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LATVIA-LITHUANIA-BELARUS

Project LLB-2-157

„Improving the system of volunteer care for vulnerable in Lithuania, Latvia and Belarus in the framework of Cross Border Cooperation Programme“

NEWSLETTER

No.3

Trainings of volunteers

It was necessary to train project coordinators and give them some skills for this project to succeed. First experience for partner countries happened in Vilnius, and it was more directed to every coordinator in person, so they could give this new gained knowledge farther.

A lot of attention was given to first aid training, although for many people it was not first experience with first aid training. For me this experience to learn effectively help to another person was very important. Effectively giving first aid, you can save person's life, that's why this skill is very necessary and everyone should learn it.



Foto: brīži no brīvprātīgo apmācību semināriem Daugavpīlī

Our aim audience was old people and it is important to learn, how old person feel from psychological point of view and how they feel in society. It was important for me as the coordinator, so I can give this knowledge farther to volunteers and they can know, how to treat old people, also how to react in different situations. Lithuanian colleagues were telling about specific cases, what happened during similar projects, they were also asking us, how we will react and correct us, if we offered not so right version of reacting.

The second coordinator's meeting happened in Minsk, Belarus. This training took more time and was wider. The main training thematic was directed to volunteers, it's holding and coordinating. Special attention was given to groups



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specific; it's functioning, and people's role in it. As 80 people were supposed to be trained, it was decided to divide it in 6 parts, so it would be easier to coordinate this event.

The participants of this training are satisfied with their experience. One of participants from Daugavpils Julia says: "Before I took part in this project, I haven't thought how many things we have to keep in mind, while working with people, who need help. It is not so simple- to go, talk and help with some small work, because you can't even predict your reaction in these situations. That's why I am very satisfied with this training. In fact, I learnt any new things, which can be used in many life situations.



Foto: brīži no brīvprātīgo apmācību semināriem Daugavpilī



Also Vladimir from Daugavpils is saying: "First I thought that it will be just one more seminary, where I have to take part in. I didn't expect that it will be so interesting. I understood many things, which were thought us, I just never thought about them before. After this training I got more interest in all it, now I even read some more articles and researches."

Par šīs publikācijas saturu ir atbildīgs Latvijas Sarkanais Krusts, un tā nekādā veidā nevar tikt izmantota, lai atspoguļotu Eiropas Savienības uzskatus.

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