



# NATIONAL/MOBILE NEST ACTIVITIES IN POLAND

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**Motor Transport Institute** is a research and development unit with 60 years of history in road transport.

AVENUE project is realized by Road Traffic Safety Centre, which is involved in the following task:

- conducting research and studies in the field of road safety
- initiation of legislation, preparation and realization of road safety social campaigns, projects and educational activities
- conducting publicity
- cooperation with national and foreign institutions and organizations

Our staff are members of ETSC, IRTAD, CARE, ECTRI, ICTCT, PRI





## Road Traffic Safety Centre conducts scientific research work in the following areas



- periodic statistical analyses
- in-depth analyses of selected road safety issues (e.g. speed, alcohol, young drivers, pedestrians)
- monitoring and evaluation of measures aimed at reduction of the road risks
- road safety education

As well as:

- close co-operation with groups of personnel carrying out drivers' training and examination – Motor Transport Institute patronage over Driving Training Centres
- road traffic safety consultations for teachers, driving instructors, examiners, central and local administration
- road safety seminars, training, post graduate studies and workshops



## EU PROJECTS

- **SARTRE** (Social Attitudes to Road Traffic Risk in Europe)
- **BEST – BOB** (Benchmarking European Sustainable Transport Benchmarking of Benchmarking Road Safety)
- **ROSE 25** (Inventory Compiling of an European Good Practice Guide on Road Safety Education targeted at young people)
- **EUCHIRES** (European public awareness campaign on use of seat belts and child restraint system)
- **DRUID** (Driving under the influence of drugs, alcohol and medicine)
- **CLOSE TO** (Risk prevention for beginning drivers)
- **ERIC** (Experiencing CBT Programmes in Road Safety In the European Community)
- **SAFeway2SCHOOL** (Integrated system for safe transportation of children to school)
- **SHLOW** (Show Me How Slow–Mobilising Transport Research into Speed Management)
- **DaCoTA** (Data Collection Transfer & Analysis)
- **ICARUS** (Inter-Cultural Approaches for Road Users Safety)
- **BESTPOINT** (Criteria for Best Practice Demerit Point Systems)
- **SOL** (Save Our Lives)
- **ISEMOA** (Improving Seamless Energy-Efficient Mobility Chains for All)
- **AVENUE** (Actions for Vulnerable, Elderly, Novice Drivers and Road Users in Europe – for Traffic Safety)



## NATIONAL FIXED NEST – POLAND

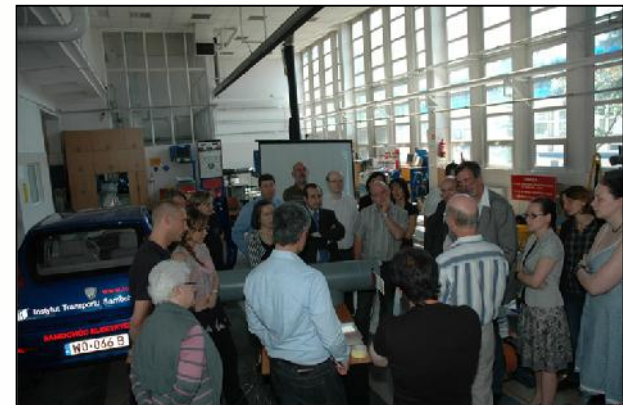
The National Road Safety Centre (NEST) is established in Warsaw at Motor Transport Institute (ITS). It is a place for sharing the knowledge and best practices in the field of road safety

### Aims of the NEST:

- to improve road safety education level
- to improve the quality of teaching road safety
- to increase social awareness on topics related to road safety

### The activities of the NEST:

- providing knowledge in the field of road safety to children and adults
- methodical aid for teachers and organizers of after-school activities
- aid to families in teaching children road safety



## NATIONAL FIXED NEST – POLAND

Polish National NEST is equipped with high quality equipment which demonstrates different simulations of human body behaviour in various situations on the road



### Equipment / Stands:

- 2 belt sledges : 1 seat and 4 seats
- Rollover car simulator
- Collision weight („Elephant test”)
- Alco-goggles (Daytime: 0,8 – 1,5 ‰, Dusk & night: 0,6 – 0,8 ‰  
Dusk & night: 1 – 1,7 ‰)
- Visibility on roads
- Helmets (mini helmets)





## BEST PRACTICES

Practical workshops related to road safety addressed to high school students are held at the National NEST at ITS. During the workshop students participate in many interesting experiences with the use of simulator, belt sledge, collision weight and alco-goggles.





