



## Navigate your Inner Compass – 4th Edition

A journey to explore the connection between sexuality and identity



5. – 12. November 2017

Antwerp, Belgium - FL

# Info Package for Participants

## *Navigate Your Inner Compass – 4<sup>th</sup> Edition*

**A journey to explore the connection between sexuality and identity**

Dear participants,

We are happy to send you this info package.

This package covers all you need to know before coming to Antwerp – please make sure to read every line in this document very carefully! If you have any questions or concerns do not hesitate to get in touch with us.

We are really excited to have you on board! 😊

**Your TC coordinators & trainers**

Dominique (contact person)

and Sandra

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Dear participants!

We hereby welcome you to the 4th 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; the second edition took place in Kokkola, Finland between the 1st and 9th of April 2016; the third edition took also place in Kokkola between 12th and 19th of December 2016 and 3rd and 7th of April 2017.

In this 4th edition, the participants will meet in Antwerp, Belgium between 5th and 12th of November 2017.

### **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 and power structures 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 : Sweden, Czech Republic, Austria, Greece, Slovakia, Ireland, Malta, Spain, Italy and Belgium.

### **TC Language**

English

### **Organizers**

Connected Elephant, Antwerp, Belgium

## **Approach of and mindset for the course**

### **The approach and methodology**

This training course will be based on non-formal and informal education with a self-directed learning approach. That means that the participants are responsible for their own learning and the facilitators provide activities and guide the participants through the process. The training course will be highly participatory, interactive and experiential. The working methods will include case studies, working in pairs and small groups, meditations, contemplations, team building activities, role plays, discussions, and self-assessment. Some sessions will be complemented by theoretical inputs and all of them will be followed by reflection (in the group or individually).



### Participants are...

Youth workers, project leaders and educators involved in youth work. The participants will 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. In their future projects and daily work they can incorporate tools, methods and theory which they have learned during this TC. They can also use their personal learning and development in their daily work with their own target groups.

We expect from participants at all times to the best of their abilities to...

- ... be fully committed to the process - to reflect, share, experience and participate in all activities
- ... keep a clear mind, that is neither intoxicated nor distracted
- ... have taken care of important personal and professional matters beforehand, so that those do not intervene with the TC
- ... be on time for all of the deadlines, sessions and appointments
- ... challenge themselves to step out of their comfort zones
- ... be willing to look into themselves and reflect on their professional and private life
- ... join us on an intensive and unforgettable journey

### Trainer Team



Dominique is a full time trainer and coach who is specialised in Inner Leadership. In this project he represents 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, employability, learning processes, vulnerability and powerless feelings, constructive communication, diversity in identity (migrants)... Dominique lives in Paris, France.

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 challenging 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.



## Preliminary Flow

	Day 1 Sunday 5/11	Day 2 Monday 6/11	Day 3 Tuesday 7/11	Day 4 Wednesday 8/11	Day 5 Thursday 9/11	Day 6 Friday 10/11	Day 7 Saturday 11/11
Theme of day	Welcome to Belgium	Get to know each other	My identity	Vulnerability	Me and My Body	Resilience	Future
8.15-9.15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30-11.00		Introduction and framing	Norms and power	Vulnerability I Inner Leadership	Body	Power of silence	Erasmus+/ Use Your Space
11.00-11.30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
11.30-13.00		Team building	Different cultures and sexuality	Vulnerability II	Body	Power of silence	Transition
13.00-15.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.00-17.00		Concept of sexuality	River of Life	Free afternoon	Body	Inconvenient feelings	Accountability
17.00-17.30		Coffee break	Coffee break		Coffee break	Coffee break	Coffee break
17.30-19.00	Arrival of the participants	Alphabet of sexuality	River of Life		Body	Resilience	Evaluation
19.00-19.30	Welcome	Reflection	Reflection	Free afternoon	Reflection	Reflection	Reflection
19.30-20.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20.30-22.00	Informal welcome	Get to know each other	International evening	Free evening	Documenting evening	Free evening	Farewell party

(This flow is not the final version. It's a flow based on previous editions. In general the program will be similar, but by having new creativity and inspiration, the trainers might change so here and then (some parts of) a session.)

## Things to bring

### 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.

### Inter-cultural evening

There will be an **intercultural evening**, organised by you.

