



EUROPEAN REGIONAL PROGRAMMES

Albania	Tirana Email: ywca@abissnet.com.al
HIV and AIDS prevention	The YWCA of Albania's HIV and AIDS prevention program was developed by the YWCA in order to respond to the lack of health education in their country, especially in regard to HIV and AIDS. The programme, which was based on a needs assessment, includes training by medical professionals and local government representatives, and will focus on syndromes and management of sexually transmitted infections, with a special focus on HIV. Women, men, and young people receive training separately, and four or five persons from each course are selected as peer educators who, together with the trained medical staff, continue training new participants.

Albania	Tirana Email: ywca@abissnet.com.al
Prevention & Education on HIV and AIDS in Baldushk	<p>180 trained on HIV and AIDS problems (64% of the participants were women and girls and 30% had a husband living abroad in Italy, Greece, Germany).</p> <p>Case history: Dile Mussa (27 years old) - Lives with her parents in law and three children, her husband was working abroad for four years in Italy and sent funds home to keep the family. Since the last visit of her husband she has had an infection, but was ashamed and did not see the doctor. The doctor was a man and she was ashamed to see him as a wife without a husband. After the training and information gained she saw the doctor, took the therapy and decided to use condoms with her husband. During the role play she acted out the discussion between a man and a woman on agreeing to use condoms.</p> <p>Impact on the YWCA: Working with this community helped to increase our capacity. We now understand the mentality and issues of the community. We have made successful contacts that we will use in the future and we have passionate volunteers and partners in these areas now. We have increased the good image of the YWCA of Albania, we were the first to enter in the Baldushk area and people trust us. There is a need for follow up in this isolated community, there is a lot to do there to facilitate the women's lives. The local authorities have asked us to organise meetings and trainings on Human Rights and Women's and Children's rights. We would also like to extend the HIV and AIDS training to a Mullet village close to Baldushk where we have operated before.</p>

Belarus	Minsk Email: ywcabelarus@telecom.by
Human rights advocacy - 2004 Shadow Report at CEDAW	Democratic transformation pursuing to change the existing authoritarian system, promotion of economic reforms, and the creation of a strong civil society must become the main condition for improvement of women's lives in Belarus," stated the YWCA of Belarus in the shadow report on their country's implementation of the Convention for the Elimination of All Forms of Discrimination Against Women (CEDAW). The shadow report, which was prepared with the Women's Independent Democratic Movement (WIDM), was presented to the CEDAW Committee in January 2004. Gender stereotypes, trafficking of women, and violence against women are some of the issues covered in the shadow report which argues that, "true respect of women's human rights has usually been substituted by some sort of financial assistance (by the government).

Belarus	Minsk Email: ywcabelarus@telecom.by
Trafficking prevention and counselling	Recognising that trafficking in women is one of the most urgent problems facing women in their country, the YWCA of Belarus began the La Strada hotline in January 2001, which aims to provide women with information about international marriages, and working or studying abroad. Qualified psychologists, sociologists and social workers staff the hotline, which is available from 9am to 9pm. Since its inception, the La Strada hotline had received over 4000 calls from women exploring options for leaving Belarus, and more than 60 calls from trafficked women or relatives looking for missing women. In 2002, the YWCA of Belarus expanded the La Strada programme to include advocacy and awareness raising, preventative education and counselling. The association's advocacy campaign concentrates on increasing public understanding and discussion about trafficking in women, and has included almost 40 television and radio interviews over the past two years and significant newspaper coverage. Rather than trying to prevent women from leaving Belarus, the prevention and education component of the programme aims to inform vulnerable groups about the risks of trafficking and how to avoid the various traps.



