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EUROPEAN
SOLIDARITY
CORPS



Sustainable Environment
for the Aquatic Life

INFOPACK

01 / 07
06 / 08
2024

SINOP
TURKIYE



Jordan Youth Innovation Forum
الملتقى الأردني للإبداع الشبابي

This info-pack is for the volunteers and the sending organisations for the European Solidarity Corps project

“S.E.A.L ”

“101126429-SEAL-ESC-SOLID-2023-VTHPA”

Read it carefully and for any further information, get in touch with

For Turkiye

Contact Person: İrem Ebru Kuru
iremebruster@gmail.com
Phone: 0090 507 9249906

For Bulgaria

Contact Person: Stanislava Lefterova
2greena3@gmail.com
Phone: 00359 878 892 955

For Spain

Contact Person: Antonino Versace
erasmus@yeseuropa.org
Phone: 0034 673 402 139

For Romania

Contact Person: Catalin Soare
ftasec2003@yahoo.com
Phone: 0040745705987

For Georgia

Contact Person: Ana Katsiashvili
esc.sending@droni.org
Phone: 0099 555 83 98 595

For Portugal

Contact Person: Mert Ayduman
hello@embaixadajuventude.com
Phone: 00351 934 350 874

For Jordan

Contact Person: Reem Haddad
office@jyif.org
Phone: +962795033541



Sustainable Environment
for the Aquatic Life

AIMS OF THE PROJECT



SEAL The “Sustainable Environment for the Aquatic Life – SEAL” European Solidarity Corps Volunteering Teams in High Priority Areas project is dedicated to the monk seal (*monachus monachus*) which has been extinct in the Black Sea since it was last seen in 1997.

The aims of the project:

- Mourning for the monk seal (*monachus monachus*) which is extinct in the Black Sea and making their sad story known by everyone
- Alarming the authorities and the public for the endangered dolphins, which are now the head of the food chain in the ecosystem of the Black Sea after the extinction the monk seal (*monachus monachus*), to take action to save them from the extinction in the Black Sea as well as to save all the other species in the Black Sea
- Pointing out the types of the pollutants, all anthropogenic, the Black Sea is being exposed to all the time and their pathways to human health
- Highlighting the disrupted marine ecosystem in the Black Sea as other victims of the war in Ukraine
- Unveiling the hidden truth – the waste - which lies

beneath the surface of the Black Sea with underwater filming showing the waste lying on the seafloor

- Having a big impact on the waste of the Black Sea by collecting the waste from the sea floor with scuba diving and snorkelling activities as a different approach as well as with beach cleaning and exhibition of the waste removed from the sea floor

- Having a big impact not only for the crying Black Sea but also for the Mediterranean Sea, the Red Sea and the Atlantic Ocean which are also exposed to pollution

- Promoting the European Green Deal and the Sustainable Development Goals

There will be a total of 28 volunteers

- | | |
|---------------------|-------------------------------------|
| *Turkiye: 16 | *10 scuba divers / 6 artists |
| *Bulgaria: 2 | *1 scuba diver / 1 artist |
| *Georgia: 2 | *1 scuba diver / 1 artist |
| *Romania: 2 | *1 scuba diver / 1 artist |
| *Spain: 2 | *1 scuba diver / 1 artist |
| *Portugal: 2 | *1 scuba diver / 1 artist |
| *Jordan: 2 | *1 scuba diver / 1 artist |

and 10 mentors

COORDINATING AND HOSTING ORGANISATION

EGITIM PROGRAMLARI VE EVRENSEL VE KÜLTÜREL AKTİVİTELER DERNEĞİ

was established in 2012 for the purpose of creating and developing cultural and educational programs for the disadvantaged young people and women.

We are a non-governmental and non-profit organisation. We are active on the field of contemporary art, non-formal education, ecology, entrepreneurship, local handicrafts, youth programs and volunteering, especially in EU programs. We provide non-formal education abroad and in our town with multi-cultural atmosphere for the young people that we are working with. We send them to European countries to learn in international group of young people such as youth exchanges, training courses for youth and youth volunteering.

At the same time we host European young people here in Sinop for youth exchanges about environment, crisis management, leadership skills, volunteering for the disabled people and orator skills. We are also the accredited as sending and hosting organization for the European Solidarity Corps. Within ESC, we host young volunteers in our town in the rehabilitation center for the mentally and physically disabled people. We also provide

traineeship in Sinop for the university students whose major is SEN.