- You are invited to bring food or drinks from your country. Not too expensive, just something typical and which would allow you to give us an idea of your culture. Bring also some traditional games, songs, stories, everything you want to share! We don't have access to a kitchen, so we can't prepare any food! Keep that into consideration.
- There's also time to present **shortly (MAXIMUM 3 minutes!)** your country and organisation. Try to explain one core thing. If people are interested they will find you and you can explore more afterwards. If you don't want to present, that's perfectly fine! Please, don't feel pressured. We don't want to make this an obligation, but a relaxing evening for all of us! :-)
- You can bring general information about your organization (leaflets, brochures, etc). There will be a corner in the working room where you can leave them for everybody to have a look.



# Practical & Travel information

## Venue

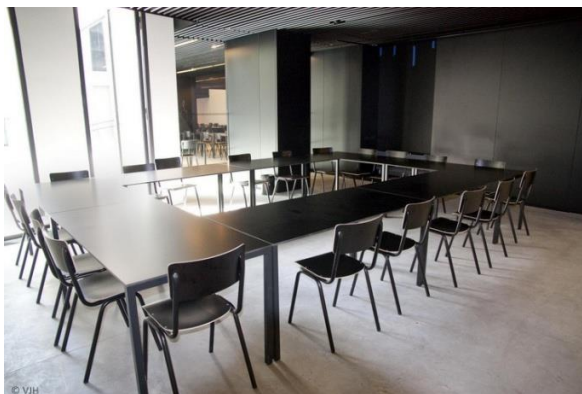
The TC takes place at youth hostel '[Pulcinella](http://www.jeugdherbergen.be/en/overview-antwerpen)', Bogaardeplein 1, 2000 Antwerpen, Belgium.

T: +32(0)3 234 03 14 / F: +32 (0)3 234 10 67 / [antwerpen@vjh.be](mailto:antwerpen@vjh.be)

For more information, visit: <http://www.jeugdherbergen.be/en/overview-antwerpen>

**Meals:** Breakfast, lunch, coffee and dinner will be served in the restaurant building. If you have not informed us of special diets and allergies in the registration form, please do it a.s.a.p! The kitchen staff prepares special food only for those who has ordered it in advance.

**IMPORTANT!!!!** Bed linen is provided by the hostel, but you will have to bring your own **towels and toiletries** (soap, shampoo, toothpaste, etc). The hostel can provide you with towels, with an extra charge of 1.5 euros per day per towel.





## When & how to get to the venue?

Participants are responsible for booking their own travel – it's up to the partner organizations to support them in the process.

Please make sure to book your travel so that you **arrive at the venue before 18h00** on Sunday **5 November** and **depart after 9h00** on Sunday 12 November. We request you to pay attention to this because of the group experience. So we can start on Sunday at 18h30 all **together**. Thank you for respecting this request. 😊

For a good overview of options on how to get anywhere see [Rome2Rio.com](http://Rome2Rio.com)

### To Antwerp

Getting to Antwerp **By Plane**:

**Arrival at Zaventem "Brussels National airport"** From there, every hour (and on the hour) there is an "**airport-bus**" to Antwerp Central Station and back. Cost: 10 euro.

You can also take a **train** from Brussels Airport (Level -1) to Antwerp Central Station. Price max: 11,20 euro. <http://www.belgianrail.be/jp/sncb-nmbs-routeplanner/query.exe/en>

**Arrival at Charleroi Airport (Brussels South)** If you fly to Charleroi Airport, you have to take an airport-bus to Brussels train station and from there a train to Antwerp Central Station.

**Arrival at Eindhoven Airport (Netherlands)** You can take the bus from Eindhoven to Antwerp. Less regularly, but still a couple of times each day. It takes 1,5 hours. Please notice that the bus doesn't stop at Central station, but close to Berchem Station. You can take from there a bus or train to central station. Find here more info:

<http://www.airexpressbus.com/>

### By Train:

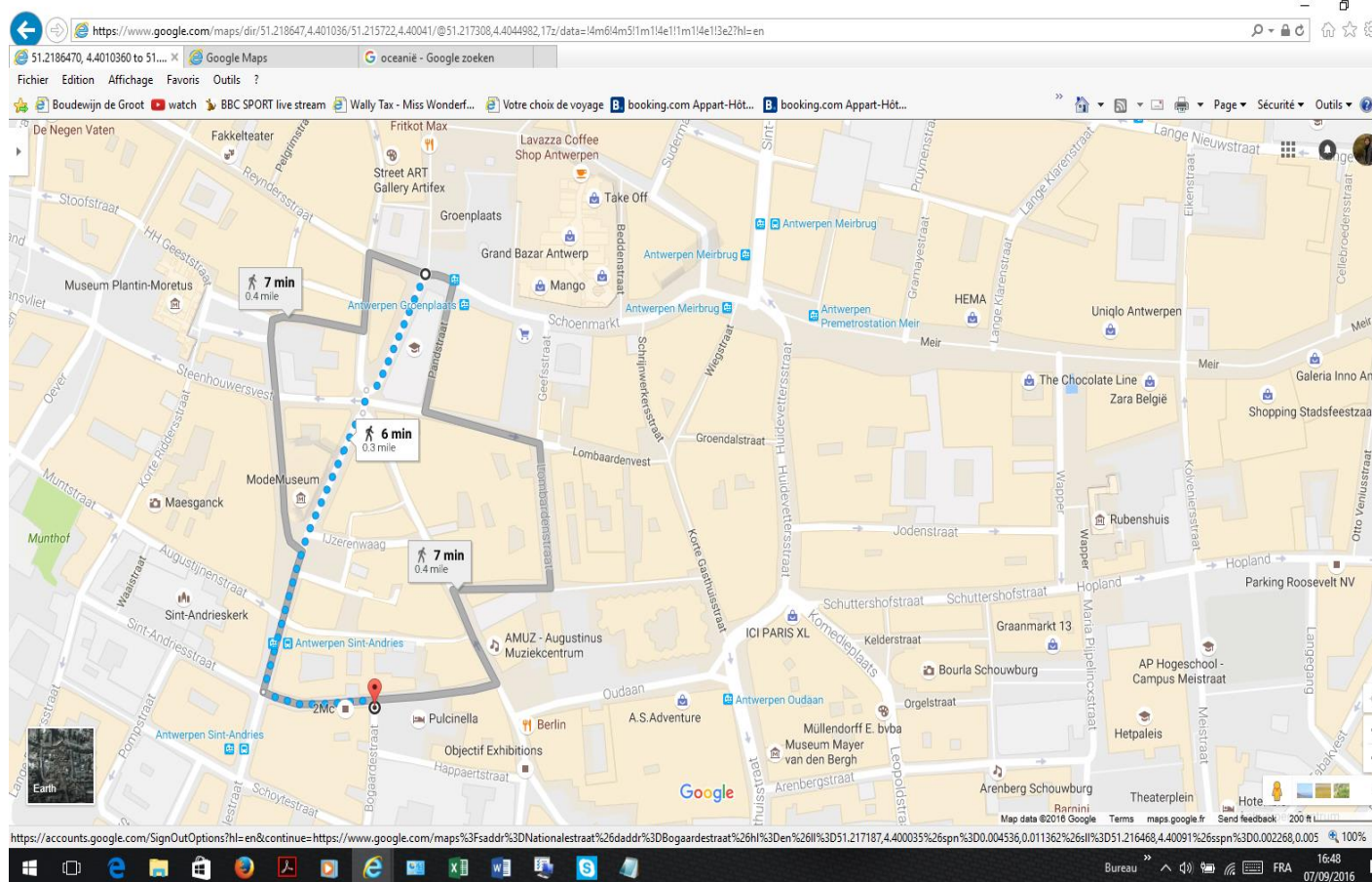
You can take the Eurostar or Thalys, directly to Antwerp Central Station (1.8 km from the hostel)

### In Antwerp

**Getting from Antwerp Central Station to hostel by tram:**

- Take tram number **9** or **15** towards "Linkeroever" or "Zwijndrecht".
- Get off at "**Groenplaats**".
- Walk into the "Nationalestraat" and turn the 5th street left "Sint-Antoniusstraat" till the "Bogaardeplein" where the hostel is (see map):

<https://maps.google.com/maps?saddr=Nationalestraat&daddr=Bogaardestraat&hl=en&ll=51.217187,4.400035&spn=0.004536,0.011362&sll=51.216468,4.40091&sspn=0.002268,0.005681&geocode=FdeIDQMdjCdDAA%3BFWp9DQMdGiVDAA&dirflg=w&mra=ltm&t=m&z=17>



### By bus: (From Antwerp Central Station to hostel)

Take bus **nr. 17** (direction UZA - Central Station - Rijnkaai) from Central Station to "**Rijnkaai**" and then - **nr. 9** (direction Rijnkaai - Fruithoflaan) to "Oudaan" and walk about 400 meters to the "**Bogaardestraat**"

