

#cisneklate® – ratuj życie!

First Aid+

First Aid Youth Exchange for participants 18-30 years old
Accredited Erasmus+ projects 2025-1-PL01-KA151-YOU-000303582

Chudobczyce, Poland, near Pniewy/Poznań

21-29.09.2025

www.cisneklate.pl



Chudobczyce, Poland, near Pniewy/Poznań 21-29.09.2025

How are we going to do it?



Project will be based on a wide mix of first aid practical workshops, non-formal education methods, Virtual Reality VR first aid training, pet first aid workshops (dogs+cats), 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: 21-29.09.2025

Where: [PRZYSTAŃ CHUDOBCZYCE 28](#), near Poznań/Pniewy

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Language: English

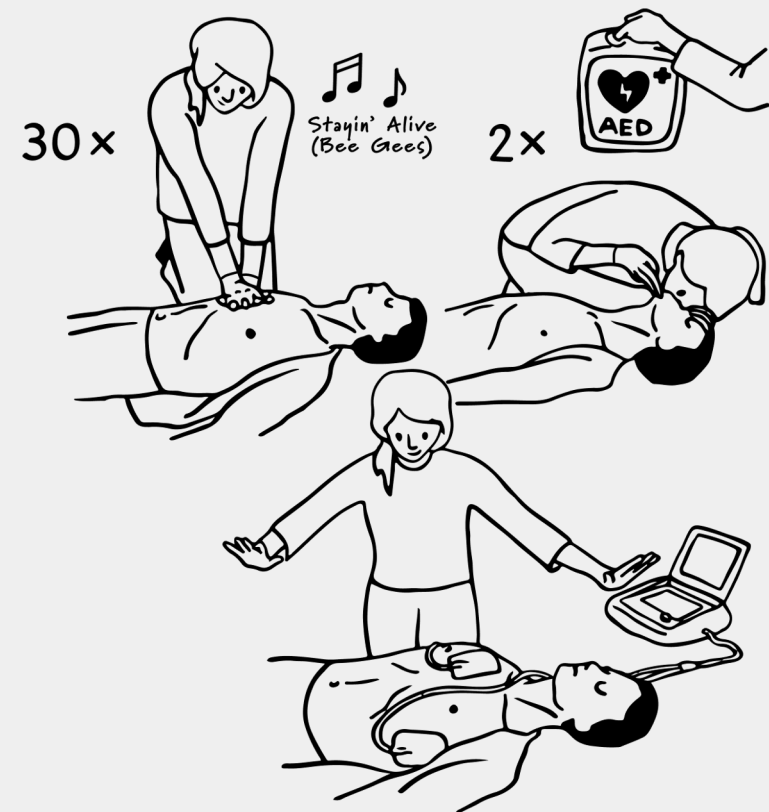
No participation fee from the organizer (ask your national organisation, our partner, if they need some to cover their administration costs)

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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, Lithuania, Greece, Belgium, and Romania. We invite at least 4 people from each country, 18-30 years old**, in total 45 people, whose passion or job is related to the topic of our training or who think may benefit from first aid training. Moreover, together we would also like to organize international and intercultural events for local kids / youth, like first aid games and tournaments for local inhabitants.



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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 performing first aid in stressful conditions, when adrenaline is buzzing in their veins.