We also organize student exchange programs with different countries from all around the world. We also work for the disadvantaged women. We provide cooking, handicrafts, and English courses for the women who are lower educated and unemployed. We raise awareness on the animal rights. For this reason, we provide volunteering activities for our youth to work in the animal shelter in our town to cook for them and play with the animals that are living in the cages. We also provide sales with our young people for fund raising to buy dog and cat food and medical equipment. We provide young volunteers for Sinopale – the International Sinop Biennial - to assist the artists and curators for their performances.

Eğitim Programları ve Evrensel ve Kültürel Aktiviteler Derneği (EPEKA)

PIC: 947920861 Web: epeka.org.tr

Ada Mahallesi, Okullar Caddesi No:130/4, 57000 Sinop

TURKIYE

Contact Person: Irem Ebru Kuru: iremebruster@gmail.com

Mobile: 0090 507 924 9906



Sustainable Environment
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SENDING ORGANISATIONS



Green Association is a Bulgarian non-governmental organization based in Sofia, but extending its activities beyond the narrow boundaries of our capital. The foundations were laid by a group of enthusiasts for whom personal development and preservation of human values lies in two basic principles - the feeling of goodwill and duty to the society and its welfare, preservation of natural resources and minimal human intervention in the environment.

PIC: 949142188 / Web: www.greenassn.com
Felix Kanitz 34, Krasno selo, 1606 Sofia, Bulgaria
Contact Person: Stanislava Lefterova : 2greena3@gmail.com
Phone: 00359 878 892 955



was founded in 2003 in Tbilisi, Georgia - The organisation's mission to advocate young people through development, empowerment and youth work. The main field of action of the organisation is youth work, operating in the themes of human rights education, education for democratic citizenship, outdoor experiential learning, gender, media education, youth participation, rural development and entrepreneurship. DRONI is activity involved in youth field and is one of the first youth NGO which is promoting youth participation and providing new competences in rising employability skills for young people and youth workers which will help them to start new career.

PIC: 948128441 / Web: www.droni.org
41 Shartava str XIII floor, office 13, 0160 Tbilisi, Georgia
Contact Person: Ana Katsiashvili: esc.sending@droni.org
Phone: +995558398595



Building Bridges Cultura Association was founded in 2008 to promote a spirit and community integration and to foster European culture awareness among the youth. Building Bridges is presented at local level as a tool to assist and support the implementation of non formal education courses and improving knowledge of European labour system practices. We organise courses, visits and meetings, European events for public agencies on policies concerning youth , mobility, sports , local economic development , culture and cooperation with developing countries.

PIC: 948821118 / Web: <https://yeseuropa.org/>
Calle Buen Gobernador 5, 28027, Madrid
Contact Person: Antonino Versace: erasmus@yeseuropa.org
Phone: 0034 673 402 139



Embaixada da Juventude (EJ) is a non-profit youth organization that initiates and implements local projects of the positive social impact, particularly in the field of social inclusion and whereas young people have a central role. Was created in 2015, following a research project aimed at surveying the needs/social diagnosis of young people in the territory of Paredes, since then the EJ has been dedicated to the promotion of youth, currently counting on three major areas of activity: social entrepreneurship, project management and active citizenship.

PIC: E10056701 / Web: www.facebook.com/embaixadadajuventude
Beco da Portela, N.º 12 Cristelo, 4580-352 Portugal
Contact Person: Mert Ayduman: hello@embaixadajuventude.com
Phone: 00351 934 350 874



Asociatia de Tineret
Raise your Voice

ATRV is a youth organization, founded in 2010. The idea of forming this association is found in a group of young people desire to promote the rights of Roma youth, many times marginalized by our society. ATRV profile is the social inclusion of Roma youth in the local community. Since 2010, the organization was involved in local and European projects. Our objectives: promote the youth and the youth policies in Romania, promote the Roma inclusion policies, support the youth activities, promote the voluntarism and the active participaton.

