

PACK



Virtual Public Speaking Phobia



**Kick-off meeting
Held Funchal**



Funded by the
Erasmus+ Programme
of the European Union



Madeira Island – Portugal

**30/31 Oct/1/2
November 2020**

Virtual Reality Simulator Against Public Speak Phobia

THIS PROJECT IS Strategic Parthnerships for
Vocational education and training



This meeting involve 10 participants from 6
different countries

Italy ; Romania , Turkey, Spain, Greece and Portugal



Virtual Reality Simulator Against Public Speaking Phobias is a Project dedicated to increase to public speaking competences and reduce public speaking phobia among VET trainers and other teaching professors. Epidemiological surveys and statistical manuals of psychopathology (DSM-5, ICD 10) recognize that social phobias has a prevalence of 7% across general population and 13% of had at least one episode. Social phobias affect significantly the work of educators which faces different audiences and public situation in the daily work, reducing significantly their performance at work and satisfaction for life. however, to practice a public speaking situation with a real audience is very stressful for educators with social phobias, it involve a serious risk for the psychological condition of the educators or also discourage their involvement in future work in education. This project has the goal to increase the competences of VET trainers and reduce their public speaking phobia through the Virtual Reality Therapy (VRT), an innovative approach that has been demonstrated to be effective for reducing phobias through gradual exposition to phobic stimuli. The Virtual Reality Therapy (VRT) allow participants to simulate a session of public speaking, giving to users tailor-based suggestions for improving their speech and reduce phobia and anxiety of public speaking.

The main of the meeting

The goal of this meeting is to give a **general overview on the project's key documents and activities and to plan and discuss activities related to Manual (O1)**. Managers from Participating Organisations **will share, discuss and validate the final form of Plans, namely Management (ACSS), Dissemination (IIAPHS), Risk (Psihoforworld), Quality (YEC)**. Experts from **IIAPHS will present the draft form of the website, the Facebook Page and discuss with other partners eventual changes to implement**. Participants **will vote for the official logo of the project**. All exact dates for the remaining transnational project meeting will be discussed and approved. **Experts from YEC will organize a brief workshop (4 hours) about public speaking techniques targeted on all participants in preparation of the production of the first intellectual output**.

Parthners

Associação Cultural e de Solidariedade Social Raquel Lombardi – Madeira -Portugal

SC PSIHOFORWORLD – Romania

International Institute of Applied Psychology and Human Sciences Associazione Culturale - Italy

Youth Entrepreneurship Club- Greece

Gazi Universitesi- Turkey

Asociacion de investigacion de la industria del juguete conexas y afines

PROGRAMME PLAN*

30-10 and 2 /11 /2020

Madeira agenda – kick-off meeting

Date- 30october -31november

Hosting Organization : ACSS raquel Lombardi

Venue – Funchal

Sindicato Democrático dos professores da RAM

Rua do Brasil - 72 9000-134 Funchal

30 october 2020

9h-9h30- Registration and certification

9h30-10h Wellcome

10h-10h45- Project and pathners presentation

10h45-11h15- Cofee break

11h15-13h30- Goals of the meeting, tasks, timetable, responsibilities, and resources .

13h30-14h30 – Lunch

14h30-16h30- Project's key documents and activities and to plan and discuss activities related to Manual (O1).

16h30-17h30- IIAPHS will present the draft form of the website, the Facebook Page and discuss with other partners eventual changes to implement. Participants will vote for the official logo of the project.

Free Time

31 october

9h 00m- Workshop: public speaking techniques (YEC experts)

10h30- Coffe break

11-14h – Workshop: public speaking techniques (YEC experts)

Lunch Time

15h30- 16h30 final form of Plans, namely Management (ACSS), Dissemination (IIAPHS), Risk (Psihoforworld), Quality (YEC). e-learning plataforms

Coffe break

17h00-18h30 Dissemination indicators Project /impact and satisfaction and quality questionaries

20h- Farewall dinner

1november – free time

2november - return

***The programme plan is preliminary and might change. In this pandemic situation (COVID19) there may be changes in aircraft schedules or other complications that could modify our scheduled plan**

Dorisol Estrelícia Hotel

Rua da Casa Branca, São Martinho, 9004-535 Funchal, Portugal .

