



Co-funded by
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Eat, Act, Think Sustainably

2022-3-TR01-KA153-YOU-000098552



22-30 June 2024
Ankara, Türkiye

INFOPACK



Erasmus+
Enriching lives, opening minds.

KA153 Mobility of Youth Workers Project
Training Course



We have 2 problems

Increasing amounts of food waste and loss

Over 30% of food is lost or wasted each year. This number is even more striking, given the large number of hungry people in the world. Wasted food is not only inefficient, it's a social justice issue.

Global food waste has an enormous environmental impact, too. Food waste is a huge source of greenhouse gas (GHG) emissions and wasted natural resources, and therefore – reducing food waste could help to reduce global greenhouse gas emissions, establish food security, and encourage healthy food systems.

Increasing rates of pollution

Pollution, caused by human activities such as industrialization, urbanization and over-consuming, would continue to damage the environment and human health. It would contaminate soil, air and water, making them unfit for living.



Our project entitled
**“Eat, Act, and Think
Sustainably”**

is a training course aims to raise awareness on issues such as food waste, pollution and sustainability through multiple workshops, trainings, and non-formal education methods.

It will help you...

- explore new ways of sustainability
- explore other cultures and their values
- learn through intercultural communication
- develop new entrepreneurial ideas
- discover various green skills to make our world greener

**22-30 June 2024
Ankara, Türkiye**



What you can expect?



Detailed information about food waste, pollution, and sustainability



Discovering new green skills through different workshops



Gaining new hard skills and soft skills through trainings and workshops



How to be more sustainable and more environment-friendly



Enjoying cooking local foods and learning to create items via upcycling workshops by being a part of a group



Having new friends from different countries and cultures



Improving your language skills, especially English



Learning more information about Erasmus+ programmes in order to develop your project ideas



A Youthpass certificate



Lots of FUN, LAUGHTER, TRAVEL and LEARNING!

Participants Profile

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

Eager to share her/his cultural values

18+ years old

Interested in green skills, food waste, and sustainability

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

Above average English proficiency

Willing to get involved to online dissemination of the project

Ready to be a part of the follow-up activities



*** Priority will be given to participants with fewer opportunities!**

Financial Arrangements

100% of **accommodation, 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 **2 coffee breaks** each day.

Project activity dates are going to be between 22-30 June 2024. So, you need to arrange your travel tickets according to the activity dates. **Please note that although Türkiye is very nice and tempting country for tourism. So, if you wish to visit some places (we can give you advices...), you are welcome to arrive earlier/leave later from Türkiye. 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.**

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



LATVIA **360 €**



GERMANY **275 €**



HUNGARY **275 €**



PORTUGAL **530 €**

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!!

A wide-angle photograph of the Ankara Atatürk Cultural Center, a large, modern, rectangular building with a series of tall, narrow columns. The building is surrounded by a large, open plaza where many people are walking. The sky is blue with some clouds.

About the Venue

Our project will take place in the capital city of Türkiye, 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, Türkiye'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.

A photograph of the Ankara skyline at sunset. The central feature is the Ankara Tower, a tall, slender structure with a large, illuminated, dome-shaped top. The tower is surrounded by other buildings and structures. The sky is a mix of orange, yellow, and blue. The word "ANKARA" is overlaid in large, bold, red and blue letters.

ANKARA

Places to Visit in Ankara



Anıtkabir



Ankara Castle



Kocatepe Mosque



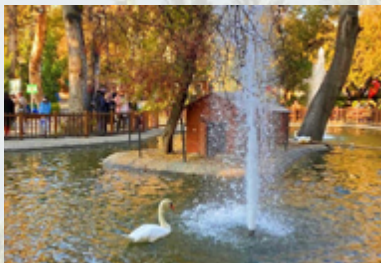
Atakule



The Nation's Library



Beypazari



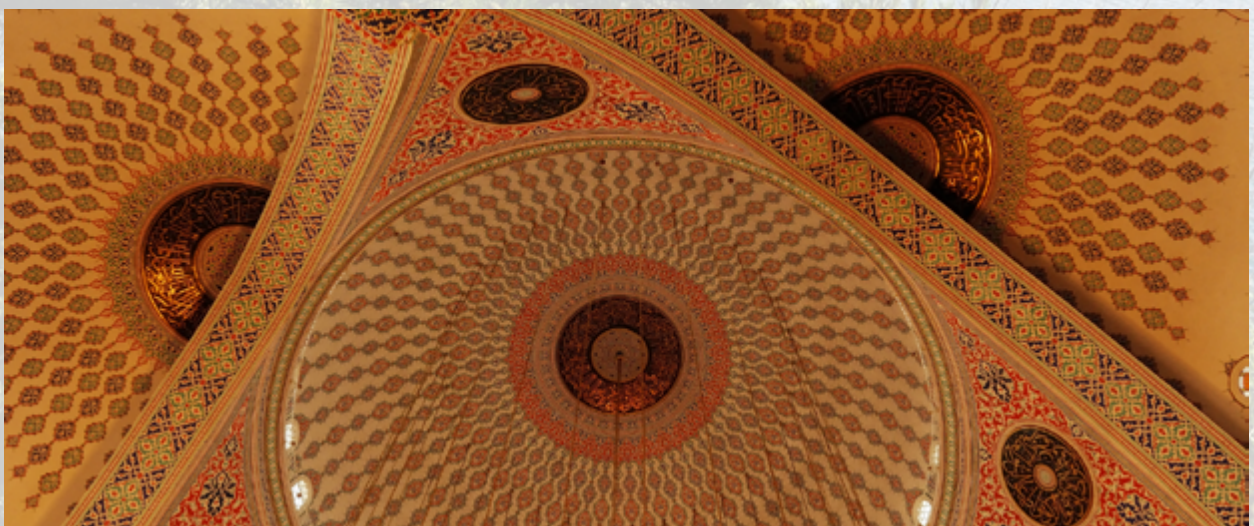
Swan Park



**Museum of the
Independence War**



Eymir Lake



Accommodation Facility



ÇASGEM



The facility with 12 floors including laundry, lower entrance hall, reception, lobby and Management Section, Hotel Floors (1-9) has got a capacity of 166 bed; 78 double, 8 twin and 2 suite room.



