



## **“Escape Cyber – Enter Life”**

Key Action 1 – Mobility of youth workers – Training Course

# **INFORMATION LETTER**

**17th – 24th April 2017**

**ÇANAKKALE, TURKEY**

Organiser: **“Active Youth and Sport Association”**

E-mail: [aktifgnclk@gmail.com](mailto:aktifgnclk@gmail.com)

Facebook: <https://www.facebook.com/active.youthassociation>

**PIC Number: 948303623**



## **Project Summary:**

The Training Course for youth workers, “Escape Cyber – Enter Life” will be held in Çanakkale, Turkey between 17th and 24th April 2017, consisting of seven working days. In this TC, which is prepared with the partnership of Youth Associations working with young people and students from Turkey, Greece, Bulgaria, Slovakia, Italy, Romania, Croatia and Spain, 33 participants will take part with a balanced distribution.

The main purpose of this program is the sensitization of the participants against the modern phenomenon of mental disorder of Internet Addiction, the supply of specialized knowledge, the development of “know how” and special tracing, acknowledge, psychological approach and confronting techniques against this phenomenon. The value crisis that characterizes our modern and developed society, leads young people to false behaviors, guiding them to social isolation and self-exclusion, to depress, to dangerous behaviors with uncontrolled consequences, mental disorders and many – many more hazardous paths.

All the program activities are specially designed to serve in the highest level, the desired result of this program. They are based in methods of formal and mostly non formal education. All the activities have the supervision and guidance of special scientists, which are awarded in their work space, with huge experience, either professional either educational, especially in the field of Life Long Learning and Adult Education. We will use techniques such as role playing games, simulation games, questionnaires, team building activities, presentations, videos by the use of modern technology. The program will be implemented exclusively in English, having already as precondition the advanced knowledge of English language, in written and oral level.

The training course includes workshops, trainings, seminars and other formal and non formal education methods, focusing on the modern problem of Internet Addiction and its multiple effects on people, especially youngsters in the fragile period of adolescence. Our aim is to develop a productive awareness to all Youth Workers about “Internet Addiction Disorder”, to make them understand that it’s not only a situation which bothers temporarily young people. They must know that we are talking about a Psychological Disorder with many side effects, a mental situation that aims straight to mind and soul of people. The participants will learn how to deal with Internet Addicted people, they will listen to experts who are going to inform them about all aspects of this problem (internet safety, how to protect young people from addiction, users legal rights and obligations, psychological aspect, etc.), they will expose the problem to their countries with an extensive presentation, they will exchange opinions and good practices. Our project aims also to increase active citizenship, improving individual competences, to create self confidence, to give special skills and abilities and finally to promote a better way of life based on quality and to the revival of true human relationships. In order to accomplish all these, Youth

Workers with educating skills, trainers and specialists will take part to this Training Course in our effort to gain the highest level possible of results. All teams will be actively involved to the project, from phase one (preparation phase) until the end of the project by helping with the impact and the diffusion of the results.

While carrying out the project, non-formal education techniques will be used like practical workshops, brain storming, question-answer, drama and role playing, educational games, learning from each other, pair and group works. Some precautions are planned to enable the active participation of the participants and to be included in the decisions. After each activities in the project, daily and general evaluations will take place. The participants will receive youth pass at the end of the project and will be encouraged to be active with the project communication tools in order to let their personal improvement be observable after the project.

### **The Preparation Task on the Activities:**

1. Each project group of the partner countries will prepare a presentation about Internet Addiction to their countries. Please we don't need to present any statistical numbers but try to aim right to the heart of the problem. Focus especially to young people. Give us details about the policy that your country follows in order to inform and prevent Internet Addiction and other problems that occur by extensive internet use! Also, if there are any kind of measures, that schools of your country take in case to restrict extensive internet use, please let us know with your presentation.

2. Very Important!!! Please send participants with very good knowledge of English language. It's such a pity to have participants who will not be able to communicate with the others, either for the program topic, either for just a friendly chat!! Also don't forget that your participants must be active by participating in every section of the program.

3. During this program, we will be also intercultural!! For this, you must bring with you a flag, one or two videos about your country or about your organization (it's up to you), folklore music of your country if you want, goods made in your country (cheese, salami, candies, drinks alcohol and non alcohol, etc) We will need them for our cultural nights where every team will have the opportunity to present its country and their customs. You can introduce your country using your imagination and creativity. All methods acceptable 😊

4. Don' forget to bring your camera and maybe a laptop cause we might need them for some workshops. We will provide you, video projector and speakers. Take many pictures during the program and share with everyone.

5. Every team must prepare some kind of a quick energizer or a team building activity as a contribution of positive energy to our project!

