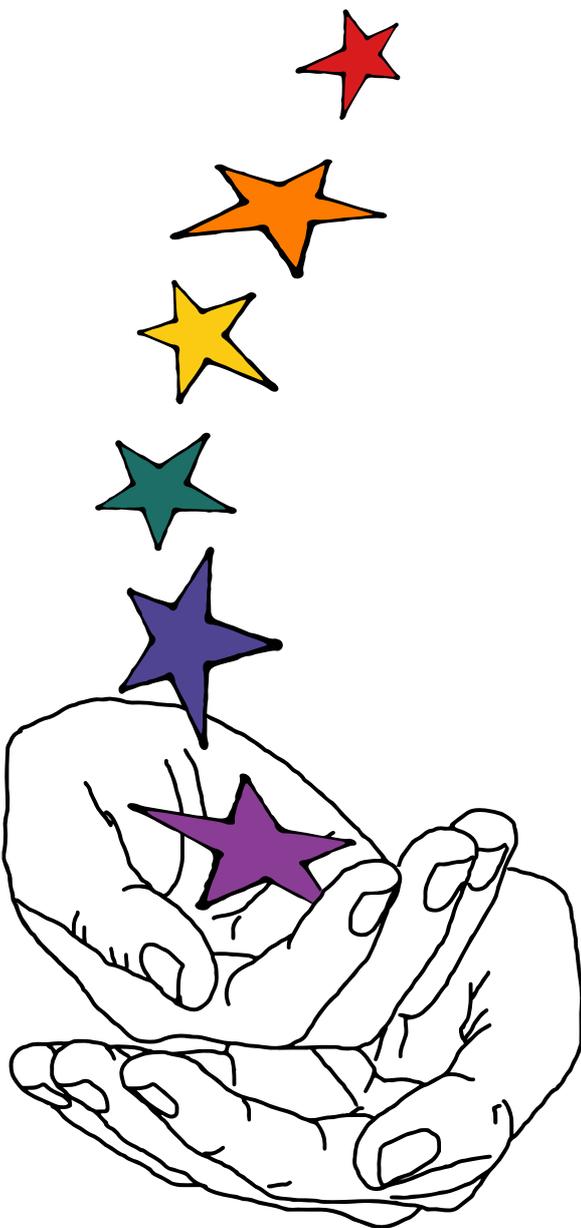




International Training Seminar for Youth and Play workers

Up 4 Change!
With thoughts, play and care

18th - 26th May 2014
Durrës - Tirana / Albania





Contacts



ARSIS

RR. Mujo Ulqinaku Nd 2/1
Tirana, Albania
+355.4.22.00 148
+355.695272 948
www.arsis-al.org



e.p.a. • european play work association

Erzbererstr. 3 • 22765 Hamburg
+49.40.433 190
www.go-epa.org



Contents

Training Seminar for youth and play workers	4
Aims of the Seminar	5
e.p.a. network map	6
Contents and Workshops	8
How we work together	10
How can you prepare	11
Financial aspects	12
Where we stay	13
What is ARSIS?	14
What is e.p.a.?	15
Programme	16



Training Seminar for youth and play workers

The e.p.a. Training Seminar taking place from 18th - 26th May 2014 in Durrës - Tirana. It will bring together youth and play workers from 20 countries to share, learn, discuss and debate issues around Up4Change in our communities within the embrace of Human Rights.

Our partner and host ARSIS is an NGO based in Tirana, Albania. They have worked with e.p.a. in establishing a partnership and working relationship that builds the foundation for this project. Our LOGO is a Rainbow in Albanian "ylber" meaning a collection of stars!



The Methods we use are the tried and



tested e.p.a. concept of working, playing and learning together. We are all 'experts' in our field and during the week of this training seminar we will present our projects and share our experiences. We know what is going wrong in our society! e.p.a. wants to go a step further and find ways of working, changing and playing in our communities.



Aims of the Seminar

In an atmosphere of intercultural interest and solidarity this e.p.a. Training Seminar in Durrës - Tirana wants to:

- ★ bring together in Albania, 33 young colleagues from 20 Countries focusing on the Mediterranean, the Central and Southern Europe region,



- ★ debate, share and learn about the role of Play and Non-formal learning in our work,

- ★ reflect and change our working methods and learn play skills through the training and informal learning we do at the seminar,

- ★ understand and become aware of the changes taking place in Albania and other ex-totalitarian states,

- ★ address the issues facing our young people today,

- ★ think and reflect on changes - the financial meltdown, the after math of the wars in Ex-Yugoslavia - and how we are affected,



- ★ share our experiences of working with young people from disadvantaged communities,

- ★ bring forward the development of joint youth policy and practice,

- ★ care for each other and the children we meet, to play and use creativity in all our activities,

- ★ and do it all playfully!

