

NEWIP | TRAINING

CONTENT NEWIP TRAINING SESSION I

INTRODUCTION

This paper aims at supporting trainers, who want to train volunteers for interventions.

The content described below is based on the 1st NEW IP training session which was held for 2 days in May 2011 in Bologna. The group consisted of 21 volunteers from 10 different countries across Europe. The aim was to train the volunteers to work together at one of two interventions in Europe (Fusion Festival- Germany; Transylvania Calling- Romania).

OBJECTIVES + CONTENT

+ Maintain the cohesion of the group

Content: Get to know each other
Team building
Exchange of best practice

+ Acquire knowledge and know-how

Content: First aid
Crisis intervention (talking down)
Use of Evaluation standards/materials

+ Plan field interventions

Content: Info on cultural background of festival e.g.
the scenes involved
How to create a chill out and an
informative stand
Define standards for common field
intervention work

TRAINING CONTENT

Below you find a list with different sessions that were part of the NEWIP training. The numbers indicated do not imply any kind of hierarchy. The different sessions can be combined and altered according to the aim, group size and time available for the training that is to be held.

In brackets you will also find some hints and/or examples that might be useful. At the very end you will find an example for a training schedule (1,5 days) to give you some idea of how long each session might take and what kind of material etc. is needed.

Please note: This paper only aims at giving you some support and idea for volunteers training a "real" training manual will be produced at the end of the NEWIP project in December 2013.

SESSION I

maintain the cohesion of the group

Aim: people get to know each other and the projects they come from– especially important when the group members do not know each other very well.

- meet and greet
- introduction of trainers
- participants (pt) get to know each other, exchange personal info (game)
- organization matters (travel, money, hotel rooms, rules of the place..)
- presentation of projects involved (game)

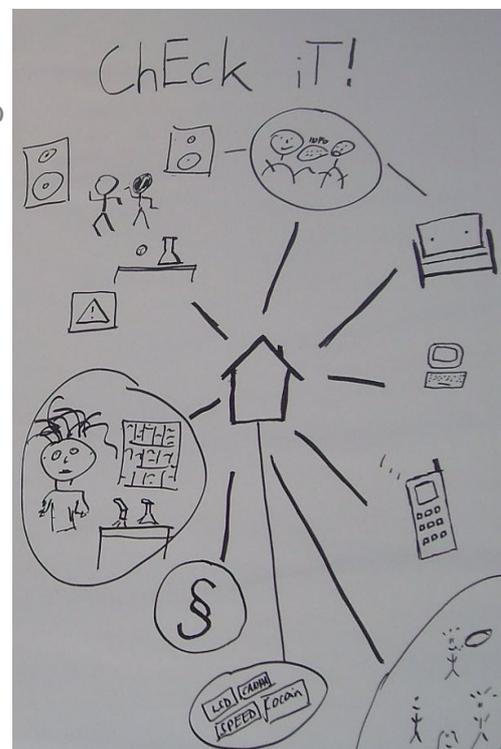
[game] sketching project presentation posters

all people from one project come together, ask them to paint a picture presenting their project, they are allowed to use single words (like name of the project) but no sentences.

[game] sketching "get to know" flowers

3-4 people who do not know each other get together, they sketch a flower
a circle in the middle and (according to the number of people in the group) the petals
ask the people to write thing they have in common in the middle circle and things that are different in the petals- one or 2 people present the poster to the others

Its fun for the volunteers and you can hang up the posters in the room.



- Let other people finish!
- Show with your hand if you want to talk!
- One comment only!
- Mobile phones should be quiet!
- Speak English!

SESSION Ia agreement on communication rules

aim: participants set their own rules of communicating with each other

write down the rules and put them on a poster in the room, trainers can refer to these rules whenever the discussion gets heated

SESSION II

introduction of the NEWIP project

Aim: pt know the background of the project and its aims

- project's aim (i.e., to propose responses to new challenges),
- its specific objectives (e.g., to improve field interventions),
- participants, work packages, and expected outcomes in general
- role and tasks of volunteers in the project

SESSION III

introduction to evaluation tools for the festival

Aim: pt know the importance of evaluation and how to use evaluation tools

- important: plan what to do, to carry out the action, and to evaluate the feedback before the next planning.
- documenting is useful also for the volunteers, and may be important when contacting fund-raisers and policy makers.
- tasks for volunteers: to observe and make notes at the festival
- how to use evaluation tools correctly

SESSION III

preparation of intervention work I

Aim: pts know as exactly as possible what to expect at the festivals

- legal aspects
- size and setting of festival
- work shifts planned
- common drug consumption patterns of guests (if known)

SESSION IV

preparation of intervention work II

Aim: pt exchange on best practise for Intervention and set a set of rules for team work they want to apply at the intervention

- collecting best practice of intervention work from each project
- set a basic set of criteria for intervention work (discussion in small groups)

[group work] 3-5 people get together ask them to write down what are good experiences they had when it comes to team work on small presentation cards, also ask them to write down what bad experience they had with team work (red cards) on this base ask them to set rules that facilitate the “good” things to happen and to avoid the “bad” things- present to group add your ides if necessary

[Example]

Ozora Team:	Fusion Team:
<ul style="list-style-type: none"> • a big meeting at the beginning and the end • short meetings between shifts • a meeting every day for the whole group • a diary for important things • check-list for the shifts (tasks) • time to have fun and sleep • Do not give medication • respect • know your limits • secret signs 	<ul style="list-style-type: none"> • ask for help if you cannot do it • tell if you go out of sight • interfere if somebody is harassed • confidentiality allows to share sensible things • good plan before • chill place for team • responsible - be OK to work • on time ready to work • set limits

