1st Press Release

March 2026

CPRunLMTD Project takes action to improve CPR Training in Schools

The *CPRunlmtd project (Teaching & Training CPR atschool with limited resources)* is a progressive Erasmus+ initiative launched in May 2025 and running until October 2027. It 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 is co-funded by the European Union through the Erasmus+ Programme under the KA220-SCH Cooperation Partnerships in School Education action. CPR unLMTD brings together a multidisciplinary consortium of eight partners from five countries. The project is coordinated by Vrije Universiteit Brussel (Belgium) and includes GO! Atheneum Leuven (Belgium), INQUIRY FUSE LTD (Cyprus), Gymnasio Latsion (Cyprus), Akademia Wychowania Fizycznego we Wrocławiu (Poland), Publiczna Szkoła Podstawowa nr 3 im. Jana Pawła II w Obornikach Śląskich (Poland), Tifany's Lab (Greece), and the University of Otago (New Zealand). Together, the partners combine expertise in education, health promotion, CPR training, research, and community engagement to develop accessible approaches to CPR education in schools.

The main objective of the project is to create **a practical framework that enables schools to deliver effective CPR training even when resources are limited**. In addition, the project seeks to identify and address intercultural barriers that may influence attitudes towards CPR learning and emergency response. A further objective is to create a multiplier effect whereby students transfer their newly acquired CPR knowledge and skills to their families, friends, and wider communities, thereby increasing public awareness and preparedness.

The project's main target groups include primary and lower secondary school teachers, students and relatives and the wider community around the school, including sport and youth organizations.

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A successful Kick-Off Meeting was held in Poland, on 16th of June 2025, where partners from Greece, Cyprus, Poland, Belgium, and New Zealand came together to plan the project's next steps. The next in-person meeting will be held in Brussels & Leuven, Belgium on 21–23 April 2026, hosted by the Vrije Universiteit Brussel.

Moreover, during March 2026 focus groups were held across all participating countries where students and teachers highlighted a strong need for structured CPR education in schools, with many teachers reporting limited confidence in teaching CPR due to lack of training, time, and resources, while students benefit most from hands-on practice, repetition, and visual or practical demonstrations to build real competence.

The focus groups also showed that participants value CPR as a life-saving skill but emphasize barriers such as limited curriculum time, insufficient equipment, emotional stress during emergencies, and the importance of inclusive, culturally sensitive and repeated training supported by clear guidance and external expertise.

To explore the findings and progress of the project, join the CPRunlmtd community, or visit the official CPRunlmtd channels:

- Official Website: www.cprunlmtd.eu
- Facebook: https://www.facebook.com/CPRunlmtd
- Instagram: https://www.instagram.com/cprunlmtd/

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