Power of Sharing
Akdeniz University
EuroMed Youth Centre
e-Journal

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Power of Sharing E-Journal
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Address: Deniz Mahallesi Deniz Caddesi, Adrasan, Kumluca/Antalya
(0 242) 310 64 92
http://euromed.akdeniz.edu.tr/tr
e-mail: euromed@akdeniz.edu.tr

Editors:
Rabia VEZNE
Uğur Yasin ÇAVUŞLAR
Natalia GARBACİAK
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Foreword

Welcome to the fifth issue of our e-journal, which is published by the EuroMed Youth Centre for the benefit of all young people. Since 2012 we have been continuing to empower young people in our local area, and to cooperate with other youth centres in Europe and the Mediterranean Region. We are now proud to publish the fifth issue of our e-journal, and move closer to our goal with determination and confidence.

With the publication of this e-journal, our aim is to share with our readers the wide variety of different European experiences enjoyed by young people during their mobility periods, and to provide information about the opportunities available to young people in Europe.

I would like to thank to all the staff members in our centre for the great contribution they made to the publication of our e-journal. I hope it will be useful for all young people, and help them to learn more about EU opportunities and their own personal development.

Prof. Dr. İlhan GÜNBAYI
Executive Director of EuroMed Youth Centre
**Issue Slogan**

What you can do, or dream you can, begin it; boldness has genius, power, and magic in it.

*Goethe*

One of the biggest obstacles preventing people from taking big steps is lack of courage. Courage, while being one of the biggest motives to get something done, is also an important factor at big decisions. For example, young people abstain from going abroad or out of their town to study for several reasons. With the technologic advancements through the time, these reasons that discourage young people disappeared. In the past, travelling was taking weeks and months while it is taking hours now with high-speed trains and planes. Also, communication became much easier. Now, it takes seconds to communicate via internet both written and voiced. With this advanced communication and technology, number of programmes for studying and working abroad increased too. While Erasmus+ is one of the best programmes for studying abroad, Work&Travel is the leading programme for working in United States.

As Goethe said, the power you need to do something is inside you. In this journal, we have arranged interviews with young people who went abroad with Erasmus+ and Work&Travel to encourage you. Akdeniz University Euromed Youth Centre wishes you pleasant reading.
EVS Corner

What is EVS?

European Voluntary Service allows young people aged between 17 and 30 to express their personal commitment through unpaid and full-time voluntary service for up to 12 months in another country. Volunteers are given the opportunity to contribute to the run-up to the activities, and to take part in initiatives organised within the framework of a European or international event.

You should apply to a sending organisation which has EVS accreditation in order to become an EVS volunteer. The organisation will find you a host country from abroad. You can search for the organisations which have EVS accreditation on the following website; http://europa.eu/youth/evs_database.
EVS Corner

There are 12 organisations which have EVS accreditation in Antalya:

- Akdeniz University International Relations Office
- Akdeniz University Culture and Social Aid Foundation
- Antalya Intercultural Dialogue Centre
- Antalya Metropolitan Municipality
- Alanya Municipality Foreign Relations Department
- Antalya Women’s Consultation and Mutual Benefit Association
- AKSU 80th Anniversary Love Village (Sevgi Köyü)
- Antalya Directorate of Probation
- Antalya Province EU Projects Coordination Centre
- Efem Akdeniz Youth and sports Club Foundation
- Blue Mediterranean Culture Training and Youth Association
- Alanya Municipality Support Services and Sports Department
Exchange Programmes Corner

What is the Erasmus+ Programme?

Erasmus is a European Union student exchange programme created by the European Community Action Scheme in 1987. Erasmus+, or Erasmus Plus, is the new programme combining all of the European Union’s current programmes dealing with education, training, youth and sport, and which is due to begin in January 2014.

The Erasmus programme, as a European Union education and training programme, is designed to increase the quality of higher education in Europe. For this purpose, the Programme promotes co-operation between higher education institutions in Europe. The resulting partnerships and mobility activities are financially supported by the Programme.

In addition to co-operation between HEIs, the Erasmus Programme also promotes cooperation between HEIs and the labour market so that universities are in a position to meet the needs of the labour market, and give better employment opportunities to graduates.

