

ERASMUS+

&

AVRUPA DAYANIŞMA PROGRAMI

*ilham al
katil
uygula
parçası ol*

BİR DERLEME:
"DOĞAL AFETLER"

konulu projeler

(2)

    
@ulusalajans

İÇİNDEKİLER

1. "İspunimo prazninu i vratimo svoj prostor!" -program lokalnog oporavka kroz solidarnost, osnaživanje zajednice i održivi razvoj volonterstva
2. SETTLE IN
3. Let's go to work!
4. SAFE TOWN
5. Zajedno za zajednicu
6. Grazing and Volunteering for Post-Fire Recovery and Protection of Ferraria de São João
7. Psihosocijalna podrška i prva pomoć za potresom pogođeno stanovništvo

Bu broşür, ilgili konu üzerinde derleme olup Erasmus+ alanındaki tüm örnek projelere erişmek için [Erasmus+ Project Results Platform](https://erasmus-plus.ec.europa.eu/projects) (https://erasmus-plus.ec.europa.eu/projects) sayfasını ve Avrupa Dayanışma Programı projeleri için de [ESC Project Platform](https://youth.europa.eu/solidarity/projects/) (https://youth.europa.eu/solidarity/projects/) sayfasını inceleyebilirsiniz.

ESC

Proje Örnekleri



TÜRKİYE ULUSAL AJANSI

© Şubat 2023, Türkiye Ulusal Ajansı

[f](#) [i](#) [t](#) [v](#) [i](#)
@ulusalajans
www.ua.gov.tr



AVRUPA BİRLİĞİ



AVRUPA
DAYANIŞMA
PROGRAMI

Action: Solidarity Projects
Action Type: Solidarity projects

Project Title

"Ispunimo prazninu i vratimo svoj prostor!" -program lokalnog oporavka kroz solidarnost, osnaživanje zajednice i održivi razvoj volonterstva

Project Applicant

Organisation Suncokret Centre for Community Development
Address Trg F. Tuđmana 4 , 44410 Gvozd , HR
Website www.suncokret-gvozd.hr

Project Information

Identifier 2021-1-HR01-ESC30-SOL-000036854
Start Date Aug 15, 2021
End Date Aug 14, 2022
EC Contribution 7,638 EUR
Topics Bridging intercultural, intergenerational and social divide ; Creativity, arts and culture ; Community development

Project Summary

Objectives

Through our solidarity project we wish to connect youth from Vrginmost and Glina with local and international volunteers in order to conduct solidarity activities in Glina. The aim is to empower youth and persons affected by the earthquakes and through our community activities alleviate the suffering of persons affected by earthquakes. With new activities and actions in an earthquake affected city we hope to increase awareness about sustainability, environmental protection and awareness, promote and increase solidarity and volunteerism and emphasize mutual help and assistance. With this solidarity project we wish to connect various organizations, associations, communities and municipalities that were affected by the earthquakes and through joint actions and activities promote the sustainable development of one of the poorest areas in our county. We will collaborate with all stakeholders in the communities and with local and international volunteers. Together we have the knowledge, motivation and strength to implement positive changes in the communities. When volunteers come together... everything is possible.

Activities

We plan to create a variety of activities and workshops as we have lots of knowledge and many skills and ideas that we can share. In addition, our local and international volunteers also have many things to share and teach us. We aim to connect two communities that suffered in the earthquakes and through proactive activities and solidarity activities provide support and assistance to persons affected by the earthquakes. Through workshops, activities and a variety of nonformal learning activities we plan to promote active participation and development of competencies of children, youth, and adults affected by the earthquakes. Our activities aim to contribute to longterm community development, and to empower local collaboration between different organizations and institutions such as the Glina Red Cross, Library, elementary schools and day cares both in Glina and Vrginmost, associations, NGOs and sports clubs to work together in the local community and create a foundation for further collaboration and sustainable community development. With our daily nonformal education activities, variety of workshops and activities we aim to promote togetherness, collaboration, solidarity, social inclusion and create a foundation for steps towards normalization of everyday life in a postwar and earthquake affected community. The aim is to promote solidarity, volunteerism, and multiculturalism in the local community through international volunteer camps and volunteer actions and activities. We plan to hold the following activities:

