



InOutCister

In the road of life...we train skills

inoutcister is a private organization whose strategic ambition is oriented to the development of personal, interpersonal and instrumental skills in leading people and organizations.

A **inoutcister** is grounded in a set of meanings strategically defined:

In reflects intrapersonal skills development, interventions within organizations and the ability to internally manage a group of knowledge and skills.

Out reflects the outdoor visibility; skills projection; relational knowledge with others, and the ability to manage a quality and effectiveness image.

Cister reflects excellency, differentiation, the specificity and the projection of region “inspired” by the balance between knowledge and the passion for the relations between people and organizations, where knowledge roots are based on a culture of sapience and knowledge.

Thus, **inoutcister** reflects a project whose mission is to support and value people and business and public organizations, aiming to create skills, knowledge, creativity, differentiation, quality, security and competitive advantage.



InOutCister

The organization strategy has been supported by an sustained growth philosophy, trying, at each step, find consistency between daily activities, vision, mission and firm's culture.

VISION:

Stimulate continuous improvement of those processes that support firm's activities, assuring credibility and financial strength in order to retain current customers and attracting new audiences.

MISSION

Being a firm of excellence in its activity sector focusing in quality, innovation, continuous improvement and satisfaction of its customers, workers and suppliers.

SOME NUMBERS:

- More than 10 000 evaluations performed with the main traffic of traffic psychology assessment. .
- More than 100 courses performed, which is reflected in around 40.000 training hours attended by more than 2.000 trainees.



SOCIAL RESPONSABILITY

The Strong Social Responsibility component is one of the characteristics of the company over the years. The focus on raising people's awareness in the road scenario is one of main concerns, believing in partnerships at national and international level as a way of acting.

InOutCister also stands out for the protocols celebrated over the years with several entities:

- Faculty of Psychology and Educational Sciences of the University of Coimbra
- Faculty of Psychology, University of Évora
- Higher School of Education / Polytechnic Institute of Coimbra

It is proud to be one of the first and unique entities to train psychologists in Traffic Psychology, and through Fátima Pereira da Silva has collaborated in the internships training (Integrated Masters in Work Psychology, Organizations and Human Resources and Degree in Socio-Educational Animation). Until now having already trained more than 12 students in Psychology and Socio-educational animation.

To highlight

- Partnerships with entities as ANSR (“National Association of Road Security”), PRP (“Portuguese Road Prevention”), Firefighters associations, Transporters associations, Driving associations and Universities, enable the intervention in a daily basis with our clients, **adopting sensitization logic for responsible driving behaviors.**

- **inoutcister** establish european and world partnerships with diverse stakeholders who share the same goals: **reduce road accidents rates and promoting a safer driving behavior.**
- One of the goals defined was to join **European Road Safety Charter**, as a way to reinforce **inoutcister** practices aligned with Decade of Action for Road Safety. **To reach this, some initiatives were already developed**

Coimbra the students 'city

The students' parties at the academy and the urgent need for a responsible culture with a decrease in the dangers associated with alcohol and drug consumption



In the road of life...we train skills

Its history is supported in its involvement in multiple actions that we highlight

1- IWE – ESEC 2011

ESEC INTERNATIONAL WEEK (ESEC COIMBRA)



INOUTCISTER promoted, among students, a demonstration of the psychological evaluation test batteries which are used in psychological evaluation drivers and candidates. Students could try three tests of the whole battery tests. At the end, students were asked to answer to a motivation questionnaire about this initiative. Most of the students were satisfied and stated that this kind of events are really important and that should happen in other schools. **Participants: 15 ESEC students**



2-Carnival of Alcobaça – 2012



Carnival is a public, much appreciated event where, for four days and four nights, people go out masked to have fun. Inevitably, the nights are marked by partying and some excess. For these reasons and because Alcobaça is where INOUTCISTER was founded, in 2012, our team thought about be part of this party without forgetting the questions related to social responsibility and road safety, which marked and mark the route of the company.



