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# Youth Exchange in Turkey

HEAL THIS LAND  
HTL

09.06.2024 - 16.06.2024





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# WHAT THE INFOPACK INCLUDES



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# PROJECT DESCRIPTION

- The project's overall goal is to increase youth understanding of environmental issues including climate change and social responsibility.
- Living spaces are increasingly under risk due to the inescapable rise in environmental pollutants. As a result, we are left to deal with uncommon natural events due to the changing climate.
- The primary contributors to climate change are an inescapable rise in carbon emissions, the rapid pollution of our planet, the ongoing use of greenhouse gases that harm the ozone layer, and human activity. One of the EU and EU countries' top concerns is combating climate change.



# INFORMATION ABOUT SAKARYA

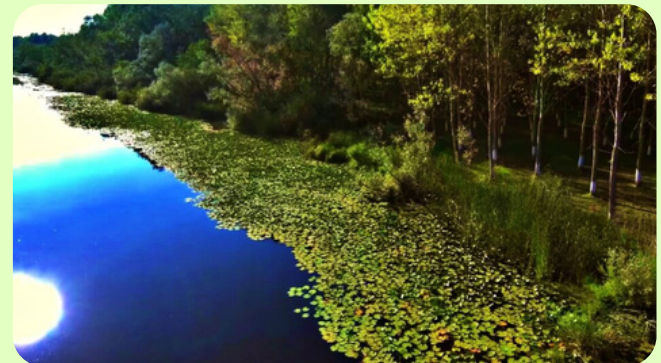
Sapanca Lake, which was once part of the Sea of Marmara, has separated from the sea and grown into its own freshwater lake. Around 80 different bird species have been in this area. Throughout the year, it also serves as a home to tens of thousands of birds. Sapanca Lake and its environs, which are ideal for camping and picnics, are also the site of national and international surfing, sailing and rowing competitions. On the lake, you can also go for a canoe tour.

# WHO WE ARE



KARGENC CLUB was founded in Sakarya in 2010 as a Youth and Sports Association by volunteer teachers. Our organization, which was active in local activities until 2014, has since begun to focus on international studies. Our target group varies from 7 to 70 years old since we have strong relations with stakeholders such as District Governor, Thus, our activities vary as families, young people, kids, students, disabled ones etc. in our region.

The Acarlar Floodplain is located in Sakarya's Karasu district. The Acarlar Floodplain, Turkey's largest swamp forest in a single piece, stretches for 7.5 kilometres. Nature lovers' favourite travel and camping destination is a unique beauty of our country.





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# HOW TO ARRIVE TO SAKARYA



## Venue SAKARYA, TURKEY

The event will take place in Sakarya  
(Lavinia Butik Otel)

The nearest airports are in Istanbul  
(SAW and IST)

\*SAW is closer than IST to Sakarya and  
the transportation is easier than IST.

\*\*The city has two names. You can  
hear/see also Adapazarı instead of  
Sakarya.

\*\*\* If you go to bus station (ESENLER or  
HAREM), you buy your bus tickets from  
that bus company "VIB".

## Our mission Transportation to Sakarya (Adapazarı):

1. From Istanbul Airport (IST) to Sakarya  
(around 220 km)

You can either take a bus (İstanbul Seyahat)  
from the airport to reach Sakarya directly.  
İstanbul Seyahat, Istanbul Airport Sakarya  
Bus

Hours: 07.30 - 10.30 - 13.30 - 15.30 - 19.30  
- 23:00 - - 01:30 (After Midnight)

İstanbul Seyahat buses go from Istanbul  
Airport to Sakarya in approximately 3.5  
hours. From Istanbul Airport to Sakarya is  
350 TL (approximately 11 Euro)

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

## Transportation to Sakarya (Karasu):

1. From İstanbul Airport (IST) to  
sakarya (around 185 km)

2. From Sabiha GÖKÇEN Airport  
(SAW) to Sakarya (around 115 km)

Or you can transfer to Sabiha Gökçen  
Airport from the IST Airport by HAVAİST  
buses ( 215 TL, approximately 6,5 Euro) , and  
then take HAVASAK buses to SAKARYA.  
It takes 1.15 hours from Sabiha GÖKÇEN to  
Sakarya.

**After you arrived Sakarya Bus Station you  
should take a minibus to Karasu.**

2. From Sabiha Gökçen Airport (SAW) to  
Sakarya (around 115 km – Duration 1 hour  
and 15 minutes):

There are various shuttle services from this  
airport to our city Sakarya called  
“HAVASAK (You can find the link below)”.

It takes 1 hour 15 minutes to come  
Sakarya. It costs 140 Turkish Liras (4- 5€  
approximately).

You can book your tickets here:

<https://havasak.com.tr/>

Or when you landed, you can buy your  
tickets from the ticket office (Just near the  
bus stop) as well.



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# TRAVEL



# REIMBURSEMENT



TURKEY



AZERBAIJAN 275 EURO



LITHUANIA 275 EURO



ROMANIA 275 EURO



AUSTRIA 275 EURO

WE STRONGLY SUGGEST TRAVELING WITHIN THE GROUP AND STICKING TO YOUR GROUP LEADER TO ASSURE SAFETY AND MORE SUFFICIENT TIME MANAGEMENT

- 1- Your tickets are proof of your travel. If you cannot provide your tickets and invoices clearly stating the travel company, your name, all the trip details & the exact costs covered, we will not be able to reimburse you.
- 2- Please note that the travel costs will be reimbursed in accordance with ERASMUS+ Program rules. In cases exceeding the maximum amount per person, participant should cover the difference.
- 3- Traveling light, with cabin-fitting carry-on is recommended. Only economy class flights are allowed. Refunds will be made within a maximum of one month after the end of the youth exchange to allow us to check and validate each ticket.



