

GO NATURAL

INFOPACK

 Tirana, Albania

 3th to 10th of July 2022

Are you truly interested in the concept of healthy lifestyle? Do you want to know where natural products come from and what process they go through? Do you want to be part of the process and make some concrete changes in your life, some changes that will bring you closer to yourself and your true nature?

Join us for this unique journey in the beautiful and very resourceful country named Albania. During this Study Visit we will focus on the importance of local food consumption and its connection with health.

You can expect some unique visits and meetings arranged just for our group! We will go to different places to live a local experience, to discover local reality, to taste local food, to connect with what surrounds us, to go back to the roots and see/feel where things come from and why it is important to go natural! We will meet local farmers, people making their own seasonal food and products, people promoting healthy living, NGO's.

Together we will look at the beliefs we have about health, which 'healthy' habits we already have, which ones we want to acquire and how to do that.

MAIN AIMS OF THE PROJECT

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 local food, natural products and healthy eating. This is essential for youth workers who are in direct contact to inform, learn and inspire young people, community, leaders and institutions.

Besides we also want to focus on raising awareness and developing skills about healthy lifestyle. Youth workers, professionals and young activist play an important role and have multiply effect in spreading this awareness to young people and community, and start a positive change at local, national and international level.

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, brainstorming, role plays and panel discussions.



Projektë Vullnetare Ndërkombëtare

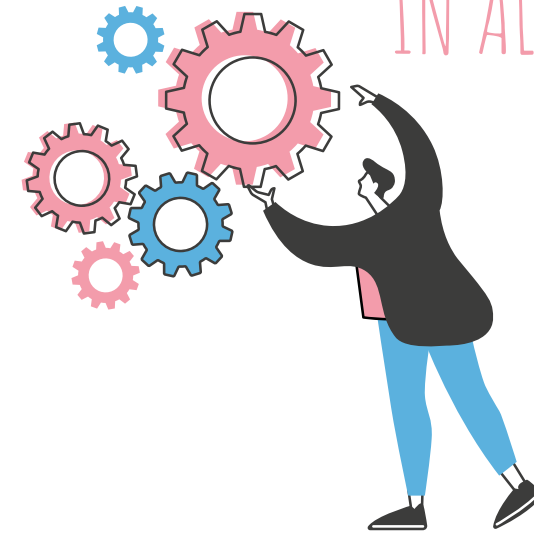


Vlaanderen
verbeelding werkt



Erasmus+
Enriching lives, opening minds.

WE ARE LOOKING FORWARD TO MEET YOU IN ALBANIA



PARTICIPANT PROFILE

This is a one-time opportunity, so if you grab it go all the way and involve yourself fully in the whole process! We expect all the participants to participate actively and come up with their own workshops to encourage and raise the exchange of experiences, knowledge, sense of initiative and responsibility.

As the number of places are limited we will give the 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.

What do we expect from you as a participant:

- 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 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.

ORGANIZERS:

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.

Hosting organisation: Projekte

Vullnetare Nderkombetare (PVN)

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

What can you expect from this study visit:

During the study visit you will work together on workshops about maintaining a healthy lifestyle; food sustainability, local/seasonal/natural food(less processed and preserved) and how we can use social media tools and our daily work activities on motivating and encouraging food healthy habits and actions in our society.

We will visit different organizations working on healthy lifestyle issues and thematic. We will have the opportunity to move to different cities and discover a variety of places in:

- Tirana
- Valbone
- Vau i Dejes
- Shkoder
- Lezhe

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 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 Watticant – Project Coordinator – JOETZ vzw

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.

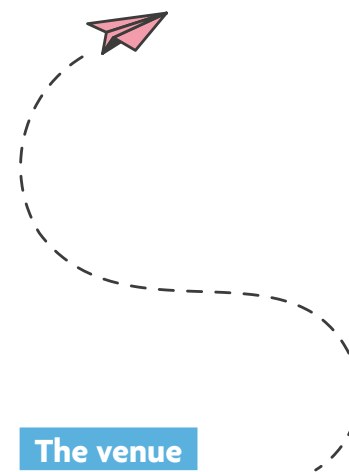
She supports/coaches/advises youngsters and adults in the different steps of their projects and experiences abroad. She is passionate about healthy lifestyle, nutrition and sports. She has been organizing several projects on these topics in different European countries and has achieved her knowledge by attending several courses such as health coach, NLP, nutrition coach, mental health, self-development and awareness, intuition development and many others related with the international dimension of projects. She will be in charge of the logistical part of the project.

Anita Kararaj - Project coordinator - PVN Albania

Anita works 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 working within Erasmus plus program for about 10 years organizing activities such as; Study Visits, Youth Exchanges and Trainings. Anita is passionate about healthy lifestyle; healthy diets and physical exercise, she loves travelling, meeting new people and exploring new cultures.

