



Co-funded by
the European Union



LIFE
Living Safely in
a Digital World

PROJECT: Living safely in a digital world

Capacity Building in the Field of Youth
ERASMUS-YOUTH-2023-CB



TECHNICAL INFORMATION

Dear participant, This document consists of information relevant for your participation in the International Training Course activity on LIFE-Living Safely in a Digital World project under Erasmus+ and co-financed by EU. We are kindly asking you to read it and save it as soft copy. LIFE encourages eco-friendly behavior thus we recommend you to only print if necessary.



IMPORTANT NOTES

Your team ensures that the costs of the stay in Tirana and transport are covered by the respective organization for own team of participants. Each Organization will provide travel for participants coming with the most economical way of transport, in accordance with the budget.



Keep your receipts, tickets and boarding passes, as guided by your team leader, so the organisations may be able to refund/justify costs!

To TEAM COORDINATOR: NO LATER THAN 10 DAYS upon your arrival back home, please, send us your brief narrative report, and boarding passes/travel document to:

office@amad-center.org.

INFORM THE HOST FOR DIETARY RESTRICTIONS AND OTHER HEALTH PROVISIONS.



ARRIVAL DAY

15 APRIL 2024



TRAINING DAYS

16-20 APRIL 2024

DEPARTURE DAY

21 APRIL 2024

WHERE

Tirana, Albania
VH HOTELS





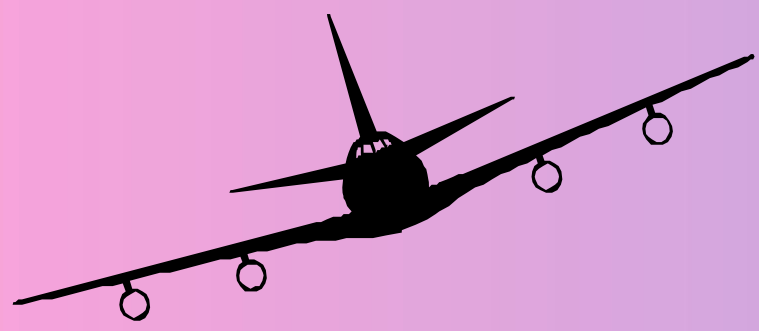
Welcome to Tirana, Albania

TIRANA is the capital and largest city of Albania. It is located in the centre of the country, enclosed by mountains and hills with Dajti rising to the east and a slight valley to the northwest overlooking the Adriatic Sea in the distance. Due to its location at the Plain of Tirana and the close proximity to the Mediterranean Sea, the city is particularly influenced by a Mediterranean seasonal climate. It is among the wettest and sunniest cities in Europe, with 2,544 hours of sun per year.

Tirana was founded as a city in 1614 by the Ottoman Albanian general Sylejman Pasha Bargjini and flourished by then around the Old Mosque and the türbe. The area that today corresponds to the city's territory has been continuously inhabited since the Iron Age. It was inhabited by Illyrians, and was most likely the core of the Illyrian Kingdom of the Taulantii, which in Classical Antiquity was centred in the hinterland of Epidamnus. After the Roman Empire split into East and West in the 4th century, its successor the Byzantine Empire took control over most of Albania, and built the Petrelë Castle in the reign of Justinian I. The city was fairly unimportant until the 20th century, when the Congress of Lushnjë proclaimed it as Albania's capital, after the Albanian Declaration of Independence in 1912.

Classified as a gamma-world-city, Tirana is the most important economic, financial, political and trade centre in Albania due to its significant location in the centre of the country and its modern air, maritime, rail and road transportation. It is the seat of power of the Government of Albania, with the official residences of the President and Prime Minister of Albania, and the Parliament of Albania. The city was announced as the European Youth Capital for 2022.

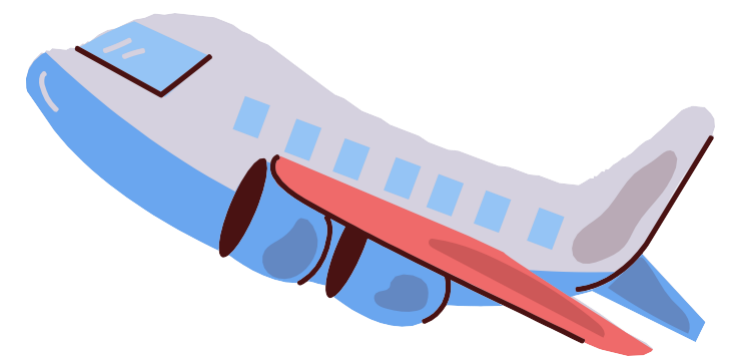




HOW TO GET THERE?

