



Find Your Balance

Training course from 22-29 June in Tirana, Albania

Organised by “**JOETZ-vzw**” Belgium and “**International Voluntary Projects**” (PVN) Albania

Hereby the detailed info
pack about this training course,
PLEASE READ IT CAREFULLY!

Main aim of the Training Course

Are you interesting in healthy lifestyle? Economical and ecological lifestyle? Keeping a balance in your daily life? Taking care of your body, mind soul? Do you want to know more and build skills on emotional balance, self-awareness, movement, yoga, meditation, travelling to the inner world guided by sounds, drawing, art and nature?

If your answer is yes, then this is your opportunity not to miss out!

Join us for this unique journey in the beautiful and very resourceful country of Albania!

The idea for this project came from a previous study visit where some of the participants from different countries who have experience or work in the field of healthy lifestyle decided to apply for a training relating healthy living, keeping the balance and adding more quality to our lives. These passionate youth workers/professionals will be the trainers who will lead us during the week.

In this project we want to put the focus on the positive impact that a healthy lifestyle has on people's health through learning, inspiring and promoting self-care. Together we will explore the world of movement, nutrition, art, nature, sustainability, emotional and physical balance discovering the beliefs we have about health, determine which 'healthy' habits we already have and which ones we want to acquire. We will spend two full days and organise workshops in the nature outside the city of Tirana.

This is essential for youth workers who are in direct contact to inform, learn and inspire young people, communities, leaders and institutions.

We invite all participants to participate actively throughout the training course and encourage you to exchange experiences, knowledge while showing sense of initiative and responsibility. This is a once in a lifetime opportunity, so grab it and go all the way to involve yourself fully in the throughout whole process!

As the number of places are limited we will give priority to participants who are willing to commit to the project and the project outcomes, who are highly interested in the topic, who would like to learn more about it and are willing to share their ideas, knowledge, opinions, experience and even questions. You don't have to be an expert in the field but having the goal to become one is the mindset we are looking for.

Organisers:

Coordinating organisation: JOETZ-vzw

JOETZ-vzw is a young, open and dynamic non-governmental youth organisation for kids and youngsters from 3 to 30 years old. We develop projects and activities around health promotion, international youth work and social inclusion. We also organise a wide variety of holidays for kids and youngsters and training for youth workers.

WHAT DO WE DO?

Health projects around actual themes.

International projects such as youth exchanges, training courses, European Solidarity Corps and immersion travels.

International youth exchanges for youngsters from a technical training or special education background.

Healthies: students we have trained to become health activists.

JOETZ-mobiel our fun van, circulating the country with various projects promoting health.

Condoshop our online store where you can buy condom packs at cost price.

Training courses for youth leaders, supervising animators and tutors.

National and international holidays for kids and youngsters.

ZAP our online youth magazine introducing health promotion into youth culture.

Inclusion special attention to less privileged groups.

JOETZ.net a network for youth organisations and youth clubs.

Hosting organisation: Projekte Vullnetare Nderkombetare (PVN)

Projekte Vullnetare Nderkombetare (PVN-International Voluntary Projects) is a non-profit organisation founded in 2005. It is a branch of Service Civil International and shares the same values. The aim of PVN is to develop and bring progress in society, and promote voluntarism and peace through volunteer exchanges all over the world.

PVN's main focus is to provide an alternative way of education for a new generation, to present different mentalities and attitudes to Albania society and contribute towards more flexible and open minded mentalities.

Specific activities that PVN undertakes include the organisation and implementation of voluntary work camps within three thematic areas: physical work, such as building and restoration in the area of environment,

archaeology, agriculture, etc; social work, most commonly with children or people with disabilities and/or living in the difficult social environment; and work/study volunteer opportunities where work and learning opportunities are integrated. In addition to the fundamental activities we carry out, PVN is also committed to engaging with and promoting our aims and activities in the local communities and collaborating with organisations and institutions relevant to this field. Furthermore, PVN is active on promoting the Erasmus+ programme as a great opportunity for young people through information sessions at schools and universities and awareness-raising in the local communities.

Partner countries and participants per each country:

Albania - PVN, 4 participants

Belgium - JOETZ vzw, 5 participants

Latvia- Keep the change, 3 participants

North Macedonia - Association For Sustainable Development, SFERA International, Bitola, 4 participants

Italy - Associazione Agrado, 3 participants

Spain - ASOCIACION PROMESAS, 3 participants

Kosovo - GAIA, 3 participants

Portugal - Escola Técnica Profissional da Moita / ORSIFOR - Centro Formação Profissional da Moita S.A., 3 participants

Working methods

The project is based on non-formal education tools and is adaptable for different backgrounds. The methodology includes: exchange of practices, workshops, working groups, presentations, brainstorming, visit in nature, discussions and role plays.