Groups of children from different schools visit ITS and participate at different presentations of equipment, such as belt sledge, visibility experiments, helmets testing and visit ITS laboratory.



On the occasion of different events (such as ITS 60th Anniversary, Road Safety Week, visit of the Members of Parliament or governmental departments, other organizations) the guests have an opportunity to visit the National NEST at ITS.







## ACTIVITIES OF MOBILE NEST – POLAND

The mobile NEST of AVENUE project is participating in various events promoting road safety across the whole country on a regular basis. These events include picnics, happenings, road safety actions, etc.

Its equipment – the roll-over car simulator, belt-sledges, alco-goggles, visibility and helmets simulations – is highly appreciated and widely used by different road users.



## ROAD SAFETY DAYS

The event is organized in Proszowice, near Cracow, under the patronage of Motor Transport Institute together with the local driving schools and Schools in Piotrkowice Małe

### Target group:

- school students aged 12-19

### Objective:

- Promoting safe behaviours in traffic among youth

### Method:

- Road safety day is divided into several parts:
  - the introduction to the topic of traffic safety,
  - stand demonstrations,
  - demonstration of emergency action,
  - a short play.





- The official inauguration consists of 2 parts: first dedicated to younger group of students 12-15 years old, the second – to older 16-19 years old.
- Students are split into groups (10-15 persons each). They visit the thematic stands:
  - forces influencing human body (belt sledge, roll-over car simulator, collision weight),
  - influence of alcohol and similar substances on organism (alco-goggles),
  - vehicle in different road conditions (driving simulator),
  - fatigue (multimedia tool),
  - physics of driving (multimedia tool),
  - reflective materials (darkroom)
  - demonstration of emergency action.
- Participants – approx. 250 each year



## SAFE ON BIKE

### Aim:

- to realize educational programme in the field of road safety among the fourth grade students, who learn how to ride a bicycle safely

### Objectives:

- To prepare children for safe cycling in real traffic
- To popularize traffic (safety) rules
- To promote safe behaviours in traffic among children, youth and adults,

### Target group:

- Children 10-12 years old from schools of Legionowo and Nowy Dwor Mazowiecki districts

### Method:

- Educational programme „Safe on bike” – safe behaviours while riding bicycle, carried out by school teachers during the whole school year (developed in cooperation with ITS)
- Road safety day (once a year) – ITS carries out a workshop regarding safe behaviours, a summary of the realized classes throughout the whole year. The workshop is accompanied by a competition (group work). (May)





- Fourth grade students from 11 schools and their parents from Legionowo and Nowy Dwor Mazowiecki districts take part in picnic at school No. 5 in Nowy Dwór Mazowiecki and have a chance to receive the cycling license. ITS supports the whole event with its mobile NEST (belt-sledge and alco-goggles)  
The event is supported by well-known and popular Polish actors or other celebrities. Patronage over the whole project was taken by the Marshal of the Mazovia Region and the Mayor of the city, as well as local organizations, Police, Fire Department, and Motor Transport Institute. (May)
- Visit at ITS fixed NEST combined with classes according to 4 different scenarios. (October)



### Effectiveness

- Method: test for cycling licence (organized by the Police)
- The number of children who passed the bicycle licence test – 100% (2011), 100% (2012)
- Questionnaires – 99% gave the highest note “very good”





# SCIENCE PICNIC OF POLISH RADIO AND THE COPERNICUS SCIENCE CENTRE

Europe's largest science outdoor event, organized each year in May/June in Warsaw.  
The theme of the picnic is different each year (i.e. Huge Microcosm, Freedom, Energy).