PRACTICAL DETAILS:

- There is a wireless internet connection available at the venue.
- The weather in July in Albania is between 25-32degrees. 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)



The venue

The main accommodation will be **VILLA TAF AJ HOTEL**.

The activities, accommodation and meals will take place there when in Tirana.

Besides Tirana, we will be accommodated for one night in Tradita Hotel, Valbone, North of Albania and we will sleep one night in tents.

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

Food

The three daily meals will be both vegetarian and non-vegetarian, following your diet. We will also provide coffee/tea breaks. If there is any special nutritional requirement or allergy please specify in your participation form.

Food and accommodation for all "Study Visit" days including arrival and departure day are provided by the Erasmus+ program.

PARTICIPATION FEE AND TRAVEL REIMBURSEMENT

“Go natural: Add quality to your life” is supported by Erasmus plus program. The travel costs will be reimbursed by the program according to the travel distance calculator indicated by the EU and according to the most economical option. 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.

In order to be able to travel to the different places mentioned (as the prices are very high due to the touristic season) we ask you to contribute with a small participation fee of 30€.

PLEASE KEEP COPIES OF EVERYTHING!

TRAVEL DISTANCE REIMBURSEMENT PER PARTICIPANT

Country	Max amount for participant	Number of participants
Albania	20 Euro	3
Belgium	275 Euro	3
Spain	360 Euro	3
Romani	275 Euro	3
Kosovo	180 Euro	3
Latvia	275 Euro	3
Italy	275 Euro	2
North Macedonia	180 Euro	2
Netherlands	275 Euro	3
Serbia	180 Euro	3

How to travel to Albania – Tirana

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

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 the airport to the city centre and from the city center to airport there are buses on the hour daily, starting from 6.00 am until 23:00 pm for buses leaving from Tirana whereas for buses leaving from Airport starting from 7.00 am until 23:00 pm (sometimes until 24.00 pm). The ticket costs is about 3.5 euro.

If you arrive at the airport before 7.00 or after 23.00, you will have to take a taxi which costs approximately 15 - 20Euros, as there are no other transport possibilities from the airport to the city (only then it will be reimbursed). Make sure you take the licensed taxi which are yellow and display a taxi sign. To receive reimbursement you must keep your bus tickets and taxi receipt - you should ask the taxi driver for a receipt as they will not give it to you automatically. Please make sure to book your travel so that you arrive at the venue before 18:30 on Sunday 3-d of July and depart on Sunday 10th of July.

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.



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

- Your personal items.
- As we will have an intercultural night please bring some typical food, drinks 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.

CONDITIONS FOR ENTERING IN ALBANIA

Arriving in Albania:

Information for passengers regarding the anti-COVID measures and rules at place in the airport, have a look at <https://www.tirana-airport.com/c/116/measures-and-rules> :

1. Entry into the terminal of persons will be allowed only if they will be equipped with masks.
2. The Airport will make available an automated vending machine where people can buy masks or personal hand sanitizer.
3. During their stay in the terminal, people should respect the signage, maintain social distance, and use the waiting chairs at the terminal according to the respective signage.
4. As regarding personal hygiene care, hand sanitizers have been placed at the entrance of the terminal, at the entrance of the security channel, as well as in the arrivals at the baggage reclaim area.

During your stay in Albania:

- Passengers **don't need to have a test** upon arrival. After arrival, visitors are allowed to travel to their final destination.
- Wearing a **mask and physical distance is not mandatory** in public transport and in most personal services.
- **Hand sanitizer and soap will be provided** at the hotel but please bring your masks and other personal antibacterial and disinfectants or any other personal Covid 19-related essentials that you need.
- Travellers are requested to **follow the situation in the local media, follow the instructions carefully and comply with all preventive measures** imposed by the local authorities.



IMPORTANT INFORMATION:

As all the participants have to be insured, we would like to inform you about the following: If someone tests positive, this person will be in isolation in a separate room. The organisation would like to underline that the extra costs of this separate room and extra tests (PCR, antigen...) will be the responsibility of the participant or her/his insurance.

Further questions?

✉ pvnoutgoing@gmail.com

If you need to get in immediate contact with us:

Anita Kararaj

☎ +355 69 44 89 567

Oltiana Rama

☎ +355 69 24 25 264

Laurence Watticant

☎ +32 476 21 84 35

COVID 19 POLICY

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.

Travel to Albania is possible subject to the following conditions:

To come to Albania there is no need to fill in a form . Please check if your country has restrictions for travelling to Albania. Also if you need to do a covid test (PCR or antigen) to enter Albania and to go back to your country.

You and your organisation are the experts of your local covid policy regarding travelling to Albania. That's why we ask you to look up what you need for travelling to Albania and back. **If you need a test before flying back to your own country after Study Visit, please inform us in advance during the preparations in June.** We will try to fix this test for you. And for this covid test we would like to mention that if it still fits in the travel budget we can reimburse it but if not than you would have to cover it by yourselves.