

PROJECT ANKARA / TURKEY /01-09 DECEMBER

Project name: **Add +1 Value to Life**

Project Status: **Youth Exchange**

Project Date: **01-09 DECEMBER**

Country / City: **ANKARA - TURKEY**

Participants age: **16-30 age**

Each country: **2 disabled participants , 2 companions for disabled people , 2 participants + 1 group leader, total: 7 participants.**

•project facebook group;

<https://www.facebook.com/groups/1348991545130556/> please add all the participants.

From each country 7 participants will come. **Disabled people who have down syndrome**

NOTE: Please send us the participant list before **10 October** and until **20 October** you have to buy tickets and send me all in pdf format.

Project Details;

We as +1 Youth Group will make our project which is called "Add +1 Value to Life" between 01-09 December ,2016 in Ankara.Our project aims the support for handicapped people to make them involve in social life actively by pointing the importance of their place in social life.Age range will be 16-20 year old for handicapped people and 18-26 year old for companions,.Our project will be held with attendant instutions from Turkey (+1 Youth Group) , Bulgaria - Croatia , Italy - Spain - Hungary.

Contents Of Project

People who have Down Syndrome and are handicapped will be supported for being involved in a work life by marking their importance for social life and they will be encouraged for management of their own money.At the main time,they will be involved in an international project,get culturel awareness and learb about time management.Our project also defends that every single person is an candidate for the risk of being handicapped and works about these are not enough.If we are questioned about that,we got lots of success with our works on handicapped

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people and especially people with down syndrome in our past. So, we wanted to carry our project to international position, see more attention for our aim. We have all the information and experiences for this.

Project Objectives:

Young people and all the people will be willing to make an attempt about handicapped people. They will be sensible about them and they will realise the importance of handicapped people in work life. They will be defending the rights of handicapped people because they will get empathy about this subject. They will realise the need of sports for a healthy life and accept sports as their habits. Participants will notice the importance of Erasmus+ programmes and they will find willing about making their own projects with the experiences from our project. This project will support the participants about noticing the differences between cultures, improving the connections between people, using the time in a fertile way, self-esteem and being active in our activities, improving the friendship, being free from prejudices etc.

Project Activities;

- Being a part of social life actively will be provided for handicapped people.
- By this, they will be supported to improve their self-improvement.
- We'll support them to have a job, so that they can manage their economy.
- Participants will be attended in an international project and they will get the chance to express themselves and their thoughts.
- They will notice the importance of sports for a healthy life.
- They will notice the importance of Erasmus+ programmes and their help for self-improvement.
- We'll provide the chance to meet other cultures closely by cultural night organisations.
- They'll get more information about youth projects and the works on handicapped people by Ankara city tour and official visits.
- They'll be able to write their own projects after the exercises of project writing.

Long – term benefits of our project;

- By our project, all the people will be aware of handicapped people's rights.
- They will tend on the works about handicapped people more and try to make them attend in social life actively.
- Our project might be an encouragement for them for next projects.
- They will be aware of other cultures and by that, they will have the respect for other cultures.

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-They will be willing more to be a part of Erasmus+ Programmes.

-There will be support for handicapped people to start a job.

Accommodation:

Dear partner and participants;

Our project accommodation place;

<http://hotelabro.com/necatibey/accomodation.html>

Hotel name: HOTEL ABRO

Hotel adress (as information); Necatibey Caddesi No:28, Kızılay / ANKARA Telephone: +90 312 232 58 00

Financial:

Accommodation and food, is free. Fligt maximum limits are show below

Max travel cost for each country: maximum payment limit that can be done.

important Note: As the distance http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm will be based. Over these maximum travel cost participants will be responsible.

Country	Turkey	Bulgaristan	Croatia	Italy	Hungary
%100 Max travel cost for one participant	0	170. €	170€	170€	170€
Country	Spain				
%100 Max travel cost for one participant	270 €				

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IMPORTANT : Corresponding submission of travel tickets, refunds will be made during the main project activities time. All boarding cards, invoice, and electronic ticket must be present to us in hard copy. Otherwise, the payment can not be!onlybuses, trains, flight costs are paid.but, private car taxipetrol, gas is not paid.