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	The hotline provides women wanting to work abroad with information about legal opportunities for such work, as well as the rights and duties of migrant workers. Those interested in marrying foreigners are advised to take the time to get to know their future husband, and are given advice about marriage and divorce procedures and children's rights. In addition to the hotline service, the YWCA has organised more than 100 educational lectures to reach larger audiences. The La Strada programme also provides an invaluable service to survivors of trafficking and their families, providing social, legal, medical and psychological assistance to assist with reintegration and coming to terms with their trauma.
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Belarus	Minsk Email: ywcabelarus@telecom.by
Counteraction of HIV/AIDS Spread among young people in Belarus	To counteract the spread of HIV/AIDS through improving the decision making skills of young people and showing them how to lead a positive life with responsible sexual habits. Projects in the area of sustainable development including women's economic justice and the environment.

Belarus	Minsk Email: ywcabelarus@telecom.by
Increase Women's Employment in the Labour Market	<p>Trainings were held in English language and computer technology and use, as well as training in self esteem and social skills. A booklet was produced on how to write a CV, presentation of self, interviews, etc. and given to participants at the end of the course.</p> <p>Case studies Oksana Narkevich was employed in a bank. Antonina Golybeva found work abroad and went to work in Africa. Marina Belevich believed in herself after the trainings on psychology and wrote a project "Helping in social women employment" and got the grant.</p> <p>YWCA of Belarus We fulfilled the aims of this project but we get requests to continue studying English and computer. Many requests concern psychological trainings. In future we'd like to pay much attention to physical, psychological and reproduction health of jobless women.</p>

Belgium	Antwerpen Email: clejeune_ywca@compuserve.com
Services for refugees and asylum seekers	The YWCA of Antwerp in Belgium has worked extensively with refugees and asylum seekers. Their programmes have included language lessons and assistance in adjusting to Belgian life, training in income generating skills, and facilitating social gatherings. The YWCA is also working to ensure that policy makers listen to the voices of refugee women in determining the programmes and policies that are meant to serve them. Based on interviews conducted with 40 refugee women from 23 countries, the YWCA of Antwerp has released a report on the living conditions and status of refugee women in Belgium. It calls for a gender-based response to the needs of refugees and asylum seekers, and discusses the unique challenges and needs of female refugees. The report asserts that 'their participation, both as a means and as an objective of any initiative, is a prerequisite for the success of every project.' A lobby kit, including research outcomes and recommendations for improved support for refugee women, is now available in English, French and Dutch from the YWCA of Antwerp in Belgium.

Czech Republic	Praha 10 Email: info@ywca.cz
Adelheid Ecumenical Summer School	Training and exchange within a European ecumenical group to help women understand the lives of women in other parts of Europe, and provide them with the necessary skills, knowledge, self confidence and spiritual growth for their work Transformation training is an experience in developing powerful tools that can help build women's networks and contribute towards progressive social change. The Adelheid Summer School is a strategic training programme involving women from East and Central Europe and is run by the YWCA in partnership with ENYA (Ecumenical Network for Youth Action). The aim is to identify, develop and improve English language, management, project development and



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	finances, evaluation process, theological reflection and spiritual development, use of new technologies, economic, social and political contextual leadership. Issues include poverty alleviation, combating trafficking and violence against women, religious education, street children and highlighting women's concerns. 20 women selected from 16 countries. A 2nd phase will be held in Scotland in 2006 and between these two trainings participants will continue to develop their skills within their communities and through e-learning.
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Estonia	Tallinn Email: ywcaymca@trenet.ee
"Y' Women School	"Nine seminars held on computer training, health education, communication, personal style and image, enterprising and law, etiquette, art and culture, and EU and youth organizations. As a result, the women developed their personalities, self-confidence, self-respect, communication skills, and family relations. They hope to continue with the project after the one-year period of funding is completed because the goal is to establish lasting projects that will change over the years."

Georgia	Tbilisi / Georgia Georgia Email: georgia_ywca@yahoo.com
Hiv and AIDS Education	A survey conducted by the YWCA of Georgia identified a rapid increase in sexually transmitted diseases, HIV and AIDS and pregnancy among adolescents. Many teenagers knew little or nothing about contraceptives and STDs. Following this research, the YWCA initiated the programme Sexual and Hygienic Education at School to introduce sexual education into the lives of teenagers in a way that supports their physical and moral development. Two doctors and a psychologist, working closely with the Georgian National Centre for Disease Control will visit schools to talk about puberty, sexual development, personal hygiene and also the social-psychological aspects of relationships and love.

