

## Stress on Ship

539223-LLP-1-2013-1-IT-LEONARDO-LMP

<http://www.adam-europe.eu/adam/project/view.htm?prj=11459>

## Project Information

Title: Stress on Ship  
 Project Number: 539223-LLP-1-2013-1-IT-LEONARDO-LMP  
 Year: 2013  
 Project Type: Development of Innovation  
 Status: running  
 Country: EU-Centralised Projects

**Marketing Text:** The project has an innovative character with its goal to develop a training programme for stress recognition and management at sea by converging expertises and experiences of maritime institutions at different levels. The result won't be just a theoretical programme: it will be actually verified by those who feel the unease of working on board on merchant ships through an actual application in a training course, followed by a practical testing on board of ships.

The training programme, that will be the main project product, will be designed to be used within the European context of "lifelong learning" by schools and maritime companies, to train students and already-employed staff (as part of in-service training) in order to equip them with necessary qualifications to cope with their own and others' stress.

**Summary:** Actually, the ordinary situation a sea worker is used to live in it's not a comfortable one. No real change between workplace and home. There's one name for both: ship. A small place floating, most of the time, in the middle of an infinity of nothing. There the maritime worker is. There he has to stay, at least until the end of the trip. And in the ship he is plunged in a babel of people, with different habits and languages. Put in these uncomfortable e psychologically pressing condition, the sea worker, especially when high-ranked as the officers, bears on his shoulders the responsibilities for high-value goods, people's lives, and for the ship itself. He should be able to manage at the same time the complex and delicate mechanism called "ship", with everything it carries, and the personnel under his responsibilities. He tries to perform in environment and conditions that ease the uprising of stress statuses. And stress is his enemy number one: when it raises, if not kept under control, it lowers and deteriorates attention, concentration, awareness, management skills, care for safety. Not by case, statistics and studies by major maritime international institutions recognize in this kind of "human element" the cause of most of the accidents at sea, but not only. It is also one of the main reasons for sea professionals to early quit their career, depleting the entire sector of valiant human resources, and preventing the maritime entrepreneurs to make long-term investments on reliable professionals. With "reliable" meant as being able to check and recognize, in himself and in the others, arising stress statutes, and having tools to manage and solve them in time. Summarizing: S.O.S. project aims to create such tools as a targeted training programme.

**Description:** Seafaring secondary schools, universities, academies, training centers across Europe want to ensure that the maritime students and employees are aware of the security of international rules, will not know until the most microscopic detail all the technical terms about the menu, the severity of the motor, load, ship-specific nomenclature and language, radar, communications, security, port procedures, and so on. The whole educational system to students and seafarers of all ranks, in all countries, supplying a huge range of opportunity to learn about high performance working on board. But no education everywhere is structurally dedicated to teach how to check the resulting stress and face it. Many studies have been developed on around the world, but despite a number of institutional recommendations, they have never been changed to a specific training program. The idea is to put together this huge scientific and academic excellence, the main European academic experiences and studies on the subject, and the major actors and stakeholders in the sector. Such an association must be made to build, 30 months, new training maritime students and employees. aim of the training program

## Project Information

is to give them the tools to recognize stress caused and to manage it, to avoid the bad effects of functioning of normal work. Programme tested in a small pilot group of maritime students and maritime workers, which will then be monitored work on a ship.

So, at the end of the project, marine schools, universities, academies, training centers, shipping companies and all end-users of maritime students and employees, has been tested and quality-assessed new training program to meet the leader in on demand Maybe more conductive than those associated with all other technical topic: Demand for the crew on board except skilled in their specific tasks, but also the ability to control, tame and manage their own "human factor" when it comes to threaten the safety, effectiveness and careers.

Themes: \*\*\* Lifelong learning  
\*\*\* Higher education  
\*\* Continuous training  
\* Intercultural learning

Sectors: \*\*\* Education  
\*\* Human Health and Social Work Activities  
\* Transportation and Storage

Product Types: website  
program or curricula  
teaching material  
evaluation methods  
modules

Product information: S.O.S. project is planned to release several products, all supporting the main one: a targeted and actually tested training programme on stress recognition and management on board ships.