Thus, employees masked themselves as “InOutCister”, with the company colors and logo in order to appeal to the moderation of excess, particularly with regard to the consumption of alcohol. After a brainstorm, several ideas originated sentences and rhymes which were used to draw the attention of people regarding the dangers of driving under the influence of substances. Stickers with those sentences and rhymes were distributed all over the city. In the late evening, we had transmitted our message about road safety and left our stickers with almost every person.



3- INTERACTIVE EXHIBIT - INDIVIDUALS AGED 18 TO 24 YEARS PREVENÇÃO RODOVIÁRIA PORTUGUESA

In November, 2012, occurred, in College of Education (Escola Superior de Educação de Coimbra) – Polytechnic Institute of Coimbra, na exhibit organized by Prevenção Rodoviária Portuguesa (PRP) named “Exposição Interactiva – Jovens 18-24 Anos”. The aim of this exhibit was to act in changing behavior in the age group where there is a higher road accident rate. This project is deeply linked with the concerns of the National Road Safety Strategy particularly with regard to the motorcycle drivers; light vehicles drivers; driving within towns; driving under the influence of alcohol or drugs, speeding and seat belt. Students were invited to try some simulators related to this topic, taking advantage of the experimental nature of the task to transmit knowledge.

Participants: 49 volunteers

4- CITIZENS ´ YEARS: 10 YEARS OF IWE – ESEC (2013)



Between 8th and 11th April, 2013, held in Coimbra the 10th ESEC International Week, where the aim was to meet the academic community to think about issues related to citizenship and the scale of the challenges that are currently provided to citizens.

INOUTCISTER was present and presented the topic “Segurança Rodoviária – Comportamentos e conduzir competências”. Over the several days in which the event took place, the company has made available to students of ESEC its computerized laboratory psychological assessment of driving behavior. The technical team of the company was also available to demonstrate and assess psychomotor and perceptive-cognitive skills inherent to the driving task performance. Students were invited to try a set of simulators, related to the themes that were intended to approach. **Participants: 22 ESEC students**

5- CHALLENGE “BP – SEGURANÇA AO SEGUNDO” (2013)



In July, 2013, occurred in Escola Superior de Educação de Coimbra, and as a part of the event “Coimbra, Capital Jovem da Segurança Rodoviária”, the national final of the Challenge “BP – Segurança ao Segundo”.



The challenge “BP – Segurança ao Segundo” is an initiative from BP Portugal, in a partnership with Automóvel Clube de Portugal, Fórum Estudante, Associação Salvador, and with institutional support from Autoridade Nacional de Segurança Rodoviária. This challenge aims to promote prevention and road safety among high school students by creating learning materials alluding to the problem. The target was high school and vocational education students, from all over the country and aged between 14 and 18 years. To compete, each team of students created an original poster, which sent an explicit or implicit message on the prevention and road safety.



INOUTCISTER participated by approaching road safety topic. In this sense, the company has made available to students of ESEC its computerized laboratory psychological assessment of driving behavior. The technical team of the company was also available to demonstrate and assess psychomotor and perceptive-cognitive skills inherent to the driving task performance. Students were invited to try a set of simulators, related to the themes that were intended to approach. **Participants: 31**



6- European Night Without Accidents (2013)



GARE (associação para a Promoção de uma Cultura de Segurança Rodoviária) invited INOUTCISTER to organize the European Night Without Accidents, in Coimbra. This initiative is part of set of initiatives of the Responsible Young Drivers and Juventude em Ação, which aims to raise awareness for road accidents in Europe. The context was of excellence, the audience consisted mainly of young people in the age group of 18-24 years is defined in international terms as one in which there is the higher number of road accidents.

This event occurred during Festa das Latas (an university party that is part of the host to freshmen) in three spaces in the city of Coimbra: Parque da Canção, Largo da Portagem and Discoteca Rock Planet.

The teams conducted alcohol screening test in participants. The feedback was extremely positive. All participants liked the initiative and a large number of participants suggested to repeat on other nights.

