

Antistress

LLP-LdV-TOI-2009-HU-003

<http://www.adam-europe.eu/adam/project/view.htm?prj=5316>

Projektinformationen

Titel: Antistress

Projektnummer: LLP-LdV-TOI-2009-HU-003

Jahr: 2009

Projekttyp: Innovationstransfer

Status: abgeschlossen

Land: HU-Ungarn

Marketing Text: In der heutigen beschleunigten Welt, eine negative Veränderung der wirtschaftlichen Bedingungen, Arbeitsplatzunsicherheit, die unglückliche Folge des steigenden Erwartungen von Stress und stressbedingten Krankheiten.
Wir müssen lernen, damit zu leben? Nein! Stress ist nicht nur handlich, sondern auch zu einem Problem zu behandeln.
Die Teilnehmern dem Projekt die bulgarische, ungarische und slowakische Institutionen einer Arbeit in Griechenland hat bewehrentest als Stress Anpassung des Trainingsprogramms behandeln umgesetzt werden.
Das Hauptziel des Projekts, die Lehrer den Stress Management Techniken und durch die kleine und mittlere Managers und Entscheidungs des Unternehmers. Das Erträgniss des Projekts ist ein großer Teil in dem Alltag der Menschen eine positive Wirkung haben.

Zusammenfassung: In summer 2008, major economic changes emerged in every part of counties of EU, which concerned every actor of the economy in a negative sense. The changes concerned every economic sector, moreover, a great number of experts seek solutions and exit from this crisis. Stress is getting a more and more important workrelated risk, as new work organization is applied and as we are moving towards a knowledgebased economy. Prevention of work stress is among the priorities of the European Commission as stated in the Health and Safety policy published in March 2002. European Agency of Health and Safety at work devoted last year a European week and an information campaign with the slogan "Working on Stress". Furthermore, stress is perhaps the main obstacle to learning process in education and training as well as in non formal and informal training, including training in the workplace and the reason for many dropouts. In this context, prevention of stress is of high relevance to quality of the learning processes in formal, non formal, informal vocational training and in the workplace with a view to increase motivation, create appropriate environments to facilitate continuing learning and allow effective use of resources. In this framework the project SPAT (Stress Prevention Activities Training) principal objectives are:

- to transfer to Hungary, Bulgaria, Slovakia
- adopting and localization of previous project result to promote effective risk assessment and prevention of workrelated stress and training related stress
- to raise awareness on the importance of preventing actions
- to involve all the interested parties

SPAT project addresses to:

- trainers
- SMES

Products of the project are a trainers guide, a training curriculum and training material in Hungarian, Slovak, Bulgarian language. The pilot testing phase of the project includes the organization of a training of trainers seminar and training in the workplace in selected enterprises or training centres in Hungary, Slovakia, Bulgaria. Intangible product are upgraded HR of SMES. The impact will be increase in competitive advantage and growth of SMES their adaptation in the new organizational requirements, the improvement of entrepreneurship and f new relation between SMES and EU economic environmental.

Projektinformationen

Beschreibung: The main objective of the project is to enhance effective risk-assessment, prevention of work-related stress for employees, managers and trainers, raise awareness about the importance of prevention-activities and provide support for managers and employees of small and medium enterprises. Primary target groups of the program are the managers and employees of small and medium enterprises, trainers and organizational psychologists.

Themen: *** Lebenslanges Lernen
*** Unternehmen, KMU

Sektoren: *** Erziehung und Unterricht
*** Land- und Forstwirtschaft, Fischerei

Produkt Typen: Evaluierungsmethoden
Verbreitungsmethoden
Beschreibung neuer Berufsprofile
CD-ROM
Fernlehre
Module
Unterlagen für offenen Unterricht
andere
Verfahren zur Analyse und Prognose des Berufsbildungsbedarfes
Programme/Curricula
Lehrmaterial
Transparenz und Zertifizierung
Homepage

Produktinformation: -handbook
-CD-ROM
-trainers guide
-case studies
-role playing games

Projektwebseite: www.stress-management.hu

Vertragnehmer

Name: Agricultural Chamber of Bacs-Kiskun County
Stadt: Kecskemet
Land/Region: Közép-Magyarország
Land: HU-Ungarn
Organisationstyp: National Agency
Homepage: <http://www.bacsmagrarkamara.hu>

Kontaktperson

Name: Orsolya Dene
Adresse: Tatársor 6
Stadt: Kecskemet
Land: HU-Ungarn
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Fax: +36-76-481-035
E-Mail: deneorsolya@homokhatsag.hu
Homepage: <http://www.bacsmagrarkamara.hu>

Koordinator

Name: Tempus Közalapítvány
Stadt: Budapest
Land/Region: Közép-Magyarország
Land: HU-Ungarn
Organisationstyp: National Agency
Homepage: <http://tka.hu>

Kontaktperson

Name:
Adresse:
Stadt:
Land:
Telefon:
Fax:
E-Mail:
Homepage:

Partner

Partner 1

Name: Kecskemeti Regionális Kézso Kozpont
Stadt: Kecskemet
Land/Region: Dél-Alföld
Land: HU-Ungarn
Organisationstyp: andere
Homepage: <http://www.krkk.hu>

Partner 2

Name: Trebag Property and Projectmanagement Ltd
Stadt: Nagykovacsi
Land/Region: Közép-Magyarország
Land: HU-Ungarn
Organisationstyp: KMU - Klein- und Mittelunternehmen (bis zu 250 Mitarbeiter)
Homepage: <http://www.netcall36.hu>

Partner 3

Name: MASTERS AND MATES UNION OF GREEK MERCHANT MARINE
Stadt: Pireus
Land/Region: Attiki
Land: EL-Griechenland
Organisationstyp: Gewerkschaftsorganisation
Homepage: <http://www.pepen.gr>

