

#cisneklate® – ratuje życie!

Be wild about first aid!

Outdoor and Wilderness first aid training course

Erasmus+ project 2023-3-PL01-KA153-YOU-000172018

4-13.07.2025,
4.07 arrival, 13.07 departure
Bran / Bucegi, Romania

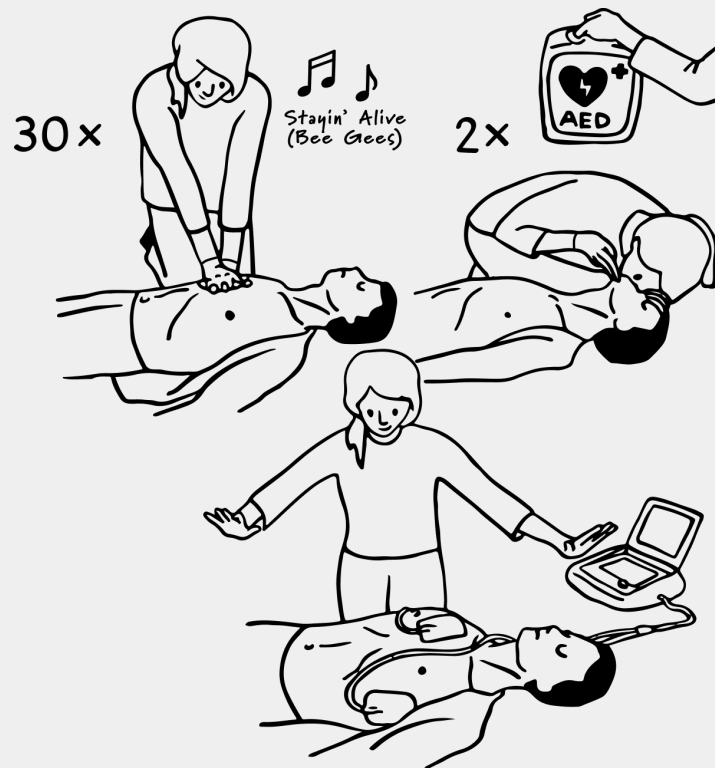
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Objectives



- 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
- We will organize a first aid training for people from **Poland, Italy, Turkey, Spain and Romania. We invite 4 people from each country**, people whose passion or job is related to the topic of our training. Moreover, together we would also like to organize international and intercultural events for local kids / youth, like first aid games and tournaments for Bran inhabitants.



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, includes, overall:

- 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 **(in virtual reality VR)**
- lateral position fixed **(in virtual reality VR)**
- head and limb injuries **(in virtual reality VR)**
- haemorrhage and bleeding **(in virtual reality VR)**
- 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 WORKSHOPS

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Certified VR training



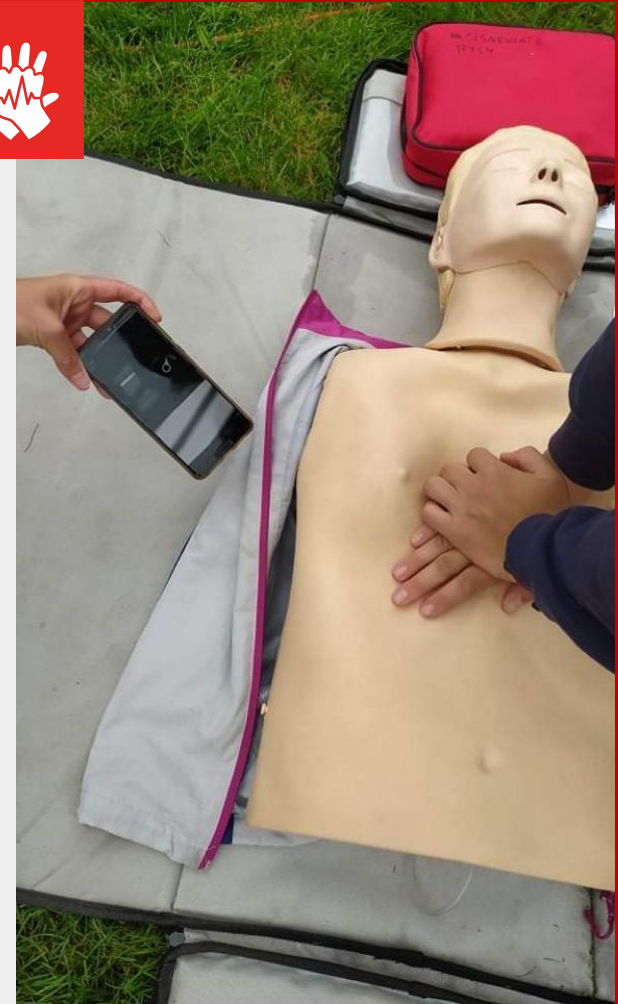
Outdoor and wilderness related topics like e.g.:

- first aid improvised in the field, forms of transport of the injured
- viper bite
- treatment of ticks
- anaphylactic shock
- sunstroke, dehydration

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.

This training course is for people who are:

- mountain lovers, who know how to prepare themselves for 1-3 days hiking in the mountains 1500-2800 metres above sea level, know how to cope with changing weather etc., know how to sleep in the tent during the trip in the mountains
- or who would like to learn abovementioned
- who work in the fields of first aid, rescue, emergency, hospital, medicine, nursery
- guides, tour leaders
- it would be very nice to have sb who plays guitar!



FIRST AID TRAINING AND WORKSHOPS

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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.



FIRST AID TRAINING AND WORKSHOPS

How are we going to do it?

Project 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
- 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.