Were our partners in this initiative: Polytechnic Institute of Coimbra; College of Education (ESEC); The Rock Planet Disco; Tecniquitel; Newspaper Diário “As Beiras”; Escola de Condução Rainha Santa; Associação do Planeamento Familiar; Sumos Copa; Gabinete de Apoio ao Aluno da Faculdade de Psicologia; XPTO; Transportes Urbanos de Coimbra; Associação Académica de Coimbra; Pastelaria “Briosa”; Pastelaria Taquara Doce Café.

Participants: 527

7- AWARENESS EVENT FOR ALCOHOL CONSUMPTION

QUEIMA DAS FITAS DE COIMBRA (2014), IN CO-ORGANIZATION WITH ASSOCIAÇÃO ACADÉMICA DE COIMBRA



INOUTCISTER developed an awareness campaign for alcohol consumption and driving. This initiative was integrated in Queima das Fitas of University of Coimbra, in a partnership with Associação Académica de Coimbra (AAC) and with support from Prevenção Rodoviária Portuguesa (PRP). Under the motto “Resist to the temptation” (“Resiste à tentação”) and following the principle “In this Queima live your passion and drive with precaution” (“Nesta Queima vive a tua paixão e conduz com precaução”) our intervention team tried to take participants to test them on the level of alcohol. We were at Parque da Canção, in Coimbra, on the nights of May 9th, 10th and 11th. Participants were informed about the levels of blood alcohol levels imposed by law. “In Queima as in life! 0,2 g/l is a bad start... 0,5 g/l is the beginning of the end!!!” (“Na queima como na vida! 0,2 g/l é um mau princípio... 0,5 g/l é o princípio do FIM!!!”), was the key phrase of all information. It was also taken up the initiative “Cola e descola a condução na tua mão”. We noticed a huge acceptance by general public, who recognized the importance of the initiative. Participants gave us feedback across the three nights. Public saw this initiative as very relevant taking into account its context and its purpose. Approaches and results in place allow us to see that young people begin to have concerns related to road accidents.

Were our partners in this initiative: Polytechnic Institute of Coimbra; College of Education (ESEC); Guarda Nacional Republicana; The Rock Planet Disco; Tecnuittel; newspaper Diário “As Beiras”; Escola de Condução Rainha Santa; Parque dos Monges; Associação Comercial, de Serviços e Industrial de Alcobça e Região de Leiria; Associação para o Planeamento Familiar; Associação Existências; Serviços Municipalizados dos Transportes Urbanos de Coimbra. **Participants: 791**

8- FESTA DA FRUTA (2013)



In partnership with Associação Comercial, de Serviços e Industrial de Alcobaça e Região de Leiria (ACSIA) and with Escola de Condução Rainha Santa of Coimbra, developed the awareness initiative for the consumption of alcohol and driving in Festa da Fruta, naCela (Alcobaça).

The initiative purpose was to draw drivers' attention (professional and non-professional drivers) to the driving hazards under the influence of alcohol. This initiative also aimed to alert farmers to this issue given the high rate of accidents with tractors.

The teams conducted alcohol screening test in participants. Feedback was extremely positive. . All participants liked the initiative and a large number of participants suggested repeating on other nights.

Participants: 115

9- European Night Without Accidents (2014) – October 18th



Once more in partnership with GARE, INOUTCISTER organized the European Night Without Accidents, in Coimbra (2014). This initiative is part of set of initiatives of the Responsible Young Drivers and Junventude em Ação, which aims to raise awareness for road accidents in Europe. The target group was mainly of young people in the age group of 18-24 years is defined in international terms as one in which there is the higher number of road accidents. At the same time, INOUTCISTER developed another action at “Rock Planet”, in Coimbra, focused in an older group (minimum age: 19 years; maximum age: 57 years).

This initiative occurred during Festa das Latas – Imposição de Insígnias and was attended by a representative of Autoridade Nacional da Segurança Rodoviária (ANSR) – Sir Engineer Carlos Valença Lopes.

Teams, mostly students from ESEC, conducted alcohol screening test in participants. Feedback was extremely positive. All participants liked the initiative and a large number of participants suggested repeating on other nights.

