



Erasmus+



TRAINING COURSE

CSE UP! – Understanding & Promoting Comprehensive Sexuality Education Through Non-Formal Learning

ARRIVAL 30/09,

DEPARTURE 06/10

2026-1-CY01-KA151-YOU-000389957

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PROJECT OVERVIEW

This training course is designed for practicing youth workers who seek to expand their professional horizons and gain confidence in addressing one of the most vital yet often overlooked topics in modern youth work: Comprehensive Sexuality Education. As society evolves, the role of youth workers in providing safe, informed, and respectful guidance has never been more critical. This project aims to immerse participants in the theory and practice of CSE, equipping them with essential tools, resources, and confidence to integrate these topics into their daily work with young people.

OBJECTIVES



■ KNOWLEDGE & VALUE

To explore the core principles of sexuality education, understanding why it is fundamental to youth development, identity formation, and mental health.

■ PRACTICAL SKILLS

To provide youth workers with non-formal education tools to teach topics like consent, healthy relationships, communication, and boundaries in an engaging way.

■ CULTURAL COMPETENCE

To analyze how cultural contexts and personal values influence perceptions of sexuality, and how to navigate these challenges within the diverse Erasmus+ community.

■ PROFESSIONAL EMPOWERMENT

To create a "safe space" for youth workers to address "difficult questions," debunk myths, and overcome resistance from parents or society.

IMPACT



By the end of this project, participants will return to their organizations not just with theoretical knowledge, but with an actionable toolkit. They will be empowered to lead conversations about body autonomy, identity, diversity, and inclusion. This project will foster a network of peer support among professionals across Europe, ensuring that youth workers feel supported in delivering high-quality, inclusive, and modern youth work.

DAILY PROGRAM CONCEPTS



01/10 – Immersion: Team building, introduction to Erasmus+ and Youthpass objectives. Exchange of experiences regarding the state of CSE in various countries. Creation of the "Box of Difficult Questions" to guide our learning process.

02/10 – Identity & Self-Reflection: A deep dive into how personal identity, sexuality, and cultural codes shape our educational practices. Understanding the role of the youth worker in modern E+ contexts.

03/10 – Diversity, Inclusion & Resistance: Applying CSE principles to ensure inclusion. Strategies for dealing with resistance (from parents/stakeholders) and using non-formal education to facilitate meaningful dialogue.

04/10 – Healthy Relationships & Boundaries: A practical workshop on consent, effective communication, and the vital skill of setting boundaries. Afternoon reserved for reflection and personal recovery.

05/10 – Integration & Future Steps: Consolidating outcomes. Developing individual "Action Plans" for returning home. Feedback, project dissemination, and planning for future Erasmus+ collaborations.



DAILY PROGRAM CONCEPTS



Time/ Date	30/09	01/10	02/10	03/10	04/10	05/10	06/10
09:30 – 13:30		Foundations of CSE: Building a Supportive Learning Community & Youthpass Competencies	Identity Matters: Navigating Self-Awareness & Values in Youth Work	Inclusion & Diversity: The CSE Lens in Cross-Cultural Contexts	Boundaries & Agency: Developing Skills for Consent-based Relationships	Synthesis & Future Action: Translating CSE into Professional Practice	Departure
Lunch Break							
15:30 – 19:00	Arrivals & Dinner	CSE Landscapes: Mapping Challenges and Cultural Perspectives in Europe	Identity & Ethics: Deconstructing Personal & Cultural Biases in CSE	Bridging the Gap: Navigating Resistance & Communicating with Stakeholders	Free time	Impact & Dissemination: Building Sustainable Youth Work Strategies	
20:30 – 22:00	Ice breaker	Welcome dinner	"The Secret Conversations Club" (Open Space)	"The Secret Conversations Club" (Open Space)	Intercultural Evening	Evaluation, Feedback & Future collaboration	

VENUE:



■ ARRIVAL

30/09/2026 (arrival) to 06/10/2026 (departure)

■ ACTIVITIES

1/10-05/10/2026

■ ACCOMMODATION

SEK Appartments Paralimni. Apartments with 2 rooms (1 double bed, 2 single beds, private shower, kitchen, fridge, AC, TV).

