

Project



❖ A day of training in nature with a group including girls

• Planned objectives of the project:

The group moves through the landscape, breathing in the fresh air as they push their limits with each exercise. Laughter and encouragement echo through the trees, creating a sense of unity and motivation in the heart of nature.

Boost Physical & Mental Health: Encourage active lifestyles through engaging outdoor training.

Promote Teamwork & Inclusivity: Create a supportive space where everyone collaborates and connects.



- Names of mentees: Flabio Hidri
Kamila Hidri
Bleri Goli
Anita Seferi
Altea Mejdani
Irsa Hidri
Klevis Basha
Alesia Seferi
Mario Alla
Ami Alla
- Name of the mentor: Maiju Kokkonen



I am Flabio Hidri, 19 years old, born and raised in Tirana. I am currently a second-year bachelor's student at the University of Sports in Tirana. I have extensive experience in football, as I played for 10 years. Currently, I am focused on fitness and work as a swimming coach. These experiences have helped me develop discipline, leadership skills, and a structured approach to training and physical well-being. I am energetic, dedicated, and always eager to learn and give my best in every new challenge.

- Achieved results of the project:



1. Building Teamwork: Working together on outdoor tasks improves communication and trust within the group.
2. Boosting Physical Strength: Challenging activities in nature help everyone improve their endurance and resilience.
3. Encouraging Leadership: Everyone, including girls, has the chance to lead, boosting confidence and empowerment.



