



“PLASTIC LIVES”
ERASMUS + KA1 Mobility Project
09-16 JUNE, 2022
BOLU, TURKEY

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35 participants (including leaders) from **5 countries** will come together in Bolu, Turkey between 09-16 June, 2022. Participants will share their knowledge and experiences about the topic during 7 (seven) days along with the several creative activities in the programme.

PARTNER ORGANIZATIONS/ COUNTRIES

BAIBU COUNSELING CLUB (APPLICANT)	TURKEY	
VSL INCEPTUS	LITHUANIA	
Be the Change	SPAIN	
SEIKLEJATE VENNASKOND	ESTONIA	
ASSOCIAZIONE DI PROMOZIONE SOCIALE KORA	ITALY	



KA1 Mobility Projects

PROJECT DEFINITION

The consumption in general has been one of the main problems in all around the world along with the increase of world population. The consumption is being carried out mainly by the use of plastics. Having said that, the detrimental effect of plastic use both on nature and environment and human health is clear. According to United Nations Environment Program (2012), plastic waste is approximately being decomposed around 1000 years in the nature. Huge plastic islands in oceans are terrifyingly seen almost everyday on tv news and internet. It is very well known that plastics are very harmful not only for the environment but also for the human health. The huge number of chemicals that plastics involve are very detrimental and harmful for the physical, cognitive and emotional development of the individuals. Therefore, it is very essential to create an awareness about the use of plastics on children and young people who are the adults of our future. In this regard, the main objectives of our project are:

- 1) To create an awareness about plastics, use of plastics and detrimental effects of plastics in our lives
- 2) To create an awareness about the plastics and harmful effects of them in local communities
- 3) To implement creative and sustainable activities with local people, kids and youngsters
- 4) To create an awareness about the alternatives of plastics in our daily lives
- 5) To promote intercultural learning about the plastics problem.

The specific activities will help us to reach our general goals and objectives throughout the project.

PARTICIPANT PROFILE: All participants should be 18-25 years old. Group leaders should be 18-30 years old. Participants should be selected among the young people who are motivated to learn about new cultures and non formal educational methodologies.

!!!Gender equality should be considered when selecting the participants (Preferably 3 males 3 females)

LANGUAGE of the project will be English. However, advanced level of English is not necessarily required. Group leaders and others will help each other to communicate and translate when needed.



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ABOUT THE CITY OF BOLU

Bolu is one of the most enchanting provinces of Turkey located approximately half-way between Istanbul and Ankara. Bolu is famous for its dense forests, fauna, modern hot spring facilities, and best chefs of the country. The history of the province dates back to Phrygians around 1200 BC. Then the Persians, Alexander the Great, Romans, Seljuk and Ottomans have left their traces. During the Hellenistic period the area was called as Bithynia, then Romans called it Claudio Polis, and finally named as Bolu by the Turks. Yildirim Beyazit mosque, also known as Great mosque, is located in the city center and it was built by sultan Yildirim Beyazit I in 1382, then rebuilt in 1899 after a big fire in the city. Another old mosque is Sarachane mosque built in 1750. The Orta hammam (Turkish bath) was built in 19th century. There are also several inns (Hans) from 18th and 19th centuries, which are still standing. Bolu museum is located in the city center and has two sections: archaeological and ethnographical, with a wide collection of historic periods from Neolithic to Ottoman era, as well as craftworks of textiles, jewels, and arms. Lake Abant is an amazing natural beauty in the province of Bolu and is one of Turkey's most popular destinations for local and foreign tourists all year around. It is 34 kilometers (21 miles) southwest of the city, situated at an altitude of 1325 meters (4347 feet). It's a tectonic lake fed by underground waters and is about 45 meters deep. The lake is a magnificent one with water lilies spread over, and the deep green forest surrounding it. It's under protection as a natural conservation area.





TRAVEL PLANS TO BOLU

IMPORTANT THINGS TO KNOW BEFORE BOOKING YOUR FLIGHTS!

- Reimbursement of travel costs will only be done upon presentation of all (including return tickets) original tickets, receipt/invoices and boarding passes. Please print all documents, which are related to travel expenses. Keep in mind that you will be asked to send us the originals of your all return travel documents including boarding passes.
 - **Please do not lose your boarding passes (both ways); you will need them for reimbursement of travel cost.**
 - Reimbursement will be done in EURO regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EURO, will then be converted and calculated according to the exchange rate of the month when the grant agreement for this project was signed by the NA, as stated in the official European Commission web-site at <http://ec.europa.eu/budget/infocore/index.cfm?Language=en>
 - Finally, please make copies (or even better, scan or take photographs) of all tickets and invoices and email them to baibupdr@gmail.com before attending the exchange. We will be collecting all boarding passes and documents related to your travel expenses when you get to Bolu. Therefore, it is your responsibility to keep your documents.
- **You should be at the hotel in Bolu before 22.00 (10PM) of 9th of June and leave the hotel afternoon on 16th of June.**

MAX. TRAVEL EXPENSES FOR EACH COUNTRY

COUNTRY	PARTICIPANTS (including leaders)	TRAVEL EXPENSES (max. per person)
Italy	7	275 Euro
Lithuania	7	275 Euro
Estonia	7	275 Euro
Spain	7	820 Euro

HEALTH INSURANCE: You are strongly advised to have private travel health insurance during your stay in Turkey. Therefore, make sure to have travel health insurance before you come to Turkey. Health insurance is not provided and will not be reimbursed by the organisers.