Projecthomepage: [www.sosproject.net](http://www.sosproject.net)

## Project Contractor

Name: Fondazione Accademia Italiana della Marina Mercantile  
City: Genoa  
Country/Region: Liguria  
Country: IT-Italy  
Organization Type: university/Fachhochschule/academy  
Homepage: <http://www.accademiamarinamercantile.it>

## Contact Person

Name: Davide Stasi  
Address:  
City:  
Country: IT-Italy  
Telephone: 010 3622472  
Fax: 010 3705599  
E-mail: [stasi.d@accademiamarinamercantile.it](mailto:stasi.d@accademiamarinamercantile.it)  
Homepage:

## Coordinator

Name: Fondazione Accademia Italiana della Marina Mercantile  
City: Genoa  
Country/Region: Liguria  
Country: IT-Italy  
Organization Type: university/Fachhochschule/academy  
Homepage: <http://www.accademiamarinamercantile.it>

## Contact Person

Name: Davide Stasi  
Address:  
City:  
Country: IT-Italy  
Telephone: 010 3622472  
Fax: 010 3705599  
E-mail: [stasi.d@accademiamarinamercantile.it](mailto:stasi.d@accademiamarinamercantile.it)  
Homepage:

---

## Partner

### Partner 1

Name: Piri Reis Üniversitesi  
City: [www.pirireis.edu.tr](http://www.pirireis.edu.tr)  
Country/Region: Istanbul  
Country: TR-Turkey  
Organization Type: National Agency  
Homepage:

### Partner 2

Name: Akademia Morska w Szczecinie  
City: Szczecin  
Country/Region: Zachodniopomorskie  
Country: PL-Poland  
Organization Type: National Agency  
Homepage: <http://www.am.szczecin.pl>

### Partner 3

Name: Turun yliopiston merenkulkualan koulutus- ja tutkimuskeskus  
City: Turku  
Country/Region: Länsi Suomi  
Country: FI-Finland  
Organization Type: National Agency  
Homepage: <http://mkk.utu.fi/en/>

### Partner 4

Name: Klaipdos Universitetas  
City: Klaipeda  
Country/Region: Lietuva  
Country: LT-Lithuania  
Organization Type: National Agency  
Homepage: <http://www.ku.lt>

## Partner

### Partner 5

Name: Chalmers University of Technology  
City: Gothenburg  
Country/Region: Västsverige  
Country: SE-Sweden  
Organization Type: National Agency  
Homepage: <http://www.chalmers.se>

### Partner 6

Name: Istituto Tecnico dei Trasporti e Logistica Nautico San Giorgio  
City: Genoa  
Country/Region: Liguria  
Country: IT-Italy  
Organization Type: others  
Homepage: <http://www.itnautico.it>

## Products

- 1 S.O.S. project website
- 2 Quality reports
- 3 S.O.S. training programme
- 4 S.O.S. training programme theoretical testing
- 5 S.O.S. progress report

---

## Product 'S.O.S. project website'

Title: S.O.S. project website

Product Type: website

Marketing Text: Institutional project's website, at the address: <http://www.sosproject.net>

Description: A website summarizing project's rationale, aims, partnership, proceedings, partners meeting, and valorization activities (dissemination and exploitation).

Under project coordinator's decision, shared and agreed by partners, the website has been dedicated to the memory of Mr. Sedat Guneyparlak (17/11/1962 – 25/03/2013), Turkish Ministry of Education officer, European project planner and teacher, who had the first S.O.S. project idea, died before seeing its idea developed and approved.

Target group: The whole public audience, with special regard to those interested in seafaring issues.

Result: <http://www.sosproject.net>

Area of application: Internet

Homepage: <http://www.sosproject.net>

Product Languages: English

## Product 'Quality reports'

Title: Quality reports

Product Type: transparency and certification

Marketing Text: During the project's process, three quality assessment phases took place, performed by external experts.  
Two of them have been about S.O.S. training programme contents, certifying the correctness of procedures followed by consortium and the effectiveness of the developed contents.  
The third quality assessment check has been about the project management, on the operational and financial point of view.

Description: After the first training programme drafting phase, an external expert analyzed the goals reached and released an evaluation with suggestions for improvement and development, to be taken into consideration by consortium for the second (and final) drafting phase.  
Before releasing the final S.O.S. training programme version, a quality assessment report has been released by another external expert, with suggestion to perfect the final result.  
At the middle of the project's process, an external expert analyzed the operational and financial project management, releasing a targeted report with some hints to improve it.

Target group: Internal: consortium's members.

Result: First quality assessment report: "Report on a quality assessment audit of the project Stress on Ships (S.O.S.) within the Lifelong Learning Programme of the European Union", by Mr. Erland Svensson (SW), released 25th July 2014.