Partner 4

Name: IDEC SA
Stadt: Pireus
Land/Region: Attiki
Land: EL-Griechenland
Organisationstyp: andere
Homepage: <http://www.idec.gr>

Partner

Partner 5

Name: Technical University of Kosice
Stadt: Kosice
Land/Region: Východné Slovensko
Land: SK-Slowakei
Organisationstyp: Universität/Fachhochschule/Akademie
Homepage: <http://www.tuke.sk>

Partner 6

Name: Technical University of Varna
Stadt: varna
Land/Region: Severoiztochen
Land: BG-Bulgarien
Organisationstyp: Universität/Fachhochschule/Akademie
Homepage: <http://www.tu-varna.bg>

Projektdateien

1st PMC.doc

<http://www.adam-europe.eu/prj/5316/prj/1st%20PMC.doc>

Agenda - Kick-off meeting

agenda - 2nd meeting.doc

<http://www.adam-europe.eu/prj/5316/prj/agenda%20-%202nd%20meeting.doc>

2nd partner meeting in Varna

SPAT project-Minutes 28-29 Jan 2010.doc

<http://www.adam-europe.eu/prj/5316/prj/SPAT%20project-Minutes%2028-29%20Jan%202010.doc>

SPAT questionnaire-employees Febr 2010_final.doc

http://www.adam-europe.eu/prj/5316/prj/SPAT%20questionnaire-employees%20Febr%202010_final.doc

SPAT questionnaire-managers Febr 2010_final.doc

http://www.adam-europe.eu/prj/5316/prj/SPAT%20questionnaire-managers%20Febr%202010_final.doc

Produkte

- 1 newsletter no.1-En
- 2 Summary of survey-Hu
- 3 National trainers guide-Hu
- 4 Realization of trainers training-En
- 5 Report of evaluation of trainings training
- 6 20 news case studies-En
- 7 translated case studies-Hu
- 8 partners contracts
- 9 1st half year management report
- 10 2nd half year management report
- 11 interim report
- 12 report of 1th meeting evaluation
- 13 report of 1th wp evaluation
- 14 report of 2nd meeting evaluation
- 15 report of 2nd wp evaluation
- 16 domain registration
- 17 project EN web page
- 18 project web page in different languages-Hu
- 19 brochures in different languages-Hu
- 20 publishing articles-Hu
- 21 interview on TV
- 22 Summary of survey-Sk
- 23 Summary of survey-Bg
- 24 Summary of survey-En
- 25 National trainers guide-Bg
- 26 National trainers guide-Sk
- 27 Realization of trainers training-Hu
- 28 translated case studies-Bg

Produkte

- 29 translated case studies-Sk
- 30 translated case studies-EI
- 31 project web page in different lauguages-Sk
- 32 project web page in different lauguages-Bg
- 33 project web page in different lauguages-EI
- 34 brochures in different lauguages-Bg
- 35 brochures in different lauguages-Sk
- 36 brochures in different lauguages-EI
- 37 publishing articles-Bg
- 38 publishing articles-Sk
- 39 publishing articles-EI
- 40 newsletter no.1-Hu
- 41 newsletter no.1-Bg
- 42 newsletter no.1-Sk
- 43 newsletter no.1-EI
- 44 newsletter no. 2 - HU
- 45 newsletter no. 3 - HU
- 46 newsletter no. 4 - HU

Produkt 'newsletter no.1-En'

Titel: newsletter no.1-En

Produkttyp: andere

Marketing Text:

Beschreibung: Newsletter on the actual recent information concerning the project

Zielgruppe: everybody

Resultat: The newsletter has been disseminated in electronic format, using the national language in each country; it has been sent to institutions providing training, to decision makers and organisations representing the interests of SMEs.

Anwendungsbereich: The newsletter makes it possible to present the actual situation of the project, and to call the attention upon the opportunity for participating in the project not just on the internet, but also at various events.

Homepage: <http://stress-management.hu/main.php?menu=5&almenu=5>

Produktsprachen: Englisch

product files

newsletter1_eng.pdf

http://www.adam-europe.eu/prj/5316/prd/1/1/newsletter1_eng.pdf

Produkt 'Summary of survey-Hu'

Titel: Summary of survey-Hu

Produkttyp: Evaluierungsmethoden

Marketing Text: The main objective of the project is to enhance effective risk-assessment, prevention of work related stress for employees, managers and trainers, raise awareness about the importance of prevention-activities and provide support for managers and employees of small and medium enterprises. Primary target groups of the program are the managers and employees of small and medium enterprises, trainers and organizational psychologist.

Beschreibung: Gathering information to assess the situation with regard to stress in the different countries

Zielgruppe: Small and medium size companies both in Hungary, in Bulgaria and in Slovakia

Resultat: The international sample of 176 individuals was chosen in order to represent the particular area and client network of the partners on the greatest scale, thus this pre-concept in the selection method determines our outcomes as well. The questionnaires were analyzed by 17.0 version of SPSS program.
Among the sectors of the companies, it was possible for the respondents to mark more than one sector in the questionnaire. Thus companies in our sample belong to four bigger sectors: education (42 companies), services (42 companies), agriculture (26 companies) and commerce (21 companies)
A majority, around 65% of the companies in our sample are present on the market for more than 10 years. The sizes of the companies on the other hand vary on a large scale.
The individuals who filled in our questionnaires were mostly employed as lower managers, Only 48 people filled in the questionnaire for managers, 128 people filled in the one for employees.
Regarding the qualifications, almost 2/3 of our sample has at least one university degree, and around 1/3 has secondary school qualification. Only a very small number of the respondents claimed to have a primary school level of qualification.
The distribution of the personal data regarding the sex, age and time spent at the company is even in our sample, there are no outstanding groups represented.

