

INFO PACK

LET'S TALK ABOUT LOVE, LET'S TALK ABOUT SEX!

Dear partners and participants, in this document you will find all important information about our project „Let's talk about love, let's talk about sex!“. Please read it carefully and do not hesitate to contact us for any question.

PRACTICAL INFO:

Venue: Metz, France
Dates: 25/02/2019 – 2/03/2019
2 travel days (24/02 & 03/03)
Please confirm your travel with us before booking!
Language: English

ABOUT THE PROJECT:

The project « Let's talk about love, let's talk about sex! » will hold in Metz, France from 25th of February to 2nd of March 2019. During 6 days, a group of 20 youth workers coming from 6 different countries will exchange on how to work the subject of sexuality with young people, especially how to include sex education in the youth work. The main goal of this project is to create a space of discussion and reflection on different issues linked to all aspects of one's sexuality and especially: unwanted pregnancy, body image, values, decision making, communication, relationships, gender-based violence, sexually transmitted infections...

More than ever young people have access to the information but in the same time more than ever, they are in need of some guidance. With the image that has been created by media and reinforced by lack of reliable and comprehensible source for information, young people are lost. Hence, in their everyday work, youth workers are confronted with situations or with questions related to sexuality. Are they ready? Do they have all information and all tools to work on subject in a way that will be accessible for all? From the other side, has sex education its place in youth work? Where are the limits?

In order to explore all those questions, during the seminar we will:

- Exchange our practices in the field of youth work and especially in the part linked to the health promotion and sexual education
- Compare the situation in our countries related to sexual education as well as legal issues related to contraception, sexual harassment, etc.
- Reflect on impact of a culture or religion in a perception of relation of two persons and discuss accepted (ethical) ideas
- Reflect on the place of sex education in the youth work and the role of youth worker in the process

- Share our experience when it comes to building awareness about different aspect of sexuality and try to find the best way to approach those subjects while working with young people
- Work on how make our actions more accessible for youngsters with fewer opportunities

Participants will be also given an opportunity to meet people and organizations involved in sex education and youth health in general as well as other partners to discuss some of the local and regional actions in favor of young people.

PARTNERS

Centre de Renseignement et d'Information Bureau Information Jeunesse (France)

Ayuntamiento de Maracena (Spain)

Maritsa municipality (Bulgaria)

Associazione Di Promozione Sociale Joint (Italy)

Hellenic Youth Participation (Greece)

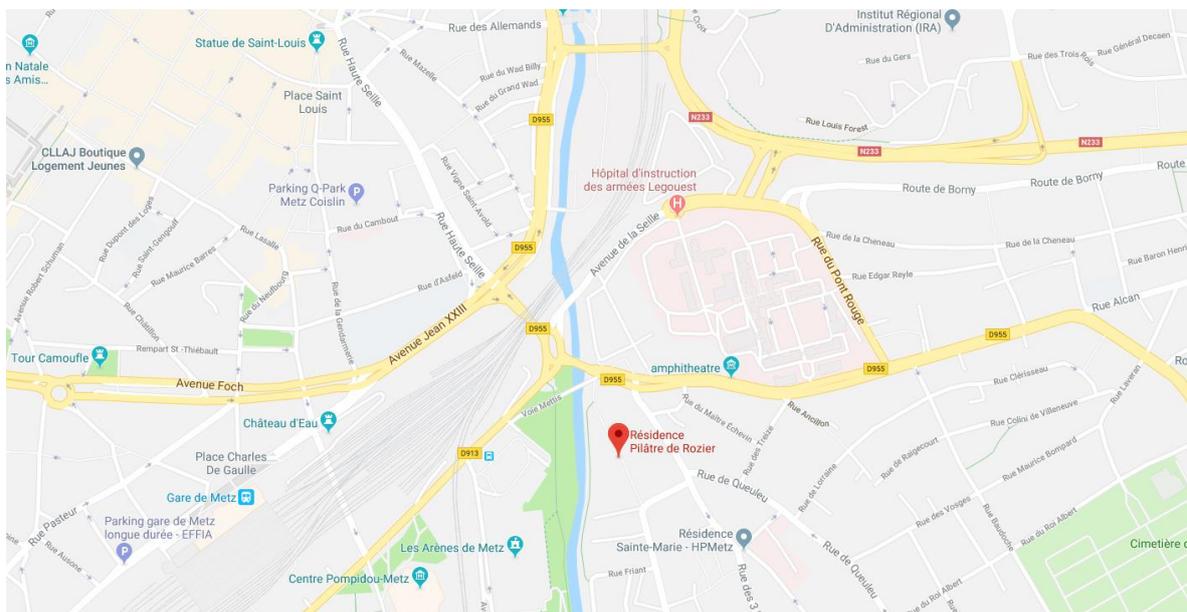
Poliana (Greece)

