

*Pusti odtis za boljši svet,
brez izgovora.*

ALL COLORS OF THE RAINBOW

Mobility of young people

Dear partner organization!

We are happy to inform you that the project **All Colors of the Rainbow will be implemented from the 30th of June to the 9th of July in Slovenia**. The activity is intended for young people, aged 16 - 21. The aim of the project is to improve awareness and knowledge in the field of sexuality among young people.

Type of activity: Mobility of young people

Activity date: **from 30th of June till 9th of July 2022**

Activity location: Slovenia - exact location to be announced

Partners involved:

- Stowarzyszenie Europe4Youth - Poland
- TTB - Norway
- Stichting yEUth - Netherlands
- Associação Inspira! - Intervenção juvenil e ambiental - Portugal
- JOETZ - Belgium
- Asociación Juvenil "Jarrón Club" - Spain

1) GENERAL INFORMATION AND ACTIVITY BACKGROUND

When talking about sexuality, many people are uncomfortable, both youth and adults. Research shows that young people are reluctant to turn to their parents about topics of sexuality, but rather trust their peers, who are unable to provide adequate support to their peers due to misconceptions and societal pressures, as well as a lack of information and knowledge. The topic of sexuality and sexual health is also strongly linked to the mental health of young people and the positive development of young people into fulfilled adults, so it is all the more important that young people feel that they are allowed safe and honest conversations on this topic, which we will address in our project. It is important that young people are properly informed and trained for in-depth conversations about sexuality, as in this way the youth work environment becomes more open, accepting and safe for appropriate personal growth, self-exploration and reflection in this topic, which can be very taboo and sensitive to ridicule among peers. In the project we therefore want to work mainly with young people, who are the first to be approached by their peers for advice, and indirectly also to influence parents, youth and pedagogical workers through the preparation of a manual and suggested activities.

The aim of the project is to improve awareness and knowledge in the field of sexuality among young people. We want to achieve this by raising young people's awareness of true and distorted information and developing their critical thinking on the subject, and by educating youth workers, educators and parents to have effective conversations with young people about sexuality. The

Pusti odtis za boljši svet,
brez izgovora.

long-term goal is to reduce the taboo nature of sexuality and thus reduce shame when talking about this topic, and so also reduce mental distress and problems caused by feelings of rejection in the field of sexuality and sexual orientation, and reduce violence against individuals based on sexual orientation factors. We also want to find innovative ways to address this topic, to include peripheral places, not just larger cities, in the project, and to include the “youth for youth” approach, as it has been proven that the information young people receive from their peers is better accepted and trusted more.

2) PARTICIPANTS' PROFILE

Participants should be young people aged **16 - 21**.

Some important considerations:

- It is good that the team is mixed, so that some participants in the youth exchange for the first time, and some already have experience with exchanges.
- It is important that young people have the ambition to learn something and acquire new competencies, to be active in the exchange and to want to take part in the exchange.
- We want to ensure **gender balance** so please try to include individuals of different genders.
- Participants must be open and **willing to accept differences**.

3) ACTIVITY PROGRAM

In the project we will carry out a ten-day youth exchange, focusing on the education and training of young people in the field of healthy sexuality and mental health, on creating a safe environment and counseling in small groups led by experts and on the preparation of educational content from young participants for their peers, parents, youth and pedagogical workers. In this way, we want to empower young people so that conversations about sexuality will no longer be a stress or unpleasant experience, but that they will be able to talk honestly about the topic, share experiences and express their needs. The exchange will involve young people between the ages of 16 and 20, as the proportion of young people who have already had sexual intercourse increases sharply between the ages of 15 and 17, indicating that young people at this age are entering the world of sexuality more actively and need additional knowledge, information and space to resolve dilemmas. With a wide age range, we want to achieve the exchange of experiences between peers, support and help, but in counseling talks and other activities for which it will make sense or will be necessary, young people will be divided into smaller groups according to their age. From each organization participating in the project (seven organizations in total), four participants and a head of delegation will be involved in the exchange, and with diverse countries we will achieve a diverse cultural environment that will further broaden horizons, promote openness among participants and increase acceptance of diversity.

4) HOW TO APPLY

In order to apply to the activity, please **fill in the form** available [here](#), by the latest **10th of June**.

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Note: this form is meant **only for the 5 confirmed participants** from each organization. For your internal selection of participants please use other means of application!

