

KEEP FIT: Learn, act inspire!

Dear friends, we are very happy to host you in the Study Visit from 2-9 November in Tirana, Albania.

'JOETZ-vzw' from Belgium and 'International Voluntary Projects' from Albania are organizing in the context of Erasmus + Programme a 6 full days Study Visit!

With this info pack we want to give you more detailed information about what to expect from the Study Visit, when and how to arrive, what you can contribute and what to bring along with you.

PLEASE READ IT CAREFULLY!



Projekte Vullneture Ndërkombëtare



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



Coordinating organisation : JOETZ vzw

JOETZ-vzw is a young, open and dynamic non-governmental youth organization 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 organize 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.
- **Condoishop** 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.
- **ZAPmag** our online youth magazine introducing health promotion into youth culture.
- Inclusion special attention to less privileged groups.
- **JOETZ.net** a network for youth organizations and youth clubs.

Hosting organisation: Projekte Vullnetare Nderkombetare (PVN)

Projekte Vullnetare Nderkombetare (PVN-International Voluntary Projects) is a non profit organization 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 organization 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 organizations 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.

Contact

PVN

NGO office location:

Rruga Mine Peza, Tirana, Albania

✉ pvnplacement@gmail.com

Contact persons:

[Oltiana Rama](#)

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JOETZ vzw

Sint-Jansstraat 32, 1000 Brussels, Belgium.

Contact person:

[Laurence Watticant](#)

✉ laurence.watticant@joetz.be

Main aim of the Study Visit

The project “Keep fit: learn, act, inspire” aims at spreading good practices; share, learn, inspire and develop skills on healthy lifestyle among youth workers as a way to prevent mental, physical, environmental problems by maintaining a healthy diet, regular mental/physical activity and reducing ecological footprint.

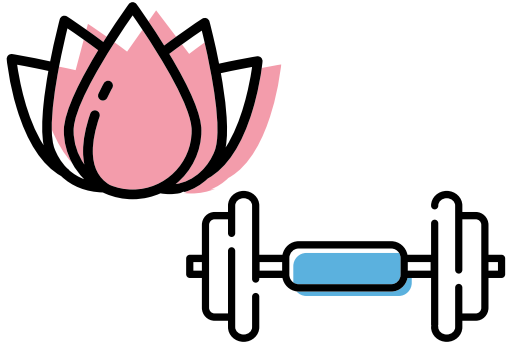
Objectives

- **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.



What can you expect from this study visit?

During the study visit you will work together on workshops about maintaining a healthy lifestyle; mental/physical through healthy diet, meditation, yoga and other physical exercises.

During the study visit we expect to visit organizations and public institutions working on healthy lifestyle issues. The cities we plan visits are:

- Tirana
- Berat

During the days of activity you will gather ideas on developing a final video and posters for the week of the online campaign. In the meantime, on the last day you will work on how to implement skills and tools at local and international level, you will work on future project ideas. The quality of the study visit will depend very much on YOUR INPUT, IDEAS and INITIATIVE.

What do we expect from you as a participant in this study visit?

- We would appreciate it if you can send us a very short presentation of your organization, at least 10 days before study visit.
- 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 study visit.
- Think about what future projects and new partnerships your organization 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 study visit
- 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 lead a youth employment project for several years in collaboration with a German NGO and has organized, hosted and coordinated a TC in Albania. Last year she was a trainer on YiA TC organized on youth employability in Albania. In June 2015 she was 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 study visit

Laurence:

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 organizing different projects, youth exchanges, seminars and training courses and attended many seminars/training courses herself. This in order to increase her experience, know how 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 organization), apply for them and when approved oversee them. She did EVS herself.

Laurence has an extensive experience in travelling and youth work. She organizes 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 organizing 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 for about 10 years, she is working as a Youth Care Specialist for young females at risk trafficking coaching and leading them to an independent life. She works as well as an English Teacher for children learning through music, movies and fun games activity. She has been part of many Erasmus plus program activities; training, seminars, youth exchange, EVS and study visits. She has organized as well some activities in the frame of Erasmus plus program. Anita is passionate about healthy lifestyle; healthy diets and physical exercise, she loves travelling, meeting new people and exploring new cultures.

The venue

You will be accommodated in **VILLA TAJAJ HOTEL** positioned 400 meters away from the heart of the Albanian capital, the Scanderbeg square, Tirane.