- programs and activities for children and youth; educational, arts and crafts, recreational and sports activities, tournaments, fitness and dance, archery with the local archery club in Glina, introducing new sports like capoeira by the association Amazonas in Zg and other fun, sports and games.
- programs for adults and elderly: activities that promote physical and mental health, especially in the container settlements and remote villages, eco gardening education and raised beds gardening, composting, planting gardens and flowers, beautification of the local environment and especially in the container settlement, social and arts and crafts activities, handicrafts, and creation of a small library in the container settlement.
- through our international volunteer camps we will create a community recovery program to help the community after the earthquakes,: we will change and improve spaces through planting of flowers, gardening, murals, various events and joint activities,- murals, music workshops, tournaments, zoomba, dance and sport in the park. Volunteer actions and activities will help elderly remove earthquake debris from the yards and around the houses, cutting grass to help the elderly, gardening, lending a helping hand and socializing with socially excluded elderly.

Impact

Through our solidarity project ""Fill in the Gap to Recover our Space" a local recovery program through solidarity, empowerment and sustainable volunteer development. We expect results such as promoting the building of cooperation and solidarity in an earthquake affected community. Through volunteer camps and activities we will change and recreate the spaces in a city devastated by earthquakes. The result will be joint activities, increased participation in activities, workshops, educational activities etc.

Through the joint activities in the community the result would be increased awareness about volunteerism, the environment, increased solidarity and cooperation. Through our gardening and eco workshops at the container settlement, our art workshops, murals, activities and various social activities the result will be the creation of solidarity and a positive and supportive environment in an earthquake ravaged community. There will also be concrete results through our volunteer activities, such as the removal of earthquake debris, cutting grass and helping elderly, creation of eco gardens, murals etc. During the international volunteer camps we will hold a variety of arts and crafts activities, tournaments, sports events and connect local sport clubs which will add additional results and values. One of the main results will be the increase of proactive activities in the local community where the local population can increase participation and lifelong learning through joint educational, creative workshops, arts, culture, sports and entrepreneurship can reclaim their spaces and fill in the gaps created by the earthquake. Together we will build a new future and create a lively community where people wish to stay and live. The activities will result in an elevation of the sense of community and solidarity and through collaboration create new opportunities, activities and innovative solutions and content. Through altruism, solidarity and volunteer programs we will set the foundation for sustainable community development that will promote social inclusion, empower the community, and jointly through cooperation create a better quality of life.

Link to project card: [Show project card](#)

Action: Volunteering Projects
Action Type: Volunteering Projects

Project Title

SETTLE IN

Project Applicant

Organisation CIRCOLO ASSOCIATIVO AMICI DI LAVIANO
Address VIA NICOLA CORCIA SNC , 84020 LAVIANO , IT
Website WWW.AMICIDILAVIANO.IT

Project Information

Identifier 2020-3-IT03-ESC11-020467
Start Date Jan 11, 2021
End Date Dec 10, 2023
EC Contribution 21,103 EUR
Topics Inclusion ; Agriculture, forestry and fisheries ; Climate action, environment and nature protection

