



Co-funded by
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GET RID OF YOUR GLASS CEILINGS

Erasmus+ KA153 Mobilith of Youth Workers

Project Number: 2021-2-TR01-KA153-YOU-000039630

10-17
SEP 2023



ANKARA
TURKIYE



INFO-PACK

GLASS CEILING EFFECT

What is glass ceiling effect?

The term glass ceiling refers to a metaphorical invisible barrier that prevents women and minorities from being promoted to managerial and executive level positions within an organization or industry.

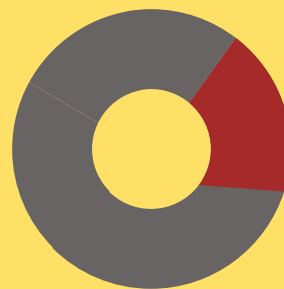


How can the glass ceiling effect be detected?

Some of the best glass ceiling effect examples can be seen in workplaces, especially in bigger organisations. A company can have a diverse workforce that possesses a good amount of female employees as well. But somehow, in the upper ranks, there are not enough women or minorities represented.



In 2021, **women** accounted for **%56,8** of the labor force in the U.S.



But, they held only **%29,1** of the chief executive positions.

How does the glass ceiling effect affect people psychologically?

Resentment Anger Self-doubt Anxiety Depression Stress

ABOUT OUR PROJECT

Our project entitled **“Get Rid of Your Glass Ceilings”** is a training course that aims to raise awareness on glass ceiling syndrome and discover how to deal with it.



What can I expect from this project?



You will improve your soft skills.

You will learn so many things on gender equality.

You will discover Turkiye, Turkish culture and other participating countries' cultures.

A Youthpass Certificate

You will make lots of friends from different countries and have fun!

You will improve your English

PROFILE OF THE PARTICIPANTS

Youth workers, youth leaders, volunteers, young professionals, students etc.

Eager to share her/his cultural values

18+ years old

Ready to actively engage in all stages of the project
(preparation, implementation and follow up)

Interested in psychology and youth work

Ready to be a part of the follow-up activities

Willing to get involved to online dissemination of the project

Above average English proficiency



There will be **8** participants from each country.



France



Latvia



Lithuania



Portugal



Romania



Türkiye

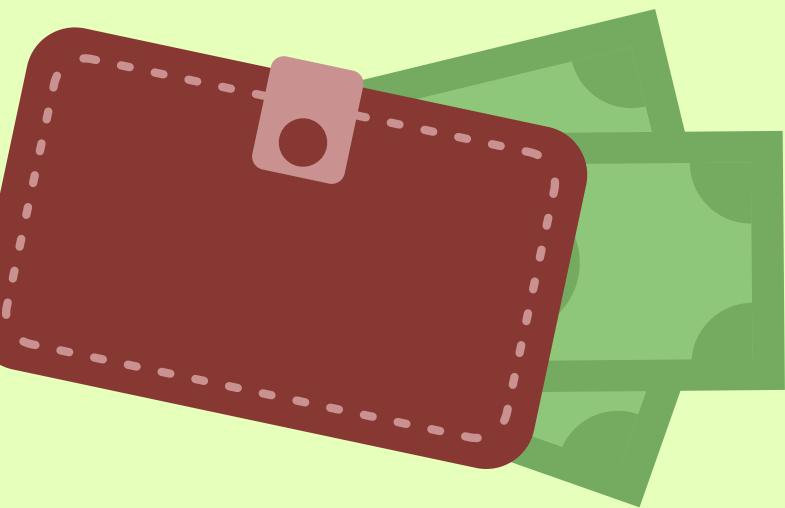
FINANCIAL ARRANGEMENTS

100% of **accomodation, food and other materials** will be covered by Erasmus+ grant throughout the project activities.

Meals will be **3 times per day** and there will be **coffee and tea** in the activity room.

Project activity dates are going to be between 10-17 September 2023 in Ankara, Turkiye. So, you need to arrange your travel tickets according to the activity dates. It is always better to arrive one day before the starting day.

