



**SINAV COLLEGE**



Erasmus+

PRIVATE KEÇİÖREN SINAV SCHOOLS  
Phone : +90 312 338 07 09 / 360 88 88  
[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)



**EAT BETTER LIVE LONGER**

**10-16 June 2019**

**Ankara – Turkey**



**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**  
**Phone : +90 312 338 07 09 / 360 88 88**  
[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

### **PROJECT DESCRIPTION**

The eutrophy (adequate nutrition) is one of the underlined issues all over the world with the fact that it's usually not cared by many people. That's why it's the normal outcome that lives are getting shorter.

World Health Organization defines the health as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. It should be underlined that body health % 100 relates with adequate nutrition.

The main aim of the project is to create awareness for fighting against malnutrition and increase the eutrophy (adequate nutrition) consciousness of the young. Our project will be held between 10-16 June in 2019 with the youth participators from England, Poland, Croatia, Lithuania, Romania and Turkey with the age group 16-18. In total it makes 35 participators with 4 youth and 1 group leader for each partner.

The theme of the project is to get a longer and healthy life with adequate nutrition. That's why our motto is 'Eat Better Live Longer !'

Because we believe in the gender equality, the participators should be chosen as 2 girls and 2 boys. What's more, it should be highlighted that these possible participators should be among the ones who have never joined such a project before with social, economical and geographical advantages. The ones who are eager to collaborate with their teams and are prone to use time efficiently will be preferential as participators. Since we look for the sustainability of the project, we focus on the youth with team work, time management and strategical abilities.

#### **A. These are the main objectives of our project ;**

- To improve the healthy nutrition awareness of the participants through various health activities
- To adopt an active and healthy life
- To increase the level of participants' knowledge about the healthy nutrition
- To provide an environment to share the participants' knowledge and perspectives of their societies on this subject



**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**

**Phone : +90 312 338 07 09 / 360 88 88**

[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

- To motivate them for a public show that aims to attract the public consideration into the subject of fighting against malnutrition
- To promote young people for active citizenship
- To create a strong partnership for future cooperation

**B. The main activities of the project are ;**

- Welcome party
- The general overview of the project
- Morning circle/ morning excersises
- Energizers / Team Work-Timing-Strategy
- Greeting game 'Who are we ?'
- Noon Circle : Having fun joining the activities that will be organized by the Music,Art and PE teachers
- Presantations about Erasmus+ and Youthpass with questions & answers ; then preparation of bulletin boards about what we've learned about Erasmus+ and Youthpass
- A play 'Peggy,the Little Pirate' by the students of Keçiören Sinav Schools
- Swimming
- Culture nights
- Evaluation meetings with the group leaders
- Creating mottos about healthy food in mother tongues & video
- Meeting with Hamza Ünlütürk,The Founder Representative of Keçiören Sinav Schools
- Visiting Keçiören Mayor
- Preparing rap songs about healthy food and performing them with dances
- Dancing time : Zumba
- Chats with famous dieticians & herbalists
- Ankara tour
- Meeting with Metin Özer,the founder of Sinav Schools
- TV Programme
- Presentations & Activities about Stem based on health
- Learning to make healthy mixtures with herbs in company with famous herbalists
- Futsal
- Meetings for the Evaluation of the Project & The Possible Future Partnerships
- Big Show : A Final Show in Public ! Every country will have a corner to display their cultural elements like food,clothes,flags,any goods



**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**

**Phone : +90 312 338 07 09 / 360 88 88**

[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

they wanna bring. The participants will wear their traditional clothes while displaying their countries' cultures. Every country will performance two traditional songs and two folk dances on the stage on that BIG SHOW day. Every participant will talk about what they have been doing about healthy food in their countries.

- Movie time
- Goodbye Party

### **C. Method**

The methodology we use will be non-formal education methodology as Erasmus+ Youth Programmes underline the importance of learning by experiences. With the help of this methodology, the youth will get the chance of learning and experiencing by themselves.

Despite the fact that we would like to aim to learn adequate nutrition for a longer life, we also would like to touch the youth's life underlying these facts ;

- tolerance
- sharing & caring
- positive auto-control
- timing
- team work
- planning & programming
- targeting
- self-development
- analytical thinking
- creativity
- being social
- human rights
- intercultural communication
- gender equality
- life in Europe
- respect the differences
- awareness



**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**  
**Phone : +90 312 338 07 09 / 360 88 88**  
[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

### **PARTICIPANTS PROFILE**

It is planning for participation of 4 young and 1 group leader per country. While specifying the participants profile the below principles will be considered ;

- participants are 16-18 years old, group leaders are no age limit
- for gender equality there must be 2 boys and 2 girls participants
- highly motivated young for cultural activities
- the active involvement of eager, teamwork skills
- young will provide significant contribution to the project
- participated in cultural dance, music and performance show
- at least half of the participants will be young who has not any previous benefit from the EU Programs and who has a socio-economic and geographical disadvantage

### **TRAVEL COST**

Travel costs of Erasmus+ Programme are based on the distance band. The distance bands are organised according to the travel distances. More payment for more distance ! The maximum travel cost (including local transfers) are listed below. So be careful that any amount exceeding these amounts will not be paid.



