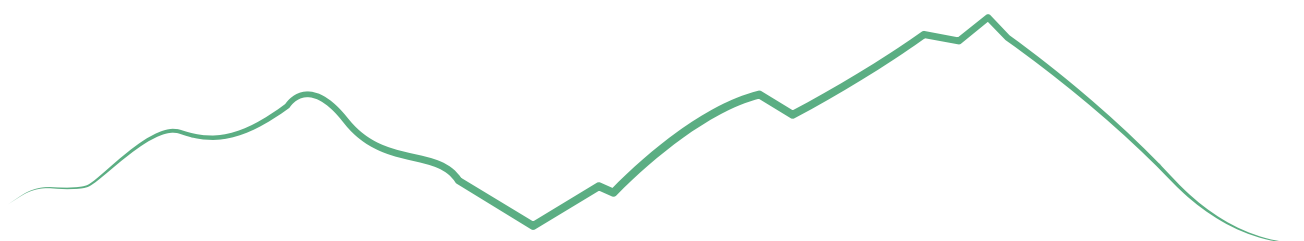




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Erasmus+ Programme
of the European Union

INFOPACK



JOURNEY TO THE CORE!

Erasmus+ Study Visit

 **Albania**

 **03 Nov - 11 Nov 2023**

Applicant and coordinating organization:
International Jeugdwerk JOETZ (Belgium)



Flanders
State of the Art



Organizational partner(s):



Projekte Vullnetare Ndërkombëtare

1. What can you expect of the project?

1.1. Description

The aim of this project is to spread good practices among youth workers/volunteers; share, learn, develop skills on healthy lifestyle and sustainable environment, inspire each other and other people in our local communities for more sustainable and healthier habits.

The Study Visit is designed for youth workers and/or volunteers who are engaged in organisation, centers and institutions which work in the field of healthy lifestyle and sustainability. This activity invites participants who are interested to explore learn and share among other youth workers and/or target groups they work with, their experience, new methods and techniques related to the topics that will be tackled during the study visit.

Youth Workers will be empowered with skills, knowledge, motivation, methods and attitudes on how to make a meaningful impact on the lives of young people and the health of our planet among communities they work within their organisations.

1.2. Program

Days	Place	Topics & Activities
3/11/23	Home-Albania	Arrival
4/11.23	Tirane, Albania	Introduction, team-building, setting goals
5.11.23	Tirane	Biodiversity, Sustainable lifestyle, Nutrition
6.11.23	Tirane	Zero waste, ecological footprint, Sound healing
7/11/23	Trip to Kosovo	Local visits, natural food
8.11.23	Kosovo, trip back to Tirana	Green practice, mental and physical care
9.11.23	Tirane, local visits	Meditation, yoga, physical and mental balance
10.11.23	Tirane	Evaluation, future plans
11.11.23	Albania-Home	Departure

1.3. Team on the spot

Oltiana Rama is an expert on youth and human rights issues and has spent more than 12 years working with youth in different countries in addition to 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 and other NGOs in Albania. Oltiana will lead some sessions during the Study Visit.

Anita Kararaj is a youth worker and project coordinator; she has been working in the field of Erasmus+ for more than 12 years participating and organizing activities such as: Study visits, Seminars, Youth Exchanges and Trainings. Anita will be a facilitator, dealing with the logistic and other practical issues.

2. What do we expect from you as a participant in this project?

2.1. Participant profile

Youth workers or volunteers of all ages (18+), from organisations which work in the field of healthy lifestyle and sustainability. This is open for participants coming from countries mention below (at 3.3 Project Partners)

2.2. Engagement in the project

Before

Follow-up of your emails/Whatsapp regarding the practical organization and presence during an online pre-departure meeting if necessary with the group (date the based on the possibility of participants).

During

We expect 100% active presence during the project + organizing an Instagram take over of our channel together with the Belgian participants. We expect you to 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.

After

Follow-up of your emails/Whatsapp regarding the further practical/ financial handling and dissemination of the project.

Follow-up activities:

You will gain a lot of knowledge during the training. We expect each participant to take this knowledge with him/her in his/her work with young people (in their free time). The intention is that we can also see this post project engagement somewhere. This will be communicated later.

