to our participants and make them aware of what domestic violence includes, what are the common causes for it and what types of violence there are. We will also describe the profile of the abuser and the profile of the victim and introduce the participants to the statistical data provided by Eurostat.

Objectives of the project:

- To promote EU values and "Erasmus +" Programme
- To encourage participation to organize different actions and projects to reach the awareness in the community of social problems on local, national and international level.
- To recognize, value and celebrate young people's positive contributions to society.
- To create intercultural dialogue
- Multiplication of the project results.
- The participants to learn more about domestic and sex-based violence like one of the biggest issues of the modern society.
- Discover different opinions and point of views about gender issues.
- Discover how difficult is to find a position in domestic and sex-based violence issues.
- Raise awareness about the problems by organizing local event and create online campaign.
- To find out a common understanding of what gender equality is, what are the roots and consequences of gender inequality and commit ourselves to fight for gender equality in our lives.
- To know more about different countries, cultures, languages etc.
- To overcome the language barrier.

Another goal of ours will be to introduce what laws are enacted regarding domestic violence on national level and how is it regulated on European level. The participants will also be introduced to the national and European strategies which focus on fighting domestic violence. They will be able to express their thoughts on them through discussions and also be more informed of the measures which are taken by the different countries and EU.

Working methods:

- Ice-breakers and teambuilding games to getting to know each other.
- Workshops will leave room for guided but controversial discussions.
- Simulation games will allow to identify current challenges of non-formal education and show possible measures that strengthen them. These sessions will provide the participants with concrete ideas that can be implemented in their local communities, thus ensuring an important multiplier effect.
- Reflection groups will take place every evening and will serve as a platform where the participants can give feedback on the activities of the day and also share general impressions they had. Those sessions will be facilitated by experienced facilitators to ensure their quality and value.

Participants' Profile:



Participants: Бройка participants (бройка participants + 1 leader per country)

Who: Young people, students, youth leaders and youth workers interested of the topic from Turkey, Greece, Lithuania, Czech Republic and Bulgaria.

Age: From 18 to 26 years (No age limit for the group leader)

Gender: All the participating organizations have agreed on sending equal number of participants from both genders.

Language: The project will be held in English so the participants should be able to understand and express himself in English!

Information about the city:

Elazığ is one of the oldest cities in Eastern Anatolian region. The city is located in the uppermost Euphrates valley. The plain on which the city extends has an altitude of 1067 metres. Elazığ resembles an inland peninsula surrounded by the natural Lake Hazar and reservoirs of Keban Dam, Karakaya Dam, Kıralkızı and Özlüce.. It is the administrative center of Elazığ Province and its population is approximately 560.000

It is taking attractions of many tourists especially with it's Historic Harput City as for the culture tourism field of the country. Harput city has an important tourism potentiality by giving an atmosphere of an open air museum to it's visitors.

Elazığ is also famous and popular with it's natural beauties as much as with it's historic and cultural background, and some of the most important of these natural highlights are Keban Lake, Hazar Lake, Buzluk (Ice) Cave and the thermal and ski centers available for winter sports therefore having a various types of rich cultural and historical arts to serve to it's guests.

There are a lot of old historical mosques - Ulu Cami Grand Mosque is one of the oldest and important building of the city. But there is also Harput Syriac Kadim Virgin Mary Church - it had been constructed in year 179 A.C.



How to get here:

Elazig has only one airport. here are daily domestic flights from/to Ankara, Istanbul and İzmir. You easily can find flight from Istanbul to here:

Turkish Airlines - <http://www.turkishairlines.com/>
Pegasus Airlines - <http://www.flypgs.com/en/>
Onur Air - <http://www.onurair.com/en/default.aspx>

Also you can travel by bus or train but keep in mind that it will take almost 18 hours to reach Elazig from Istanbul.

Once we have all your travel information we will pick you up from Elazig Airport.

What to bring with you:

- Passport or other ID
- The early springs in Elazig are not that cold. The average temperature for that period is around 6 and 17 degree. But we still advise you to bring warm clothes as well.
- Comfortable clothes for a workshops activities and that you aren't afraid to get dirty.
- Towels and personal care products: shampoo, tooth paste etc.
- For the Intercultural Evenings, please bring something typical from your country, it could be food, drinks, touristic materials, little gifts or whatever you want.
- Pink t-shirt (we need it for one of the workshops)
- Pills and medicines
- N.B.: We kindly remind you that Turkey isn't part of EU so your Health Care Card wouldn't be valid here, please make health insurance. Health insurance is not provided and will not be reimbursed by the hosting organization. All participants are strongly advised to purchase private travel insurance, as costs of private health care in Turkey are quite high.

Travel cost:

All participants need to arrange his/her own trip. During the project they are going to fill travel sheet about the cost of their trips. Everyone of them have to send us a copy of his tickets and boarding passes via e-mail and the originals via postal mail. Once when we receive all of the tickets, we are going to reimburse you money by IBAN bank account till 3 mounts after the final report. There is a participant fee of 20 euro. The travel cost limits are:

| Country | Partner | Number of participants | Means of transport | Travel cost limit per participant |
|----------------|-------------------------------|------------------------|--------------------|-----------------------------------|
| Bulgaria | “Zavod za idei” | 9 | Bus, Plane | 170 euro |
| Czech Republic | European Youth Centre Breclav | 9 | Bus, Plane | 270 euro |
| Lithuania | “Aktyvus Jaunimas” | 9 | Bus, Plane | 270 euro |
| Turkey | Dunya Genclik Grubu | 9 | Bus, Plane | 0 euro |

Contacts:

About the logistic:

Serkan
+90535 383 85 95
serkan_3521@hotmail.com



About the program:

Nana Itskova
+359 898 291 731
nana.itskova@gmail.com



Don't forget to join the Facebook group of the project
<https://www.facebook.com/groups/1640556782885973/>

Schedule of the project:

| | 31.03. | 01.04. | 02.04. | 03.04. | 04.04. | 05.04. | 06.04 | |
|---------------|----------|-----------------------------|------------------------------------|--------------------------|---------------|------------------------|-----------|---------------|
| 8:30-9:30 | Arriving | Breakfast | | | | | | |
| 10:00 - 11:30 | | Introduction and Rules | Introduction of the topic | The men as victims | Excursion | The Exhibition | Departure | |
| 11:30 – 11:45 | | Coffee Break | | | | | | |
| 11:45 – 13:30 | | Name games and ice-breakers | Gender Roles | "World Coffee" | | | | |
| 13:30 – 14:30 | | Lunch | | | | Planning future events | | |
| 15:00 – 17:00 | | City Game | Domestic and gender-based violence | Planning the Exhibition | | | | |
| 17:00 - 17:15 | | | Coffee Break | | | | | Evaluation |
| 17:15 – 18:00 | | | Domestic and gender-based violence | Preparing the Exhibition | | | | |
| 20:00 – 21:00 | | Dinner | | | | | | |
| 22:00 | | Welcome Party | Turkish Evening | Bulgaria Evening | Czech Evening | Lithuanian Evening | | Goodbye Party |

SEE YOU SOON!