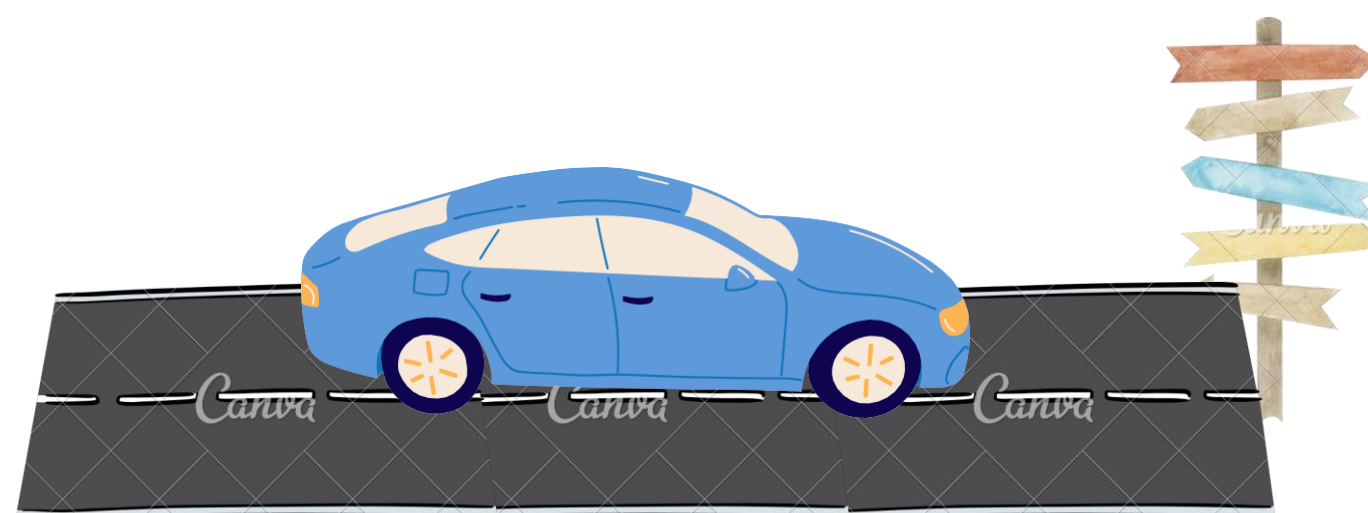


If you come by plane: The closest airport to the youth exchange venue is Tirana International Airport which is around 19km far away from the venue. **If you are landing in Tirana International Airport you can take a taxi** (Price is 2500ALL or 25 EUR) **or shuttle bus** (Price is only 300 ALL or 3 euro). **The bus will leave you in the city center station, which is 400m or 5 minutes walk from the hotel**

