



# S.O.S. Stress on Ships

"S.O.S. – Stress On Ships" is a 30 months lasting project, supported by the Lifelong Learning Programme of the European Union, aiming to meet and solve the issue of the work-related stress for workers who operate on board of merchant ships.

It gathers seven institutions coming from six European countries, called to jointly share their scientific and academic know-how, in order to build a new training programme addressed to maritime secondary school students and maritime workers.

The new training programme will provide them with the tools to check and detect arising stress statuses in themselves and in the others, while working on board, and to face and manage them.

This way they will be able to prevent the *human factor's* negative effects on efficiency, safety, and on the career aspiration of young maritime workers.

"S.O.S." project associates also a wide range of stakeholders from different parts of Europe: private maritime enterprises, public bodies, sectorial associations and maritime secondary schools.

**Start date of the project: January 2014.**

**End date of the project: June 2016.**



Lifelong  
Learning  
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[www.sosproject.net](http://www.sosproject.net)



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