



European Prevention Curriculum

Making prevention effective

What is the EUPC?

The EUPC is a short training curriculum in science-based prevention for decision-, opinion-, or policy-makers (DOPs) at local, regional or national levels. It aims to boost the application and uptake of effective modern prevention approaches in Europe and facilitate well-informed choices about funding and implementation priorities at national, regional or local levels.

The EUPC contents are based on the best available global evidence adapted by experts for the European region and designed in such a way that the knowledge and tools they contain can be universally applied to other prevention areas (e.g. cyberbullying, violence and other anti-social behaviours, gambling, excessive media use).

Who is it for?

The EUPC has been designed specifically for decision-, opinion- and policy-makers in the prevention of substance use or anti-social behaviour.

It is relevant for you if you make funding decisions about different prevention options, coordinate prevention services, or advise about how and where to distribute resources for prevention in your community or region. You may also be the head of a non-governmental organisation engaged in delivering prevention, a prevention coordinator in a regional administration, an education superintendent, or a civil servant who develops strategies and commissions prevention interventions in a municipality. You may be a stakeholder or member of a community coalition. The EUPC has a specific focus on these groups because of the key role they can play in influencing the development of effective prevention systems.

The EUPC is not aimed at frontline workers in the prevention field for the time being.

Some reasons why EUPC trainees recommend it to others

- It gives you confidence in selecting evidence-based prevention programmes.
- It provides you with tools to assess the value of different types of evaluation and levels of evidence.

- It sharpens your perception of how regulatory, economic and physical environments influence heavily and inconspicuously our behaviour... and how they can be used to facilitate and sustain healthier behaviour.
- It helps you distinguish potentially useful mass media approaches from potentially harmful ones.

Content and focus of the training

- Epidemiology, substance use and why prevention is important
- Language of prevention: from evidence to practice
- Evidence-based approaches in prevention
- The International Standards for Drug Use Prevention (UNODC/WHO) and the European Drug Prevention Quality Standards (EDPQS)
- The European Minimum Quality Standards
- School-, community-, workplace- and family-based prevention
- Crime prevention
- Monitoring and evaluation
- Media
- Particular focus on advocacy, environmental prevention and nightlife interventions

How is the EUPC delivered?

The core EUPC training takes two days (or five half-days in online synchronous mode) and can be deepened with three additional face-to-face days (or an e-learning course on plato.emcdda.europa.eu).

The EUPC manual is available in several languages.

If you have skills, experiences or aspirations, the EUPC training delivery strategy also offers a possibility for trainees to become trainers themselves.

How much will it cost?

The EUPC is a non-profit endeavour, and our trainers adhere to a strict Code of Practice to guarantee a high level of quality and fidelity of the course delivery. A low training fee is charged; its amount depends on the trainer and the training mode.

You will also spend about two days of your time, and, depending on whether you choose face-to-face or online delivery, there might be travels costs to consider.

How to enrol in an EUPC training?

Only licenced national trainers can deliver EUPC trainings and issue certificates recognised by the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA). You may email the EUPC or consult the EUPC trainers and master trainers list at the EMCDDA website and contact them directly.

Website: emcdda.europa.eu/best-practice/european-prevention-curriculum

E-mail: eupc@emcdda.europa.eu