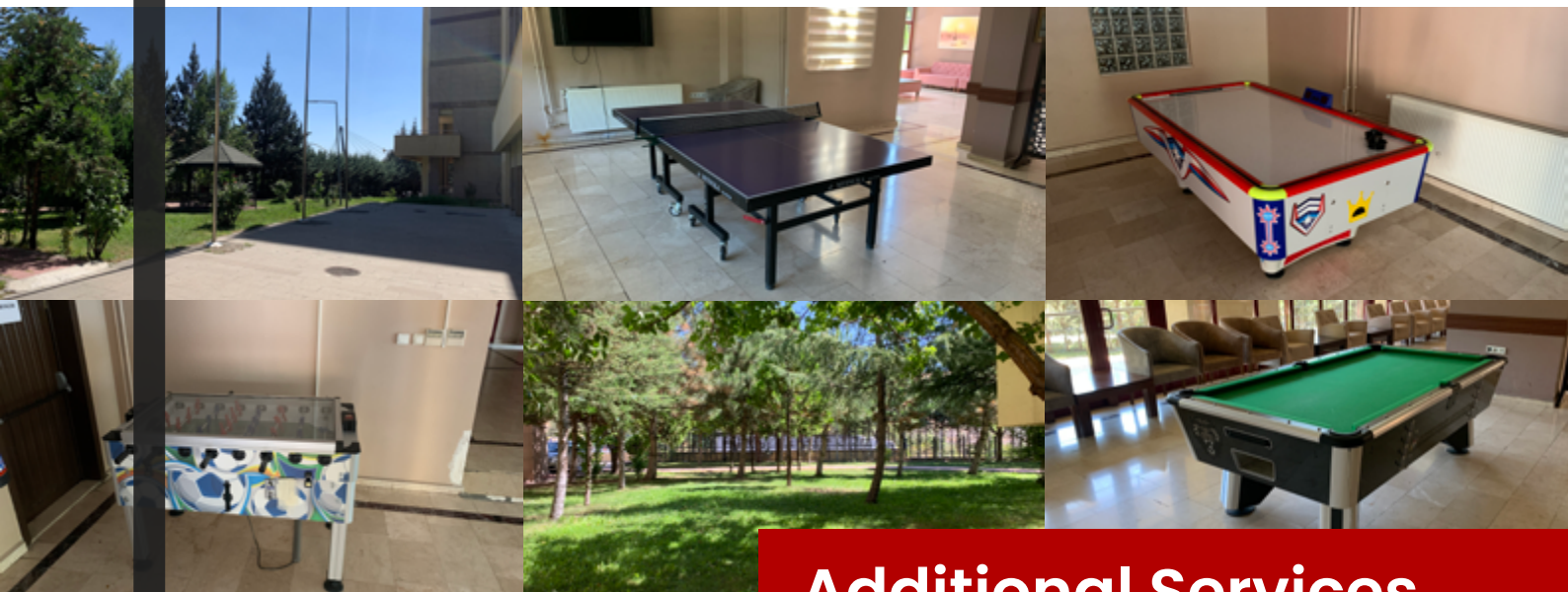
**Breakfast
is included**

Accommodation Facility



Restaurant

Self-service lunch and dinner will be served every day during the project activities.



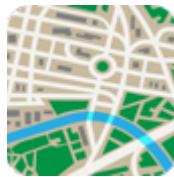
Additional Services

Besides two gardens (one big and one small), there are many options for entertainment such as billiard, table football, table tennis, and backgammon in the facility. There is also a laundry service with a washing machine with a 9 kg capacity.