Anwendungsbereich: The SPA project training material – which serves as the basis for adaptation – can only be adapted if we make a survey to assess the situation of the target groups in the participating countries as well as their expectations with regard to the possibilities offered to them. It was for this reason that – building upon the questionnaires that had been used in the course of the assessments within the SPA project – but at the same time updating and making them more actual – new questionnaires have been elaborated for the managers as well as for the employees of the SMEs. It was our objective to have at least 50 completed questionnaires available in each partner country respectively. Through the analysis and evaluation of these questionnaires the relevant information has been gathered, on the basis of which the specific background of the training material in that particular country could be developed.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

product files

product files

needs_an_hungary.pdf

http://www.adam-europe.eu/prj/5316/prd/3/1/needs_an_hungary.pdf

Produkt 'National trainers guide-Hu'

Titel: National trainers guide-Hu

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: The objective of the Guide is to provide the trainers guidance for the best possible use of the SPAT stress management methodology, didactic tools and materials that have been developed by an international cooperation for the special purposes of the SPAT project. The aim is to facilitate the development of the knowledge and skills of the participants in connection with the stress related risk assessment

Zielgruppe: small and medium-size companies
trainers
applied psychology

Resultat: As a supplement to the original trainers' guide a chapter on methodology has been added to the guide, the basis of which has been created by the 20 newly conducted case studies. In the adapted version of the trainers' guide only the Chapters 1 -3 of the original guide have been retained (some minor amendments have been made even in these chapters), whereas the other Chapters 4 -8 can be regarded as added values.

Anwendungsbereich: 45-50 pages in the different language included 2 case studies

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'Realization of trainers training-En'

Titel: Realization of trainers training-En

Produkttyp: Programme/Curricula

Marketing Text:

Beschreibung: 2 days training for the new trainers in the given countries, questionnaire-based survey among the trainers about the training

Zielgruppe: trainers of training institutions, future trainers

Resultat: Transfer of personal experience in the frame of the trainer training.
In Kecskemét – Hungary, 27-28/5/2010, 19 participants,
in Košice – Slovakia, 31/5 - 1/6 2010, 5 participant,
in Varna – Bulgaria, 14 - 15/6/2010, 11 participants.

Anwendungsbereich: The aim of this course is to develop the participants' knowledge and skills in recognizing the indicators of work-related stress, in assessing stress-related risks and in identifying and tackling the structural problems that cause stress in working life.

After training participants are expected to:

- recognise what work-related stress is
- understand its effects
- assess stress-related risks
- introduce measures to prevent work-related stress
- solve work-stress related problems
- take actions to manage work-related stress
- promote well-being at work

By investing in stress management, a great deal can be done to prevent and control work-related stress and avoid problems, work-related illnesses and accidents at work. Studies suggest that people with the knowledge and skills to cope with stress are less likely to be absent from work owing to sickness or injury.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'Report of evaluation of trainings training'

Titel: Report of evaluation of trainings training

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: Summary of questionnaires of trainers trainig

Zielgruppe: project partners

Resultat: Transfer of personal experience in the frame of the trainer training.
In Kecskemét – Hungary, 27-28/5/2010, 19 participants,
in Košice – Slovakia, 31/5 - 1/6 2010, 5 participant,
in Varna – Bulgaria, 14 - 15/6/2010, 11 participants.

Anwendungsbereich: facilitated the localization

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt '20 news case studies-En'

Titel: 20 news case studies-En

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: easy to understand case studies supported by clear examples

Zielgruppe: future trainers

Resultat: The methodological part of the case studies is being integrated into the manual, whereas the case studies will be included in the training material prepared for the SMEs.

Anwendungsbereich: Case studies show examples how to manage stress effectively in practice and provide the participants with ideas of how to tackle the stress-related problems in their workplaces or organizations. A case study is used to enhance and make more general the already acquired knowledge and the participants are instructed and guided to assess methods, which were probably not discussed previously in their own workplaces and in organizations. Every countries collect 5 case studies together with the Greek ones - totally 20 case studies -, 3-4 pages/case study. Every countries choose 10 case studies for own trainers guide.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'translated case studies-Hu'

Titel: translated case studies-Hu

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: From among the completed 20 case studies each country has selected for their own purposes 10 case studies, the translation of which has been made in order to provide access to these case studies on the internet and make them available also as part of the adapted trainers' guide in their particular country.

Zielgruppe: future trainers and SME-s

Resultat: The methodological part of the case studies is being integrated into the manual, whereas the case studies will be included in the training material prepared for the SMEs.

Anwendungsbereich: Case studies show examples how to manage stress effectively in practice and provide the participants with ideas of how to tackle the stress-related problems in their workplaces or organizations. A case study is used to enhance and make more general the already acquired knowledge and the participants are instructed and guided to assess methods, which were probably not discussed previously in their own workplaces and in organizations.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'partners contracts'

Titel: partners contracts

Produkttyp: andere

Marketing Text:

Beschreibung: accepted partners contacts

Zielgruppe: project partners

Resultat: The format of the contract suggested by the National Agency has been modified having taken into consideration the specific characteristics of the project. The contract had been sent to the partners, and in most of the cases it was signed personally on the occasion of the kick-off meeting.

Anwendungsbereich: transfer of innovation

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt '1st half year management report'

Titel: 1st half year management report

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: The summary putting the progress of the project on record

Zielgruppe: project partners

Resultat: The tasks – with just one exception – have been fulfilled in accordance with the original time schedule. The tasks earmarked for the first half-year have been time consuming, thus the preparation of the project brochure could not be fit into WP1. The preparation of the brochure is now underway, so that both the translations into the languages of all participating countries and the printing will be completed during the next work programme.
As a conclusion, it can be said that there is no need to make changes in the work of the project management.