What can you expect from this Training course?

During the Training Course you will work together during several workshops exploring movement, nutrition, arts and sustainability.

Parallel to this you will be working on making a short movie as a project outcome. In the meantime, you will work on how to implement skills and tools at local and international level, you will work on future project ideas and make the first steps to develop them in real life.

The quality of the training course will depend very much on YOUR INPUT, IDEAS and INITIATIVE. That's why we will select the participants based on their motivation, level of involvement and information mentioned in the application form.

What do we expect from you as a participant in this training course?

- Think and reflect in advance on what and how you can contribute in the program; undertake any session, team-building activities or energizers during the training course.
- Think about what future projects and new partnerships your organisations are interested in, we will establish concrete follow up plans;
- That you commit to a group experience and to making decisions and solving problems together;
- That you respect other people, their ideas and beliefs;
- That you show a willingness to participate and to learn more about the specific topic in this training course
- That you participate in the program from its very first till the very last day.
- That you help to share responsibility by making suggestions for group activities, discussions, games etc.



Meet the team

Oltiana Rama - Coordinator and Trainer - PVN Albania

Oltiana is an expert on youth and human rights issues and has spent more than 10 years working with youth in different countries in addition to in Albania. She has been successfully implementing youth exchange projects, training courses, coordinating EVS, as well as being involved as a trainer in the YiA program in other NGOs in Albania. She has led a youth employment project for several years in collaboration with a German NGO and has organised, hosted and coordinated a TC in Albania. Last year she was a trainer on YiA TC organised on youth employability in Albania. In June 2015 she was a trainer in and CoE Training for young people of Albania and Kosovo on Human Rights and Non Violent Communication. She has prepared several training manuals, newsletter and publications on youth issues on the framework of the projects she has implemented and scientific international magazines. Oltiana will lead some sessions during the training course



Laurence Watticant:

Laurence is the project coordinator of the international/ European projects of JOETZ vzw and has worked within the Erasmus+ program for more than 10 years. She has been organising different projects, youth exchanges, seminars and training courses and attended many seminars/training courses herself. This in order to increase her experience, knowhow and expertise in the field and to be able to pass on the information not only to youngsters but also to other youth workers, colleagues and partners.

She supports/coaches/advises youngsters and adults in the different steps of their projects and experiences abroad. She is an experienced ESC host and sends volunteers on ESC projects, training courses and youth exchanges. She also helps volunteers to write YE's (mostly JOETZ' ESC volunteers abroad together with their host organisation), apply for them and when approved oversee them. She did EVS herself.

Laurence has extensive experience in travelling and youth work. She organises and leads groups of youngsters in "alternative travels" which combine tourism and local experiences.

She is passionate about healthy lifestyle, nutrition and sports. She has been organising several projects on these topics in different European countries. Her knowledge has been achieved by attending different trainings on topics such as health coach, NLP, nutrition, mental health, self-development and awareness, intuition development but also many others related with the international dimension of projects.

Anita Kararaj:

Anita is a social worker, working with youth at risk trafficking coaching and leading them to an independent life. She is a project coordinator at PVN-Albania and works in a field of Erasmus plus program activities. She has been working within Erasmus plus program for about 12 years participating and organizing activities such as: Study Visits, Seminars, Youth Exchanges and Trainings. Anita loves travelling, meeting new people and exploring new cultures.

The venue

You will be accommodated in HOTEL VILLA TAJAJ (<http://www.villatafaj.com/>) located only 400 metres from the heart of the Albanian capital, Scanderbeg square, Tirane.

The activities, accommodation and meals are all organised to take place in the hotel.



Travel reimbursement

“Find Your Balance” is supported by the Erasmus plus program.

The travel costs will be reimbursed by the program according to the travel distance calculator indicated by the EU.

Food and accommodation for all “Training course” days including arrival and departure day are provided by the Erasmus+ program.

The reimbursement will be made at the end of the program when we receive your original tickets and your boarding passes and when the online survey and the dissemination will be done.

Please do not forget to keep all original tickets for your reimbursements, otherwise we will not be able to reimburse.

How to travel to Albania – Tirana

You can reach Albania by plane: There is only one international airport in Tirana, Albania- Nene Tereza Airport(or Rinas Airport) which is 18 km far from Tirana city centre.

You can reach Albania by (ferry) boat from Italy: The departure is from Bari, Ancona or Trieste and you arrive in Durrës or Vlora. The ferry leaves at 11pm, the trip lasts one night.