The European Commission is responsible for the overall implementation of the Erasmus Programme. Actions are managed by the national agencies of the 34 participating countries, or by the Executive Agency for Education, Audiovisual and Culture based in Brussels.
For many students, the Erasmus+ Programme is their first experience of living and studying in another country. Hence, it has become a cultural phenomenon which is very popular among European students.

The Programme fosters not only learning and understanding of the host country, but also a sense of community among students from different countries. The Erasmus experience is considered both a time for learning and as a chance to socialise.

It is seen as a great opportunity to study abroad while not having the expense of studying outside the European Union, since the grants available to Erasmus students are not available to those opting to leave the continent to study.
10 Things You Must Do Before You Go to Erasmus

Without a doubt, Erasmus+ is one of the best experiences in the world to live. Its’ benefits for you are priceless starting from the moment you join the programme. But, these are the things you should know before going into this adventure:

1) **Learn everything from the person or the team who will welcome you.** Clarify the things like what will they do for you before you go there, who will help you out etc.

2) **Learn the language of the receiving country.** At least try to learn basic sentences and expressions. This basic knowledge will save you in the first days. It will also help you with the foreign language courses. Besides, people who live there will appreciate the effort you are showing as a stranger.

3) **Try to learn every local place.** Try to think about local cafes, libraries, theatres and the experiences you want to have there. If you start looking for tickets, places after you go there it may be too late or too expensive. Consider these before going.
4) **Learn some things about the place you are going.** You will spend a couple of months your university life there. So you should have some knowledge about culture, food and beverage, activity, transportation and tourism destinations. And you can access to these kind of informations through the internet.

5) **Gather all the necessary documents.** The most important documents are ID, passport, visa, health documents and learning agreement. While these documents are compulsory to go there, you may need some extra documents like bank account paper or driving license.

6) **Make sure you can have access to your bank account abroad.** Money is among one of the most important thing especially when you are abroad. So, to not become broke, contact your bank and make sure you have full access abroad.

7) **Take your camera with you.** Erasmus+ is not about only staying in one place. It is also a process of seeing some new places, learning and discovering. Make sure you record these to remember them later.

8) **Keep a diary.** Turn it into a task for yourself. Reading the things you have done during Erasmus+ period can gain you a different life perspective every time you read it. Also, reading it in the future and remembering the experiences will be a huge happiness source for you.
9) **Decide the communication ways with your family and friends before going.** Remember that you may miss your family and friends during Erasmus+ programme. Especially, with the help of smart phones you can text and you can have voice and video calls through internet. Besides that, you have an option to communicate with laptops using the same methods.

10) **Don’t panic.** You can be nervous before the days you leave. To prevent this, spend some time with you friends and family, and enjoy your last days before going abroad, have fun and laugh.
Hello Kenan, this will be a cliché question but where did you hear about Erasmus+ programme?

Hello. Erasmus+ is actually one of the things high school teachers use to reduce the students’ stress level and motivate them. I also heard about Erasmus+ from my English teacher in high school. My classmates who went to Erasmus+ before motivated me a lot.
There is a language exam to assess the language level. Was it easy for you?

It was quite easy for me because I am studying English Language Teaching.

Which country were you dreaming about before going and which country did you go?

I have always wanted to go Slovakia. It may not look interesting to some people, but because of its’ location and living conditions I decided it beforehand and I went there.

Can you briefly tell some things about Slovakia and your life there?

Because of its’ location, Slovakia has lots of opportunities for discovering Europe. Also, I can say that it is equal to Turkey economically while becoming a bit more expensive sometimes. And I can say that it is pretty much the same educationally. Even though Slovak people don’t really know English, lots of young people can speak English, German and even Russian. Besides, they are very helpful. The country is pretty small, but it has lots of beautiful castles and natural beauties.
Did you have any problem about eating in Slovakia?

