

INFO PACK



Traning Sourse & Seminar Navigate your inner compass – 3rd Edition

A journey to explore the connection between sexuality and identity

12.12 - 19.12.2016, Kokkola, Finland

&

02.04-06.04-2017

Here you can find some useful information that you need for your preparation and your stay in Kokkola.

Dear participant!

We hereby welcome you to the 3rd edition of the Training Course and seminar *Navigate your inner compass*. A journey to explore the connection between sexuality and identity. The first edition of the TC took place in Munkviken, Sweden between the 3rd and 10th of April 2015 and the second edition took place in Kokkola, Finland between the 1st and 9th of April 2016. In this 3rd edition, the participants will meet again in Kokkola, Finland in April 2017 and share how they implemented their learning outcomes and start to plan for future projects together. The information in this info-pack is about the meeting, that TC that will take place in Kokkola, Finland in December.

Background and theme of the training course

Information and facts about sexuality and the human body are essential for young people and play an important role in the learning process of sexuality. Nonetheless, information is not enough. Questions and issues regarding sexuality and relationships are essentially a question of identity. With this training course we want to extend the subject of sexuality beyond information and widen the perspective of the matter and connect sexuality to identity and discover values and norms in connection to sexuality on a societal, European, national and personal level.

Overall aim

The overall aim of the TC is to increase awareness among youth workers of the inner process and inner compass from a holistic approach (body, mind, heart and your environment) in connection to sexuality and identity, and to develop the capacity in supporting young people to explore this.

Objectives

- Discover which norms we have in connection to sexuality and identity
- Investigate how society and myself see sexuality and how it influence young people
- Raise awareness of your own identity and your own body in general and resources
- Learn how to express sexuality in words/communication and attitude
- Explore how sexuality is seen in different European cultures
- Share knowledge and experience within the group about methods and tools for sexual education for young people
- Multiply the learning outcomes in local reality and with young people
- Raise awareness of the Erasmus+ programme and start planning for future projects together

Target group

Youth workers who are involved in sexuality/relationships issues and advising all kinds of youngsters and have the will and possibility to participate in the training course and in the seminar.

There will be participants from : Finland, Sweden, Czech Republic, Austria, Belgium, Greece, Italy, Romania, Slovakia and Ireland.

TC Language

English

Organizers

Nuorisokeskus Villa Elba, Kokkola, Finland



Trainers



Alongside freelance training, Sandra is an international project coordinator in A-net Ungdomsforum and social worker working with young people. She has been involved in international youth projects since 2002. Sandra has developed a range of methods to utilise in her work and has developed international projects focusing on the topics of gender, youth participation, outdoor methods, identity, cultural diversity and norm-challenging. Sandra is passionate about learning within the frame of non-formal education and to support young people and adults in learning processes. She believes in the power of challengeing herself and others to go out of the comfort zone where we can end up in the magic learning zone. Sandra lives in Umeå, Sweden.

Dominique is a full time trainer and coach who is specialised in identity. In this project he represent the Belgian organisation Connected Elephant. Verschuren's approach is psychologically, philosophically and culturally. Concrete topics he works around are passions and talent development, skills and competences, learning processes, vulnerability, powerless feelings, constructive communication, personal values and relationships, diversity in identity (migrants), transition in different parts of your life...He combines the concept of identity with various topics like sexuality, employability, storytelling, European identity and integration, mindfulness..Dominique lives in Paris, France.

Venue and accommodation

Villa Elba is a National Youth Centre supported and observed by the Ministry of Education. We are specialised in youth work and our function is to develop the methods used in the field of youth work, to act as a centre for furthering the skills of the youth, and enable young people's travelling domestically and abroad. The centres are run under the Finnish law covering youth work and by the Ministry of Education.

In international work our goal is to offer youngsters the possibilities of learning in multicultural environment and finding their own strengths and abilities through international activity.

Our work consists of international camps and programs, education, practical training and voluntary work for young people, information and guidance about international programmes, projects and EVS co-ordination for hosting organisations.



Villa Elbas main building

The accommodation is organized in Youth Centre Villa Elba in cottages for 4-8 persons. Please visit www.villaelba.fi to find more information about the place. Towel and bed linen are included, so there is no need to bring them along.



Sauna and the old Villa building in the back



Cottages for accommodation

Participants have the possibility to use Internet for free at Villa Elba. We also have a wireless Internet connection in the main building.

Smoking is allowed only during free time but only at the smoking area. We do not sell either cigarettes or alcohol at the centre.

Meals

Breakfast, lunch, coffee break, dinner and evening snack is served. Inform about your special diets and allergies in the registration form. The kitchen in Elba makes special food only for those who order it, and that is why it is not possible to choose between vegetarian and other dishes.