### Practical Details

- Participants will be accommodated in shared rooms.
- There is a wireless internet connection available at the venue
- The weather in November is around 5 - 10°C. Don't forget your umbrella, as there might be rain. You can follow the weather forecast here: <http://weather-finder.com/Belgium/Antwerp/>
- The currency is Euro. If you need to change money: Please use the Airport Exchange Office.
- **Insurance:** Insurance is each participants responsibility. We strongly suggest you to have a travel insurance and the European Health Card.
- **Working language** Working language of this training course is English. Your English doesn't need to be perfect, neither is ours! But there's a lot of sharing in this training, so a good level of English really makes a difference to fully experience this event!
- **Contact details in case of emergency** If you are ever in any trouble, you can call: +33/611331567

## Financial conditions

The **food and accommodation** will be completely provided and paid by the organizers.

**Travel costs:** for the travel costs there will be a participation fee of 70 euros.

### Reimbursement

Travels costs will be counted by distance calculator provided by European Commission and reimbursed by bank transfer after the course. The reimbursement is determined by the Erasmus+-guide. That means that the participants will be maximum reimbursed for the following amounts.

We reimburse any travel cost minus 70 euro: with a maximum reimbursement of 205 euro (Greece: maximum 290 euro), the Belgian participants pay 70 euro.

Belgium	3 participants	0 euro
Sweden	2 participants	$275 - 70 = 205$ euro
Czech Republic	2 participants	$275 - 70 = 205$ euro
Italy	2 participants	$275 - 70 = 205$ euro
Slovakia	2 participants	$275 - 70 = 205$ euro
Austria	2 participants	$275 - 70 = 205$ euro
Spain	2 participants	$275 - 70 = 205$ euro
Ireland	2 participants	$275 - 70 = 205$ euro
Malta	2 participants	$275 - 70 = 205$ euro
Greece	2 participants	$360 - 70 = 290$ euro

The maximum amount of reimbursement you can get is 100% from the accepted travel costs according to the sums written above. For example: for the Italian organization the sum for travel costs per person is 205 Euro. If the participants have a total travel cost of 300 Euro per person, the participants will be reimbursed for 205 Euro. If the participants have travel costs of 200 Euro, the participants will be reimbursed for 200 Euro.

1. The reimbursement will definitely go faster if you mail us the **invoice of your ticket as soon you have booked your flight**.
2. The participants have to show the receipts for the travel costs to the organizers. The reimbursed will be made through bank transfer after the training course from the moment that Connected Elephant have received *all* travel tickets.

## Communication & Coordination

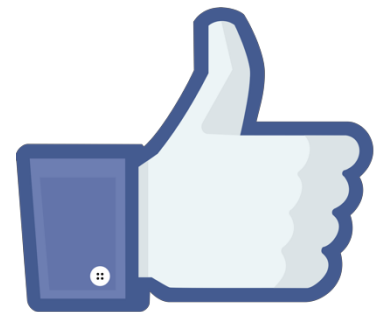
### Please follow these principles

- Contact us anytime if you have any questions, concerns or feedback
- Communicate any changes that are relevant for the running of the TC as soon as possible to your organization and the TC coordinator(s) – this concerns
  - Your (non-)participation in the course
  - All travel related issues, including costs and the exact itinerary
  - Your contact details
  - Anything else we need to know for a smooth functioning of the TC – all information will be treated confidentially
- Choose the way of communication that is most suitable
- Always respond within a suitable time-frame
- If you do not get a respond within a suitable timeframe call the respective person
- If you cannot reach the primary coordinator make sure to reach the secondary one



## Social Media

- (Request to) join the Facebook group to connect with other participants already beforehand:  
[https://www.facebook.com/groups/114400115815461/?source=create\\_flow](https://www.facebook.com/groups/114400115815461/?source=create_flow)
- There you can introduce yourself and your organization with a few and precise sentences to the participants and trainers
- Feel also free to share material that you think is relevant for the TC



### **Summary: What to bring with you?**

- Warm shoes and outdoor clothes
- Snacks/drinks etc for the international evening
- Any medicine you might need
- Passport and health insurance card

### **Your Registration Form**

The registration form you find here:

<https://docs.google.com/forms/d/1AmkUFAcwZoiUJbwFEsZuwqoXtCQiuI70rr6DfRp7Fy8/edit>

Please, send the registration form not later than: **13<sup>th</sup> of October 2017**

We are looking forward to meet you all in Antwerp. 😊

Dominique Verschuren and Sandra Östensson