PIC: 947187638 / Web: <https://www.atrv.ro/>
1 Tineretului, Rm.Valcea, 240101, Romania
Contact Person: Catalin Soare: ftasec2003@yahoo.com
Phone: 0040745705987



JYIF works on empowering youth to increase their active participation in the development process, building a community of young entrepreneurs who are capable and inspired. JYIF efforts are beyond national levels, targeting youth inclusively from the MENA region, as well as refugees, which stems from one of our core values; Equality and inclusion. We work on creating opportunities for youth through local and international development projects, embracing their abilities and potentials. Additionally, JYIF forms alliances with local youth organizations building their capacity to serve youth.

PIC: 947375624 / Web: www.jyif.org
Office 306, Ayman Al Malkh Building, Ibn Al Fata street, Al Rawnaq, 7th Circle
Contact Person: Reem Haddad: office@jyif.org
Phone: +962795033541

WORKING PROGRAM AND TASKS OF VOLUTEERS

The Working Program:

The days starts at 09.30 at Karakum Beach or at Hal Meeting Center. For the artists, working location is Hal Meeting Point

* The volunteers will work minimum **3 hours** in the morning and minimum **3 hours** in the afternoon.

* Before they leave for their homes, there will be a **one-hour session** to meet their **mentors** in turns.

* The ones who are not scheduled to meet their mentors will have a **self-evaluation** or a **reflection session** with the others or talk with their sending organisations to give them feedback.

* **Saturdays and Sundays will be off days**

1st week: Orientation and preparation.

2nd week: Beach cleaning and waste collecting with snorkelling.

3rd week: Waste collecting with scuba diving and snorkelling.

4th week: Preparation for the exhibition.

5th week: Exhibition and evaluation.

Orientation of the volunteers:

*With the 28 volunteers from 7 different countries, we will start with getting to know each other and **team building activities**.

*Volunteers will organise **cultural nights**

*The instructors from the university will give you a lecture about the pollution of the Black Sea and its pathways to human health.

*The mentors will identify themselves and all the volunteers will have their own mentor. They will schedule their regular meetings but the mentors will be available anytime to meet or talk in case the volunteer needs.

*The artist volunteers will observe the town, make researches and interact with the people to get inspired to present the exhibition after the waste collecting activities



WORKING PROGRAM AND TASKS OF VOLUTEERS

Beach cleaning and waste collecting with snorkelling.

The scuba diver volunteers will participate in beach cleaning and waste collecting with snorkelling in the most polluted areas. The municipality will provide us with huge garbage bags and a garbage vehicle for the excessive waste to be transferred to the waste processing installation. The artist volunteers will also accompany them and start designing their artworks.

Collecting the waste from the bottom of the Sinop shores with scuba diving activities:

* There will be **16 scuba divers as volunteers**.

* In the beginning of the diving week, the instructors will give them brief information about diving in a classroom just to remind them all the rules and the technique. **Each scuba diver volunteer has to show their scuba licence which will be either 2-star CMAS orEFR & PADI Diver level.**

* Volunteers will dive **in pairs**. So, there will be **8 pairs** of scuba divers. There will be **one scuba** diving instructor, who will be the academician from the university, for **2 pairs**. Also there will be one extra scuba diver instructor who will be responsible for the whole group. So there will be **5 instructors** in total.

Each scuba diver (volunteer) will be responsible for their buddy and each instructor will be responsible for their 2 pairs of scuba divers (volunteers).

* The volunteers will not dive deeper than **35 metres**. **The instructors will make the diving plan and the volunteers will follow their diving plans.**The instructors will take you to the **safest locations** in the

proper weather and sea condition to collect the waste from the bottom of the sea.

* One of the scuba divers (volunteer) will use an underwater camera, to record the waste under water and waste collecting activities under water.

*****While the scuba divers are under water, the artists will be on shore to clean the beaches or design their artistic works. During this week, the artist volunteers will be scheduled to take model boat making courses.*****



WORKING PROGRAM AND TASKS OF VOLUTEERS

Exhibitions of the waste collected from the sea floor.

* There will be **12 artist volunteers**.

* They will work on **presenting the waste collected** from the **seafloor** and **the beach** to the public by using their artistic and aesthetic talents with an exhibition at the end of their activity. **The exhibition will remain one week** in the public area.

The artist volunteers will be responsible for the safety of their art works and giving information to the public.

