



Self-defense for Women in Kosovo: Extraordinary Initiative by the Italian Contingent Led by Colonel Francesco Ferrara

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A self-defense course dedicated to the women of Kosovo was recently concluded, held at the **Youth Center of Peć/Pejë**, resulting from the collaboration between the **Liaison Monitoring Team (LMT)** of the Regional Command West (RC-W) of KFOR and the **Women Wellness Centre**.

The course offered participants a combination of theoretical and practical lessons aimed at developing personal awareness, self-confidence, and the skills necessary to recognize and react to dangerous situations. The self-defense techniques taught were specifically chosen to be effective and suitable for the vulnerability situations that women may face.

The certificate awarding ceremony was attended by several authorities, including the **Commander of the Regional Command West of KFOR, Colonel Francesco Ferrara**, the

Deputy Mayor of Peć/Pejë, Mr. Fatmir Asllani, and the Councilor for Culture, Sports, and Youth, Mrs. Xhenet Syka. The presence of such figures underscored the importance of the initiative and the local community's support for the project.

The course represents just one of the numerous activities promoted by the Italian Contingent of the Kosovo Force, which, in accordance with United Nations Security Council Resolution 1244, is committed not only to maintaining a safe and secure environment in Kosovo but also to promoting beneficial initiatives that contribute to the well-being of the local community.

The program's effectiveness and its positive impact on the community are evidenced by the appreciation and gratitude expressed by the participants, who now feel more secure and capable of facing potential threats. The experience gained not only provides tools for personal defense but also strengthens the sense of community and mutual support among women, fundamental elements for a safer and fairer future.

To Colonel Ferrara, an Officer belonging to the [Bersaglieri specialty](#) and Commander of the 1st Regiment of Cosenza, and to all his staff, we express our compliments for the exceptional initiative in Kosovo, a nation that has suffered tragic violence against women during the conflict and beyond. This self-defense course is part of a broader context of awareness.

Recently, on April 15 and 16, **Vjosa Osmani Sadriu**, [President of the Republic of Kosovo](#), [hosted the Women Peace Security Forum in Pristina](#), an important platform that brought together leaders, experts, civil society representatives, and other interest groups in the heart of the Western Balkans. This forum focused on building joint efforts to address conflict-related sexual violence and identifying tools and policies to ensure greater security for women and girls.

In this context, Colonel Ferrara's initiative reinforces the message of the President of the Republic of Kosovo Vjosa Osmani - Sadriu, and does so with concrete actions, providing potential future victims with an extremely effective defense method.