I can say that I had some problems. People here are really keen on eating healthy. I can say that they are like classical European people. They don’t really eat junk food. While it is very common to eat junk food especially in Turkish youth, Slovak youth prefers healthy food. They don’t really have a famous meal. They only have a meal named “halusky” which is like a mixture of potato and cheese. It is not really for our taste. Even though it was only hard at the beginning, I can say that it will be very hard for people who say that “I can only eat Turkish food”.

How was your accommodation there?

I lived in a dormitory which our university chose and I can say that it was pretty cheap. I stayed in two-person rooms (without microwave or fridge). Accommodation is pretty cheap and comfortable. Especially their internet speed is much better than Turkey.
How was your education life in Slovakia? Did you have a chance to have an internship? Can you tell us briefly?

The education in Slovakia is exactly the same as the one in Turkey. Generally the classes consist of 15 people. If you are studying teacher education, you visit Slovakian schools a lot. I heard there were internship opportunities for other departments, too. Teachers are quite knowledgeable and they help Erasmus+ students.
When thinking about Slovakia the first thing that comes to mind is Bratislava and its’ accessibility. Is it really like that?

Accessibility was one of the reasons why I chose Slovakia. Even if you are an Erasmus+ student, because you are a student, all trains are free inside the country. This helps you see all around the country and its’ castles, beauties. I can say that there are very few cities that I have not visited in Slovakia. Besides that, because Slovakia is in the middle of the Europe, you can find cheap train/bus tickets to lots of countries in Europe (Poland, Austria, Germany, and Czech Republic etc.) Also, if you follow the discounts, plane tickets are pretty cheap, too.

Was Slovakia an economical country for Erasmus+?

If you say that “I don’t really travel and I will cook my food” your grant will be enough. Fruits and vegetables are a bit expensive, but the rest is the same as Turkey. Sometimes, it is cheaper.
We heard you were quite a traveller during your Erasmus+ adventure. Which countries have you been to?

Hahah 😊 I have been to Germany, Austria, Italy, France, Sweden, Norway, Denmark, Belgium, Netherlands, Czech Republic, Poland, Ukraine and Croatia. I have met with lots of different cultures, joined free tours and learned lots of new things.
What advices would you give to your friends who want to go to Erasmus+?

I would say that they definitly need to experience this. I am very pleased that I have learned lots of things, made lots of friends, experienced lots of things. Erasmus+ helped me broaden my horizon. I would say, people who want to learn new things, travel and etc. should definitly join Erasmus+ programme.
Hello Hüseyin. Let’s talk about the times before you went abroad to study, about meeting Erasmus+ programme. How did it happen?

I have researched about Erasmus+ programme before coming to the university. Since my times in high school I have always wanted to go abroad to study. After I failed in the Erasmus+ exam first year, I remember trying to talk English with people who came from other countries. In the second year, I managed to go to Linz, Austria to study.

After your Erasmus+ programme in Linz, you have decided to stay in Europe to study. What made you make this decision?

After my first semester here, I realised that I haven’t really explored the city and country. So I decided to extend my Erasmus+ duration. I studied here for one year. After that one year, my will to stay here didn’t go away, so I looked for some ways to stay here. Then I learned that I could, under some specific circumstances.
What are you studying right now at Linz?

At Akdeniz University, I was studying Primary School Teaching. But here, I took another university exam. According to my skills reviewed by professors here, my department was determined. I have been studying “Inklusive Pädagogik”, which means mentally and physically disabled for the past 2 years.

Can you tell us about German a little bit? Was it heard to learn the language?

It was hard at the beginning. I can’t say that it is that hard anymore. Even though I learned the grammar of the language after attending courses, people outside and professors speak very differently. Some professors speak Polish. While every teacher in Turkey has to speak Istanbul Turkish, there is no such thing in here unfortunately.

This time, it was not an Erasmus+ class, and you share the class with normal students. Was that easy to adapt to?

As I said before, not understanding Polish made it quite difficult in the class. But the hardest thing was the culture shock. As an Erasmus+ students you interact with lots of other cultures and you get used to your own culture, but as a normal student you can not live your own culture because there are lots of Austrian students in the class.
Can you tell us about the foods and culture in Austria?

