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WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET

101089938 - ERASMUS-SPORT-2022-SSCP



INFO PACK & MEETING AGENDA

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Dear Partners,

We are thrilled to extend an invitation for you to join us at the forthcoming Erasmus+ meeting " WELL BEING 4 YOU: SPORT & MEDITERRANEAN DIET." This engaging event is scheduled to take place from 30.8.-01.9.2024 in the city of Kastamonu, TURKEY.

TIME, DATE & LOCATION

30.8.-01.9.2024. in Kastamonu, Turkey

PARTICIPANTS TRAVEL COSTS

We have made arrangements for all participants to stay at Hotel Park Dedeman, ensuring a comfortable and convenient experience.

ACCOMMODATION

Accommodations have been arranged at Hotel Park Dedeman a well-regarded establishment known for its hospitality and comfort. Located conveniently close to the meeting venue, Hotel Park Dedeman offers easy access to our event location and the heart of Kastamonu.

- Hotel Park Dedeman

Address: Saraclar Mahallesi Stadyum Caddesi N0 40/C Kastamonu/ TURKEY

Tel: 0 850 283 29 29

ADDITIONAL INFORMATION

- See Kastamonu Government Office, the Castle, the Clock Tower, Cumhuriyet Square, and Abdurrahmanpaşa High School which have been the witness of history in the city centre.

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- Visit Kastamonu mansions, inns with historical traces, mosques and social complexes that are examples of aesthetic civil architecture, and drink water from the fountain of Nasrullah Kadı Mosque.
- Taste banduma (turkey meat cooked with phyllo dough), simit tiridi (simit dish with meat and yoğurt), ekşili pilav (sourrice), and etli ekmek (flat bread with meaty filling) which are some of the delicious local delicacies.
- Purchase pastırma (cured spiced beef), Çekme helva (traditional Turkish halva with flour, butter and powdered sugar) , siyez bulguru (einkorn wheat), Taşköprü garlic, a Kastamonu simit (ring-shaped bread), and a wood-printed tablecloth.
- Visit Valla Canyon in Kastamonu's Pınarbaşı district and enjoy the breathtaking views from the observation terraces.
- See Ilica Waterfall after crossing Horma Canyon trail.
- Watch the sunset from the glass observation terrace in Çatak Canyon.
- See the unique beauty of Ginolu Bay, where lush green and blue are blended in Çatalzeytin, and Gideros Bay, an ancient harbour in Cide.
- Wander through the narrow streets and ochre-painted houses of Inebolu, which has the White Stripe Medal of Honor, and enjoy the view from Geriş Hill's highest peak.
- Ride a horse, gather mushrooms and enjoy nature at Daday equestrian farms.
- Take a tea and coffee break under the plane tree which has remained standing for more than five centuries in Bozkurt Beldeğirmeni Village.

We are looking forward to a productive and enjoyable meeting in Kastamonu. Further details regarding the agenda, specific sessions, and other logistical information you can find under. If you have any inquiries or require assistance with your travel and accommodation arrangements, feel free to contact us.

Warm regards,



MEETING AGENDA

30.8.2024.

Time	Activity	Venue	Details
13:00	Free Time	-	Participants have free time to relax or explore.
14:00	Mahmutbey Camii	Kasaba Koyu, Kastamonu	It was declared a World Heritage Site by the decision taken at the 45th UNESCO World Heritage Committee meeting in 2023.- (Tourist Trip)
15:00-19:00	Barış Horse Farm Tour	Daday, Kastamonu	Horseback Riding, ATV Tour, Dinner

31.08.2024

Time	Activity	Venue	Details
13:00	Yakupaga Kulliyesi Tour	City Center, Kastamonu	The historical building was repaired by Yakup Ağa, the Treasurer of Suleiman the Magnificent, in 1547 and converted into a social complex by building a madrasah, soup kitchen, guesthouse and primary school. (Tourist Trip)
14:00	Meeting	Restaurant Canoglu, Kastamonu	WB4Y project closing meeting, General evaluation
15:00	Coffee Break	Restaurant Canoglu, Kastamonu	
16:00	Meeting	Restaurant Canoglu, Kastamonu	WB4Y Project- Presentation of participation certificates
16:30	City Tour	-	City Discovery.
20:00	Dinner	Restaurant Kursunlu Han	Live Music Evening dinner at Kursunlu Han, offering a social end to the day