Anwendungsbereich: The report serves the purpose of assuring the quality of the project, and by preparing the report the progress of the project can be analysed. In the report it is examined whether the objectives have been achieved, furthermore attention is being called upon delays if there happen to be such.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt '2nd half year management report'

Titel: 2nd half year management report

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: The summary putting the progress of the project on record

Zielgruppe: project partners

Resultat: The tasks have been fulfilled in accordance with the original time schedule. This time the task that we failed to fulfil during the first half-year (brochure) has been completed. There is no task postponed to the third half-year, thus the implementation of the project will go on in accordance with the original time schedule.

Anwendungsbereich: The report serves the purpose of assuring the quality of the project, and by preparing the report the progress of the project can be analysed. In the report it is examined whether the objectives have been achieved, furthermore attention is being called upon delays if there happen to be such.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'interim report'

Titel: interim report

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: the report on the work carried out over the first year of the project implementation

Zielgruppe: project partners, national agency

Resultat:

Anwendungsbereich: it summarises the achievements of the first year that has gone by so far, thereby it provides the justification for continuing implementation

Homepage: www.stress-management.hu

Produktsprachen: Englisch

product files

R17 Interim_Evaluation_Report_SPAT.doc

http://www.adam-europe.eu/prj/5316/prd/12/1/R17%20Interim_Evaluation_Report_SPAT.doc

Produkt 'report of 1th meeting evaluation'

Titel: report of 1th meeting evaluation

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: summary of questionnaires of 1th meeting evaluation

Zielgruppe: project partners

Resultat: The Greek partner – being experienced in projects of innovation transfer, and at the same time being the partner responsible for the quality assurance of our project – carried out the evaluation of the questionnaires, and sent the results to each partner.

Anwendungsbereich: It is on the basis of the information that we have received that we can be sure whether the preparation and the actual implementation of the meeting have been up to the expectations, as well as to be able see what aspects should be given special attention in the course of preparing meetings in the future, in order to avoid accidental mistakes.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'report of 1th wp evaluation'

Titel: report of 1th wp evaluation

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: summary of questionnaires of 1th wp evaluation

Zielgruppe: project partners

Resultat: The Greek partner – being experienced in projects of innovation transfer, and at the same time being the partner responsible for the quality assurance of our project – carried out the evaluation of the questionnaires, and sent the results to each partner.

Anwendungsbereich: Following the completion of the work package it is by summarising the evaluation questionnaires that we can find out whether the tasks specified in that particular wp have been fully carried out, and also what tasks have accidentally been omitted and therefore are to be completed during the next period of work.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'report of 2nd meeting evaluation'

Titel: report of 2nd meeting evaluation

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: summary of questionnaires of 1th meeting evaluation

Zielgruppe: project partners

Resultat: The Greek partner – being experienced in projects of innovation transfer, and at the same time being the partner responsible for the quality assurance of our project – carried out the evaluation of the questionnaires, and sent the results to each partner.

Anwendungsbereich: It is on the basis of the information that we have received that we can be sure whether the preparation and the actual implementation of the meeting have been up to the expectations, as well as to be able see what aspects should be given special attention in the course of preparing meetings in the future, in order to avoid accidental mistakes.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'report of 2nd wp evaluation'

Titel: report of 2nd wp evaluation

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: summary of questionnaires of 2nd wp evaluation

Zielgruppe: project partners

Resultat: Following the completion of the work package it is by summarising the evaluation questionnaires that we can find out whether the tasks specified in that particular wp have been fully carried out, and also what tasks have accidentally been omitted and therefore are to be completed during the next period of work.

Anwendungsbereich: The Greek partner – being experienced in projects of innovation transfer, and at the same time being the partner responsible for the quality assurance of our project – carried out the evaluation of the questionnaires, and sent the results to each partner.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'domain registration'

Titel: domain registration

Produkttyp: Homepage

Marketing Text:

Beschreibung: the first step of creating the homepage

Zielgruppe: everybody

Resultat: website

Anwendungsbereich: It is only after the registration that the homepage of the project can be created. The homepage provides access for everybody to the information concerning the project.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'project EN web page'

Titel: project EN web page

Produkttyp: Homepage

Marketing Text:

Beschreibung: homepage of the project in function

Zielgruppe: everybody

Resultat: Documents prepared in the course of the project are continuously being sent by the project partners, then the documents are uploaded by the experienced master of the system (P2) on a regular basis.

Anwendungsbereich: The homepage of the project has been launched in English, since this is the working language of the project. Thus those who are interested in the project have immediately access to the information available in English.

Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'project web page in different languages-Hu'

Titel: project web page in different languages-Hu

Produkttyp: Homepage

Marketing Text:

Beschreibung: The homepage in function is accessible also in the languages of the partners.

Zielgruppe: everybody

Resultat: Documents prepared in the course of the project are continuously being sent by the project partners, then the documents are uploaded by the experienced master of the system (P2) on a regular basis.

Anwendungsbereich: The homepage is accessible also in the languages of the partners, thus information concerning the project can reach also those who are not English speakers yet interested.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'brochures in different languages-Hu'

Titel: brochures in different languages-Hu

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: brochure providing a general description of the project, presenting the objectives and the participants

Zielgruppe: SME managers, decision makers and senior employees, trainers of training institutions,

Resultat: The publication has been made complete in an elegant, laminated format, the size is A4. The final version was printed in mid-September. Information concerning the pilot training has also been included.

300 pieces in hungarian, 150-150 pieces in the other languages as bulgarian, slovak, greek

????

