

## 2nd newsletter

Our SPAT (Stress Prevention Activities Training) project is being realized from EU funding (Leonardo Sub-Programme under the EU's Lifelong Learning Programme) in 2009-2011, the primary task of which is to promote effective risk assessment, prevention of work-related stress and training-related stress.

In the first year of the project we trained those counsellors, who will later be the trainers of the trainings for company managers and employees.

The participants of the two-day training had preliminary knowledge in stress-prevention. They have been trained by the Greek partners, who have elaborated the base of the project, the Trainers' Guide and used it during the training.

The first training was in Hungary on 27th and 28th May 2010 in Kecskemét, organised by Regional Training Centre of Kecskemét.

The Hungarian participants of the training

### STRESS PREVENTION ACTIVITIES TRAINING

1st October 2009 - 30th September 2011.



### A MUNKAHELYI STRESSZ MEGELŐZÉSE ÉS KEZELÉSE TRÉNING

#### KECSKEMÉTI REGIONÁLIS KÉPZŐ KÖZPONT

2010. május 27 - 28.



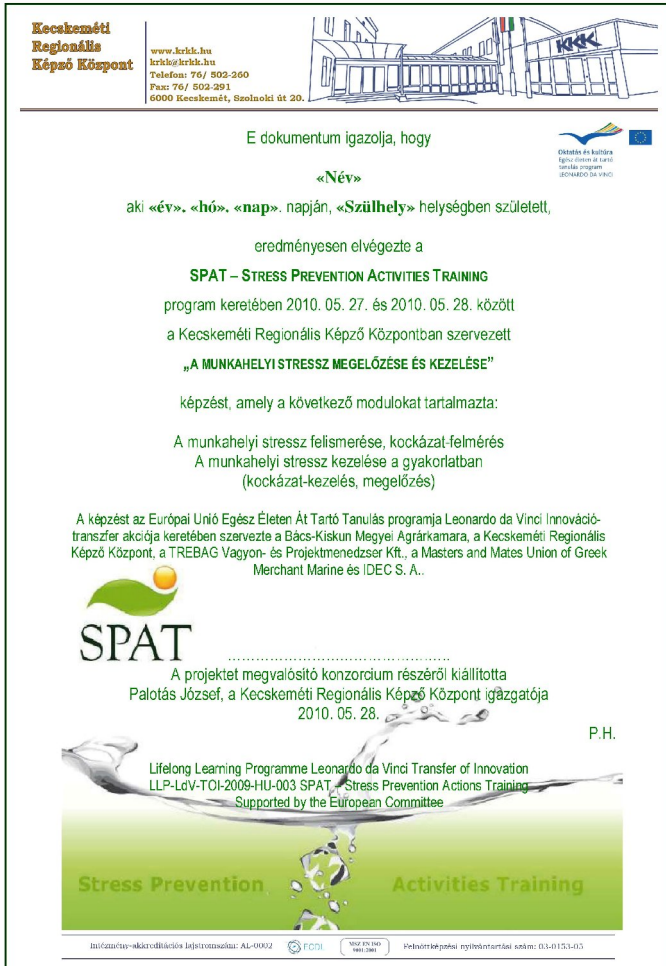
Placard of the Hungarian training

Further trainings took place in Slovakia at the Technical University of Kosice on 31st May and 1st June, and in Bulgaria at the Technical University of Varna on 14th and 15th of June.



Preparing in Varna

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



**Kecskeméti Regionális Képző Központ**  
www.krkk.hu  
krkk@krkk.hu  
Telefon: 76/ 802-260  
Fax: 76/ 802-291  
6000 Kecskemét, Szolnoki út 20.

