



Good practice

Bulgaria: How to support risk's prevention through education?

According to the Bulgarian legal framework, the prevention of disasters, emergencies, accidents and fires should be included in the educational programme. In the latest version of the Disasters Protection Act, as of 14 October 2011, it is stated that the Minister of Education, Youth and Science in consultation with the Minister of the Internal affairs approves the educational programme, materials and resources for kindergartens and schools, as well as the training plans on disaster protection for officers and teachers in the public education system. Additionally, The mission of the Civil Protection Directorate is to provide support and adequate protection of the life and health of people and safety for environment and buildings during disasters, while one of the priorities is to educate the youth on various prevention measures.



nicipal, private kindergartens (also such with foreign participation) for responding to disasters, emergencies, accidents and fires."

The main priority of the ministerial policies on prevention and improvement of the preparation of various target groups is to provide education on how to respond in case of disasters. Particularly important target groups are the children in kindergartens, as they are of an age, when the civic culture of the personality is being developed, and that creates long-term conditions for well-being of the general society.

Types of education

There are 3 types of educational methods:

1. Education through simulations

The regional plan implies the organisation of at least one simulation every year in every kindergarten connected with appropriate reaction in case of disasters.

2. Education through 'games' (learning by experience)

There are special sessions being organised, where various educational games are being used, to educate the children on how to react in case of disasters.

3. Education through drawing activities

In this method the main tool is the Children's colouring book "Disasters - important rules for

Risk's prevention education in kindergartens

Part of the implementation of the main law on education is Instruction № 2 of the Ministry of Education, as of July 5th, 2004. The instructions concerns the training and education of children, pedagogical, administrative and support staff of kindergartens on safe behaviour in disasters, accidents, fires and accidents (State Gazette, 2004, issue. 70). It includes "Program for the preparation of preschool children in state, mu-

small children" - the goal is children to play and have fun while learning the basic rules of conduct during disasters. At each of the pictures to colour there is a rule for adequate behaviour, such as, in case of a thunderstorm:

- Move away from high voltage power lines!
- Unplug the TV, computer and other electrical appliances!

Risk's prevention education in schools

The risk's prevention education in primary school has to provide basic knowledge on disaster risks and ways of behaviour and reaction. In the vocational training of secondary and higher education the focus is on knowledge about protection corresponding to the profile and specialty of the education. There are numerous especially developed materials, such as:

Teacher's book

A methodology for implementing effective and modern training methods to protect against disasters, breakdowns, accidents and fires. The developments in the book are drawn from teachers-experts and

with the assistance of experts from 'Civil Protection'. The book includes three books for teachers - for each stage of the training. The materials for each topic are structured in four sections:

- "To help the teacher" – presents in tabular way the following: the standards, the expected outcomes, the learning objectives, the identified ideas, concepts and skills, proposed methods, techniques and interactive training tools, and possible cross-curricular relations.
- "Learning Together" – provides detailed instructions for conducting the specific lessons. This includes both theoretical material

and suggestions for using different methods and techniques of teaching tasks and the opportunities for students to integrate their parents into the learning process.

- "Learning by playing" – offers teachers a number of games that can diversify the learning process.
- "Parents, help!" – offers a variety of opportunities for cooperation with the parental community, including setting a "family plan for disaster response."
- "For further information" – available on a CD attached to the book for high school teachers, because of the volume of information contained, in the form of:
 - o annotated links and structured themes and stages of education;



- o list of publications in Bulgarian language, which can be used in teaching and training and in teaching for disaster protection.
- o main regulations related to disaster protection;
- o list of titles of films and documentaries, which may also be helpful in the learning process.

Besides the sections included, there are also numerous photos presenting the basic rules and actions for protection, also disaster protective clothing, specialized equipment and vehicles used by the respective authorities.

Collection of educational training materials for dealing with disasters, breakdowns, accidents and fires (for class teachers I to IV grade and kindergarten teachers), which contains no methodological developments and author team enables teachers to determine their own didactic approaches, methods and tools. There a special interest is paid to the chapter entitled

"Psychological assistance in disasters" which should be available for the children after a disaster experienced, and it is a subject that is certainly the least known. Several subtopics are addressed:

- basic concepts in psychological practice /traumatic event, psychological trauma, psychological assistance and support, psychological support objective, target group/
- disaster mental states /situational or psychological shock, horror, panic, fear, stress, depression, traumatic stress disorder, posttraumatic stress disorder/;
- reactions to disasters in children and adults /physical, emotional, cognitive and behavioral/.