Note: if the participants require a travel visa to enter Slovenia, you should adapt the selection of the participants and the form completion accordingly.

5) FINANCES (TRAVEL GRANT AND OTHER ASPECTS)

The Erasmus+ Programme finances the travel expenses up to the following amounts:

Organization	Country	Participants	Travel Grant per Participant
Stowarzyszenie Europe4Youth	Poland	4 young people, aged 16 - 21, and 1 delegation leader who can be older	320 € (green travel included)
TTB	Norway	4 young people, aged 16 - 21, and 1 delegation leader who can be older	360 €
Stichting yEUth	Netherlands	4 young people, aged 16 - 21, and 1 delegation leader who can be older	320 € (green travel included)
Associação Inspira! - Intervenção juvenil e ambiental	Portugal	4 young people, aged 16 - 21, and 1 delegation leader who can be older	360 €
JOETZ	Belgium	4 young people, aged 16 - 21, and 1 delegation leader who can be older	320 € (green travel included)
Asociación Juvenil "Jarrón Club"	Spain	4 young people, aged 16 - 21, and 1 delegation leader who can be older	360 €

Note: for countries that have green travel included in their travel grant: we encourage you to use green modes of transport, not necessarily air transport (if possible).

Also note, that the COVID tests are covered under the Erasmus+ grant. As with the transfer, we will also need the receipts to be able to refund the costs due to testing. COVID testing is covered from the whole project budget, therefore the above travel grant partly also covers testing.

Important information!!!

In case the participant will spend more money for travel than the Erasmus+ Programme has approved, the participant will receive the amount approved by the Erasmus+ Programme.

Pusti odtis za boljši svet,
brez izgovora.

In case the participant will spend less money for travel than the Erasmus+ Programme envisioned, the participant will receive the amount for which he or she has provided the receipts to the organizer.

Note: due to the changeable COVID situation, all the **purchased tickets should be fully changeable**, so that it is possible to receive a voucher or return money if a flight is cancelled.

Reimbursement procedure and requirements

Please note that only public transportation costs with the cheapest mean available are reimbursable. You are eligible for reimbursement only if you have attended 80% of activities during the event. In order for the participant to receive the reimbursement for travel expenses, they will provide the organizer with the following documentation:

- A completely filled out reimbursement form with all required information;
- **Original** boarding passes and all other tickets for transport (also originals) – please note that copies are not acceptable;
- Receipts/proofs of payment for all travel expenses which you would like to get reimbursed.

The reimbursement will be transferred to the participant **in 90 days after they will provide a complete reimbursement documentation** to the organizer.

6) ACCOMODATION

During the activity, the participants will be staying at a well-located accommodation in the city of the activity, probably in rooms by four or six, so that the venue will be easily accessible. Breakfast, lunch and dinner will be provided, together with the coffee/tea breaks. We will give the exact information on the accommodation once we have all the information.

If the participants would like to stay in a private room (single/double), please let us know in advance. The amount that exceeds the planned price for accommodation should be paid to the organiser three days before the start of the activity at the latest.

7) PRE-ACTIVITY TO-DOs

Prior to the start of the activity, the participants should prepare a presentation of their countries and organizations work in the field of sustainable development and climate change which will be presented during the seminar.

Each team should also prepare a little something for the cultural evening, be creative! ☺

8) HOW TO GET THERE

To reach Slovenia by plane, you can fly to the following airports:

- [Ljubljana](#), Slovenia
- [Venice Treviso airport](#), Italy
- [Venice Marco Polo airport](#), Italy
- [Trieste Ronchi dei Legionari airport](#), Italy
- [Zagreb](#), Croatia

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In order to reach the venue of the event, you can use the following means of transport:

- [GoOpti shuttle](#) – usually the easiest and cheapest way of transfer
- Train
- Bus

9) ABOUT THE ORGANIZER AND CONTACTS

No Excuse Slovenia is an organization in the public interest, which strives for positive social change and personal growth of young people. With the help of non-formal education encourages young people to social participation and activation of their peers. We harness the momentum of rebellious nature in young people to create positive change. Our focus is: Criticize, Suggest and Act. While it is easy to criticize, we encourage young people to go further and come up with solutions to tackle the problems they have identified in their local environment and broader.

Activity Coordinator:

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