Were our partners in this initiative: ANSR; PRP; Instituto Politécnico de Coimbra; Escola Superior de Educação de Coimbra; The Rock Planet Disco; Tecniquitel; Diário “As Beiras”; Escola de Condução Rainha Santa; Associação do Planeamento Familiar; Sumos Copa; Gabinete de Apoio ao Aluno da Faculdade de Psicologia; XPTO; Associação Existências; Orquestra Clássica do Centro; GNR, Logicentro, PMP; ACSIA; Associação Académica de Coimbra e Diário “As Beiras”.

Participants: 278



10- Festa das Latas - Imposição de Insígnias (2014) – October 19th



In a partnership with Associação Académica de Coimbra, as part of “Resist to the temptation” project, INOUTCISTER developed one more awareness campaign focused on the driving hazards under the influence of alcohol.

This initiative took place at Parque da Canção, after Cortejo das Latas- an academic party with a strong tradition.

The target group was mainly made by young people with aged between 18 and 24 years, internationally defined as one in which there is the higher number of road accidents.

Teams, mostly students from Escola Superior de Educação de Coimbra, conducted alcohol screening test in participants. Feedback was extremely positive. All participants liked the initiative and a large number of participants suggested repeating on other nights.

Were our partners in this initiative: ANSR; PRP; Instituto Politécnico de Coimbra; Escola Superior de Educação de Coimbra; The Rock Planet; Tecniquitel; Diário “As Beiras”; Escola de Condução Rainha Santa; Associação do Planeamento Familiar; Sumos Copa; Gabinete de Apoio ao Aluno da Faculdade de Psicologia; XPTO; Associação Existências; Orquestra Clássica do Centro; GNR, Logicentro, PMP; ACSIA; Associação Académica de Coimbra e Diário “As Beiras”. **Participants: 287**

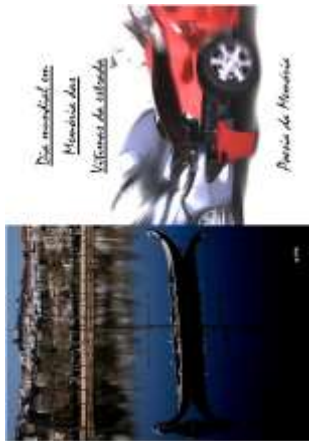
11- World Day of Remembrance for Road Traffic Victims November 16th of 2014



World Day of Remembrance for Road Traffic Victims is celebrated every year on the third Sunday of November. European Federation of Road traffic Victims (FEVR), in 1993, started this celebration and it is civil society initiative, more specifically, is an initiative developed by family and friends of road disaster victims and survivors. In 2005, General Assembly of the United Nations approved, through Resolution, the official adoption of the World Day of Remembrance for Road Traffic Victims.

INOUTCISTER was invited and led event's organization in Portugal in 2014. The place for this national celebration was Pavilhão Centro de Portugal in Coimbra and various important public and private entities were present.

The presence of a group of 50 motorcycle riders, the production of a poetry book allusive to this day, as well as the blessing of "Memory Garden" ("Jardim da Memória"), were moments of feeling in honor of the victims on the roads. The event was reported both in national and international media.



12- QUEIMA DAS FITAS DE COIMBRA (2015, 8th, 9th, 10th of May), IN CO-ORGANIZATION WITH ASSOCIAÇÃO ACADÉMICA DE COIMBRA



In a partnership with Associação Académica de Coimbra, as part of “Resist to the temptation” project, INOUTCISTER developed one more awareness campaign focused on the driving hazards under the influence of alcohol.

This initiative took place at Parque da Canção, after Cortejo das Latas- an academic party with a strong tradition.

The target group was mainly made by young people with aged between 18 and 24 years, internationally defined as one in which there is the higher number of road accidents.

Teams, mostly students from Escola Superior de Educação de Coimbra (Degree in Socio-Educational Animation and Organizational Communication and the School of Education of the Polytechnic Institute of Coimbra), conducted alcohol screening test in participants. Feedback was extremely positive. All participants liked the initiative and a large number of participants suggested repeating on other nights.

