

**FirstAid+**

**Training Course: 9th - 18th of October 2023 (Travel days included), Vik, Iceland**



[www.cisneklate.pl](http://www.cisneklate.pl)

# Objectives

- to familiarize participants with the basics of first aid in different situations
- the use of new life-saving skills through hands-on exercises and simulations
- building good relations between people from different countries
- inclusive atmosphere
- Between **9-18 October 2023 (9.10 - arrival day at Reykjavik, 18.10 - departure day)** we will organize a first aid training for 24 people from Italy, Poland, Iceland and Turkey. We invite 6 people from each country: teachers, youth workers 18+, people whose passion or job is related to the topic of our training.. Moreover, together with Polish, Turkish and Italian participants we would like also to organize international and intercultural events for Vik's inhabitants:
  - international night with turkish, polish and italian traditional food, sweets, dances, movies etc.
  - first aid game and tournament for Vik's inhabitants.



Fundacja Rozwoju Systemu Edukacji

## Basic information:

- **When:** 9-18 October 2023 (9.10 - arrival day at Reykjavik, 18.10 - departure day)
- **Where:** Gueshouse Carina, Vik&Myrdal, Iceland
- **Scope:** first aid courses, virtual reality VR, gamification, outdoor games with first aid simulations
- intercultural, international night, food, dances and meetings with people from **Italy, Turkey, Iceland and Poland**

# How are we going to do it?



FirstAid+ will be based on a wide mix of non-formal education methods, Virtual Reality VR, gamification, learning through play (edutainment), practical exercises, experiential learning, discussions and creative workshops.

## TASKS AND OBLIGATIONS FOR PARTNERS ORGANISATIONS

- All organizations are responsible for the preparation, support, and monitoring of their representatives in the Training Course
- Each partner will select their participants
- The selections will be made taking into account the skills of the youth worker and their motivation
- The partners undertake to sign and comply with the provisions of the mandate, which governs in detail the legal obligations and rights of partner organizations
- Each partner will participate in and support the follow-up activities and will contribute to establish strategies for the dissemination and use of the project's results together with their participants.



Fundacja Rozwoju Systemu Edukacji

## Basic information:

- **Cost: There will be 120 euro taken from the reimbursement amount for your travel**
- Programme costs, accommodation and board will be provided and paid 100% by grant from the Polish Erasmus+ National Agency
- **Language:** English

# Vik&Myrdal

During the project we will stay in the countryside of South Iceland in the city of Vik, one of the most remote area in Iceland.

The training will take place in Vik's centre in different places, but Vik is small, you can easily reach everything by foot in few minutes walk.



# The venue of the project

During the project we will stay in the countryside of South Iceland in the city of Vik, one of the most remote area in Iceland.

We will be accommodated in cozy and hyggeligt Carina guesthouse in rooms of 2-4 people (male-female separated). Bed sheets are provided. 6 shared bathrooms. Towels are not provided, please bring your own. WIFI is available.

The training will take place in Vik's centre in different places, but Vik is small, you can easily reach everything by foot in few minutes walk.



## Information

- [www.guesthousecarina.is/about-us](http://www.guesthousecarina.is/about-us)

# Who are we #cisneklate & Rysy Foundation



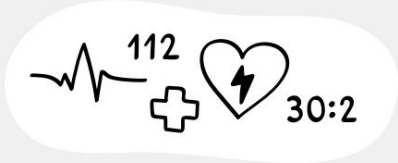
#cisneklate is a project under which we have already trained **over 14,500 people**.

During our trainings, we use the most modern equipment - **VR virtual reality, QCPR phantoms with sensors** to measure parameters during cardiopulmonary resuscitation - chest compression depth, hand positioning, compression speed and AED - training defibrillators.

We conducted over 400 first aid trainings, we also organized over 65 events combined with first aid training and demonstrations, and our information and education campaign in social media reached organic **reach of over 900,000 recipients**.



