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Implementation report of

**D.6.5.1.f. Training Seminars for citizens on
emergencies**

within the project **SMiLe**

“Strengthening primary Medical care in IsoLated and
deprived cross-border arEas”

OCTOBER 2018



The Project is co-funded by the European Regional Development Fund and by national funds of the countries participating in the Interreg V-A “Greece-Bulgaria 2014-2020” Cooperation Programme

DELIVERABLE ID

MIS code:	5012828
Project acronym:	SMiLe
Project Title:	Strengthening primary Medical care in IsoLated and deprived cross-border arEas

Deliverable title:	D.6.5.1.f. Training Seminars for citizens on emergencies
Version:	V.1.0

Contract title	Administrative support of the project of National Emergency Aid Center (EKAB) entitled “Strengthening primary Medical care in IsoLated and deprived cross-border arEas» - SMiLe”, within the framework of the Cooperation Programme Interreg V-A “Greece-Bulgaria 2014-2020”.
Contractor:	planO ₂ Consulting Private Company
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Contracting Authority:	National Emergency Aid Center (EKAB) Thessaloniki branch

Description:	The present deliverable entitled “Implementation report of D.6.5.1. Training Seminars for citizens on emergencies” accompanies the material (included in the deliverable D.6.5.1) of the six single-day training seminars of the project SMiLe, oriented for citizens and concern the provision of first aid in emergencies. The events took place in six municipalities of the Region of Eastern Macedonia and Thrace.
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PARTNERSHIP

Role	Partner name	Country
Lead Beneficiary	4 th Health District of Macedonia Thrace	Greece
Partner Beneficiary 2	Aristotle University of Thessaloniki - Special Account for Research Fund (School of Medicine)	Greece
Partner Beneficiary 3	Multi-profile Hospital for Active Treatment of Ardino	Bulgaria
Partner Beneficiary 4	Municipality of Harmanli	Bulgaria
Partner Beneficiary 5	National Emergency Aid Center	Greece

SHORT PRESENTATION OF THE PROGRAMME

The Cooperation Programme “Greece-Bulgaria 2014-2020” was approved by the European Commission on 09/09/2015 by Decision C(2015) 6283. The total budget (ERDF and national contribution) for the European Territorial Programme “Greece-Bulgaria 2007-2013” is €129,695,572.00. The total financing consists of €110.241.234,00 (85%) ERDF funding and €19.434.338,00 (15%) national contribution. The eligible area of the Programme consists of the Region of Eastern Macedonia-Thrace (Regional Units of Evros, Kavala, Xanthi, Rodopi and Drama) and the Region of Central Macedonia (Regional Units of Thessaloniki and Serres) in Greece and the South-Central Planning Region and South-West Planning Region (Districts of Blagoevgrad, Smolyan, Kardjali and Haskovo) in Bulgaria. The Priority Axes are PA 1: A competitive and Innovative Cross-Border area. PA 2: A Sustainable and climate adaptable Cross-Border area PA, 3: A better interconnected Cross-Border area, PA 4: A socially inclusive Cross-Border area.

1. Introduction

In the framework of the contractual obligations of “planO₂ Consulting Private Company” as a Consultant for the implementation of the project of National Emergency Aid Center (EKAB) entitled “Strengthening primary Medical care in IsoLated and deprived cross-border arEas» - SMiLe”, within the framework of the Cooperation Programme Interreg V-A “Greece-Bulgaria 2014-2020”, according to the No. 11ΣΠΥ/2018 Contract, the organisation and coordination of a training seminar for citizens in Paranesti.

The one-day Training Seminar took place in 12 October 2018 in Paranesti and specifically at the Centre of Social Protection and Solidarity in Municipality of Paranesti.

For the preparation and implementation of this event, the Consultant cooperated with the staff members of the National Emergency Aid Center, specifically with Mrs. Marina Balaska and Mr. Apostolos Chatzimichailidis.

The main responsibilities of the Consultant in the framework of the training seminar organisation are the following:

- Drafting of the detailed training program and communication with the trainers
- Preparation and graphic design of the invitation, the program, the poster and the participation form
- Configuration of a ballroom and preparation of the necessary audiovisual equipment
- Promotion of the event in the Media and social networks
- Disposition of 50 informative packets
- Coffee-break
- Scientific, technical and secretarial support
- Audiovisual material of the event
- Preparation of participation certificates

2. Planning and organisation of the press conference

2.1. Drafting of the detailed training program

Concerning the detailed agenda of the six seminars (one of which is the current one in Paranesti), the Consultant organised several meetings with the relevant staff members of EKAB Thessaloniki, as well as conducted several communications with each Municipality (here with the Municipality of Paranesti).

