



INFOPACK

“SAY STOP TO THALASSEMIA”

Erasmus+ KA105 Project

Date: 21–28/Dec/2021

Venue: ISTANBUL, TÜRKİYE

PARTNER COUNTRIES



Erasmus+

PROJECT INFO

The training course project – “Say Stop to Thalassemia” will be organized in Istanbul Province of Republic of Türkiye on 21 - 28 December 2021 by Mediterranean Youth & Health Community by participation of partners from Türkiye, Romania, Kosovo, Greece, Morocco, Jordan, Ukraine, Lithuania, Northern Macedonia, Czechia, and Bulgaria.

As Mediterranean Youth & Health Community; we are targeting to show that Thalassemia which is also known as Mediterranean Anemia is not a destiny and it can be stopped and we would like to raise awareness about this illness by support of our partners. “Thalassa” means “Mediterranean Sea” and “Emia” means “Anemia” in Old Greek Language which means Mediterranean Anemia. If we would like to focus in medical way Thalassemia is illness connected with deficiency of blood which is genetically transferable from parents through “Beta Thalassemia” Gene they have specially in Mediterranean Countries and it can be stopped in case precautions will be taken under consideration by people. Sickle-Cell Disease is also another blood illness which is similar with thalassemia and appears through “Hemoglobin S” which can be described as abnormal hemoglobin through malfunction on genes. (Hemoglobin is very important blood protein in our life which transfers oxygen from respiration organs to grain and carbon dioxide from grain to respiration organs). These diseases are big public health problems in especially Mediterranean Countries.

365.000 people with thalassemia born every year and undergo therapy in the world even if thalassemia is stoppable disease. There are 1.300.000 vector people in Türkiye while there are 4500 people with this disease. Thalassemia is also problem of world since it was spreaded around by migrations. The possibility to marry with a vector person and having a baby with disease rises by coincidence if vector rate is high in the society. If 2 vectors would marry their kid would have the disease %25, the kid would be vector as well %50 and the kid would be normal %25. The risk of birth with disease is rising in case partners are relatives but they can stop this process in case they would have necessary tests by giving a tube of blood. People who suffer thalassemia generally have problems connected with abnormal growing of liver and spleen and they are open for infections since they have to receive blood in every 3 weeks. Extra iron which body receives through blood transfer causes damages on heart and liver. Thalassemia also causes expansion on bones and when bone marrows widen it causes bones to be broken easily. People with thalassemia lives 30-40 years approximately and they always have fear of death in their life. People who suffer from sickle-cell disease generally suffers from problems connected to physical growing, bones, articulation abnormalities, neural system, heart, and kidneys. Painful attacks are the most important symptom and reason to go to hospital of the disease. People who suffer from Thalassemia and sickle-cell disease can work full time. They just cannot work in heavy work and they cannot make mental exercises and this causes them not to attend physical education lectures in schools and army service. Thalassemia decreases life quality, and financial power of people while making them dependent to hospital all lifelong. A person who suffers from thalassemia costs 10.000 \$ per year for state and social security services which means they also threat economy in Turkey and European Countries which could not defeat these diseases. Children with thalassemia cannot make their dreams come true and cannot have normal life so they are isolated from society because they are not able to join several activities like other people.

Mediterranean Health and Youth Community and its partners aim:

- Raising awareness about thalassemia and sickle-cell disease,
- Evaluating different actions in European & Neighboring Countries against thalassemia
- Creating common ideas in order to struggle against thalassemia and sickle-cell disease
- Increasing life quality of people who suffers from these diseases
- Increasing employment possibilities of disadvantaged social groups and motivate their social integration
- Seeing how other European & Neighboring Countries struggle with similar diseases in different regions of Europe and analyzing different examples
- Making couples conscious about thalassemia before marriage and making them having thalassemia test before marriage
- Removing thalassemia and a lot of diseases from destiny of a lot of babies
- Bringing in healthy people in society

PARTICIPANTS

Partner organizations will be represented by different number of participants. We are expecting participants to be older than 18 years old and participants who are under 18 years old will not be accepted to the program. There is no upper age limit. It is also requested to take gender balance under consideration while selecting participants. Organizations with more than 1 participant are requested to make their selections by paying attention to the gender balance of the participants. Organizations with a single participant are expected to contact us and share their participant profile and gender.