SESSION V:

first aid in (drug) emergencies

Aim: pt are aware of common reasons for (drug) emergencies and get to know what to do in specific emergencies

- collect reasons for drug emergencies
- discuss what to do in specific emergencies (group work and presentation)
- pts get to know how to apply first aid (show and practise)
 - part one: cardiac massage; rescue breathing
 - part two: recovery position
- pts know what is important about talking down

[Example: reasons for emergencies]

- overdose
- lack of sleep/food/drink
- mixture of substances
- unexpected or heavy effects
- first time experience
- wrong application
- not knowing purity of substances used

collect the thoughts of pt and write them down on a flip-chart



[group work] what to do in drug emergencies

divide the groups in 4-6 smaller groups, each group gets a paper on which a certain emergency situation that might happen during the intervention is described, ask them to put down: what symptoms you see, what might have happened, what would you do – after that they present it to the group, correct or add things if necessary

[Example : situation: heatstroke]

Your shift at the fusion has just started. Two people are coming up, telling you that they took half a pill each 2 hours ago. For the last 1,5h they were dancing outside in the sun. Now one person feels really bad. Her skin is “glowing”, ans says that she feels sick. You recognize that her head is red and her pupils (eyes) are really big.

[Example: what to do? heatstroke]

Symptoms: red, hot head; warm, almost hot skin; racing pulse, nausea

What to do?

- place the person so that their head is up (sit them down, and stay by them)
- give him/her vitamins and mineral drinks.
- find a chill out area (if there is one) or go outside.
- cool the person down: open warm jackets, take of head, wet a t shirt and put it on the arms or legs of the person
- . - If the person doesn't get better, call the emergency services!
- stay with the person the whole time and check their breathing and pulse.

SESSION VI

Feedback

Aim: pts have the chance to tell what they liked and didn't like about the training and make suggestions for improvement – the trainers use the feedback to improve the next training session

[Training session: first day]



The Nightlife Empowerment & Well-being Implementation Project has received funding from the European Union in the framework of the Health Programme.

Time	Aim	content	Media/material
9.30am 25 min	Participants(pt) get to know the teamers, what is going to happen open questions concerning accommodation etc. are answered	Introduction of teamer and time schedule rules of the place we stay basic organization: hotels/ public transport, lunch documentation of training session pictures/diary/cleaning of room -agree on responsibilities	Time schedule presented on flip-chart flip-chart names with responsibilities
09.55 am 60min	Pt get to know each other Cohesion of the group is built	Pt introduce them self	Flip-chart and pencils for 5 groups
10.55 15min	Set “rules” of communication	Name rules and write them down	flip-chart
11.10	Break		
11.30h 25min	Pts get basic knowledge of the involved projects	project	Colorful pencils/marker
11.55 20min -25min	pts know the expectations the project have,	degree of involvement in NEW project /intervention Duties for pts are announced	beamer/flip-chart short presentation
12.20	lunch		
13.20	Warm up		
13.30 10 min	Pt know well about the location, surrounding and legal facts concerning the first two interventions	Information on the festival; experience of intervention work there; important legal factors; duration, location Agreements with organizers, expected number and background of partygoers Leaflets to be used; safer use	Flyer of festival 10 people/10people
13.40 50min group a and b	Pts reflect on their needs/expectation for intervention work	Set rules/guidelines for common interventions basic ethical script work hours / <i>drug use</i> / shift change/ setting of info stand/food/sleep/	Flip-chart, paper and pen 10 people/10people small cards in different colors
14.30 50min	Pts agree on general terms/standards for cross-cultural intervention work	Agree on best practice for interventions	flip-chart
15.20	Coffee break		
15.50 90min	Pts know how to use Evaluation standards during inter. And why it is important	Explain evaluation standards	
17.20h	<i>break</i>		
17.40 60-70min	Pts know how to use blue tooth technology /new media on site	Explanation of technology and its use; experience of experts; aims	Blue tooth/new media
18.40 10-20min	Feedback round/ evening orga	Pts give their feedback, Teamer announces plans for the evening	

[Training Session: second day]

Time+	Aim	Content	Media/role of
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Duration			teamer/expert
9.30 10 min	Participants(pt) know what is going to happen what's up?	Introduction of time schedule pts can ask questions , ...	Time schedule presented on flip-chart
	Pt know how to behave in critical situations and how to apply first aid		
09.50 am 10 min	Pt are aware what are common reasons for (drug) emergencies	Causes of drug emergencies are noted and explained	Flip-chart; Flyer: first aid drug emergencies
10.00am 10 min	Pt know about typical symptoms of drug overdoses	Symptoms of overdose of three major groups of drugs(hallucinogens; Amphetamines, Sedatives) are presented	Flip-chart/power point presentation
10.10 35 min	Pt know what to do in specific emergencies	Example cases: Shock Heat stroke seizure	Prepare cards ; with symptoms ...
10.45 20 min	Pt know how to apply first aid Part one	Recovery position	blankets
11.05h 25min	Pt know how to apply first aid Part two	cardiac massage; rescue breathing	Rescue anne
11.30h	Break		
12.00 45min	Pt know what is important about talking down	Experience of pts; Rules for Talking down;	flip chart
12.45 30min	Open questions parking space (things that could not be discussed during training but were noted down)	Plan on going organization, Things to do before interventions Duties/homework for pts(documentation of passing on in formations etc.) Wishes for next training session	
13.15 30 min	Feedback		