

Let us inspire you ▶



15  
*years*

# ABOUT US

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## MISSION

Empowering women through education and creation of an environment conducive to personal development and competent participation in social processes.



## VISION

To become a regionally recognized center which supports, encourages and promotes positive changes in personal, professional and social lives of women.



## FOCUS

We use a holistic approach to education of woman, with a special focus on:

- spirituality
- acquiring knowledge and skills
- personal and economic empowerment
- physical and mental health.

## NAHLA TODAY

Since its founding in 2000 in Sarajevo Nahla is constantly developing and expanding. We currently have over 40 developed trainings and our various educational programs attend over 6,000 women annually, most often between the ages of 20-45. We are running three educational centers, in Sarajevo, Bihac and Tuzla and support similar initiatives in other cities in Bosnia and Herzegovina.



# KEY VALUES

Center for Education and Research “Nahla” is inspired by principles of Islam and we wish to promote them in a way that will benefit the entire society, by nurturing the following key values:

## OPENNESS

We pay particular attention to respecting and appreciating diversity and freedom of choice of every individual. Friendliness, accessibility and constant care for the needs of others at every time are our trademark.

## COOPERATION

We advocate cooperation and dialogue in all aspects of our work, and we encourage active exchange of ideas and knowledge as a guarantee of equal and balanced development of society. We are committed to building partnerships with different agents in society, and through cooperation within our team, we inspire and support each other to nurture the spirit of cooperation, mutual support and good interpersonal relations.

## SUPPORT

We give active support to women in exercising their human rights and getting equal opportunities in society. We support family and nurture positive family values in the spirit of partnership and mutual appreciation among all its members.

## EDUCATION

We enable women to acquire competences which are relevant in modern society and which help their personal and professional development.

## EMPOWERMENT

We work actively to support economic, mental, spiritual and physical empowerment of women.

## EXCELLENCE

To us, excellence is our constant striving to be better at what we do and to meet the high expectations of our users, partners and community as a whole through responsibility, commitment, professionalism and establishing best practices in the areas we are active in.

## INSPIRATION

In our educational centers, we create an environment which inspires women to exchange experiences, see new perspectives, use their own potentials and bring joy of life into their everyday lives. Our activism inspires other organizations and individuals to participate in social changes.

## EDUCATION



Center for Education and Research “Nahla” has specialized experience in the education of women, aimed at professional and personal development of women in order to empower them economically. Our educational programs are based on the principles of adult education and in accordance with the needs of the labor market, which is our comparative advantage in relation to other NGO actors. We are especially proud of the specialized vocational trainings developed to retrain women after a long period of unemployment.

With our involvement in the local community, we especially want to contribute to the development and promotion of lifelong learning through a contribution to solving the problem of unemployment among women at the micro level. Our activities are open to all women, regardless of their ethnic or religious affiliation, social background or political beliefs.

## PERSONAL AND PROFESSIONAL DEVELOPMENT



The diversity of age and belonging to different social groups, different educational level and the roles they play in society, as well as a variety of needs and motivation for learning among our students profiled Nahla as a recognizable partner of local and international, governmental and non-governmental organizations in the implementation of educational programs for the economic empowerment of women.

### VOCATIONAL TRAININGS

- Training for professional business secretary
- Training for graphic designer
- Training for professional babysitter
- Training for tailor/seamstress
- Training for catering master
- Training for geriatric nurse

### COURSES

- English language
- Turkish language
- Excel - short course
- Photoshop – short course
- IT certification

# EDUCATION ABOUT FAITH

Raising the level of spirituality is a great challenge for us and we give it considerable attention in our work. We want to promote faith as a value that gives meaning and strength and inspires love and goodness. In that way we want to build true culture of dialogue in our society.



## SCHOOL OF ISLAM

- Two-year program
- Qualified teachers
- Modern approach
- Weekend classes



## SCHOOL OF QUR'AN

- A proper reading of the Qur'an through five levels
- Three enrollment periods during year
- Hifz - learning the Quran by heart
- Thematic tafseer
- Arabic language from the Quran



## THEMATIC MODULES

### LECTURES AND DISCUSSIONS

### INTERFAITH MEETINGS AND SEMINARS



## CREATIVE WORKSHOPS

Through different kinds of workshops Nahla helps women gain new skills, gives them new perspectives and opportunities to express themselves through various kinds of arts and crafts. Some of the workshops also have therapeutic effects because they help women to relieve stress accumulated during the week and live more contented and fulfilled life.

