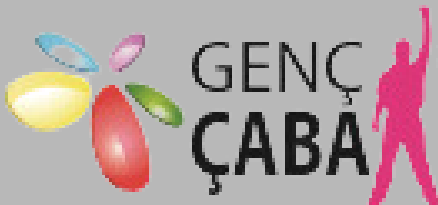


THE RIGHTS IN HEALTH: FOR A HEALTHY FUTURE

Training course | 03.10.2023 - 10.10.2023
Mus-Türkiye



**Funded by
the European Union**

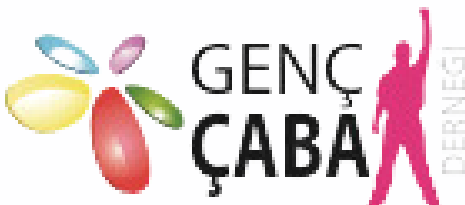
ABSTRACT

Health is the driver of human life. A healthy person has physical and mental well-being, quality of life, high levels of productivity and the will to pursue their goals. In general, being healthy and maintaining a healthy lifestyle is one of the steps to prevent the onset of various diseases. Therefore, as health is one of the pillars of human life, it is extremely important to inform the population, especially the younger ones, about healthy consumption habits, as well as about their health rights.

Therefore, the training course "The rights in health: for a healthy future" aims to achieve the following objectives by raising awareness of health rights:

- Increased capacity of individuals to make informed and conscious decisions on health and well-being.
- Health promotion and disease prevention: by learning about their rights, individuals will have the opportunity to learn about existing prevention programmes (vaccination, physical activity, etc.).
- Increased sense of responsibility on the part of health professionals and entities. A more informed population demands higher quality, efficiency and effectiveness from health services.
- Reducing inequalities in access to quality healthcare.

This training will take place in Mus-Turkiye between 03.10.2023 and 10.10.2023. It counts with the participation of 21 individuals from 7 different countries.



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IMPORTANT INFORMATION

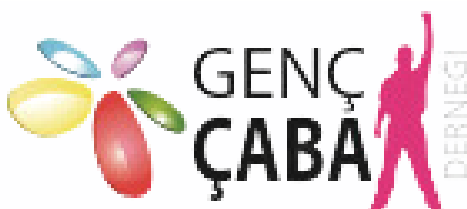
Target group: Each country must select 3 participants. In total, the training course will have 21 participants (3/partner).

Participant profile:

- No age limit, a good level of English and experienced in working with young people;
- Interested to work in health topics;
- Have high motivation to participate in all phases of the project.

Project venue and accommodation: Project will be in Muş. There is only 1 airport in Mus. (MSR). You will be picked at the airport in Muş. The name of the hotel is Dap Hotel (Atatürk Blv. 168.sokak, 49100 Merkez/Muş). You will stay in triple rooms. You can stay extra two nights before and or after the project in Mus or Istanbul, with your own expenses.

Financial issues: Organisers will provide accommodation and food during the whole period of the project. Participants, invoices, tickets, return tickets, boarding passes. Reimbursements will be made during the project by cash in Euros. Maximum travel costs will be based on Erasmus' distance calculator.



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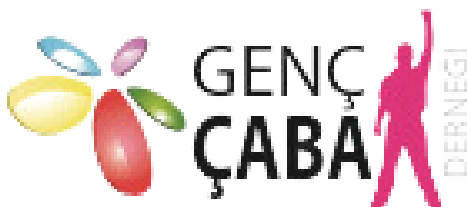
IMPORTANT INFORMATION

Tasks for partners:

- Selecting participants based on the profile;
- Preparing participants to the project;
- Support dissemination of the project.

Tasks for participants:

- Participation to 1 Zoom meeting before and 1 Zoom meeting after the youth exchange;
- As a group preparing 15-minute presentation about health rights in your country;
- Presenting your country on the inter-cultural evening, some foods, posters, games, music;
- Increase project visibility through sharing social media posts.



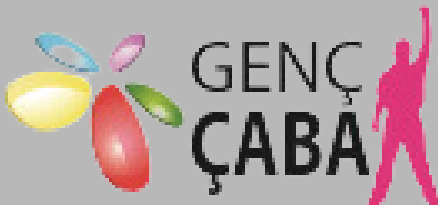
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