# About our activities

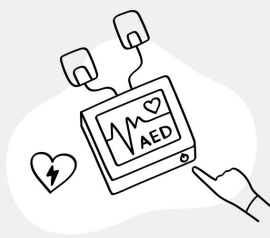


Teambuilding



New quality of training -  
training in virtual reality VR

Gamification, edutainment,  
learning through play



Team competition for the best  
chest compressions

## Our modern equipment and a dedicated application allow you to:

### **Automatic display of feedback:**

Feedback on the quality, depth, speed and frequency of compressions and ventilation is displayed in the app.

### **Gamification! - smart scoring and guidance**

motivating participants to improve their performance.

### **Competitions in teams - dealing with stress!**

We can end each training session with a competition or a race with prizes. Participants of the training can experience the situation of providing first aid in stressful conditions, when adrenaline is buzzing in their veins.





# The team

**Maciej** - project manager, Qualified First Aid and water rescuer, CEO of #cisneklate - ratuję życie! and Rysy Foundation;!

**Karol** - doctor, medicine undergraduate;

**Aleksandra** - physiotherapist;

**Donato** - mountain rescuer and guide from South Italy;

**Zuzanna** - veterinary student, Qualified First Aid rescuer, first aid for animals trainer, founder and CEO of #cisneklate - podaj łapę!



FIRST AID TRAINING AND CLASSES

# Certified VR training

**A version of the certified training using VR virtual reality technology and phantoms with sensors and a measuring application.**

**The training is focused on practical exercises. It includes a theoretical part with discussion session and practical exercises in small groups.**

Framework scope and content provided during the training:

- own safety, checking the condition of the victim, ABC (acronym for the most important first aid activities), SAMPLE interview, correct call for help - in virtual reality VR
- cardiopulmonary resuscitation with the use of AED - BLS in children and adults
- lateral position fixed
- head and limb injuries - in virtual reality VR
- haemorrhage and bleeding - in virtual reality VR
- choking, choking
- severe allergic reaction
- stroke
- diabetes
- seizure
- pain in the chest
- shortness of breath, asthma
- legal aspects of first aid, psychological first aid
- CPR for animals;
- summary of the course, distribution of certificates

Finished with a team game with a competition for employees.



**FIRST AID TRAINING AND CLASSES**

#FirstAid+

# TRAVEL

The maximum travel cost reimbursement both ways, there and back (+visa cost for Turkish participants) is based on the distance calculator supported by the European Union. We will NOT reimburse the amounts that get over the maximum budget for each participant. **There will be also 120 euro taken from the reimbursement amount for your travel as a participation fee (so we will reimburse the amount you have spend on your travel (till the max. limit per country per person) -120 euro)**

Italy: max. 360 euro per person in total (check Wizzair Milano - Reykjavik)

Turkey: max. 820 euro per person in total (travel + visa costs)

You can arrive 8th or 9th to Reykjavik (preferably 9th).

You should find a plane back on 18th of October.

For reimbursement we need all your tickets, boarding passes (if you come by plane) and invoices or receipts from your travel agency or transport company (keep in mind that we cannot reimburse taxi or coming by car expenses, travel or medical insurances).



## Basic information:

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- **Language:** English

Board, lodging, and programme costs will be provided and paid 100% by grant from the Polish Erasmus+ National Agency.

We have a budget for travel costs. According to the restrictions of the Erasmus+ Programme, we can only refund up to some of the travel cost if the following points are fulfilled:

- Your travel route is from your hometown to Reykjavik and back (check for exceptional cases with the coordinator)
- You have chosen reasonable and economic means of transportation (e.g. APEX or student fares for flight tickets, cheap airlines, 2nd class trains)
- Your travel dates are according to the programme (9th and 18th of October you should arrive in Reykjavik, Iceland. 1 day before OR after the project dates is allowed (so 8th and 19th of October), but lodging during these days is on your own expenses)
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets. Tickets with dates longer than 1 day after/before the dates of the training will NOT be reimbursed, if not agreed previously with the coordinator. As abovementioned, if you would like to stay longer in Iceland, you can book flights up to 1 day before/after arrival/departure of the dates of the training. Tickets with dates longer than 1 day after/before the dates of the training will NOT be reimbursed.