Bus connections: Most bus connections depart from Albania’s neighbouring countries like Montenegro, Kosovo, Macedonia and Greece.

FOOD

The three daily meals will be both vegetarian and non-vegetarian, depending on your preferences.

We also provide you with two coffee/tea breaks. If there is any special nutrition need or allergy please specify in your participation form.



Maximum travel reimbursement per participant per country

Country	Max amount for participant
Albania	23 Euro
Kosovo	180 Euro
North Macedonia	180 Euro
Belgium	275 Euro
Latvia	275 Euro
Italy	275 Euro
Spain	360 Euro
Portugal	360 Euro



From Tirana Airport - Tirana City Centre

From Tirana Airport to the City Centre there are buses daily from 06:00 in the morning to 00:00 at night.

From Tirana City Centre to Tirana Airport there are buses daily from 07:00 at morning to 02:00 at night.

The bus ticket costs about 3,5 euro (400 Leke)

If you arrive at the airport after 02:00 or before 6.00, you will have to take a taxi which costs approximately 15-20 euro, as there are no other means of transportation from the airport to the city and visa versa. There are several taxis waiting at the main door of the airport. Make sure you take the licensed taxi which are yellow and display a taxi sign. In order to receive a reimbursement after the project you must keep your bus tickets, taxis are not reimbursed by the program.

Please make sure to book your travel so that you arrive at the venue before 18:30 on Thursday 22nd of June and depart on Thursday 29th of June.

From Tirana bus station to Venue

Descend at the last stop of the bus in the city centre, behind the Opera. Go to the main square in front of the Opera. There look for Rruga Mine Peza . It is at the corner of the National Museum, you cross the road there and walk towards Rruga Mine Peza. Villa Tafaj is 300 metres on your right side. On google maps you may find that it is a 12 min walk but it is much shorter if you just go in front of the Opera and then cross the main square.

Money

The local currency is Albanian Leke (L or ALL) and the current conversion rate is 1 Euro=115 ALL. In Tirana there will be several exchange offices, banks where you can exchange money or withdraw money with Visa Electron, Visa Plus, Master, Maestro and other international cards.

What to bring

- Personal items
- As intercultural exchange is important, it would be great if you can bring some information and recreational material from your country, photos of your country, music instruments and cassettes, posters etc.
- Also please bring some typical food, drinks or whatever you like that is from your country. We will organise an intercultural night and it will be nice to try different food from your countries and cultures
- The most important is to bring a good mood and your motivation

Other Practical Details:

- There is a wireless **internet** connection available at the venue.
- The **weather** in June in Albania is between 25-32 degrees. We recommend you to bring clothes which you consider as the most comfortable for you, for these temperatures
- **Working language:** working language of this training course is English. For the quality of the project it's important that you are able to **express in good English**. It doesn't have to be excellent, we all make grammar mistakes. But to avoid disappointments in the group it's important that you are able to express your feelings in English. Please, take this in consideration. There will be vocal sharing in all the sessions!
- **Contact details in case of emergency:** if you are ever in any trouble, you can call 00355 694489567 (Anita) or 00355 692425264 (Ola)

Further questions

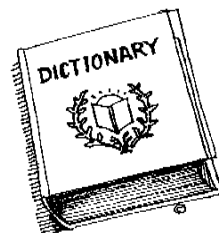
Send an e-mail to Bert T'Siobbel: pvn.bert@gmail.com

If you need to get in immediate contact with us:

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Some words in Albanian



English phrase	Albanian phrase	English phrase	Albanian phrase
Hello!	Pershendetje / Ckemi	Thanks!	Faleminderit!
Good morning! / Good afternoon! / Good night!	Miremengjes / Miredita / Mirembrema	Please.	Te lutem.
Goodbye!	Mirupafshim !	Yes / No	Po / Jo
My name is...	Une quhem ...	What time is it?	Sa eshte ora?
What's your name?	Si quhesh ?	Excuse me, could you help me please?	A mund te me ndihmoni?
Where do you come from?	Nga jeni?	How can I help (you)?	Si mund t'ju ndihmoj?
I am from...	Une jam nga...	Where can I find...?	Ku mund ta gjej?
I don't understand.	Nuk kuptoj.	Which direction?	Cilin drejtim?
I don't speak	Nuk flas.	Excuse me	Me fal.
Do you speak English?	A flet Anglisht?	I would like (to have)...	Do te doja te kisha...
How are you?	Si je ?	Where is	Ku eshte...
Good / Bad	Mire / Keq	Station	Stacion
		Street	Rruge

We are looking forward to meeting you in Albania!



