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"EmpowerUp: Elevating Youth Workers with  
Digital Skills for Social Innovation"-

Sosyal İnovasyon için Dijital Becerilerle  
Güçlen"

26th May- 1st June 2025

Düzce

TURKEY

- Infopack -

**Dear Partners,**

**We warmly welcome you to the Erasmus+ KA153 project "EmpowerUp". This Infopack provides all necessary details and practical information regarding your participation and stay in Düzce, Turkey. Please read carefully, and feel free to contact us for further questions or assistance.**

#### Project Summary

EmpowerUp aims to increase digital skills of youth workers, enabling them to support disadvantaged youth through innovative and inclusive activities. Participants will gain practical knowledge on digital transformation, social innovation, and sustainable youth work.

#### Project Objectives

Our main objectives are:

- To strengthen digital competencies of youth workers.
- To promote social innovation tools in youth work.
- To enhance inclusion of disadvantaged youth through technology.
- To encourage sustainable practices and environmental awareness.



## Participating Countries & Partners

We are delighted to have the following partners involved:

- **Coordinator:** Governorship of Düzce (Turkey)
- **Partner Organizations:**
  - Düzce University (Turkey)- 3 participants
  - Partnership for Rural Development (Serbia)- 3 participants
  - ZNRO (Slovenia)- 2 participants
  - One Wild Life (Bulgaria)- 3 participants
  - European Cultural Epicenter Bitola (North Macedonia)-3 participants
  - Asociación Mirando al Futuro de Cuenca 2050 (Spain)-2 participants

## Participant Profile & Selection:

Each partner organization will select participants working for youth who are especially from a background with less opportunity, such as geographical, educational or financial ones and 1 disadvantaged young person specifying the type of their disadvantage.

Once the selection of participants is completed, you will receive:

- The programme of the activities and some tasks will help you to become more prepared for the programme;
- Some practical information (how to get there, weather, currency etc);
- A form where you can share with us your dietary requirements, other preferences and emergency contacts;
- An invitation for a preparatory on-line meeting

- An invitation for the Facebook group of the project, where we will start getting in touch with everyone.

Please ensure:

- Gender balance
- Representation of various social, cultural, and economic backgrounds
- Participants interested and actively involved in youth work and social innovation
- Number of participants per partner organisation are specified above. 1 young person with disadvantaged background from each team is required.
- Age: at least 18 years old
- Able to communicate in English and work in a multicultural context;
- Being an active youth worker / NGO worker / teacher or looking to work with Youth in the future;
- With a valid residence permit in one of the organizations ' countries (see Partners section);
- Motivated and excited to learn :)
- Being present during all the parts of the project (preparation, activity, dissemination);
- Ready to use the acquired competences after the activity in dissemination and follow-up activities.



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### Intercultural evenings

Selected participants will be requested to prepare the activities for the intercultural evenings:

You can bring typical food and drinks from your countries. We will have traditional evenings during the project. You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets...

### Location and Dates

- **Location:** Düzce, Turkey
- You can find our city on <https://maps.app.goo.gl/QBP8E78TPKj8xsF36>
- **Activity Duration:** 9 days (including arrival & departure)
- **Exact Dates of the Project implementation :** 26th May-1st June 2025-(7 days for the Project activities)

### Activities and Methodology

The training course will employ non-formal educational methods, including:

- Workshops & group activities
- Case studies & role-playing
- Digital tools & practical sessions on AI-based platforms
- Field visits to local tech companies & youth centers
- Freetime activities for social and cultural share.

Participants will have the opportunity to collaborate on designing new projects applying newly acquired digital skills.

### Accommodation and Venue

Participants will stay in **Turan Hotel** in the city center opposite to our building of Governorate.

- Single rooms for everyone.
- Meals: Breakfast, lunch, and dinner provided daily
- Venue for training: The hotel where we are accommodating you. <https://turanotel.com/>
- Food: participant will be provided with 3 meals and 2 coffee breaks. Meals will be prepared and served by the hotel. In case of external visit participants will be provided with packed lunch. Pls provide information to your sending organization about food restrictions, if any.

### Travel and Transport

- Participants from Bulgaria, North Macedonia, and Düzce University are encouraged to use **green travel methods**.
- Please retain all original boarding passes, tickets, and invoices for reimbursement purposes.

### Financial Information & Reimbursements

- Travel costs are reimbursed based on Erasmus+ program distance band rules. Travel costs will be covered, based on the country of participants, up to foreseen limits. The exact amount written on the ticket will be accepted. Travels should be by economy class and public transport.
- Please ensure environmentally-friendly travel options when possible.

- We will refund travel tickets based on actual costs incurred and on presentation of: Invoice of the plane ticket; Boarding Pass with the clear mention of the passenger's name; All other transportation-related bills. Only the travel costs for the round trip from the sending organization's country will be reimbursed.
- During the activity, we will collect all the receipts and tickets, sign a reimbursement contract and, once the dissemination is completed, send you the transfer back. Reimbursement will occur after the activity, upon submission of all relevant travel documents and receipts.