IMPORTANT: Please check your current COVID 19 restrictions to come to Turkey (the link below). As long as you are vaccinated, there will not be any problem. However, it is better to check the current situation both in your country and in Turkey.

<https://www.turkishairlines.com/en-tr/announcements/coronavirus-outbreak/travel-restrictions/>



IMPORTANT ISSUES ABOUT YOUR TRAVEL

IMPORTANT NOTE: We highly recommend you to buy your tickets from companies of airlines (Turkish Airlines, Iberia Airlines, Lufthansa etc.).

- **!!!We DO NOT recommend you websites such as skyscanner, Expedia, cheaflights.com etc.**
- **PLEASE DO NOT BUY YOUR FLIGHT TICKETS WITHOUT OUR CONFIRMATION (Confirm us via whatsapp, email etc). We will be more than happy helping you to find best options for your flight tickets considering your arrival and departure times.**

HOW TO GET TO BOLU?

1. Flying to Istanbul (There are two airports in Istanbul)

- a. If you arrive to Istanbul Airport (the one on European side), you need to take the bus to the Coach Station (Esenler Otogar) and once you get there you need to take the bus to Bolu which is around 5 hours from Istanbul to Bolu. (www.flixbus.com.tr) (www.metroturizm.com.tr) (www.efetur.com.tr)
- b. If you arrive to Sabiha Gökçen Airport (the one on Asian side), you need to go to Kadıköy by Havataş buses and once you get there you need to take the bus to Bolu from bus companies in Kadıköy. (www.flixbus.com.tr) (www.metroturizm.com.tr) (www.efetur.com.tr)

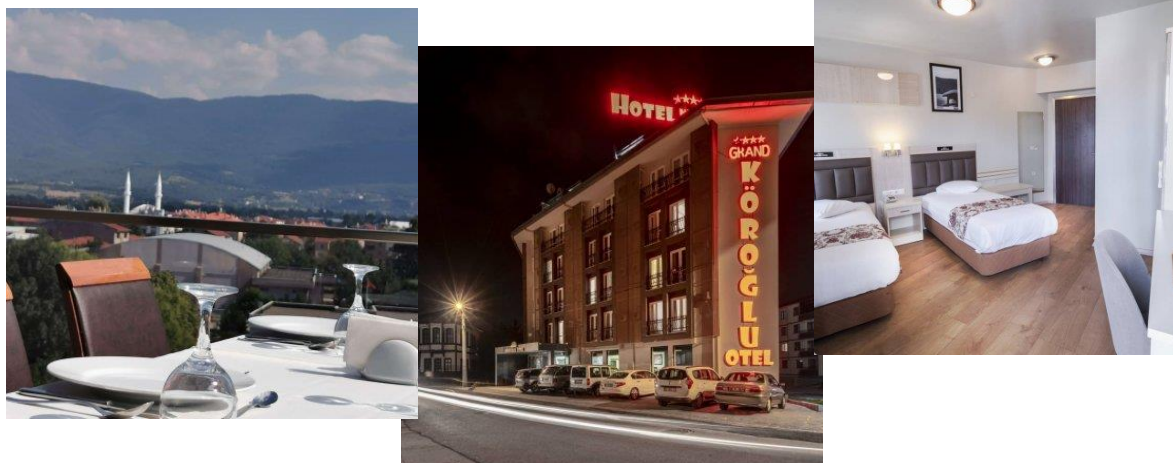
2. Flying to Ankara *(Note! Your first option should always be arriving to Istanbul)*

- a. You can fly to Ankara and take the bus to the main bus station (AŞTİ) and take one of the buses in AŞTİ to come to Bolu. (www.flixbus.com.tr) (www.metroturizm.com.tr) (www.efetur.com.tr)

IMPORTANT NOTE: Once you get to Bolu, we will help you to arrange your return bus travels to Istanbul or Ankara.

ACCOMMODATION

Our Project will be held in Bolu Köröğlu Hotel (<https://bolukorogluotel.com.tr/>) which is located in the city center.



- The rooms will be for 3 persons.
- We will have breakfast, lunch and dinner. There will also be free additional coffee breaks where we will have tea, coffee and cookies.
- The hotel will provide us towels. If you prefer to bring your own towels, it is up to you.

WHAT TO PREPARE BEFORE YOU COME

- Please get ready to lead some ice breaking activities and energisers during the Project. We want each participant to feel involved in the project.
- Each country will have a cultural night during the project where you will have the chance to express/show your culture by foods, drinks, clothes, dances etc. You can bring your national flag, traditional costumes, snacks, traditional drinks etc.
- The weather in Bolu in June usually is around 25C. Keep in mind that it gets little bit chilly in the evenings. So, you might need to take your jackets with you (Maybe not for Estonians and Lithuanians 😊)

CONTACT INFORMATION

For any kind of assistance please feel free to call, text or email us via;

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