Georgia	Tbilisi / Georgia Georgia Email: georgia_ywca@yahoo.com
Help for single mothers	To be a lone parent is never easy, and in Georgia single mothers are one of the most marginalised groups in society. Eliso Machavariana, a single mother, was on the verge of suicide when she first came to the YWCA. Abandoned by her boyfriend and desperate to hide her pregnancy from her family, Eliso was forced to move into a maternity home, where the manager restricted her freedom and threatened to sell her baby. Eliso turned to the YWCA for help, joining their club for single mothers. The club enabled her to share her experiences, and provided information and support to turn her life around. Eliso has now moved into her own flat and set up a small business to provide a family income. With the YWCA's support, she is also negotiating with the maternity home for the return of her baby and has contacted the baby's father to assist with child-raising expenses. The single mothers in the YWCA Women's Club in Georgia, all have similar stories to Eliso. The Club has restored their dignity and security, and with plans underway to provide computer and language training in future, hopefully it will also expand career options.

Georgia	Tbilisi / Georgia Georgia Email: georgia_ywca@yahoo.com
Training in sexual comporment and hygiene to teenagers	Provided sex education to 60 young people aged 13-16 in two secondary schools (girls and boys in separate classes). The project was realized through lectures and lessons with active participation of students and topics included hygiene, History of Life for younger children, and venereal diseases, contraception, responsible sexual behaviour for older children. Classes also given on old traditions and habits, information through media, literature and art.

Latvia	Riga Email: imkariga@imkariga.lv
Human rights education	Young women are learning from their peers about labour market rights, social security and workplace harassment, following an initiative of the YWCA-YMCA of Latvia, which trained 16 young women at a Leaders' Training Course on workplace rights for women. Since graduating, these young leaders have trained 112 other young women, aged 15-18 years, through schools and community networks. The YWCA-YMCA of Latvia also held a conference with local government agencies focusing on 'Young People in the Labour Market', which attracted 139 people from trade unions, the government and the media. Local newspaper editor, Vija Lejina reported that the conference 'showed to society the importance to discuss, to think and to do something for improving the situation in the



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	labour market for Latvia's young people'.
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Romania	Bucharest Email: ywca.org@xnet.ro
Health Awareness	<p>Study sessions in three high schools on HIV & AIDS, and other sexually transmitted diseases: protection, prevention, living positively, treatment, other's attitude. Condoms were distributed. Other themes addressed smoking, alcohol abuse, cancer and screening, food hygiene, depression, drug consumption. 70% of students attended (1500 children - classes were voluntary), 2200 brochures given out.</p> <p>At the first study session because it was optional, some of the students didn't participate in an active way. Some of them weren't so interested because they said "HIV and AIDS is not such important issue for me", "it won't happen to me", "it is not new for me". In consequence we are working to change this mentality, this way of thinking.</p>

Ukraine	Kiev Email: natalia@dutuna.kiev.ua
Let's Build a World of Understanding Starting with Yourself	<p>To teach young people the skills of conflict free communication and self-confidence. To provide teachers with material on social adaptation With a certain experience on the issue of violence, having run a programme teaching children to live in harmony with themselves (the manual for children is now used by 200 schools), the YWCA has now turned to the problem of violence among teenagers and is teaching communication and nurturing teenagers' self-awareness of the need for tolerance. Following the series of training for teachers and teenagers, a manual will be produced on work with teenagers aged 12-16 (this has been requested by the schools following the first manual for children), which will be distributed throughout Ukraine. The training and manual are divided into 30 lessons on issues such as leadership, inner life, me and my environment, boys and girls, socializing, conflict, free communication, etc.</p>