



COPE

Easy Project Structure

Scope of the project

The aims of COPE are to **bridge the gap in knowledge and understanding about trauma** and to provide accessible and practical tools and resources for **educators and volunteers working with vulnerable groups**.

The project aims to achieve the following objectives:

1. Conduct a **practice collection** to review the current state-of-the-art of how educators are prepared to work with traumatised groups across Europe.
- 2. Develop training courses** for non-formal adult educators and volunteers using simulation-based learning methods.
- 3. Create infographics and a handbook** to provide easy-to-understand information and support for educators and volunteers.
- 4. Develop an e-learning course** to further enhance the knowledge and skills of educators and volunteers.
- 5. Implement an awareness campaign** to promote trauma recognition and support among adult educators.

Trauma

COPE acknowledges the significant impact of trauma on individuals, particularly refugees who have experienced traumatic events. It aims to address the needs of educators and volunteers working with traumatised learners and provide them with the necessary knowledge and skills to effectively support these individuals.

To define and deal with trauma, COPE aims to develop tools and resources that help educators understand how traumatised learners feel and recognize signs of trauma. The project will provide pedagogic and psychological guidelines, training courses, infographics, and an e-learning course to equip educators with the necessary knowledge and skills to support traumatised learners.

COPE recognizes the importance of collaboration between educators and mental health professionals to ensure that students receive the necessary support and care. It aims to create an awareness campaign to promote understanding of trauma and mental health issues among educators, volunteers, and the general public. The campaign will help reduce stigma and increase awareness of the importance of providing mental health support to refugees and traumatised individuals.

Overall, the project's approach to defining and dealing with trauma is to provide educators and volunteers with the necessary knowledge, skills, and resources to understand trauma, recognize its signs, and effectively support traumatised learners. By doing so, the project aims to promote the well-being and inclusion of traumatised individuals and contribute to the development of best practices in trauma support in the adult education sector.

Outcomes of the project

The main products of COPE include:

- 1. Practice collection report:** A comprehensive report that reviews the current practices and approaches used to prepare educators to work with traumatised groups.
- 2. Training courses:** Simulation-based training courses designed for non-formal adult educators and volunteers to enhance their skills in working with traumatised learners.
- 3. Handbook and infographics:** A handbook and a set of infographics that provide practical information and support for educators and volunteers in identifying signs of trauma and providing appropriate support.
- 4. E-learning course:** An online course that provides in-depth knowledge and training on trauma awareness and recognition for educators and volunteers.
- 5. Awareness campaign:** A campaign aimed at raising awareness and promoting best practices in trauma recognition and support among adult educators.

These products aim to improve the capacity of educators and volunteers to effectively support traumatised learners and contribute to the development of policies and practices that promote trauma recognition and support at the local, regional, national, and European levels.

Target Groups

The target groups of the project are **non-formal educators and volunteers who work with traumatised refugees.**

This includes educators in various settings such as art, language, and vocational training classes, as well as volunteers in support centers and community centers.

The project also aims to reach mental health professionals, policymakers, and members of the general public who can benefit from increased awareness and understanding of trauma issues among refugees.

Additionally, the project will focus on supporting adult education staff in Ukraine who are in contact with refugees through online counseling.

Work Packages I

Work Package 1: Project Management (CRN)

- **Activities:** This WP focuses on the overall management and coordination of the project. It includes tasks such as project planning, progress monitoring, budget control, and time management.
- **Responsibilities:** The lead organization, Comparative Research Network (CRN), will be responsible for coordinating and overseeing the project management activities. Other partners will also contribute to the project management tasks.

2. Work Package 2: Pedagogic and Psychological Guidelines (University Zagreb, IACP)

- **Activities:** This WP aims to develop pedagogical and psychological guidelines for educators working with traumatised refugees. It includes activities such as conducting a needs assessment, creating case studies, and developing evaluation tools.
- **Responsibilities:** The University of Zagreb and IACP will lead the activities in this WP, with other partners providing input and feedback to develop the guidelines.

Work Packages II

Work Package 3: Training Format (SNDE, CRN)

- **Activities:** This WP focuses on developing a training format for adult educators and volunteers to address mental health issues in traumatised refugees. It includes activities such as conducting a needs assessment, designing training modules, and organizing train-the-trainer workshops.
- **Responsibilities:** Stowarzyszenie Na Drodze Ekspresji, CRN, and other partners will collaborate to develop the training format and organize the training activities.