3. The project organizers

3.1. Applicant, coordinating organization: **JOETZ**

JOETZ's mission is to be a health promoter for children and young people (3-30 years old) in Flanders and Brussels. We strengthen and support a sensitized and solidarity-based society able to develop the health and well-being of its children and young people in a high-quality, sustainable and participative manner. More information on our website [here](#).

JOETZ' part in the project

As for this Erasmus+ project, JOETZ is the beneficiary of the EU grant. This means that JOETZ coordinates this project. For the implementation of this project, we work together with [PVN Albania](#).

The financial and administrative handling of the project is the responsibility of JOETZ (so are the reimbursements). JOETZ also arranges the Youthpasses.

3.2. Organizational partner

[PVN-Albania](#) (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. For more information please follow the link [here](#).

3.3. Project partners

ORGANIZATION	COUNTRY	AMOUNT OF PARTICIPANTS
JOETZ	Belgium	5
PVN-Albania	Albania	6
GAIA	Kosovo	4
SFERA	North Macedonia	3
ASOCIACION PROMESAS	Spain	3
AGRADO - APS Italy	Italy	4
Keep the Change	Latvia	3
Active GreenSolution	Greece	3

4. Selection procedure and deadlines

Belgians who are interested in participating always apply first via the website of JOETZ: www.internationaaljeugdwerk.be.

After a pre-selection by the JOETZ team, a possible second selection by the team of trainers follows.

For the other participants, please, use the online application form:

<https://forms.gle/jifTqJCyxzf5NUT59>

Deadline for application: 15/09/2023

5. Costs and reimbursement

The project is funded by the Erasmus+ program so reimbursement will be done according to the most recent rules of this program. Erasmus+ provides a fixed budget for transport with tram, bus, train and plane according to the travel distance calculator indicated by the EU.

If your transport to and from the project stays within this budget, you pay nothing. If you go over the budget you will have to pay for the difference. For the trip to Kosovo during the project, each of the participants will pay the tickets (both ways, 30-40 eu) of the bus by themselves and get the reimbursement together with other travel tickets.

Reimbursements only possible when:

- JOETZ is in possession of your personal details and all original tickets/boarding passes as proof of transport costs incurred. Therefore a google drive folder will be used.
- We are in possession of your dissemination action
- You have completed the online survey of Erasmus+ which will be sent to your email after the project.

You pay yourself in advance for transport costs. **Reimbursement takes place approximately two to three months after the end of the project** and from the moment we are in the possession of what is asked for here above. A few days after the project you will receive an email from JOETZ regarding procedure of reimbursement.

Food, accommodation and transportation are included only during the project dates. Overnight stays outside this period is at your own costs.

There is no participation fee.

Maximum travel reimbursement per participant per country

Belgium	275 eu
Albania	23 eu
Kosovo	180 eu
North Macedonia	180 eu
Spain	360 eu
Italy	275 eu
Latvia	275 eu
Greece	180 eu

6. Practical

6.1. The venue

You will be accommodated in HOTEL VILLA TAJAJ, located only 400 m from the heart of the Albanian capital, Scanderbeg square, Tirane.

6.2. Your travel plan

We expect you to draw up your own itinerary and travel plan. Your sending organization will support in this where necessary. You can already start looking for travel options before selection and find out the most ecological and economical option. However, you can only buy the tickets after selection and approval! More information will be given in a technical infopack once you're selected.

6.3. Preparation

Before the project activity we are going to have a common Whatsapp chat for the group communication. We are also going to organize an online preparation meeting, where you will be able to ask all Your possible questions. We expect everyone's presence during this online meeting.

7. Safety and health

7.1. Integrity

JOETZ attaches great importance to guaranteeing everyone's integrity before, during and after a project. We see it as the task of all parties involved to create a safe space for everyone involved during the project (being the trainers, facilitators, participants, ...). More information will be given in a technical infopack once you're selected.

7.2. Health

Use of alcohol or drugs during the project cycle will be forbidden.

8. Stay in contact

Further questions: send an e-mail to projectspvn@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

Once you are selected, we will be in contact with each other via email and Whatsapp. You receive all the necessary information via e-mail. Whatsapp will be used for sending reminders, sharing photos and information. If quick answers are needed or last minute information need to be distributed, we also use Whatsapp. This Whatsapp group can also be used by the team on the spot during the project.