



Avrupa Birliđı tarafından
finanse edilmektedir



UNPLUG TO RECONNECT

Reconnect with Nature, Yourself and Others

Erasmus+ Youth Exchange

2025-1-TR01-KA151-YOU-000299331



Date:

August 21-28, 2026

Location: Sorgun ,Yozgat
TÜRKİYE

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1 Welcome

Dear participants and partners,

Young people across Europe are facing challenges such as increasing stress, academic and social pressures, excessive digital device use, and burnout. This youth exchange aims to bring together 30 young people in a nature-rich environment with minimal screen time, enabling them to openly discuss mental health, break down prejudices surrounding the topic, and develop practical methods to support their well-being.

Through a variety of educational methods, including:

- Digital detox exercises,
- Activities to reconnect with nature,
- Peer support training,
- Creative expression workshops,
- Cross-cultural learning activities,

participants will gain concrete coping skills they can apply in their daily lives and create their own personal well-being action plans.

We hope this experience will serve as a source of inspiration for new ideas, friendships, and future Erasmus+ collaborations. We also hope you will enjoy discovering the local culture, people, and daily life in Yozgat.

Warm regards,
SORGED Project Team



01

DATES

August 21-28, 2026

02

VENUE

Sorgun, Yozgat

03

PARTICIPANTS

30 (3 per partner)

04

LANGUAGE

English

05

MIN. AGE

25 Years

06

PARTICIPATION FEE

€ 0

07

TRAVEL

Distance band

08

VISA

SORGED supports

What you'll do

Participants will gain concrete coping skills they can use in their daily lives and prepare their own personal well-being action plan through activities such as digital detox programs, nature reconnection activities, peer support training, creative expression workshops, and intercultural learning activities, all within the context of rural youth projects in and around Yozgat. The program will conclude with at least one draft Erasmus+ Youth Exchange project.

PARTICIPANT PROFILE — What we look for

Beyond the basic criteria, this project is designed for young people who:

- Care about the topic. You are curious about mental health and well-being as something that concerns you and your generation, not as an abstract subject.
- Are willing to reflect on yourself. A large part of the week is self-reflection: your stress, your habits, your limits. You don't need answers, only openness.
- Recognise digital overload in your own life. You spend more time on screens than you'd like, and you are genuinely willing to try a week with less of it.
- Feel comfortable in nature and outdoors walking, sitting outside, working in the open air, sometimes without your phone.
- Want to support others, not just yourself. You are ready to listen actively, to hold space for someone else's experience, and to respect confidentiality: what is shared in the group stays in the group.
- Respect different perspectives. Mental health is understood and spoken about very differently across cultures you are curious about that, not judgemental.
- Can talk (or learn to talk) about feelings. You don't have to be an open book on day one; sharing is always voluntary and you can always "pass".
- Want to take something home. You intend to use the tools you learn in your own life and to share them with your organisation, friends, school or community.

Please note: this is a peer-learning youth exchange, not therapy or clinical treatment. If you are currently going through an acute mental health crisis, this project cannot replace professional support please talk openly with your sending organisation so we can think together about what is best for you, now or in a future project.

2 Project at a Glance

Key facts

Project title	Unplug to Reconnect — Reconnect with Nature, Yourself and Others
Programme & action	Erasmus+Youth Exchange
Dates	21–28 August 2026 (incl. 1 travel day before & after)
Venue	Sorgun, Yozgat TÜRKİYE
Working language	English
Total participants	≈ 30 from partner countries
Per partner organisation	4 late participants and 1 group leader
Minimum age	25+ years
Hosting organisation	Sorgun Gençlik Derneği (SORGED) — PIC 917194074 / OID E10014574
Project No:	Erasmus+ Programme - 2025-1-TR01-KA151-YOU-000299331

AIM & OBJECTIVES

- ✓ Overall aim
- ✓ To support the mental health and well-being of young people by bringing 30 participants from five countries together in a nature-based, screen-light environment where they can talk openly about mental health, challenge the stigma surrounding it, and build practical tools they can keep using in their daily lives.

Specific objectives

- Raise awareness about young people's mental health and reduce the stigma attached to it.
- Explore the relationship between digital habits, nature and well-being.
- Give participants practical skills in psychological resilience and peer support.
- Strengthen intercultural understanding and European cooperation.
- Certify the learning outcomes with the Youthpass certificate.