5. Finally, don't forget to bring your best mood with you!! You will need it and for us will be a motivation to give our best to you! 😊

### **Dates and venue:**

Arrival of participants	: 17 April 2017
Beginning of activities	: 17/18 April 2017
End of activities	: 23 April 2017
Departure of participants	: 24 April 2017

### **Partners and participants:**

1. Turkey, Active Youth and Sport Association: 5 participants
2. Greece, Informal Youth Group "Youngster in Motion": 4 participants
3. Slovakia, STEP Association: 4 participants
4. Romania: Asociatia Culturala Branart: 4 participants
5. Bulgaria, SEGA Association: 4 participants
6. Croatia, UDRUGA Nova Gradiska: 4 participants
7. Spain, Asociacion de los Estados Generales de los estudiantes de Europa-Oviedo: 4 participants
8. Italy, Torre dei Giovani - TdG: 4 participants

Total number of participants: 33 people.

### **Profile of the participants:**

**At least one of your participants must be working as a teacher or generally in education sector. The ideal would be, that one of the rest of your participants will be a student so he/she can transfer to us their kind of thinking and their experiences about internet addiction.**

- PS:**
- We kindly require from our partners to keep the gender balance in mind.
  - All the participants are expected to have advance qualification of English

### **Financial conditions:**

- Accommodation and food cover 100%, Travel costs will be calculated according to the travel distance (according to the rules of the Erasmus+ programme).
- Participants are requested to arrange their journey taking the most economical route into account.
- **Your travel expenses will only be reimbursed upon presentation of documentary evidence of the sum actually paid. For this reason, the ORIGINAL INVOICES or TICKETS are necessary (issued by the travel agency or other ticket issuing company). Copies of invoices are not taken into account. This evidence of the expenses will be joined to the claim form for reimbursement together with the relevant travel tickets (plane, train, etc) and boarding passes.**
- **Please buy return tickets for your full journey, and keep your boarding passes.**
- Reimbursements will be made according to the rules of the Erasmus + Program.
- Travel expenses exceeding the stated costs limit will be reimbursed only till the amount of the limit, the excess will be paid by the participant himself/herself.

! There is no participation fee for the project.

! All accommodation and food costs will be provided by the organizer.

! Health insurance is not provided and will not be reimbursed by the organizers. All participants are strongly advised to purchase private travel insurance.

! We kindly remind you that early accommodation and extra overstays will be in your responsibility.

! According to the policy of our NA, taxi costs are not reimbursed. Please, use the public transport and keep all tickets.

! Reimbursement will be done in EUROS, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you buy your ticket in your local currency, we will calculate your travel costs according to the exchange rates of the official European Commission web-site:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Note: Please make the copies (better scan or take photographs) of your tickets and invoices before you come to the training. E-mail them to us (aktifgnclk@gmail.com) as soon as you buy them. If you have tickets and invoices, make sure that you e-mail copies of both.

**Travel costs limits (maximum travel limit for per person):**

<b>Italy</b>	<b>275 €</b>
<b>Greece</b>	<b>180 €</b>
<b>Spain</b>	<b>360 €</b>
<b>Slovakia</b>	<b>275 €</b>
<b>Croatia</b>	<b>275 €</b>
<b>Romania</b>	<b>275 €</b>
<b>Bulgaria</b>	<b>180 €</b>

**Others:**

- If you need a visa to come to Turkey, please visit the Turkish Consulate nearest to you. And apply for visa as soon as possible. If you need a separate invitation letter, please inform us accordingly.
- You must travel from the country that you applied for our project. (For example, if you participate from Italy, you must leave Italy for Turkey).
- Project language will be in English.

**Follow-Up and Evaluation:**

It is very important to keep in touch with all the participants after the project. Communication details of all participants will be shared. Before the end of the project, ideas to improve the project collectively and individually will be discussed. A survey will be done for participants on the last day of the project. Thus we will be able to reach more detailed ideas.

If you still have questions, please don't hesitate to contact us:

