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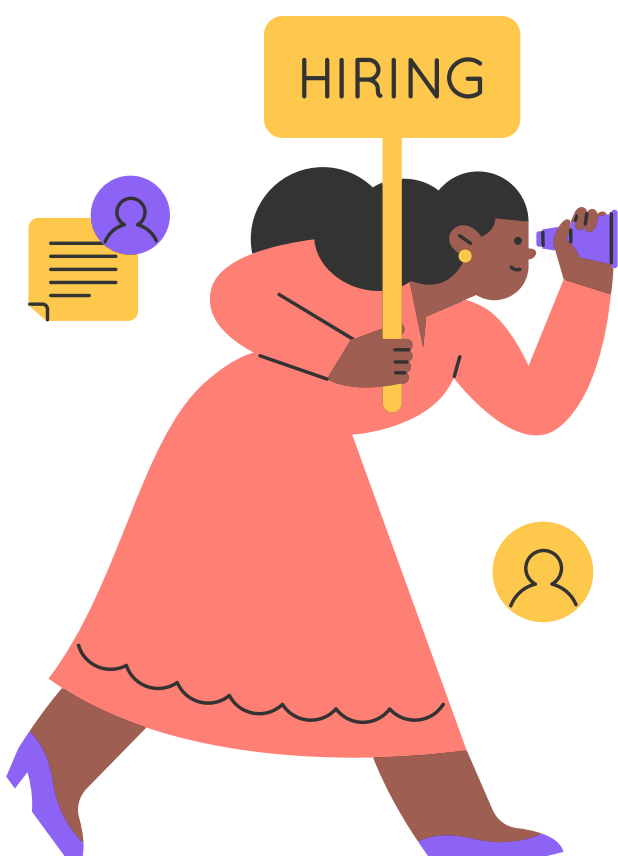
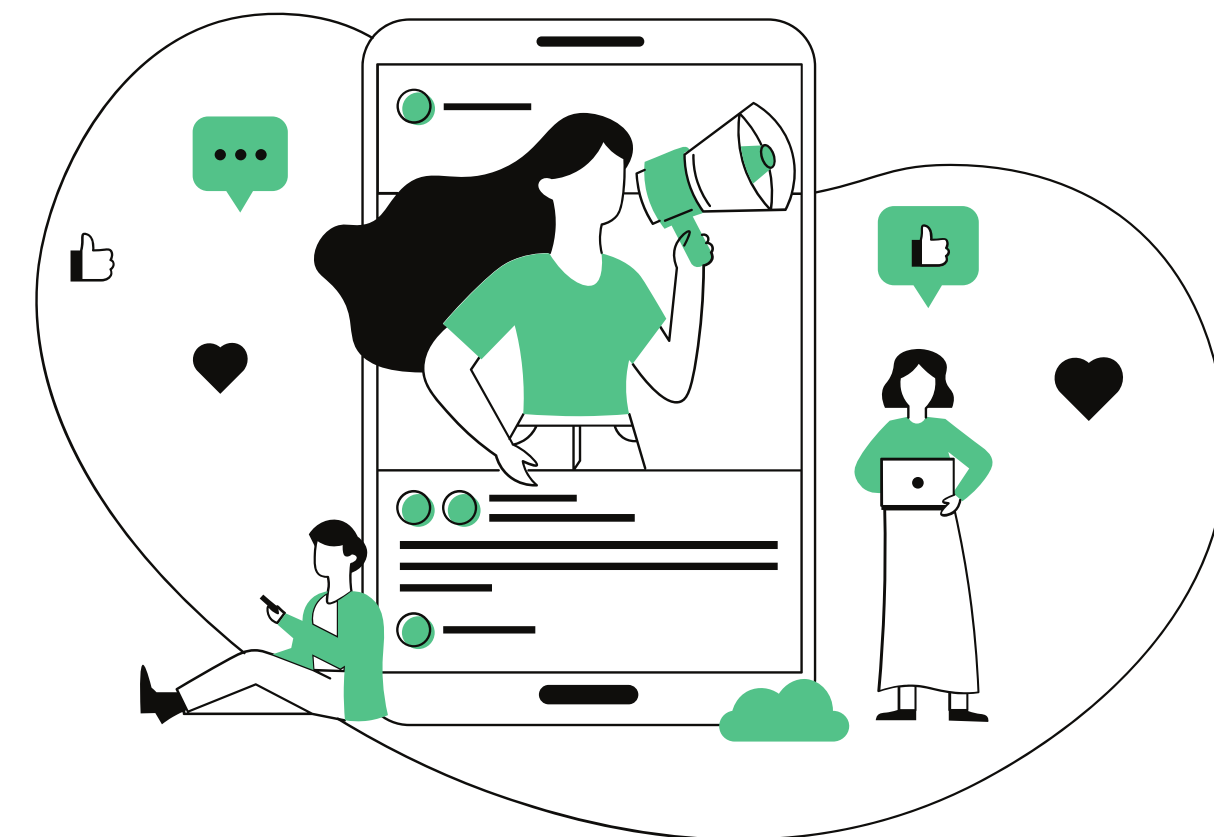
Defying Norms: Embracing Diversity and Self-Love in the Era of Social Media

