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INCLUSION SPORTS TRAINING COURSE

Info-Pack

The Hearken the Youth Fostering Social
Inclusion of Deaf Youth through Sports
Engagements

ANKARA, TÜRKİYE
23-29 SEPTEMBER 2025





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ABOUT THE PROJECT

The Hearken the Youth Fostering Social Inclusion of Deaf Youth through Sports Engagements project, funded under the Erasmus+ KA220-YOU action, is designed to foster social inclusion of deaf youth through sports engagements. This initiative also aims to raise environmental awareness and contribute to the sustainable development goals (SDGs), focusing on inclusivity, digital skills, and environmental consciousness. The project brings together expertise from five partner organisations across Europe, with a total budget of 250,000€ over 24 months.

The project partners are:

- Ankara Yıldırım Beyazıt University: Project Coordinator
- Station de Jeunesse: Focus on youth engagement and non-formal education
- Centrum Edukacji i Wspierania RES-GEST: Expertise in deaf education
- Türkiye Milli Paralimpik Komitesi: Expertise in sports for individuals with disabilities
- Haydi Yapalım Derneği (Let's Do It Türkiye): Environmental engagement and community outreach





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Objectives

- Foster Inclusion through Sport: Equip youth workers with the skills to create inclusive and accessible sports activities for participants of all abilities.
- Develop Adaptive Leadership: Train participants to lead diverse groups using non-verbal tools, fair-play methods, and flexible coaching strategies.
- Promote Empathy and Accessibility: Use simulations and reflective exercises to build awareness of disability-related barriers in sports and daily life.
- Strengthen Intercultural Dialogue: Encourage cooperation across cultures through team-based, inclusive sporting challenges.
- Encourage Sustainable Practices: Integrate eco-friendly approaches like DIY equipment and low-impact activities into sports education.

Hosting Organization

ANKARA YILDIRIM BEYAZIT UNIVERSITY

“ Since its establishment in 2010, AYBU has grown into an institution that places a strong emphasis on social impact, particularly in supporting youth and athletes. With 15 faculties and a focus on social inclusion, the university offers educational programs designed to foster leadership, personal growth, and community involvement.

Through initiatives that support both disadvantaged groups and athletes, AYBU helps develop skills essential for social change. The university also provides programs in Medicine, Engineering, Health, and other fields, prioritizing not just academic success but also the ability to make a difference in society.

With international collaborations and student mobility, AYBU connects global opportunities with local needs, empowering young people to become leaders and change-makers, both on and off the field.

”



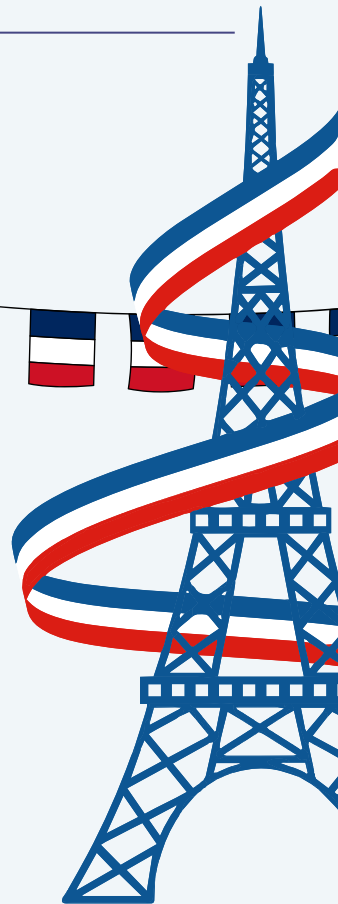
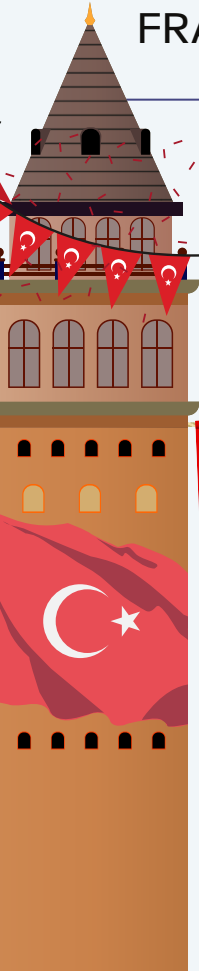


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Partners

COUNTRY		NAME OF ORGANIZATION
TÜRKİYE		ANKARA YILDIRIM BEYAZIT UNIVERSITY
TÜRKİYE		TURKISH NATIONAL PARALYMPIC COMMITTEE
TÜRKİYE		LET'S DO IT! TÜRKİYE
POLAND		REST-GEST CENTRUM EDUKACJI I WSPARCIA
FRANCE		STATION DE JEUNESSE





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Accommodation

1 VENUE

The venue of the project is located in Ankara, Türkiye.

2 ACCOMMODATION

All participants will stay at the address given in Ankara during the project mobility.



IT IS NECESSARY TO FOLLOW THE STATED ARRIVAL AND DEPARTURE DATES IN THE PROJECT. BEFORE BUYING YOUR TICKETS, THEY MUST BE CONFIRMED BY THE ORGANISE



The meeting will take 7 days (travel included) in the following dates:

23/09/2025-29/09/2025





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TRANSPORTATION



ADDRESS : Harbiye, Tavuskuşu Sk. No:18, 06460
Çankaya/Ankara (Ankara Hakimevi)

HOW TO GET THERE?