Associação Spin para o Intercâmbio, Formação e Cooperação entre os Povos (Portugal)

VENUE

We will be staying in a youth center Résidence Pilâtre de Rozier situated in proximity to the city center (about 10 minutes' walk from the historical center): <https://www.etaphabitat.fr/>.

Address: Résidence Pilâtre de Rozier
2 Rue Georges Ducrocq
57070 Metz



Participants will be accommodated in rooms for two to four persons with one bathroom per room. Sleeping arrangements depends on gender division. Bed linen is provided but please, **bring your own towel.**

All meals will be served at the restaurant situated in the center. It is a self-service adapted to different dietary needs (vegetarian, no pork) but please be aware that some specific requirements might be difficult to meet. In any case, if you have any complicated diet, please let us know.

The working space will be in the same building.

WI-FI is available on the site and it is free of charge.

TRAVEL

Travel reimbursement

The seminar is financed according the Erasmus+ Program rules: cost of accommodation and food will be covered by CRI-BIJ, international travel cost will be reimbursed based on the distance calculator (http://ec.europa.eu/programmes/erasmusplus/tools/distance_en.htm) after the submission of the necessary original documents (flight: tickets/itineraries, invoices, boarding passes; train, bus: tickets indicating the price). The invoices can be issued to the name of the partner organization or to the name of the participant.

Travel costs

Please keep in mind the maximum travel reimbursement:

- **Spain – 275€**
- **Portugal – 275€**
- **Greece – 275€**
- **Italy – 180 €**
- **Bulgaria – 275€**

All participants are expected to arrive in Metz. The city is quite well connected and not so difficult to reach with a public transport.

There are several airports that you can choose:

Luxembourg Airport (LUX) – international airport that is situated 70 km from Metz

How to get to Metz:

Shuttle bus: there is a direct connection between airport and center of Metz (<https://www.flibco.com/en/schedules>)

Bus + train: you take line 16 from airport to the train station (2€/ride) and then you can choose between train and bus (Ouibus, Flixbus or Eurolines).

Strasbourg Airport (SXB) – international airport situated 140 km from Metz

How to get to Metz:

Train + train/bus : You can take a train from the airport (station Entzheim-Aéroport) to the main train station and then a connection to Metz (<https://www.oui.sncf/>). From Strasbourg, you can also travel with a bus (Ouibus, Flixbus or Eurolines) but note that they are leaving from Bus Station (Place de l'Étoile).

Brussels - Charleroi Airport (CRL) and Frankfurt – Hahn Airport (HHN) – the closest low cost airports situated around 250 km from Metz

How to get to Metz:

Bus: There is a direct shuttle bus to Metz from those two airports – Flibco (<https://www.flibco.com/>). From Frankfurt Hahn you can also travel with Flixbus.

Even though it is possible to take a train, there is no direct connection with Metz.

Paris Charles de Gaulle (CDG) – one of the Paris' airports situated on the north of the city

How to get to Metz:

Train + bus: you can take a TGV from the airport to the Lorraine TGV station (situated around 20 km from Metz) and then a shuttle bus to Metz.

Bus: there are a few direct bus connections between airport and Metz (Flixbus and Ouibus)

RER + train: from the airport you can take a RER B (kind of metro, 10,30€) to the Paris Est train station, then, you can take a direct TGV to Metz. You can choose a bus as well (Ouibus, Flixbus or Eurolines) but please be aware that the buses might be leaving from very different stations.

Bus + train: from the airport to the center of Paris, you can travel with a bus named Roissybus (12.50€/ride) or La Bus Direct (18€/ride). You can check stops on <https://www.parisaeroport.fr/>.

Paris Orly (ORL) - one of the Paris' airports situated on the south of the city

Metro + RER + train : from the airport you need to take a shuttle Orlyval then at a station Antony you have connection with RER B. To reach the Paris Est station, you need to change at station "Chatelet les Halles". Then you can take a direct TGV to Metz.