* During the exhibition, there will be **at least one scuba diver** volunteer who will be ready to talk with the public **to explain their experience under water.**

* In the exhibition, there will also be the **photos of waste** which will be taken under water, **the sad story** of our extinct mammal, **monk seal** and the **promotional materials** of the **Sustainable Development Goals.**



Media team

*We will make at **1 long** (30 minutes) and **1 short films** (5 minutes). **The films will show the waste on the seafloor, scuba diving instructors' speech about the pollution of the Black Sea and the volunteers working on their tasks, information about the extinct monk seal (monachus monachus), exhibition of the waste, reflection of the people who will see the waste exhibition, interviewing old local people, especially the fishermen.**

*Volunteers will help with taking photos and videos for the films and also for social media content.



LOCATIONS AND WORKING AREAS

Scuba Diving locations



Kurt Kuyusu



Sinop Liman



Hamsilos Koyu



Bahçeler Plajı



Karakum

Beach cleaning locations:



Kurtkuyusu



Sarkum



Akliman



Kumkapı



Hamsi Yolu

Meeting points



Hal



Karakum



Sustainable Environment
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MENTORS



Irem Ebru Kuru

Project Coordinator

iremebruster@gmail.com



Chada El Ward Mazigh

Mentor

mazigh.chadha.elward@gmail.com



Fatima Benmessaoud

Mentor

fateabenmessaoud@gmail.com



Siwar Mazigh

Mentor

siwarmazigh80@gmail.com



Mertcan Mağden

Mentor

magden5757@hotmail.com



Ferdi Elmas

Mentor

elmasferdi408@gmail.com

Mentor meetings and daily evaluations:

Mentor meetings and daily evaluations are essential in order to help the development of the volunteers and activities as well as to measure our progress and prevent any kinds of risks. Mentors will be working with the volunteers as well as guiding and helping them with their needs.

They will also intervene if any kinds of difficulties, problems, misunderstandings, culture or language related issues, etc. arise and they will find solutions and maintain the motivation of the volunteer. There will also be scheduled mentor meeting sessions that only the volunteer and the mentor will meet.

The ones who are not scheduled to meet their mentors will have a self-evaluation or a reflection session with the others or talk with their sending organisations to give them feedback.



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OTHER ACTIVITES



Model boat making courses:

Sinop has been the shelter for the sailors because of its geographic form as a natural port against the fierce storms of the Black Sea throughout the history. Over a period of approximately 2,500 years, Sinop has been settled by Colchians, Greeks, Romans and Turks and the witness of the sea trades as



well as the tragic naval wars. Since it was strategically located among the trade routes, sailing and seamanship were prominent in history. We can trace the sea culture in the history from the sarcophaguses to amphoras excavated and exposed in the Archaeological Museum of Sinop now. From the second half of the 4th century BC, Sinop was an important shipbuilding center especially for the Ottoman Navy until the Treaty of Paris signed on 30th March 1856 between Russia on one side and France, Great Britain, Sardinia-Piedmont, and the Ottoman Empire on the other. With this treaty, the Black Sea was demilitarised and battle shipbuilding stopped in Sinop and this craftsmanship was moved to the Marmara Region. The fishing boat building remained until now by only one craftsman who inherited this talent from his ancestors and the

model boat making craft remained. There are only a few craftsmen of model boats in Sinop and they are selling and exporting these model boats.

We would like to deliver this unique talent to our volunteers. While scuba diver volunteers are under water, the artist volunteers will take the model boat making courses. During the preparation of the exhibition, the scuba diver volunteers will help the artist volunteers and they will also take model boat making courses.

Boat trip and excursions to the waterfalls: In the 2 nd week, we will organise them a boat trip which will show you the beautiful shores of the Sinop region by the sea and another day you will have a hiking and climbing experience in Tatlica Waterfalls, 42 km to Sinop, where there are 28 small waterfalls in cascade, included in the list of nature parks by the Ministry of Forestry of Turkiye.





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PRACTICALITIES:



Contribution for the Volunteer (pocket money + travel cost)

23 EUR per day per volunteer
23 x 37 = 851 EUR per volunteer.

Food money

170 EUR per volunteer

Accommodation

We will rent apartments for the volunteers for 37 days. In each apartment, there can be 3 to 5 volunteers. The volunteer will share a 2 beds bedroom with other volunteers. The apartment will have a bathroom, washing machine, kitchen and access to WI-FI



Travel

All volunteers should arrive in Sinop on the **30th of June** and leave on the **7th of August**.

