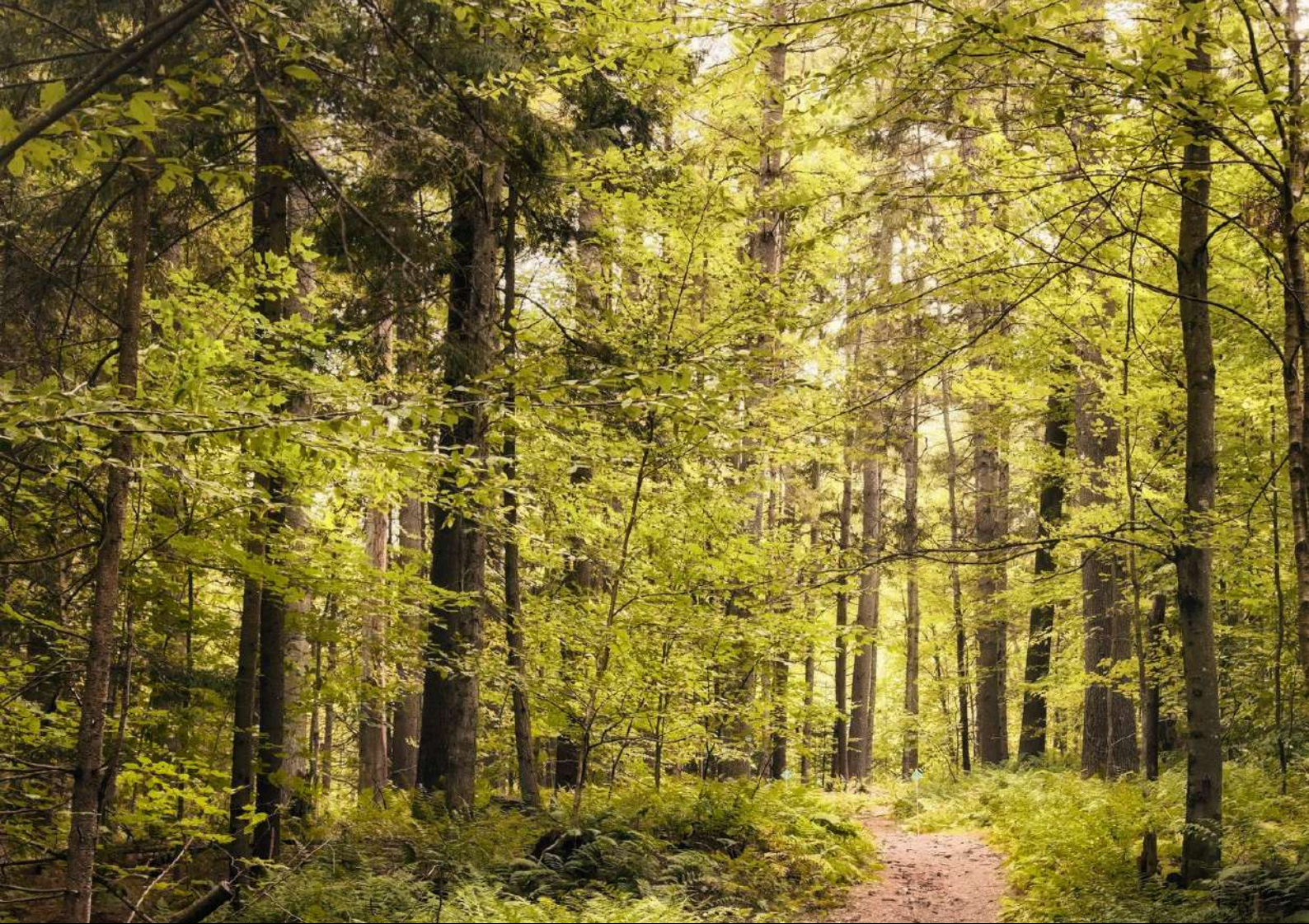




SİVİL TOPLUM DESTEKLEME DERNEĞİ
CIVIL SOCIETY SUPPORTER ASSOCIATION



Youth Exchange

7-15 July 2025

Çamlıhemşin - Rize - Türkiye

Healing Together



Erasmus+



TÜRKİYE ULUSAL AJANSI
TURKISH NATIONAL AGENCY

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WHO ARE WE?

SİVİL TOPLUM DESTEKLEME DERNEĞİ SİTODED (CIVIL SOCIETY SUPPORTER ASSOCIATION)

SİTODED was founded in February 2006. SİTODED, which was founded for the purpose of developing youth and civil society activities in Erzurum as a result of the research conducted by the founding members, who carry out various youth activities in many fields and receive education at associate degree, undergraduate and master's level, is active today with approximately 150 members. Our association members, all of whom are volunteers, create and implement various activity programs in Erzurum on Youth, Children, Disabled, Women, Culture-Tourism, Sports and Environment. SİTODED, which organizes support activities for various Non-Governmental Organizations in our city, continues to renew itself and transfer the knowledge and experience it has gained to its local area by participating in training and similar activities organized in various professional organizations and universities active at the national and international level.