## Aim:

- To disseminate the knowledge in different fields of science through presentations of interesting experiments. These experiments allow to get to know the science, they give inspiration and encourage the participants to individual science actions
- To popularize traffic safety rules among the public
- To make children aware of threats in traffic
- To promote safe behaviours in traffic among children, youth and adults





During the picnic ITS presents the AVENUE Mobile NEST equipment of:

- Belt sledge
- Roll-over car simulator
- Alco-goggles
- Leaflets on traffic safety (regarding different problems)
- Visibility stand
- Helmet presentation (egg experiment)
- Materials and scenarios for small children
- Presentations
- Competition scenarios

There are usually approximately 200 institutions from Poland and abroad and it is possible to see more than 1000 exhibitions and experiments.



## DRIVER 50+

- Growing number of elderly in Europe – ageing society – concerns traffic as well
- At Motor Transport Institute special educational package “Driver 50+” was developed aimed at older drivers (holding cat. B driving license) and designed to be implemented in centres and other units which train drivers for category B license (amateur drivers).

### Aim:

- To ensure older people the opportunity to drive a car as long as possible without creating a hazard on the road, or – if there is such need – to help them make responsible decision to reduce or completely cease to drive.



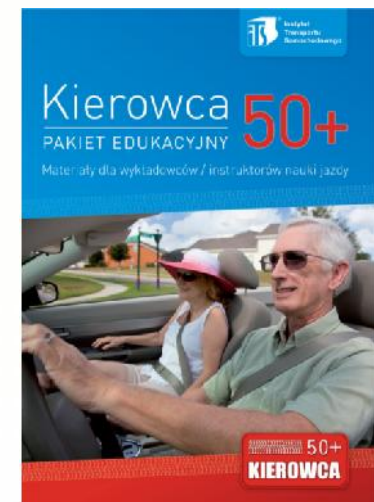




The educational package “Driver 50+” consists of materials for trainer / driving instructors (manual and presentations in the electronic form) and materials for training participant – drivers 50 + (a booklet, self-assessment questionnaires, leaflet and the insert “Important Information”).

The program has a modular structure and includes the following topics:

- **Module 1.** Biological and mental changes progressing with age and their impact on driving a vehicle. Effects of fatigue, medicines, alcohol and drugs on driving
- **Module 2.** Road traffic regulations
- **Module 3.** Modern technology in vehicles and on roads assisting the driver. Physics of driving
- **Module 4.** First aid for victims of road accidents
- **Module 5.** Driving a vehicle in urban traffic



Each module contains the training objectives, teaching material in the form of program subjects, exercises (obligatory), a list of necessary teaching aids, methodological guidance for the implementation of teaching material.

Number of hours envisaged for the implementation of the program is 10 x 60 minutes, including 4 hours of theory (modules 1, 2, 3) and 6 hours of practice (modules 4 and 5).



- 25 trainers/driving instructors trained
- The trained instructors organize trainings for 50+ drivers in several cities across Poland



## EXAMPLES OF OTHER ACTIONS

### Finale of the Great Orchestra of Christmas Charity

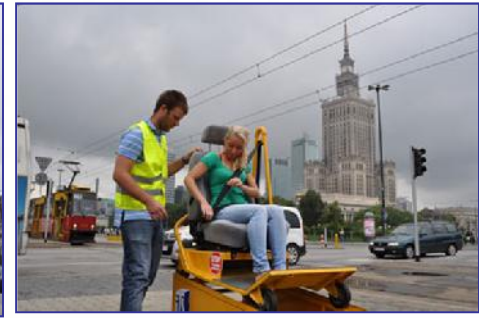


### The Campaign "By bike safely to your destination"





## Safe Driver Day



## Preventive Police campaign “Safer on the bicycle”





## Future of AVENUE NEST

- National Education Centre for children and youth
  - Road safety (forces in traffic influencing vehicles and human – physics of driving, fatigue; equipment supporting drivers etc.)
  - Environmental protection
  - History of motorization and traffic safety
  - Target: children and youth 6-19 years old, adults
  - Goal: Centre ready in 2017





# Thank you for attention!

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