LET'S SQUEEZE INFECTIOUS DISEASES!
22-29 OCTOBER
ISPARTA-TURKEY
Group Healthy Future Volunteers is an informal group that is made by a bunch of ambitious youngsters. We are university students and try to promote a healthy lifestyle for everyone. This project is our biggest step into the promotion of a healthy lifestyle. You are welcome on our powerful team!
Partner Organizations

Healthy Future Volunteers - Turkey
Octop'us – France
Youth Development & Humanitary Group – Belgium
Ungdomsfronten – Sweden
Amici d'Europa – Italy
Movimento Azores – Portugal
While the new type of coronavirus (Covid-19), which influenced the world, brought up the infectious diseases that had a critical role in shaping history for centuries. It also eliminated the idea that epidemic diseases have lost their effectiveness modern world. Caused the deaths of millions of people, with outbreaks throughout. The epidemic diseases, which led to important events in every period of its occurrence, continue to make a name today despite the advances in science and technology. With the Covid-19 outbreak in many countries after the first appearance in Wuhan, China, in December last year, the idea that epidemic diseases have lost their effectiveness in the modern world has lost its meaning, especially Covid-19, which has fatal effects among individuals over 65 years of age, efforts to halt continued without slowing down even as we wrote our project.

We can say that epidemics that collapsed the empires, redrawn borders, and break armies played an important role in redrawing the earth map with their economic, political, and demographic results. It is known that infectious diseases were believed to be divine punishment for a sinful life in the Middle Ages and were generally called plague (disaster, disaster), causing severe population declines and economic difficulties in the countries where they are seen. Despite the developing technology, infectious diseases sleep like a sneaky enemy and appear when the time comes and cause great damage.

That's why we can list what we want to achieve by doing our project and our goals as sub-headings.
- To understand what infectious diseases are.
- Awareness-raising about infectious diseases.
- Knowing the ways of protection from communicable diseases and using these paths with careful attention.
- The proliferation of individuals who care about their places' personal and cleanliness protects them from infectious diseases.
- Understanding the importance of healthy life.
- The number of people who prefer healthy life increases, and they are willing to continue this lifestyle until the end of their lives.
- Better knowledge of the expenditures made on Turkey's health and a better understanding of these investments.
- Find out more about the regulations by Turkey's public health.
- Understanding of active-Turkey’s strategy on communicable diseases, especially a better understanding of what they did during the Covid-19 epidemic.
- World Health Week is known by more people, the interest in this week is increased, and the number of people participating in the activities to be held this week.
- To touch the lives of our participants with our project, to provide positive developments in their key competencies.
- To touch students' lives with the final activity we will do in our project, to push many people to think about healthy life and infectious disease through them, to learn ways to prevent these diseases.
- To influence our target groups about the subject of our project with the outputs we will share after our project and mobilize them in this regard to spread disinfectant usage in employer institutions, wear masks in crowded environments, and spread the habit of washing hands, etc.).
- One of our biggest goals is to increase the recognition of this program with our activities and shares to promote the Erasmus+ program.
- We believe that the interest in these projects will increase in the region with the awareness of the projects supported by the Erasmus + program and increasing the participation of these people in the region. More people are aware of these projects in this region.
- The most accurate and extensive information about Erasmus + program will be told in all our activities and dissemination activities from the National Agency. In this way, it is one of our targets to increase the recognition of the National Agency.

- An increase in the number of volunteers is targeted. Our project aims to increase the number of volunteers and increase the number of conscious volunteers within the body of our partners and institutions, and stakeholders.

- The leadership of our partners in the writing of new projects. With the short training, we will do with our participants and the support they will receive from us, the emergence of new projects in health and other issues will affect this way more people.

- Being willing to organize new projects with our partners by having an effective project process in our project.

- To achieve these goals, both us and our partners and stakeholders of our project have great motivation and confidence. You can believe that if our project is approved, we will make every effort to achieve our goals.
Selected participants must have at least of these features above. Please prepare an announcement and google form to select the most suitable participants. We expect that the participants' list will be sent to us by 15th of July. Gender balance is essential in the selection process!

36 participants will participate in our project. Each country will be represented by 5 participants and 1 group leader. We expect that our partner organization will select participants in the most suitable and efficient way.

The expected participant profile:
- 16-28 years old (no age limit for group leaders)
- Interested in a healthy lifestyle
- In the risk group for unhealthy lifestyle (overweight, diabetes, lack of physical activity),
- Not Erasmus+ experience before,
- No chance to go abroad before,
- High motivation about voluntarism,
- Open to learn and discover,
- Part of some ethnic or cultural minority,
- Having economic, geographical, or social disadvantages.

Participant Profile

Selected participants must have at least of these features above. Please prepare an announcement and google form to select the most suitable participants. We expect that the participants' list will be sent to us by 15th of July. Gender balance is essential in the selection process!
Accommodation, Food and Traveling

Accommodation, food, and traveling cost will be provided in terms of the Erasmus+ program. The program budget will be covered three times meal and two coffee breaks per day. You will stay in a hotel during activities. Your traveling cost will be covered up to limits. We will inform you about the hotel soon.

Traveling Budget:
The traveling costs budget:
TURKEY – 0
FRANCE- 360
BELGIUM – 275
SWEDEN – 275
ITALY – 275
PORTUGAL – 360

Participants must buy their tickets by 1st of August, and they will be refunded during project week as euro and cash. We have 80% of the project budget in advance. That’s why they must buy economic tickets, and we can manage payments without a problem.

PLEASE DO NOT BUY ANY TICKETS WITHOUT OUR CONFIRMATION.

When you make any plan, please let us know, and we will inform you about the best option. You have to provide all tickets and boarding passes to get a refund. All kinds of tickets must be in economy class.
What to bring?

- We will give you information what to bring for cultural nights,
- Please check the weather of the city between project dates before you come,
- You can exchange Euro and dollar easily in the bank in Isparta
- All visa- Mastercard is accepted in there,
- We will prepare a list to get your personal details and needs (allergy, food choices, etc.).
- We will also inform selected participants of preparation tasks!
- Please don't forget that your sim card operation might put extra costs for Turkey if you call here.
- We will have an internet connection in our accommodation.
The Erasmus+ program funds this project. For more information:
https://ec.europa.eu/programmes/erasmus-plus/node_en
JOIN OUR PROJECT FACEBOOK GROUP
https://www.facebook.com/groups/letssqueezeinfectiousdiseases

ASK YOUR QUESTIONS TO:
grouphealthyfuture@gmail.com