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We have more than one life

November 2022 - July 2023



▼ **Online meeting**

December 2022, June 2023

▼ **Conference and workshop**

Poland - 18-20 January 2023

▼ **Conference and workshop**

Slovenia - 22-24 February 2023

▼ **Run for New Life**

panel discussion to summarize
the project - 12-14 May 2023



- ▶ discussion of the problems and challenges of transplantology in both countries against the background of Europe - assessment of the state
- ▶ search for solutions, identification of methods and tools in education and raising public awareness of organ donation in both countries - differences and similarities.
- ▶ opinions and ideas of transplant patients on education and promotion of organ donation
- ▶ Developing the concept of a "book of good practices" - discussing the contents and selecting and refining the best educational and promotional practices for sharing and application in the project countries and other European countries.
- ▶ Exchange of experience in the field of self-presentation and the problems associated with public speaking in the context of educating and raising public awareness about organ donation

- ▶ development of practical rules for training future transplanted people - edu-leaders, in the field of public speaking, correct construction of statements, storytelling.
- ▶ setting dates for self-presentation workshops for transplant recipients and donors, the purpose of which is to prepare a group of edu-leaders in both countries.
- ▶ development of a model and work on "an hour with transplant edu-leaders" informational materials in schools
- ▶ participation of the Slovenian side in the "good practice" - 22nd Run for New Life in Poland and a panel summarizing the project with the participation of transplant recipients and authorities in transplantation medicine.

"Book of good practices"

a collection of promotional and educational solutions for organ donation and transplantation



Don't wait become a donor

an idea of good social practice built around the concept of time and waiting: we get tired of standing in short lines, waiting for a train or bus, a person waits for the organ for months, sometimes years. Posters of the campaign were hung in places where people have to wait: at the train station, at the bus stop. The theme was a question. Example: Are you tired of waiting for the train? Are you tired of waiting for a vacation? Miha had to wait for her heart for more than 170 days.



Run for New Life

an idea of good social practice built around outdoor activity as a symbol of second life: taking place in the formula of a recreational Nordic walking relay march with the participation of people after transplantation, famous people from the world of film, theater, stage, sports and media, high school students and representatives of companies and organizations involved in the promotion of donation and transplantation. The most important subjects of the campaign are transplant recipients, who show healthy people that it is possible to return to a normal life after transplantation. Their stories shown in the media build a message of good practice giving space for thought to all those who have not yet made or are hesitating to make a donation decision.



Heart on Hand

the idea of good practice built through a play about organ transplantation and donation in the context of solidarity, professionalism, and hope.

Written specifically for educational purposes, the play focused on the invisible relationship between the donor family and the heart recipient.

A linear story leading from death to life. The goal is to convince the audience to confront the topic of organ donation on a deeper and intimate level.



Ordinary Card - Unusual Gift

a good practice idea built around encouraging as many people as possible to have a donor declaration - a testimony of will. The certificate of will in the Polish system does not have the force of law, but as a declaration it is supposed to help the family of the deceased and doctors to respect their will, accept the decision and help the person who is waiting for a second life. The certificates /200,000/ were distributed by transplant recipients at 60 prestigious sports and cultural events.



My scar - my life

- the idea of good practice was born among transplant patients who wanted to publicly express gratitude to donors and break the taboo around organ donation and spread the message: declare yourself as a donor. For the photos, which were created during professional sessions and displayed in exhibitions, transplant patients posed nude, the play of light and shadow brought out their surgical scars. The descriptions included the stories of the people in the photos with the message of a great, undiminished chance for a second life.



Over coffee about transplantation

an idea based on a media project expanding public awareness of transplantation and organ donation. The project creates a series of interviews prepared in the formula of a "live" TV broadcast transmitted on the Internet. Talks about transplantology, its problems and successes, discussions on ways to promote and build public support for transplantation. Prominent doctors-practitioners, scientists, transplant recipients, transplant coordinators, well-known people from the world of broadly understood culture and sports are invited to participate in the program. The campaign builds outreach through the use of national and regional web portals and new media.



The 6-minute walk test

an idea based on showing healthy people how difficult it is for a person with pulmonary hypertension - a disease that can lead to heart and lung transplantation. Everyone who takes part in the walking test is given a nose plug and two straws in their mouth. This makes it possible to breathe only through the straws, which is very difficult. And a patient with pulmonary hypertension feels this way when breathing while climbing stairs, or just plain walking.