Please note that although Turkiye is very nice and tempting country for tourism, especially in September. So, if you wish to visit some places (we can give you advice), you are welcome to arrive earlier/leave later from Turkiye. 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 extra days.



We are going to refund your travel costs according to the limit of your country.

It is very important to keep all the tickets and boarding passes and make a copy or photo of them to get the reimbursement.

Please DO NOT BUY YOUR TICKETS BEFORE GETTING A CONFIRMATION OF THE ARRIVAL HOURS BY US!!

100% of traveling costs are covered up to the maximum limit:

 France 360 €

 Latvia 275 €

 Lithuania 275 €

 Portugal 530 €

 Romania 275 €

 Turkiye 23 €

ABOUT

ANKARA

Our project will take place in the capital city of Turkiye, Ankara. This megacity, whose population exceeds 5 million, is a region where people have been used as a settlement for 5000 years. Being located right in the middle of Anatolia made it home to important states of world history such as the Hittite Empire, Phrygians, Lydians, Macedonians, Persians, Romans, and Galatians, Byzantines, Seljuks, and the Ottoman Empire.

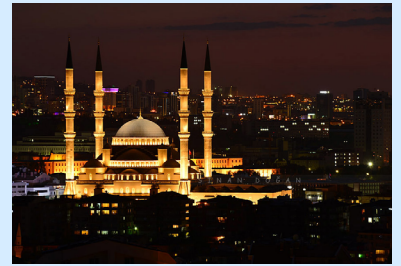
Ankara, Turkiye's cosmopolitan capital, sits in the country's central Anatolia region. It's a center for the performing arts, home to the State Opera and Ballet, the Presidential Symphony Orchestra and several national theater companies.



Anitkabir



Ankara Castle



Kocatepe Mosque



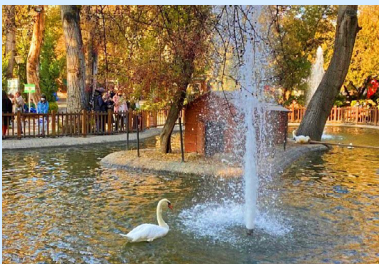
Atakule



The Nation's Library



Beyazıt Çarşısı



Swan Park



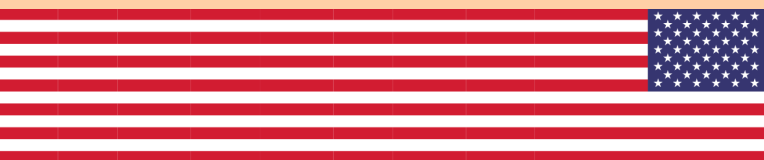
**Museum of the
Independence War**



Eymir Lake

**Click on the picture to get more information about the place.*

USEFUL WORDS **IN TURKISH**



Hello! - Merhaba!

Good morning - Günaydın

Good Evening - İyi Akşamlar

How are you? - Nasılsın?

I'm fine / I'm bad - İyiyim / Kötüyüm

Yes / No - Evet / Hayır

Where is the subway? - Metro nerede?

I'm lost! - Kayboldum!

How much is it? - Bu ne kadar?

I don't speak Turkish. - Türkçe bilmiyorum.

I didn't understand - Anlamadım

Excuse me / Sorry - Kusura bakmayın

This is beautiful - Bu çok güzel

I love you - Seni seviyorum

I'm hungry - Acıktım

Where is the? - nerededir?

See you - Görüşürüz

Goodbye - Bay bay



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APPLY NOW!

If you want to take part in our project you can apply now. Please click on the button below to apply!

[CLICK HERE TO APPLY](#)

If you have any
questions please
contact us!

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Participating Organizations



Youth Train
OID: E10281190



New East
OID: E10196189



Associaçao Juvenil De Deao
OID: E10123431



Act O'Clock
OID: E10089181



NGO Veikiam.Lt
OID: E10182107



Les Jeunes Filles Francaises
OID: E10070581

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