

## **“Save and learn how to save”**

The pre-medical first aid training "Save and learn how to save" run by the professionals from The Great Orchestra of Christmas Charity foundation, took place from 21.10 – 26.10/2019 in European School Uccle premises.

There have been 8 trainers divided into teams of two, who were teaching children first aid technics.

The training consisted of theoretical and practical parts, but the emphasis was on practice. Trainers repeated several times that the rules are important but hands-on exercises are the most important.

Each session (for one class) lasted 4 hours.

For this reason, foundation brought and passed 11 phantoms for first aid exercises to the school free of charge.

They can be used in the future by qualified teachers to conduct first aid training for other children.

At these phantoms, children and teachers practiced CPR, assisted by the trainers.

Given the importance of the subject of the training, we decided to conduct it in the mother tongue of the children. It was crucial that the participants understand every aspect of the lifesaving procedure.

Trainers were also prepared to give presentation for different age groups. In the end they gave training to over 300 students from primary and secondary classes (180 primary school pupils and 160 secondary school students) and for 25 teachers.

As one of the organizers, I participated shortly in one of the trainings for pupils from primary class and I was impressed by the professionalism and great approach of the trainers.

They had great contact with children, encouraged them to ask questions and showed lifesaving techniques in a simple, easy to remember way. I saw kids who were interested in the subject; some of them had already some knowledge on the first aid and shared it with others.

All the participants have received educational books and certificates.

After the training, we received very positive feedback from the participants (both parents and teachers). Many of them emphasized that the training was very necessary and carried out in a very professional way. My son summarized it in a simple one - you never know what can happen in life and he is happy to know how to help others.

On 24/10 there was organized a meeting with the participation of the school authorities - Mr Goggins, Ms Cajhen and Mr Roesen. There were also present representatives of the Great Orchestra of Christmas Charity Foundation - Jurek Owskiak with his wife and all instructors and of course children and teachers.

As far as APEEE co-financing is concerned (300 EUR), it covered (partially) accommodation of trainers (the invoices has been sent to APEEE).

<https://www.eeb1.com/en/first-aid-training-in-the-pl-section/>