Fundacja Rozwoju Systemu Edukacji

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FIRST AID TRAINING AND CLASSES

# Good to know #1



- You will be pick up by us at specific time from Keflavik / Reykjavik to Vik on 9th of October. We will also drive you back from Vik to Keflavik airport on 18th of October.**
- We will have on our disposal 3-4 cars we can use to see the surroundings in our free time. We will see several waterfalls, including **Skogafoss**, we will have an opportunity to visit Master Yoda in his cave, we will walk on the black beach and perhaps make a trip to the iceberg.
- This project will be perfect for **people who like outdoors** and **mountains**- we are going to have several tours in the mountainous area and field first aid simulations. It's dedicated to youth workers and people whose job, studies or passion is related to the topic of first aid, first aid education, rescue and paramedics.
- Food:** there will be buffet breakfast and 2-serves dinner in Carina Guesthouse, our lodge. For lunch you can eat [Lyofood](#) - liofilized, Outdoor Industry Award freeze-dried food. This is due to many reasons: one is that we have freeze-dried food from our partner, 2nd is that this food can be easily made and eat during outdoor tours in the surrounding mountains during our excursions.
- Equipment: Only norse goddess know what will be the weather like in Vik in October. In Iceland the weather can vary daily. It's probably going to be quite cold due to strong and **freezing wind** - **consider bringing additional warm clothes and windproof jacket, also sth waterproof.** Remember, that **it's better to wear several warm layers on yourself** made up from different clothes than one warm jacket. Bring also **good thermos, warm hat, scarf and gloves.**
- We will try to reach some hot springs with geothermal water or at least have free entrance to local swimming pool. Bring **swimming suits!**



**FIRST AID TRAINING AND CLASSES**

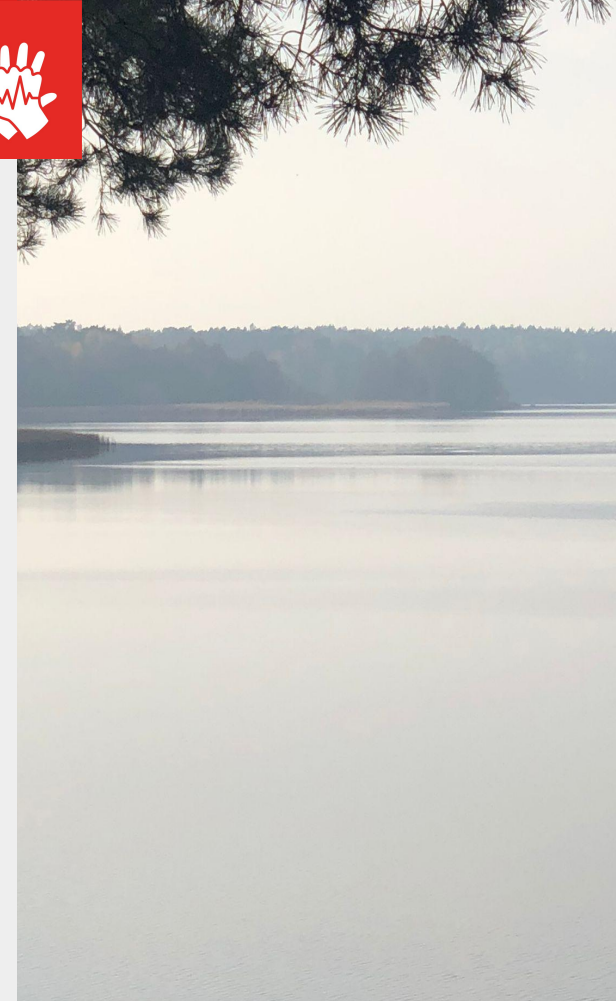
# Good to know #2



1. **12-15.10 there will be a huge event “Energy of Diversity” happening in Vik on behalf of the anniversary Katla volcano eruption 105 years ago** - we are lucky, we can attend the event, we will be even part of it :) Please, **take with you some of your national, traditional food and drinks to share with people during international night**, which will be held on 13.10 in the evening at the abovementioned Icelandic festival. We will also have an opportunity to present our traditional dances - Icelanders from Vik are looking forward to it!
2. On our Foundation [Instagram profile](#) you can watch some reels about Icelandic nature, our venue etc.
3. Reynisfjara - the black beach - is beautiful, but also dangerous - take care, don't go too close to the waves and preferably watch this movie: [Reynisfjara - the black beach](#)