Dorisol Estrelícia offers panoramic views over Funchal bay and a vast array of facilities within Dorisol Complex. It was fully renovated in 2013. It is in close proximity to the center of Funchal, 1.2 mi away.

The hotel's modern rooms are equipped with cable TV and a work desk. Many have views over the hillside towards the Atlantic Ocean.

The Dorisol Estrelícia offers a mini-spa with a gym, steam room and hot tub. Apart from an adjoining indoor pool, guests can play billiards, darts and table tennis in the recreation room.

The Dorisol Estrelícia is 500 m away from the seaside promenade of Funchal and the Lido swimming complex. Madeira's international airport is 12 mi away.

Prices

Double room without breakfast - **37.40€ /day**

Single room without breakfast - **35.00€ /day**

Breakfast 7 euros per person

Dinner or lunch – 10 euros each person per meal

Madeira tradicional Dinner and farewell dinner– 50



Transport

Arrival day - Taxi – Airport to hotel – 30 euros

Return day - Taxi - Hotel to airport – 30 euros

If you want, you can use the UBER service too

One day around the island- 6 persons- 120 euros

Contact Details

Raquel Lombardi - +351963239096

Cláudia Ramos-+351966731178

Carolina Fernandes -+351965578016

Email

Raka.fernandes1969@gmail.com

Madeira Island – CoronaVirus: Informations

In view of the emerging global pandemic situation, originated by the novice coronavirus SARS-COV-2, it was the primary concern of the Regional Government of Madeira to ensure the protection and integral well-being of its citizens and tourists. In this sense, the islands of Madeira and Porto Santo are a pioneer destination in the fight against COVID-19, being the first region in Portugal to have a **Contingency Plan for Emerging Infections**, to develop a best practices document and create an online platform for the registration of travellers (madeirasafe.com).

Considered one of the safest destinations in Europe, based on recognized proven criteria, the Autonomous Region of Madeira (RAM) was able to combine safety and leisure, providing its visitors with a peaceful and comfortable vacation or business visit, thus justifying the epithet of the **World's Leading Island Destination**.

As a result of the timely promotion for the safeguard of the population's public health and the prompt adoption of measures by the Regional Government of Madeira, so as to contain and reduce the epidemic, the risk of contagion and the progression of COVID-19, the Autonomous Region of Madeira currently presents a controlled epidemiological situation, with a low rate of infection and active cases, most of which are imported, and fortunately, no deaths have been registered to date as evidenced by the data published by the [Regional Health Authority](#).

In view of the indicators achieved, the Autonomous Region of Madeira decided to reopen to tourism on **July 1**, date on which the **Standardization Plan for Air Accessibility** was implemented. Even so, all entry into the territory, by air and by sea, remains conditioned, due to the sanitary control and prevention measures still in force.

Ports and Marinas are also open to all types of vessels, including cruise ships.

However, boarding and disembarkation presuppose the fulfillment of a series of procedures, as stated in [Resolution No. 509/2020](#) (portuguese

version).

In the case of **cruise ships**, the boarding, disembarkation and the coming ashore of passengers and crew will be analysed on a case by case basis and subject to the favourable decision by the Regional Health Authorities, as contained in [Resolution no. 772/2020](#) (portuguese version).

On **August 1**, the Regional Government of Madeira determined the mandatory use of a community mask for protection against COVID-19, in areas or places of access, permanence or public use, or equivalent, except for the exceptions as stated in point 11 of [Resolution no. 623/2020](#) (portuguese version).

TRIPS TO MADEIRA AND PORTO SANTO

All passengers, whether Portuguese or foreign citizens, with trips scheduled for the Autonomous Region of Madeira, can perform **PCR (Polymerase Chain Reaction)** COVID-19 tests, without any charge, in several cities in the country. Currently, there are **30 sample collection stations for testing**.