Anwendungsbereich: To present the objectives and the contact details of the project to as wide an audience as possible. Experiences prove that there is still reason for the existence of the paper format of information materials. The publication is playing an important role in calling attention upon the project.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'publishing articles-Hu'

Titel: publishing articles-Hu

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: promoting the project in the newspaper press

Zielgruppe: everybody

Resultat:

Anwendungsbereich: Newspaper articles offer the widest opportunities to disseminate information on the project, since nowadays not everybody has as yet access to the internet, and publications distributed at events do not reach as many people as newspapers still do.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

product files

G20 HU - Gazdatárs 2010.06.doc

<http://www.adam-europe.eu/prj/5316/prd/21/1/G20%20HU%20-%20Gazdat%C3%A1rs%202010.06.doc>
article about the trainers training in HU

Produkt 'interview on TV'

Titel: interview on TV

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: Presenting the project by television coverage

Zielgruppe: everybody

Resultat:

Anwendungsbereich: Television is the type of media that offers the widest publicity, and because of this reason we want to use this opportunity, too.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'Summary of survey-Sk'

Titel: Summary of survey-Sk

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: Gathering information to assess the situation with regard to stress in the different countries

Zielgruppe: small and medium size companies both in Hungary, in Bulgaria and in Slovakia

Resultat: The international sample of 176 individuals was chosen in order to represent the particular area and client network of the partners on the greatest scale, thus this pre-concept in the selection method determines our outcomes as well. The questionnaires were analyzed by 17.0 version of SPSS program.

Among the sectors of the companies, it was possible for the respondents to mark more than one sector in the questionnaire. Thus companies in our sample belong to four bigger sectors: education (42 companies), services (42 companies), agriculture (26 companies) and commerce (21 companies)

A majority, around 65% of the companies in our sample are present on the market for more than 10 years. The sizes of the companies on the other hand vary on a large scale.

The individuals who filled in our questionnaires were mostly employed as lower managers, Only 48 people filled in the questionnaire for managers, 128 people filled in the one for employees.

Regarding the qualifications, almost 2/3 of our sample has at least one university degree, and around 1/3 has secondary school qualification. Only a very small number of the respondents claimed to have a primary school level of qualification.

The distribution of the personal data regarding the sex, age and time spent at the company is even in our sample, there are no outstanding groups represented.

Anwendungsbereich: The SPA project training material – which serves as the basis for adaptation – can only be adapted if we make a survey to assess the situation of the target groups in the participating countries as well as their expectations with regard to the possibilities offered to them. It was for this reason that – building upon the questionnaires that had been used in the course of the assessments within the SPA project – but at the same time updating and making them more actual – new questionnaires have been elaborated for the managers as well as for the employees of the SMEs. It was our objective to have at least 50 completed questionnaires available in each partner country respectively. Through the analysis and evaluation of these questionnaires the relevant information has been gathered, on the basis of which the specific background of the training material in that particular country could be developed.

Homepage: www.stress-management.hu

Produktsprachen: Slowakisch

Produkt 'Summary of survey-Bg'

Titel: Summary of survey-Bg

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: Gathering information to assess the situation with regard to stress in the different countries

Zielgruppe: small and medium size companies both in Hungary, in Bulgaria and in Slovakia

Resultat: The international sample of 176 individuals was chosen in order to represent the particular area and client network of the partners on the greatest scale, thus this pre-concept in the selection method determines our outcomes as well. The questionnaires were analyzed by 17.0 version of SPSS program.

Among the sectors of the companies, it was possible for the respondents to mark more than one sector in the questionnaire. Thus companies in our sample belong to four bigger sectors: education (42 companies), services (42 companies), agriculture (26 companies) and commerce (21 companies)

A majority, around 65% of the companies in our sample are present on the market for more than 10 years. The sizes of the companies on the other hand vary on a large scale.

The individuals who filled in our questionnaires were mostly employed as lower managers, Only 48 people filled in the questionnaire for managers, 128 people filled in the one for employees.

Regarding the qualifications, almost 2/3 of our sample has at least one university degree, and around 1/3 has secondary school qualification. Only a very small number of the respondents claimed to have a primary school level of qualification.

The distribution of the personal data regarding the sex, age and time spent at the company is even in our sample, there are no outstanding groups represented.

Anwendungsbereich: The SPA project training material – which serves as the basis for adaptation – can only be adapted if we make a survey to assess the situation of the target groups in the participating countries as well as their expectations with regard to the possibilities offered to them. It was for this reason that – building upon the questionnaires that had been used in the course of the assessments within the SPA project – but at the same time updating and making them more actual – new questionnaires have been elaborated for the managers as well as for the employees of the SMEs. It was our objective to have at least 50 completed questionnaires available in each partner country respectively. Through the analysis and evaluation of these questionnaires the relevant information has been gathered, on the basis of which the specific background of the training material in that particular country could be developed.

Homepage: www.stress-management.hu

Produktsprachen: Bulgarisch

Produkt 'Summary of survey-En'

Titel: Summary of survey-En

Produkttyp: Evaluierungsmethoden

Marketing Text:

Beschreibung: Gathering information to assess the situation with regard to stress in the different countries

Zielgruppe: small and medium size companies both in Hungary, in Bulgaria and in Slovakia

Resultat: The international sample of 176 individuals was chosen in order to represent the particular area and client network of the partners on the greatest scale, thus this pre-concept in the selection method determines our outcomes as well. The questionnaires were analyzed by 17.0 version of SPSS program.

Among the sectors of the companies, it was possible for the respondents to mark more than one sector in the questionnaire. Thus companies in our sample belong to four bigger sectors: education (42 companies), services (42 companies), agriculture (26 companies) and commerce (21 companies)

A majority, around 65% of the companies in our sample are present on the market for more than 10 years. The sizes of the companies on the other hand vary on a large scale.

The individuals who filled in our questionnaires were mostly employed as lower managers, Only 48 people filled in the questionnaire for managers, 128 people filled in the one for employees.

