



Food Exchange is a 8 days youth exchange which will bring 4 countries together in Van/Turkey.

- **Partner Countries:** Germany, Lithuania, Croatia, Turkey
- **Participants' Profile:** 18-30 (age) 8 participants from each country 1 youth leader who can be more than 30 years old
- **Place** Van/Turkey
- **Duration:** 7 days(excluding travel),
- **Venue:** Urartu Hotel
- **Time:** 23-29 November 2022



FOOD EXCHANGE

FOOD EXCHANGE'S OBJECTIVES

- to build a bridge between young people in Turkey and Europe via **FOOD**
- to prevent young people from social exclusion by including them active participation of intercultural dialogue via **FOOD**,
- to increase the tolerance and promoting acceptance of different opinions,
- to create the intercultural dialogue between different young people from different nationalities,
- to develop critical thinking skills and information filtering skills through discovering non-formal learning methods and the possibilities of the Erasmus+ programme.



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BEFORE THE YOUTH EXCHANGE...



- You must have preparatory meetings with your organisations. You will have some documents (consent form, contract of rules) about the youth exchange please make sure that sign those documents before you come to Turkey.
- Participants should do a research of traditional recipes of their own country or the region they come from, where the food originated from, how it travelled and how it was changing, how it was prepared through the history and what kind of meaning it has.
- Please fill out the travel form as soon as possible. This will enable us to organize the transfers.



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- You will stay at a 4-star hotel in the Centre of Van city.
- Wi-Fi is available in all areas and is free of charge. Featuring a hairdryer, private bathrooms also come with free toiletries and towels.
- The breakfast will be at a hotel.
- The activities will take place in our organisation's activity room. Our organisation is at the opposite of the hotel. Your lunch will be served at our organisation according to your dietary preferences
- There is a swimming pool at the hotel and you can use it freely, you can bring your swimsuit as well.
- Participants will stay in triple rooms.
- Both hotels and the activity venue will have disinfectants hand sanitizers and face masks.
- You will use the kitchen at hotel which will be only for us.



- We are going to provide a transfer for between Van Airport - the venue in the afternoon of the 23st of November.
- The return transfer will be also organised in the morning of the 29th November according to the departure times to the Airport and the city centre. Please make sure you arrive on time to the given meeting point, as the cars need to leave the Airport on time!
- Meeting time will be announced as soon as we have received your travel details! Contact info: Hatice Subasi htcsubasi04@gmail.com



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Reimbursement of travel costs:

- All eligible expenses will be reimbursed at the last day of YE when you provide all invoices. The 100% of travel costs reimbursements up to the maximum amount will be given. So please keep all your original tickets and boarding passes since it is not possible to reimburse tickets that were lost or misplaced. Each participant needs to give all tickets and boarding passes at the last day of YE.
- All costs for accommodation, food and program will be covered by VAGEAD.
- All youngsters need to have valid insurance for Turkey.

Insurance:

- Every participant should have valid health insurance for Turkey during your stay on the project. Health insurance is not provided and will not be reimbursed by the organisers. That is why every participant should timely purchase their own insurance.



- Each participating organisation is responsible for cooking and presenting your country one night.
- For example: The first day it is German dinner. Participants from Germany should prepare dinner for all 36 participants.
- Please take into consideration that it should be some dish that is typical and that can be made fast, because each country will have only 90 minutes for cooking.
- Give your best to prepare the national evening. As in workshops, good youth leaders are seen as the ones who prepare well, give a lot of effort, are original and passionate about the work they do.
- Each group should send us a list of supplies no later than 10th November on kerim_yigit61@hotmail.com
- You will need to prepare traditional meal from your country. Please do not ask for the impossible products to find in Turkey to be bought. If you think there is no such product in Turkey, buy it, keep the receipt and bring it with you, you will be reimbursed when you disclose the receipt. We cannot reimburse more than 40€ per country for the dinner.
- No alcoholic drink can be reimbursed. Also we cannot buy for your national dinner any alcohol.
- We suggest that each group coordinates prior to the arrival and arranges the list of supplies and what should be brought from the home country.
- For further questions don't hesitate to contact us.

See you soon :)