E dokumentum igazolja, hogy  
«Név»  
aki «év», «hó», «nap», napján, «Szülhely» helységben született,  
eredményesen elvégezte a  
**SPAT – STRESS PREVENTION ACTIVITIES TRAINING**  
program keretében 2010. 05. 27. és 2010. 05. 28. között  
a Kecskeméti Regionális Képző Központban szervezett  
„A MUNKAHELYI STRESSZ MEGELŐZÉSE ÉS KEZELÉSE”  
képzést, amely a következő modulokat tartalmazta:  
A munkahelyi stressz felismerése, kockázat-felmérés  
A munkahelyi stressz kezelése a gyakorlatban  
(kockázat-kezelés, megelőzés)

A képzést az Európai Unió Egész Életen Át Tartó Tanulás programja Leonardo da Vinci Innováció-transzfer akciója keretében szervezte a Bács-Kiskun Megyei Agrárkamara, a Kecskeméti Regionális Képző Központ, a TREBAG Vagyon- és Projektmenedzser Kft., a Masters and Mates Union of Greek Merchant Marine és IDECS S. A..

**SPAT**  
A projektet megvalósító konzorcium részéről kiállította  
Palotás József, a Kecskeméti Regionális Képző Központ igazgatója  
2010. 05. 28. P.H.

Lifelong Learning Programme Leonardo da Vinci Transfer of Innovation  
LLP-LdV-TOI-2009-HU-003 SPAT - Stress Prevention Activities Training  
Supported by the European Committee

Stress Prevention Activities Training

Minőségirányítási rendszer tanúsítvány: AL-0002  
FODI  
NEMZETI KÖZTISZTOSÁG  
Közhatalmi nyilvántartási szám: 03-01153-03

Certification of the Hungarian training

In May of 2011 a pilot training will be organised for managers and employees of SME's, who are responsible for assurance of psychosomatic requirements in the workplace defined in the Labour Code.

Most of the companies do not even know about these requirements!

The reason for we undertake the organisation and delivery of these trainings that the workplaces could prepare for preventing and managing stress.

The training consists of theoretical and practical elements and is supported by a Handbook on CD which contains case studies and role play games too.

During the training the most important point is to deve-

lop the ability of participants for realizing work-related stress and managing risk and structural problems.

We are happy if we could raise your attentions and you contact us with your further questions!

Please find details on the web-page of the project:

<http://www.stress-management.hu>

or we can receive your phone calls and e-mails as well:

**in Bulgaria:**

Velko Naumov [v\\_naumov2001@yahoo.co.uk](mailto:v_naumov2001@yahoo.co.uk)

**in Slovakia:**

Zuzana Maliková [zuzana.malikova@tuke.sk](mailto:zuzana.malikova@tuke.sk)

**in Hungary:**

Dene Orsolya [deneorsolya@homokhatsag.hu](mailto:deneorsolya@homokhatsag.hu)

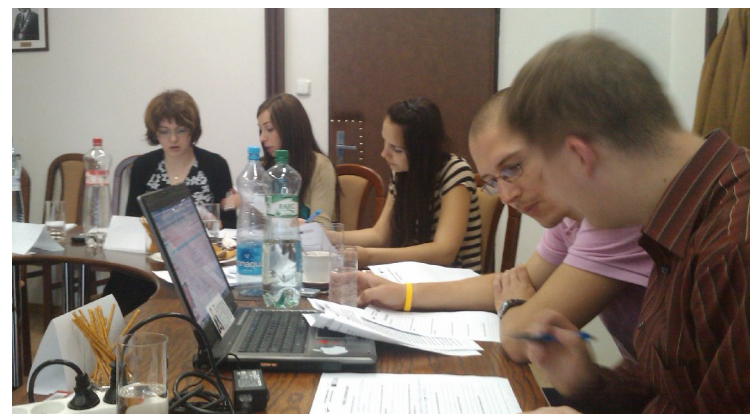
Kovátsné Vörös Ágnes [voros.agnes@krkk.hu](mailto:voros.agnes@krkk.hu)

Write or call if you want to participate!

We wish you a pleasant time and an unstressed, enjoyable work.

Best regards,

The SPAT team



Training in Slovakia

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.