Bus: there are a few direct bus connections between airport and Metz (Flixbus and Ouibus).

For your information the Lorraine Airport (ETZ) is the closest airport but it operates mostly domestic flights.

When it comes to bus you can check them on <https://www.comparabus.com> .

Train and TGV connections you can check on <https://www.oui.sncf/> (you can buy your e-ticket as well).

In any case, do not hesitate to ask us if you looking for a good connection to Metz or you are not sure how to get to Metz, we are happy to help!

PREPARATION

Sexual education & your country

As we are going to talk a lot about sexual education, please make sure that before seminar you have some basic knowledge about it. During the preparation time, we are going to share with you tools that will help you to get acquainted with a specific vocabulary.

Please, prepare some information about the situation in your country when it comes to sexual education of young people. Is there any official/formal program? Are there any legal requirements or other imperatives when it comes to sexual life or sexual education? What are the biggest challenges?

Last but not least, please find two press articles talking about case linked to sexual education or sexual life that was widely treated by the medias in your country – one talking about case/situation from your country and one about a case/situation from another country. Example: case of Savita Halappanavar in Ireland (<https://www.bbc.com/news/uk-northern-ireland-20321741>). If possible, please prepare a short résumé or translation of the article.

Good practice sharing

We would like you to share examples of projects and/or tools used by your organization or by another organization in your country. If there is anything you feel is worth to share, please bring it with you.

Intercultural Night

Please remember to bring whatever you think is important and worth sharing about your country, community and culture – food, drinks, games, music...

NGO Fair

You can bring materials about your organization and their activities; as NGO Fair is going to be participatory, PPT presentation is not necessary

Facebook group

Please join the FB group created for this project:

SECURITY

Insurance:

We highly recommend that each participant takes care of own additional travel insurance for the full duration of the project with travel days included. Please, make sure also that you have a valid European health card with you.

Vigipirate :

It is France's national security alert system. At this moment the level of alert is almost at its highest what means that there are some permanent security measures. In practice it means

longer security lines at museums, few left luggage options, bag searches upon entering some public places and sometimes even department stores. Keep an eye on your belongings and put a name tag on your bags as unidentified packages may be destroyed by the police.

Emergency numbers:

18: Emergencies: This number connects to the fire brigade (Sapeurs Pompiers) but they also deal with medical emergencies and should be the first port of call in life-threatening situations

15: SAMU (for other urgent medical call-outs)

17: Police / Gendarmes

112: Universal European Emergency Services number - works from all phones including mobiles

MORE ABOUT FRANCE & METZ

Basic information:

Time: Central European Time (GMT/UTC plus one hour)

Electric plugs: Power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

Telephone area code: +33

City of Metz:

Metz has a three-thousand-year history, from the Gallo-Roman period to the present day. The city has been shaped by the twists and turns of fate; Roman, French and German influences have contributed to its originality and its very essence. Metz is an encyclopaedia of styles, a laboratory of architectures: the Gallo-Roman baths at the Musée de la Cour d'Or, the vestiges of the Middle Ages and the Renaissance on the Place St Louis and the Colline Sainte Croix, a collection of 18th-century French squares, the Imperial Quarter, the ultra-contemporary architecture embodied by the Centre Pompidou-Metz and the new Amphitheatre Quarter.

Metz is a blue city: Metz lies nestled between the River Moselle and the River Seille. The canals, marina and lake provide a perfect setting for strolling along the quays or beside the water. Metz is also a green city: it has 45 m² of green space per inhabitant, 36 km of waterside walks and 95 km of cycle routes; the city is easily crossed on foot, by bike or by bus. The parks are renowned for their rich biodiversity, even in the very heart of the city. (Office de Tourisme)

If you want to know what Metz has to offer you, you can check the website of the Tourism Information Desk: <http://www.tourisme-metz.com/en/home.html>

Tourist map: <http://www.tourisme-metz.com/UserFiles/File/plan-touristique.pdf>

Weather:

Please remain that in Metz February and Mars we are still in winter and the weather might be quite cold and humid. The average temperature is around 5 to 7 degrees but sometimes we are surprised with the snow and lower temperatures. Please bring some warm clothes (warm jacket, sweater) and good shoes adapted to the weather.

CONTACT:

For any question you can contact **Agnieszka Bosch** by mail on projet@cribij.fr or by phone on +33 387 69 04 31 or +33 782 71 53 63 (mobile).

SEE YOU SOON!