



Finansowane przez
Unię Europejską
Funded by
the European Union

Stress-Resistants. Preventing professional burnout of Firefighters

Project evaluation

The project was very beneficial for our students in terms of its focus and execution. The partners in the project brought a novel way of looking at the area of stress and the importance of preventing burnout among firefighters. Awareness of the aspects of this issue and the non-transferable experience they experienced during the project will definitely help the students in their further professional and personal life. The outputs created as part of the project will be very useful in school teaching for future generations of pupils. The project also motivated the students in a great way, as well as the experts involved, to follow their field of expertise also abroad and to be able to use interesting topics for further activities in the future. Experiences in the context of cultural diversity were also enriching.

The students were excited about the opportunity to participate in such a well-thought-out project. They agreed that although they had learned about the topic at school, the project made them realize the real side of the impact of stress and burnout on a much more visceral level.

Experts involved in the project from the Czech side agreed that the thematic focus of the project is very important, although it is often underestimated. That is why they acknowledge its existence and method of implementation.

The partners in the project are highly professional and very reliable, their interest in the given area is sincere and we greatly appreciate the possibility of mutual cooperation. Personally, I greatly appreciate that our partners not only tried to fulfill the project's goals at the highest level, but also always brought something extra on a human level as well.

The only negatives of the project were the occasional complications when conducting international transactions and also the limited capacity of the project participants - such a beneficial project would deserve to be experienced by as many students as possible. That is why we hope that the cooperation with our partners on similar projects will be able to continue in the coming years and that more and more students will be able to benefit from it.

Karolina Grofova

Project coordinator

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