



# Vitality Interventions for Migrants

[vitalityintervention.eu](http://vitalityintervention.eu)

## VIM Newsletter 2

## May 2018

### Who is VIM?

VIM stands for Vitality Interventions for Migrants and is a 24-month project that aims to promote information on a healthy lifestyle among migrants and increase their confidence in using the health system of the receiving country. By this, the project aims to increase the European integration of migrants. 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.

### What VIM found out –Results of our research



The VIM team carried out comprehensive research activities. These were based on three elements: desk research, qualitative interviews, and the identification of examples of good practice in terms of promoting health among migrants in the partner countries.

The VIM partners have carried out 61 interviews with educational and social professionals in the six partner countries. The aim was to define the learning needs of migrant adults in terms of most relevant health education topics. These form the basis for developing small learning units and activities that can be embedded in training offers addressing refugees and migrants.

Even though partner countries have national specificities (e.g. health system, administrative regulations, climate, concept of health etc.) there are a number of similarities. It seems that in all partner countries the main barriers for migrants to access national healthcare services are:

- ♥ Language and communication barriers
- ♥ Lack of information on healthcare services
- ♥ Legal status and access regulations for national healthcare

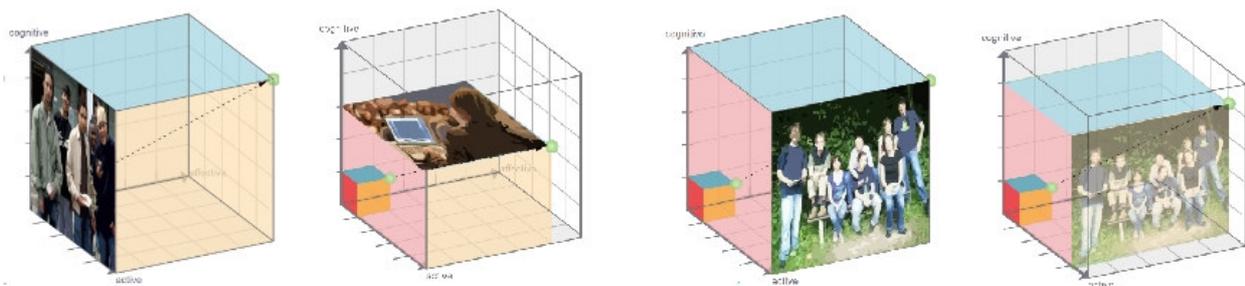
In the development of effective measures to improve the involvement of migrants in the healthcare systems of the receiving societies, the interviewees mentioned, among others, the following topics as being important:

- ♥ Different healthcare and body conceptions
- ♥ Awareness of mental health and chronic diseases
- ♥ Role of the doctor
- ♥ Healthy life-style
- ♥ Sexual health education
- ♥ Gender awareness
- ♥ Drug and substance misuse

Based on these topics, the VIM partners will start developing training units and activities that can be implemented in various courses involving migrants.

The training units and activities will be available in autumn 2018 and will be tested in national pilots in the partner countries. The piloting phase will be inaugurated by national workshops with adult educators. The aim is to present the VIM concept, exemplary activities, the VIM Hub and the validation system LEVEL5 that will be used to assess, document and make visible developments of competences acquired in VIM in terms of embedding health promotion and prevention in all kinds of courses involving migrants and refugees.

## Validation of competences in VIM



In VIM we will connect innovative learning to the validation of competences. For this purpose VIM will make use of the LEVEL5 validation system used to assess, document and visualise developments of social and personal competences acquired in informal and non formal learning. Since 2005 this system has been used successfully in over 100 European educational and mobility projects.

LEVEL5 system is specifically designed to assess personal, social and organisational competence developments in rather non- and informal learning settings. It is based on a 3-dimensional approach to validate cognitive, activity related and affective learning outcomes – the LEVEL5 cube.

The competence development of participants involved in the pilots will be assessed by means of the LEVEL5 validation system. This will support learners to become aware of the impact of the training in terms of their own competence developments and will also allow for evaluating the effectiveness of the training itself.



## Project Partners

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Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

**Website**

[www.vitalityintervention.eu](http://www.vitalityintervention.eu)