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# ACCOMODATION



# WEATHER

In Karasu, Sakarya in May and July it is pretty hot, with temperatures ranging between 25°-30°. The days are often sunny, with little wind and it rarely rains. The air is also quite humid. We recommend to bring light clothes and comfortable shoes.



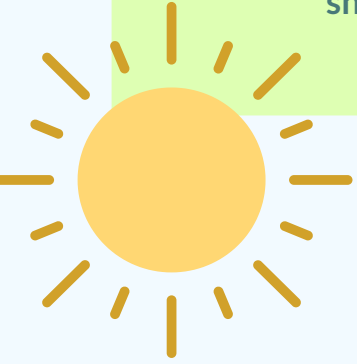
Located in Sakarya, Lavinia Butik Otel, and very close to the city center,

<https://www.laviniabutikhotel.com.tr/>

Yalı, Doğu Karadeniz Cd. no:84, 54500 Karasu/Sakarya

# WHAT TO BRING

1. *Passport or id*
2. *E-Tickets, boarding passes, invoices, receipts*
3. *European Health Insurance Card (EHIC blue card)*
4. *Sunscreen and a hat (useful in case of outdoor sessions)*
5. *Hygiene necessities and towels, any medicine that you use.*
6. *Umbrella or raincoat*
7. *Something typical for your intercultural evening (food, drinks, special items, etc.)*
8. *Old unused white t-shirt*
9. *A local trophy of your country to exchange with your friends*
10. *Please bring one computer per national team*
11. *Positive attitude, eagerness to learn and smiles!*





# CURRENCY



# FOOD



## Currency

Turkish national monetary unit  
is LİRA (TL)  
Exchange rate:  
1 EUR = 32,83 Turkish Liras,

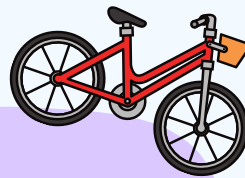


## Food

Each day participants will be provided with 3 main meals mainly based on the Turkish gastronomic tradition. We value conviviality so meals will be consumed together. All food can be adapted to any special diet like vegetarian, vegan, gluten-free, halal, or any allergies. Any special needs regarding the meals should be communicated before the start of the activities.



## PARTICIPANTS PROFILE



*Age limit: between 16-24 age (leader can be more than 25 years old) Our aims are;*

1. The goals we want to achieve in the project:
2. To encourage the use of bicycles in partner countries (especially in school and work commute),
3. To increase the duration of cycling, first in our participants, and then in the third person,
4. To raise awareness about clean transportation,
5. To reduce the personal carbon footprint,
6. To contribute to the family budget,
7. To gain regular exercise habits,
8. To promote organized and unorganized cycling activities,
9. To activate the institutions in charge of the environment,



## INTERCULTURAL NIGHT



*We will organize cultural evenings during our project so that representatives from every nation can share with us their fascinating cultures. You can speak about your traditions, bring costumes, decorations, pamphlets, posters, flyers, flags, and more to these gatherings! You can also perform music, sing along, and dance the national dances of your respective countries.*

*You could teach us language or make plays, games, or performances for us. To share with the attendees, make sure to bring some characteristic food from your nation, such as snacks, sweets, cheese, drinks, biscuits, and chocolates. We rely on you to keep these evenings lively and enjoyable, and we pledge to assist you in any way we can.*





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**APPLY NOW**

# TIMETABLE



## TIMETABLE

DAYS	8 June Saturday	9 June Sunday	10 June Monday	11 June Tuesday	12 June Wednesday	13 June Thursday	14 June Friday	15 June Saturday	16 June Sunday	17 June Monday
08.00 – 09.00	Arrival of the participants	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.30 – 13.00		Program presentation, first day survey, forming groups of 5, creating a break and ice breaker game	Seminar: By Azerbaijani leader Gülnar Gasimova, major disasters in the healthy world due to climate change and their specific causes	Eco-friendly photography activity	Visit to Sakarya Anatolian High School, 'carbon footprint test' and climate information for students	Sakarya MM Sasaki water facilities visit: First, environmental cleaning in Sapanca lakeside	Watching a documentary about natural events caused by climate change	Institution Visits and an invitation to our climate briefing, exhibition and cloth bag distribution event that is planned to hold the next day.	Booklet design drawing attention to climate change and carbon emissions	Preparation of blog posts and social media sharing
13.00 - 15.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.30 – 19.00	Greeting and General Information	Logo and banner design	T-shirt painting activity	Implementation the 'Carbon footprint test' to the participants	Project board design emphasizing climate change in Sakarya Anadolu Lisesi	Sakarya Metropolitan Municipality(MM ) Sasaki water facilities visit continuation (Sakarya MM HES visit and waste water treatment plant visit)	Yuvaldere village visit and planting activity	Climate information, exhibition and cloth bag distribution event to be held on Gar Square	Visit to Acarlar Floodplain, General evaluation session and Certificate ceremony	Departure of the participants Dinner
19.30 – 20.30		Youthpass Session	Sapanca Lakeside Cleaning Activity	Cycling activity called 'Clean transportation for a clean world and Healing This Land'				Dinner and ve preparation of project video by the participants in charge		
20.30 - 21.00	Welcoming evening	Visit to Turkish participant families	Azerbaijan Cultural Night	Austria cultural night	Lithuanian cultural night	Free evening	Romania Cultural Night	Turkish Cultural Night	General evaluation meeting	