Work Package 4: E-Learning Platform (BETANIA)

- **Activities:** This WP aims to create an e-learning platform to deliver the training format developed in WP3. It includes activities such as designing the platform, piloting the e-learning course, and providing technical support.
- **Responsibilities:** BETANIA LEGIO, S.L. will lead the activities in this WP, with CRN and other partners contributing to the development and piloting of the e-learning platform.

Work Packages III

Work Package 5: Awareness and Outreach (IACP, UNAEDI)

- **Activities:** This WP focuses on raising awareness and disseminating the project results to a wider audience. It includes activities such as organizing transnational meetings, conducting a campaign co-creation training, and hosting multiplier events.
- **Responsibilities:** CRN will lead the activities in this WP, with all partners contributing to the dissemination and awareness-raising activities.

Timeline

Duration: 01.09.2023 – 31.08.2025

- Activity 2.1 - Kick-off Meeting in Berlin (11/09/2023 - 12/09/2023)
- Activity 5.2 - Campaign Co-Creation Training (Staff) in Germany (02/11/2023 - 05/11/2023)
- Activity 5.4 - Awareness Campaign (11/23 - 06/25)
- Activity 2.2 - Pedagogic and Psychological Guidelines in (UNI Zagreb) (01/09/2023 - 31/05/2025)
- Activity 3.1 - Transnational Meeting 2 in Croatia (01/12/2023 - 02/12/2023)
- Activity 3.5 - Training Format for Adult Educators and Volunteers (01/24 - 10/24)
- Activity 3.2 - Train-the-trainer peer-review Training in Poland (01/10/2024 - 04/10/2024)
- Activity 3.4 - Transnational Meeting 3 in Poland (date not specified)
- Activity 4.3 - E-Learning Course (01/24 - 03/25)
- Activity 4.1 - Transnational Meeting 4 in Spain (01/05/2024 - 02/05/2024)
- Activity 4.2 - Transnational Pilot Training in Spain (01/03/2025 - 03/03/2025)
- Activity 5.1 - Transnational Meeting 5 in Italy (date not specified)
- Activity 4.4 - Local Multiplier (date not specified)
- Activity 3.3 - Multiplier Educational Conference (date not specified)
- Activity 5.3 - Awareness Conference (date not specified)

Campaign

The Awareness and Outreach Campaign is a key component, aimed at **raising awareness and understanding of mental health issues** among refugees and the importance of providing support to them. The campaign is designed to **reduce stigma, promote understanding, and encourage action to address the mental health needs of refugees and their support systems**. The campaign is created through a collaborative and co-creation approach involving the target group and their learners. The specific activities involved in the creation of the campaign include:

- Co-designing messaging and branding: The campaign messaging, logos, materials, slogans, and stakeholder maps are co-created in a staff training session. This ensures that the campaign reflects the key objectives and themes of the project.
- Creating a website and social media platform: A project website and social media platform are developed to share information and resources related to trauma support for educators and volunteers. These platforms serve as a hub for accessing campaign materials and educational resources.
- Organizing and participating in events: Community forums, workshops, and seminars are organized to promote discussion and collaboration among stakeholders. These events provide opportunities for sharing knowledge, experiences, and best practices related to trauma support.
- Partnering with organizations and community groups: Collaboration with refugee support organizations, mental health professionals, and community groups is established to expand the reach and impact of the campaign. These partnerships help to amplify the campaign's message and engage a broader network of stakeholders.
- Encouraging personal stories and experiences: Individuals are encouraged to share their stories and experiences related to mental health issues through social media and other platforms. These personal narratives help to humanize the issue and create empathy and understanding among the wider public.

Campaign Co-Creation Training

The Campaign Co-creation training is an activity within the project that aims to bring together staff members from all partner organizations to collaborate on the development of the awareness campaign.

The training will be organized at the beginning of the project and will focus on co-creating the campaign messaging, outlines, slogans, and graphics. It will also cover the training on creating testimonials and sharing the ethical code of conduct.

The training will enable the staff members to gain the necessary skills and knowledge to implement local awareness campaigns individually. It will ensure that all partners have the required skills to coordinate a unified European-wide campaign with the foreseen six local campaigns.

The training will also facilitate the transfer of knowledge among partners, ensuring a high-quality campaign.

The psychological guidelines

The psychological guidelines in this refer to **a set of recommendations and best practices** for educators and volunteers working with traumatised refugees. These guidelines aim to provide guidance on how to create a safe and supportive learning environment for traumatised refugees and how to support their mental health needs .

The psychological guidelines will be created through a collaborative process involving the project partners. The University of Zagreb and IACP will take the lead in developing these guidelines, with input and guidance from other partners. The process will **involve conducting a needs assessment** to understand the specific challenges and gaps in the training and education of educators working with traumatised refugees. This assessment will inform the development of the guidelines.