Project Summary

Objectives

We want to participate in the European Solidarity Corps to give our young people new volunteering opportunities abroad. An ideal initiative for our young people who have already taken part in similar activities as they habitually prevent natural disasters that have hit their territories in the past. Offer the opportunity to offer enriching and inspiring to learn and grow in collaboration with other young people in the European Union. Solidarity is an attitude we should most often take. Every man has come to instinct naturally to help others, it is empathy, solidarity. Today's reality, however, is full of selfishness and resentment towards the foreigner. Especially in recent years xenophobia is rampant in our society. Solidarity for us is taking care of others, of those who are not as well as us, of those who do not have our chances. Solidarity for us is to put our well-being aside for a while and think about others by giving them our same chance to live better. We are a people who in the past strongly needed a hand to shake in times of difficulty, during the strong earthquake of the 80s we were helped by many people by receiving unexpected help in one of the most terrible moments in our history. It is precisely this value of solidarity, of help towards others that we want to try to transmit to the youngest, young people not only from our country but from every part of Europe and the world. Fortunately today there is someone who has the heart, someone who has understood the difficult circumstances in which we live, and is busy changing the situation. We live today in a society where the value of solidarity towards others it's going to fade more and more. Precisely for this reason we need young people, young people who through their business and their passion are able to open up to confrontation with people from different backgrounds. An exchange of values, culture, ideas capable of opening the mind to future needs. It is important for us to get in touch with a different and distant culture so that volunteers from different backgrounds compare and collaborate. A cultural exchange that will surely be a great growth for our volunteers and for those who will welcome in our association.

Activities

The Amici di Laviano association will ensure that the volunteers involved in this partnership will be involved in voluntary activities concerning the environment, and the conservation of the monuments. The activities will take place from Monday to Friday with the exception of activities to be carried out over the weekend. Volunteers will be engaged 6 hours a day from 9.00 to 17.00 with a break from 12.30 to 14.30. The volunteers' accommodation is located in Laviano, the apartment is 60 square meters with heating comprising an entrance hall, two bedrooms, a kitchen equipped for every need, a bathroom and two balconies. To move outside the apartment in addition to our means of transport, public transport will also be available whose tickets relating to voluntary activities will be provided by the association. At any time of the day, volunteers can rely on volunteer tutors to welcome and accompany them. It should be noted that the volunteers assigned at the beginning of each month will receive pocket money and maintenance allowances. The association has two offices, one in a village where volunteers will be in contact with nature and will have the opportunity to cook and eat by talking and collaborating with each other. In addition, there is a seat in Naples where volunteers engaged in monumental conservation activities will enrich their artistic, historical and typical Neapolitan customs knowledge. Volunteers will therefore be required to adapt to a different environment and to collaborate with other volunteers with the possibility of deepening their knowledge of the Italian language. It is specified that the Laviano offices are located near the house. The environment and locations chosen specifically for them are safe and healthy. In addition, the volunteers are informed about all the rules and regulations concerning the activities.

Project management

The partnership is made up of a Bulgarian and an Azerbaijani association, known through the facebook platform during an ESC online event and is our first collaboration. In the planning phase, the various aspects of programming will be detailed with the partner associations: responsibilities, timing, objectives, safety, practical and logistical aspects, etc. What has been established will be enshrined in a partnership agreement. Upon arrival with the Volunteers there will be meetings and briefings at the headquarters with all the protagonists who will facilitate knowledge and integration there will be lessons on the knowledge of the Territory both culturally, entrepreneurially and historically. There will be knowledge with the Mentor and the Tutors who will manage and monitor the project will be daily support to overcome any difficulties that will also arise with the Partners that will be: Common Institutions, Region, Reserves and Parchie Terme but also other recognized Associations: Environmental League , WWF, CAI and CSV Partners who have always supported us in almost all initiatives in the past 15 years. The latter will provide the Volunteers with adequate and professional training. There will always be our personal support for the tasks that will be assigned always intervening where there is no need.

Link to project card: [Show project card](#)

Action: Solidarity Projects
Action Type: Solidarity Projects

Project Title

Let's go to work!