Certified VR training for humans

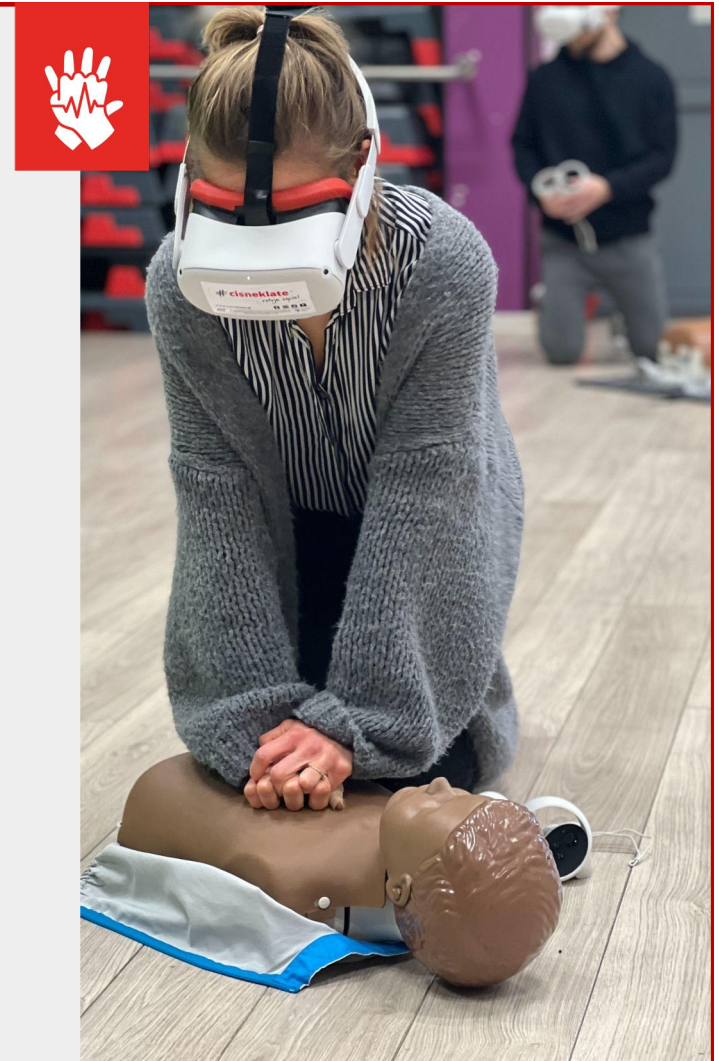
A version of the certified training using **VR virtual reality technology** and phantoms with sensors and a measuring application.

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.



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Certified VR training

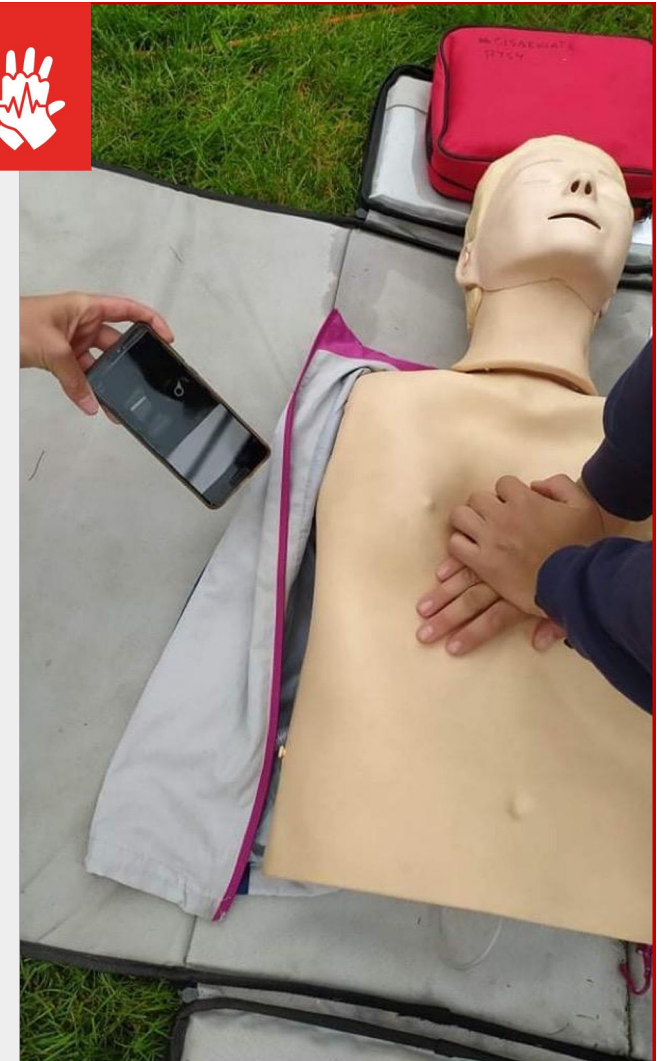
Outdoor and wilderness related topics like e.g.:

- 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 - we are going to have several tours in the outdoor 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:

- youth workers
- 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!**



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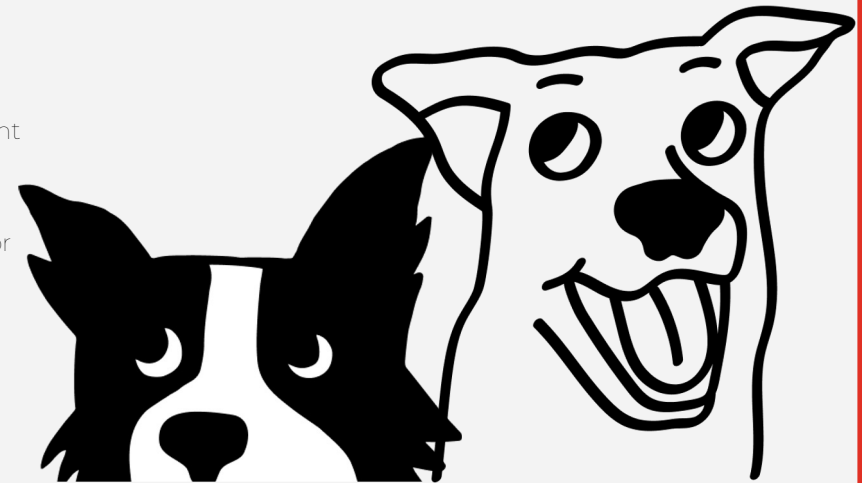
Pre-Veterinary First Aid for Dogs and Cats



Workshop – Pre-Veterinary First Aid for Dogs and Cats (5-hour)

Scope and content covered during the workshop:

- Where to seek help if something happens to your pet? What are the options available at veterinary clinics?
- How to recognize pain and an emergency in an animal and how to assess whether veterinary intervention is necessary?
- How to remain calm and composed in emergency situations, how to ensure your own safety?
- What should a cat or dog owner have in their first aid kit?
- What to do in the event of a road accident involving animals?
- How to provide first aid in the event of respiratory distress? How to respond in the event of choking? How to perform cardiopulmonary resuscitation in animals? (practical exercises using a dog and cat model)
- How to provide first aid in the event of heatstroke, shock, drowning, acute abdomen, or poisoning?
- How to properly treat injuries to the paws, limbs, trunk, and spine (**practical exercises in wound care**)
- Safe techniques for moving and carrying injured or sick animals, with an emphasis on minimizing additional injuries? (**practical exercises**)
- How to provide neonatal and perinatal care?



Schedule

Erasmus+ Mobility Schedule 21-29.09.2025 r.

1. **Sunday, 21 September 2025** – Arrival, integration
2. **Monday, 22 September 2025** – BLS lecture; practice stations: CPR, BLS, VR (injuries, choking)
3. **Tuesday, 23 September 2025** – Lecture on bleeding and injuries; practice stations: VR BLS, leg injuries, arm injuries, bleeding control
4. **Wednesday, 24 September 2025** – Lecture on medical emergencies (SAMPLE); practice stations: bleeding, trauma BLS; *International Night* – feel free to bring some snacks to share!
5. **Thursday, 25 September 2025** – Group work
6. **Friday, 26 September 2025** – Simulations, practice
7. **Saturday, 27 September 2025** – Simulations, tournament, activities with the blind community
8. **Sunday, 28 September 2025** – “First Aid for Pets” 5-hour workshop, group work. Farewell party.
9. **Monday, 29 September 2025** – Toolbox & Youthpass, departure

There will be time for you to visit e.g. Poznań.

There will be as many campfires as we want :)



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Chudobczyce, Poland, near Pniewy/Poznań

Venue: [PRZYSTAŃ CHUDOBCZYCE 28 - ośrodek wypoczynkowy nad jeziorem](#)

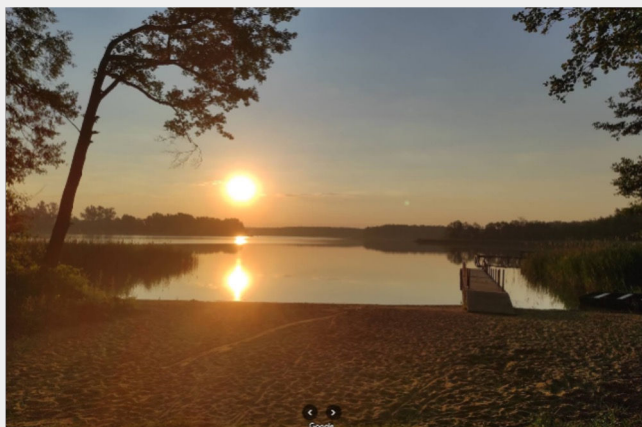
How to get there: You have to take bus from Poznań to Pniewy and we will pick you up from Pniewy to the venue.

We will be accommodated in 10 wooden houses, each for 3-4 people with own bathrooms, bed sheets, towels, single beds, full board (breakfast, lunch and dinner) provided. There is a lake, forest, common area with games, ping pong, common kitchen, volleyball pitch. There will be also a husky dog + some cats.

The venue belongs to Barka Social Enterprise - famous worldwide social enterprise.

