



MANY PATHS,  
ONE GOAL

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Erasmus+

ERASMUS+  
TRAINING COURSE

# You & Me

KAUNAS, LITHUANIA  
14 - 22 MAY 2019



*When it's getting hot  
use a condom...*

PARTICIPATING COUNTRIES:

LITHUANIA POLAND ESTONIA FRANCE SLOVENIA TURKEY

**01**

PROJECT NAME  
**YOU & ME**

**02**

TYPE OF ACTIVITY  
**ERASMUS+ TRAINING COURSE**

**03**

DURATION  
**14–22 MAY, 2019**

**04**

PARTICIPATING COUNTRIES  
**LITHUANIA, ESTONIA, POLAND,  
FRANCE, SLOVENIA, TURKEY**

**05**

NUMBER OF PARTICIPANTS  
**24 IN TOTAL**



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# SUMMARY

Youth can get a lot of unreliable/insufficient information from their parents and peers on sex-related topics. In addition, there is a widespread internet and media coverage which can distort a perception of sexuality (for example, youth watching pornographic content on the internet). A lot of times people do not understand their own sexuality; thus, it is hard to pass the knowledge to the younger generations.

Furthermore, there is an increasing fear of STIs (sexually transmitted infections), teenage pregnancies (because of the lack of knowledge about contraception and responsibility) and sexual abuse. This is because sexual behaviours are rapidly changing.

Good-quality sexuality education is needed to address the above. This idea has united youth organisations from Estonia, Poland, Lithuania, France, Turkey and Slovenia for a common goal. Their aim is to enhance youth's ability to make conscious decisions about their sexuality and relationships, as well as their well-being and health. To achieve this, the training course "You and Me" will be hosted in Kaunas, Lithuania on 14-22 May, 2019. 24 youth workers will gather from the mentioned countries, which have high-quality, semi-good, and poor sexuality education.

**To reach the main aim, the following objectives have been set:**

- exchange knowledge and practices on sexuality education in the participating countries;
- find implementable ways to incorporate it into the youth work;
- raise social awareness about the importance of sexuality education;
- break the taboos and myths of sexuality and sexuality education.

**For this, the following NFE methods will be used, that were created together with partners:**

- interactive workshops on the topic;
- info sessions about the comprehensive sexuality education;
- discussion about the myths/facts of sexuality education;
- debates with medical student organisation;
- guest speaker on sexual and reproductive health (and the provision of consultations on sexuality);
- surveying public's opinion & follow-up;
- specialised group exercises, games;
- feedback, reflections, evaluations and much more. To facilitate the integration of the participants:
- cultural evenings,
- energisers,
- ice-breaking and socialising activities will also be organised.

**Since the project's goal is to reach the public and disseminate the results effectively:**

- special guidelines for youth workers;
  - photo albums;
  - webpage/blog/social network campaign on the topic will be prepared by the participants.
- All of this will ensure that the project would encourage a positive effect on the participants, organisations and the target groups (youth workers, youth, NGO's) in regional, national and international levels.

The participants will gain and expand their knowledge, skills and competencies that are needed to teach youth about sexuality in youth centres. They will also extend their social networks, which will help them in their future work and endeavours.

The project is not meant just for the participating youth workers but also to raise awareness among the wider audience in the participating countries. The expected long-term result is that the inclusion of the sexuality education in youth centres will increase. This, in turn, would improve the well-being of today's young.

# FINANCES & TRAVEL

## BUDGET LIMITS

1. Accommodation, living and other project related expenses: 100% funded by the EU.
2. 100 % of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.

Travel distances	Amount
Between 10 and 99 km	20 EUR per participant
Between 100 and 499 km	180 EUR per participant
Between 500 and 1999 km	275 EUR per participant
Between 2000 and 2999 km	360 EUR per participant
Between 3000 and 3999 km	530 EUR per participant
Between 4000 and 7999 km	820 EUR per participant
8000 km or more	1300 EUR per participant

Travel distances must be calculated using the [distance calculator](#) supported by the European Commission. The distance of a one-way travel must be used to calculate the amount of the EU grant that will support the round trip.

We will reimburse the travel expenses after the mobility by bank transfer, in accordance with the Erasmus+ framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you. For plane travel, the original documents that we need are:

- 1) **Tickets and Boarding Passes**
- 2) **Invoice / Receipt**

**Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.**



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# MONEY

The official currency in Lithuania is **Euro**. The prices in Lithuania are not high as well (e.g. bus ride - 0.80 EUR, pizza – 6.5 EUR). You can check [cost of living](#) in Lithuania.

# GETTING TO LITHUANIA

The fastest and most secure way to reach Lithuania is by plane. The main aerodromes are in Vilnius and Kaunas. They have direct flights to all main cities in Europe. You can reach almost any bigger city in the world with just one change of plane.