They will stay 3-4 persons per apartment.

Each participant must bring his/her towels. There is not any hairdryer, nor steam iron for ironing.

PARTICIPANTS' PROFILE

Partners NGOs will send 1-2 Youthworker/representative (20 + years old) with experience in youthwork (and/or facilitator or project manager) in Erasmus+ projects.

Profile:

Inclusion Focus: Partner Organisations must prioritise participants facing fewer opportunities, including social, economic, or geographical obstacles. The selection process must be transparent, fair, and based on motivation regarding CSE themes.

Partners must ensure no double funding occurs under other EU mobility projects.

Quality Commitment: Partner Organisations shall ensure that selected participants possess sufficient motivation, language ability, and commitment to actively contribute throughout the activity.

MUST be able to communicate and write fluently in English

Will have a laptop or a tablet (either his/hers or from his organization)



SELECTION OF PARTICIPANTS

Organisations need to inform their members and bring them in contact to NECI EU in case of need for further questions. Then they need to organize interview and discussion with the candidates who meet the profile of the participant.



Furthermore, the representative of each partner in accordance to NECI EU **must look for flights and the sooner possible to book the flight to Cyprus for the whole group as one (not individually) ONLY WHEN THEY WILL BE ADVISED BY US** as well.

Deadline for booking tickets and inform us about it: between 25/06/2026 and 01/09/2026. **We WILL NOT ACCEPT flights that DO NOT DEPART OR RETURN TO COUNTRY OF ORIGIN/REGISTRATION OF THEIR NGO, since this practice is not accepted by NA Cyprus. Therefore we will not reimburse their tickets and expenses (Only if the participant uses bus or train to travel from his/her country to the neighboring country to get cheaper or more convenient flight).**

We WILL NOT ACCEPT ANY PARTICIPANT WHO BOOK HIS FLIGHT WITHOUT PREVIOUS COMMUNICATION WITH US.

Any travel expenses without boarding cards, invoices and tickets, cannot be reimbursed and the expense of travel will be covered by the participant.

IMPORTANT NOTICE

The structure of the Training is intensive and demanding, plus requires full attendance and participation. It starts at 09:30 am and will end around 19:00 pm.

Budget of the Training

The budget is fixed from the EPlus programme and includes accommodation, meals, transportation and travel and practical expenses.



From Larnaca to Protaras/Paralimni:

Option 1: Shuttle Bus Service

We will arrange round-trip shuttle bus transportation between Larnaca and Protaras. There will be two designated pickup locations for participants: Larnaca Airport and Phinikoudes Avenue. The total cost for both days is €20. This fee will be deducted from your maximum travel allowance. However, if your total travel expenses (including the shuttle) exceed your maximum allowance, you will need to pay the €20 bus fee in cash.

Option 2: Public Transportation

We will provide detailed instructions on how to reach the accommodation using public transit.

Note: The final arrangements for Options 1 and 2 will be confirmed once we have received travel tickets from all participants.

MAXIMUM ALLOWANCE IN EURO FOR TRAVELLING PER PARTICIPANT



Country	TOTAL per person in Training course Maximum:	Number of participants per country	Trainers	Destination
Cyprus	28	2	1 CY	Larnaca airport or Paphos airport
Estonia, Latvia, Lithuania,	395	2	1 EE	
Romania, North Macedonia,	309	2		
Slovakia	309 - 395*	2		
	*The exact amount is calculated based on the E+ Distance calculator and the E+ Guide 2026 from the hometown to the Project place, based on the travel documents (receipts, invoices)			
Number of participants		16	2	18



We advise participants to arrive at Larnaca International Airport. Ercan airport is not eligible and not legal airport.

Paphos airport: It costs between 15-18 euros one way to Larnaca airport by bus (intercity bus, kapnos shuttle, Limassol bus), and something between 100-120 min to arrive to Larnaca. If you will select Paphos airport, then check the bus connection to Larnaca earlier to be on time (at least at 18:30 on 30/09/2026 at Larnaca airport).