By the way: with your ideas and friendship you will also support the amazing work of our host team from ARSIS!





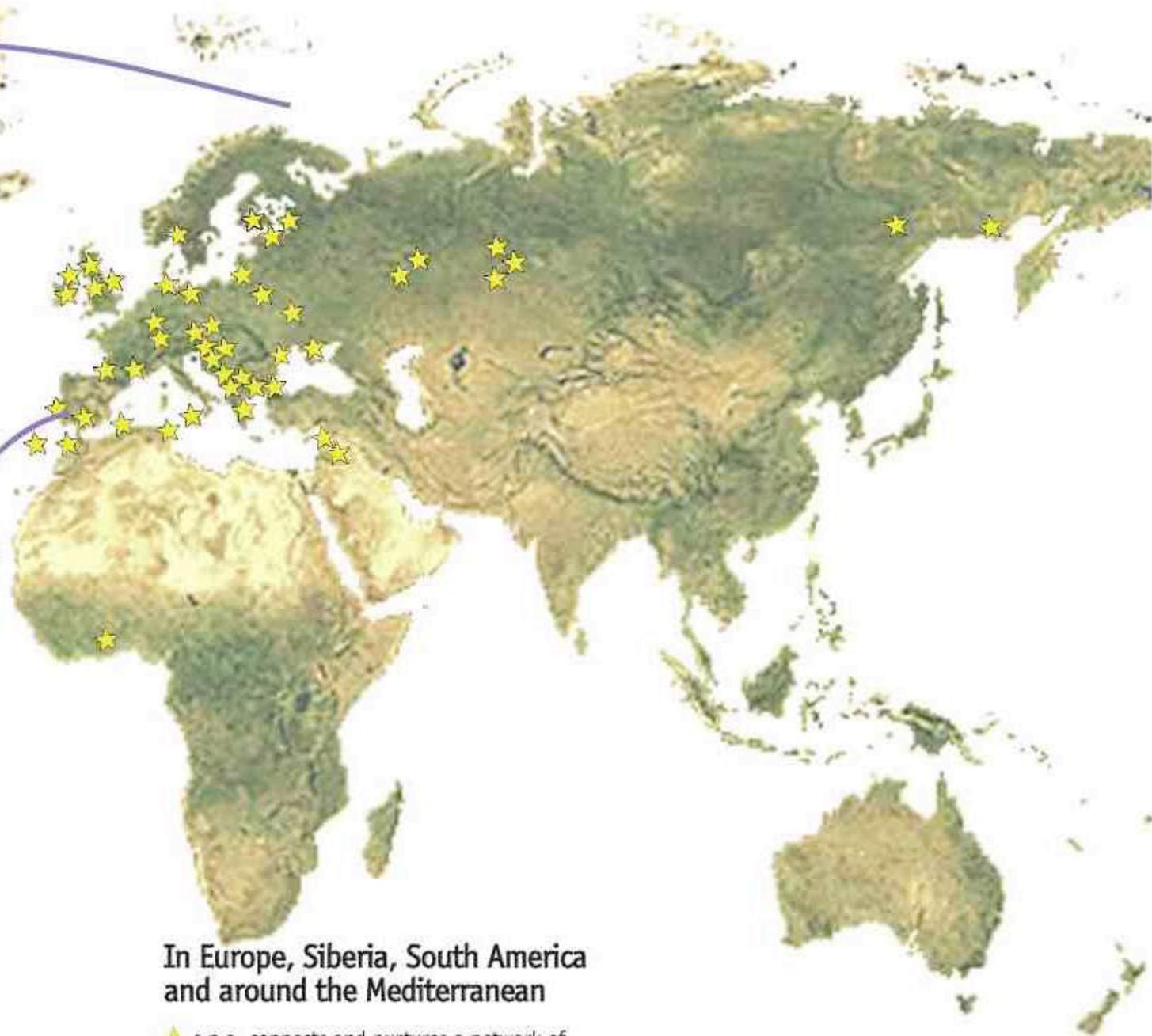
e.p.a. - european play work association

In Hamburg:

- ★ e.p.a. has its international base in Hamburg
- ★ e.p.a. runs the Europa Jugend Bureau, an advice drop in for young people and youth workers on European youth issues and programmes
- ★ e.p.a. is the host for EURODESK
- ★ e.p.a. is an interface for intercultural youth work and European Youth Policy.