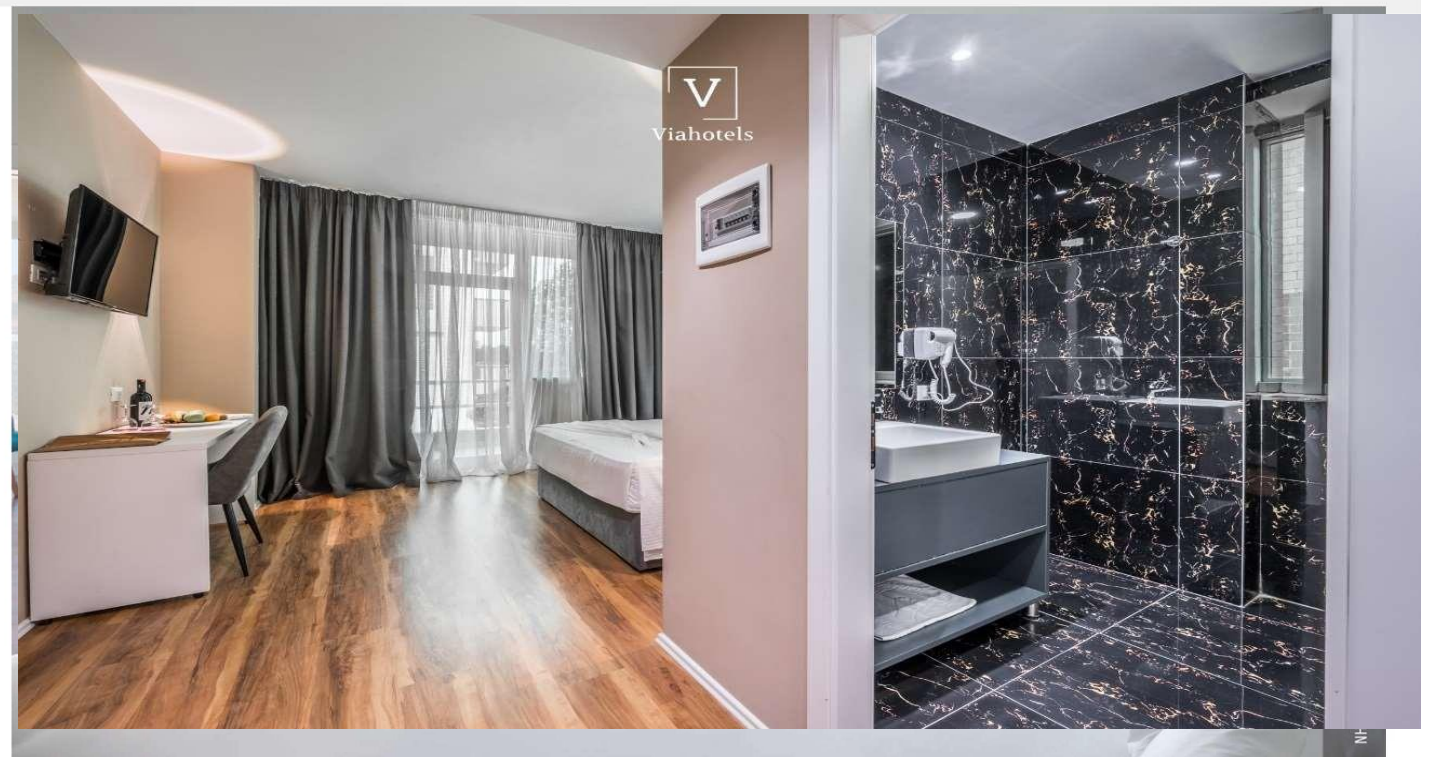
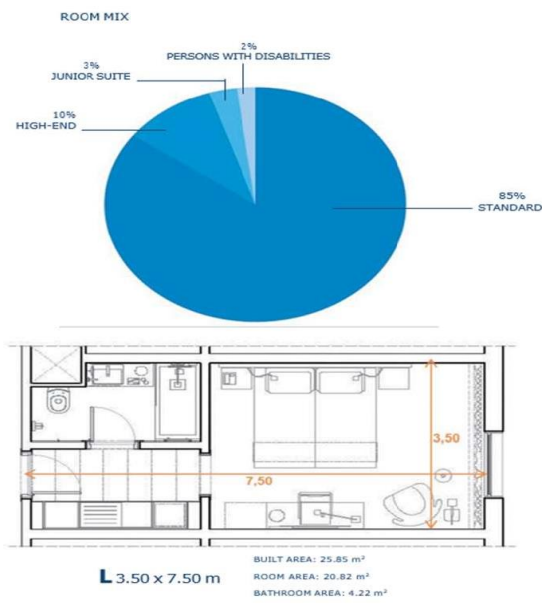
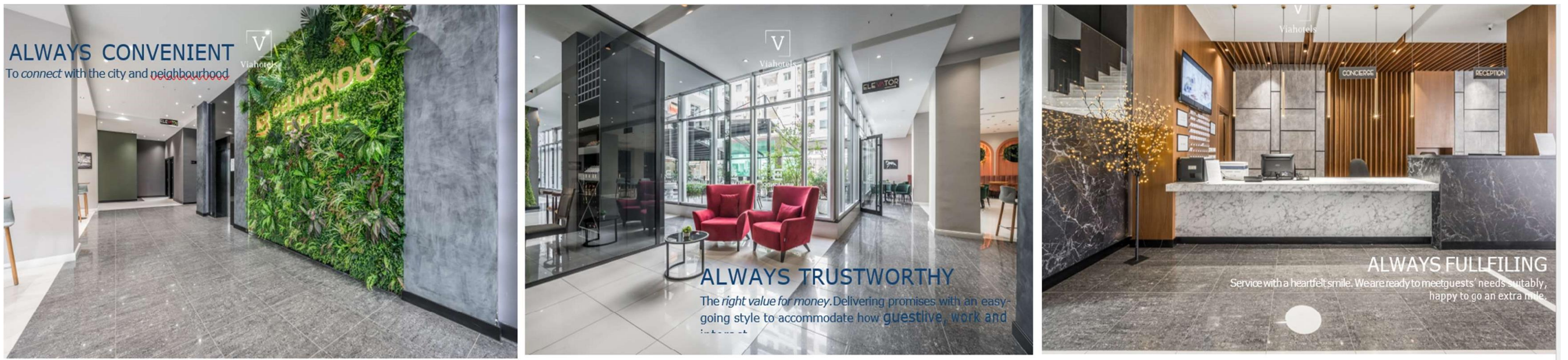


