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## Vitality Interventions for Migrants

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## The project

VIM is a 24 months project that aims to promote information on a healthy lifestyle among migrants and to increase their confidence in using the existing health system.

By this, the project aims to increase the European integration of migrants.

Indeed, staying in good health, adopting healthy life styles and being informed about the health system of the host country as well as having confidence to make use of it are pre-requisites for successful integration of refugees and newly arrived migrants into their European host societies.



## Project's objectives



**To promote and improve the health among migrants.**



**To promote information on healthy lifestyle.**



**To prevent the importation of infectious diseases.**



**To inform migrants about the health system of the host country.**



**To build confidence to make use of the existing health system.**

## Activities

- ♥ Conducting comprehensive stocktaking and research activities to identify relevant topics that meet the training needs of migrants.
- ♥ Developing multimedia training and learning materials on key areas of migrant health education.
- ♥ Developing educational guidelines for educators working with migrants in diverse programmes.
- ♥ Setting up the VIM Hub for educators providing educators with the project's resources, other useful learning and information and networking opportunities.
- ♥ Piloting the learning resources in the partner countries to gather feedback on their feasibility and usefulness. Collecting lessons learnt and setting up recommendations for their further use.
- ♥ Creating the VIM Quality Label to convey the idea of adult educators and training providers that have embedded health educational elements in their training according to the VIM approach.