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**Youth Health
Organization**
INTERNATIONAL

The 1st European NCD Youth Conference

1st Information Paper

Dear partner organization,

We are delighted to announce that the 1st European NCD Youth Conference will take place from 6th to 9th of December in Slovenia. The youth seminar, which will be a side event of the conference, has been accepted for funding by Slovenian NA for Erasmus+ Programme and we can offer up to 3 places to the representatives of your organization. The program of the seminar will start one day before the conference and will take place from 5th to 9th of December 2019 in Slovenia.

The NCD Conference aims to bring together the Public Health and Youth sectors to ensure better working and living conditions of young people in Europe. Primarily, we would like to empower youth workers and leaders to set up a healthy environment for their constituents locally. At the conference, we will address the most pressing needs of the youth workers, which include lack of knowledge (on NCDs), lack of skills (research, project management, advocacy, policy making), and lack of a professional-social network between organisations.

Type of activity: Youth Workers Mobility

Activity date: from 5. 12. 2019 till 9. 12. 2019 (plus two travel days)

Activity location: Portorož, Slovenia

Project coordinator:

- International Youth Health Organization

Official partners of the project:

- Lithuanian Tobacco and Alcohol Control Coalition
- Civil Life Association, Turkey
- Centro Savonese di Servizi per il Volontariato, Italy
- Health Professionis against tobacco and alcohol, Albania
- Smoke Free Life Coalition, Bulgaria
- Bué Fixe- Associação de Jovens, Portugal
- Youth for Public Health, Georgia
- Neolea gia Antalagi kai Katanoisi, Cyprus
- Asocijacija za Demokratski Prosperitet - ZID Udruzenje, Montenegro
- Asociatie Obsteasca "Consiliul National al Tineretului din Moldova", Moldova
- Sediste na Sekretarijat na Zdravstvena mreza na Jugoistocna Evropa/ SEEHN Secretariat, North Macedonia
- Inzenjeri Zastite Zivotne Sredine Udruzenje, Serbia
- Dentrum Onkologii - Instytut Im. Marii Skłodowskiej-Curie, Poland
- Martinský klub medikov, Slovakia
- JOETZ vzw - Belgium

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1) GENERAL INFORMATION AND ACTIVITY BACKGROUND

In the International Youth Health Organization (YHO), we believe that Youth Health is one of the most important values, which is often overlooked or dismissed on the high-political agenda. The lack of health is one of the biggest obstacles to Youth reaching their full potential and the neglect of healthy lifestyles among young people can result in severe disabilities and diseases later in life. The highest burden of disease to our society is posed by the Non-Communicable Diseases (NCDs), including mental disorders, that are increasingly prevalent among Youth. The mission of YHO, that is closely related to the aims of this project are:

1. To prevent the onset of NCDs.
2. To empower youth to work on preventive programmes and projects, research, advocacy campaigns and policymaking processes to improve health of adolescents.
3. To ensure a safe space for growth and development of young people, where they will be protected from the harmful effects of risk factors for NCDs.

Youth organizations play a key role in access to young people and can ensure a safe, risk-free space for youth. Despite that, it often happens that youth organisations do not realise the effect they (can) have on the health of youth and lack competencies to ensure a safe space. Furthermore, some of them even conduct practices that can harm the health of young people.

2) TOPICS AND METHODOLOGY

The central activity of this project is the conference on NCDs and Youth. During the 5 working days, the participants will be able to acquire and upgrade:

- Knowledge of NCDs and risk factors
- Skills connected to Youth health and methodology used in the sector: research, project management, advocacy, policy-making and making/or creating a safer space for young people to develop.
- A comprehensive professional-social network between organisations to share best practices and reinforce a connection between the Youth and Public Health sectors.

The seminar will include very diverse methodology: lectures in plenary setting, “hands-on” workshops, simulations, group work, individual mentoring (and careers counselling) and more. The number of participants will be 50 or more. Despite the Erasmus + programme limit, there is high demand within the sector for this kind of content, which is why we might open certain parts of the conference (e.g. lectures) to a wider audience.

3) PARTICIPANTS' PROFILE

There will be two primary profiles of participants. First profile is the youth workers and leaders, which have wide access to young people, and therefore an opportunity for a significant impact on the health of their members (youth). The second profile is young members of youth organisations, who are not necessarily the leaders; however, present a significant amount of motivation for working in the youth and public health topics. They will mostly be young people in the transition between educational and professional stage of their life or early professionals, who lack competencies and opportunities for employment.

At the seminar, there will also be other profiles, such as experts from the field of youth health and NCDs and leaders of most prominent youth organisations working in the field of adolescent health. They will be the coordinators and the managers of the quality of the event.

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Up to three participants may represent each partner organization. These three participants may attend the event without participation fee and the costs will be covered based on the rules presented in continuation.

Number of participants per country: 3

Preferential age range: 18 – 30 (exceptions possible only with prior approval of the project coordinator)

Desired experience and previous knowledge:

The majority of participants should be youth workers/leaders, but there is also space for young people and unorganized youth. In young participants we will be especially looking for a self-initiative, a desire of acquiring new skills and knowledge, related to advocacy of public-health policies, and also their motivation to actively engage themselves in their local environment and carry out a health-promoting activity.