How you can reachto ANKARA?

Some Flight companies:

<http://www.turkishairlines.com>

<http://www.flypgs.com/>

<http://www.sunexpress.com/>

<http://www.onurair.com.tr/>

<http://www.atlasjet.com>

Bus Ticket: ISTANBUL - ANKARA

<https://www.biletall.com/?gclid=CjwKEAjww a8BRDB-O-OqZb vRASJAA9yrc5w4YXcTzYHEN-d8c0iO-cOgMwXWNE2qWfGQI5c0fQUhoCgQHW wcb>

İSTANBUL - ANKARA Transport?

From İstanbul(Sabiha Gökçen or Atatürk airport) participants can come to Ankara by bus
Estimated transport 6 hours.

1.WAY:

1. Participants will buy flight tickets for ANKARA CITY.
2. The participants will go to the bus station (aşti) from the airport.

How will you reach to Ankara bus station (Aşti) Then they ride the bus Ankara. You can find either a bus every 30 minutes. İSTANBUL - ANKARA

BUS PRICE: İSTANBUL - ANKARA : 55-65 TL

When you arrive to Ankara airport you will get on public bus in front of the gate.
Bus name: BELKO AIR, On the bus written: HAVAALANI (AIRPORT)-AŞTI (BUS STATION)
Each 30 minutes bus is leaving from Airport to Bus station (AŞTI). Bus color is: white.
You will pay to bus 10 TL. You can buy your ticket in Bus- Don't lose your ticket for reimbursement.

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You will get off at AŞTİ bus stop. Don't forget to tell bus driver you will get off in AŞTİ. It will take about 30- 45 minutes from Airport to AŞTİ. You can reach hotel by metro.

- **If you come to the airport Sabiha Gokcen;** When you arrived Sabiha Gökçen airport you will take bus which is name HAVATAŞ you will get of in KADIKÖY. From KADIKÖY to HAREM OTOGAR (BUS STATION) you take a taxi or you can use small local bus to arrive HAREM OTOGAR. From HAREM you can take take a bus. But you should be faster to reach busses. In istanbul trafic a big mass. You also may get further information at the airport advisory. (The name of this station; Harem Bus Station)

- **If you come to the airport Atatürk Airport (Recommended for Istanbul) ;** Very easy to come the bus station to the from airport. There is a metro station in the airport. and metro it will bring you directly to the bus station. (The name of this station; Esenler Bus Station)

NOTE:

- The Project will be carried out in **ANKARA/ TURKEY** .
 - We will provide you during the activities internet, too.
 - Please if you have notebook (laptop), Tablet PC...etc please bring it for use on project.
 - You can reach hotel by metro.
 - As you know, there will be a intercultural night. We advise you take with you something special to your country and city, such as traditional clothes, foods or drinks.
 - Dear Friends we will implement official visits during the project. If you want you can bring some specific things of your countries as a gift.
 - As you know and depending on the decision taken by European Commission all the expenses for foods and accommodation will be paid by us.
- Flight is a certain limit. Over these maximum travel cost participants will be responsible.
- **All of the participants must bring their boarding cards, bus tickets, train tickets and such like papers completely and orderly to make easy the payback.All tickets and bills (train, plane, bus etc.) must be to bring. But gasoline and taxi fares are not valid.**

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- Please activate participants' cell phone for calls abroad.
- You can find exchange office in Istanbul. İstanbul and Ankara airport. Please take turkish money for transportation etc. Average 1 euro = 3.20 Turkish lira
- Allow the participants to travel together. please, buy plane tickets on the same flight. (It is strongly recommended).
- Project working language will be English, for communications please prefer the people competent in English.
- Don't forget to prepare introduction of your organization, Make a short movie / picture slide show about your organization.

Activity beginning – Activity Finish And Tickets

- Participants will come 01.12.2016 (Participants have to arrive Hotel before 20.00)
- Activities will finished 09.12.2016 before 11.00 (Participants have to departure from Hotel before 11.00)
- Please inform us your travel, send us your ticket details.

Ankara Video:, Play = <https://www.youtube.com/watch?v=likj33v-Q4w>

Contact: down_sendromuerasmus@hotmail.com