3 Programme

Weekly Draft Activity Programme
(The detailed programme will be shared with participants later.)

Days	Content
Day 1 August 21, 2026	Getting to Know Each Other, Group Formation & Safe Space
Day 2 August 22, 2026	Understanding Mental Health & Breaking the Stigma
Day 3 August 23, 2026	Digital Detox & Reconnecting with Nature
Day 4 August 24, 2026	Stress, Resilience & Peer Support
Day 5 August 25, 2026	Intercultural Perspectives & Expression Through Art
Day 6 August 26, 2026	Action Plan, Youthpass & Closing

How sessions are organised

- ✓ Each working day includes mid-morning and mid-afternoon coffee breaks, lunch, and an early-evening break before dinner. Some days include cultural visits in or near Sorgun, Yozgat. Times will be confirmed in the printed agenda on arrival.



4 Venue & Stay

Where you will stay

Hotel / venue	Will be announced to selected participants.
Room arrangement	Twin or triple rooms (same gender unless otherwise agreed), private bathroom
Wi-Fi	Free Wi-Fi throughout the venue
Meals	Full board: breakfast, lunch, dinner. Coffee breaks during sessions.
Dietary needs	Vegetarian, vegan, halal, gluten-free and allergen needs accommodated – please notify SORGED in your participant form
Laundry	Available at the hotel (small fee may apply)
Meeting rooms	On-site, equipped with projector, flipcharts and stationery



Where the activities take place

- ✓ The youth exchange program will take place at the Safa Sorgun Thermal Hotel in Sorgun. Workshops will be held in the hotel's conference room and at the SORGED office in Sorgun. Field visits will take place in Sorgun and Yozgat (within a radius of approximately 30 km). All local transportation needs will be covered by SORGED.

How to reach Sorgun

Sorgun is a district of Yozgat province in Central Anatolia, on the main road between Ankara and Sivas. There is no airport in Yozgat itself; the two main entry points are Ankara and Kayseri.



Recommended airports

Kayseri Erkilet Airport (ASR)	≈ 170 km from Sorgun. Often the easiest option. Direct international and domestic flights.
Ankara Esenboğa Airport (ESB)	≈ 250 km from Sorgun. Larger hub with more international connections.
Istanbul (IST or SAW)	Possible but adds a long onward journey (~12 h by bus). Use only if no direct option to ASR / ESB.

Ways to get to Sorgun

There are high-speed train connections available from İstanbul and Ankara.

[TCDD Taşımacılık E-Bilet System](#)

In addition, buses arrive in Sorgun almost every hour from many cities in Türkiye. There are also buses from Ankara almost every hour, and buses from Kayseri to Sorgun at specific times during the day. Please check the schedules on the website.

[Obilet Bus Tickets](#)

