



ACTIVATE
YOU^(th)

Youth Exchange

Accommodation, food, travel, and
all project activities, are fully
funded !

6 participants (18-30)
+ 1 team leader (18+) per country



**INKUMU, BARTIN,
TÜRKİYE**



15.09-23.09.26.

(15/23 arrival/departure day)



Co-funded by
the European Union

ABOUT THE PROJECT

Activate You(th) is an Erasmus+ project that encourages young people to reduce sedentary, screen-heavy habits and introduce more movement into their everyday lives through non-formal and outdoor learning. It shows that physical activity can be simple, enjoyable, inclusive, and accessible to everyone.

Participants will create adaptable movement routines, explore safe walking routes, take part in outdoor fitness activities and beginner-friendly kayaking, and complete camp-style challenges focused on navigation, coordination, and problem-solving. Through these activities, they will explore how movement affects mood, energy, concentration, and overall well-being, while strengthening teamwork, leadership, safety awareness, and intercultural skills.



PROFILE OF PARTICIPANTS

6 participants per country (age 18–30)
1 team leader per country (18+, no upper age limit)

At least 2 participants with fewer opportunities (Romania, Serbia, Türkiye)
Motivated to learn about the project topic.

Open to intercultural exchange and teamwork.

PARTICIPANTS RESPONSIBILITIES

Take part in 100% of the project programme

Respect the code of behaviour and meet all deadlines

Carry out a dissemination activity in their local community

Support project promotion through social media.



LOCATION

The project will take place in İnküme, a peaceful coastal area near Bartın on the Black Sea coast of Türkiye, known for its sandy beach, fresh sea air, and beautiful natural surroundings. Its calm atmosphere and direct access to the sea make it an ideal setting for outdoor activities, teamwork, kayaking, and connecting with nature during the youth exchange.



PROGRAMME

Rather than separating theory from practice, the programme will move continuously between short indoor sessions and active learning outdoors. Participants will explore sedentary habits, well-being, inclusion, and safe movement through interactive tasks, then apply their ideas by designing adaptable routines, testing movement circuits, planning accessible walking routes, kayaking in pairs, and completing camp-style navigation and teamwork challenges.



ACCOMMODATION

Participants will stay at Inkum Terrace Hotel & Restaurant, located directly on the beach in İnküme, with beautiful views of the Black Sea and immediate access to the coast.

Accommodation will be organised in bungalow-style units, creating a cosy and relaxed atmosphere while allowing participants to stay close to their national teams and the rest of the group. The beachfront setting, comfortable facilities, and shared outdoor spaces make it an ideal place for both project activities and informal socialising.



TRAVEL BUDGET

PARTICIPANTS FROM TÜRKİYE
AND SERBIA ARE OBLIGATED TO
USE GREEN TRAVEL OPTIONS.
MEANING USING ECO-FRIENDLY
TRANSPORT (BUS, TRAIN,
CARPOOL) AND NOT AIRPLANES.

TRAVEL COSTS WILL BE REIMBURSED
ACCORDING TO THE APPLICABLE ERASMUS+
DISTANCE BAND, CALCULATED AS THE ONE-
WAY DISTANCE BETWEEN THE PLACE OF
ORIGIN AND BARTIN. EACH NATIONAL
TEAM SHOULD CHECK ITS MAXIMUM
TRAVEL BUDGET BEFORE BOOKING TICKETS.

TRAVEL BUDGET

CHECK THE DISTANCE USING THE OFFICIAL
ERASMUS+ DISTANCE CALCULATOR:



Travel Distance	Green Travel	Non-green Travel
10-99 km	56€	28€
100-499 km	285€	211€
500-1999 km	417€	309€
2000 - 2999 km	535€	395€
3000 - 3999 km	785€	580€
4000 - 7999 km	1188€	1188€
8000 km or more	1735€	1735€

ONLY ACTUAL ELIGIBLE TRAVEL COSTS UP TO
THE STATED LIMIT WILL BE REIMBURSED. ALL
TICKETS, INVOICES, RECEIPTS AND BOARDING
PASSES MUST BE KEPT.
TRAVEL REIMBURSEMENT WILL BE PAID IN
CASH ON THE FINAL DAY OF THE YOUTH
EXCHANGE.

TRAVEL INFO

The project venue is located in İnkumu, Bartın, Türkiye.
Participants travelling by plane can reach Türkiye through
three main airports:

- Istanbul Airport (IST)
- Sabiha Gökçen International Airport (SAW)
- Ankara Esenboğa Airport (ESB)

Istanbul offers the largest number of international flight connections, while Ankara may also be a convenient option depending on the country of departure.

From Istanbul Airport, participants can take the Havaist airport shuttle to Esenler Bus Terminal.
From Sabiha Gökçen Airport, participants can continue to one of Istanbul's intercity bus terminals, with Dudullu Bus Terminal usually being the most convenient option on the Asian side.

From Ankara Esenboğa Airport, airport buses provide connections to AŞTİ Bus Terminal.

From the intercity bus terminals in Istanbul and Ankara, participants can take a direct bus to Bartın Bus Station (Bartın Otogarı). When purchasing the bus ticket, the final destination should be Bartın.

The project team will pick up participants from Bartın Bus Station and provide transportation to the hotel in İnkumu.

- **Application deadline:**
15.08.2026.
- **Ticket purchase deadline:**
20.08.2026.
- **Application form: each organisation will provide a form for participants from their country**
- **Mobility guide: will be shared with selected participants**
- **Contact for additional info:**
Email: contact@changehorizon.org

