Newsletter #1
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Welcome to our first newsletter

The “CPR unLMTD” project aims to improve the implementation of CPR (cardiopulmonary resuscitation) training in schools by addressing key barriers such as limited resources, teachers’ self-confidence, and intercultural challenges. The project has three main objectives: to develop a practical framework for school-based CPR training, overcome intercultural obstacles, and create a multiplier effect extending CPR awareness from students to the wider community.

The project launches with successful kickoff meeting in Wroclaw!

The CPR UnLMTD project has officially launched, marking an exciting start to an ambitious international initiative aimed at redefining teaching and learning standards across Europe. On June 16–17, 2025, project partners across Belgium, Cyprus, Greece, Poland, and New Zealand met in Wroclaw, Poland, for the first Transnational Project Meeting. Hosted by the University of Wroclaw. The event was a resounding success, fostering strong collaboration and setting a solid foundation for the work ahead. Over the course of the two-day meeting, participants engaged in a series of interactive workshops and planning sessions. Together, they mapped out the project’s next key steps and began shaping the framework for innovative pedagogical approaches that CPR UnLMTD seeks to deliver.

Focus groups in Cyprus to map the local needs in CPR

On 5 March 2026, INQUIRY FUSE partnered with Gymnasio Latsion to conduct two (2) focus groups with teachers and students, aiming to explore their needs and expectations for CPR education in Cypriot schools. During the focus groups, 5 teachers and 22 students were reached.

The discussions highlighted that while both students and teachers recognize CPR as a vital life-saving skill, gaps remain in confidence, practical training, and formal implementation. Students expressed a strong interest in learning CPR but often lack hands-on experience and confidence, underscoring the need for interactive methods, regular practice, and motivational strategies. Teachers pointed to the absence of a structured curriculum, limited preparedness, and resource constraints, emphasizing the value of formal programs, blended teaching approaches, and expert support.

Both groups agreed that effective CPR education requires repeated, practical training, attention to emotional and cultural factors, and inclusive, confidence-building strategies, reinforced by clear policies, trained staff, and sustainable resources.

Focus groups in Greece, New Zealand, Belgium and Poland

Across Greece, Poland, New Zealand, and Belgium, the CPRUnLMTD focus groups highlight a shared message: CPR education in schools is essential but remains inconsistent, under-resourced, and often reliant on individual initiative rather than structured curricula.

Teachers point to limited training, confidence, and resources as key barriers, while students consistently call for hands-on, practical, and engaging learning that builds real-life readiness. Across all countries, participants emphasise the emotional dimension of CPR learning—balancing fear and responsibility with a strong desire to help—while agreeing that CPR should become a structured, repeated, and inclusive part of school education that builds both life-saving skills and confidence.

Next steps

Building on WP2, which identified needs, barriers, and good practices in CPR education across participating schools, WP3 focuses on translating these findings into action through the co-creation of accessible, context-specific learning activities

This phase moves from preparation (development of a co-creation guide and planning at the transnational meeting in Belgium) to implementation in each country, where pupils and teachers collaboratively design, test, evaluate, and refine CPR training materials, creating a shared toolkit presented at national multiplier events.

Looking ahead: from awareness to action

CPRUnLMTD is moving from understanding needs to creating real educational change in schools across Europe and beyond. Through collaboration between teachers, students, and partners, the project is transforming CPR education into practical and context-sensitive learning experiences that can be integrated into everyday school life.

Contact us for more:

If you are interested to find out more about our project visit our website and follow us on social media:

https://cprunlmtd.eu/

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