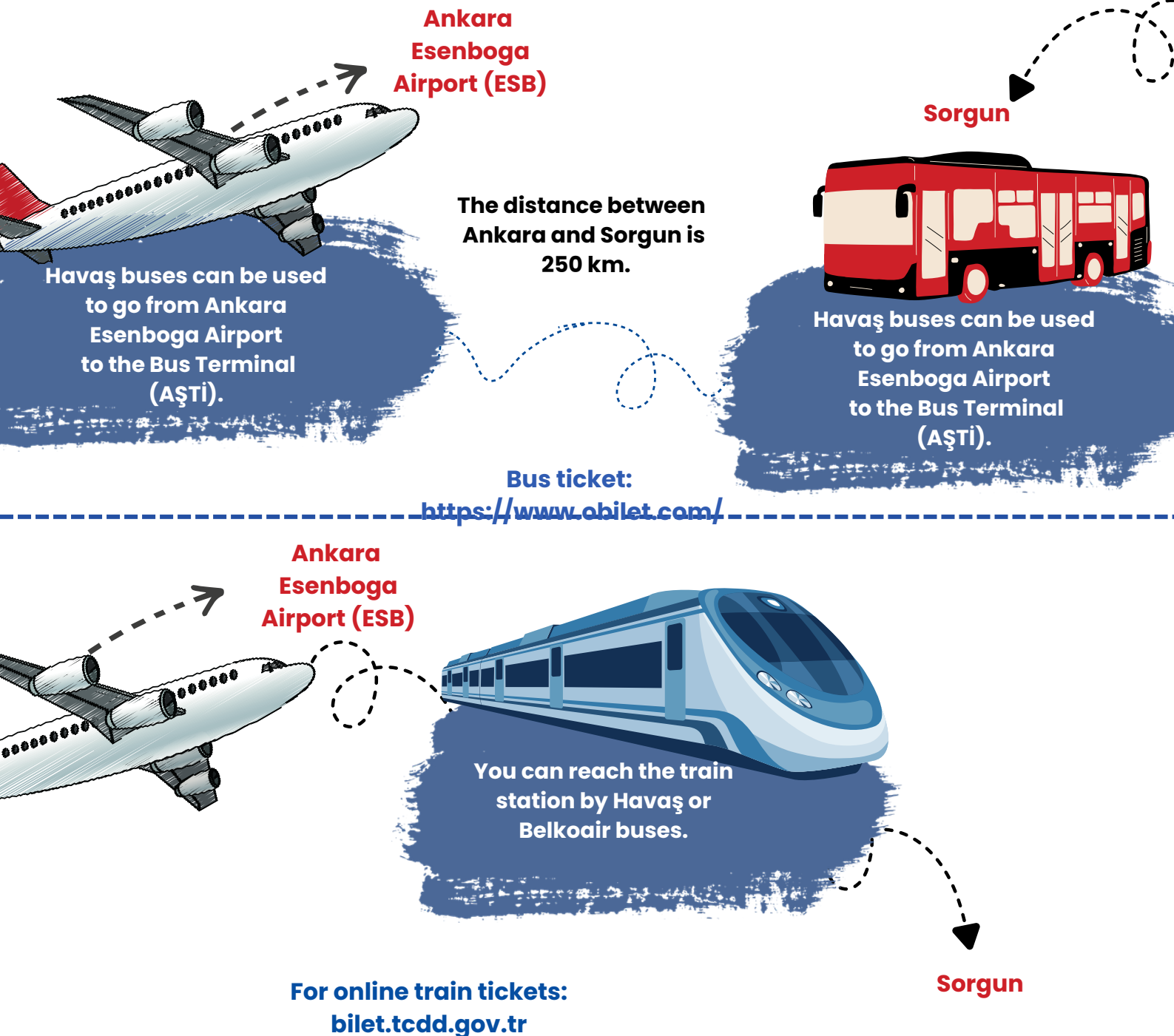


Keep every receipt

If you choose public transport, keep every ticket, boarding pass and receipt. Without originals, your travel cannot be reimbursed.

Booking tips

- ! Book travel only after SORGED confirms your selection in writing.
- ! Choose the most economical and direct route. Avoid layovers longer than 4 hours unless unavoidable.
- ! Travel days are 21 August (arrival) and 28 August (departure). Tickets outside this window are not reimbursable unless agreed in writing in advance.



6 Financial Conditions

Covered by SORGED (from the Erasmus+ grant)

- ✓ Full-board accommodation throughout the activity (21 → 28 August).
- ✓ All meals during the programme, including coffee breaks.
- ✓ Local transport for all programme activities.
- ✓ All facilitation, materials, certificates, Youthpass.
- ✓ Travel reimbursement up to the Erasmus+ distance band amount (see below).
- ✓ Reimbursement of visa application fees on production of the original receipt and a copy of the visa.



Not covered

Personal expenses (souvenirs, extra drinks, taxis outside the programme, optional excursions).
Costs of early arrival or late departure beyond the agreed travel days.
Health and travel insurance — responsibility of the sending organisation, must be in place before arrival.



Not covered

No participation fee will be charged



Distance band – travel reimbursement

Travel is reimbursed in EUR up to the Erasmus+ distance band amount, calculated using the European Commission's Distance Calculator between the participant's place of origin and Sorgun. Indicative amounts (subject to the official Programme Guide for the call year): <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Green travel = use of low-emission transport (bus, train, carpooling) for the main part of the journey. If actual cost is lower than the band, only the actual documented cost is reimbursed.

How and when reimbursement is paid

- ▶ By bank transfer in EUR to the sending organisation's bank account (not to individual participants), within 30 days of receiving all required documents.
- ▶ Required documents submit at end of activity and/or by e-posta and google drive within 10 days:
- ▶ Original travel tickets (flight, train, bus, ferry) outbound and return
- ▶ Original boarding passes (paper or electronic with name visible)
- ▶ Invoices / receipts proving payment
- ▶ Bank account details of the sending organisation (IBAN, SWIFT/BIC, bank name)
- ▶ Original visa fee receipts (if applicable) + copy of the visa stamp / e-visa

No documents, no reimbursement

Without the originals listed above we cannot reimburse. Keep everything from the moment you book the first ticket.

