

Keep fit: learn, act, inspire!

A study visit organized in the context of the Erasmus+ Programme

Tirana, Albania 7-14 July 2021

We like to **share knowledge, see specific examples of Albanian reality, visit different organisations and have a look at good and bad experiences** in two cities Tirana and Berat. The Study Visit will be **implemented by an experienced team of facilitators** from 2 different countries, Albania and Belgium.

This project will bring together a **maximum of 28 participants (3 participants per each country), age 18+ from different backgrounds** to work together in order to explore the topic of healthy lifestyle, to build partnership for future collaboration and give a great impact on the local communities.

AIM

Our project aims to **spread good practices on healthy lifestyle** among youth workers and young people. By taking care of our mental, emotional, physical health, sharing knowledge, experiences and ideas on this topic we contribute to a healthier and prosperous society.

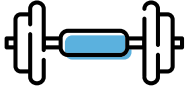
INTRODUCTION

The study visit “Keep fit: learn, act inspire” will provide the possibility for the participants to **share knowledge, learn, reflect, discuss the healthy lifestyle topics (Emotional, mental, physical health and healthy diets) and plan together actions to bring positive changes in their community.** Our target group for this study visit consist of youth workers, professionals, young activists who play an important role in the social civil life and want to bring a healthy lifestyle at local, national and European level.

PARTNERS

The project is supported by Erasmus+. Participating countries and partner organizations are:

- Belgium, JOETZ vzw.
- Albania, PVN Albania.
- Kosovo, INNOVATIVE CENTER FOR SOCIAL IMPROVEMENT.
- Latvia, Keep the Change.
- Greece, Youth Evolution, Active Green Solution
- Romania ASOCIATIA BABILON TRAVEL
- Italy, Twoplustwo
- North Macedonia, EKVALIS - Skopje



Objectives

- To share good practices and experiences among Albanian NGO-s, public and private sector and organizations from program and partner countries on healthy lifestyle topic.
- To develop skills of youth workers on 4 main concepts: healthy nutrition, ecological footprint, mental, and physical health and how we can use social media tools on motivating and encouraging healthy habits and actions
- To build stronger partnerships among organizations, private sector and institutions as key actors on promoting healthy attitudes and actions and develop future project proposal.
- To increase awareness and inspiration on healthy lifestyle issue in community at local and European level through usage of media tools; a short video and posters which will be delivered through the online week campaign.
- To promote European values, Erasmus+, intercultural cooperation and stimulate the entrepreneurial spirit of young people in community.

Working methods

The project is based on **non-formal education tools and is adaptable for different backgrounds**. The methodology includes: visiting local places and organizations, exchange of best practices, workshops, working groups, presentations, personal stories, brainstorming, role plays and panel discussions.

PROJECT ACTIVITIES

During the study visit participants will have possibility to get to know each other better and work on the topic. They will work on **workshops about mental/emotional health, food planning and ecological footprint**. They will have possibility to share, learn introduce their environment situation of their countries. They will **visit organizations in Tirana and Berat city, visit places which deal with healthy lifestyles**.

During the days of activity they will **gather ideas and work on developing a video and posters for the online campaign** and finalize them the last day of the activity. In the meantime, on the last day participants will work on how to **implement skills and tools at local and international level**, they will work on future project ideas.

VENUE

Study Visit in Albania, Tirana, **7-14 July** (including travel days). You will be accommodated in rooms of 2 to 3 people.

FINANCIAL INFORMATION

Food, accommodation and travel expenses during the project dates will be covered by the funding of the EU Erasmus+ Programme. Travel expenses (home-to-home) will be reimbursed, based on the Erasmus+ distance calculator.











Projektë Vullnetare Ndërkombëtare

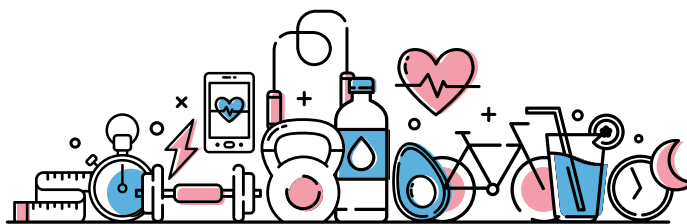


Co-funded by the Erasmus+ Programme of the European Union



PARTICIPATION CRITERIA'S

-  Be from 1 of the 8 aforementioned partner countries and partner organizations: Belgium, Albania, Kosovo, Romani, Italy, Latvia and Greece and North Macedonia.
-  Age 18+.
-  Be able to understand and communicate in English.
-  Be interested in the topic of Healthy lifestyle, intercultural dialogue and regional collaboration.
-  Be able and motivated to organize follow up workshop(s) in your own country.
-  Be motivated to share the project outcomes (video, counter narratives, photos,...) through different channels (social networks, events,...) and to disseminate the project learning outcomes and results.
-  Preferably have experience on the topics, in the youth field and/or learning mobility's.
-  Attend to and participate actively in all the sessions during the whole period of the project.



APPLICATION AND SELECTION OF PARTICIPANTS

Participants will be selected by the partner leaders based on:


- the profile of participants as described above
- the rules of the Erasmus+ Programme
- the experience, expectations of the applicants
- desire to create a balance in the range of geographical areas represented, as well as a gender balance
- Successful applicants will receive confirmation for their participation, followed by more detailed information


Note:

Concerning the actual situation there is no restriction to enter Albania, check up on return, the necessary measure will be taken. in order to be safe.

If you have any further questions, please feel free to contact:


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