We expect participants from partner organizations in the following numbers.

Kosovo: 1 Romania: 2 Morocco: 1 Greece: 2 Ukraine: 2
Lithuania: 1 N. Macedonia: 1 Bulgaria: 1 Czechia: 2 Jordan: 1

WORKING LANGUAGE

The working language during the program will be English, so it will be better if partner organizations will send participants who will be able to communicate in English.

YOUTHPASS

YouthPass is a certificate of Erasmus+ Program, which is used as a tool to recognize non-formal education and achievements of participants through different programs where they take part. Each participant of the training course who would attend all workshops and respect rules which will be formed together with participants will receive YouthPass Certificate at the end of our project.

ACCOMODATION & FOOD

During the project participants will be hosted in Hotel in Istanbul which fulfills international standards. At the moment we are in process of making arrangements about accommodation facilities and as soon as we will know about the venue %100, all technical details will be shared with partner organizations. All costs related to accommodation and food (3 meals per day; breakfast, lunch & supper, warm drinks in coffee breaks) will be covered by project budget. There will be no participation fee. If there will be vegetarian or vegan participants, we will also provide food for them depending on their eating choices, diets or special needs. You can inform us about your eating habits/allergies through application forms you will receive from our side.

TRANSPORTATION AND VISA COSTS

Transportation costs of all participants will be covered by project budget depending on limits of distance calculator of European Commission. All participants (by their partner organization) will have to buy their tickets from home to Istanbul (Türkiye) and we will pay transportation costs by bank transfer as soon as we will receive all documents connected with transportation costs after the project final report will be approved by NA. Participants who needs visa will need to buy their visa stamps from airport as soon as they will land to first borderline or through internet www.evisa.gov.tr/en and it is not more than 30 €s mostly.

Don't forget to bring invoices of your tickets, since we cannot reimburse anything without documentation. Boarding passes are also very important as well.

MAXIMUM AMOUNTS WHICH CAN BE REIMBURSED DEPENDING ON DISTANCE CALCULATOR OF EUROPEAN COMISSION PER PARTICIPANT

MOROCCO: 530 €

OTHER COUNTRIES: 275 €

You can check tickets and flights from the following companies or which you trust in order to travel to Türkiye. In addition, participants of countries close to Istanbul may prefer to arrive by road (bus, etc.).

www.thy.com www.sunexpress.com www.anadolujet.com

www.flypgs.com www.onurair.com.tr www.atlasglb.com

If you will come to airports in Istanbul, we can arrange private transportation in case you will request this from before for 30 € per person (One Way). You can also contact with us about transportation issues for us to support you during whole process.

WHAT TO BRING & PREPARE

- Comfortable clothes and shoes for workshops which we will organize indoor and outdoor atmosphere depending on weather, slippers.
- Camera and laptop you can bring on your own risk. Photos will be taken during project by our team as well and at the end of the project we will share on g-drive with all partner organizations before departure.
- Don't forget to bring good mood since you will have chance to spend your time during end of Autumn in Istanbul and it is one of the most picturesque periods for the metropole. We can say that the weather will be around 10-15 C as we expect since it was in these standards last year during the same period.
- Traditional food, drink and souvenirs for intercultural night activities are also necessary. It would be nice to prepare some interesting presentations of your country and sending organization but not Youtube videos. You can teach your songs and dances to all participants when you will have the stage.
- Alcohol will be forbidden during Project and Project activities for all participants since our Project will be focussing on healthy lifestyle.

INSURANCE & HEALTH ISSUES

The participants are themselves responsible to get a travel insurance. If anyone who uses medicine should bring with themselves. We don't give any medicines and we don't cover insurance fees.

Each participant should check travel regulations before their travel. For example you can not go abroad from Turkey in case you did not have PCR Test at least 48 hours before your trip and you can not pass Turkish Borders in case you did not have PCR Test least 48 hours before your trip because of COVID-19 Pandemic

CONTACT

For any question, suggestion, or problem connected with project, you can contact with us through the following emails and Facebook Group for participants will be opened soon as.

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Project Trainer

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