Our partners in this initiative: Autoridade Nacional de Segurança Rodoviária, Prevenção Rodoviária Portuguesa, Escola Superior de Educação de Coimbra, Instituto Politécnico de Coimbra; Escola de Condução Rainha Santa; Dräger; APF – Associação para o Planeamento da Família; Gabinete de Apoio ao Estudante da Faculdade de Psicologia e de Ciências da Educação da Universidade de Coimbra; ACSIA – Associação Comercial, de Serviços e Industrial de Alcobaca e Região de Leiria; Diário As Beiras; GNR – Comando Distrital de Coimbra, Associação Existências, PMP – Serviços e Equipamentos Gráficos; entre outros. **Participants: 815**

13- European Night Without Accidents (2015) – October 17th Festa das Latas - Imposição de Insígnias (2015) – October 18th

Once more in partnership with GARE, INOUTCISTER organized the European Night Without Accidents, in Coimbra (2015) in a partnership with Associação Académica de Coimbra, INOUTCISTER developed one more awareness campaign focused on the driving hazards under the influence of alcohol.



This initiative took place at Parque da Canção, after Cortejo das Latas- an academic party with a strong tradition.

The target group was mainly made by young people with aged between 18 and 24 years, internationally defined as one in which there is the higher number of road accidents.

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Teams, mostly students from Escola Superior de Educação de Coimbra (Degree in Socio-Educational Animation and Organizational Communication and the School of Education of the Polytechnic Institute of Coimbra), conducted alcohol screening test in participants. Feedback was extremely positive.

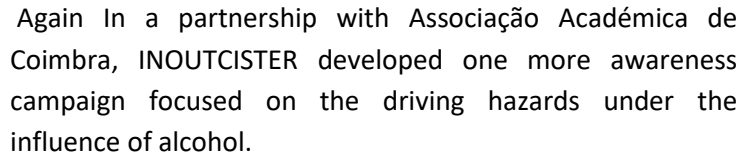


At the same time, InOutCister has put into action the Initiative: Cola and Take Off Driving in your hand in which several stickers, patented by InOutCister, will be distributed to the participants of the initiative, with phrases of awareness of the dangers of driving with alcohol. As an example: we highlight some such as: "Alcohol and driving, are the end of your passion!"; "Do not play with your driving ... It's in your hand!"; "If you love with passion ... do the same in driving!". The distribution of the stickers is intended to spread the message by all students present at night.

Under the motto of the DIZ FRUTA Project of the Office of Student Support of the General Direction of the Academic Association of Coimbra.

Our partners in this initiative: AUTORIDADE NACIONAL DE SEGURANÇA RODOVIÁRIA(ANSR), GNR (Comando Distrital de Coimbra), INSTITUTO POLITÉCNICO DE COIMBRA, ESCOLA SUPERIOR DE EDUCAÇÃO, ESCOLA DE CONDUÇÃO RAINHA SANTA, DRAGER, ACSIA, GAE, APF, ASSOCIAÇÃO EXISTÊNCIAS, PMP-GRÁFICA, RAZÕES E SOLUÇÕES e o Jornal AS BEIRAS

Participants: 453



The target group was mainly made by young people with aged between 18 and 24 years, internationally defined as one in which there is the higher number of road accidents.

Our partners in this initiative: ANSR, DRAGER, LND ETER, GARE, FEDERAÇÃO DE BOMBEIROS DO DISTRITO DE COIMBRA, GUARDA NACIONAL REPUBLICANA (Comando Territorial de Coimbra), ESCOLA DE CONDUÇÃO RAINHA SANTA, TRANSCEIÇA, INSTITUTO POLITÉCNICO DE COIMBRA, ESCOLA SUPERIOR DE EDUCAÇÃO DE COIMBRA, ROBOCORP, BECOIMBRA, AS BEIRAS, PMP, FACULDADE DE PSICOLOGIA E CIÊNCIAS DA EDUCAÇÃO DA UNIVERSIDADE DE COIMBRA (Project: Há noites assim), as well as TRAFFIC PSYCHOLOGY INTERNATIONAL (TPI); EUROPEAN WORKPLACE DRUG TESTING SOCIETY (EWDTS) CAICSE-VI (CENTRO DE ANÁLISIS, CAPACITACIÓN E INVESTIGACIÓN EN SEGURIDAD VIAL) da Argentina. **Participants: 592**





Also we developed with Associação Académica de Coimbra on the 4th, May, # in QUEIMASEGURate.