Location



[Click here for](#)
Apple Maps location



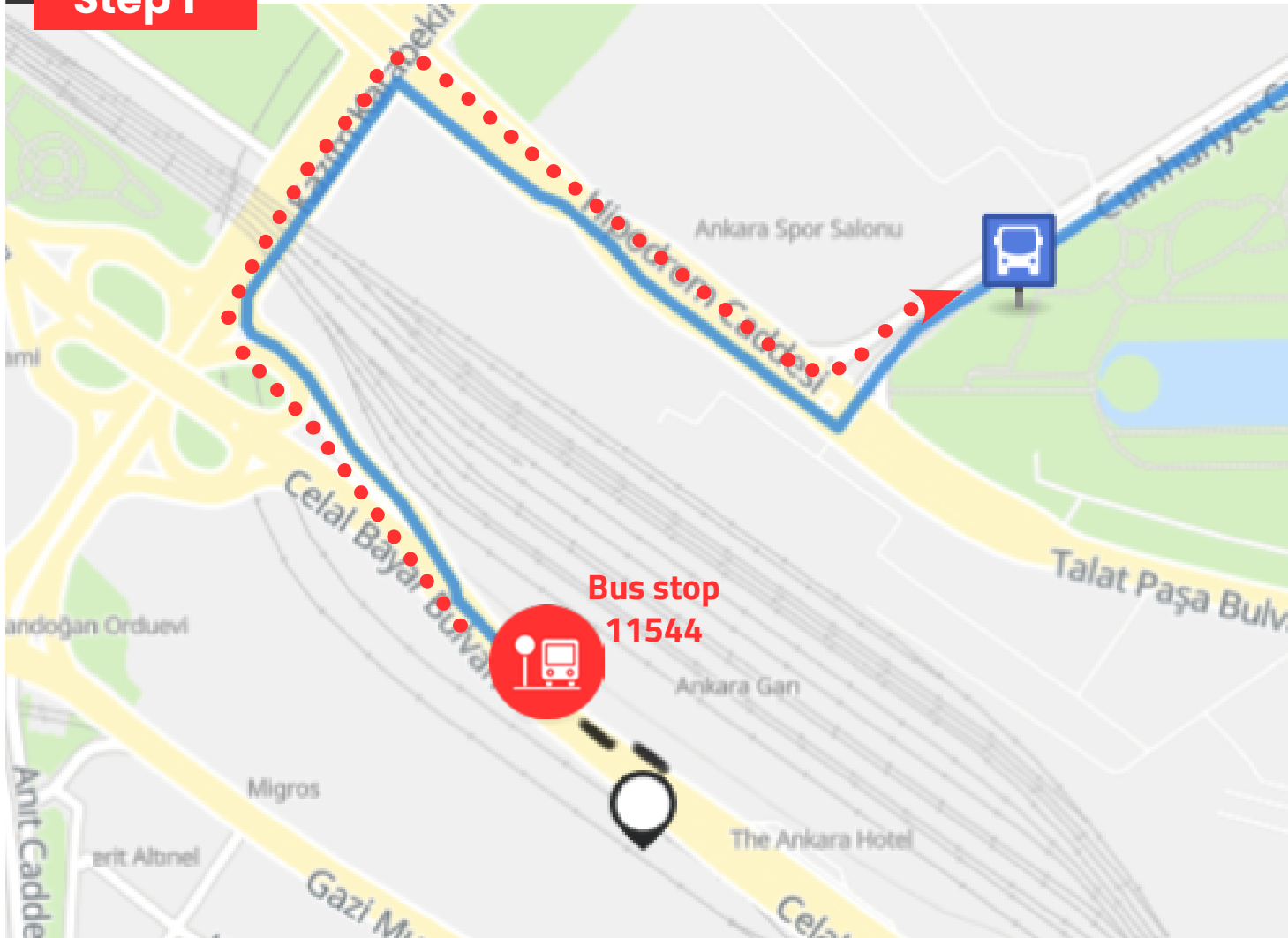
Address
Yunusemre Mah. Kübra Sok.
No:1 Porsaklar/ANKARA



