

## **Awareness Sessions - Resilient Action**

**Objective:** increase community preparedness – to reach 50% of citizens (aged 5 to 65 +) through self-protection measures – in a total of **166 440** inhabitants, Amadora plans to reach, at least, **83 220** people.

### **What has been done so far:**

- Divulagation of self-protective measures through digital channels (Facebook, YouTube): **6000** people reached so far (4344 Facebook subscribers + 1000 average views of Amadora Resilient's Facebook posts + 656 YouTube views);

- Awareness sessions for schools: reached **6833** people in total (6383 in 2019/2020 and 450 in 2021/2022 – September to December 2021) – these sessions are integrated in the campaign's *Program for Information and Awareness of Risks*, and reached all cycles of teaching (from kindergarten to high schools);

- Awareness sessions for local institutions and associations: **1215** people (in 2019/2010) - – these sessions are integrated in the campaign's *Program for Information and Awareness of Risks*, and reached associations in all the parishes of the municipality of Amadora;

### **Events and initiatives**

- **Conference – International risk reduction day**

- Hosted annually on October 13<sup>th</sup>, reached **450** people (250 in 2019 and 200 in 2021) – Cancelled in 2020 due the pandemic situation of COVID19

- **COVID19 awareness sessions** (to local communities, particularly vulnerable populations)

- Given by Civil Protection agents to local communities, reaching a total of **19 080** people in 954 sessions (using an average of 20 people reached per session);

- **Civil Protection month**

- Hosted annually throughout the month of May, celebrates the international Civil Protection Day through a series of events aimed at schools and the general public – reached **8 000** people in 2019 and 2021 – cancelled in 2020 due to the pandemic situation of COVID19;

- **Mass Training – Basic life support – March 15<sup>th</sup> 2019**

- A combined initiative of the Portuguese Red Cross (Amadora's local division) and Amadora's Civil Protection office – took place in Dr. Azevedo Neves high school – **100** participants from the 11th and 12th grades;

- **Awanress session – “heat waves” – March 27th 2019**

- Took place in Quinta de São Miguel (retirement home) – **40** participants;

- **CASCADE19 drill – May 28th – June 1st 2019**

- Large scale exercice, testing an earthquake scenario, causing structural damage, that took place in Amadora's high school, that mobilized a series of operational resourced, as well as **1 300** school community members (teachers, students, assistants, etc);

- **7th work meeting of Amadora's Senior Civil Protection Academy – November 14th 2019** (cancelled in 2020 due to the pandemic situation of COVID19)

- **25** participants;

- **Workshop “Psychological first aid for senior agents of Civil Protection” – February 18th 2020**
  - Took place at Amadora’s fire department, with a total of **30** participants;
- **“Earth shakes” Exercise – November 6th 2020**
  - Reached **600** participants from 2 primary schools in Amadora (Vasco Martins Rebolo and Terra dos Arcos) and a middle school (Almeida Garrett);
- **“Earth shakes” Exercise – November 9th 2020**
  - Reached **210** participants from 2 primary schools in Amadora (José Ruy and Condes da Lousã);
- **Living in pandemic – webseries – lunched February 15th 2021**
  - Round table with the Senior Civil Protection Agents – **30** participants;
- **Webinar - “Rethink strategies to increase community resilience” – March 1st 2021**
  - **70** participantes;
- **Awareness session – “Closing in at distance” – April 21<sup>st</sup> to April 23<sup>rd</sup>**
  - Awareness session for the Senior Civil Protection Agents, with the goal of teaching computer skills in times of confinement – **15** participants
- **Webinar - “Closing in at distance” – April 28<sup>th</sup> 2021**
  - Digital meeting for the Senior Civil Protection Agents, with the goal of teaching computer skills in times of confinement – **30** participants
- **Webinar - “Trauma in hospital emergency” – May 28th 2021**
  - An online events, organized by Amadora’s fire department, alongside with Amadora’s Civil Protection office – **160** participants;
- **COVID19 Awareness sessions in “hoods”**
  - Cova da Moura – November 19th 2020
  - Zambujal – October 31st 2010
  - Reached about **160** people;
- **Amadora Educa – education gathering event**
  - Hosted annually in Ilha Mágica do Lido park – reached **7 150** members of the school community in 2019 – cancelled in 2020 and 2021 due to the pandemic situation of COVID19;
- **Earthquake awareness sessions**
  - Took place on 2 primary schools – Alice Vieira – November 2nd and 3rd 2021 and Condes da Lousã – November 4th 2021 – **400** participants (students, teachers and school staff)
- **“Earth shakes” Exercise – November 5th 2021**
  - Took place on 2 primary schools – Alice Vieira and Condes da Lousã – November 4th 2021 – **400** participants (students, teachers and school staff)
- **Event - “Senior Academy – relaunch a winning project – November 16th 2021**
  - Hosted at Amadora’s library’s auditorium (Fernando Piteira Santos library)
  - **15** participantes
- **Amadora’s volunteering meet – December 5<sup>th</sup> 2021**
  - **60** participants
- **Conference – Occurences, risks and climate - Amadora’s local strategy 2021 – 2030 - December 10<sup>th</sup> 2021**

- **60** participants
- First of a 3-session cycle to launch Amadora's Resilient strategy for 2021 - 2030

- Handing out information and awareness flyers and posters: Until December 2021, 15 000 flyers and posters will be handed out, reaching a total of **15 000** people;

- Text message (SMS) warning system: this initiative allows citizens to receive warnings on their phones, sent by Amadora's Civil Protection office, has currently **1410** subscribers.

**This brings us to a total of 68 843 citizens, about 41,4% of the 166 440 mentioned above.**

Awareness sessions   initiatives				
Event	Number of sessions	Date	Place	Participants
Civil Protection month	10	march 2019	Municipality of Amadora	8000
Mass Training - Basic life support	1	march 2019	Azevedo Neves highschool	100
Amadora Educa	2	may 2019 - june 2019	Park - Ilha Mágica do Lido	7146
CASCADE exercise	1	may 2019 - june 2019	Amadora's highschool	1200
Awareness session	208	september 2019 - march 2020	Schools in the municipality	6383
Awareness session	9	september 2019 - march 2020	Institutions in the municipality	1215
Work meeting - Senior Civil Protection	1	november 2019	Amadora's firedepartment classrooms	30
A terra treme (earth shakes) exercise	1	november 2019	Schools in the municipality	600
LIVEX drill	1	december 2019	Municipality of Amadora	800
Workshop - Phsycolological first aid for Senior Civil Protection agents	1	february 2020	Amadora's firedepartment classrooms	30
COVID19 awareness sessions	954	march 2020 - september 2021	Municipality of Amadora	19080
A terra treme (earth shakes) exercise	1	november 2020	Schools in the municipality	800
Round table - Living in the pandemic	3	february 2021	Online	30
Civil Protection month	10	march 2021	Online/Municipality of Amadora	8000
Webinar - Rethinking strategies to increase community resilience	1	march 2021	Online	60
Civil Protection month	10	march 2021	Online/Municipality of Amadora	8000
Workshop - Closing in on a distance	3	april 2021	Amadora's education and training cabinet	15
Webinar - Trauma in pre-hospital emergencies	1	may 2021	Online	160
A terra treme (earth shakes) exercise	1	november 2021	Schools in the municipality	800
Awareness session	30	november 2021 - december 2021	Schools in the municipality	630