Food is quite different. They have meals made with pork. My favourites were Wiener Schnitzel and some snacks made with cheese, different sauces and sausages. And the best thing about culture is that they do not gossip.
What advice would you give to your friends who want to go to Erasmus+?

At Akdeniz University, there are lots of people who came from other countries that speak fluent English. They should stop being embarrassed and talk to them. Also, before going abroad they should make some researches about the country they are about to go. For example, some students come here and get surprised when they learn the official language of the country is German.

I hope your answers will be helpful to the people who had questions.

Thanks a lot.
Exchange Programmes Corner

What is the Mevlana Programme?

Mevlana is an exchange programme designed to facilitate the exchange of students and academic staff members between Turkish higher education institutions and higher education institutions in other countries. Since the regulations were published on August 23rd 2011, (Regulation No. 28034), the exchange of students and academic staff members between Turkish higher education institutions and higher education institutions in other countries has been made possible.

Students may study abroad for a minimum of one, up to a maximum of two semesters, while members of the academic staff may lecture abroad from a minimum of one week, up to a maximum period of three months. As a result, students and academic staff members from any country may benefit from this programme by being hosted by Turkish higher education institutions in order to study or lecture.
The original name of Mevlana, which inspired the name of the programme, belonged to Muhammed Celaleddin. Mevlana was born in 1207 in the district of Belh of Horasan, which is now on the border of Afghanistan. The name "Mevlana" was used by Sultan Veled, Şems-i Tebrizi, and it has become a universal symbol which is identified with him. He is also known as Rumi to the people of the western world. Mevlana lived in the 13th century, but as a sufi who encompasses a timeless quality in his work, he did not discriminate between peoples, as illustrated by his verse "Come, come whoever you are". As well as his mercy, selflessness and unbounded humanity, he showed total tolerance, qualities which impressed not only the world of Islam but also the whole of humanity. He is accepted worldwide as a profound intellectual in his view of people and life. UNESCO, in recognition of the 800th anniversary of Mevlana’s birth, declared the year 2007 as the year of Mevlana and Tolerance.

Throughout his education, he visited the educational institutions of various cities in different countries not only as a student, but also as a scholar. Mevlana attributed great importance to "change" in his philosophy throughout his life.
What is the Farabi Programme?

Farabi is a national exchange programme operating between universities which have signed the “Farabi Exchange Protocol”. The programme was started in Turkey by the YÖK Higher Education Institution in 2009. Each October and March students can apply to their own universities to be a Farabi Exchange Student and to study in another university in Turkey. The selection process takes into consideration the academic success of the applicants.

The exchange serves to improve both the social skills of the individual, and provides them with experience in how to deal with difficulties. Since they are studying in a different social environment, it also improves their communication skills. The students have the chance to study with different teachers at a different university, which helps them to develop a different vision in their work.
EU Projects Corner

What is Youth Exchange?

Youth Exchanges allow groups of young people from different countries to meet and live together for up to 21 days. During a Youth Exchange, participants jointly carry out a work programme (a mix of workshops, exercises, debates, role-plays, simulations, outdoor activities, etc.) designed and prepared by them before the Exchange. Youth Exchanges allow young people to: develop competences; become aware of socially relevant topics/thematic areas; discover new cultures, habits and lifestyles, mainly through peer-learning; strengthen values like solidarity, democracy, friendship, etc.

- Young people aged between 13 and 30, who are resident in the countries of the sending and receiving organisations. Group leaders involved in the Youth Exchange must be at least 18 years old.
- Duration of the activity is from 5 to 21 days, excluding travelling time.
- Minimum of 16 and maximum of 60 participants (group leader(s) not included).
- Minimum 4 participants per group (group leader(s) not included).
- Each national group must have at least one group leader.
Who can apply?: Any participating organisation or group established in a Programme Country can be the applicant. This organisation should apply on behalf of all participating organisations involved in the project.

Number of partners: At least 2 partner countries.

Duration of Project: From 3 to 24 months.

Where to apply? To the National Agency of the country in which the applicant organization is established. Participants do not have to send application forms to their National Agencies. You should also upload your application form to TURNA at www.ua.gov.tr for Turkey.

When to apply?