[Click here for](#) **Google Maps** location

How to Get to the Hotel from Train Station

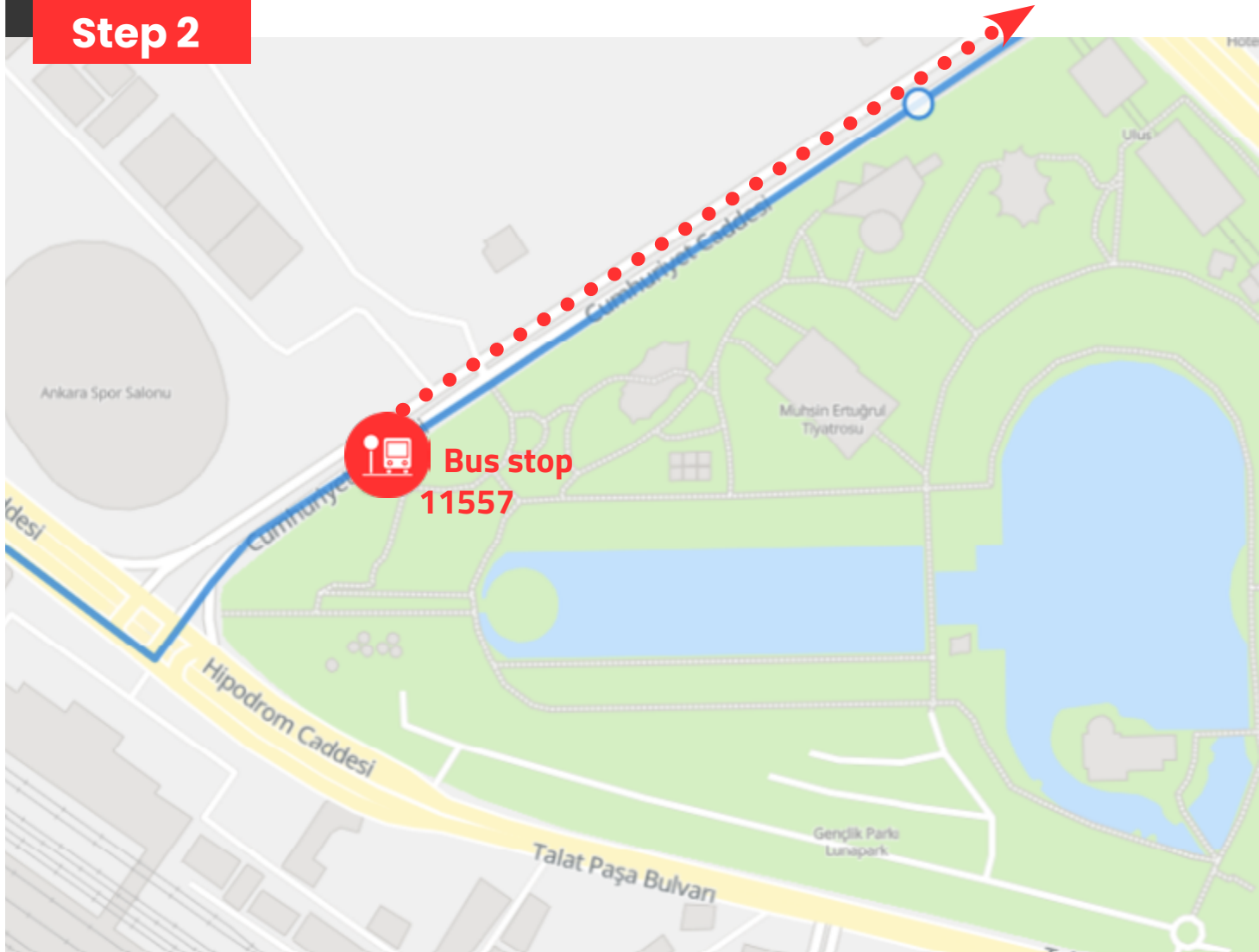
Step 1



- 1) Walk to the bus stop number **11544** named **Ankara Yüksek Hızlı Tren Garı** that is in front of the train station.
- 2) Wait for the bus number **563-3** or **312** or **393** or **320** or **395** or **322**.
- 3) Ride to bus stop number **11557** named **Ankara Spor Salonu (1 stop)**

How to Get to the Hotel from Train Station

Step 2

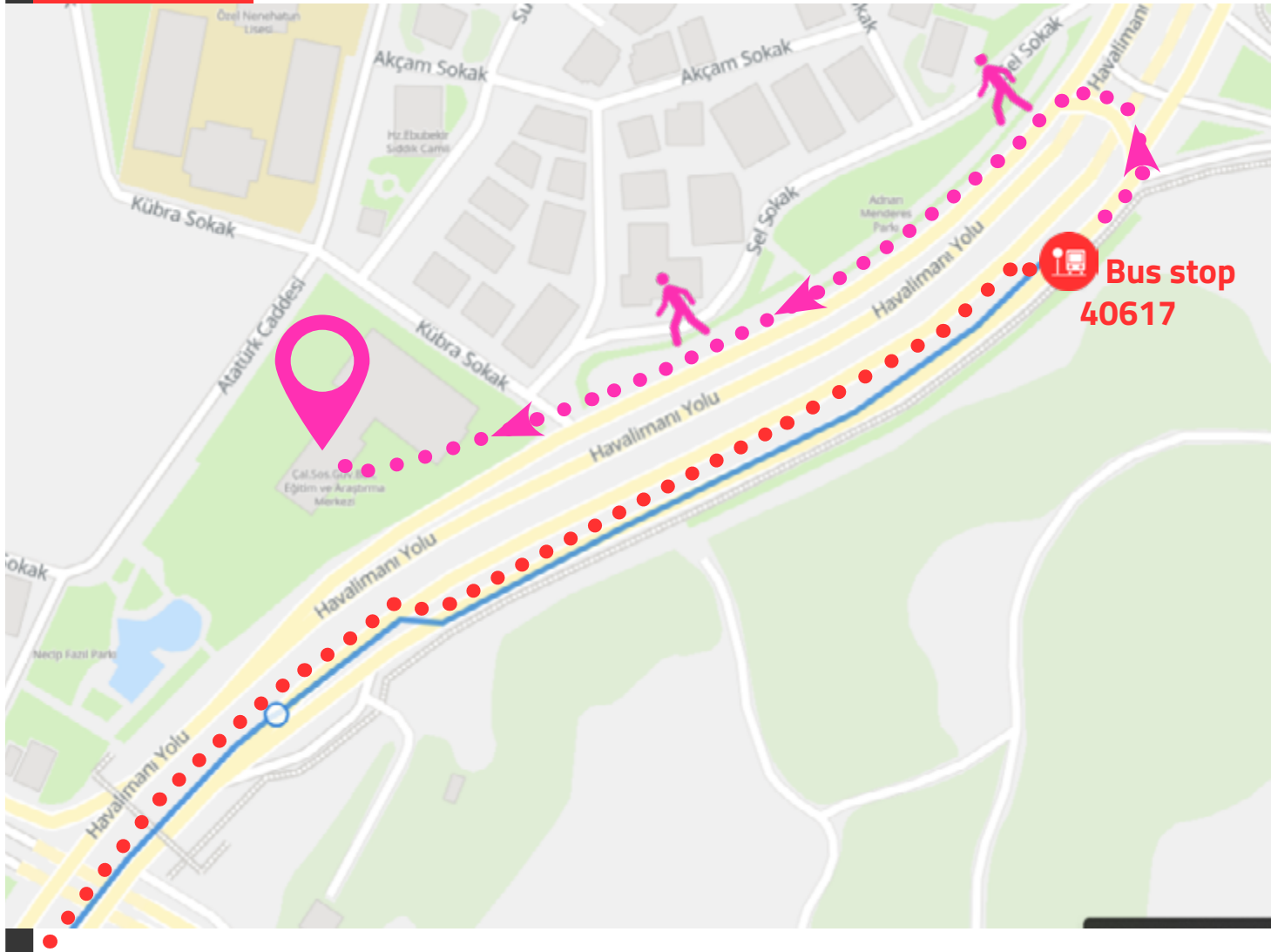


1) Wait for the bus number **487-3** or **488-3** or **488** or **490-3** or **487** or **441** or **443** or **472**.