Our aim is;

- * to take initiative actions to improve the efficiency level of Civil Society Organizations and NGOs.
- * to be a leading organizations to direct the Civil Society Organizations in Erzurum in terms of both European and World norms in the parallel of globalization.
- * to provide, and develop communication and collaborations between active NGOs at the local level.
- * to create projects at both local, national and international level and help them be represented in international platform.
- * to enable the use of current programmes and spread them over to develop Erzurum.





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02

"Healing Together"

About the Project:

"Healing Together" is an Erasmus+ Youth Exchange project focusing on mental health and the healing power of nature. It aims to empower youth and youth workers through alternative therapy tools and nature-based learning approaches. Taking place in the inspiring nature of the Eastern Black Sea region, the program will involve activities such as nature connection practices, storytelling, art therapy, creative drama, and reflection circles.

The project is planned as accommodation in a hotel for the first two days, a camp for the next 4 days and a hotel for the last two days.

Program Highlights:

- Whispers of the Forest (Nature-based awareness workshops)
- Paint Your Inside (Art therapy sessions)
- Mental Stories on Stage (Creative expression & drama)
- Highland Journey (Hiking & camping in the highlands)
- Buddy Talks & Storytelling (Peer-sharing and storytelling)
- Detox Camp and Final Evaluation



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BASIC INFO

WHEN - 07.07.2025 - 15.07.2025

WHERE: Çamlıhemşin, Rize , TURKIYE

HOW LONG: 7 working days and 2 travel days

4 participants aged 18-25 and 1 group leader
(no age limit)

From 6 Erasmus+ programme countries

Participants with fewer opportunities
are most welcome and will be
supported in their participation.



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Çamlıhemşin RİZE

The Black Sea has always been a popular spot for adventure and nature lovers Karadeniz, and Rize is a destination where you can see fifty shades of green. With its pristine nature, wonderful plateaus, beautiful historical buildings, delicious tea and gastronomy, and mountain biking, hiking, birdwatching, trekking, mountaineering, jeep safari, rafting, canoeing, kayaking, skiing and heli-ski options Rize promises a travel experience that will last forever.

(We will stay 2 days in Rize city center in hotel)

Çamlıhemşin: Nestled in the lush, green landscapes of Turkey's Black Sea region, Çamlıhemşin in Rize Province is a paradise for nature lovers and adventure seekers. With its stunning mountain scenery, rich cultural heritage, and a plethora of outdoor activities, Çamlıhemşin offers an unforgettable experience for every traveler.

(We will stay 6 days in Çamlıhemşin, 4 days in camp, 2 days in hotel)

<https://rize.goturkiye.com/>





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How to get here...

Transportation to Rize from Istanbul

From Istanbul Airport:

There are direct flights.

- THY has 5 flights in the morning and evening every day.

From Sabiha Gökçen Airport:

There are direct flights.

- Ajet has 3 flights in the morning and evening every day.
- Pegasus has 1 flight every day, in the morning.

<https://www.turkishairlines.com/>

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

<https://ajet.com/en>



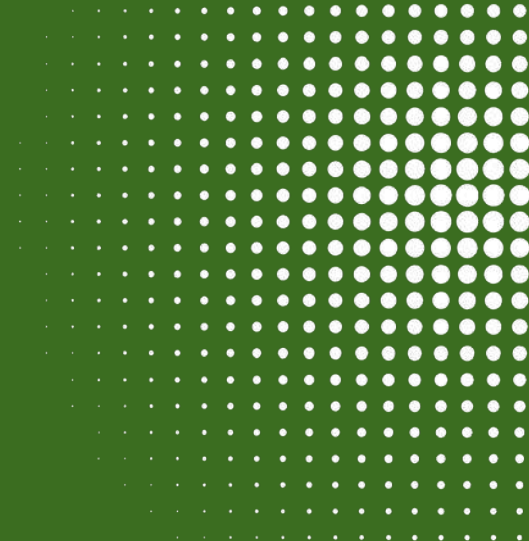
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Travel information



We will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, economy class flights etc., within the provided limit, from place of residency to the venue of the activity and return, based on the the

rates of the “distance calculator” of

European Commission

<https://erasmusplus.ec.europa.eu/de/resources-and-tools/distance-calculator> and related regulations as follows:

→ 10-99 km	: 28,00 EUR
→ 100-499 km	: 211,00 EUR
→ 500-1999 km	: 309,00 EUR
→ 2000-2999 km	: 395,00 EUR
→ 3000-3999 km	: 580,00 EUR



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07 TRAVEL

Funding Conditions

The project is funded through the ERASMUS+ Programme. 100% of the accommodation, food & material are covered by the program.

Please note the following:

- Please choose the most economical/cheap way of transportation. Only public transportation can be reimbursed (no taxis). Reimbursements of travel costs can
- only be done upon full attendance of seminar. Please plan your travel from your place of origin to the venue of the
- activity in Erzurum and return according to the travel limit shown in the table below. Your travel costs will be reimbursed up to the limit, if you spend less, you will get
- what you spent. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and
- invoice in maximum 1 month after the project. We reimburse to the account of sending organizations or group leaders, so not directly to participants.

Registrations with Tavo Europa

Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

Join now!