Project Information

Identifier	2019-2-IT03-ESC31-016392
Start Date	Dec 31, 2019
End Date	Jun 29, 2021
EC Contribution	10,568 EUR
Topics	Employability and entrepreneurship ; Climate action, environment and nature protection ; Citizenship and democratic participation

Project Summary

Objectives

The project promotes solidarity as a value and fosters social inclusion and empowerment of young participants. The project foresees the reduction of pollution and risks linked to flood by removing a great amount of waste from a wide green area on the hills around Genoa (Ponte Morandi area). The applicant is Circolo Arci Solidere on behalf of a group of NINE young people aged 18-22 years, all with disadvantaged backgrounds (poor families, families of immigrants, cultural and ethnic diversity, suburban areas, marginalized community), some of them foreign citizens, some second generation Italians, all resident in disadvantaged areas of West Genoa. By carrying out this project young participants will become active citizens and actors in their community's policy. They address the key challenge of enriching their community with more services and more opportunities for social inclusion, reducing both pollution and risks from climate changes.

During the implementation of the activities, they will improve their skills, knowledge and competences enhancing their employability, increase their sense of initiative and entrepreneurship, their self-esteem, become more active citizens and increase motivation for further engagement in solidarity activities.

Impact

The project aims to remove a great amount of waste from a wide green area on the hills around Genoa, thus reducing pollution and risks of disasters linked to climate changes. Participants to this project, young people with fewer opportunities living in a disadvantaged area, will have the chance to become active citizens and actors of their community's policy and to improve their skills, knowledge and competences. Concerning other target groups: other young people, minors, students of local schools, will be involved in some of the activities and experience solidarity to the benefit of the community, know more about ESC and European values; communities will have less pollution and flood risks; local organizations will become part of a local volunteering network which will hopefully work together in the future.

Link to project card: [Show project card](#)

Action: Volunteering Teams in High Priority Areas
Action Type: Volunteering Teams in High Priority Areas

Project Title

SAFE TOWN

Project Applicant

Organisation SINDESMOS SISTIMA KAI GENIA
Address NIKOLAOU KAKLAMANAKI 32 , 13677 ACHARNES , Αττική (Attiki) , EL

Project Information

Identifier 615969-ESC-1-2018-2-EL-KAA-VOL-HPAREA
Start Date Feb 3, 2020
End Date Oct 3, 2021
EC Contribution 57,870 EUR
Partners CENTER FOR EUROINITIATIVES (UA) , YOUTH FOR EQUALITY (SK)

Project Summary

SAFE TOWN is an ESC program of volunteering teams in high priority areas that aims to change the face of Komotini by all means! Will host 45 volunteers on April 2020. Whole city will work with us and we will activate the locals in order to response to environmental challenges, including disaster prevention, preparedness and recovery. That Summer in Greece was more than 500 fires in forests. A green oasis for the city of Komotini is the forest of Nymfea, only 4 kilometres away from the city centre. Our organization cooperates with Komotini municipality and Rhodope prefecture and our project aims to create the first total plan of prevention, action and recovery in case of fire. SAFE TOWN means changing - improving the prevention mechanism of our town while we educate the local in environmental friendly activities. Through non-formal learning activities and methods, our program redefines the habits and needs of citizens (especially young people) in Komotini, focus on the need to respect our environment. Concepts which are also included in the meaning of the "town" that includes: both geographically (place-oriented) and social (human-centered) components. Town is a specific place where people live in a defined environment with similar needs and lifestyles. Moving within it, young volunteers will redefine it, redefining themselves by developing new competences about a multitude of environmental and safety-related issues, focusing on the Town itself. In the socially sensitive area of Komotini (there is no match with another City of Greece as 50% are Muslims and 50% Christians), with a large percentage of young people belonging to the group we call young people with fewer opportunities, the 45 volunteers (22 with fewer opportunities) from Slovakia, Greece and Ukraine will promote the interaction of young people in society and will cultivate the idea that everyone deserves an opportunity to improve their skills and become active member and part of his/her local society.