Dear Guests,

For your transfer from Ankara Esenboğa Airport to the hotel, you have three options:

1 Airport Shuttle (BELKO Air or HAVAŞ) + Metro or Taxi

- After exiting the airport, take the BELKO Air or HAVAŞ shuttle.
- Choose the shuttle going to Kızılay (city center) or AŞTİ (main bus terminal).
- These shuttles run approximately every 30 minutes.

Duration: 45–60 minutes

Cost: around 150 Turkish Lira (pay in cash)

From Kızılay or AŞTİ to the venue

From Kızılay:

- Take a taxi (10–15 minutes, ~70–90 TL),
- Or walk (~20 minutes), or take a bus (EGO lines like 112 or 413 towards Harbiye/Kültür stop).

From AŞTİ:

- Take the Metro (M1 line) toward Kızılay. Then continue as above from Kızılay.



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TRANSPORTATION



ADDRESS : Harbiye, Tavuskuşu Sk. No:18, 06460
Çankaya/Ankara (Ankara Hakimevi)

HOW TO GET THERE?

2 Taxi (Direct from the Airport)

- You can take a yellow taxi directly from Esenboğa Airport to the venue.
- You do not need to book in advance; taxis are available 24/7 at the terminal exit.

Duration: ~40 minutes

Cost: around 500-600 Turkish Liras depending on traffic

 Drivers may speak limited English, show the address on your phone
(Ankara Hakimevi)

3 Municipal Bus (Cheapest Option)

- Look for EGO Bus 442-3 (Esenboğa – Kızılay route) at the exit.
- You must have an ANKARAKART or buy a one-use ticket.

Duration: up to 75 minutes

Cost: ~35 Turkish Liras

 Get off at Kızılay, then continue with a taxi or bus to Tavuskuşu Sokak.

Please feel free to choose the option that best suits your schedule and preferences. If you need any assistance, do not hesitate to contact us. If you wish to arrange a shuttle directly from Airport to the hotel please let us know.

Safe travels!



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Hearken the Youth
HeY!

Agenda

23 September	24 September	25 September	26 September	27 September	28 September	29 September
A R R I V A L D A Y	BREAKFAST					D E P A R T U R E D A Y
	Getting Know Each Other : Icebreakers	Understanding diversity in physical abilities	C I T Y T O U R E V E N T	Team-building outdoor challenges	Designing inclusive sports event scenarios in teams	
	COFFE BREAK			COFFE BREAK		
	What is sport for all? Basic concepts and interactive teamwork	Inclusive communication methods: Sign language basics		Inclusive sports circuits: Rotating stations with adapted rules	Exploring adaptive rules: How to modify football, basketball, and relay games for	
	LUNCH			LUNCH		
	Sport for social change: Idea generation workshop	Accessibility in action: Outdoor mapping of sports areas		Strategy and leadership in group activities	Sports Events and Training by AYBÜ	
	COFFE BREAK			COFFE BREAK		
	Erasmus+ Informaiton Session	Preparing for facilitation		Mini tournament: Silent volleyball	Team relay games: Physical challenges	
	Reflection Group	Reflection Group		Athlete journaling	Reflection Group	
	DINNER			DINNER		
Free Time	Cultural Night	Free Time	Free Time			



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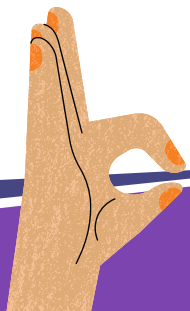
Additional Information

The host organisation will inform the participants and project partners regarding the current cohort travel restrictions and relevant documents required.

The use of alcohol and drugs during the project activities will be absolutely prohibited. Those who violate the established rules of the project, harass others, undermine the prestige of the organization or commit systematic violations of the established norms will be excluded from the project. The sending organisation will be informed of this by email with details of the case and the specific reasons for removal. Attendance at all project sessions is fully compulsory, failure to attend less than 80% of activities will result in cancellation of travel reimbursement.

Three meals per day and two coffee breaks will be provided during project mobility. Participants who have certain dietary requirements, intolerances, allergies or other eating habits should inform the host organisation no later than one week before arrival so that options can be discussed with the hotel and meals can be re-arranged. Information received after this deadline cannot be taken into account regarding the meals and menu of the participants.

It is essential to note dietary habits as well as allergies, intolerances to certain things and medical conditions on the application form. Participants should self-suggest any necessary medications they use daily or think they will need to use during the project.



Important Notes



- 1) Do not use a taxi or private car, it is not an eligible cost, in case there are other options.
- 2) NEVER lose your boarding cards, e-tickets, and bus/train tickets, you cannot be reimbursed without boarding documents.
- 3) Please make health and travel insurance from your own budget, It is vital for you.
- 4) There has to be a gender balance. All cannot be male or female.
- 5) Prepare some presentations for the intercultural night. You can put some pictures about your culture, songs, famous people etc.
- 6) Bring national drinks, food, national clothes etc for the intercultural night.
- 7) Take photos, newspapers, booklets, brochures etc for the NGO fair. You will be given stands and you will talk about your organization to the visitors. Prepare a presentation about your NGO/group.
- 8) Fully participation in the project is obligatory in order to get the reimbursement.
- 9) To take part in all the stages of the project (preparation, implementation and dissemination).
- 10) To follow the rules and conditions of the hosting organisation and the accommodation.