The main objective of this initiative was to sensitize the student community, reconciling with one of the largest student events at the national level, the Queima das Fitas 2016, so that they have more

responsible behaviors. thus promoting good practices and greater security for all citizens of Coimbra.

The initiative was attended by the Exma Secretary for Equality - Catarina Marcelino and with the Presence of Ilyas Daoud Directod of Projects of the European Transport Safety Council (ETSC) of Brussels. Driving Simulators, Alcohol Simulation and Drug Simulators and bi-manual coordination evaluation systems, as



InOutCister Sensibilizar para perigos do consumo de álcool e condução

well as various pedagogical activities were organized by InOutcister (in the Gardens of the Academic Association). Including the participation of the InOutCister team (students in the curricular stage of Socio-Educational Animation, as well as in an integrated Master's Degree in Psychology of Labor Organizations and Human Resources). As partners of excellence were also the School of Education of Coimbra, Robocorp and the Polytechnic Institute and Coimbra in addition to Drager, Lndeter and several others that are part of the action of awareness in the nights of Queima das Fitas.



THE SAME HAPPENED IN OCTOBER, 2016 (N= 249), May, 2017 (n= 527) and May, 2018 (n= 50).

15 - October (2016): Festa das Latas:



Awareness of the dangers of Alcohol consumption and driving in a partnership with Associação Académica de Coimbra.

Participants: 249 students



Partners:

CENTRO DE ANÁLISIS, CAPACITACIÓN E INVESTIGACIÓN EN SEGURIDAD VIAL- CAICSE-VI : ANSR, GNR (Comando Distrital de Coimbra), FEDERAÇÃO DE BOMBEIROS DO DISTRITO DE COIMBRA, INSTITUTO POLITÉCNICO DE COIMBRA, ESCOLA SUPERIOR DE EDUCAÇÃO, ROBOCORP, ESCOLA DE CONDUÇÃO RAINHA SANTA, DRAGER, ACSIA, GAE, GARE, APF, PMP-GRÁFICA, RAZÕES E SOLUÇÕES e o Jornal AS BEIRAS, bem como com as entidades internacionais de referência na área: TRAFFIC PSYCHOLOGY INTERNATIONAL (TPI); EUROPEAN WORKPLACE DRUG TESTING SOCIETY (EWDTS), LNDETER, SA (Espanha), Ali Zayerzadeh (ROAD SAFETY PIONEERES- Irão) and Diana Leonardo (Portugal).

- 16- May, 2017 (n= 527) and May, 2018 (n= 50).

Awareness of the dangers of Alcohol consumption and driving

In a partnership with Associação Académica de Coimbra.

Participants: 577 students



Partners:

CENTRO DE ANÁLISIS, CAPACITACIÓN E INVESTIGACIÓN EN SEGURIDAD VIAL- CAICSE-VI : ANSR, GNR (Comando Distrital de Coimbra), , INSTITUTO POLITÉCNICO DE COIMBRA, ESCOLA SUPERIOR DE EDUCAÇÃO, ISEC, ROBOCORP, ESCOLA DE CONDUÇÃO RAINHA SANTA, DRAGER, ACSIA, Jornal AS BEIRAS, TRAFFIC PSYCHOLOGY INTERNATIONAL (TPI); EUROPEAN WORKPLACE DRUG TESTING SOCIETY (EWDTS), Ali Zayerzadeh (ROAD SAFETY PIONEERES- Irão) and World Association For Connecting People.



