



AKSARAY UNIVERSITY HEALTHY LIFE STUDENT CLUB

# ***TO oBEse OR NOT TO oBEse***



**ERASMUS+ YOUTH EXCHANGES**

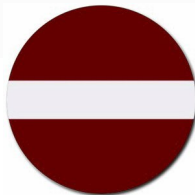
**2019-3-TR01-KA105-080062**

**9-16 APRIL 2020**

*(Activity Days)*

**Aksaray-TURKEY**

CAPPADOCIA







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## About the Project:

The project intends to increase the awareness of **obesity** problem in society, to create awareness of adequate and balanced nutrition to struggle with obesity, to notice people beneficial habits about physical activities and to set people in motion in Aksaray and 5 different cities in Europe with those 36 young participants.

Aims of project:

- To inform locals about obesity definition, causes and possible results,
- To prepare those 36 participants as a 'warrior' to obesity,
- To create awareness in public and participants about relationship between nutrition-calorie, the number of balanced meal.
- To help participants to prepare their physical activity plans and to share their physical activity experiences with locals if they have any.
- To inform participants about healthy nutrition and work on that food and prepare healthy meals.
- To reach more and more people with works of 6 participant country about obesity, inaction and unhealthy nutrition.
- To change the nutritional habits of participants and encourage them to live healthier lives.

**Project Participants:** There will be 6 participants from *Turkey, Spain, Latvia, Italy, Romania, Lithuania*. And at total there will be 36 participants. The age limit for participants will be between 18-30. And there will be no age limit for group leaders. An intermediate English will be required for all participants. All the partner organizations will follow the gender equality rule.

**Activities:** All the participants will take part in any activities actively. All the precautionary measures will be taken by the project team. First of all, we are aiming to make all participants feel comfortable about taking part in the project. In order to ensure it, in the first day of the project we will perform name-learning and warm-up activities. And in the following days we will discuss and work on the problem 'obesity with different informal / non-formal methods and activities.

**Methodology:** Informal education methods, the inevitable part of the Youth Project, will be mainly used in the project. So all the participants will take role actively in each activity. There will be many sessions which include workshops, games, group works, indoor and outdoor activities and evaluations. Cultural nights will be helpful to learn more about new cultures. We will have meetings and consultations with local authorities.

## Venue and Dates of the Project:



The project will be implemented in Aksaray which is a city in the very center of Turkey. It is a traditional Turkish city. It has more than 200.000 inhabitants in the center. It is 70km from Cappadocia Region. The capital city Ankara is 220km from Aksaray. There are four airports around the city; Ankara (Esenboga) 260km, Nevsehir(Kapadokya)60km, Kayseri airport 150km and Konya airport130 km. It would be easier for you to plan your travel with us. We will be glad to answer your questions about transportation.

The participants will be accommodated in the three-star hotel which has been renovated recently this year. Participants will stay in double or triple rooms.

[https://www.tripadvisor.com.tr/Hotel\\_Review-g297982-d11886181-Reviews-UluIrmak\\_Uygulama\\_Oteli-Aksaray\\_Aksaray\\_Province.html](https://www.tripadvisor.com.tr/Hotel_Review-g297982-d11886181-Reviews-UluIrmak_Uygulama_Oteli-Aksaray_Aksaray_Province.html)

**08 April 2020** Wednesday is the **arrival day** for the participants. We expect them to arrive at Aksaray between 08:00 - 18:00 (local time). We will be welcoming all participants at the station arriving earlier or later.

**17 April 2020** Friday is the **departure day**. We will take you to the station after breakfast according to your tickets. We will meet you at the bus-station in Aksaray.

(Please call/text us when you get on the bus in Ankara/ İstanbul/ Nevsehir/ Kayseri or any other city before coming to Aksaray so that We can meet you on time at the right place)

## Participants and Preparations

- We highly advise our participants to do some searches about the statistics for obesity problem in their countries. A short research on the reasons of this problem would be helpful for project activities. Also we expect the participants to read about good examples for fighting obesity problem such as local or national campaigns.
- Each group will prepare at least 2 energizers before the activities here (So they should do practice before coming here) Here is a link for examples:  
<http://www.actforyouth.net/resources/ya/icebreakers-energizers.pdf>
- There will be cultural nights to introduce the countries and cultures of the partners (Each group can do presentations, teach songs, teach games or dances, and if possible local foods and drinks. We can arrange you kitchen time to cook sth.)
- Participants need to bring their boarding passes, e-tickets, bus tickets, invoices etc. to be reimbursed.
- All the participants should be active in all the Project activities.
- The weather is usually around 15- 20 celcius degrees at day time and 5 – 10 celcius degrees at nights in October.

### Language:

The Project language will be English and all participants are expected to use English as much as possible. A2 or higher level is quite enough.

### Weather:

Aksaray is in the middle of Turkey and has a Continental climate. It will be around 10-15 °C during the day and 5-10 °C in the evenings. We do have some rain in April. We advise you to bring some warm clothes and raincoat as well.

## **COSTS AND REIMBURSEMENT**

The accommodation, Food (breakfast,lunch,dinner) and local transportation in Aksaray center will be covered 100% from the Project budget.

You must keep ALL your boarding passes, receipts and travel tickets.

100% of the transportation up to a limit (According to Erasmus+ Program Guide Rules) will be paid from the Project budget.

Maximum travel reimbursements for the countries:

Spain	: 530€
Italy	: 360€
Latvia	: 360€
Lithuania	: 275€
Romania	: 275€

We will do the reimbursement (%80) on the last day of the Project if you bring all the travel documents like boarding passes, tickets, invoices etc. (public transportation) The reimbursement will be done according to the real cost; amount on the ticket/invoice etc.

We will do the rest of the reimbursement (%20) as soon as the participants send us the required documents.

**Note:** The participants need to prove the invoice, e-ticket, bus / train ticket. If you spend less than the limit, you will be reimbursed for the proven amount.

## **Cappadocia Region:**

Cappadocia Region is only 1 hour away from Aksaray city. We are planning to have a visit to the region and some underground cities during the project days. It may cost about 20€ including transfer, museum fees and guide. You can watch some videos about Cappadocia here:

<https://www.youtube.com/watch?v=EFC2cGU2pXQ>

<https://www.youtube.com/watch?v=RS5r-Bk9ihA>

<https://www.youtube.com/watch?v=AyHGIH4Nw4g>

## **Contact Info:**

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