2) Ride to bus stop number **40422** named **ÇASGEM** (Çalışma Ve Sosyal Güvenlik Bakanlığı Eğitim Ve Arastırma Merkezi) (19 stops)

How to Get to the Hotel from Train Station

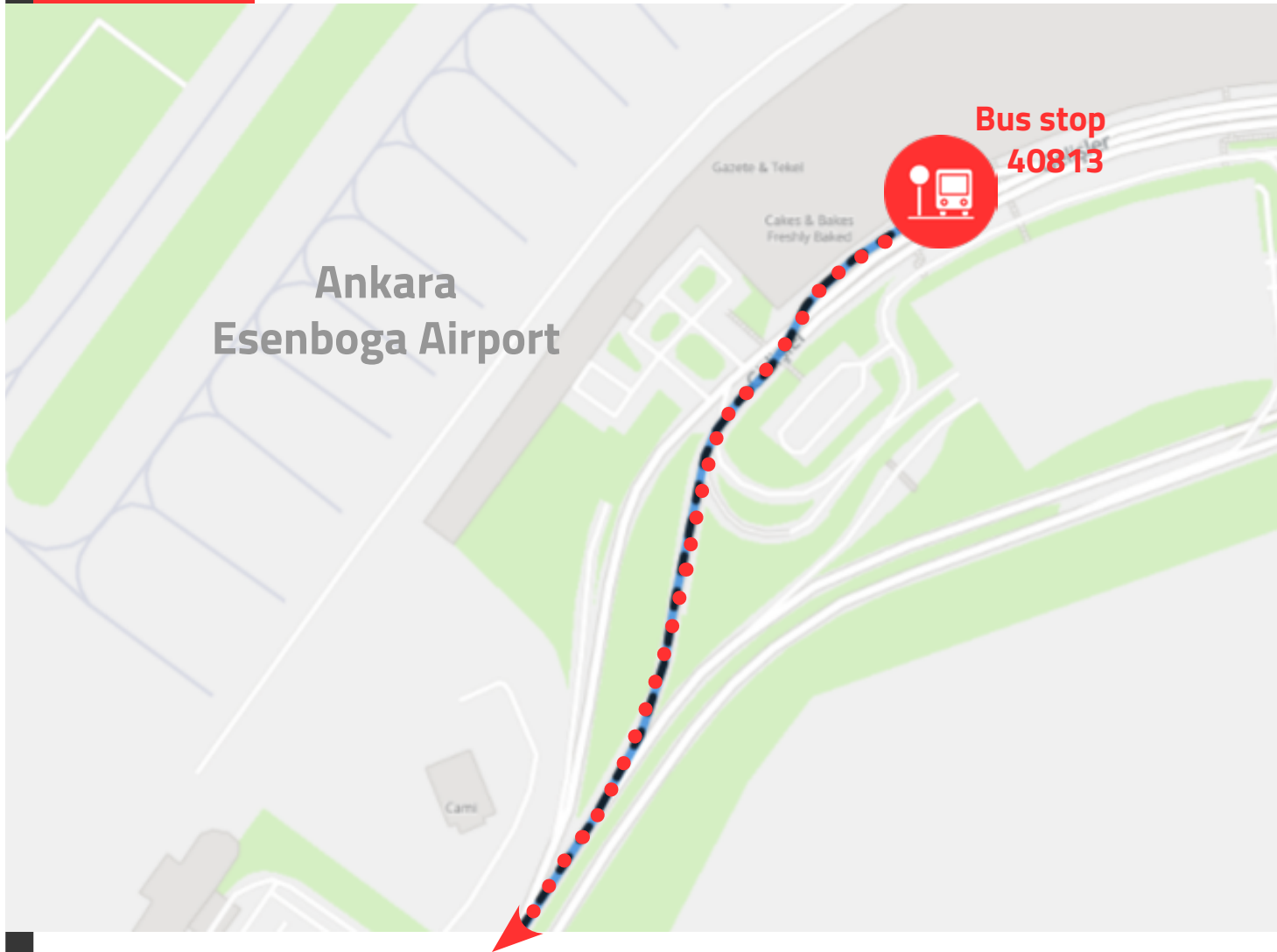
Step 3



1) From the bus stop number 40422 named **ÇASGEM** walk to the hotel that is **across the street**.