If you travel by bus: let us know so we may recommend you some travel provider companies' contact.

If you come by car: Just put on your navigation Tirana, Albania, and then the address of the hotel. The hotel has parking place. If it is full because it's a crowded season, there are private parking places nearby.

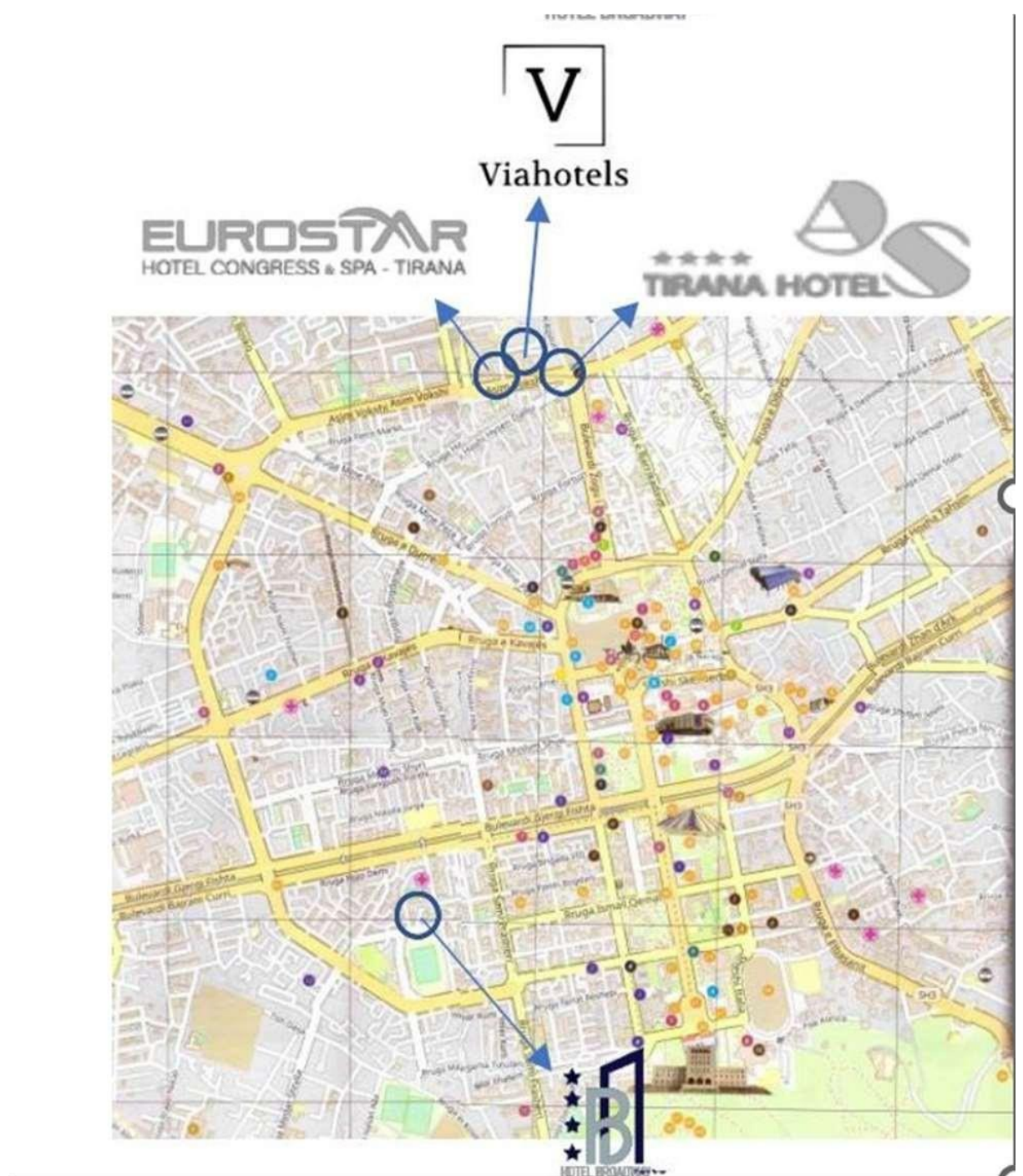


ACCOMODATION: VH HOTELS GROUP



Website:
<https://vh-hotels.com/vh-eurostar-tirana-hotel-congress-spa/>

Location:
https://maps.app.goo.gl/xRncUoETPMfUnjer6?g_st=ic





LIFE
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ORGANIZATIONS TEAMS



AMAD

from **ALBANIA**



from **BULGARIA**



from **ITALY**




from **SERBIA**



from **TUNISIA**

AGENDA

International Training Course	 Tirana, Albania
Activity n°	T3.1

Day 1 15 April 2024	18:00 Arrival and Welcome guests 19:30 <i>Dinner</i>
Day 2 16 April 2024	08:30 <i>Breakfast</i> 10:00 Morning session: Introduction, objectives, expectations 13:00 <i>Organized Lunch</i> 14:30 Afternoon session: Team building games 19:00 <i>Organized Dinner</i>
Day 3 17 April 2024	08:30 <i>Breakfast</i> 10:00 Morning session: Thematic Workshops 13:00 <i>Organized Lunch</i> 15:00 Afternoon session: Thematic Workshops 19:00 <i>Organized Dinner</i> 21:00 <i>Intercultural Night</i>
Day 4 18 April 2024	08:30 <i>Breakfast</i> 10:00 Morning session: Thematic Workshops 13:00 <i>Organized Lunch</i> 14:30 Afternoon session: Thematic Workshops 19:00 <i>Organized Dinner</i>
