

## **KA1- YOUTH MOBILITY**

### **POKHARA- "NATURE, CULTURE AND CREATIVITY"**

***Project name:*** Nature, Cuulture and Creativity.

***Activity date:*** 12 july – 19 july 2015 (7 nigths and 8 days including go and return trip)

***Place of reference:*** Manzanares, Ciudad Real (we will be traveling around the interest points of the zone)

***Participants:*** 15 participants from Spain, 15 from the partner group

***Ages of the participants:*** between 16 and 18 years old

***The overall aim of the Exchange are:***

- Improving self-esteem of Young people
- Increasing their knowledge
- Improving their communication skills
- Greater decision-making capacity and conflict resolution
- Improving their social skills
- Increasing their chances

***Some of the activities thought for getting those aims:***

- Trips
- Workshops of development of sporting and creative skills
- Handicrafts
- Yinkanas for the development of social skills
- Creating a specific Facebook platform for the Exchange
- Creating of a video documentary on activities during the implementataion
- Much more....

***What do you have to prepare before to come to Spain?:***

- An evening event (one night will be under your organization)
- Bring one typical food of your country for our traditional day
- Recording a short video of introducing the Turkish participants (we will prepare another one for you!!)

The rest of the activities will be prepared by us, you only need excitement and much much energy!!

***Timetable:***

<b>EXCHANGE IZMIR – MIGUEL TURRA (27/03 – 7/04)</b>	
<b>DAY</b>	<b>PLACE</b>
S 12/07/2015	<b>MANZANARES:</b> <ul style="list-style-type: none"><li>- ARRIBAL DAY</li></ul>
M 13/07/2015	<b>MANZANARES</b> <ul style="list-style-type: none"><li>- CREATIVE WORKSHOPS</li></ul>
T 14/07/2015	<b>MANZANARES:</b> <ul style="list-style-type: none"><li>- “CREATING FACEBOOK PROFILE AND WEB SECTION”</li><li>- TRADITIONAL DAY</li></ul>
W 15/07/2015	<b>LAGUNAS DE RUIDERA:</b> <ul style="list-style-type: none"><li>- “MEDIATIC YINKANA”</li></ul>
T 16/07/2015	<b>LAGUNAS DE RUIDERA</b> <ul style="list-style-type: none"><li>- “QUETZAL GAMES”</li></ul>
F 17/07/2015	<b>TOLEDO:</b> <ul style="list-style-type: none"><li>- “MEDIATIC SUPER GAME”</li></ul>
S 18/07/2015	<b>MADRID:</b> <ul style="list-style-type: none"><li>- “CREATIVE YINKANA AROUND THE CITY”</li></ul>
S 19/07/2015	<b>MADRID:</b> <ul style="list-style-type: none"><li>- “DEPARTURE DAY. END OF THE EXCHANGE”</li></ul>

You will discover the rest of the activities during the Exchange!