The address of Villa Elba is:

International Youth Centre Villa Elba

Sannanrannantie 60

67100 Kokkola

Finland

How to travel to Kokkola?

There are many flight possibilities come to Finland. Most of the flights come to Helsinki including several cheap flight companies like Air Baltic, Flybe, Norwegian, Blue1 etc. There are also direct flights from Stockholm, Sweden to Kokkola but only on certain days.

The cheapest possibility to travel to Kokkola by train or Onnibus. More information: <http://www.onnibus.com/fi/index.htm>. Prices and timetables: www.vr.fi. You might also find cheap flights from Helsinki to Kokkola at www.flybe.fi.

To Villa Elba: Villa Elba will organize transportation from Kokkola train station/bus station or Kokkola airport to Villa Elba. Costs of transportation are covered from the travel grants of the participants.

Financial conditions

All costs for food accommodation and other costs related to the implementation of the training will be covered by Villa Elba.

There's a participation fee of 50 euro per participant. This participation fee will be counted out from reimbursement of the travel costs. Travels costs have been calculated according to the distance calculator provided by European Commission. That means that the accepted grants are:

Italy CITTA DI TORINO 2 participants 360 Euro – 50 Euro (fee) = 310 Euro/person

Greece Hellenic Youth Participation 2 participants 360 Euro – 50 Euro (fee) = 310 Euro/person

Austria 2 participants Verein Generationen und Gesellschaft 275 Euro – 50 Euro (fee) = 225 Euro/person

Austria 1 participants LOGO jugendmanagement gmbh 275 Euro – 50 Euro (fee) = 225 Euro/person

Czech Republic 2 participants EVROPSKE CENTRUM MLADEZE BRECLAV - EUROPEAN YOUTH CENTRE BRECLAV Z.S. 275 Euro – 50 Euro (fee) = 225 Euro/person

Romania Asociatia Fluturele Visator 2 participants 275 Euro – 50 Euro (fee) = 225 Euro/person

Slovakia A.D.E.L. - ASSOCIATION FOR DEVELOPMENT, EDUCATION AND LABOUR 2 participants 275 Euro – 50 Euro (fee) = 225 Euro/person

Belgium JOETZ vzw 3 participants 275 Euro – 50 Euro (fee) = 225 Euro/person

Finland Nuorisokeskus Villa Elba 2 participants 0 Euro in travel costs = 50 Euro fee/person

Sweden A-net Ungdomsforum 2 participants 180 Euro – 50 Euro (fee) = 130 Euro/person

Ireland Galway Regional Youth Federation Ltd 2 participants 360 Euro – 50 euro (fee) = 310 Euro/person

Please bring with you the invoices/tickets for the travel costs for the organizers. The maximum amount of reimbursement you can get is 100% from the accepted travel costs according to the sums written above. The reimbursement of travel costs will be done through bank transfer after receiving all the travel documents, boarding passes etc.

The weather

The temperature in December is usually between -5 to – 20 degrees Celsius and snow. Please check updated weather conditions just before departure! Some of the activities will take place outdoor so we strongly recommend you to bring suitable outdoor clothes and shoes.

Insurance

Insurance is each participants responsibility. We strongly suggest you to have a travel insurance and the European Health Card.

Use your space sessions

You are invited to prepare a session by your own or together with another participant for maximum one hour plus debriefing about a method or tool related to sexuality and identity. During the TC you can try it out, verify, improve with the other participants. The session can also be a complete new idea, born during the first days of the TC. You are kindly invited to do a session, there is no obligation. All participants will contribute as your participants during your session.

We have created a Facebook group called “navigate your inner compass 2016 & 2017”. You are welcome to join!

What to bring with you

- Warm shoes and outdoor clothes
- Indoor slipper to be used in the cottages
- Snacks/drinks etc for the international evening
- There will be a sauna evenings so bring swimming suits if you want to attend

- Any medicine you might need
- Passport and health insurance card

Registration

The registration form should be send it via this link not later than the **10.11-2016**

<https://www.webropolsurveys.com/S/AB93A19C3C477947.par>

Contacts

For questions concerning the content of the TC please contact Sandra Östensson at sandra.ostensson@gmail.com

For all practical arrangements **prior** to your arrival and questions about the venue please contact Ritva Sarrikettu from Villa Elba. Before you book your tickets please contact Ritva at Ritva.Saarikettu@kokkola.fi

For all practical arrangements or any emergencies concerning changes or problems **during** your trip to Kokkola please contact

Ritva Sarrikettu **mobile: +358 500 902330**

Sandra Östensson **mobile: +46702868916**

We are looking forward to meet you all in Kokkola ☺

Warm regards,

Sandra Östensson, Dominique Verschuren and the staff from Villa Elba