Link to project card: [Show project card](#)

Action: Solidarity Projects
Action Type: Solidarity projects

Project Title

Zajedno za zajednicu

Project Applicant

Organisation Natura i kultura
Address Ribnjak 4 , 44415 TOPUSKO , Sisačko-moslavačka županija , HR

Project Information

Identifier 2022-1-HR01-ESC30-SOL-000066159
Start Date Aug 1, 2022
End Date Jul 31, 2023
EC Contribution 6,888 EUR
Topics Inclusion of marginalised young people ; Community development ; Digital literacy, Information, constructive dialogue, fakenews

Project Summary

Objectives

The area of implementation of this solidarity project is the municipality of Topusko, which in economic and demographic terms belongs to the less developed areas of the Republic of Croatia. In the past 2 years, the situation has been aggravated by the Covid-19 pandemic and a series of earthquakes that caused material damage, paralyzed the economy, adversely affected the psychophysical health of children and adults, increased mortality and triggered further emigration. The municipality of Topusko is predominantly a rural area with a lack of adequate facilities for the leisure of the entire population, especially young people. Children and young people spend most of their free time in a sedentary lifestyle, using the contents offered by information and communication technology. The situation was further aggravated during the Covid-19 pandemic, which led to a reduction in social activities and interaction among people, including school-age children, which proved to be very unfavorable for their mental health. The lack of peer cooperation and interaction reflects on the lower educational achievement of students, causes difficulties in socialization and inclusion in society and the increasing frequency of psycho-physical disorders among young people, which results in increased absenteeism. Some students are burdened by insufficient environmental support and lack of adequate parental care. Also in this area there are a number of children and young people with disabilities for whom there is no organized adequate content and they are focused exclusively on parental care. Also, in the municipality of Topusko there is a lack of volunteer content and activities that would contribute to the creation of positive social changes in the community. A group of young people consisting of 5 members of the community recorded a low level of information and awareness about the benefits of volunteering. Therefore, they accepted the initiative of the association *Natura i kultura* and initiated the design of solidarity projects through which through volunteer work they would help students of Elementary School Vladimir Nazor in overcoming school obligations, developing collaborative learning skills, developing socialization and making friends, empowering and helping students with disabilities. . For younger students, from 1st to 4th grade of primary school, the emphasis will be on mastering reading and writing techniques and homework, while students from 5th to 8th grade will be assisted in mastering the curriculum, especially in the subject Mathematics, Physics and English. Assistance will be organized in the form of joint workshops in which a group of young people will provide mentoring support to interested students, but also encourage older students to help younger and better-performing students to help students who need extra help. The content of the workshops will be adjusted to the needs and abilities of the students. Activities will be carried out through teaching, solving tasks and quizzes, making posters, physical activities, games and fun.

With the project "Together for the community" we want to achieve the following goals:

- 1) Improving the overall school performance of students with fewer opportunities
- 2) Increasing the degree of socialization and inclusion in society of students with fewer opportunities
- 3) Raising awareness of the importance and benefits of implementing solidarity projects in the community.

The target groups are: primary school children with developmental and learning difficulties, with inadequate parental care and from families of unfavorable socioeconomic status, from families with more children and from isolated rural areas, from families affected by the earthquake. Through this project, we want to help students with fewer opportunities in the municipality of Topusko to improve their school success and social skills through collaborative learning, get involved in social activities and use their free time better. This will empower young people, but also help their parents in caring for children. The project activities will also promote European added value, especially the development of a democratic and inclusive society, care for the environment and the appropriate use of digital tools and technologies. Participants involved in volunteer activities through this project will gain valuable experience in the development of active citizenship, improve their personal and professional skills, develop skills of project implementation, teamwork and independent organization of activities. This will

affect the development of their self-esteem, independence in decision-making and further motivation for learning, training and personal growth. They will also develop awareness of the importance of European projects and be further motivated to get involved in similar projects and activities, which will increase their employability and competitiveness.