After the aforementioned meetings and communications, the Training Department of EKAB finalised the detailed training program.

Hence, in Paranesti, the main subject of the seminar concerned the “Provision of first aid in health emergencies”, while the detailed agenda was included in the program of the seminar, which has been drafted in Greek and English.

Trainers of the seminar were the staff members of EKAB, with long relevant experience, namely Mr. Giannos Paraskevas and Mr. Terzidis Kosmas.

2.2. Graphic design of the seminar invitation

The graphic design of the invitation of the press conference was drafted by the consultant and sent to the appropriate staff members of the National Emergency Aid Center, after confirming that it was fully aligned to the required agenda and the general visual philosophy of the project.

Invitation

The image displays two versions of a seminar invitation, one in Greek and one in English, for a 1-day training seminar titled "First Aid Provision in Emergency Situations".

Greek Version (Left):

- Logos:** Interreg Greece-Bulgaria, SMiLe, and the National Emergency Aid Center (EKAB).
- Title:** ΜΟΝΟΗΜΕΡΟ ΕΚΠΑΙΔΕΥΤΙΚΟ ΣΕΜΙΝΑΡΙΟ: ΠΑΡΟΧΗ Α' ΒΟΗΘΕΙΑΣ ΣΕ ΕΠΕΙΓΟΝΤΑ ΠΑΘΟΛΟΓΙΚΑ ΠΕΡΙΣΤΑΤΙΚΑ
- Date/Time:** ΠΑΡΑΣΚΕΥΗ 12 ΟΚΤΩΒΡΙΟΥ 2018, ΩΡΕΣ: 17.00-19.00, Γυμνάσιο Παρανεστίου
- Text:** Ζητάμε προσοχή να συμμετάσχετε στο Μονοήμερο Εκπαιδευτικό Σεμινάριο που διοργανώνει το ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΑΜΕΣΗΣ ΒΟΗΘΕΙΑΣ (ΕΚΑΒ) την Παρασκευή 12 Οκτωβρίου 2018 και ώρα 17:00 στο Γυμνάσιο Παρανεστίου. Είσοδος ελεύθερη.
- Topics:** ΠΑΡΟΧΗ Α' ΒΟΗΘΕΙΑΣ ΣΕ ΕΠΕΙΓΟΝΤΑ ΠΑΘΟΛΟΓΙΚΑ ΠΕΡΙΣΤΑΤΙΚΑ
 - Αιμορραγίες
 - Αιμορραγίες
 - Ρινορραγίες
 - Shock
 - Εγκαύματος
 - Εξορθήματος
 - Διαστρέμματος
 - Κατάγματος
 - Επληψίας
 - Δηλητηρίων (τοxicological) Εντόμων - Φιδιών
 - Αλλεργικής Αντίδρασης
 - Υπερθέρμιας
 - Θερμοπληξίας
 - Υποθερμίας
 - Κοιτοπαλμίας
 - Σπασμών (πυρετικοί κρίτοι)
 - Πνιγμού
 - Πνιγμών (σε βρέφος, παιδί και ενήλικα)
- Organization:** ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΑΜΕΣΗΣ ΒΟΗΘΕΙΑΣ (ΕΚΑΒ), ΜΕΤΗΡΗ ΥΠΟΧΡΕΩΣΗ, and others.

English Version (Right):

- Logos:** Interreg Greece-Bulgaria, SMiLe, and the National Emergency Aid Center (EKAB).
- Title:** 1-day Training Seminar: First Aid Provision in Emergency Situations
- Date/Time:** Friday 12th October 2018 from 17.00 to 19.00, Paranesti, High school of Paranesti
- Text:** We would like to invite you to participate in the 1-day training organized by the National Emergency Aid Center (EKAB) On Friday 12th October 2018 at 17:00 at Paranesti, High school of Paranesti. Entrance is free.
- Topics:** FIRST AID IN EMERGENCY SITUATIONS
 - Collapse
 - Bleeding Control
 - Rhinorrhoea
 - Shock
 - Burn
 - Joint dislocation
 - Sprain
 - Fracture
 - Epilepsy
 - Insect - Snake Bites
 - Allergic Reaction - Shock Hyperthermia
 - Heat Stroke
 - Hypothermia
 - Frostbite
 - seizures
 - fever
 - drowning
 - choking (in infant, child, and adult)
- Organization:** National Emergency Aid Center, supported by various regional development funds.