Some of natural wonders we will be able to see:

- Reynisfjara
- Reynisdrangar
- Dyrhólaey
- Reynisfjall
- Crashed DC 3 Plane
- Gígjagjá
- Víkurfjara
- if the weather allows us: Skaftafell, Jökulsárlón



# Contacts:



The chosen participants must fill in THE PARTICIPANT FORM THE for the Training Course - it will be send to you in the following days. Add your participants in our Facebook group where we will share more info and answer possible questions and doubts about the project:

<https://www.facebook.com/groups/1480024919493790>

Our social media:

<https://cisneklate.pl/>

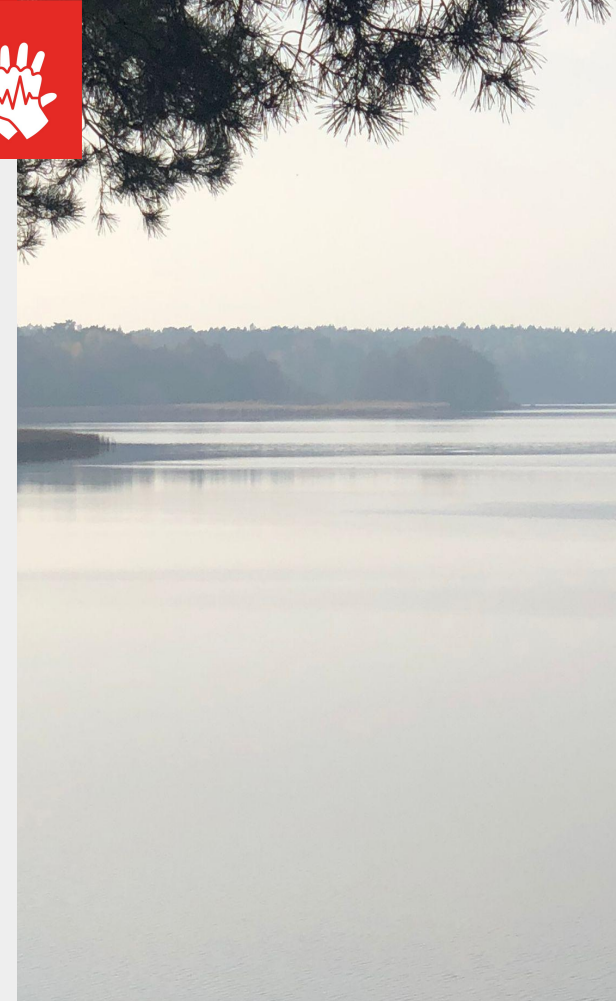
<https://www.tiktok.com/@cisneklate?>

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<http://fundacjarysy.pl/>

<https://www.facebook.com/fundacjarysy>



Partners of the project:



#cisneklate™  
bo ufam, że Ty pociśniesz moją!



FUNDACJA  
RYSY

Poland



Turkey



Italy



Iceland



Questions? Suggestions? Let's talk :)

# Feel free to contact us!

We invite you to talk about the optimal shape of our project!

On behalf of the #cisneklate team and the Rysy Foundation,  
with the wishes of only a rhythmic heartbeat



**The offer was prepared by: Maciej Tomkowiak**

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- **+ 48 784 612 032**

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## #CISNEKLATE IN NUMBERS

14 784

trained people

458

hours of training

52

companies / organizations

45

events



**FIRST AID TRAINING AND CLASSES**