



# Let's do Sports

## Project Information Packet

**13 -20 October 2017 / Sorgun / Yozgat / TURKEY**

**Dear Friends,**

Welcome to our country to do the Project activities between 13 -20 October 2017. No doubt that we will host you in the best way in our country. We advice you to have the activities effectively.

### **Program**

Our project will start on 13 October and participants will take places un the hotel. The program will start in the morning 14 October. Return will be on 20 October. Everybody has to actively participate to all the activities Detailed information about the program is included in Excel formation.

### **Preparation**

For the traditional "Cultural night organization

- 1- Your countries delicious drink and food
- 2- Musical instruments that you can play traditional
- 3- Your local music and dances
- 4- Brochures, flags, information, badge, poster that are about your institution
- 5- Everything that you want to share to introduce your culture

## **Who are we? About Our Association**

Our association was founded in order to perform the ones: Young people's carrying out the works in the field of social, cultural, education, entrepreneurship, unemployment, human rights, refugee rights, democracy, health and sport, their contribution to the youth development, supporting solidarity and cooperation between young people, stimulating the young people's entrepreneurships, helping young people to get information and ability about getting the entrepreneurships , supporting the young people especially who are refugees, young people who are under risk and disabled to the society that they are living in to the adaptation of them.

SORGED Sorgun Youth Organization started its legal entity on 28th November in 2014. Although our organization has just been founded, the members had activities more than 3 years together under an independent group and have performed 9 youth projects successfully. In addition, our organization has made partnership with different countries and sent 100 young people abroad free

Web site: [www.sorged.org](http://www.sorged.org)  
facebook.com/SORGED/  
Twitter: Sorged66

## **About the project**

Sport, as a whole of some physical activities help the people to be social by giving the feel of being a member of a group and social identity. Sport again, provides the individuals because of its feature that it is a social activity which provides the individual to join dynamic social environment. Sport as a tool of a socializer, thanks to its unifying feature, can gather the crowded without any discrimination of language, sex, religion etc and help the communication among the people and the communities by going beyond the conflict border.

One of the biggest problems, unchanging as a result of technological development and computers getting into our lives causes the young people to stay in their homes, rooms and have passive lives. That the technology addiction increases, have some disadvantageous such as their living in their individual world, having problems with social adjustment, and growing shy, introvert individuals who are not a part of the community.

In our Project we aim to involve the young people in social life with sport activities and provide adjustment. So, we are going to rescue them from their small world to be in different places, to dialogue with people from other beliefs, thoughts, to be affected by them, to affect them to make new friendships and continue these friendships for social inclusion.

To support them healthy and well-nutrition, to provide them doing sports and gain this as a habit and to discuss their malnutrition, unchanging life problems and their reasons and effects.

To direct the young people to volunteer activities, involve them in sport activities and social inclusion, make them conscious about equality of opportunity and importance of physical education and increase the possibilities of doing sport.

In addition to supporting their physical and social, emotional development thanks to this project, we aim to introduce the sports which aren't common in our city.

We also aim to spread the sport which has good effects to grow good generations and to create a culture of sport among them.

We are going to strengthen social adjustment in European Union, to create the tolerance and cooperation thanks to unifying feature of sport, to support the self-confidence of people with few opportunities, to develop our activities in the region and in the country, to transfer them, to apply innovative applications, to make sustainable partnerships, to write new projects and to develop entrepreneurships.

In total there will be 25 participants in our project. The participants will be between 18-30 years old. There will be no age limit for group leaders, facilitator and expert.

In our project, there will be a learning process by joining. The participants will not be the audience, but will join actively to every stage of the activities. The activities will be implemented by using interactive methods. The participants will be responsible for team building games and simulations and will sometimes have presentations. In addition, they will have workshops with policy-makers and experts.

At the end of our project, our participants will have meeting about social adjustment with sport, locally, at the university and high school. Teenagers who participated our project, will make peer education, common education methods by describing and applying thanks to activities at the local department, NGOs and universities.

### **Responsibilities of partners**

To choose participants within the specified criteria and methods, to support weekly schedule, to obey all the duties and responsibilities, to be included in dissemination, to do the activities, to help organising and introducing their own culture, to cooperate with other participants, to prepare activities with other participants, to choose person in responsible for a quick communication.

Please try to choose participants from your organization. If you select out of the organization let them be related to our project.

## **Transportation**

You should come by any plane to Ankara. The distance between Ankara and Sorgun is 250 km. It takes nearly 4 hours by bus. If all the countries fly to Ankara closely. I will meet you with a minibus. If your fly hours are different, you must go to Ankara bus station A bus named HAVAŞ go there every 15 minutes. From there, you can come to Sorgun with Gülen or Ses Turizm. We will meet you in Sorgun bus station.

## **Accommodation**

Accommodation and food expenditure belong to us. You will stay in Sorgun Grand Thermal Hotel. It is a luxurious hotel. There are 3 or 4 rooms in an apartment. Breakfast and dinner are buffet in hotel. Lunch are sometimes in hotel, sometimes in outside according to the program.

The hotel is nearly 2 km to the city centre. We will transport with a special vehicle. People from all over Turkey come to the hotel. You can use the swimming pool and sauna unlimitedly.

### **The features of the water**

The water of Turkish Bath boil from points, it is known that there is 1.902,7 mg/lit in a liter of the water the temperature of the water: 50-75 °C

- The benefits of the spa
- It is useful for rheumatism illnesses
- There are good effects on woman illnesses.
- It is useful for operations and the disturbances after operations
- It is useful for metabolism disturbances

Hotel web site: <http://www.sorguntermal.com/>

## **PAYMENTS**

100% of journey expenditures are met. To prove your journeys, you have to keep plane, train bus tickets boarding tickets, etc. If you don't bring them, it is not possible to the reimbursement, there process that you move from your hometowns, to the return process.

### **The prices to pay for transportation**

Faaliyet No.	Faaliyet Türü	Akış No.	Gönderen Ülke	Gidilecek Ülke	Mesafe Aralıkları	Katılımcı Başına Seyahat Hibesi	Katılımcıların sayısı (Refakatçiler dahil)	Yüksek yurtiçi seyahat maliyetleri için telafi ödemesi	seyahat maliyetleri için telafi ödemesinin sayısı (Refakatçiler dahil)	Talep Edilen Toplam Seyahat Hibesi
A1	YOUTH-EXCH-P - Gençlik Değişimleri - Program Ülkeleri	1	Türkiye	Türkiye	0-9 km	0.00	7	180.00	0	0.00
A1	YOUTH-EXCH-P - Gençlik Değişimleri - Program Ülkeleri	2	Yunanistan	Türkiye	500 - 1999 km	275.00	6	180.00	0	1650.00
A1	YOUTH-EXCH-P - Gençlik Değişimleri - Program Ülkeleri	3	Polonya	Türkiye	500 - 1999 km	275.00	6	180.00	0	1650.00
A1	YOUTH-EXCH-P - Gençlik Değişimleri - Program Ülkeleri	4	İtalya	Türkiye	500 - 1999 km	275.00	6	180.00	0	1650.00

## **Never Forget**

Food, drink, clothes, music for Cultures night and organization.

- Your clothes that you like the most
- Sports and comfortable clothes
- Too much energy
- Cameras
- Charging machines
- Tickets and boarding tickets.
- Choose suitable participants.