YOUTH EXCHANGE

18.10.2024-27.10.2024

Including Travel days

KEMER, ANTALYA, TURKEY





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Project Context

Covid-19 pandemic has caused a great deal of changes in the world. It may be said about the economics, culture and arts in the same way. These spheres were badly affected by the pandemic that also caused unemployment hazards. Sub-sectors of these fields were differently affected, especially those activities that were conducted onsite. Young people's employment in cultural sectors was in danger, as cultural workers were not well-prepared. Young artists were particularly endangered, because they could not realize themselves during the lockdown due to strict and urgent regulations of the pandemic; therefore, they had to reject their activities. No doubt this virus has affected young people in regard with mental health, i.e. how they think, feel or act. Moreover, the coronavirus has become a part of our lives and it still is not going to leave us. Young artists should find particular ways to adapt to a new reality and to perform their work. y in the labor market and create opportunities for positive social change in youth artists' lives





Objectives

In today's digital age, social media has become a significant source of information for young people, including content related to body image. On one hand, it offers valuable resources promoting body positivity and self-acceptance, empowering youth to develop a positive body image through self-love. However, instant access to such information also brings negative consequences, such as cyberbullying and harmful comparisons, leading to severe mental health issues among young individuals.



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Project information

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Dates: 27.10.2024-05.11.2024

Location: Kemer, Antalya, Turkey

Number of participants: 40

Type of the project: Youth Exchange

Partners information has to be changed according to project

Partners and Travel Reimbursement limits

Armenia / 5 participants - 275 EUR

Sweden / 5 participants - 360 EUR

Finland/ 5 participants - 360 EUR

Georgia/ 5 participants - 275 EUR

Netherlands / 5 participants - 360 EUR

Italy/ 5 participants - 309 EUR

Romania/ 5 participants - 309 EUR

Türkiye/ 5 participants - 20 EUR





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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.***





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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 and 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.



About Kemer



As for beaches in central Kemer, with a 4,2 km. of coastline, there are a variety of great beaches along the beautiful coast of central Kemer. Holidaymakers may also find a variety of water sports activities in Kemer such as **parasailing, jet-skiing, banana boat rides, snorkelling, scuba diving and more.**



Nestled amongst the natural backdrop of Antalya province's Mediterranean coast, it is a bohemian sanctuary full of **tree house bungalows and Lycian ruins.**



Adrasan is a heavenly place located near Kumluca, about 50 km. from Kemer. The 2 km. beautiful golden sandy beach, the nature, mountains with pine forests at the background make Adrasan one of the most beautiful places in Kemer, Antalya. Adrasan is located on the west of Kemer.



Tahtali Mountain is the highest mountain closest to the sea on the region with an altitude of 2365 metres, and accessible by Olympos Cable Car from Kemer.



If you follow the Adrasan coast, you may also see a variety of beautiful places. If you follow the coast to the right, you may reach the Adrasan Gelidonya Lighthouse within a 45 minutes walking distance. Very ideal for hiking lovers.



Travel Info

Travel days are the **27nd of October (arrival)** and the **05st of November (departure)**. **During the arrival and departure days, the participants are free to explore the city.** We

suggest you travel by Antalya International Airport (AYT).

You are allowed to spend 2 days more in Turkey **before OR after** the training course. However please note that **the expenses before and after the training course 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 14-17).**

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!

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.





Reimbursement

*To successfully get the full travel reimbursement all the groups **SHOULD PROVIDE : A) TRAVEL TICKET. B) BOARDING PASS C) TRAVEL (FLIGHT TICKET) INVOICE (otherwise the travel will not be reimbursed)***

Do not forget to keep the original versions of your boarding pass cards (you can take a picture of your card just in case but we need the original cards). Also, if you have connection flights please keep the boarding pass cards of those connected flights, as well.

*For the return flights, we will request pictures of your boarding passes as some airlines companies keep the boarding passes in the airport. That's why **PLEASE DO NOT FORGET TO TAKE PICTURE OF EACH BOARDING PASS!!!***

REIMBURSEMENT WILL TAKE 3 to 4 MONTHS AFTER THE COMPLETION OF THE PROJECT; THE GROUP LEADERS OF EACH GROUP ARE RESPONSABLE TO ADD THE TICKETS OF WHOLE TEAM IN THE GOOGLE DRIVE: THE EXPENSES SHOULD BE CONVERTED IN EURO)

(please note that you should give your boarding passes and your invoices that state your expenses for the travel latest until the second day of the training to the management of the project. The expenses that are without invoices will not be added in your reimbursements).





How can I get to the Hotel?



1

From the airport, you can either take the bus (the number 600) or take the tramway to otogar. The transportation finishes at 00.00 please plan your arrival and departure accordingly. The final destination of the bus with the number 600 is Otogar (the bus terminal). However, the Tramway is faster than the bus. **For either option, you should have an Antalya Kart.** Please read the details about Antalya Kart at the 17th page.



2

When you reach to the otogar you should walk to "İlçeler Terminali" and ask them how to go to Kemer. They will show you.