How to Get to the Hotel from the Airport

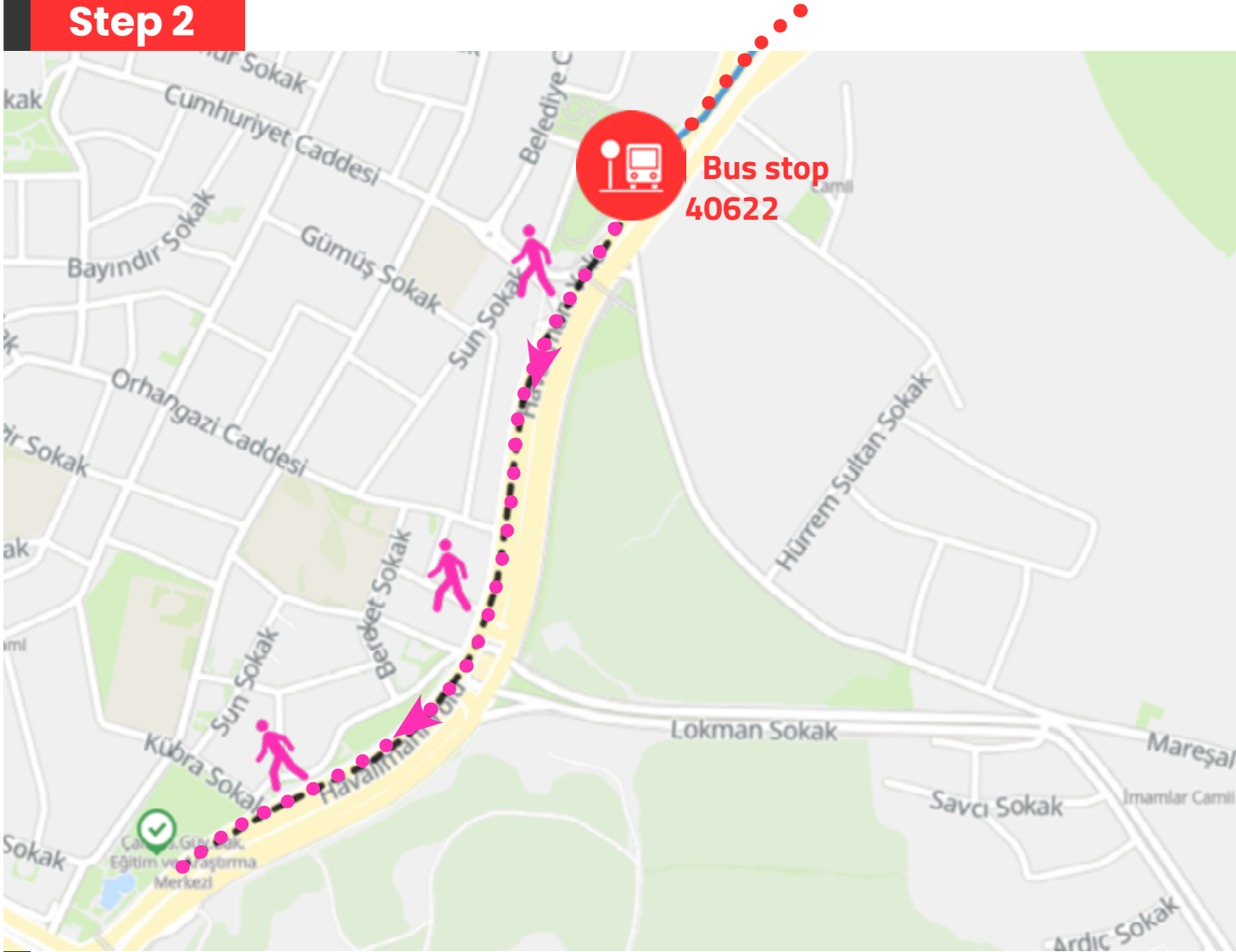
Step 1



- 1) Walk to the bus stop number **40813** that is in front of the airport.
- 2) Wait for the bus number **442**.
- 3) Ride to bus stop number 40622 named **Pursaklar Aile Yaşam Merkezi** (3 stops)

How to Get to the Hotel from the Airport

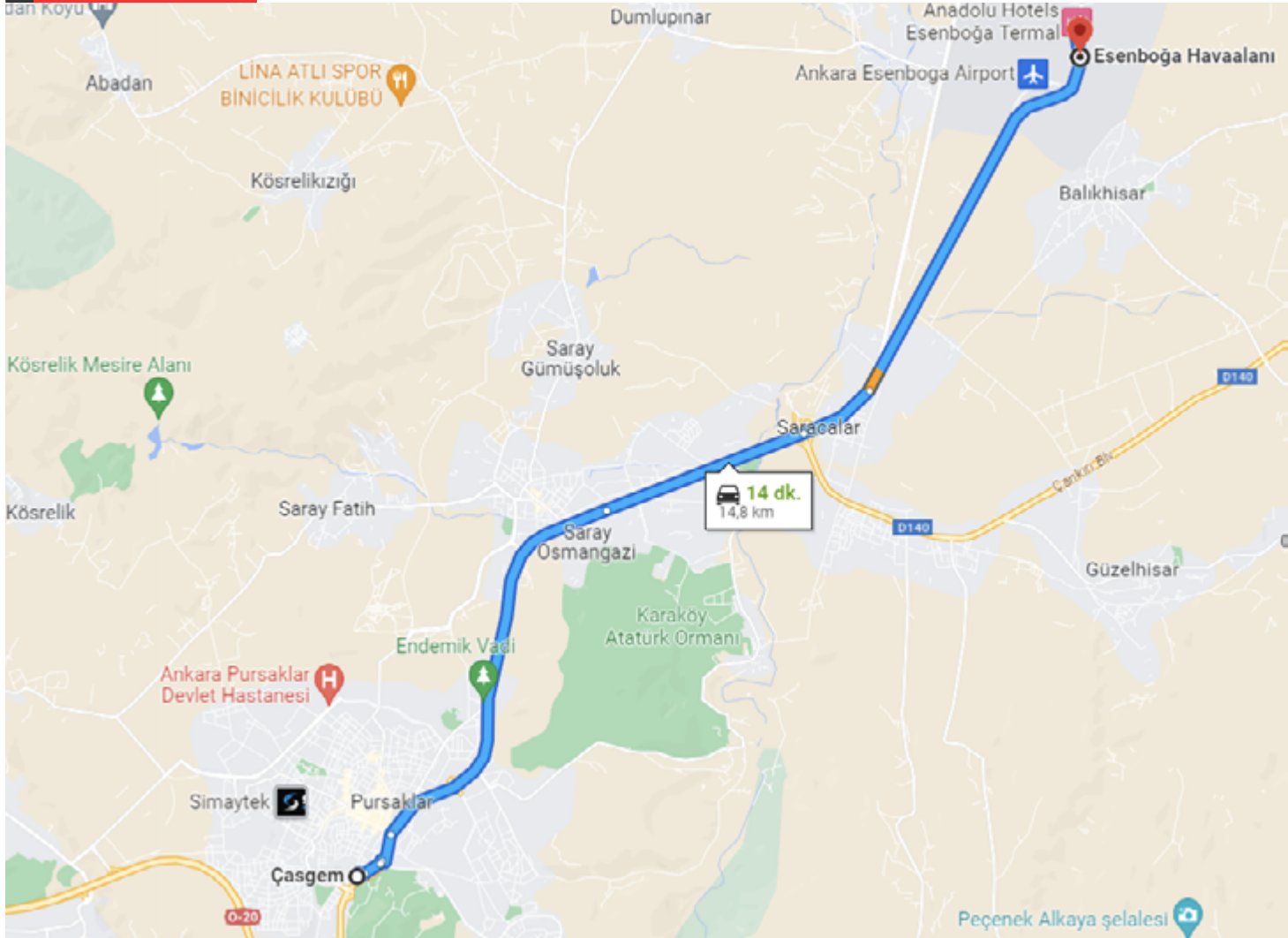
Step 2



1) From the bus stop number 40622 named **Pursaklar Aile Yaşam Merkezi** walk to the hotel (9-10 min).