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

<http://www.villatafaj.com/>

FOOD

Food will be both vegetarian and non-vegetarian, depending on your preferences. The three daily meals will be buffet style. We also provide you with two coffee/tea breaks. If there is any special nutrition need or allergy please specify in your participation form.

Participation fee and travel reimbursement

“ Keep fit, learn, act inspire ” is supported by Erasmus plus program. The travel costs will be reimbursement by the program according to the travel distance calculator indicated by the EU. Food and accommodation for all “Study Visit” 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. There is no participation fee as we want to keep the Study Visit accessible to everyone.

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

Travel distance reimbursement per participant	
Country	Max amount for participant
Albania	20 euro
Belgium	275 euro
Greece	180 euro
Romani	275 euro
Kosovo	180 euro
Latvia	275 euro
Italy	275 euro
North Macedonia	180 euro

How to travel to Albania – Tirana

By plane: There is only one international airport in Tirana - Nene Tereza Airport, served by different airlines such as Blue Panorama, Adria, Albanian wings, Ernest Fly, Turkish etc. This is the only airport in Albania.

By ferryboat from Italy: The departure is from Bari, Ancona or even Trieste and you arrive in Durrës or Vlora. The ferryboat leaves at 11pm, the trip lasts one night and the seat costs around 50 Euro (75 for the cabin) from Bari, and higher from Ancona and Trieste.

Bus connections: The bus connections are mostly from Albania’s neighboring countries, Montenegro, Kosovo, Macedonia and Greece.

From the Airport to Tirana and Tirana-Airport

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 30 meters 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.



WE ARE LOOKING FORWARD TO MEET YOU IN ALBANIA

Money

The unit of currency is **Leke (L or ALL)** and the current conversion rate is 1 Euro=122 ALL. In Tirana will be 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

- You need to bring your **personal items**.
- As intercultural exchange session is also important, it would be great if you can bring **some information and recreational material from your country**, photos of your country, your home, family and friends, music instruments and cassettes, posters etc.
- Also please bring **some typical food, sweets or whatever you like that is from your country**. We are going to organize an intercultural night and it will be nice to try different food from your countries and cultures
- The most important is to bring your **good mood and a big motivation**

Further questions?

✉ vnoutgoing@gmail.com

If you need to get in immediate contact with us:

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Other Practical Details:

- There is a wireless internet connection available at the venue.
- The weather in November in Albania is between 11-22 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:

Anita 00355 694489567 or **Ola** 00355 692425264



COVID-19

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.

Participants must have travel insurance for the duration of the mobility including travel days and have their European Health Insurance Card (EHIC - <https://ec.europa.eu/social/main.jsp?catId=559>) or another equivalent health insurance with them. Usually if you purchased your flight tickets with a VISA or MasterCard you are also covered automatically but please check. Travel insurance is considered as your own contribution because, although obligatory, it cannot be reimbursed. Health & travel insurance must be kept by the participants at all times.

All passengers who are allowed to enter the territory of the Republic of Albania, in addition to complying with the protocols about airline international standards world-wide, must also follow and respect the rules listed below:

- Persons must be equipped with masks to enter the Tirana International Airport terminal.
- Children under 6 years and persons, who for health reasons cannot wear a mask, are exempted from this rule.

- Masks should be changed every 4 hours, or when damaged or wet because they lose effectiveness. Masks should be worn according to manufacturer's specifications.
- If the passenger is identified with the previously specified COVID-19 symptoms they will not be allowed to continue their journey and enter Albania.
- Designated places for entry and exit of visitors/passengers from the airport must be followed.
- The passengers can access automated points at the airport which can provide them masks and disinfectants.
- The Tirana International Airport has provided automatic dispensers for masks and disinfectants for passengers to buy if needed.
- The passengers entering the terminal must go through the disinfectant tunnels.
- In the check-in counters passengers must sign a report related to their COVID-19 status.
- After arrival and before departure the passengers body temperature will be checked, and if higher than 37.5 degrees their journey will be discontinued.
- During the stay in the airport area passengers must keep the social distance of 1.5 meters and must observe the rules put in place by the airport authorities.

Passengers not following these regulations will not be allowed to enter the airport, their trip will be discontinued and/or will be escorted out by the authorities.

In case passengers manifest symptoms, they will be asked to discontinue their travel and to comply with the rules of their domicile state. For further information please follow the link:

<https://punetejashtme.gov.al/en/njoftim-mbi-protokollin-qe-duhet-ndjekur-nga-ud-hetaret-qe-hyjne-ne-territorin-e-shqiperise-gjate-covid-19/>

Some words in Albanian

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