- Photography
- Sewing
- Painting
- Calligraphy
- Embroidery
- Copper engraving

## CHILDREN AND YOUTH PROGRAMS

Through specially designed workshops we help children and young people to find motivation and inspiration for creative activities and build competencies such as decision making, teamwork, non-violent conflict resolution, respect for others and communication. With a positive approach and quality programs we strive to regain young people's trust in their own community and the world that surrounds them.

- Clubs, seminars, workshops
- Programs for socially active students
- Scholarship program



# DEPARTMENTS



## EDUCATION

### VOCATIONAL TRAININGS

- Professional business secretary
- Graphic designer
- Professional babysitter
- Tailor/seamstress
- Catering master
- Geriatric nurse

### COURSES

- English language
- Turkish language
- Excel - short course
- Photoshop – short course
- IT certification

### EDUCATION ABOUT FAITH

- School of Islam
- School of Qur'an
- Thematic modules
- Lectures and discussions
- Interfaith meetings and seminars

### CREATIVE WORKSHOPS

- Photography
- Sewing
- Painting
- Calligraphy
- Embroidery
- Copper engraving



## RESEARCH

### RESEARCH PROJECTS

- Theoretical and empirical research
- Public debates
- Conferences

### REFERENCE LIBRARY

- References about women
- Professional journals and magazines
- Proceedings and papers

### PUBLISHING PROJECTS

- Researches and studies
- Translations
- Master and PHD thesis



## BUSINESS COMMUNITY

### SUPPORT AND MENTORSHIP

- Business Support Fund
- Mentorship
- Practice and employment mediation

### COMMUNITY AND NETWORKING

- Gatherings of members
- Seminars and training
- Conferences and Fairs

### COUNSELLING

- Competency passport
- Business counselling
- Career counselling

### SERVICES

- Business Club
- Catering
- Online promotion







## HEALTH LINE

### PSYCHOLOGICAL COUNSELING

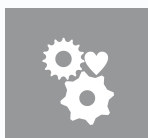
- Counselling
- Psychotherapy (individual and group)
- Psychoeducational seminars
- Communication skills seminars
- Parenting seminars

### PHYSICAL HEALTH

- Education (seminars and workshops about women's health)
- Prevention (lectures and campaigns)

### NUTRITION

- Thematic seminars
- Nutrition workshops



## SERVICES

### FITNESS CENTER

- Fitness
- Aerobics
- Aeromix
- Zumba
- Pilates
- Boot camp

### PLAYROOM FOR CHILDREN

- Constant supervision
- For children aged 3-9 years
- Half day program for pre-schoolers
- Book club for children

### LIBRARY AND READING ROOM

- Over 3.200 titles
- Free membership for Nahla's members

### CAFETERIA

- Cozy ambience
- Affordable prices
- Suitable for meetings and gatherings



## OTHER ACTIVITIES

### CLUBS

- Nahla's teen club
- Youth club „Tignum“
- Nahla's trekking club

### CAMPAIGNS

- „A Man Worth Knowing“
- „Let us Ecologize Community“

### ONLINE ACTIVITIES

### CULTURAL & ENTERTAINMENT EVENTS

- Open Doors Day
- Promotions
- Exhibitions
- Bazaars



## RESEARCH



The Research Department analyses the needs and contentment of women who attend Nahla's programs and benefit from our projects in order to improve and advance the available programs and services so as to serve them best. The Research Department is also focused on theoretical and empirical social research of the issues relating to women, women's rights, social engagement and activism, religion and identity in contemporary society

### Research projects:

- Theoretical and empirical research
- Public debates
- Conferences

### Reference library:

- References about women
- Professional journals and magazines
- Proceedings and papers

### Publishing projects:

- Researches and studies
- Translations
- Master and PHD thesis

# NAHLA'S BUSINESS COMMUNITY



This department's mission is a business and career empowerment of women. In a safe and pleasant environment members find space for professional development through innovative approaches to learning new skills, mentoring tailored to individual needs, financial support, business and career counseling and mediation for job or sale of products/services.

## Support and mentorship

- Business Support Fund
- Mentorship
- Practice and employment mediation

## Counselling

- Competency passport
- Business counselling
- Career counselling

## Community and networking

- Gatherings of members
- Seminars and training
- Conferences and Fairs

## Services

- Business Club
- Catering
- Online promotion

# HEALTH LINE

Within this department we try to motivate women to take more active role in managing their health. Through various seminars, lectures and workshops in cooperation with health professionals we educate women about methods for health improvement, prevention and early detection of disease. We also offer counseling and psychotherapeutic work to people who want to enhance or improve their impaired mental health.

