

First Aid+

PROJECT INFO

First Aid Training

For participants 18+

Accredited Erasmus+ project
2026-1-PL01-KA151-YOU-000396657

LOGISTICS & DATES

Chudobczyce, Poland

Near Pniewy / Poznań

15-23.09.2026

www.cisneklate.pl



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 & OBLIGATIONS FOR PARTNERS

- All organizations are responsible for preparation, support, and monitoring of representatives.
- Each partner will select their participants based on skills and motivation.
- Partners undertake to sign and comply with the provisions of the mandate.
- Each partner will participate in follow-up activities and dissemination strategies.



PROJECT DETAILS

When: 15-23.09.2026

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

Language: English

Fee: No participation fee from the organizer

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.



Co-funded by
the European Union

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
- Fostering an inclusive atmosphere

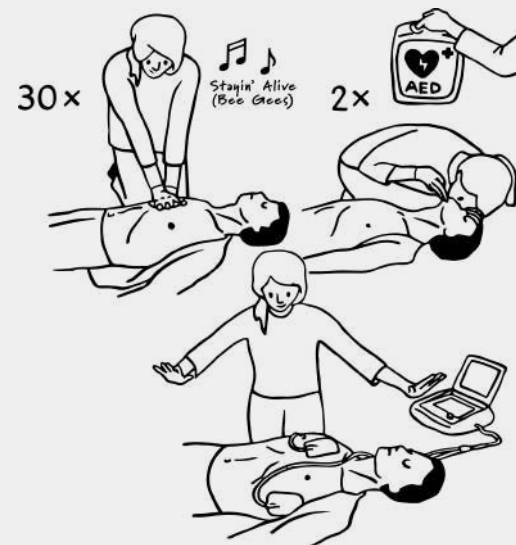
PARTICIPANTS & TARGET

First Aid Training & Intercultural Events

Countries: Poland, Italy, Turkey, Greece, Romania

Group Size: Min. 5 people per country (36 total)

We invite those whose passion or job relates to first aid, or who want to organize international games and tournaments for local youth.





Our modern equipment & app allow you to:

1. Automatic display of feedback

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

2. Gamification & Guidance

Smart scoring and guidance motivating participants to constantly improve their life-saving performance.

3. Team Competitions

Experience providing first aid in stressful conditions, ending with an adrenaline-filled team race.



FIRST AID TRAINING AND WORKSHOPS

www.cisneklate.pl | cisneklate@fundacjasyzyf.pl

Certified VR Training for Humans

Practical emergency response courses supported by technology.

Certified training using VR technology, phantoms with smart sensors, and a measuring app. Focused on practical teamwork.

EMERGENCY SITUATIONS

- Safety, ABC assessment & calling for help **(in virtual reality VR)**
- Cardiopulmonary resuscitation (CPR + AED) for adults & kids **(in virtual reality VR)**
- Recovery position **(in virtual reality VR)**
- Trauma support: head, limb injuries, haemorrhage & bleeding **(in virtual reality VR)**
- Choking, chest pain, shortness of breath & asthma
- Allergic reactions, stroke, diabetes & sudden seizures
- Legal aspects of first aid &
- Psychological First Aid (PFA)
- Pre-veterinary CPR for animals
- Summary and official certificates

★ Course concludes with an engaging team-building game and competition.



FIRST AID TRAINING AND WORKSHOPS

www.cisneklate.pl | cisneklate@fundacjarysy.pl

Certified VR training

This project will be perfect for people who like outdoors - we are going to spend a lot of time outdoor and have 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** and **tour leaders**

It would be very nice to have someone who plays guitar!



FIRST AID TRAINING AND WORKSHOPS

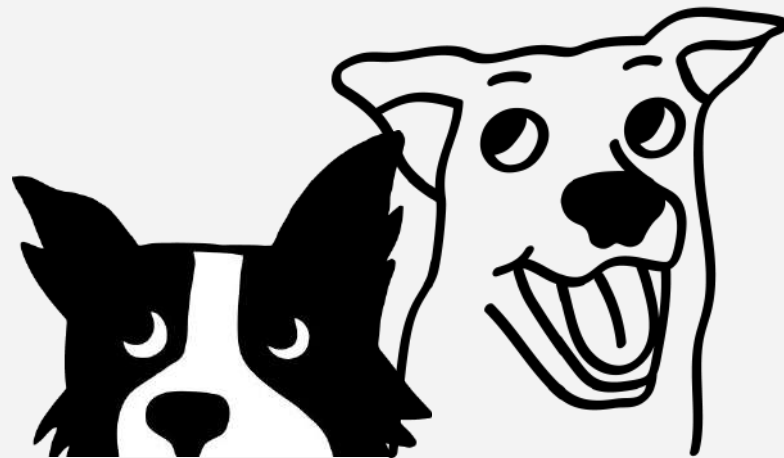
Pre-Veterinary First Aid for Dogs and Cats



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? Veterinary clinic options.
- How to recognize pain & emergencies, and assess if intervention is necessary.
- How to remain calm in emergency situations and ensure your own safety.
- Essential items every dog or cat owner should have in their first aid kit.
- Action protocol in the event of a road accident involving animals.
- First aid for respiratory distress & choking; CPR (**practical model exercises**).
- First aid for heatstroke, shock, drowning, acute abdomen, or poisoning.
- Properly treating injuries to paws, limbs, trunk, and spine (**wound care practice**).
- Safe techniques for carrying sick/injured animals to minimize further trauma.