Second quality assessment: "Report of the quality assessment of THE 'STRESS ON SHIPS' TRAINING PROGRAMME the Lifelong Learning Programme of the European Union", by Mr. Manne Kallio (FI), released 10th April 2015

Third quality assessment report: "Interim quality assessment report of management and financial procedures", by Mr. Massimo Gacci (Open Plan Consulting, IT), released 15th April 2015.

Area of application: Quality assessment.

Homepage:

Product Languages: English

## Product 'S.O.S. training programme'

Title: S.O.S. training programme

Product Type: program or curricula

Marketing Text: The main project's product is the S.O.S. modular training programme on arising stress statuses recognition and management for sailing crews.

Description: The training programme has passed through several drafting phases, all filed by consortium, to show and check the subsequent implementations.

Phases have been marked by some quality assessment check, that released suggestions and hints for further development and implementations.

At the end of the drafting process (April 2015), consortium released the S.O.S. final training programme version, which is structured as follows:

- preamble
- course instructions
- 4 units, each addressed to the 4 main issues related to the stress arising on board ships (MOTIVATION AND GLOBAL PROCESSES for Monotony and boredom; PERSONAL AND INTERCULTURAL INTERACTIONS for Intercultural differences, on board personal conflicts; SELF AWARENESS AND MANAGEMENT for fatigue with its phenomenologies and possible negative courses; HAVING A STANDING: AWARENESS OF ROLE AND SELF CONTROL for home/shore sickness).

Each unit is structured as follows:

- Introduction
- Knowledges and skills
- Intended learning outcomes
- Subjects
- Bibliography

Target group: Until the end of the project, the training programme remains unpublished, as it has to pass the testing phase.

Target group at the moment are consortium's members and the testing group members, made of maritime workers (deck-engine officers) and maritime secondary school students. Other target group-users are the associated partners, part of which are shipowners hosting the training programme practical testing.

Result: A 26 pages modular training programme on recognition and management methods of stress arising while working on board ships.

Area of application: Maritime education and training.

Homepage:

Product Languages: English

## Product 'S.O.S. training programme theoretical testing'

Title: S.O.S. training programme theoretical testing

Product Type: teaching material

Marketing Text: The training programme conceived by consortium has been tested through its theoretical delivering to an audience of maritime secondary school students and maritime workers (officers). Feedbacks have been recorded by trainees to check the effects of the teaching on users, but the main check will be the practical testing: when targeted people will be put working on board ships, and monitored to see if they have the chance to use the delivered tools in order to face arising stress statuses.  
The theoretical testing has been performed in Italy, Turkey, Lithuania and Finland. Each produced proofs of their experience: reports and teaching aids will constitute a teaching material of reference, as precedent, for all those who will take the initiative to use or furtherly implement the training programme.

Description: As planned, a theoretical testing has been performed by the Italian partners. A target group made of maritime workers and students has been collected and, after a selection of teachers/trainers, the training programme has been delivered to them.  
Proofs of the experience have been gathered in pictures, videos, teaching aids and materials, reports from teachers and feedback from trainees. Everything has been filed and starting from them a final report on theoretical testing experience has been released.

Target group: Theoretical testing had as target a selected group of maritime secondary school students and workers (with the rank of officers, from deck and engine section).  
Secondary target group is the consortium's members, who are called to evaluate the effectiveness of the training programme also on the basis of the theoretical testing outcomes.  
Still, shipping companies, which will host the trainees for the practical testing, are part, even if indirectly, of the target group.

Result: A 14 hours session, divided in three phases (4 hours, 4 hours, 6 hours), of theoretical delivering of the training programme contents.  
As a by-result, Grandi Navi Veloci shipping company, which assisted as listener to the testing, asked a repetition of the experience for their officers in charge.

Area of application: Maritime education and training.

Homepage: <https://youtu.be/-JAYZ1V3GWc>

Product Languages: English

## Product 'S.O.S. progress report'

Title: S.O.S. progress report

Product Type: others

Marketing Text: S.O.S. progress report, released May 2015.

Description:

Target group:

Result:

Area of application:

Homepage:

Product Languages: English

### product files

01.1\_public\_part\_SOS.StressOnShips.pdf

[http://www.adam-europe.eu/prj/11459/prd/5/1/01.1\\_public\\_part\\_SOS.StressOnShips.pdf](http://www.adam-europe.eu/prj/11459/prd/5/1/01.1_public_part_SOS.StressOnShips.pdf)  
S.O.S. progress report public part