## Psychological Counseling

- Counselling
- Psychotherapy (individual and group)
- Psychoeducational seminars
- Communication skills seminars
- Parenting seminars

## Physical Health

- Education (seminars and workshops about women's health)
- Prevention (lectures and campaigns)

## Nutrition

- Thematic seminars
- Nutrition workshops



# SERVICES



Taking into account everyday needs and specific requirements of women, we have created a range of services which facilitate the use of our educational programs and provide precious moments of relaxation and recreation.

## FITNESS CENTER

- Fitness
- Aerobics
- Aeromix
- Zumba
- Pilates
- Boot camp

## PLAYROOM FOR CHILDREN

- Constant supervision
- For children aged 3-9 years
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## LIBRARY AND READING ROOM

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## CAFETERIA

- Cozy ambience
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## OTHER ACTIVITIES



### NAHLA'S TEEN CLUB

Our teen club through carefully designed content, experiential workshops, trainings, trips and meetings help girls aged 14 to 18 to find answers to some questions they have about themselves, their beliefs and values of the world around them, with a lot of fun, acquiring new skills and learning about themselves and others.



### YOUTH CLUB „TIGNUM“

Brings together young women who are interested in active participation in society, researching community problems, personal development and participation in local and international projects. Members with the best results are included in our scholarship program and those who justify it by their work remain in the program until the end of the studies.



### NAHLA'S TREKKING CLUB

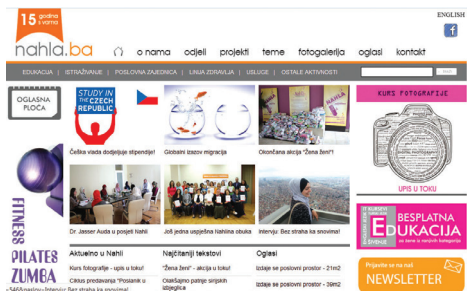
Through this club we promote a healthy lifestyle, community spirit and strengthens ties with nature. The club is open to all people of good will who share these values. In addition to being extremely favorable to health and are an excellent way to reduce stress, trekking activities significantly contribute to the strengthening of friendship and family ties and to better understanding and connecting of the participants of our different programs.



## CAMPAIGNS



- Campaign „A Man Worth Knowing” which is carried out by Nahla since 2006, become a synonym for a new way of presenting the Prophet’s message, his personality and deeds by using contemporary communication language. Fusing Islamic heritage with contemporary design, campaign offers the best creative solutions to inspire people to do good deeds in everyday life.
- Campaign „Let us Ecologize Community” started Nahla’s Youth club „Tignum” i 2015. Its aim is to improve awareness in the Muslim community in Bosnia and Herzegovina about the importance of environmental issues and to actively involve individuals /jamaats/schools in various environmental activities.



## ONLINE ACTIVITIES

Nahla’s online resources:

Web portal [www.nahla.ba](http://www.nahla.ba)

Web portal [tuzla.nahla.ba](http://tuzla.nahla.ba)

Web portal [bihac.nahla.ba](http://bihac.nahla.ba)

Website [www.npz.ba](http://www.npz.ba)

Web portal [www.poslanikmuhammed.info](http://www.poslanikmuhammed.info)

Facebook page CEI NAHLA

Facebook page Nahlina poslovna zajednica

Facebook page NAHLA-Bihac

Facebook page Edukacijski centar NAHLA Tuzla

Facebook page Klub mladih Tignum

Facebook page Muhammed, a.s., osoba koju vrijedi upoznati

Facebook group NAHLA

Facebook group NAHLIN TEEN KLUB

Facebook group ALUMNE SKOLA ISLAMA

Facebook group NAHLIN TREKING KLUB

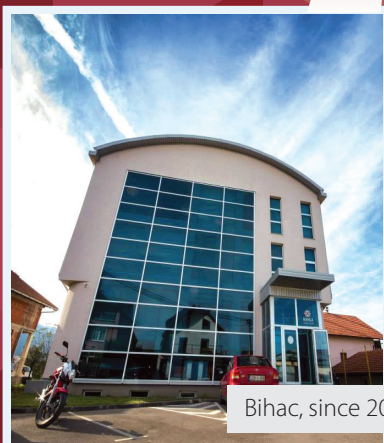


## CULTURAL AND ENTERTAINMENT EVENTS

- Open Doors Day
- Promotions
- Exhibitions
- Bazaars



Sarajevo, since 2000



Bihać, since 2012



Tuzla, since 2015

- We educate thousands of people every year, creating value useful for society.
- We provide a free education to women from vulnerable groups.
- We offer special discounts for pupils, students and retirees.
- Our programs and services can use ALL WOMEN who recognize in our work the interest for their progress and development, regardless of whether they are members of Nahla or not and regardless of their ethnic, religious or any other affiliation.



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