

Let's Talk About
Sex III

20-28 November 2022
Bremen, Germany

PROJECT DESCRIPTION

The project aims to provide participants with:

- ▶ accurate information on sexual and reproductive health education
- ▶ dispelling myths related to sexuality and gender

Develop life skills such as:

- ▶ critical thinking
- ▶ communication
- ▶ self-development
- ▶ open-mindedness
- ▶ respect for oneself and others
- ▶ Gain knowledge about sexual and reproductive health
- ▶ Develop a positive attitude towards sexuality and gender



THE ORGANIZERS

Mostar Friedensprojekt e.V. is a non-governmental, non-for-profit organization, established in 1994 in Potsdam, Germany. The association organizes socio-cultural activities, artistic and cultural events, and publications at the local, regional and national levels. For many years it has offered information, general advice as well as humanitarian support to Bosnian refugees and asylum seekers in the region of Brandenburg and Berlin. In Bosnia and Herzegovina Mostar Friedensprojekt e.V. Mostar Friedensprojekt e.V. maintains until today an orthopedic workshop and a center of cultural encounter in Bosnia.



TRAVEL INFORMATION

Making it to the Venue:

First there is a direct Bus the Bus Station right in front of the Train Station with the number 660 in the direction Hagen.

It leaves once per two hours and drives about 40 minutes. The first bus is workdays at 6:45 AM and the last leaves at 7 pm.

You get out at the the bus station OHZ Garlstedt Logistikschule der Bundeswehr and follow the picture down.

If you do not make it until evening you still have the train to Osterholz-Scharmbeck, which leaves every other hour until early morning. We pick you up from there by car.



TRAVEL INFORMATION

Making it to the Venue:

From there you go through a small forest lane and then along an asphalted road along with the fields to the Street Hinterm Horn 5.

The venue is 0,75km away. In case you arrive later than 19:00h you should go by train from Bremen to Osterholz-Scharmbeck station. Nevertheless, the venue is 8-10 km, which is about 2 hours walk, away from this train station, depending on which way you walk. Therefore you should announce and agree your arrival with us.

Call us on our mobiles before you enter the train, so that we will be on time
+4915141370111, +491744255755



ACCOMMODATION

The House:

We are going to stay in the KulturHaus, Hinterm Horn 5, in Garlstedt in the municipality of Osterholz-Scharmbeck, in the bundesland Niedersachsen, Germany.

It is a simple but beautiful accommodation something like a youth hostel in the countryside.

The venue where we will be accommodated is in the middle of a small village some 30 kilometers outside of Bremen.



ACCOMMODATION

The House:

We will be the only group in the house.

We will do workshops, throw parties, host national evenings, eat together, and keep the place clean as if it is our HOME. We will make the rules together and will respect the rules that we make.

There are several rooms where you will be put in mixed nationalities. Some of the Rooms have their own personal bathrooms [Will be given priority for those rooms to Cis-females and can be discussed] but there are also common bathrooms in both floors.



ACCOMMODATION

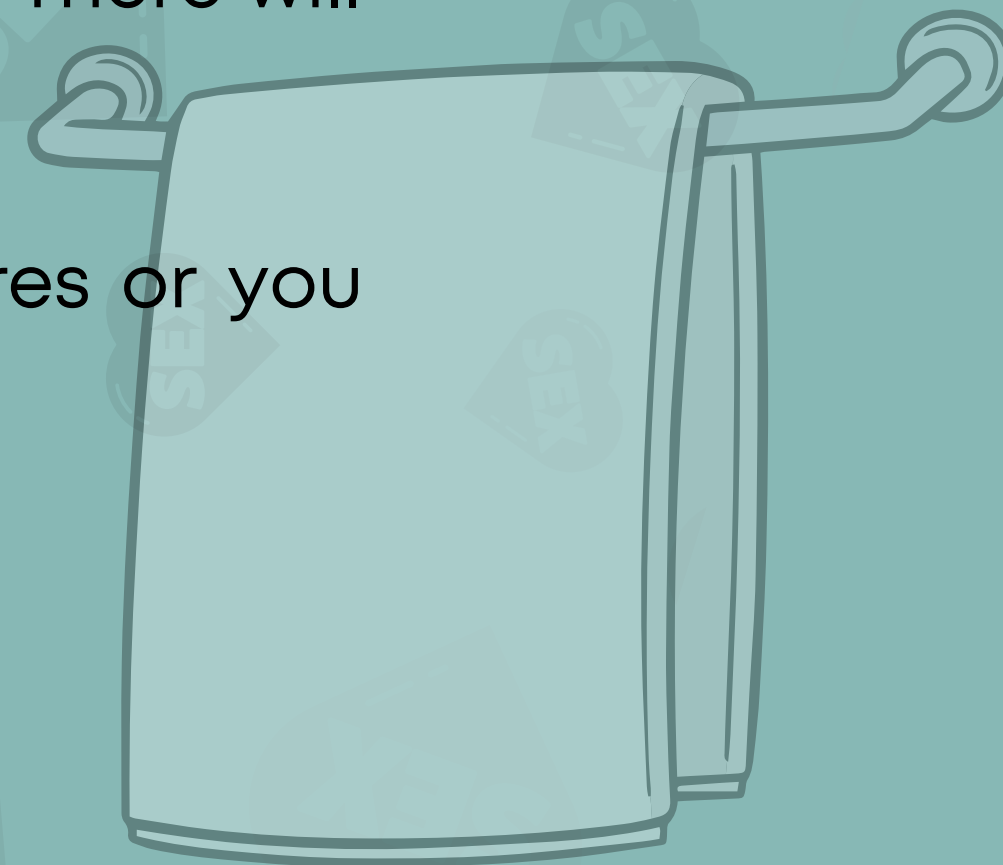
The House:

What do you need in concern to the venue?