The guidelines will be based on the **latest research and best practices** in trauma-informed teaching and will be culturally sensitive and appropriate for traumatised refugees. They will cover topics such as **creating a safe and supportive learning environment, recognizing and responding to trauma-related issues, and developing trauma-informed procedures**. The guidelines will also address the mental health needs of educators themselves, as they may be affected by the trauma experienced by their students .

The guidelines will be **published in a handbook format**, which will be made available across Europe. The handbook will contain the state-of-the-art report, case studies, and best practices, as well as practical guidance and recommendations for educators and volunteers.

Situation-Based Simulation Training

In the COPE project, Situation-Based Simulation Training (SBST) is a training approach that aims to **replicate real-world scenarios in a controlled environment** to help individuals, such as educators and volunteers, develop their skills and knowledge in working with traumatised learners.

The SBST training format involves placing individuals in **simulated situations that are similar to the ones they would encounter in their actual job roles**. Participants are expected to respond to the situation as they would in real life, and they receive immediate feedback on their performance to identify strengths and weaknesses and improve their skills accordingly.

SBST is often used as a complement to traditional training methods, providing a safe environment for individuals to practice and learn without the fear of making mistakes that could have serious consequences in real-life situations.

The objective of the SBST training format in the COPE project is to equip educators and volunteers with the necessary knowledge, skills, and resources to effectively support traumatised learners.

Training Format

The training format is a comprehensive curriculum designed to train adult educators and volunteers through **situation-based simulation training (SBST)** for critical situations with traumatized learners. It aims to replicate real-world scenarios in a controlled environment to help individuals develop their skills and knowledge in handling complex and critical situations effectively, safely, and confidently .

Based on the **findings and needs assessment report of WP2**, the development of the SBST training format will start. Next, a training curriculum which will cover both theoretical and practical components, providing educators with a strong foundation of knowledge and skills required to work effectively with traumatized refugees . Simulation scenarios are created, reflecting the challenges and situations faced by educators. These **scenarios are designed to be as realistic as possible** and allow educators to practice their skills in a safe and controlled environment .

In addition, a **facilitator guide** is developed to provide instructions on how to set up and run the simulation scenarios, provide feedback to participants, and conduct debriefing sessions. A **participant manual** is also created, which includes information on the learning objectives, theoretical content, and practical exercises of the SBST training format. This manual serves as a reference guide for participants during the training and provides them with resources to support their ongoing learning.

Finally, the training format is published as a training kit with an ISBN, making it accessible to a wider audience.

E-learning Tool

The e-learning platform is an online platform that allows learners to access course content, participate in interactive activities, and communicate with instructors and other learners. The platform is designed to be flexible, accessible, and user-friendly, providing a personalized learning experience.

The creation of the e-learning platform is part of Work Package 4. The main objective is to **transform the situation-based simulation training (SBST) format (WP 3) into an e-learning course.**

The creation of the e-learning platform involves several components, including:

- **Multimedia Content:** The platform will include video lectures, animations, interactive simulations, case studies, and other multimedia elements that support the learning objectives.
- **Learning Activities and Assessments:** The platform will provide quizzes, assignments, discussion forums, and other activities to help learners practice and apply their skills and knowledge. It will also include open badges to confirm specific skills.
- **Technical Infrastructure:** This includes the learning management system (LMS) used to deliver the course, as well as any other technical infrastructure required to support the course, such as video hosting platforms, online forums, and other web-based tools in Moodle format.
- **Instructor Materials:** Guides, facilitation tips, and other resources will be provided to help educators effectively support learners.
- **Learner Support Materials:** Learner guides, FAQs, and other resources will be created to help learners navigate the course and troubleshoot any technical or content-related issues.

Tasks Betania

Betania from Spain has the following tasks in the project:

1. Leading the work on Work Package 4 (WP4) - E-Learning Platform: Betania will be responsible for creating the e-learning courses and developing the technical infrastructure for the platform. They will also host the e-learning course on their servers and provide guidance for the training courses and the development of WP3.

2. Creating the project website: Betania will create the project website, which will embed the e-learning course and all other project results. The website will serve as a central hub for accessing project information and resources 9.

3. Active involvement in creating the awareness campaign: Betania will actively participate in creating the awareness campaign for the project. **They will contribute to the development of campaign messaging, logos, materials, slogans, and stakeholder maps .**

4. Coordination and organization of **local multiplier events:** Betania will organize local pilot events to promote and disseminate the e-learning course in their local context. These events will help extend the impact of the project and raise awareness about the topic.