Schedule

Erasmus+ Mobility Schedule

Day 1 – Arrival, **17:00 bus from Poznań**, integration & campfire

Day 2 – Integration activities, participant contract, BLS theory & practice, VR (injuries & recovery position), CPR

Day 3 – Emergency situations theory, SAMPLE simulations, VR (BLS & choking), campfire

Day 4 – Injuries, wounds & massive bleeding, practical simulations, International Night

Day 5 – Pet First Aid, Psychological First Aid, night game & campfire

Day 6 – Study visit in Poznań, group work & campfire
No lunch provided – prepare something during breakfast to eat in Poznań.

Day 7 – Warm-up, mass casualty incidents (triage) & first aid simulations tournament

Day 8 – Group work, First Aid Educational Campaign & AI, farewell campfire

Day 9 – Farewell, Youthpass reflection, **10:00 bus to Poznań**

** There will be time for you to visit Poznań.*

** There will be as many campfires as we want! :)*



Chudobczyce, Poland

near Pniewy/Poznań



VENUE & LOCATION

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

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

ACCOMMODATION

We will be accommodated in 10 wooden houses, each for 3-4 people with own bathrooms, bed sheets, towels, single beds / single mattresses at the attics of each house.

There is a lake, forest, kayaks, common area with games, ping pong, common kitchen, volleyball pitch, old traditional polish mansion, sheep, chickens nearby plus a husky dog and cats.

PRACTICAL INFORMATION

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

No Wifi: There is no Wifi!

We will have to talk with each other :)

[Google maps](#)



FIRST AID TRAINING AND WORKSHOPS

www.cisneklate.pl | cisneklate@fundacjarysy.pl

Budget & Food

- **Travel: 260 EUR per person total.** You need **to reach Poznań 15.09.2026 before 17:00. At 17:00 there'll be bus** from Poznań main train station, going through Poznań airport, which will take you to
- Note that part of travel budget is planned for local transportation (bus from Poznań to Chudobczyce 15.09 and back 23.09)
- No participation fee from the organizer.
- **Food:** Meals included. 1-4 times we will probably invite your national group to cook sth for dinner for the group in our industrial kitchen! We will go with you to nearby market and buy all the necessary ingredients and cook together and have fun together!

Important Documents

- [GDPR & Media Consent Regulations](#)
- [Project Participation Regulations \(Rysy Foundation\)](#)

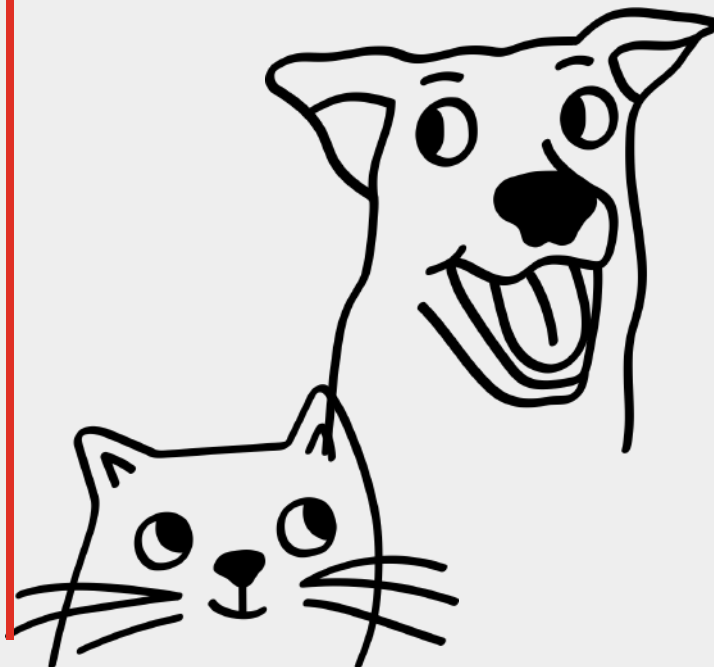
Partner Responsibilities & Next Steps

Partners select and support participants based on profile compatibility. Mandates must be signed to govern legal obligations.

- **Application:** Chosen participants must fill out the form sent in the following days.
- **Communication:** Join our WA / FB group where we will share details and answer questions. Link will be sent later to chosen participants



Co-funded by
the European Union



Important! Outdoor project & 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 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 conditions, you are responsible for informing the appropriate **medical or psychological professionals**. 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 or physical issues which may affect your participation.

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



TRAVEL COST COVER



Rules & Guidelines

• Budget Limits:

Based on the EU distance calculator. We cannot cover amounts exceeding the maximum budget.

• Route & Transport:

Travel must be from your home country to the venue and back. Please choose economic means of transport (cheap airlines, train/bus).

• Travel Dates:

Flights can be booked up to 1 day before/after training. Longer stays require prior coordinator agreement.

 **Taxis, car expenses, and travel/medical insurance are NOT covered.**

Required Documents

To process your **Travel cost cover**, you must upload within 2 weeks after the mobility:

- All tickets and boarding passes (plane, train, bus).
- Invoices or receipts from travel agency or transport company.
- Official bank payment confirmation (Polish policy requirement).
- Evidence of completing your dissemination tasks.

Who are we

#cisneklate & Rysy Foundation



OUR IMPACT

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

MODERN TECHNOLOGY

During our trainings, we use the most modern equipment – **VR virtual reality, QCPR phantoms with sensors** to measure resuscitation parameters (depth, positioning, speed) and **AED** training defibrillators.

KEY MILESTONES

We conducted **over 600 first aid trainings**, organized **over 100 events**, and reached **over 1,000,000 recipients** organically via social media (FB, IG, TikTok, YT).



FIRST AID TRAINING AND WORKSHOPS

www.cisneklate.pl | cisneklate@fundacjarysy.pl

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

- mt@fundacjarysy.pl

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

www.cisneklate.pl | cisneklate@fundacjarysy.pl