**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**  
**Phone : +90 312 338 07 09 / 360 88 88**  
[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

The travel payments will be held in Ankara, by cash; against invoices, tickets and boarding passes. So please bring with you the invoices, tickets and boarding passes.

<b>Country</b>	<b>Number of Participants</b>	<b>Travel Per Person (Max.)</b>
POLAND	4 young + 1 Group Leader	275 Euro
SPAIN	4 young + 1 Group Leader	530 Euro
ENGLAND	4 young + 1 Group Leader	530 Euro
CROTIA	4 young + 1 Group Leader	275 Euro
ROMANIA	4 young + 1 Group Leader	275 Euro
LITHUANIA	4 young + 1 Group Leader	275 Euro
TURKEY	4 young + 1 Group Leader	0

### **MEALS AND ACCOMMODATION**

**The Hilton Garden Inn Hotel** is arranged for the accommodation. It is a five-star hotel that is located in the west side of the city, in one of the busiest areas featuring a variety of shopping malls, cinemas, restaurants and entertainment.

The young will stay in 2 person rooms (2 girls in the same room & 2 boys in the same room for each countries' participants) and the group leaders will stay at



**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**

**Phone : +90 312 338 07 09 / 360 88 88**

[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

1 person rooms. The hotel is internationally famous for its great rooms, fantastic cuisine and awesome features. Internet will be available in the whole accommodation place.

For more information please visit;

<https://hiltongardeninn3.hilton.com/en/hotels/turkey/hilton-garden-inn-ankara-gimat-ANKGIGI/index.html>

Breakfast and dinner will be served in the hotel. The lunches will be served at the school. There will be also coffee & tea breaks with cookies at the school.

### **PARTICIPATION FORM**

Each participant should fill in the participation form including the group leaders. Enclosed you may find the participation form. After filling in the participation forms, we kindly ask you to send them to me via e-mail.

### **WHAT TO BRING**

- Photo Camera
- Traditional clothes & elements for culture nights & Big Show
- Available sportive clothes (for some sportive activities)
- Materials/information about your organization and your country
- Typical food and drinks
- If you want to bring small gifts to introduce your country, you can 😊



**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**

**Phone : +90 312 338 07 09 / 360 88 88**

[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

- Flags of your countries
- 1 white t-shirt & 1 green t-shirt
- Swimming clothes

**WE KINDLY ASK YOU TO :**

- Get ready for culture nights & Big Show (flags & traditional clothes & food & folk dances & songs & a presentation and materials about what you've been doing about healthy nutrition)
- Purchase the plane tickets with the arrival at Ankara at around 18.00 pm on the 10th of June 2019- (We will be at the airport to pick you up so please inform me about your arrival time.)
- Purchase the plane tickets with the departure from Ankara in the morning on the 16th of June 2019- (We will get you to the airport so please inform me about your departure time.)
- Bring some fine clothes as it will be Summer in Ankara but it will be better to put a cardigan for the nights.
- Inform the participants about Erasmus+ Youth Programme before coming here.
- Mail me in case you're in need of the visa application letter. We're always here to help you my dear friends ☺
- Fill in the participation form and send me till the end of February since we would like to organize anything in details to welcome you better.
- Mail the participants' passports' copies including the group leaders for hotel booking till the end of February.
- Mail me your skype adresses to have meetings before coming here.





**SINAV COLLEGE**



**Erasmus+**

**PRIVATE KEÇİÖREN SINAV SCHOOLS**  
**Phone : +90 312 338 07 09 / 360 88 88**  
[www.sinavkoleji.com.tr/kecioren](http://www.sinavkoleji.com.tr/kecioren)

**SIMPLE TURKISH PHRASES ☺**

Hello ! = Merhaba !

How are you? = Nasılsınız?

Thank you ! = Teşekkür ederim !

Good night ! = İyi Geceler !

Goodbye ! = Bay Bay !

Good evening ! = İyi akşamlar !



**SINAV COLLEGE**  
Preschool Primary School Middle School High School  
**Contact Person:**  
**Serap ÇELİK**  
**Private Keçiören Sinav Schools**  
**English Teacher**  
**The Head Teacher of the Foreign Languages Department**  
**The Examiner of Cambridge Esol Exams**  
**The Project Coordinator**

[celikserap@hotmail.com](mailto:celikserap@hotmail.com)

+90 312 360 88 88 (the school)

+90 507 202 23 24 (my gsm)

Ankara, TURKEY

Don't hesitate to contact with me ☺

Thanks for your kind interest.

Best Regards.