

NO MORE DISABILITY!

4

TEAM LEADERS

35

PARTICIPANTS

COUNTRIES

4

18.11.2025

26.11.2025

Konya,
TÜRKİYE



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ABSTRACT

Health and well-being are the cornerstones of a fulfilling life significantly affecting our morale, motivation, and overall quality of life. Despite our best efforts to prevent accidents and injuries, life is unpredictable, and anyone can face disability at any moment. Recognizing this possibility empowers us to live more resiliently and sensitively, preparing for unforeseen challenges and becoming stronger individuals.

Physical disabilities can arise at any stage — before, during, or after birth — impacting the spinal cord, skeleton, and limbs. Advances in technology and healthcare, however, have dramatically improved the lives of those with physical disabilities. Modern prosthetics allow many individuals to regain mobility and independence, transforming their day-to-day experiences and enabling them to live more fully.

Our project supports and socializes orthopedic patients with prosthetics, addressing their unique challenges and providing opportunities for personal and social development. By listening to their stories and creating engaging experiences, we aim to inspire these individuals and foster a sense of community and motivation. Additionally, we seek to facilitate the integration of individuals with disabilities from various nationalities and encourage collaboration among health institutions to develop innovative solutions.



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OBJECTIVES

- Listen to and share the stories of orthopedic patients.
- Develop engaging projects tailored to the interests of orthopedic patients.
- Encourage patients to motivate and inspire others.
- Facilitate the integration of individuals with disabilities from various nationalities.
- Promote collaboration among health institutions to develop innovative solutions.

PARTNERS

Country	Organization
Turkiye	İş birliği ile Geleceğe
Serbia	Centar za unapredjenje društva
Portugal	Intercultural Association For All
Lithuanian	Asociacija Tavo Europa



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PARTICIPANTS PROFILE

Our project will include 35 participants from five different countries.

- The participants will be evenly divided into two groups:
 - People with prostheses: 20 participants
 - People without any disabilities: 15 participants
- Gender Distribution
 - Women: 18 participants
 - Men: 17 participants

Selection Criteria:

- People with prostheses: Participants with various types of prosthetic limbs.
- People without disabilities: Participants with no physical disabilities.
- Age Range: The participants will be between the ages of 18 and 30.
- Diverse Backgrounds: Participants will come from different cultural and socio-economic backgrounds to ensure diversity.
- Interest in the Project Theme: Participants must demonstrate a keen interest in the project's objectives and a willingness to engage in all planned activities.
- Every partner should choose 8 participants.
- Deadline is 27 September.



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DAY-BY-DAY OVERVIEW

- **Day 1:** Morning sports and icebreaker games to learn names, origins, and ages, followed by a theoretical session on disability stages, effects, and prosthetic construction, guided by experts. The day ends with a local excursion and an evaluation session.
- **Day 2:** Teams will be formed for a culturally diverse match to encourage dialogue and connections. Winners will receive small prizes.
- **Day 3:** Visits to a hospital to meet others with physical disabilities and a university to meet students studying biomechanics.
- **Day 4:** Participants will engage in an active start followed by the 'My Story' session where they share personal experiences with disabilities and answer questions.
- **Day 5:** An outdoor activity focused on environmental sensitivity and teamwork, concluding with a match and prizes.
- **Day 6:** Focus on Erasmus+ information, creating a visible information corner, preparing brochures, and increasing project visibility with a large canvas. The day ends with youthpass certificate distribution.
- **Day 7:** Final evaluations and a mini sketch activity where groups from different nationalities perform short plays about life with disabilities, fostering cultural exchange and teamwork.



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TRAVEL

Country	Amount
Türkiye	23-180
Portugal	530
Serbia	275
Lithuanian	275

Participants will receive their tickets first. Payment will be made 45 days later, provided there are no issues. Participants are required to keep their invoices and boarding passes.
First day is arrival day and last day is departure day.



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CONTACTS



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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.

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