

Coordinator (Host) partner: Aksaray AB Gençlik Platformu ( Aksaray EU Youth Platform)

ERASMUS+ Youth Exchanges

Project Name: *'TO oBEse or NOT TO oBEse'*

**Venue:** Aksaray / TURKEY

Dates: **21<sup>st</sup> – 27<sup>th</sup> May 2015** ( 6 nights)

21st May is the arrival date(the participants needs to be in the hotel in the evening)

27<sup>th</sup> May is the departure date(the participants will leave the hotel until lunch)

Note: You can come to Turkey 2 days before the arrival day of the project and you can leave Turkey 2 days after the departure date of the project as long as you pay for the expenses for those extra days.

**Partner Countries: Czech Republic, Lithuania, Latvia, Spain, Italy and Coordinator Turkey**

Project Theme: The Project is about Healthy Life styles. In our age the unhealthy life styles especially among young people is very common. This causes many health problems. We will try to find out ways to overcome the health problems which are caused by unhealthy life styles. We will mainly focus on obesity problem among young people. We will learn about the obesity problem in all partners of the project. We will try to make a list to prevent and stop obesity and unhealthy life styles. The participants are expected to mention about the sample events about obesity. We will give examples about how bad effects obesity has. We will organize workshops, lectures, group-works, pair-works and social activities to find solutions to stop and prevent obesity and unhealthy life styles.

Profile of the partners and participants: We need 5 youths and 1 leader for each country. (5 + 1 = 6 for each country) The youths should be 18 – 25 years old. No age limit for the leader. The groups should obey the gender balance rule.

Budget: 100% of the transportation according to the ERASMUS+ Program guide's calculation tool ([http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)) and 100% of food, accommodation will be paid from the Project budget.

Participants should be able to communicate in English. Each partner is supposed to take part in all Project activities actively. Group leaders will be responsible for their participants.

#### TRANSPORTATION:

In Aksaray there is no airport. The nearest airport is in NEVSEHIR (85km from Nevsehir airport to Aksaray) Free airport service to the city center to get bus ( it may be a bit difficult to find bus to come to Aksaray all the time, it depends on your arrival time)

The other airport is in KAYSERI (150km from Kayseri airport to Aksaray) (You can find buses from Kayseri to Aksaray easily) (From airport to bus-station you must take taxi and you pay 10 – 15€)

The next option is Ankara Airport (250km from Ankara airport to Aksaray) (The easiest transportation from airport to Aksaray) You get on the bus and you pay 3 – 4 € and you arrive in the bus – station. The buses are very comfortable in Turkey.

The last option is to land in Istanbul and come to Aksaray by bus (It takes 11 hours).

Regards

Kerem Sahin  
Project Expert