Pocket and travel money are 851 EUR. It's up to you how you can travel here. You can either take a plane, a bus or a train to Istanbul. From Istanbul, you can come here either by bus or plane. There is no train to Sinop.

However we recommend you to take the cheapest means of transportation to keep your money with yourselves.

If you still would like to take a plane, you should first come to Istanbul and then take the Sinop flight. There are two airports in Istanbul. Be careful when you book your domestic flight.

During the summer there will be two flights everyday between Istanbul and Sinop, which take 1 hour and 15 min.

From Ankara you can take a bus to Sinop from AŞTİ (Ankara Bus Station), which takes 6 hours.

From Istanbul you can also take a bus to Sinop if you arrive in the European side take Havaist Bus to the Esenler Otogar (Istanbul Bus Station in European side). if your flight arrives in the Asian side, text us before you book your bus tickets. Because it is a bit complicated. So you will need our help.

Once you arrive in Sinop, we will pick you up from the airport or the bus station.

Henner

You will be insured by Henner during your activity.



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PRACTICALITIES:



Attention!!!!

WARNING 1: Not only Sinop, but also the whole Black Sea coast has rip currents. A rip is a strong, localized, and narrow current of water which moves directly away from the shore, cutting through the lines of breaking waves like a river running out to sea. A rip current is strongest and fastest nearest the surface of the water. Rip currents can be hazardous to people in the water. Rip current speeds as high as 8 feet per second have been measured--faster than an Olympic swimmer can sprint! This makes rip currents especially dangerous to beachgoers as these currents can sweep even the strongest swimmer out to sea.

In order to prevent this risk: On the first day of your arrival, we will warn you against the rip currents. When the sea is too wavy, there might be rip currents. We will explain to you how rip current can be observed from the shore. In case you are caught by the rip current, we will tell you to stay calm. It's not going to pull you underwater; it's just going to pull you away from shore. Call and wave for help. You should float, and don't swim back to shore against the rip current because it will just tire you out. You can swim parallel to the shore instead. However, there are beaches without rip currents. We will show you the safe beaches so that you will still enjoy swimming. In the APV and the AAs, we will mention this risk that the volunteers must pay attention to.

WARNING 2: Scuba diving related risks: Developing decompression sickness (DCS), or the bends. Nitrogen narcosis, or inert gas narcosis/ rapture of the deep /Martini effect. Barotrauma. Oxygen toxicity. Air or gas embolism.

* First of all, the volunteers who do not have the licence of the 2-star CMAS or EFR & PADI Diver level will certainly not dive. The ones who have these licences will have to show them to the instructors in order to dive. In order to have a licence, people need to have a doctor's confirmation. So you are expected to be healthy (no heart, ear, respiratory, etc. problems) and physically fit in order to dive.

*If you have a sore throat, flu, cold or congested ear or nose, you won't dive until you're well.

* The ones who have these licences which are certified in their home countries are expected to know all the international rules for scuba divers such as never dive alone, -even if you dive with a group of people, find your buddy (diver friend), dive with him/her, be responsible for their safety, communicate with him or her in underwater sign language and confirm each other with "I am ok" signs frequently. You will make sure of each other if your buddy is equalizing their middle-ear pressure during descending.

* The max diving depth will be 35 metres, which means that you will have to stop at a certain depth and a certain amount of time when you are ascending.

* You will be accompanied by the professional scuba divers who have instructor licences and raise scuba divers. They will have the full responsibility under water and in each dive, there will be 5 instructors and each of them will be responsible for one or two pairs of divers. They will provide you safe diving, both the weather and the water are convenient for diving. The volunteers won't make a diving plan. Only the instructors will make the diving plan and you will follow their plan. When the instructor says "up", "stop", etc. you will obey these commands. You have to answer them with the "I am ok" sign. If you don't do that sign, the instructor will take you up to the surface.

* When something goes wrong with you, they will act to rescue and save you.

If you are exposed to air or gas embolism, you will be immediately taken to the hospital in Samsun, the city which is 2 hours away, where the nearest hyperbaric oxygen therapy is.

* In order to prevent any kind of risks, even if you have scuba diving licences, the instructors will teach the basics of scuba diving in the classroom, remind you of the basic knowledge and tell you their rules. This course will take around 4 hours and the instructors will make sure if you understood everything with a small quiz at the end.

