ESD Europe
Empowerment Self-Defence

SEMINAR PROGRAMME

3rd Advanced Empowerment Self Defence Seminar

October 7–10, 2026 - Golem, Albania

WEDNESDAY, OCT 7, 2026

09:00
Plenary all instructors

09:30–10:00 —
Networking among the International ESD community. Building Meaningful Partnerships and Growing the ESD Movement – Gentiana Susaj

10:00–12:15 —
What makes a physical technique an ESD technique – Anat Errel.

12:15 — 13:00 —
Exchange successful practices: methods, activities, new ideas, tools, and approaches and experiences from different countries. - Group discussion facilitated by Gentiana Susaj.

13:00 —
Lunch

15:00–17:30 —
Trauma-informed ESD • U Matter.
30 minute body movement activities included.

19:00–20:00 —
Social Event

THURSDAY, OCT 8, 2026

9:00–11:00 —
Teaching the biomechanics behind ESD physical skills – Michele Elefante

11:15 • 12:00 —
Violence Prevention after Trauma - Karla Maria Jimenez Teran

12:00 • 13:30 —
The Art of Empowering Facilitation • Connecting, Engaging, and Inspiring Your ESD Groups - Gentiana Susaj and other instructors from the group.

13:30 —
Lunch

15:00•17:30 —
15 Trauma-informed ESD —U Matter.
30 minute body movement activities included.

18:30•19:00 —
Meeting with Fodada • small group.

19:00•20:00 —
Social Event

FRIDAY, OCT 9, 2026

9:00•10:00 —
Creative lab: build your ESD Activity, applying what you've learned in the seminar so far.

10:00•12:15 —
Growing Your ESD Programme — Alba Agolli & Irena Shtraza, UN Women.

12:30•13:30 —
Body movement window

12:30•13:30 —
14 Years of Empowering Women Globally: FODADA's Self•Defense Initiative — Bobby Barzi, founder at FODADA.

13:30 —
Lunch

15:00 - 17:30 —
Trauma-Informed ESD - U Matter.
30 minute body movement activities included.

19:00 —
Creative lab: Sharing your activity

21::00 —
Party & networking - a taste from your country

SATURDAY, SOCT 10, 2026

9:00–10:00 —
The importance of success stories as a teaching tool – Anat Errel

10:00–11:10 —
Reshaping ESD Europe's mentoring system – Anat Errel

11:00–12:00
Priorities, goals, and the future direction of the ESD Europe mentorship and strengthen the European ESD community.– Gentiana Susaj

13:00 —
Lunch

15:00 - 17:30
Trauma-Informed ESD - U Matter.
30 minute body movement activities included.

19:00–20:00
Social Event

TRAVEL DATES

6 & 11 OCTOBER, 2026