Overall, Betania will play a significant role in the development and implementation of the e-learning platform, as well as in the dissemination and promotion of the project's results.

Tasks SNDE

- Co-leading Work Package 3 (WP3) on creating the training format: SNDE is responsible for co-leading the development of the training format for adult educators and volunteers. They will contribute their expertise and experience in working with marginalized individuals to ensure the training is effective and meets the needs of the target group.
- Hosting the transnational training event: SNDE will coordinate and host a transnational training event where participants from partner organizations will come together to receive training on trauma support. This event will provide an opportunity for sharing knowledge and best practices among the participants.
- Coordinating the creation of infographics: SNDE will work with other partners to create infographics that visually present important information and recommendations related to trauma support. These infographics will be used to raise awareness and provide easily understandable information to a wide audience.
- Extending the campaign onto EPALE: SNDE will play a role in extending the awareness campaign onto EPALE, the European Platform for Adult Learning in Europe. This platform will help to reach a wider audience and disseminate information about trauma support to adult educators and volunteers across Europe.

Tasks CRN

The Comparative Research Network (CRN) leads several tasks and activities within the project. These include:

- Coordinating the project management (Work Package 1): CRN is responsible for managing and coordinating the implementation of the project. They provide guidance and support in all project matters, including communication with the National Agency.
- Co-leading the development of the training format (Work Package 3): CRN, together with SNDE and UNAEDI, leads the development of the training format for adult educators and volunteers. They are involved in all aspects of creating the training curriculum, including needs assessment, module development, facilitator and participant guides, and evaluation tools.
- Hosting the e-Learning platform (Work Package 4): CRN is responsible for hosting the e-Learning platform, which will be used to deliver the training courses (MOODLE). They will ensure the platform is user-friendly and accessible to all participants.
- Conducting the awareness campaign training (Work Package 5): CRN provides the campaign training for the awareness campaign. They will facilitate the co-creation of campaign messaging, logos, materials, and slogans. They will also prepare local campaigns by transferring skills to other partners.

Tasks University Zagreb

The University of Zagreb is responsible for the following tasks in the project:

Work Package 2: Pedagogic and Psychological Guidelines:

1. Co-leading the work package
2. Developing and coordinating the creation of the psychological guidelines.
3. Providing scientific and academic guidance for all work packages.
4. Multiplying the results towards the academic community.

Work Package 3: Training Format:

1. Integrating the results of the psychological guidelines into the training format.
2. Collaborating with educators and other partners to develop the signal graphics.
3. Hosting the transnational meeting for the training format.

1. Work Package 5: Awareness and Outreach:

1. Organizing the final academic conference to present the policy recommendations.
2. Contributing to the stakeholder mapping and extending the campaign beyond existing networks.
3. Multiplying the results towards the academic community.

These tasks highlight the University of Zagreb's role in providing academic expertise, coordinating the development of guidelines, and disseminating project results to the academic community.

Tasks UNAEDI

- UNAEDI will actively work on the development and implementation of the training format for adult educators and volunteers. They will contribute to the creation of the module and simulation-based training curriculum, facilitators and participants guides, and evaluation system. UNAEDI will also be responsible for organizing local pilot and multiplication workshops and providing structured feedback.
- UNAEDI will integrate the results of WP2 into the work of Work Package 3.
- Supporting the Campaign Co-Creation Training (Staff): UNAEDI will co-lead this training event, which aims to co-create the campaign messaging, logos, materials, slogans, and stakeholder map. The training will also involve preparing local campaigns and transferring skills to other partners.
- Connecting the project to refugees and adult educators from Ukraine: UNAEDI will play a crucial role in establishing connections with refugees and adult educators from Ukraine, who are currently living in the EU.

Overall, UNAEDI's tasks and activities in the project focus on the development and implementation of the training format, contributing to meetings and trainings, and connecting the project to the Ukrainian context and stakeholders

Tasks Istituto dell'Approccio Centrato sulla Persona (IACP)

- IACP will co-lead Work Package 2 (WP2) along with the University of Zagreb. This work package focuses on creating the pedagogic and psychological guidelines. IACP will contribute to the development of these guidelines and provide scientific and academic guidance for all work packages.
- IACP will co-lead Work Package 5 (WP5) with UNAEDI on awareness and outreach. This includes coordinating and upscaling the awareness campaign on a European level. IACP will also promote the project and its results to its extensive stakeholder network.
- Promoting the project and its results to its extensive stakeholder network.
- Hosting the final multiplier conference in Italy, where the policy recommendations will be presented.
- Coordinating and upscaling the campaign on a European level.

Zeitachse Lorem Ipsum