Co-funded by
the European Union

- **When:** 4-13.07.2025; 4.07 arrival, 13.07 departure
- **Where:** [Mama Cozonacilor***](#), Bran Simon 376, Jud Brasov, Bran 507025, Romania
- Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Foundation for the Development of the Education System. Neither the European Union nor Foundation for the Development of the Education System can be held responsible for them.
- **Language:** English

Bucegi Mountains / Bran

Venue: Mama Cozonacilor***, Bran Simon 376, Jud Brasov, Bran 507025, Romania

We will be accommodated in really nice, cosy 3-star hotel at the bottom of Bucegi Mountains, near Piatra Craiului and Bran. WiFi, bed sheets, towels, full board (buffet breakfast, lunch and dinner) provided.

www.mamacozonacilor.ro

[Facebook](#)

[Google Maps](#)



Who are we #cisneklate & Rysy Foundation



#cisneklate is a project under which we have already trained **over 20 000 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 600 first aid trainings, we also organized over 100 events combined with first aid training and demonstrations, and our information and education campaign in social media reached organic **reach of over 1000,000 recipients via FB, IG, TikTok, YT**.





Co-funded by
the European Union

Budget for travel:

- Poland and Romania - green travel by shared car / train / bus
- Spain - 300 euro per person
- Turkey, Italy - 215 euro per person

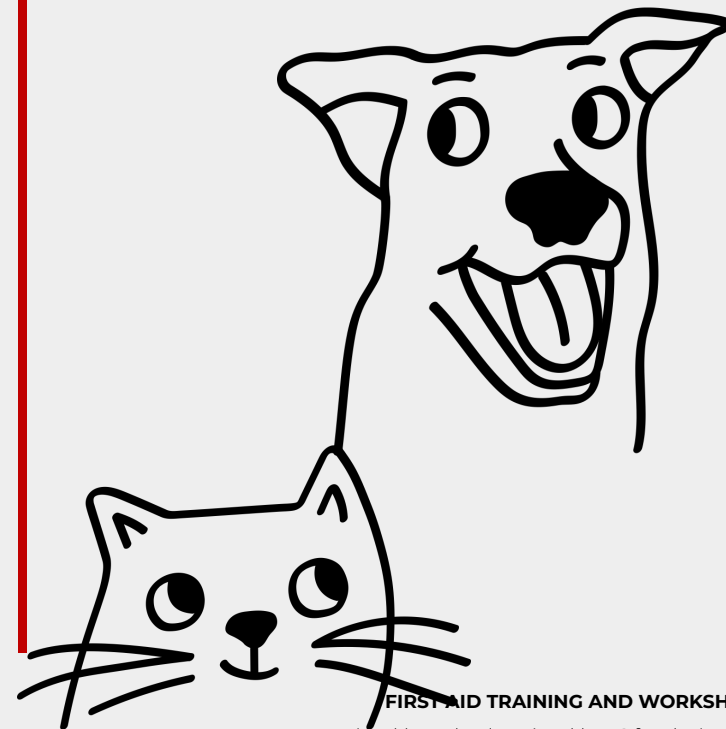
Food: full board included - breakfast, lunch and dinner.

- [GDPR - Rysy Foundation's regulations and consent to photos and videos](#)
- [Project participation regulations_ Regulations of participation in the project valid for Rysy Foundation's Erasmus+ Projects](#)

All organizations are responsible for the preparation, support, and monitoring of your representatives. Each partner will select their participants. The selections will be made taking into account the skills of the youth leader/worker and their motivation, making sure that the profile of the participants is compatible with the planned activities.

- **The chosen participants must fill in THE PARTICIPANT APPLICATION FORM - it will be sent to you in the following days.**
- **Add your participants in our WA / FB group.**
- **We will send you Whatsapp and Facebook group where we will share more info and answer possible questions and doubts about the project.**

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.





TRAVEL REIMBURSEMENT

- 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.
- Your travel route is from your hometown to Brasov 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). **You can be picked up from and to Brasov.**
- **You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets.**
- If you would like to stay longer, 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, if not agreed previously with the coordinator.

Travel reimbursements will be provided after sending evidence of implementing dissemination tasks (usually a maximum of 90 days after the end of the training). Dissemination tasks will be sent by email and explained during the mobility. Moreover, **all participants are obliged to upload and send to the organizer the reimbursement form and all travel documents, tickets, boarding passes, invoices, and payment confirmations from bank account within 2 weeks after the end of the mobility.**

For reimbursement we need:

1. **all your tickets and boarding passes;**
2. **invoices or receipts from your travel agency or transport company**
3. **confirmation of payment from your bank account - this is needed based on polish policy**
4. **dissemination tasks**

It's preferable to **upload .pdf documents** rather than printscreens. Please check in the online system or in the mobile flight application if you can download the .pdf or if you have received mail with the details and prices of your flight. You can **download confirmation or print such emails to .pdf** and upload them to the file with your name. According to Polish financial policy we also need all **payment confirmation from your bank accounts**. Please download in .pdf and upload too. **No printscreens!** 😊

Keep in mind that we cannot reimburse taxis or coming by car expenses, travel or medical insurance.

Partners of the project:



Fundacja Rozwoju
Edukacji i Turystyki
RYSY



cisneklate™

bo ufam, że Ty pociśniesz moją!

cisneklate®
podaj tapec!



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



Prepared by: Maciej

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Please consider the environment before printing this document

#CISNEKLATE IN NUMBERS

20 000+

trained people

600+

workshops

100+

companies / organizations

100+

events



FIRST AID TRAINING AND CLASSES

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