In Brussels and Strassbourg:

- ★ e.p.a. is a recognized INGYO by the Council of Europe (since 1976) and the Commission of the European Union (since 1986)
- ★ e.p.a. works as an advocacy for youth towards European institutions
- ★ e.p.a. promote and defend Children's and Young People's Rights as declared in the UN Convention on the rights of the child and the European Human Rights Convention
- ★ e.p.a. is respected and appreciated for creative pilot projects and innovative networking with young people and colleagues from disadvantaged communities



In Europe, Siberia, South America and around the Mediterranean

- ★ e.p.a. connects and nurtures a network of partner organizations in 40 countries
- ★ e.p.a. accompanies and organizes International Youth Exchanges, Training Courses and Seminars
- ★ e.p.a. cooperates with youth initiatives who are committed to constructing civil society in communities facing social exclusion
- ★ e.p.a. promotes international networking and cooperation, Intercultural learning and competence
- ★ e.p.a. encourages young people and colleagues to meet, challenge conflicts, cultivate friendships and get involved in a fair distribution of chances for life beyond their own borders
- ★ e.p.a. is a “tool” for active solidarity and support



The e.p.a logo appears in beautiful ways in all activities and projects, a rainbow as a sign of hope and of differences that complete each other in their diversity.

Contents and Workshops

In most European countries **young people and children are suffering most** from the financial and political "crisis". With neoliberal politics now crushing the basic social needs of Employment, Health, Education, Social Welfare and Youth Work.

All participants work in communities with high levels of social deprivation, long term poverty, exclusion and increasing alienation.



Our week long Training Seminar in Albania will provide the opportunity to discuss and debate these issues, share good practice, how to open access to social justice and equal opportunities, using the tools and methodology of Human Rights Education.

ARSIS and e.p.a. know from experience that a playful approach can open access to those excluded, unlock potential and empower young people to aspire to a respect of human rights and develop the wish to participate and to network and to care for their communities.

We propose the following workshops:

- **State of Young people in Albania:** after 40 years of isolation and "inclusion" do we face 40 years social exclusion and political neglect?



- **Transition from certainty to chaos** - not only young people in Albania, also in Greece, Portugal, Spain, Cyprus..... All are faced with a future that is not of their making. (How) can and should young people create their own jobs?

- Albania was famous for **religious and ethnic tolerance** – for centuries people have lived together in peace, How can we challenge the increasing racism and xenophobia and campaign for **All different – all equal?**



- **Professional distance -versus love and affection.** We try to look at the gulf between theory and practice from a child centred point of view.

- Feed Back from our visits to **Roma Youth Projects** - Reflections on how we can contribute to promote and defend Roma Human Rights?



- Where do **Human Rights** come into our lives? We look at the way they are denied to our young people, how can we reclaim them?

- Preparation for our **Play Action with children** in Tirana.



- Following the principles and visions of the **Council of Europe** – an introduction to the **European Youth Foundation.**



- **International Youth Exchanges** a tool for equality and change?

- Caring men, wise street children and resilient women - how we can cooperate beyond **gender and generations**, share our ideas and care for our communities.

- Change through Play "**Play works!**" how to be creative and enjoy our commitment for change.

- Looking forward to Joint actions in **Up4change**, how we can keep in contact



How we work together

The work will be done in different ways: working “hands on” during play-actions and in workshops. There will be a few plenary sessions and lots of small group meetings, where we can introduce and share our ways of working, the challenges we face etc. There will be NO long boring papers or lectures.



The working languages of the training course will be English and Albanian – with other languages if needed in “cochichos” (in whispering corners). e.p.a. does not work in simultaneous translation, it’s distant and expensive! We speak precisely and carefully, so that we can be translated easily into the other languages. We are especially grateful for colleagues, who are happy to share their linguistic skills!



We will meet all together for regular feedback and plenum meetings and towards the end of the week for evaluation and proposals. The seminar success will rely on our exchange of experiences and YOUR active participation and mutual support! You are very welcome to use the Training Seminar as a tool!