When to apply? Applicants must submit their grant application by the following dates:

- Before 12.00 February 4th (midday Brussels time) for projects starting between May 1st and September 30th of the same year;
- Before 12.00 April 30th (midday Brussels time) for projects starting between August 1st and December 31st of the same year;
- Before 12.00 October 1st (midday Brussels time) for projects starting between January 1st and May 31st of the following year.
IAESTE Exchange Programme

What is the IAESTE Programme?

IAESTE is the International Association for the Exchange of Students for Technical Experience, which is a non-profit-making student Exchange Union.

IAESTE provides students in technical subjects with paid, course-related training abroad, and supplies employers with highly skilled and motivated international trainees. With more than 80 member countries and over 4,000 traineeships arranged each year, it is the largest organisation of its kind in the world.

IAESTE Turkey has provided the opportunity to take part in an internship in a foreign country to more than 10,000 Turkish students, and also made arrangements for about 10,000 foreign students to come to our country. The objective of the organization is to speed up technical and career development, and to implement high quality internship exchange programmes between member countries.
What is WORK&TRAVEL?

Work& Travel is a programme that provides an opportunity to work and accommodate in U.S for students legally under the control of United States of America.

During the summer break, university students work and travel in the United States with the help of this program for 3 months. Besides, they can improve their English while travelling after working 3 months. Work opportunities in U.S are entertainment business, cooking, hotels, pensions and supermarkets etc. Generally they are jobs that require no prior experience. With this, students start their work life, and they experience a new culture while doing it. Also, they get to experience American life style and meet with people from different countries.

You need to be aged between 18 and 25, have the skill of talking and understanding English, and have a GPA of 2.00 to apply. You can get the detailed information from foreign education consultancy institutions. We will make an interview with Ecem Özen from English Language Department to give answers to questions about Work & Travel.
How did you first meet with Work & Travel programme? What was the factors that affected you?

I had some friends who went before. And I also had an idea to go to a country whose official language is English and live there for a while. I decided this was the appropriate programme for me after I discovered that I can pay my own expenses after coming back.
How long have you stayed in U.S. and what did you do?

It was around 4 months and I was a cashier at a supermarket.

So, you have been in a country whose official language is English. Did that improve your language? Was it easy to adapt?

It definitely did. At first, I was having a hard time understanding a normal conversation but then I got used to it. First weeks were hard, especially the accents. But I got used to it.
How was the culture in America? Did you have any hard time about foods?

Culture is different but it takes you in. People helped us because they knew we came from a different culture. I experienced new things everyday because I worked in a supermarket.

How was the transportation? Did you have any difficulties nationally or internationally?

Everyone had a car there and public transportation was not very popular. And taxis were expensive so it was hard.

How was it friendship-wise?

I didn’t have any problems about making friends.

What are you advices for people who consider going to Work & Travel?

I definitely recommend it. It is very advantageous.
Since Euromed Youth Centre was established, it has been playing an active role in EU projects. Between 2007 and 2013, there were 10 projects completed under Lifelong Learning Programme (LLP). Moreover, our Center establishes partnership in order to support youth mobilities and produce solutions to youth problems.

Our center also participates in Erasmus+ Program which will last between 2014 and 2020. In addition to Erasmus+ Program, we apply projects as coordinator and partner under Anna Lindh Association and Creative Europe Program. Moreover, we send partnership forms and become partners with many youth organizations in Europe. With these partnership networks, we contribute to youth mobility and support young people.

Our ongoing projects are:

- Educathe+ KA2 Strategic Partnership
- Make a Difference, Add Value to the Local
- Meeting my Neighbour
EDUCATHE + KA2 Strategic Partnership

**Aim:** To increase the employability and inclusion of disabled people with using theater activities.

**Duration:** November 2015 - October 2017

**Number of Participants:** 112 participants from 7 European countries
Partner Institutions:

- The Association for the Prevention of Stigmatization and Education Theater (UPSET, Zagreb, Croatia)
- Politistiko Somateio Proothisis Theatricis kai Kinimatografikis Texnis Aratos of Soleus (Aratos, Thessaloniki, Greece)
- Akdeniz University (Mediterranean, Antalya, Turkey)
- NGO (OCEAN, Athens, Greece)
- Theater Tsvete (Tsvete; Sofia, Bulgaria)
- Associazione Diversamente (ADM; Syracuse, Italia)
- GC De Zeyp (DE ZEYP, Brussels, Belgium)
- Integrācijas inkubators (I + I, Ventspils, Latvia).
Brief introduction of the project:

The "e +" project is an international strategic alliance of institutions active in adult education. The project was developed on an international involvement theater workshop entitled "Educathe". This theater workshop is a drama-action workshop model developed by Ivan Hromatko in his doctoral dissertation.
8 theater workshops planned for 40 days during the project period. 112 people from 8 countries in 7 countries will participate in these workshops.

The E+ Platform is a multi-resource tool created by Educathe + partners and financed by Erasmus + Program.
“Make a Difference, Add a Value to the Local” Project under the Promoting Youth Employment in Sectoral Investment Areas (EuropeAid/133936/M/ACT/TR) Grant Scheme is granted by the Ministry of Labor and Social Security. The project will be carried between 1st of March, 2016 and 1st of March, 2017.

Project objectives are; improving the main abilities and skills of 30 young people which will increase the potential of employment in tourism and providing attendance of 30 young girls living in Adrasan but not having regular income to ecologic product development training and labour force by revealing the cultural values and by protecting the environment.

Target groups are young people who are at the age of 17-29, live in Adrasan, graduated from secondary school or left school early, work part time in tourism sector, do not have skills to work in tourism regularly and especially young girls who get married early and do not go to school because of family, economic and social reason, and disabled young people.
Main activities are:

- Vocational educations of 3 month cookery and 3 month ecologic product development
- 2-month Tourism English Education for 60 young people.
- Education of general skills for 60 young for 5 days
- Education of entrepreneurship: making business plan and utilizing from the funds like KOSGEB etc. for 5 days for 30 young
- Apprenticeship Training of 30 young people for 30 days
- 12-month guidance and consulting service for 180 young people
- Guidance Booklet of Young Workers in Tourism Sector
- 2 Agro Tourism Seminars for 200 people
- 2 days gourmet talks and creating menu as per Adrasan'a Tat Kat Days
- Study Visit to Ayvalik for setting samples of research, analysing, promotion and practice of local products setting up regional market project.
Meeting my Neighbour Project

The Project is prepared by System and Generation Association - S&G and granted by Anna Lindh Foundation under the Call for proposals “Network Intercultural Actions” ALF/NIA/2015/01.

The aim is to promote and increase mutual respect between the Turkish citizens and forced youth from diverse minorities who are tackling with social and cultural challenges by developing intercultural neighbour’s dialogue with involvement of Network Members as partner from 3 major cities of Turkey - Eskisehir, Antalya and Ankara.

Partners of the Project:

- Sistem ve Jenerasyon Derneği - S&G (Applicant)
- Akdeniz University Euromed Youth Centre
- Association of Civil Society and “Development Institute (ACSDI)
- Third Sector Foundation of Turkey (TUSEV)
- EU Activities Centre Association
- Turkey Disable Education and Solidarity foundation (ÖZEV)
- Eskişehir Mevlevihanesi Cultural Association
The specific objectives of the project are:

To involve young people to dialogue with their neighbours who are coming from different cultures, religions, and social backgrounds.

The participants should prepare a practical record of their communication by using the method of Participatory Video.

To increase the level of knowledge, tolerance and sympathy of local citizens and those individuals about cultural diversity in their community and focus on common values, traditions etc.

All of this will be done by promoting the video based on real life stories of those individuals and their life in the foreign country.
**Address**  
Akdeniz Üniversitesi Avrupa-Akdeniz Gençlik Eğitim ve Dinlenme Tesisi  
Deniz Mahallesi Deniz Caddesi Adrasan / Kumluca / ANTALYA

**Contact Details**  
Tel : (+90) 242 310 64 92  
(+90) 242 883 13 30 / 31 /32  
Fax : (+90) 242 883 13 33

**E-Mail**  
euromed@akdeniz.edu.tr