Shoes for inside. As it is a really large house, which needs to be kept clean, everyone would need an extra pair of shoes for inside the house (slippers or clean shoes, which you will not wear outside).

Bring your own towel. The same goes for hair dryers, shampoos, and so on. There will be bed sheets provided.

If you forgot things we can buy them for you on-demand in nearby stores or you purchase them.



TRAVEL INFORMATION

ATM & Cash:

In Germany, all major credit and debit cards are accepted. However, in the village (Garlsted, Osterholz-Scharmbeck) is a really small place and in the village, where we stay, there are just a few ATMs.

In the venue, no cards are accepted so make sure that you have some cash with you when you need something from the shop.

You can find many ATMs in Bremen.



TRAVEL INFORMATION

Health Insurance:

We would have a first aid kit with us. But please make sure that you take any medication that you need. There are pharmacies in Bremen and Osterholz Scharmbek, but you will be asked for prescriptions from doctors. There will be a list of emergency doctor's offices available for consultation when needed. There is a full-fledged hospital in Osterholz nearby (8 km)

You have to have health and accident insurance card covers for Germany. You get this from your own insurance at home or you can buy it before you leave in your country. If you forget it, you have to be able to book it online.

Check for EHIC [Contact your insurance and apply for it]



FURTHER INFORMATION

We have our own cooking and logistics team that would prepare meals for us and healthy food will be done for the people with food preferences – vegetarians, no pork, halal, non-gluten, etc.

These people are playing an important role to the implementation of the exchange. They are not your servants, they are part of the team and should be treated with respect. // *This will be further on discussed to setup together the House Norms.

Contacts:

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PARTNER COUNTRIES

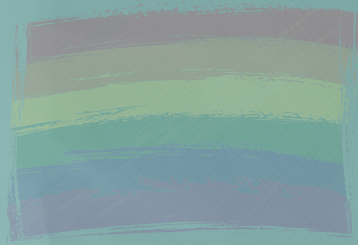
<i>Country</i>	<i>Organization</i>	<i>Number of Participants</i>	<i>Travel Cost</i>
Bulgaria	Moga Znam Tvorja	5 (4+1)	275€
Czech Republic	Spolek ActiTmel.cz	5 (4+1)	275€
France	Eurocircle Association	5 (4+1)	275€
The Republic of North Macedonia	Center for Intercultural Dialogue Association	5 (4+1)	275€
Romania	Puzzle OptimEast Tg. Neamt	5 (4+1)	275€
Spain	Asociacion Arrabal AID	5 (4+1)	360€
Turkey	Anatolia Genclik ve Girisimcilik Dernegi	5 (4+1)	360€
Germany(Host)	Mostar Friedensprojekt e.V	5 (4+1)	180€

ACCOMMODATION

www.kulturgruppenhaus.de



Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Morning	Individual arrivals of participants	Pre-Connection	Holistic element 1: Diversity	Holistic element 4: Sexual and reproductive health	Study visit prep	Different European sexual health education practices	Methods of non-formal education.	Workshop: Generating new/follow up YE ideas	Individual Departures of participants
		Speed dating - Icebreaker			Trip To Bremen		Presentation: Erasmus+		
Break		Break	Break	Rat&Tat Zentrum Presentation // Q&A	Break	Break			
Morning		Presentation of participants	Holistic element 2: Gender		Holistic element 4: Sexual and reproductive health	Holistic element 6: Relationship and love	Youth Pass: Reflecting on the learning process and the knowledge acquired	Workshop: Defining the outcome as base-line for the future	
		Opening of YE							
Afternoon		Workshop: EU take on youth sexual education.Should the EU engage?	What is a fish bowl discussion and how to prepare for one? "Holistic element 3: Civil rights and sexuality: What does it mean?"	Holistic element 5: Violence & communication	Free Time in Bremen	Intro to Holistic Element 7	A letter to my minister/member of parliament...	Workshop: Setting the foundation for the sexual health education network	
		Contract Board					Dissemination Action Plan		
		Break	Break	Break		Break	Break	Break	
Afternoon		Youth Pass: Reflecting on the learning process and the knowledge acquired	Fishbowl Discussion	Holistic element 5 continuation // Introduction for the upcoming trip	Holistic element 7: Pleasure	Recap of the week	Group work: 1) Establishment of the youth sexual health education network & 2) Top 5 project ideas to follow up the YE;		
		Team Building Exercise						Free of choice	
Evening	Introduction of Daily Evaluation: Reflection Time! and Takeaway!	Reflection/ Group Leaders Meeting	Reflection/ Group Leaders Meeting	Reflection/ Group Leaders Meeting	Reflection/ Group Leaders Meeting	Reflection/ Group Leaders Meeting	Reflection/ Group Leaders Meeting		
	Group leaders' meeting	Night Activity	Night Activity	Night Activity	Night Activity	Night Activity	Final Presentation		



SEE YOU SOON!



MOSTAR
FRIEDENSPROJEKT E.V.



Erasmus+



JUGEND
für Europa