II- “INITIATIVE PASTE AND TAKE OFF – DRIVING IN YOUR HAND”



The
main

objective of this initiative, developed in two editions, relates to the awareness of the dangers of driving under the influence of alcohol and who are the individuals themselves to make such disclosure. This campaign aims to address the drivers in way not repressive or negative, the goal being to draw the attention of young people to the importance of responsible driving, contributing to the decrease in the number of road accidents on Portuguese roads.

In all youth was placed a decal with several phrases alluding to the dangers of alcohol consumption. Given the diversity of these phrases the young people had a lot of curiosity in reading the phrases of each other. Simultaneously were invited to alcohol testing. Even students who were not going to drive, showed enough interest in doing the test to test your limit consumption of alcohol .. In some groups, the young themselves wanted to know who was in a position (among all the group) to be able to drive.

The initiative was replicated in the week the festival of the Academy in Coimbra

Created Phrases:



ALCOHOL AND DRIVING ... ARE THE END OF YOUR PASSION



DO NOT PLAY WITH DRIVING ... IT IS IN YOUR HAND



TODAY IS A DAY OF MERRIMENT, JOY AND DRINK TOMORROW IS ALSO A DAY ... SO DRINK BUT WITH WEIGHTING



IF YOU ARE NOT ABLE TO DRIVE OPEN THE DOOR AND LOOK OUT



PREVENTION AND WEIGHTING IN DRIVING ... ARE THE PASSPORT TO YOU KEEP LIVE LIFE WITH EXCITEMENT



IF YOU LOVE LIFE WITH PASSION .. DOES THE SAME IN DRIVING



DRIVING MODERATELY DEPENDS ON YOUR MIND

.....and...

"Did you drink and you'll be driving? And the testament? Is ready???"

"Did you drink and you'll be driving? Oh yeah... Be careful... Do not wish to appear in the newspaper in a few days!"

"Alcohol and driving are the end of your passion!"

III- DOCUMENTARY MEMORIES





Prevenir comportamentos tem impacto a longo prazo

ooo Alexandre Amado, presidente da Direção Geral da Associação Académica de Coimbra (DG/AAC), acredita que a prevenção de comportamentos de risco para a saúde e ambiente nas festas académicas produz resultados, mesmo que a longo prazo.

"Sabemos que é um caminho longo, sabemos que é demorado... Sabemos também as resistências sociais que há (...) à ideia da responsabilidade dos estudantes nos consumos, do impacto ambiental do que vão fazer nas suas festas e eventos, mas é um caminho que está, sem dúvida, a produzir os seus efeitos, ao longo do tempo". Para o dirigente, a diferença será visível a longo prazo, mas para já, evidencia a redução de carrinhos de compras furtados pelos estudantes e atirados ao rio Mondego.

Programa estende-se até quinta-feira

As declarações inserem-se na abertura da Semana da Prevenção da AAC. Esta iniciativa decorre até dia 12 com várias iniciativas de sensibilização e prevenção para os estudantes.

A InOutCister já realizou ontem uma sessão de sensibilização para a condução sob o efeito de álcool com simuladores dos efeitos desta substância ao nível do equilíbrio e da atenção. Esta empre-



A Semana da Prevenção da AAC decorre até dia 12 de abril

sa de formação também estará presente no recinto da Queima das Fitas com testes de alcoolemia semelhantes aos das brigadas de trânsito da GNR para prevenir a condução sob o efeito de álcool.

Hoje há recolha de sangue na Faculdade de Economia da Universidade de Coimbra, entre as 09H30 e as 13H00, e as 15H00 e 17H00. Há ainda rastreios de VIH e sífilis, na AAC, das 15H00 às 18H00.

Amanhã, o Grupo Ecológico da AAC vai promover uma limpeza do Jardim Botânico, das 14H30 às

16H30.

No dia 12, a recolha de sangue continua na Praça da República das 14H30 às 19H00 e, em local a designar, decorrerá uma palestra e formação sobre primeiros-socorros, das 14H30 às 15H30, seguida de um workshop de suporte básico de vida que já tem as inscrições encerradas.