How to Get to the Hotel from the Airport

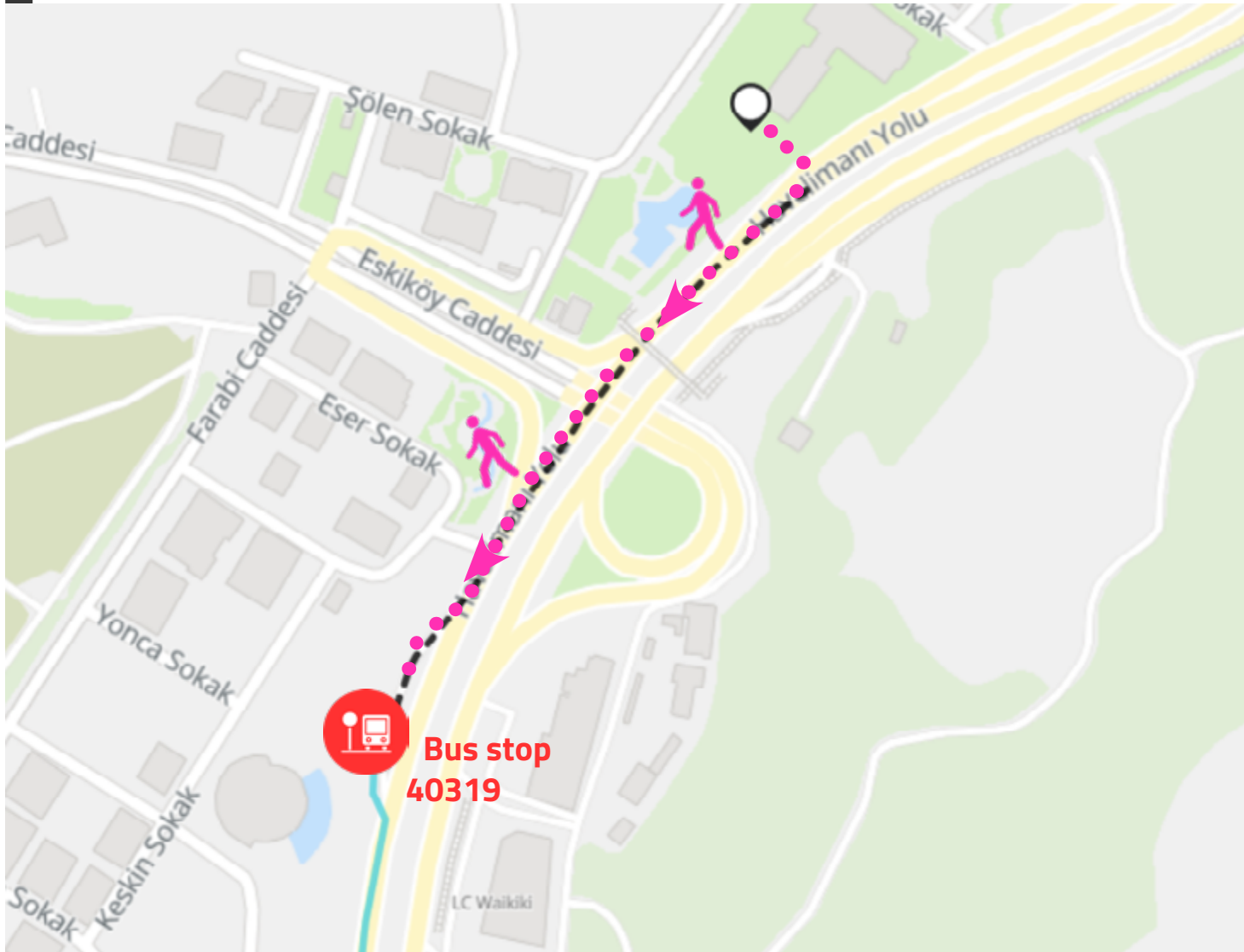
Taxi



If you are 4 people, you can simply take a taxi to the hotel (CASGEM). It will take 14-15 min. You can show the driver the address that is **Yunusemre Mah. Kübra Sok. No:1 Pursaklar** or show him/her the location which is on **the page 4**.