Since we also have to ensure gender balance in project activities, we will use online applications and we will make a selection of participants (or non-selection, in case that the quota will not allow it).

4) ACTIVITY PROGRAM

The following is a draft programme taken from our application and there will be some changes of the content. A more concrete draft will be known by the end of October.

Date	Activities
Wednesday, 4. 12. 2019	<ul style="list-style-type: none"> ✓ Arrivals ✓ Informal introductions of participants
Thursday, 5. 12. 2019	<ul style="list-style-type: none"> ✓ Get to know each other session ✓ Introductory plenary session on Youth Health in Europe with discussion ✓ Interactive parallel sessions on different topics (alcohol, tobacco, nutrition & exercise, mental health) ✓ Daily evaluation ✓ Social programme
Friday, 6. 12. 2019	<ul style="list-style-type: none"> ✓ Plenary presentations of good practices from partner organizations ✓ Interactive fair of good youth health practices and initiatives ✓ Networking lunch ✓ Preparation of a Youth Health Manifesto ✓ Daily evaluation ✓ Social programme
Saturday, 7. 12. 2019	<ul style="list-style-type: none"> ✓ Parallel workshops on different topics (the final list of topics will be chosen based on the needs analysis of the applicants) ✓ Daily evaluation ✓ Social programme
Sunday, 8. 12. 2019	<ul style="list-style-type: none"> ✓ Based on their profiles, the participants will be divided into groups, working on the subjects of: research, preparation of prevention projects/programmes, advocacy. ✓ Networking lunch ✓ Continuation of group work, writing national/local health initiatives, preparing a Youth Health Manifesto. ✓ Daily evaluation ✓ Social programme

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Monday, 9. 12. 2019	<ul style="list-style-type: none"> ✓ Youth in action day – the participants will take the first steps to make their planned initiatives a reality ✓ Presentations of the initiatives and of the Youth Health Manifesto ✓ Final evaluation ✓ Social programme
Tuesday, 10. 12. 2019	<ul style="list-style-type: none"> ✓ Departures

The final version of the programme will be sent to you in the 2nd information paper, approximately two weeks before the activity.

5) HOW TO APPLY

In order to apply to the activity, please fill in the form available [HERE](#) by 17. 10. 2019 at the latest.

6) FINANCIAL ASPECTS FOR ORGANIZATIONS AND PARTICIPANTS

The Erasmus+ Programme finances the travel expenses up to the following amounts for a particular country:

Country	Max. travel grant per participant	Country	Max. travel grant per participant
Lithuania	275 €	Cyprus	360 €
Belgium	275 €	Montenegro	275 €
Turkey	275 €	Moldova	275 €
Italy	180 €	North Macedonia	275 €
Albania	275 €	Poland	275 €
Bulgaria	275 €	Serbia	275 €
Portugal	360 €	Slovakia	275 €
Georgia	360 €		

For Slovenians reimbursement for travel expenses is possible only for public transport up to 20 € per participant (please see the information regarding reimbursement procedure and requirements below).

Important information regarding reimbursement!

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

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

Reimbursement procedure and requirements

Please note that only public transportation costs with the cheapest mean available are reimbursable. The reimbursement will be paid to the one to whom the expenses incurred – either an organization or a participant. In order to be eligible for a reimbursement, the participant has to attend a least 80% of activities during the event.



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In order for the organization/participant to receive the reimbursement for travel expenses, the organization/participant 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 organization/participant in maximum 90 days after a complete reimbursement documentation (with all original documents) is provided to the organizer.

Accommodation

During the activity, participants will be staying in shared rooms in a hotel in Portorož. More information regarding the hotel will be included in the second info paper. If the participant 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 (bank account details will be sent to you if you will express this requirement).

7) HOW TO GET THERE

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

- Venice Treviso airport (TSF), Italy
- Venice Marco Polo airport (VCE), Italy
- Trieste Ronchi dei Legionari airport (TRS), Italy
- Ljubljana (LJU), Slovenia

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

- GoOpti shuttle <https://www.goopti.com/sl/> (If you chose GoOpti, let us know, so we can provide you discount codes.)
- Flixbus <https://global.flixbus.com>
- Train <http://www.slo-zeleznice.si/sl/>
- Bus <https://www.ap-ljubljana.si>

8) ABOUT THE ORGANIZER AND CONTACTS

The International Youth Health Organization (YHO) is one of the leading international organisations that empowers young people to work on Youth Health. We educate, train, connect and financially support youth from different backgrounds to actively participate in prevention programmes, research, policy and leadership on Youth Health. YHO is a nongovernmental, independent, voluntary, non-partisan and non-profit organization, working for public interest. YHO is not associated in any way with alcohol, tobacco, nutrition, pharmaceutical and fossil fuel industries. YHO currently has 28 member organizations, out of which five are international organizations or federations, from 16 different countries.

Activity Coordinator

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