There are also a lot of online platforms that support this sphere

Web space "Close to You" at the website of 'Civil Protection', especially targeting people with disabilities and chronic illnesses. It includes: audio format noises, disaster protection rules, information and training materials, views and developments of scientists, experts in government institutions and agencies, psychologists, teachers, doctors and others., Talking brochures with protection measures; new techniques, methods and forms of organization in conducting trainings for protection against disasters and links to sites and resources on similar topics, video and photo gallery for different disasters (film "Earthquake", "chemical pollution" "Fire" and clip "Fire", "earthquake", "flood"), instructions for using the single European emergency number 112.

Web space "for the children" at the website of 'Civil Protection', including several sections:

- About the disasters - revealing the nature of each disaster, shapes, size, appearance reasons, predictability, season of occurrence, basic rules of conduct
- What happens in our country? - presents the map of Bulgaria, divided into administrative districts; provides opportunity to learn more about the potential dangers of the region in which children live
- For the youngest – there are available 10 black and white drawings to color, to teach them the important rules connected to disaster protection. They are part of a

children's coloring book "Disasters - important rules for small children"



- For Kids by Kids - a place where children can share their stories related to their own experience, or that of their relatives or friends. Featured are drawings, essays, poems, stories and more.

Brochure "Alphabet of Survival" (published jointly by the State Agency for Child Protection, the Bulgarian Red Cross, and the Civil Protection) - the brochure includes clarification of the conceptual apparatus for each disaster (storms, accidents, blizzards and avalanches, floods, fires, industrial poisons, increased radioactivity, tornado and strong winds, landslides, earthquakes), photographs of each disaster and indications "Protection measures" (for example: "What do we do when we encounter a disaster"). The "Alphabet of Survival" includes interesting and useful materials on "Advance measures" of the following subtopics:

- Home Alone - tips for parents (who takes care for the children; what is your decision, remember what the law states, etc.)

- How to help children in case of disaster (what do you need to know about how children experience disasters; after the disaster, most children are afraid of...; advice to parents to help child survivors, the traumatic event, etc.)

Special Educational Events in Bulgaria

Annually, there are Regional Competitions for schools on the theme of "Protection in case of disasters and emergency situations". This type of competitions are on the National calendar for extracurricular activities of the Ministry of Education, proposed by the General Directorate "Fire Safety and Protection" and held annually all over the country.

The first stage includes verification of knowledge of children by a test on how they should act in case of disaster. The test includes questions related to natural disasters, industrial accidents and catastrophes, individual and collective protection, fire safety, national emergency telephone number 112, and first aid. In the second stage, students participate in competitive games and demonstrate knowledge on the topic in practice. All winners of regional competitions meet at a national one.



Lessons learnt

- "Learning through playing" or "Learning by experience" is the best possible method for teaching kids and youth and always gives effective results. It works in kindergartens, and in schools also, and sometimes – with adults, of course. That's why when there are special sessions with various educational games being used, the results of education influence to the children on how to react in case of disasters are really great.
- Activities that provide support and adequate protection of the life and health of people and safety for environment and buildings during disasters, are very important in the sphere of prevention and one of the main priorities has to be to educate the youth on various prevention measures



The MiSRaR project

The MiSRaR project is about Mitigation of Spatial Relevant Risks in European Regions and Towns. The project is a cooperation between seven partners in six EU member states:

- *the Safety Region South-Holland South, The Netherlands (lead partner)*
- *the city of Tallinn, Estonia*
- *the region of Epirus, Greece*
- *the province of Forlì-Cesena, Italy*
- *the municipality of Aveiro, Portugal*
- *the municipality of Mirandela, Portugal*
- *the Euro Perspectives Foundation (EPF), Bulgaria.*

The goal of the project is to exchange knowledge and experiences on risk mitigation in spatial policies. The project will result in a handbook in which the lessons on the mitigation process are described and the good practices from the partners are presented. The Risk Assessment and Mapping Guidelines for Disaster Management of the European Commission will be implemented in the handbook.

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