*The equipment you will use belongs to the university's scuba diving club and the university pays special attention to their equipment and the safety of their students. So the equipment is regularly checked. The instructors will be responsible for checking them and making sure if every item is working well before diving.

In the APV and in the AAs we will mention this risk and obeying the commands of the instructors will be a must.



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PRACTICALITIES:



Profile of the Volunteer

- Between 18 – 30 years' old
- Presenting their own culture in an innovative way with food/drinks/dance etc.
- Making the project visible in their country, social media and at the press.

For artists:

- Being either one of the followings: artist, musician, painter, sculpture, movie maker, animator etc.
- Getting inspired and delivering their work on time
- Working in teams
- Willing to learn local crafts
- Willing to follow the "sharing model"

**In the sharing model, the artist comes to Sinop only with their suitcase. They feel the air, explore the town and get inspired. Then they perform their activity by using only local materials in a very short time. After that they will leave their work to us.*

For scuba divers:

- scuba diving licence which will be either 2-star CMAS or EFR & PADI Diver level.

The things to do

! You need to register on the youth portal before you turn 30 years old. https://youth.europa.eu/home_en

! Please read and sign your Activity Agreement

- Bring your clothes according to these temperatures (25-30 degrees)
- Come to Turkiye with Euros, not with your national money. Because it is very difficult to exchange other currencies into Turkish Lira except at the Istanbul Airport and a few exchange offices and banks in Istanbul. However you can exchange euros into Turkish Lira everywhere in Turkiye.
- Keep all of your travel documents: tickets and boarding passes in order to be reimbursed.
- Bring cultural objects such as music, food, drinks, etc. for the cultural nights. No power point, please.
- Bring sun cream and your swimming suits.



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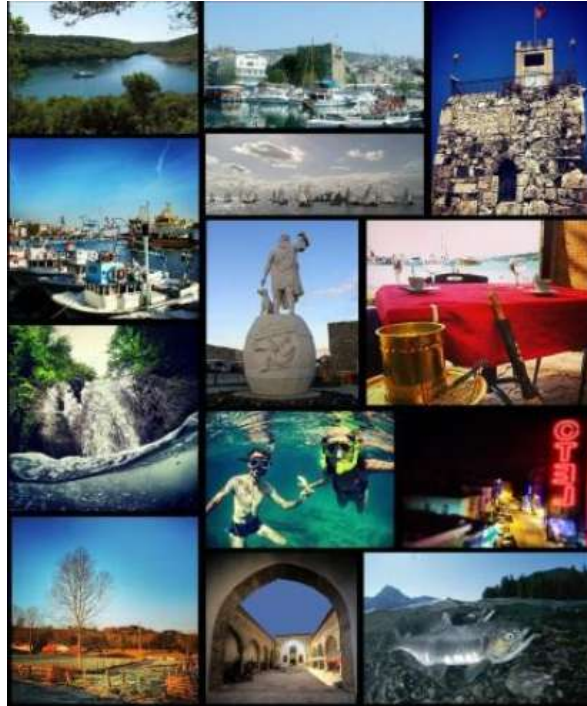
GET READY FOR THE ADVENTURE

Sinop Turkiye

Sinop is situated on the most northern edge of the Turkish side of the Black Sea coast. It is also the capital of the Sinop province.

The history of Sinop dates back to 12.000 B.C. Sinop has served as an important sea port for the civilizations throughout the history. Sinop is now the home of a wide colony of fisher boats, a university, 60.000 inhabitants and numerous of species in the wild life.

Sinopale - the International Sinop Biennial, sailing competitions, climbing excursions in Tatlıca Waterfalls, İnalti Cave, cynic philosopher Diogenes, ancient prison, walls of Sinop and volcanic and historic remnants are the distinctive cultural features of Sinop.



English	Turkish
hello	merhaba
good morning	günaydın
How are you?	Nasılsın?
I am fine.	İyiyim.
Thank you.	Teşekkürler.
Excuse me.	Afedersiniz.
Where is ...? nerede?
bus station	otobüs terminali
airport	havaalanı
street	cadde
hotel	otel
May I have ... ?	... alabilir miyim?
Can you help me?	Bana yardım eder misiniz?
I don't understand Turkish.	Türkçe bilmiyorum.
good bye	hoşçakal