Debates on transplantology

an idea built on increasing public awareness of organ donation and transplantation through media coverage using the opinion-making Polish portal Onet.pl.

The partner was chosen not accidentally - it is the oldest and largest Polish horizontal portal generating large coverage and significantly influencing public opinion.

The formula for good practice is panel discussions broadcast on the portal's homepage about the problems and challenges facing Polish transplantology, discussions about how to use the image in promoting transplantation and organ donation.



Assumptions of a training workshop

for transplant recipients and donors on self-presentation and storytelling " How to tell a story"

Assumptions

1. storytelling scheme - exposition, plot development, culmination point, resolution, happy ending.
2. The time frame of my story - closing the story in a few minutes so as to focus the attention of the audience
3. characteristics of a well-told story
4. technical aspects of story construction and group work



- 5.** preparing a presentation based on your story and ways to present it well
- 6.** body language, gesture language, and verbal message - what to pay attention to and what to avoid, how to use key words.
- 7.** how to enter into understanding with the audience - interactions
- 8.** stress and fear of speaking - how to fight it.
- 9.** speech practice
- 10.** a short guide to speaking in front of the camera
- 11.** closing remarks - basic principles of building confidence, keys to success in storytelling



Training workshop

for transplant recipients and donors - future edu-leaders

Slovenia- 21-23 April 2023

Poland - 10-12 May 2023

Participants:

Slovenia - 15 people

Poland - 15 people

Workshop schedule

Day one

- Introductory lecture "Rules of life after transplantation"
- what to pay attention to, what to avoid"
- introductory lecture on the subject of training



Day two

workshop on self-presentation and storytelling

" How to tell a story"

- general information - overview of training methods
- workshop work in two independent groups
- self-presentation - storytelling in the presence of colleagues from the training group - comments, evaluation, elimination of mistakes.

Day three

assumptions of the "hour with edu-lider transplantation" and recording session for workshop participants

- discussion of the assumptions of the presentation of "an hour with edu-lider transplantation" - informational material to be presented in schools.
- recording of stories in the form of video materials.



"An hour with edu-lid transplantation"

the premise of an informative presentation in schools

1. My story - the story of a person after transplantation

I will tell you about myself, but I am here to:

- provide reliable information. This one is sometimes missing!
- show that after transplantation you return to a normal life. This is true!
- convince the unconvinced. Are there some?!

2. Transplantation as a method of treating organ failure

- what do we transplant?

- man and organs that are transplanted today
- donation from deceased persons and living donation

3. Country

- Summary by year and by organ including bone marrow transplants
- Waiting number updated monthly



4. Donor and recipient

- Can I be a donor? Am I suitable?
- Recipient. Does this apply to me?

5. Donation from deceased persons

- Brain death - the end of life. Legal aspects
- What happens to the organs if we do not take them?
The answer is only apparently simple.

6. Living donation

- A living donor? Why is it possible and so important.
- Do we have anything to be afraid of? We dispel the myths.
- What organs do we transplant from living people?

7. Waiting for transplantation

8. Cross and chain transplants

9. Recipient after transplantation

Does anything change?

- Resting in the chair only sometimes.

It's not a rule just a choice. As with everyone!

10. Donor after transplantation

- My donor story
- Or - the story of a well-known person who became a donor living in the country

11. Testimony of will. Necessity

- peculiarities of certificates of intent depending on the legislation of a given country
- What it is and why it is worth having it
- Why your will is worth communicating with loved ones

12. Where to look for information

- National transplantation coordination unit
- Central Register of Objections, Central Register of Consents
- Transplantation in mass culture



Run for New Life

**an initiative to support transplantation
- 12-14 May 2023**

- Participation of a Slovenian team - transplant patients and participants of the "We have more than one life" project in the 22nd Run for New Life.





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Panel summarizing the project - May 13, 2023

- Participation of transplant recipients and authorities in transplantation medicine
- presentation of achievements /dissemination/ and evaluation of project activities
- discussion on how to continue and develop the project "We have more than one life" in the perspective of submitting another application for funding from the European Union



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