Day 5 19 April 2024	08:30 <i>Breakfast</i> 10:00 Morning session 13:00 <i>Organized Lunch</i> 14:30 Afternoon session 19:00 <i>Organized Dinner</i>
Day 6 20 April 2024	08:30 <i>Breakfast</i> 10:00 Morning session 13:00 <i>Organized Lunch</i> 14:30 Afternoon session: Final Evaluation Free time 19:00 <i>Organized Dinner</i>
Day 7 21 April 2024	08:30 <i>Breakfast</i> 10:00 Departure

SOME USEFUL INFORMATION

- In Albania we use Albanian currency which is LEK (known in written as ALL)
- The method of payment is in cash, so make sure to exchange some money if you like to spend / purchase in local shops, bars, restaurants, tourist attractions, etc.
- EXCHANGE RATE EUR-ALL is flexible and due to euros downfall lately 1 EUR = 103 ALL
- There are only few places where you can pay in with Debit/Credit card, such as fancy restaurants, supermarkets, and shopping centers.
- Toptani Shopping Center is the closest to the Livia Hotel, right in the city center, next to The Plaza Maritime Hotel

A few words in Albanian

Përshëndetje! = Hello

Mirë = Good

Të lutem = Please

Më fal = I'm sorry

Po = Yes

Jo = No

Ujë = Water

Faleminderit! = Thank you!

Rrofsh!

Mirupafshim! = Goodbye

Mirëmëngjes! = Good morning

Mirëmbërëma! = Good evening

Bukur = Nice



Just to make sure you are not making any spelling /pronunciation mistake, we recommend talking in English or using Google translate if needed.



For any questions, don't hesitate to ask us at:

Team AMAD, Albania

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