Regarding the qualifications, almost 2/3 of our sample has at least one university degree, and around 1/3 has secondary school qualification. Only a very small number of the respondents claimed to have a primary school level of qualification.

The distribution of the personal data regarding the sex, age and time spent at the company is even in our sample, there are no outstanding groups represented.

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Homepage: www.stress-management.hu

Produktsprachen: Englisch

Produkt 'National trainers guide-Bg'

Titel: National trainers guide-Bg

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: The objective of the Guide is to provide the trainers guidance for the best possible use of the SPAT stress management methodology, didactic tools and materials that have been developed by an international cooperation for the special purposes of the SPAT project. The aim is to facilitate the development of the knowledge and skills of the participants in connection with the stress related risk assessment.

Zielgruppe: trainers, SME-s,

Resultat: 45-50 pages in the different language included 2 case studies

Anwendungsbereich: Nowadays all the training methodology is based on such a special knowledge that is not easy to acquire. It is not the knowledge that is too difficult, but it is complicated to get at the know-how. It is not only the management and employees of the company who do not know the training specific methodology of the development of organization- and human resources. Many times even the professional psychologists cannot obtain these resources, which are girdled with trade secrets as own know-how, or it would take years and hundred Euros to get qualification. So there is a lack of general methodology guide which familiarizes the target group with the stress management methodology generally but properly, so they will be able to use and develop it as a basis during the planning process of the customized trainings. In the first part of the Guide after an introduction about the theory of the work related stress, the causes and consequences typical in SMEs, the second part familiarizes the readers how to assess and manage work related stress and what is the role of a successful trainer. It shows the methodologies can be used for the risk assessment in detail: what are the objectives of the use of the given methodology, when is it worth using, what are their advantages and weaknesses that can be exploited and worth paying attention, and which is the most effective way to show the consequences to the management. The Guide also provides guidance to plan the steps of intervention. In the course of the project implementation the trainers' guide of the previous SPA project had been translated, followed by the adaptation of the material which was carried out on the basis of the experiences identified after the training of trainers.

Homepage: www.stress-management.hu

Produktsprachen: Bulgarisch

Produkt 'National trainers guide-Sk'

Titel: National trainers guide-Sk

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: The objective of the Guide is to provide the trainers guidance for the best possible use of the SPAT stress management methodology, didactic tools and materials that have been developed by an international cooperation for the special purposes of the SPAT project. The aim is to facilitate the development of the knowledge and skills of the participants in connection with the stress related risk assessment.

Zielgruppe: trainers, SME-s,

Resultat: 45-50 pages in the different language included 2 case studies

Anwendungsbereich: Nowadays all the training methodology is based on such a special knowledge that is not easy to acquire. It is not the knowledge that is too difficult, but it is complicated to get at the know-how. It is not only the management and employees of the company who do not know the training specific methodology of the development of organization- and human resources. Many times even the professional psychologists cannot obtain these resources, which are girdled with trade secrets as own know-how, or it would take years and hundred Euros to get qualification. So there is a lack of general methodology guide which familiarizes the target group with the stress management methodology generally but properly, so they will be able to use and develop it as a basis during the planning process of the customized trainings. In the first part of the Guide after an introduction about the theory of the work related stress, the causes and consequences typical in SMEs, the second part familiarizes the readers how to assess and manage work related stress and what is the role of a successful trainer. It shows the methodologies can be used for the risk assessment in detail: what are the objectives of the use of the given methodology, when is it worth using, what are their advantages and weaknesses that can be exploited and worth paying attention, and which is the most effective way to show the consequences to the management. The Guide also provides guidance to plan the steps of intervention. In the course of the project implementation the trainers' guide of the previous SPA project had been translated, followed by the adaptation of the material which was carried out on the basis of the experiences identified after the training of trainers.

Homepage: www.stress-management.hu

Produktsprachen: Slowakisch

Produkt 'Realization of trainers training-Hu'

Titel: Realization of trainers training-Hu

Produkttyp: Programme/Curricula

Marketing Text:

Beschreibung: 2 days training for the new trainers in the given countries, questionnaire-based survey among the trainers about the training

Zielgruppe: trainers of training institutions, future trainers

Resultat: Transfer of personal experience in the frame of the trainer training.
In Kecskemét – Hungary, 27-28/5/2010, 19 participants,
in Košice – Slovakia, 31/5 - 1/6 2010, 5 participant,
in Varna – Bulgaria, 14 - 15/6/2010, 11 participants.

Anwendungsbereich: The aim of this course is to develop the participants' knowledge and skills in recognizing the indicators of work-related stress, in assessing stress-related risks and in identifying and tackling the structural problems that cause stress in working life.

After training participants are expected to:

- recognise what work-related stress is
- understand its effects
- assess stress-related risks
- introduce measures to prevent work-related stress
- solve work-stress related problems
- take actions to manage work-related stress
- promote well-being at work

By investing in stress management, a great deal can be done to prevent and control work-related stress and avoid problems, work-related illnesses and accidents at work. Studies suggest that people with the knowledge and skills to cope with stress are less likely to be absent from work owing to sickness or injury.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'translated case studies-Bg'

Titel: translated case studies-Bg

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: From among the completed 20 case studies each country has selected for their own purposes 10 case studies, the translation of which has been made in order to provide access to these case studies on the internet and make them available also as part of the adapted trainers' guide in their particular country.

Zielgruppe: future trainers and SME-s

Resultat: The methodological part of the case studies is being integrated into the manual, whereas the case studies will be included in the training material prepared for the SMEs.

Anwendungsbereich: Case studies show examples how to manage stress effectively in practice and provide the participants with ideas of how to tackle the stress-related problems in their workplaces or organizations. A case study is used to enhance and make more general the already acquired knowledge and the participants are instructed and guided to assess methods, which were probably not discussed previously in their own workplaces and in organizations.