É também parceira desta iniciativa de prevenção a des.LIGA, grupo dirigido aos estudantes universitários da Liga Portuguesa Contra o Cancro, que não realizará a caminhada noturna inicialmente prevista

mas que terá, no entanto, um peddy-paper antes da Queima das Fitas e presença no recinto desta festa.


O movimento "Não Lixes..." também participa e Fernando Jorge Paiva elogia esta iniciativa. "Nunca vi (...) tanta preocupação com as questões ambientais (...) e de comportamento cívico", garante, defendendo que a mudança cabe a cada um e que estudar não tem importância se os comportamentos atuais puserem em causa o futuro da espécie humana no planeta.

le| Inês Morgado



III- EVALUATION TOOLS (Surveys)


a) During the intervention



Cabeçalho

QUEIMA-DAS-FITAS - Maio-2018

Queimódromo - Parque-da-Canção, COIMBRA



esec
ESCOLA SUPERIOR DE EDUCAÇÃO

REGISTRATION OF PARTICIPANTS -- Dia: ____/Maio/18 -- Name Voluntary team: _____

Nº	GENDER	Age	How much years of driving licence? (put on months)	University Student (Y/N) Course (optional)	Is the first time you do the alcohol test? (Y/N) If not, how many times have you done?	If you ever accused excess of alcohol when you driving?	To this night / event, have you driving or brought your car? Y/N	If your alcohol level is above the legal limit, will you ask someone else to drive your car when you go out-de party?	Alcohol Rate 1º lecture	Alcohol Rate 2º lecture	Do you think came back to do again the alcohol test before you leave the party?	Global Satisfaction With this initiative? Scale 1-5	Importance of the this initiative for Road safety and young drivers Scale 1-5	You think that the problems of road safety and reduction of accidents on the roads should be concern of all? Y/N	SIGNATURE of the participant

Rodapé

Satisfaction -- Scale: 1-(ANYTHING); 2-(A LITTLE); 3-(INDIFFERENT); 4-(MUCH); 5-(VERY MUCH).

a) After the intervention

<https://docs.google.com/forms/u/4/d/1qU7m75oI0hh1-lhWslZZTiqMi9S0txeyyh7GHZEwtgM/edit#responses>

IV- SOME DOCUMENTARY LINKS

<https://www.facebook.com/lnoutcister/>

<https://www.acabra.pt/2018/04/semana-da-prevencao-pretende-prevenir-comportamentos-de-risco-na-queima-das-fitas/>

<https://www.acabra.pt/2017/04/semana-da-prevencao-une-varias-entidades-queima-segura/>

<https://observador.pt/2016/05/04/associacao-academica-coimbra-lanca-campanha-excessos-na-queima/>

[http://noticias.uc.pt/cultura-e-desporto/aac-promove-semana-de-prevencao-para-corrigir-o-menos-positivo-da-queima-das](http://noticias.uc.pt/cultura-e-desporto/aac-promove-semana-de-prevencao-para-corrigir-o-menos-positivo-da-queima-das-fitas/?utm_source=dlvr.it&utm_medium=facebook) fitas/?utm_source=dlvr.it&utm_medium=facebook

IV- SOME PRESENTATIONS OF DATA AT THE INTERNATIONAL LEVEL

Silva, M.F.P., Mendes, R., Girão, P. (2018) Young people, parties, alcohol, drugs and road safety and new challenges- new technologies. *Transports and Trends* . Bratislava, Slovakia. 15th-16th, June, 2017.

<https://www.transportpsychology.sk/en/>

Silva, M.F.P. (2016). Alcohol and Leisure- Adults and young people: A Portuguese Experience. *International Praise Seminar*. Lisbon.Portugal.3th October, 2016.

Silva, M.F.P. (2016). Alcohol and Drugs; leisure and workplace; adults and young people: a Portuguese Experience. *IFDAT Conference Stavanger*. Stavanger: Norway. 26thAugust, 2016.

V- GOALS FOR TODAY AND ALWAYS

In the year 2019 the objective remains unchanged.

To be a reference organization that, working in partnership, helps to reduce this tragedy: young people's accidents in the mobility scenarios



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