Virtual Reality as a Tool for Developing Social and Civic Key Competences

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Virtual reality (VR) offers new opportunities for experiential learning and the development of key competences, including social, civic and sustainability-related competences. Its potential extends beyond first-aid education and can be effectively applied more broadly in health and safety education, where immersive scenarios enable learners to experience, practise and respond to potentially hazardous or emergency situations in a safe and controlled environment. These competences are closely linked to an individual's ability to respond appropriately to emergency situations, collaborate with others and actively contribute to the safety and well-being of the community.

One effective approach is to combine training in basic life support (BLS) with immersive virtual reality scenarios. In such a scenario, the participant finds themselves in a simulated emergency situation where another person has suffered a cardiac arrest and is required to assess the situation, initiate cardiopulmonary resuscitation and respond appropriately to subsequent developments. This combination of practical first-aid training and immersive technology can enhance not only knowledge and skills in the field of BLS, but also decision-making, responsibility, empathy, cooperation and active citizenship.

VR therefore represents a promising educational tool not only for first-aid training but also for health and safety education in a broader sense, whilst at the same time supporting the development of social, civic and sustainability-focused competences. By providing realistic but safe opportunities to practise appropriate responses to emergency and safety situations, VR can help prepare individuals to act responsibly towards themselves, others and the wider community.

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