Cheap flights are always available [HERE](#).

One more way of reaching Lithuania is by bus. It has direct routes to Germany, Poland, Italy, Belarus, Czech Republic, Latvia and other nearest countries.



# TRANSPORTATION

Firstly, you should find a flight to Kaunas (KUN) or Vilnius (VNO) airports. **The arrival day is 14th of May and the departure day is 22nd of May, 2019.** Try to find a suitable option for the flights on these days.

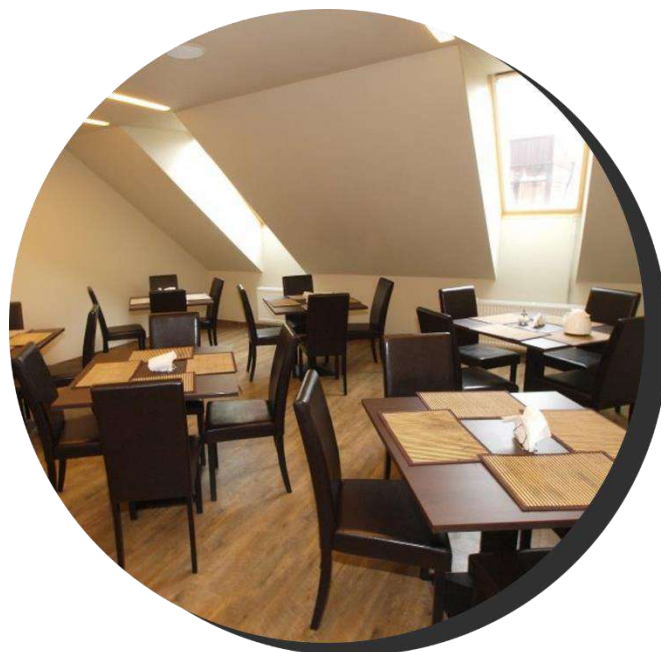
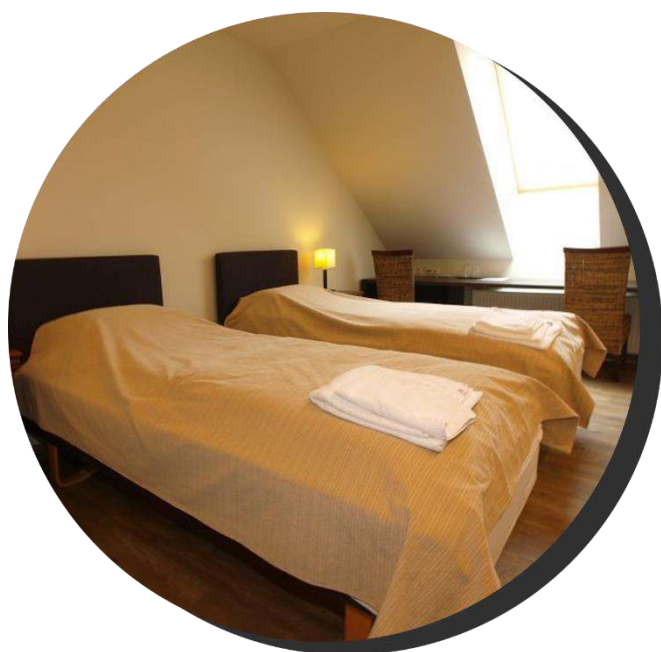
More information about **How to get to the venue** – [HERE](#).



# ACCOMODATION & FOOD

**Venue:** [Domus Pacis Guest House](#). Located at the center of the old town, next to a park.

**Rooms:** with 2-5 beds. Towels and bed linen will be provided (but no hairdryer in the facility). The Main Activity Room is located at the same building. WiFi internet connection is available (however, might be a bit limited). Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the hotel or cafeterias nearby. We strongly recommend each participant to **inform the organizers about any special dietary needs** in advance.



**BASIC RULES:** All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Smoking is prohibited everywhere inside buildings (the guest house levies a fine of 30 EUR), thus all the smokers will have to go outside or to specially designated areas for a cigarette. Any damages to the property of the guest house or the organizers will be deducted from the travel reimbursements of the ones responsible.

# ABOUT LITHUANIA

Check the following websites to get to know more about our lovely Lithuania and Kaunas:

- [Official Lithuania website](#)
- [TripAdviser Lithuania](#)
- [Lithuania Vacation Travel Video Guide \(2017\)](#)



## ADDITIONAL STAY

The hosting organization is covering the accommodation **ONLY** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets 2 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.

For additional days in Lithuania we suggest you to use [Airbnb](#) (18 EUR discount inside), [Booking.com](#) (12 EUR discount inside).



*See you  
soon!*



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