Homepage: www.stress-management.hu

Produktsprachen: Bulgarisch

Produkt 'translated case studies-Sk'

Titel: translated case studies-Sk

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: From among the completed 20 case studies each country has selected for their own purposes 10 case studies, the translation of which has been made in order to provide access to these case studies on the internet and make them available also as part of the adapted trainers' guide in their particular country.

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Homepage: www.stress-management.hu

Produktsprachen: Slowakisch

Produkt 'translated case studies-EI'

Titel: translated case studies-EI

Produkttyp: Lehrmaterial

Marketing Text:

Beschreibung: From among the completed 20 case studies each country has selected for their own purposes 10 case studies, the translation of which has been made in order to provide access to these case studies on the internet and make them available also as part of the adapted trainers' guide in their particular country.

Zielgruppe: future trainers and SME-s

Resultat: The methodological part of the case studies is being integrated into the manual, whereas the case studies will be included in the training material prepared for the SMEs.

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Homepage: www.stress-management.hu

Produktsprachen: Griechisch

Produkt 'project web page in different languages-Sk'

Titel: project web page in different languages-Sk

Produkttyp: Homepage

Marketing Text:

Beschreibung: The homepage in function is accessible also in the languages of the partners.

Zielgruppe: everybody

Resultat: Documents prepared in the course of the project are continuously being sent by the project partners, then the documents are uploaded by the experienced master of the system (P2) on a regular basis.

Anwendungsbereich: The homepage is accessible also in the languages of the partners, thus information concerning the project can reach also those who are not English speakers yet interested.

Homepage: www.stress-management.hu

Produktsprachen: Slowakisch

Produkt 'project web page in different languages-Bg'

Titel: project web page in different languages-Bg

Produkttyp: Homepage

Marketing Text:

Beschreibung: The homepage in function is accessible also in the languages of the partners.

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Homepage: www.stress-management.hu

Produktsprachen: Bulgarisch

Produkt 'project web page in different languages-EI'

Titel: project web page in different languages-EI

Produkttyp: Homepage

Marketing Text:

Beschreibung: The homepage in function is accessible also in the languages of the partners.

Zielgruppe: everybody

Resultat: Documents prepared in the course of the project are continuously being sent by the project partners, then the documents are uploaded by the experienced master of the system (P2) on a regular basis.

Anwendungsbereich: The homepage is accessible also in the languages of the partners, thus information concerning the project can reach also those who are not English speakers yet interested.

Homepage: www.stress-management.hu

Produktsprachen: Griechisch

Produkt 'brochures in different languages-Bg'

Titel: brochures in different languages-Bg

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: brochure providing a general description of the project, presenting the objectives and the participants

Zielgruppe: SME managers, decision makers and senior employees, trainers of training institutions,

Resultat: The publication has been made complete in an elegant, laminated format, the size is A4. The final version was printed in mid-September. Information concerning the pilot training has also been included. We have 300 pieces in Hungarian, 150-150 pieces in the other languages as Bulgarian, Slovak and Greek

Anwendungsbereich: To present the objectives and the contact details of the project to as wide an audience as possible. Experiences prove that there is still reason for the existence of the paper format of information materials. The publication is playing an important role in calling attention upon the project.

Homepage: www.stress-management.hu

Produktsprachen: Bulgarisch

Produkt 'brochures in different languages-Sk'

Titel: brochures in different languages-Sk

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: brochure providing a general description of the project, presenting the objectives and the participants

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Homepage: www.stress-management.hu

Produktsprachen: Slowakisch

Produkt 'brochures in different languages-EI'

Titel: brochures in different languages-EI

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: brochure providing a general description of the project, presenting the objectives and the participants

Zielgruppe: SME managers, decision makers and senior employees, trainers of training institutions,

Resultat: SME managers, decision makers and senior employees, trainers of training institutions,

Anwendungsbereich: To present the objectives and the contact details of the project to as wide an audience as possible. Experiences prove that there is still reason for the existence of the paper format of information materials. The publication is playing an important role in calling attention upon the project.

Homepage: www.stress-management.hu

Produktsprachen: Griechisch

Produkt 'publishing articles-Bg'

Titel: publishing articles-Bg

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: promoting the project in the newspaper press

Zielgruppe: everybody

Resultat: not relevant

Anwendungsbereich: Newspaper articles offer the widest opportunities to disseminate information on the project, since nowadays not everybody has as yet access to the internet, and publications distributed at events do not reach as many people as newspapers still do.

Homepage: www.stress-management.hu

Produktsprachen: Bulgarisch

product files

G25 TRUD_sept_2010.jpg

http://www.adam-europe.eu/prj/5316/prd/39/1/G25%20TRUD_sept_2010.jpg
article about the 2nd partner meeting in Varna, Bg

Produkt 'publishing articles-Sk'

Titel: publishing articles-Sk

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: promoting the project in the newspaper press

Zielgruppe: everybody

Resultat: not relevant

Anwendungsbereich: Newspaper articles offer the widest opportunities to disseminate information on the project, since nowadays not everybody has as yet access to the internet, and publications distributed at events do not reach as many people as newspapers still do.

Homepage: www.stress-management.hu

Produktsprachen: Slowakisch

Produkt 'publishing articles-EI'

Titel: publishing articles-EI

Produkttyp: Verbreitungsmethoden

Marketing Text:

Beschreibung: promoting the project in the newspaper press

Zielgruppe: everybody

Resultat: not relevant

Anwendungsbereich: Newspaper articles offer the widest opportunities to disseminate information on the project, since nowadays not everybody has as yet access to the internet, and publications distributed at events do not reach as many people as newspapers still do.