#### Travel reimbursement per Country

- Bulgaria: 417 € x 3 participants = 1251 € (green travel) 629 km according to the EU distance band
- Slovenia: 309 € x 2 participants = 618 € Standard travel 1404 km yapmaktadır.
- Serbia: 309 € x 3 participants = 927 € - Standard travel 1034 km
- The Republic of North Macedonia: 417 € x 3 participants = 1251 € (green travel) 825 km
- Spain: 395 € x 2 participants = 790 € - Standard travel

**Environmental Responsibility** We are committed to environmental sustainability:

- Digital materials will be preferred over printed materials.
- Recycling measures will be implemented at the training venue.
- Participants are encouraged to reduce waste and adopt sustainable behaviors.

#### Insurance and Safety

- Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs.
- We suggest that each participant bring the European Sanitary Card in order to be safe in case of emergency.
- Concerning the non EU countries, we suggest you to buy an insurance for travel.
- We will provide you with the necessary contacts to communicate from the Project team in case of emergency.

#### Preparation by Participants

Please prepare the following:

- Short presentations about your organizations.
- Information or experiences related to digital skills, youth work, and social innovation in your country or your previous projects.
- Intercultural evening materials (traditional snacks, music, cultural artifacts, etc.).

#### Dissemination and Sustainability

- Educational content and project outcomes will be shared openly online and within Erasmus+ networks.
- Every participant involved is expected to collaborate with the teammates and the sending organization to produce an article about the project's activities and their impressions. This article should be presented on the website or social media of the partner organisation respective to their country.

- Within two months of the training course each participant, individually or in teams, should arrange follow-up workshops/meeting focused on the training topic. Partner organizations will support them in the process.
- Please note that the reimbursement process will not begin until the dissemination phase has been completed.

### ABOUT DÜZCE

- Düzce, located in northwestern Turkey between Ankara and Istanbul, is a vibrant city renowned for its lush greenery, rich cultural diversity, and natural beauty. Situated strategically near major cities and the Black Sea coast, Düzce offers a unique blend of urban convenience and natural tranquility.
- Historically significant and culturally diverse, Düzce is home to various ethnic groups that enrich the local culture with vibrant traditions, cuisine, and hospitality.

### KEY FACTS ABOUT DÜZCE

- **Population:** Approximately 400,000
- **Location:** Northwestern Turkey
- **Climate:** Mild continental, with rainy winters and warm, humid summers
- **Nearby cities:** Istanbul (~220 km), Ankara (~240 km), Bolu (~45 km)
- **Languages:** Turkish (official), local dialects

### NATURAL ATTRACTIONS

Düzce boasts numerous scenic attractions perfect for eco-tourism and nature enthusiasts:

- **Güzeldere Waterfall:** The tallest waterfall in the region, surrounded by lush forests, perfect for hiking and relaxation.
- **Efteni Lake:** A protected bird sanctuary ideal for bird-watching and nature walks.
- **Akçakoca Beach:** Popular seaside destination along the Black Sea coast known for its clean beaches and vibrant summer life.

### CULTURAL AND HISTORICAL HERITAGE

Düzce has a rich historical background and vibrant culture:

- **Konuralp Museum:** Home to remarkable archaeological collections from ancient civilizations such as Prusias ad Hypium.
- **Prusias ad Hypium Ancient Theater:** A Roman-era archaeological site with ongoing excavation works, showcasing Düzce's historical significance.
- **Local Cuisine:** Rich culinary heritage featuring traditional dishes like Circassian chicken, local cheese varieties, and famous Düzce hazelnuts.



### HOW TO REACH DÜZCE

The easiest ways to reach Düzce:

- **From Istanbul:**
  - By bus (approx. 3 hours)
  - By car via highway (approx. 2.5 hours)
- **From Ankara:**
  - By bus (approx. 3 hours)
  - By car via highway (approx. 2 hours)
- **Nearest airports:**
  - Istanbul Airport (IST) – International connections
  - Sabiha Gökçen Airport (SAW) – Istanbul
  - Ankara Esenboğa Airport (ESB) – Ankara

### PRACTICAL INFORMATION

- **Currency:** Turkish Lira (TRY)
- **Time Zone:** GMT +3
- **Emergency Number:** 112
- **Local Transportation:** Buses, minibuses ("Dolmuş"), and taxis are readily available.

### IMPORTANT LINKS

- [Official Website of Düzce Governorship](#)
- Google Maps Location of Düzce

### CONTACT INFORMATION

Should you have any further questions or require additional information, please contact:

**EmpowerUp Project Coordinator**  
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**We look forward to welcoming you to Düzce and sharing an enriching project experience together!**

Warm regards,  
EmpowerUp Project Team