TICKET CHANGES AND MODIFICATIONS:



- a. Recommended Flex Options:** When booking your tickets, we strongly advise choosing a refundable or flexible option to protect against unexpected travel issues. This "flex option" usually costs an additional €10 to €30. If this extra cost fits within your maximum approved travel budget, the program will cover it.

- b. Unauthorised Ticket Changes:** If you book a non-flexible ticket and choose to alter it independently without our prior written approval, we will not cover any amendment fees or airline penalties.

- c. Unauthorised Re-booking (Extra Tickets):** If you abandon an approved, pre-booked ticket to purchase a new one independently, the program will not reimburse the cost of the extra tickets.

- d. Coverage Limit:** The program strictly covers a maximum of one (1) ticket for arrival and one (1) ticket for departure per participant. Reimbursement is conditional upon the submission of the corresponding boarding passes matching those exact flights.

REIMBURSEMENT



Reimbursements will be processed in EUR via bank transfer only to the account of the respective Sending Organisation, between 20 October and 30 December 2026.

To proceed with the reimbursement, participants and sending organisations must submit the following:

A. Required Travel Documents (Originals):

- **Tickets:** All original tickets for planes, trains, buses, metro, etc.
- **Invoices & Receipts:** Official invoices and payment receipts for all purchased tickets.
- **Boarding Passes:** Hard copies or digital PDF versions of all boarding cards. Note: It is highly recommended to save your baggage tags as well, as they contain essential travel data. If you fly with Ryanair, please download the PDF boarding pass from the website; mobile app boarding passes are no longer accessible after the flight.



REIMBURSEMENT



B. Mandatory Dissemination & Follow-up Tasks:

- **Local Dissemination:** Complete all assigned project tasks and disseminate project outcomes by sharing your experience with your sending organisation, or by organising workshops/sessions with youth in your local community or abroad. Photos of the event are required.
- **Social Media Coverage:** Sending organisations must share the project results on their official social media channels or website.
- **Reflection Diary:** Prepare and submit a reflection diary of the training.
- **EU Survey:** Complete the official EU Survey, which will be sent to each participant's personal email following the training activity.





PERSONAL INSURANCE

Insurance cover for personal effects is the responsibility of the individual participant. You are strongly recommended to insure your personal effects for the whole period of your absence from home. Neither NECI nor any venue used during the event can entertain claims against loss of or damage to personal property. You are recommended to ensure that you have adequate medical insurance to cover the period of your stay in Cyprus. Contact your health insurance or travel agency for more details. You are also advised to issue the European Health Insurance card.

WHAT TO BRING WITH YOU

Comfortable clothes: Make sure to bring comfortable clothes for activities, trainers for the sessions but also maybe your free time you may wish to explore the area.

Power adapters: Please note that Cyprus uses Type G plug sockets (the British 3-pin system).

Towel, face towel, (if you need hair dryer and steam iron also)

Cash (coins or five euro notes) to pay the bus from airport to Larnaca (or Paphos) center. They don't take visas.

Personal medication in case of health issues (allergies, diabetes etc). You can not buy medicine from pharmacy stores without a prescription.

Hat/cap for our super warm sun but also warm clothes. October has around 32 celsiou to 34 celsiou during day and 13 celsiou to 16 celsiou during nights. Often is considered to be rainy month too with unexpected cold.

SOME MORE INFORMATION



1.The hosting organization covers accommodation, meals and a breakfast and 2 coffee breaks

Dinner on arrival: 30/09/2026

Full board: 01-5/10/2026

Breakfast on departure: 06/10/2026

2.We do not cover anything else that is not in the official agenda/timetable of the Project.

3.All travel documents shall be provided before departure, (if after departure then through mail with tracking number/registered mail)

4.Travel days: 30 September 2026 for Arrival and 06 September 2026 for Departure. Book/reserve your tickets to these dates.

5.In case you wish to arrive a day earlier or depart a day later it's at your expense. Any arrival earlier than 30/09 or departure later than 06/10 needs to be approved by hosting organization and then by NA Cy.

6.Official hashtag of the project: **#CSEUP2026**



Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>





Contact with us!

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