When planning your trip to Madeira and Porto Santo, it is important to know the local regulations in force in terms of prevention and containment of COVID-19, namely:

1. Epidemiological Survey

All passengers must complete the mandatory epidemiological survey, provided by the Regional Health Authority, on the digital platform madeirasafe.com. The completion can be done in the **48h to 12h** prior to boarding and must be done, individually, by each passenger, except for dependents up to 12 years old, whose registration must be included in the survey of one of the accompanying adults.

After completing the registration, the passenger receives a notification, via e-mail, with his access code for the madeirasafe.com platform. The passenger should login to his madeirasafe.com account where he/she will find the respective **QR Code**, to be presented upon arrival at Madeira Airport. The PCR test result can also be submitted in advance on the platform.

2. Thermal screening

All passengers disembarked at airports in the Autonomous Region of Madeira are subject to thermal screening, without exceptions.

3. Testing for COVID-19

All passengers who, when disembarking, carry a negative PCR test for COVID-19, carried out within 72 hours prior to boarding, in laboratories certified by national or international authorities, can proceed to their destination.

On the otherhand, passengers who have not undergone PCR testing at their location of origin will do so upon arrival at the airport, then proceed to their destination where they must wait for an estimated period of 12h, in confinement, to receive the result.

In the exceptional cases of refusal to carry out the test upon arrival, passengers may choose to 1) fulfill voluntary isolation, for a period of 14 days, at their home or at the hotel where they are staying, and if the accommodation is less than 14 days, the confinement will cover the duration of the accommodation period; or 2) return to the destination of origin or any other destination outside the territory of the Autonomous Region of Madeira, fulfilling, until the time of the flight, isolation at home or in the hotel establishment where he/she is staying. In these cases, the accommodation costs will be borne by the traveller.

3.1 Children

Children are exempt from testing in childhood and pre-adolescence, with exception to:

- Children from 12 years old, upon decision by the Health Authorities;
- Children with probable criteria for COVID-19 disease;
- Children whose family members or companions are probable cases;
- Other situations validated by the Health Authorities.

4. Monitoring

All passengers will be monitored through the **Madeira Safe To Discover** app, by the Regional Health Authority, of voluntary but recommended use, or by telephonic contact.

It should be noted that travelling between the islands of Madeira and Porto Santo is exempt from any control of the state of health of the respective travellers.

5. Positive Result

If the passenger has a positive PCR test result, he must comply with mandatory confinement, compulsively if necessary, for a period of 14 days, in a health establishment, in his/her home or in a hotel establishment, upon decision of the competent health authorities.

6. Repatriation

In the case of repatriation, the Regional Government of Madeira collaborates with all diplomatic authorities and tour operators involved. Charges related to repatriation operations must be covered by the travel insurance policy of the passengers concerned.

7. Diverted Flights

Passengers on diverted flights, from Madeira Airport to Porto Santo Airport, must remain in mandatory isolation at the airport until boarding, by air travel, to Madeira.

Passengers wishing to stay in Porto Santo or travel to Madeira by sea, must undergo PCR testing at Porto Santo Airport, by a team appointed by the Municipal Health Authority, and remain in mandatory isolation until receiving the result;

Passengers, who proceed by air travel from Porto Santo Airport to Madeira Airport, should be identified and their identifications reported to the Health Authority located at Madeira Airport, who will assess the eventual exemption from testing if they have a negative PCR result.

Passengers are advised to establish contact with their airline, tour operator or travel agent to adjust any changes that may arise.

8. Health Safety Regulations

As complementary preventive COVID-19 measures, it is recommended to fully comply with the following rules:

- Use of a face mask, especially in closed areas and public transport (mandatory);
- Social distancing (2 metres between persons and avoiding clusters);
- Frequent hand hygiene;
- Respiratory etiquette