Do not despair, if you feel you can’t speak Albanian or understand a language. We are preparing a list of keywords “Words in shqip” and our colleagues from Albania are prepared to “teach” us some new words ...



How can you prepare

Everyone will want to know about the young people you work with, your community and your project. Long papers or a long verbal presentation are probably not the best way to share your experience with everybody. We want everyone to be imaginative and quick in a "speed" presentation (max. 2 minutes)!

In Durrës - Tirana we will provide a prepared poster (A1 size) for you. You are invited to fill this poster with information, lots of colors, drawings and photos to present your project. **Can you please bring some photos, reports, a leaflet of your project, young people's quotes, logos etc. with you to design the poster.** Pens, glue, cardboard etc. will be available. The possibilities to print photos in Durrës are limited.

The poster will include the following information about your project:

- Name of your project ...
- What we do in our project/organisation ...
- We work (and play) with ...
- This is something very, very typical in our city ...
- If you come to play with us, you will see this ...
- If you come to our city as a tourist, we would like to show you ...
- Whats the "state of play" of the young people you work with?
- So, what's up4change in your community?



If you bring documentation like 'power point', videos, CDs or DVDs, it would be helpful if these are clear and short! The opportunity to explain and describe your project will be available most evenings and the poster exhibition can be admired during the whole week of the seminar.

The theme of this year's seminar is: **"Up4Change! - with thoughts, care and play - We learn from each other, share ideas how to network and to care for our communities"**. We ask you to think about your contribution to the different workshops.

An important part of our programme is the International Play Action in the Albanian Capital Tirana – It will make our international meeting visible in public. Please bring and prepare typical games from your city/region for this Play Action ...



You are welcome to share in intercultural delights, when we prepare our own buffet during our International Evening, so bring a little something to share, especially your favourite music from your community and country.



Financial aspects

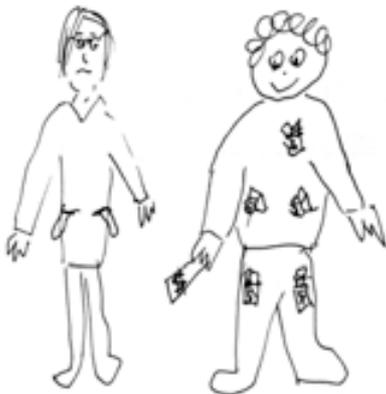
Our e.p.a. congress is supported by the Council of Europe, European Youth Foundation, Strasbourg



For colleagues who are unemployed or on low incomes, it is possible to get support with travel costs from e.p.a.!

Participants will come from a variety of geographic, political, social, cultural and also financial backgrounds. It has always been e.p.a. policy to share: "From those according to their ability to those according to their needs". So you are welcome to share! And don't let lack of finances put you off. If you need financial support to attend the congress, please contact e.p.a. before the congress!

Seminar fees will be payable at registration. Considering the very unequal living conditions of our colleagues, you are asked to base this fee on what you would spend during the week for your meals at home (50-70€).



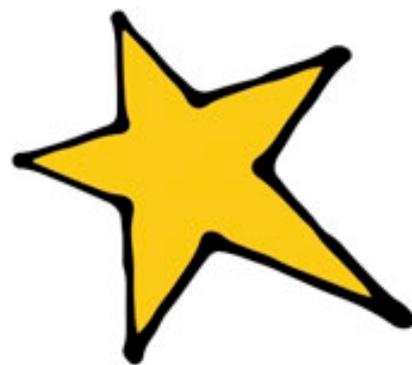
"from according their ability to those according their need."

Transparency and accounting: Please bring all your proofs of expenditure for visa costs, your tickets and/or original boarding pass with you.

Travel

You can reach Durrës - Tirana by Train, Bus, Plain. Or, for those who have a bit more time: by ferry across the Adriatic Sea from Bari / Italy. Or to Corfu / Greece via Sarrandë and then by bus to Durrës.

We ask you kindly to let us know your travel arrangements so that we can meet you when you arrive.



Mirë se erdhët!

Where we stay

Durrës is the second largest city of Albania located on the central Albanian coast, about 35km west of the capital Tirana.



Durrës was once Albania's capital. It's now virtually an extension of Tirana, joined to the capital by a ceaseless urban corridor full of hypermarkets and car dealerships. Durrës is blessed with a decent 10km stretch of beach.