**[aktifgnclk@gmail.com](mailto:aktifgnclk@gmail.com)**

## Draft Daily Program:

Day	Date	Escape Cyber – Enter Life 17th of April – 24th of April 2017 ÇANAKKALE, TURKEY
1	17.04.2017	Arrival 😊😊😊
2	18.04.2017	Ice-Breaking, Name Games and Presentation of the Program Presentations about Internet Addiction (Greece – Turkey – Croatia – Slovakia) – conversation, opinions Lunch Presentations about Internet Addiction (Bulgaria – Romania – Italy – Spain) – conversation, opinions Reflection Group – Feedback from Participants Dinner
3	19.04.2017	Energizers, Name Games “City Rally – Find your favorite place in Canakkale” Workshop: “Find the addicted around you – Get pictures” – presentation of the groups Lunch Workshop: “Am I an Internet freak? – Internet Addiction Meter” Workshop: “Let the Youngsters talk about Internet Addiction – Conversation between Participants” Presentation of the photos from morning City Rally and Workshop. Dinner Cultural Night (Romania – Bulgaria)
4	20.04.2017	Energizers Seminar: “Modern Psychology against Internet Addiction – Tracing odd behaviors on children – Conversation” Lunch Seminar: “How to deal with internet addicted people – Good Practices - Conversation” Reflection Group – Feedback from Participants Dinner Cultural Night – (Italy – Spain)
5	21.04.2017	Energizers Intercultural Learning Activity Lunch Local visits Dinner Cultural Night – (Croatia – Slovakia)
6	22.04.2017	Energizers Seminar: “Surfing in Safety – Use Internet as a Cognitive Tool” Workshop: “Working Out against Internet Addiction” Lunch Workshop: “Talking to Youngsters about Internet Addiction through Creativity” – Presentations Workshop: “Design your own Internet Addiction Test (IAT)” – presentation of the groups Cultural Night (Turkey – Greece)

7	23.04.2017	Visiting High School – Interview with the students about Internet Addiction Lunch Local Meetings Talking about YouthPass Certification Workshop: “Create your own Training Course – Planning future projects and partnerships” Final Evaluation – Youth Pass Ceremony
8	24.04.2017	Departure of Groups ☹☹☹

#### Times of meals:

Breakfast: 08:00-09:30

Lunch: 13:00-14:30

Dinner: 19:00-20:00

### **ABOUT CANAKKALE;**

The province of Canakkale lies in the northwest of Turkey on both sides of the Dardanelles (the ancient Hellespont), a strait which connects the Sea of Marmara to the Aegean Sea. Its shores touch both Europe and Asia.

Canakkale is the name of both the city and the province which includes the legendary citadel of **Troy (Troia)**, the ruins of **Assos** where the famous Temple of Athena was built, and the battlefields of **Gallipoli**. Archaeologists say there are up to 200 ancient sites in this region, many still unexcavated, so it is possible you may be wandering among ruins thousands of years old without even knowing it! There are also many Ottoman structures still standing; castles, bridges, mosques, mansions and Turkish baths. In the villages and towns, centuries-old crafts, cooking and styles of dress can still be seen.

Although you will occasionally feel as if you have stepped back in history, Canakkale has firmly embraced the first century of the new millennium when it comes to the essentials of living and you will have no difficulty finding an internet cafe, fax facilities, cornflakes, cashpoints and the rest. According to the statistics, half of all families in the city of Canakkale own a car, about half use a mobile phone and there is one of the lowest crime rates in Turkey.

Those of you who are fascinated by history will find plenty of interesting sightseeing in the area. There are also lots of uncrowded corners where you can paddle along the shore, lay down on the sand, scuba dive or just stay in the shadow, see something exotic and gaze out at the sea.

In the Gulf of Edremit, the air is claimed to have one of the highest concentrations of oxygen in the world. Around the province there are thermal spas in small towns where a variety of ailments are treated. Geologists may have a field day studying these and other mineral springs where both hot and cold water gush from the ground. Here, the rich variety of insect life, plants, mosses and lichens would keep a botanist busy for a life time.

When night falls, most of the socializing takes place on or near the seafront, where there are cafes, bars, tea gardens and discos to suit everyone's taste. In short, the city and province of Canakkale present a spectrum of pleasures, beliefs, larger-than-life characters, customs and undiscovered history awaiting exploration by the inquisitive mind or advent.

Ancient Troy is famous for the legendary Trojan Horse from the times of an equally legendary couple: Helen and Paris. Homer immortalized Troy with his narration of the stories of King Priam, Hector, Paris and the beautiful Helen. Excavations on the site have revealed at least nine separate periods of settlement. The ruins include a temple, a theater and the foundations of other constructions. Today, a recent wooden copy of the famous Trojan Horse symbolically stands at the entrance to the site to recall its legendary origin, long since vanished.

Links:

[http://en.wikipedia.org/wiki/Çanakkale\\_Province](http://en.wikipedia.org/wiki/Çanakkale_Province)

<http://www.goturkey.com/en/city/detail/canakkale>

<http://www.canakkaletravel.com/indexingilizce.htm>

<http://www.thetroyguide.com>

<http://www.uni-tuebingen.de/uni/aft/st/index.html>

<http://www.canakkale.gen.tr/eng/engindex.html>

[http://vitruvius.arch.metu.edu.tr/gallipoli/gallipoli\\_english.html](http://vitruvius.arch.metu.edu.tr/gallipoli/gallipoli_english.html)