Activities

Project activities will be divided into 3 phases:

- 1) Preparation phase
- 2) Implementation phase
- 3) Phase of evaluation and sharing of results

In the preparation phase (2 months), a survey will be conducted among the students of the Vladimir Nazor Topusko Elementary School and their parents on the interests and needs for help in overcoming school obligations. Then the content of the workshops will be designed and their schedule will be made, and a public call for involvement of interested users will be published. In this phase, all members of the youth group will undergo a three-day training on methods and practices of working with primary school students, which will be conducted by members of the association *Natura and kultura*.

In the implementation phase (9 months), the implementation of workshops will be carried out, which will be harmonized in time and content with the duration of the school year and will begin in October and end in June. At the end of the 1st half of the year, the success of the workshops will be assessed and possible changes will be introduced.

In the mentioned phase, the presentation of the project and project activities of the public will be carried out as part of events and celebrations of important dates (Bread Days, Christmas, Earth Day and Topusko Municipality Day). At the beginning of each month, the members of the *Natura and Kultura* Association will hold one-day mentoring consultation workshops with all members of the group of young people involved in the project.

In the evaluation phase (1 month), research on the results, writing of the final report and final sharing of the results will be carried out.

Throughout the project period, promotional activities will be carried out, ensuring visibility and sharing of results through social networks, publications in local media, presentations in the local community, etc.

Impact

With this project, we want to help students with fewer opportunities from the area of the municipality of Topusko to improve their school success through collaborative learning, improve their social skills, get involved in social activities and use their free time better. This will empower young people, but also help their parents in caring for their children.

The project activities will also promote European added value, especially the development of a democratic and inclusive society, care for the environment and the fight against climate change, and the appropriate use of digital tools and technologies.

Participants involved in volunteer activities through this project will gain valuable experience in the development of active citizenship, improve their personal and professional skills, will have the opportunity to develop skills of project implementation, teamwork and independent organization of activities. This will affect the development of their self-esteem, independence in decision-making and further motivation for learning, training and personal growth. They will also develop awareness of the importance of European projects and be further motivated to get involved in similar projects and activities. All of the above will increase their employability and competitiveness in the labor market.

Members of the wider community will have the opportunity to see the benefits of volunteering and civic activism. Intergenerational cooperation will also be encouraged. By designing content for learning and better spending of free time, it will affect the quality of life of young people in rural areas. Dissemination of the results of project

activities will promote the opportunities provided by funds obtained from EU funds and programs. Members of the Natura and kultura Association will gain new experience and strengthen their capacities in the implementation of EU projects, and will receive an incentive for further organization of volunteer activities and solidarity projects. They will have the opportunity to create a more dynamic and professional work environment and increase their ability to work at national and European Union level.

Link to project card: [Show project card](#)

Action: Solidarity Projects
Action Type: Solidarity Projects

Project Title

Grazing and Volunteering for Post-Fire Recovery and Protection of Ferraria de São João

Project Information

Identifier	2018-1-PT02-ESC31-005600
Start Date	Feb 1, 2019
End Date	Jan 31, 2020
EC Contribution	7,644 EUR
Topics	Climate action, environment and nature protection ; Agriculture, forestry and fisheries ; Disaster prevention, preparedness and recovery

Project Summary

Objectives

The main objectives to achieve with the project are twofold:

- a) on the side of its outputs on nature conservation, we expect current needs for reduction of biomass growing on the VPZ of Ferraria de São João to be significantly reduced, therefore contributing to the overall aim of forest fire prevention;
- b) on the side of the participating young people, we foresee the growth of their knowledge, skills and capacity to deal with similar problems, either through continuing volunteering and solidarity works and/or, through support of entrepreneurship and self esteem that allows them to better undertake a professional career on "green economy" areas like the ones embraced by the project.