Homepage: www.stress-management.hu

Produktsprachen: Griechisch

product files

G10 2. page Naftenpomoki 2010.06.28.doc

<http://www.adam-europe.eu/prj/5316/prd/41/1/G10%202.%20page%20Naftenpomoki%202010.06.28.doc>
article about SPAT project in Gr

Produkt 'newsletter no.1-Hu'

Titel: newsletter no.1-Hu

Produkttyp: andere

Marketing Text:

Beschreibung: Newsletter on the actual recent information concerning the project

Zielgruppe: everybody

Resultat: The newsletter has been disseminated in electronic format, using the national language in each country; it has been sent to institutions providing training, to decision makers and organisations representing the interests of SMEs.

Anwendungsbereich: The newsletter makes it possible to present the actual situation of the project, and to call the attention upon the opportunity for participating in the project not just on the internet, but also at various events.

Homepage: www.stress-management.hu

Produktsprachen: Ungarisch

Produkt 'newsletter no.1-Bg'

Titel: newsletter no.1-Bg

Produkttyp: andere

Marketing Text:

Beschreibung: Newsletter on the actual recent information concerning the project

Zielgruppe: everybody

Resultat: The newsletter has been disseminated in electronic format, using the national language in each country; it has been sent to institutions providing training, to decision makers and organisations representing the interests of SMEs.

Anwendungsbereich: The newsletter makes it possible to present the actual situation of the project, and to call the attention upon the opportunity for participating in the project not just on the internet, but also at various events.

Homepage: www.stress-management.hu

Produktsprachen: Bulgarisch

Produkt 'newsletter no.1-Sk'

Titel: newsletter no.1-Sk

Produkttyp: andere

Marketing Text:

Beschreibung: Newsletter on the actual recent information concerning the project

Zielgruppe: everybody

Resultat: The newsletter has been disseminated in electronic format, using the national language in each country; it has been sent to institutions providing training, to decision makers and organisations representing the interests of SMEs.

Anwendungsbereich: The newsletter makes it possible to present the actual situation of the project, and to call the attention upon the opportunity for participating in the project not just on the internet, but also at various events.

Homepage: www.stress-management.hu

Produktsprachen: Slowakisch

Produkt 'newsletter no.1-EI'

Titel: newsletter no.1-EI

Produkttyp: andere

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Homepage: www.stress-management.hu

Produktsprachen: Griechisch

Produkt 'newsletter no. 2 - HU'

Titel: newsletter no. 2 - HU

Produkttyp: andere

Marketing Text:

Beschreibung: Newsletter on the actual recent information concerning the project

Zielgruppe: everybody

Resultat: The newsletter has been disseminated in electronic format, using the national language in each country; it has been sent to institutions providing training, to decision makers and organisations representing the interests of SMEs.

Anwendungsbereich:

Homepage: http://www.stress-management.hu/eng/2newsletter_hu.pdf

Produktsprachen: Ungarisch

Produkt 'newsletter no. 3 - HU'

Titel: newsletter no. 3 - HU

Produkttyp: andere

Marketing Text:

Beschreibung:

Zielgruppe: everybody

Resultat:

Anwendungsbereich:

Homepage: <http://www.stress-management.hu/eng/3HU.pdf>

Produktsprachen: Ungarisch

Produkt 'newsletter no. 4 - HU'

Titel: newsletter no. 4 - HU

Produkttyp: andere

Marketing Text:

Beschreibung:

Zielgruppe: everybody

Resultat:

Anwendungsbereich:

Homepage: http://www.stress-management.hu/hun/4thnews_hu.pdf

Produktsprachen: Ungarisch

Veranstaltungen

closing conference

Datum 13.09.2011

Beschreibung

Zielgruppe

Öffentlich Öffentliche Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 13 September 2011

Pilot Training in HU - training centre

Datum 23.06.2011

Beschreibung

Zielgruppe

Öffentlich Öffentliche Veranstaltung

Kontaktinformation

Zeitpunkt und Ort Kecskeméti Regionális Képz Központ
23-24. June 2011

4th meeting in Pireaus

Datum 21.06.2011

Beschreibung

Zielgruppe

Öffentlich Geschlossene Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 21-23. June 2011, Pireaus, IDEC AC., PEPEN

Veranstaltungen

Pilot Training in HU - chamber

Datum 16.06.2011

Beschreibung

Zielgruppe

Öffentlich Öffentliche Veranstaltung

Kontaktinformation

Zeitpunkt und Ort Kecskemét, Bács-Kiskun Megyei Agrárkamara
16-17. June 2011

3rd meeting in Kosice

Datum 10.03.2011

Beschreibung

Zielgruppe

Öffentlich Geschlossene Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 10-11. March 2011, Kosice, TUKE

2nd partner meeting

Datum 23.09.2010

Beschreibung

Zielgruppe

Öffentlich Geschlossene Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 22-25. september 2010
Varna, Bg. TUV

Veranstaltungen

Trainers Trainig in Bg

Datum 14.06.2010

Beschreibung

Zielgruppe

Öffentlich Öffentliche Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 14-15/6 2010, Varna, Technical University of Varna

Trainers Trainig in Sk

Datum 31.05.2010

Beschreibung

Zielgruppe

Öffentlich Öffentliche Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 31/5-1/6 2010. Kosice, Technical University of Kosice

Trainers Trainig in HU

Datum 27.05.2010

Beschreibung

Zielgruppe

Öffentlich Öffentliche Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 27-28/5 2010
Kecskemet, Kecskeméti Regionális Képz Központ

Veranstaltungen

1. kick-off meeting

Datum 28.01.2010

Beschreibung

Zielgruppe

Öffentlich Geschlossene Veranstaltung

Kontaktinformation

Zeitpunkt und Ort 28-29/1 2010. Kecskemét, HU

Project Tags

The project belongs to the following group(s):

Best Projects (<http://www.adam-europe.eu/adam/thematicgroup/MMVII>)