2.3. Selection of time and place for the realisation of the press conference

The selected **date and time** of the press conference was the 12th October 2018 at 17.00 (attendance – registration).

For the successful realisation of the training seminar, the Consultant (in cooperation with the Contracting Authority) drafted and sent a cooperation request to the Municipality of Paranesti, in order to support the action, set the place and time of the event in joint, as well as to communicate the event to local authorities and citizens of the municipality.

The selected **venue** of the event was High School of Paranesti. At the entrance of the ballroom the consultant settled a desk secretary to welcome the attendees and perform registrations. Furthermore, the ballroom included the necessary projecting equipment (video projector and projection screen), laptop, etc.



2.4. Forwarding the invitations and promoting the training seminar

The consultant designed and produced 10 posters and 100 invitations-programs of the seminar and sent them both electronically and in hard copy to the Municipality of Paranesti in order to communicate the action locally.

Also, for the wider promotion of the training seminar, the Consultant sent a Press Release in all local Media, accompanied by the invitation, poster and training program of the seminar.

2.5. Settling of practical issues (catering services and program, preparation of seminar material etc.)

The Consultant provided catering services in the form of a coffee-station, which were set in close communication with the Contracting Authority and included:

- Coffee, juices, water, sweet treats and snacks, which were available throughout the event.



Finally, the consultant placed the project banner (with reference to the project and programme) at the entrance of the venue.

3. Implementation of the seminar

The event registrations took place during 15.30-16.00, while the attendance carried out for a while, after 16.00 am.

Based on the participants list, the attendees of the seminar amounted to 19, while it is estimated that the attendance exceeded 20 participants, as several children participated in the seminar and did not sign the relevant list.

At their attendance, the participants received the training material that included folder, pen, notepad, training program and the project brochure.

During the training seminar, the Consultant provided secretarial support, sharing useful information, keeping a participants list and providing the information package of the project (folder with brochure, pen and notepad).

Furthermore, particularly for this event, the Consultant – lead by the Contracting Authority – disseminated the two-fold training material entitled «ALL CITIZENS of the world can SAVE a life».



At the beginning of the seminar, a Consultant's expert, who attended the event, presented the project SMiLe, the partners and the project's main idea.

Later on, the trainers Mr. Giannos Paraskevas and Mr. Terzidis Kosmas moved on with the seminar main subjects.

Finally, during the whole seminar as well as at the beginning of the event, the Consultant ensured the constant capturing of photographs and videos to be delivered electronically to the Contracting Authority.



At the closure of the event, the participants received a Certificate of Participation which proves their attendance in the one-day training seminar.

The seminar was promoted in the Media and particularly:

Website of project SMiLe

- <https://www.smile-interreg.eu/2018/10/03/press-release-training-seminars-of-the-national-emergency-aid-center-in-municipalities-of-the-eastern-macedonia-thrace-within-the-project-smile-interreg-v-a-greece-bulgaria-2014-2020/>
- <https://www.smile-interreg.eu/el/2018/10/03/%CE%B5%CE%BA%CF%80%CE%B1%CE%B9%CE%B4%CE%B5%CF%85%CF%84%CE%B9%CE%BA%CE%AC-%CF%83%CE%B5%CE%BC%CE%B9%CE%BD%CE%AC%CF%81%CE%B9%CE%B1-%CE%B1%CF%80%CF%8C-%CF%84%CE%BF-%CE%B5%CE%BA%CE%B1%CE%B2/>

Cooperation Programme Interreg V-A “Greece-Bulgaria 2014-2020”

- [http://www.greece-bulgaria.eu/article/66_Training-seminars-of-the-National-Emergency-Aid-Center-in-Municipalities-of-the-Eastern-Macedonia--Thrace-within-the-project-SMiLe-\(Interreg-V-A-Greece-Bulgaria-2014-2020\)](http://www.greece-bulgaria.eu/article/66_Training-seminars-of-the-National-Emergency-Aid-Center-in-Municipalities-of-the-Eastern-Macedonia--Thrace-within-the-project-SMiLe-(Interreg-V-A-Greece-Bulgaria-2014-2020))

National Emergency Aid Center

- <https://www.ekab.gr/deltiatipou/ekpaideftika-seminaria-dimous-tis-anatolikis-makedonias-thrakis-apo-ekav-sto-plaisio-tou-ergou-smile-interreg-v-a-ellada-voulgaria-2014-2020/>
- <http://www.ekabnews.gr/2018/10/smile-interreg-v-2014-2020.html>

Chamber of Drama

- <http://www.dramanet.gr/drama/articles/article.jsp?context=103&categoryid=2&articleid=7964>