During our excursion, we will also have the opportunity to enjoy the old town of Krujia, its castle, monuments and typical bazaars.....

We will stay at the "Bel Conti Hotel" which is on the Adriatic coast

Bel Conti Hotel
Shkëmbi Kavajes, Road L 13, Durrës
2001, Albania
+355 52 261 245
www.belcontihotel.com

Don't forget to bring your swimming gear, if you like to enjoy an early morning swim before breakfast!!



What is ARSIS?

ARSIS, Social Organization for the Support of Youth, Albania Branch operates in Tirana since November 2005. It provides services and expertise towards children victims/ at risk of violence, abuse, mistreatment, trafficking, neglect, exploitation ...



ARSIS's mission is to provide services and sustainable solutions for the most marginalised and underprivileged groups and individuals within the Albanian society, with particular emphasis on Roma and Egyptian communities.

ARSIS runs two daily drop-in centres and an emergency shelter (up to 72 hours); it has a qualified staff of 30 employees. It provides to its beneficiary children and their families multidisciplinary services that include specialised social-psychological support, health and in kind support, case management, advocacy, mechanisms of referrals, administrative and paralegal and clinics assistance, play games, indoor and outdoor activities etc.



ARSIS advocates and lobbies decision-taking and policy-making bodies on local and central levels, to the EU and to the Universal Report of the UN Human Rights Council in relation to child protection issues and support of vulnerable individuals and their communities.

ARSIS in Albania – during its commitment in the social centres and outreach on streets and communities -has gained deep knowledge and expertise of the social services in Albania and the region, in the local or central level, of the public and private social service providers, of the relevant policy makers and decision-takers.

- ARSIS is the sole manager and provider of a pilot emergency shelter for children and mothers in vulnerable situation exposed to immediate high risks;
- It provides the services of the psychologist and the social worker at each Police station of Tirana District and the Border pass of Kapshtica between Albania and Greece.



What is e.p.a.?



e.p.a. stands for European Play Work Association, is a recognised INGYO (International Non Governmental Youth Organisation) by the Council of Europe, Strasbourg and the EU in Bruxelles.

e.p.a. is network of partner organisations in 40 countries in Eastern, Southern and Western Europe, South America, Asia, around the Mediterranean and in Africa.

e.p.a. campaigns for intercultural learning and the rights of children and young people as declared in the UN Convention of Rights of the Child, the Universal Declaration on Human Rights and the European Convention on Human Rights.



e.p.a. works with children, young people and initiatives from communities in areas of poverty and social exclusion.

e.p.a. respects and values the culture and diversity of all young people and their communities and fights against oppression, disillusion, racism and xenophobia.

e.p.a. colleagues create conditions for free play and intercultural understanding and through networking combine cooperation and action. Not just lamenting, but challenging the problems facing young people, encouraging and empowering them to use their own voice. Not waiting for solutions, but taking initiatives.

e.p.a. as a tool can be used by children, young people and those who work and play with them. e.p.a. promotes a programme to meet the needs of children, young people and our colleagues through international Youth Exchanges, Study Seminars, Training Activities and a wide network of contacts.

e.p.a. is happy to join with children, young people, women and men, who want to get playfully involved for a life in dignity and enjoy worldwide friendship.

e.p.a.'s logo is a rainbow – incorporated into all our activities in beautiful ways, a sign of hope and of differences, completing each other in their diversity.



Programme



“Up 4 change! - with thoughts, play and care”
 preliminary Programme • Training course for Youth and play workers • 18th - 25th May 2014
 Durres - Tirana / Albania



May 2014						
18	19	20	21	22	23	24
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Sunday	24 Saturday	23 Friday	22 Thursday	21 Wednesday	20 Tuesday	19 Monday
Breakfast						
DEPARTURES 	 	 	 	 Visit to vizitë në	 	INTRODUCTION Paragjitje (HYRJE)
Lunch						
NISJET 	EVALUATION VLERËSIM	PLAY ACTION 	FREE AFTERNOON TASDITE e Lirë	Youth Projects projekte minore IN TIRANA 	WALK AROUND DURRES shetitje rreth Durresit	Presentation of Projects prezantimi i projekteve
Dinner						
WELCOME i mirëseardhjes	 Videos 	 Videos 	 	 Videos 	 Videos 	
	 	 	 	 Videos 	 Videos 	
	 	 	 	 Videos 	 Videos 	