There is no Wifi! We will have to talk with each other :)

[Google maps](#)



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Budget for travel:

- 275 euro per person total
- You have to reach Pniewy (e.g. by [bus](#)). By bus it costs app. 19 PLN and takes around 1h 15 min. From Pniewy you will be picked up by cars.
- Participation fee from the sender organization (your national organisation, our partner, if they need some to cover their administration costs – 30 EURO

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](#)

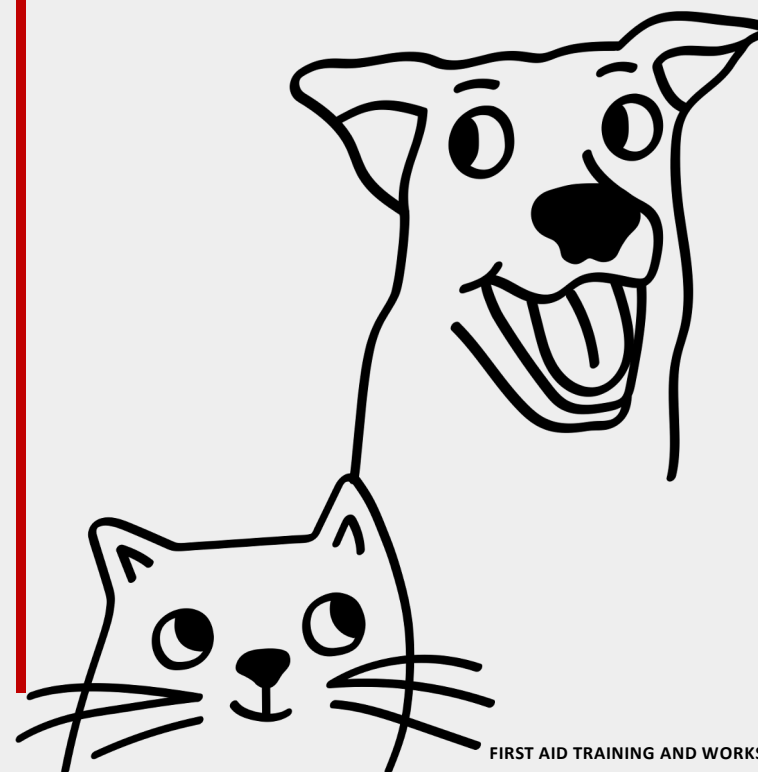
All organizations are responsible for the preparation, support, and monitoring of your representatives. Each partner will select their participants. The selections will be made taking into account the skills of the youth leader/worker and their motivation, making sure that the profile of the participants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



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Be wild about first aid! Outdoor and Wilderness first aid training course 2023-3-PL01-KA153-YOU-000172018

Important! Outdoor project and nature-based activities



By joining this project, you acknowledge that participation will involve **outdoor activities** and the use of **nature-based and ecopsychological methodologies**. During the mobility we will hike together the surrounding outdoor areas, we will have first aid workshops in the forests area and we will spend most time in the outdoor. Trainers are experienced in first aid.

You are expected to fully and consciously understand the nature of these activities and any **potential physical or psychological risks** involved. You must ensure that you are in **suitable physical and mental condition** to actively engage in all planned activities. If you have any physical or mental health conditions that could affect your ability to participate, you are responsible for informing the appropriate **medical or psychological professionals** about your presence at this training and your intention to take part in the programme. Your participation should be **endorsed by those professionals**, if relevant. Moreover you have to inform **Foundation for the Development of Education and Tourism Rysy** about any **health issues or other physical issues which may affect your participation in outdoor activities**.

By choosing to take part, you do so **voluntarily and of your own free will**, and you **accept full personal responsibility** for your own physical and mental health and safety. You therefore **agree not to hold the Foundation for the Development of Education and Tourism Rysy liable** for any outcomes resulting from your participation in these activities.



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TRAVEL REIMBURSEMENT



- The maximum travel cost reimbursement both ways, there and back 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 country to the venue 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).
- **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. our dissemination tasks - different group tasks you will be able to complete during the training (like creating short educational videos/materials about the topic of the training)
2. all your tickets and boarding passes;
3. invoices or receipts from your travel agency or transport company
4. confirmation of payment from your bank account - this is needed based on polish policy
5. 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.

Who are we #cisneklate & Rysy Foundation



#cisneklate is a project under which we have already trained **over 25 000 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**.



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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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#CISNEKLATE IN NUMBERS

20 000+

trained people

600+

workshops

100+

companies / organizations

100+

events



FIRST AID TRAINING AND CLASSES

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