Activities

In essence, main activities to implement by the group of young are:

- a) the design, implementation and operation of grazing, through operation of a small herd of goats, as a support tool to keep low biomass/shrub levels within the undersory of trees planted throughout the VPZ (works that have ben undertaken by the local population, with support of external volunteers, from July 2017 to date). This will imply daily operation of the herd, to be undertaken mainly by the group leader - Ruben Silva - with support and guidance by a local partner organization, Associação de Moradores da Ferraria de São João;
- b) the enlargement and improvement of the regular volunteering program directed at external bodies and individuals, in similar means as those previously executed but with a regular operation, and targeting specific audiences. This will gather the whole of the young participants, which will lead the volunteering activities (one every quarter), in order to promote the expected results and activities with external volunteers.

Impact

As formerly stated, main outputs include, from start, the overcoming of fire prevention needs that are still faced by the local population, under a joint effort that involves the group of young, residents, and a set of external entities (public, private and non-profit).

As a complementary output, we expect a high capacitation of the young group of participants, including the improvement of their knowledge and skills, contributing for their future professional careers.

Finally, last but not the least, we expect the solidarity and networking works to be an example and case study that can be further replicated to other locations that have faced similar problems and which, like Ferraria de São João, are unable to overpass them by their own (i.e., without external support and solidarity, as foreseen with this project).

Link to project card: [Show project card](#)

Action: Solidarity Projects
Action Type: Solidarity projects

Project Title

Psihosocijalna podrška i prva pomoć za potresom pogođeno stanovništvo

Project Applicant

Organisation HRVATSKI CRVENI KRIŽ - GRADSKO DRUŠTVO CRVENOG KRIŽA
SISAK

Address Kralja Tomislava 18 , 44000 Sisak , Sisačko-moslavačka županija , HR

Website <https://www.crvenikrizsisak.hr/>

Project Information

Identifier 2022-3-HR01-ESC30-SOL-000101121

Start Date Jan 15, 2023

End Date Jan 14, 2024

EC Contribution 6,000 EUR

Topics Community development ; Disaster prevention, preparedness and recovery ; Prevention of conflicts, post-conflict rehabilitation

Project Summary

Objectives

We want to implement this project in order to make life easier and improve the quality of life for people whose homes were destroyed in the devastating earthquake in December 2020 in the area of the city of Sisak. Through the eight collective accommodations where there is 250 people located, we want to help people cope with the stress they have experienced and make their everyday life easier through psychosocial support workshops in order to strengthen them as a community, but also as individuals. Also, considering that most of these are elderly people with chronic noninfectious diseases and it is common knowledge that falls, fractures and sudden life threatening conditions occur more often at that age, we want to teach them how to recognize and take care of the resulting injuries and conditions through first aid workshops.

Activities

Through our project, we want to conduct education and workshops on the topics of first aid and psychosocial support. Psychosocial support workshops and trainings relate to creating a relationship of trust and getting to know the participants, talking about experienced stress and how it affects individuals, training in relaxation techniques, relaxation with creative expression, focusing on the importance of both mental and physical health, arranging living space, learning about the importance of destigmatizing mental disorders, creating decorative content and evaluating everything learned. The workshops in which we want to teach participants how to provide first aid will cover the topics and conditions of the importance of first aid, stable lateral position, cardiopulmonary resuscitation, stopping external bleeding, asthmatic attack, suffocation, external and internal fracture, suddenly occurring conditions specific to summer, burns, frostbite, convulsions, foreign body, heart attack and stroke, panic attack, nosebleed and evaluation and demonstration of what has been learned.

Impact

We believe that the results of this project will be visible in the form of a better coping with the stress of the participants, an improvement in the quality of life of the residents of collective accommodation, a greater sense of happiness and satisfaction, but also a greater degree of helping each other in case of accidents and incidents. We think that the results will have an impact on the local community as a whole in terms of encouragement and motivation to take care of mental health and learn first aid.

Link to project card: [Show project card](#)