Passport validity

All financial details will be outlined in the partnership agreement.

7 Visa & Entry

Türkiye's visa rules depend on your nationality. Many EU passport holders enter visa-free for up to 90 days; some need an e-visa or a sticker visa. Check your country's status on the Turkish Ministry of Foreign Affairs page (www.mfa.gov.tr) or apply via the e-visa portal (www.evisa.gov.tr).

Invitation letter from SORGED

SORGED will issue an official invitation letter for each participant, at the latest 30 days before the activity, provided that the sending organisation has submitted the following data on time:

- ▶ Full name (as in the passport)
- ▶ Date of birth, nationality, gender
- ▶ Passport number, date of issue, date of expiry
- ▶ Passport scan (information page)
- ▶ Home address
- ▶ Position in the sending organisation
- ▶ Phone and e-mail

Hard deadline for visa data

Send all the data above in one e-mail to info@sorged.org no later than 30 days before the activity – i.e. by Sunday 1 August 2026.



Passport validity

Your passport must be valid for at least 6 months beyond your planned date of departure from Türkiye, with at least 2 blank pages.



Visa fee reimbursement

- ▶ Reimbursed against the original visa fee receipt and a copy of the granted visa / e-visa.
- ▶ Only the official application fee is reimbursed (not consulate travel, translation fees, agency fees, etc.), unless agreed in writing in advance.

8 Insurance

Every participant must arrive with valid health and travel insurance covering the full duration of the mobility (including travel days). This is the responsibility of the sending organisation.

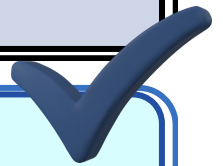
Minimum coverage

- ▶ Medical and hospital expenses in Türkiye.
- ▶ Accident and emergency assistance.
- ▶ Repatriation in case of illness, accident or death.
- ▶ Personal third-party liability.



Send proof of insurance

- ✓ Send SORGED a copy of each insurance policy (or English-language confirmation) at least 7 days before the activity.



9 Sorgun & Yozgat

Sorgun is a district of Yozgat province in Central Anatolia, on the main road between Ankara and Sivas. It has a population of around 80,000 and a mixed economy of agriculture, livestock, small industry, mining (lignite) and trade. Yozgat city, the provincial capital, is about 30 km west and hosts Yozgat Bozok University. The region is a typical example of inland Anatolian rural life – open landscapes, traditional cuisine, generous hospitality, and the challenges and opportunities that come with rural youth out-migration.

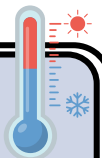


Practical facts

Time zone	GMT +3 (no daylight-saving change)
Currency	Turkish Lira (TRY). Cards widely accepted; ATMs available.
Electricity	220 V, 50 Hz. Sockets Type C / F (European two-pin).
Phone / SIM	Three operators: Turkcell, Vodafone, Türk Telekom. Tourist SIMs at the airport.
Tap water	Generally safe but most locals drink bottled. Bottled water provided at the venue.
Language	Turkish. The project team speaks English.
Emergency number	112 (police / ambulance / fire – single number)

Weather in July

- Central Anatolia in July is hot and dry. Daytime temperatures usually range between 28 and 35 °C, with low humidity. Evenings can be noticeably cooler (15–20 °C). Pack light cotton clothes, a cap, sunscreen, and a light layer for the evening sessions.



A few Turkish words

Hello / Hi	Merhaba
Thank you	Teşekkür ederim (or “teşekkürler”)
Please	Lütfen
Yes / No	Evet/Hayır
Excuse me	Affedersiniz
Where is ...?	Nerede?
How much?	Ne kadar?
Water / Bread / Tea	Su / Ekmek / Çay

Local cuisine — what to try



YOZGAT TESTİ KEBABI

meat slow-cooked in a sealed clay pot, broken open at the table.



ARABAŞI

a winter soup-and-jelly tradition; a summer version is sometimes served.



ÇİĞ KÖFTE

bulgur-based vegetarian “raw” meatballs (no actual meat in the modern version).



MANTI

small Turkish dumplings, often with yoghurt and butter.



