

T.O.Y.S. (Training On Youth Sexuality) and Healthy Relationships

GREECE, 1-10 December 2015

An nine-day Youth Mobility Project on the importance of our daily habits as a basis for a healthy lifestyle in the context of the Erasmus+ Programme, Key Action 1.

The Erasmus+ Programme is an opportunity for travelling abroad, to meet peers from different countries with different social and cultural backgrounds and to learn from each other through an active participation in joint activities of common interest. Erasmus+ Programme is specifically designed to support formal, non-formal and informal learning throughout the education, training and youth fields.

Do you feel worried about relationships and sexual health? Do you believe that sexual health is important for your physical and psychological health as well as your interpersonal relationships?

Let's discover more appropriate ways to relate with others, to accept ourselves and to increase self-esteem!!

If we want to be healthy, we need to take care of our sexuality and interpersonal relationships, as well as our physical and psychological health. These are inter-related!

"T.O.Y.S. and Healthy Relationships" can be your opportunity for being assertive, communicating with others, expressing your needs and wishes in order to be happy and have more meaningful relationships.

Good sexual health equals better relationships; thus better psychological well being!

Project Summary

"T.O.Y.S. and Healthy Relationships" is an nine-day Youth Mobility Project based on learning by participation methodology, and aims to promote sexual health through assertiveness and good communication with others. The potential participants are youth workers, from Programme & Partner Countries, from different economical, social and cultural backgrounds (direct target group).

The project is expected to assist individuals to raise awareness on healthy behaviors, by experiencing activities in a safe and friendly atmosphere during the training course. The participants will be able to transfer the new skills in their life and act as multipliers in the broad community.

The learning objectives

It will be based on non- formal education and particular emphasis will be given on the learning by participation methodology and experiential learning. The training will consist of intense and short live activities with innovative materials, such as team work, role- playing, artistic creation, social stories, brainstorming, movement games, behavioral rehearsal, modeling, feedback, etc.

The participants are expected to:

- Develop critical thinking as part of decision- making processes.
- Promote active citizenship in areas around sexual health through knowledge on responsible sexual behaviors.
- Build skills in order to understand the value of stable relationships for the nurture of children.
- Increase self confidence in order to manage emotions and relationships.
- Developing self respect and empathy.
- Decrease prejudice- acceptance of differences.
- Learn how to recognize and avoid exploitation and abuse (unhealthy relationships).
- Increase understanding on human sexual function and breaking existing myths in order to promote sexual health and prevent sexual dysfunction.
- Increase understanding on human sexuality, reproduction and relationships.
- Offer a better comprehension of no formal education for learners.
- Exchange experience and know – how.
- Co–formulate innovative strategies and utilise them in the local communities.

Eligible countries

All Programme and Partner Countries.

Profile of Youth Workers

- ✓ Above 18 years old;
- ✓ Able to use English as a working language;
- ✓ Ready to fulfill an open and active role at the youth mobility;
- ✓ Able to attend the full duration of the seminar.

Priority will be given to young participants with social and/or economic difficulties. Organizations/informal groups are encouraged to include them in their sending groups.

Organizations vs. participants

Each organization is expected to send **4 youth workers**.

Working language

English

Working methods

The mobility project will be based on non-formal education, a learning and training process, operating outside the routines of the formal educational system. It will be based on the learning by participation methodology, taking into account the participants' needs and interests. Training will be not a neutral, invisible process, but it will be flexible, combine experience and theory. It will encompass involvement, exchange of experience and it will require willingness to giving and receiving support.

The methods employed over the 9 days of the project will be:

- visual presentations;
- group work, group discussions and brainstorming;
- theatre games and role plays;
- study visits;
- case studies;
- group debates;

- artistic creations;
- outdoor activities.

Group size

40 participants

Dates and place

The Erasmus+ Youth Mobility Project will take place from 1 until 10 December 2015 (including travel days) in **Thessaloniki, Greece**. 4 youth workers per country will participate. Further accommodation details will be announced soon.

Financial conditions (food, accommodation, travel)

Travel expenses (upon presentation of the relevant documents), food and accommodation will be covered by the Erasmus+ Programme. For the travel expenses, reimbursement will be provided according to the kilometric distance between the place of the organization and the city at which the YM is held.

Fees

There will be a participation fee of 30 euro / participant.

CHANCE's profile

The informal group "CHANCE" was established in 2009 in Thessaloniki, Greece. It occupies a group of new scientists – volunteers, and is coordinated by experienced young people, who have offered volunteer work in the past in several Greek NGOs. "CHANCE" aims to:

- Promote health, creating networks and implementing projects based on non-formal education and learning by experience methodology.
- Design programs that encourage social cohesion, protect the human rights and respect the environment.
- Empower young people, enhance and build their personal skills.
- Organize campaigns and initiatives that benefit the society.

How to apply

In the attached file you will find a word file (Applicant's ID) that you need to complete with information related to your NGO/informal group. Keep in mind that **the selection of the participating organizations will be according to specific criteria (e.g. similar actions or interests)** and will be announced to you via e-mail.

How to become partner

According to the Erasmus+ program (http://ec.europa.eu/programmes/erasmus-plus/index_en.htm), each organization or informal group has to register to the ECAS portal to obtain a PIC number (<https://webgate.ec.europa.eu/cas/eim/external/register.cgi>)

The PIC number allows you to participate in the project as partner.

Additionally you have to provide us information about your organization (fill attached file and sent it to us via e-mail).

Details for the registration procedures:

http://ec.europa.eu/research/participants/portal/desktop/en/funding/reference_docs.html

In case you have any queries, you can contact
Natassa Timologou: n.timologou@hotmail.com

Deadline for application: until 6th April 2015
Date of selection and Mandate sending: 8th April 2015