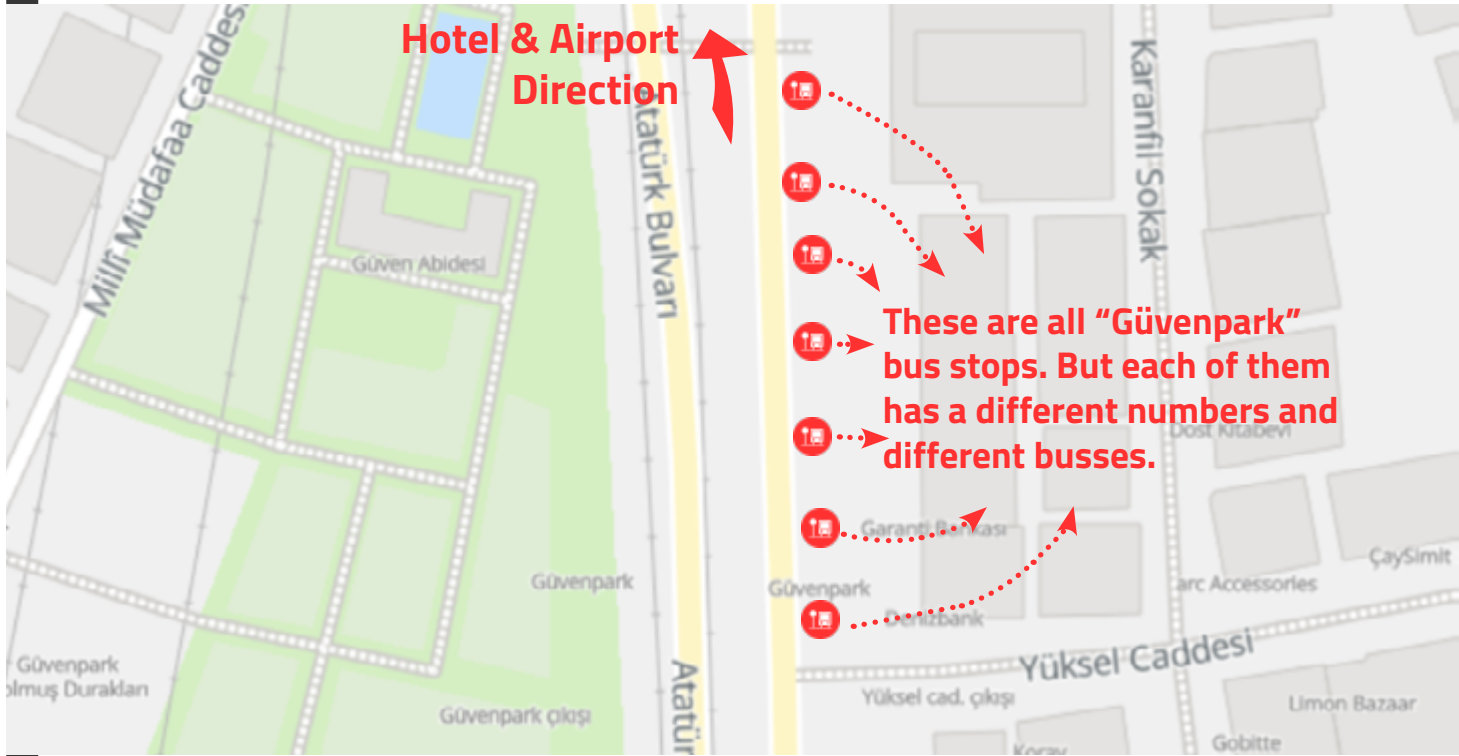
From the Hotel to the City Center



To get to the city center after you exit the hotel turn right and walk by the main road until you reach the bus stop number **40319** named **Gül Parkı**.

Take the bus number **486** or **439** or **440-5** or **443** or **477** or **486-6** that go to **Kızılay (city center)**.

From the City Center to the Hotel



From **Kızılay (city center)** to get to the hotel there are different bus stops where you can take different busses that go to the hotel. Here is the list:

Bus stop number **14253** named **Güvenpark** via busses number **477** or **486**. You will get off at the bus stop number **40422** named **ÇASGEM**.

Bus stop number **12220** named **Güvenpark** via bus number **486-6**. You will get off at the bus stop number **40422** named **ÇASGEM**.

Bus stop number **12219** named **Güvenpark** via busses number **440-5** or **440**. You will get off at the bus stop number **40422** named **ÇASGEM**.



FACTS ABOUT TÜRKİYE

1.

Istanbul is on two continents: Asia and Europe

2.

The capital city of Türkiye is Ankara, not Istanbul

3.

**The story of Santa Claus originated in Türkiye
See "Saint Nicholas"**

4.

**Türkiye has the EU's largest young population.
The average age in Türkiye is around 31, and
only 9% of the country's population is over 60.**

5.

**The name "turquoise" actually comes from
Türkiye**

6.

The national sport of Türkiye is oil wrestling

7.

**There are more than 30 ethnic languages in
Türkiye**

8.

Türkiye is the largest producer of hazelnuts

9.

**You might find chicken in your dessert.
See "Tavuk Göğsü"**



Baklava!



Some Useful Words in Turkish



Merhaba! - Hello!

Günaydın - Good morning

İyi Akşamlar - Good Evening

Nasılsın? - How are you?

İyiyim / Kötüyüm - I'm fine / I'm bad

Evet / Hayır - Yes / No

Metro nerede? - Where is the subway?

Kayboldum! - I'm lost!

Bu ne kadar? - How much is it?

Türkçe bilmiyorum. - I don't speak Turkish.

Anlamadım - I didn't understand

Kusura bakmayın - Excuse me / Sorry

Bu çok güzel - This is beautiful

Seni seviyorum - I love you

Acıktım - I'm hungry

..... nerededir? - Where is the?

Görüşürüz - See you

Bay bay - Goodbye



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Do you want to be part of the project?

APPLY NOW!

[CLICK HERE](#)



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If you have any question, please contact us!







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Participating Organizations

-  Colors of World Youth Community, Türkiye
-  Mersin İl Milli Eğitim Müdürlüğü KARGEM, Türkiye
-  Associação Inspira!, Portugal
-  Kultur & Art Initiative EV, Germany
-  Jauniesu biedriba "Dagne", Latvia
-  Budapest International Youth Group, Hungary



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