

**Invitation to the training course**

# **SEXESS**

**20-25 May 2020 in Malmö, Sweden**

**Lets talk about sex, health and the society!**

**A cooperation project for youth workers both from the  
Nordic countries and Eastern Europe!**



**Erasmus+**

## **ORGANISERS**

The training course is organised by Åbolands Ungdomsförbund (Turku region Youth Association) in cooperation with Nordisk Samorganisation för Ungdomsarbete (Nordic Youth Association).

## **AIM**

The aim is to strengthen youth workers capacity to support young people's sexual health.

## **OBJECTIVES**

The objectives are that the participants:

1. map obstacles hindering young people from having a healthy view on sex and sexuality,
2. exchange good praxis and develop tools for how to support young people towards better sexual health,
3. Get better prepared to have open discussions with young people regarding sex, and
4. design and prepare local sexual health information & discussion sessions for young people in the partner countries.

## **TARGET GROUP**

Participants should:

- be youth leaders or youth workers (staff or volunteers)
- be interested in learning more about sexual health
- be at least 20 years old and preferably under 35, and
- have sufficient English skills to interact during the sessions.

We have 2 participant places for each of the following countries/areas: Sweden, Finland, Denmark, Norway, Iceland, Faroe Islands, Greenland, South Schleswig, Armenia, Belarus, Russia, Georgia and Ukraine.

## **DISSEMINATION REQUIREMENT**

Each participant is required to organise at least one sexual health workshop for (minimum 10) young people in their home country after the training. The workshop can be done in cooperation with for ex. a nurse, a youth worker or a lecturer on sexual health.

## **ACCOMMODATION AND MEALS**

The seminar is held in central Malmö, Sweden. The project covers costs for accommodation in shared rooms for 3-4 persons, meals and programme. One meal per day will be vegetarian, and others are optional.

## **TRAVEL SCHEDULE**

Participants from abroad are recommended to fly to Copenhagen airport (Kastrup) and take the train from there to Malmö.

- Arrival to Malmö in the afternoon/evening on the 20th of May 2020
- Departure from Malmö in the morning on the 25th of May 2020, or in the evening after 18:00 on the 24th if suitable transport is available.

Longer stay: If participants wish to stay longer in Sweden/Denmark to see the area, they are allowed to stay up to 48 hours more before or after the training course. Participants cover accommodation and meal costs themselves for the extra time spent.

## **TRAVEL REIMBURSEMENT**

**Actual travel costs will be reimbursed to 70%, but upper limit of reimbursement paid out per person is:**

- EUR 100 for persons from Sweden, Denmark and South Schleswig,
- EUR 150 for persons from Finland and Norway,
- EUR 200 for persons from Iceland and Faroe Islands,
- EUR 250 for persons from Belarus and Ukraine,
- EUR 300 for persons from Armenia, Georgia and Russia,
- EUR 700 for persons from Greenland.

**Due to the strict regulations by our funders, please follow these requirements to receive reimbursement:**

- Participate fully and actively in the training programme
- Organise a local sexual health workshop for youth and send NSU documentation within 2 months after the training.
- Most economical way of travel must be used (economy class flights, 2nd class train etc.)
- Documentary evidence must be provided for all travel costs within 2 months after the travel: ticket showing travel route, price paid and the date of payment. If the ticket lacks information about amount or date of payment, add bank or credit card statement. Boarding pass is required for travel by plane and ferry.
- Any payment over 1000€ need to be supported by a bank/ credit card statement.

## **VISA**

**The participants who need visa please get in contact with the NSU secretariat.**

## **INSURANCE**

**The organisers do not offer travel insurance. Participants are advised to have travel insurance that covers health, and preferably also luggage. The Nordic participants are urged to bring a European Health Card (E111) as travel insurance may not cover costs that should have been covered by E111. It can be ordered for free from your National health care web page/office.**

## **APPLICATION**

**Please apply by filling in and sending the attached application form to NSU's secretariat by the 6th of March.**

## **CONTACT**

**Pia Winsten, Secretary General, Nordisk Samorganisation för Ungdomsarbete / Nordic Youth Association**

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