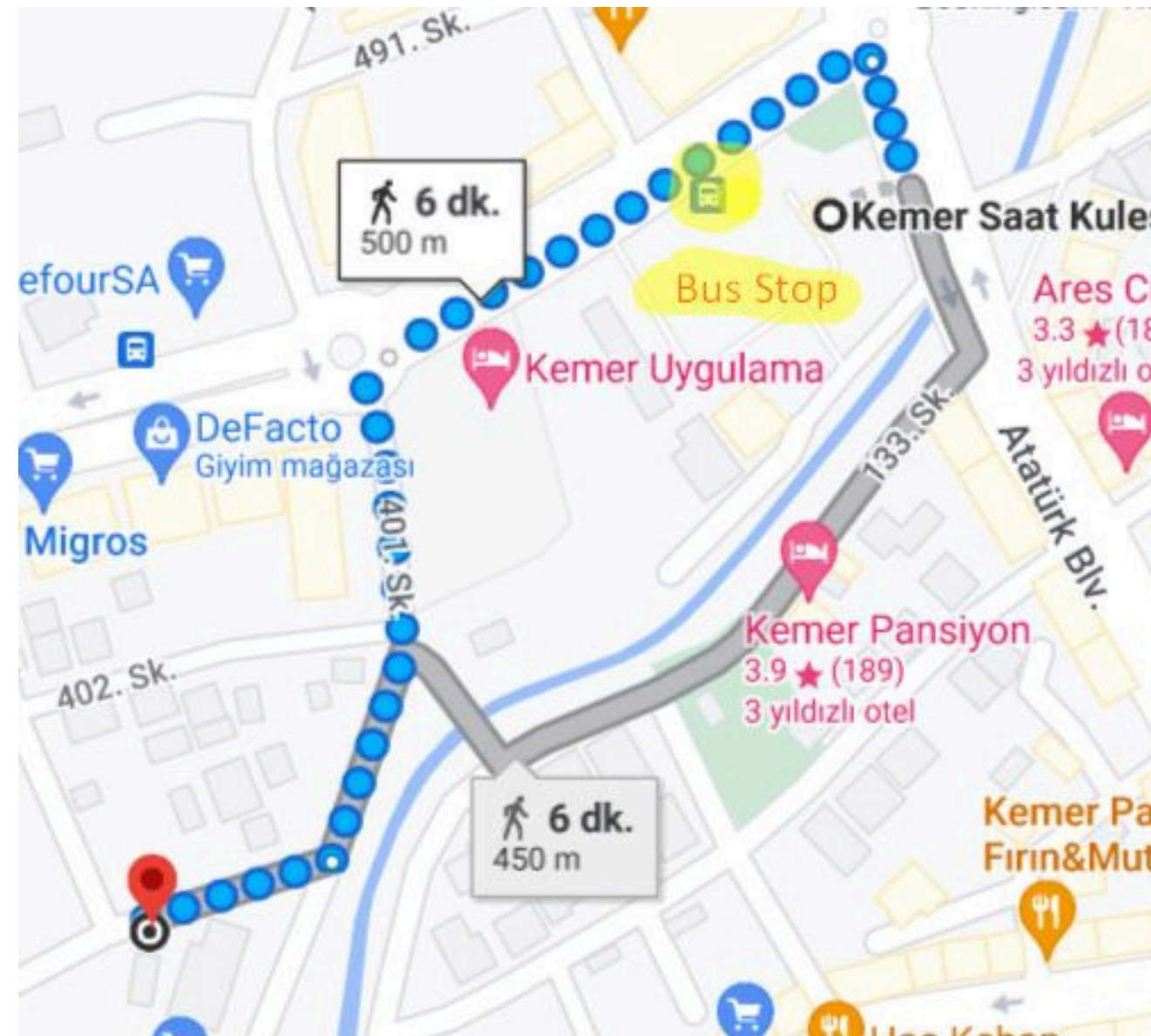


3

There you can take the minibusses written **KEMER** on them with the capital letters. Please note that **the final bus departs from the city center at 22.15, please arrange your travel plan accordingly.** The price approximately costs around 3€ (100 TRY). You can drop off from the busses at the **Kemer Saat Kulesi /Kemer Watchtower** stop point. Page 15, there is a route for the project venue



How can I get to the Hotel?





Accommodation...

Rich Melissa Hotel

<https://www.melissahotels.net/index.php?lang=en>



Located on the center of Kemer, 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.



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EVERYTHING YOU NEED TO KNOW ABOUT
AntalyaKart



The tram and the bus schedules are the same, they are **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 ~1€ (or ~25 TRY)** . You can obtain **AntalyaKart from a card automat, card center, or dealer, which will cost you ~2€ (or 50 TRY)**. Besides, the automats won't give money back, instead, the change will go on your balance. In order to insert money from automats you need to have cash otherwise you cannot use your credit card for payment. However, **in the AntalyaKart application, you can recharge your card by credit card. Yet, do not forget to approve the payment on the machine the bus has, by clicking “online yükleme”** to officially use the money that you charged by credit card.

This is the icon of the application:





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Enjoy the Journey!