TÜRK KAHVESİ (TURKISH COFFEE)

both ubiquitous; declining politely is fine.



AYRAN

salty yoghurt drink, very common in summer.

10 Preparation

Your tasks before arrival

- ▶ Send the completed Participant Profile Form to SORGED no later than 15 days before the activity.
- ▶ Send your passport scan, flight details, and insurance confirmation as soon as available.
- ▶ Prepare a 10-minute organisational presentation: who you are, what your organisation does, one good practice in rural youth work you want to share.
- ▶ Prepare a short item for the intercultural evening food, drink, music, dance, photos, costume, or a 5-minute talk about your region's rural youth context.
Bring a few small gifts / souvenirs from your country / organisation (optional).
- ▶ Activate your Youthpass account at www.youthpass.eu.
- ▶ Join the participants' WhatsApp group (link sent after selection).

Packing list

- ☒ Passport (valid 6+ months) + a separate copy
- ☒ Visa / e-visa printout if required
- ☒ Insurance policy printout
- ☒ Travel tickets and receipts — keep originals
- ☒ EU Health Insurance Card if applicable
- ☒ Personal medication + prescription copy
- ☒ Power adapter for Type C / F sockets

- ☒ Phone, charger, power bank
- ☒ Reusable water bottle
- ☒ Light cotton clothing + 1 warm layer
- ☒ Comfortable walking shoes
- ☒ Sun hat, sunglasses, sunscreen
- ☒ Notebook and pen
- ☒ Materials for Culture Day

11 Contacts

SORGED Project Team

Project coordinator	Halil UĞUZ— info@sorged.org — +905418091936/ WhatsApp
Logistics & accommodation Travel & reimbursement	Emir Kaan ŞENSES — info@sorged.org — +90 541 582 49 40 WhatsApp
Travel & reimbursement	Emir Kaan ŞENSES — info@sorged.org — +90 541 582 49 40
Visa & invitation letters	Halil Uğuz — haliluguz@hotmail.com.tr — +905418091936
24/7 emergency line (during activity)	Emir Kaan ŞENSES — info@sorged.org — +90 541 582 49 40

Hosting organisation

Name	Sorgun Gençlik Derneği (SORGED)
Adress	Bahçelievler Mah., Belediye Cad., ÜÇA Plaza No: 2/35, Sorgun, Yozgat, Türkiye
PIC / OID	917194074 / E10014574
E-Mail	info@sorged.org
Website	www.sorged.org
Phone	+90 354 502 90 92

Useful numbers in Türkiye

Emergency (all services)	112
Sorgun State Hospital	112

12 Erasmus Notes

Programme	Erasmus+
Action	Erasmus+ Youth Exchange
National Agency	Turkish National Agency (Türkiye Ulusal Ajansı)
Grant agreement reference	2025-1-TR01-KA151-YOU-000299331
Hosting organisation	Sorgun Gençlik Derneği — PIC 917194074

EU funding disclaimer

- This project is co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Turkish National Agency. Neither the European Union nor the granting authority can be held responsible for them.

Data protection (GDPR / KVKK)

Personal data shared with SORGED for the purposes of this Study Visit will be processed in compliance with the EU General Data Protection Regulation (GDPR) and Turkish Law No. 6698 on the Protection of Personal Data (KVKK). Data will be used only for project implementation, reporting and dissemination, and kept only for the periods required by the Erasmus+ Programme.

Image & content use

Photographs and videos may be taken during the activity for documentation and dissemination on SORGED's and the partners' websites and social media, as well as in Erasmus+ communication. Participants will be asked to sign an image & content release form on arrival. If you prefer not to appear in promotional material, please let SORGED know in writing in advance.

Youthpass & EU Survey

All participants will receive a Youthpass certificate at the end of the activity, recognising the non-formal learning outcomes of the Study Visit. After the activity you will receive a link to the official EU participant survey. Completion is mandatory and is one of the conditions for travel reimbursement.

Thank you for your interest and participation in this Study Visit.

We hope this experience will provide you with new ideas, valuable connections, inspiration for future projects, and unforgettable memories. Throughout the week, we encourage you to actively participate, share your experiences, learn from each other, and enjoy the intercultural environment.

If you have any questions before your arrival, please do not hesitate to contact us. We are looking forward to welcoming you to Sorgun and spending an inspiring week together!

Warm regards,
SORGED Project Team



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