



# INFORMATION

*Navigate your inner compass - II edition. A journey to explore the connection between sexuality and identity*

**Kokkola, Finland 1-8.4.2016**

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**Dear partner**

Through the following pages, we have gathered the information you need to know about the training course for selection of participants and how to organize participants journey to Finland. A more detailed info-pack will be sent out directly to the participants after they have submitted the registration form.

# General information about

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. It is important for youngsters to think about and process their values, thoughts and knowledge in the area of sexuality and relationships. The overall aim of creating a safe environment where this topic can be discussed is to help young people to find their "inner compass" that can facilitate choices and guide them to manage different life situations. Moreover, the inner compass can help young people to discover and understand themselves.

## **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 and heart) 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 sees sexuality and how it influences 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

## Selection of the participants

Youth workers who are involved in sexuality/relationships issues and advising all kinds of youngsters. ***Navigate your inner compass* is a serious TC for participants who are willing to look inside themselves during an intensive journey.** During this TC the participants explore sexuality and discover varied views on this topic. The participants will also have a multiplier role, in other words: they will adapt what they learn in this training course to the context of working with young people. The participants learning needs and contributions will play an important role. We are looking for participants who are familiar with the topic and who can reflect about it from an holistic point of view.

## Background information about hosting organisation Villa Elba

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.

# Details

<b>Activity dates:</b>	<b>1<sup>th</sup> of April (arrival day)</b> <b>8<sup>th</sup> of April(departure)</b>
<b>Activity place:</b>	<b>Youth Centre</b> <b>Villa Elba</b> <b>Kokkola, Finland</b> <a href="http://villaelba.fi">villaelba.fi</a>
<b>Applicant and coordinating organisation:</b>	<b>A-net Ungdomsforum (Sweden)</b>
<b>Contact information:</b> <b>Elba</b>	<b>International Youth Centre Villa</b> <b>Sannanrannantie 60</b> <b>67100 Kokkola Finland</b>
<b>Contact person:</b>	<b>Sandra Östensson</b> <b>sandra.ostensson@gmail.com</b>

## ***Partnering countries and promoters:***

<b>Partner</b>	<b>Country</b>	<b>Number of participants</b>	<b>Travel grant per participant</b>
A-net Ungdomsforum	Sweden	2	180 €
Youth center Villa Elba	Finland	2	0 €
	Malta	3	530€
A.D.E.L.	Slovakia	2	275 €
Nicola	United Kingdom	2	275 €
Evropske centrum mladeze Breclav/ European Youth Centre Breclav z.s.	Czech Republic	2	275 €
JOETZ vzw	Belgium	3	275 €
Vicolocorto	Italy	2	275 €
MTÜ Noorteklubi Active	Estonia	2	180 €
Verein Generationen und Gesellschaft	Austria	2	275 €
International Centre for Sustainable Development	Greece	2	360 €

# Financial conditions

**Participation fee 50€/ participant; Participation fee will be counted out from reimbursement of Travel costs.**

***Each participant must have valid travel insurance for the entire activity dates.***

The maximum amount of reimbursement is 100% from the accepted travel costs according to the sums above. The reimbursement of travel costs will be done through bank transfer after receiving all the travel documents, boarding passes etc. **there will be no possibility to make any reimbursements by cash.**

## Practical issues

### Tips for travelling

**To Finland:** 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.

**In Finland:** The cheapest possibility to travel to Kokkola by train or Onnibuss <http://www.onnibus.com/fi/index.htm>  
Prices and timetables: [www.vr.fi](http://www.vr.fi). You might also find cheap flights from Helsinki to Kokkola at [www.flybe.fi](http://www.flybe.fi)

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

**Accommodation:** Accommodation is organized in Youth Centre Villa Elba in our cottages for 4-8 persons. Please visit [www.villaelba.fi](http://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.

**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 (because then there might not be enough food for those with special diets).

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

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

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