



Vitality Interventions for Migrants

vitalityintervention.eu

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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.

VIM Training offer on the VIM HUB

Based on the research activities consisting of desk research, qualitative interviews, and the identification of examples of good practice in terms of promoting health among migrants the VIM partners have developed a wide range of educational resources provided on the VIM HUB.

The core element of the VIM training offer is a set of small training units called simply “activities” as these shall be interactive and shall involve migrants and refugees in all kind of playful, discovery oriented and holistic activities.

These are clustered into the following main categories:

- ♥ Different conceptions of health, illness and cure based on culture and religion
- ♥ Mental well-being
- ♥ Physical well-being
- ♥ Access to the new health services – obstacles and problems
- ♥ Sex/sexuality, pregnancy and childbirth
- ♥ Communication

Each of the six categories provides approx. ten different activities – these vary in terms of their duration, group of learners, equipment needed. They all have in common that they can be implemented in all kind of adult education courses by educators that are not health experts.

Besides these activities that are available under “Activity Pool and Support” the VIM Hub also offers:

- ♥ Reading Corner: provides background information that complements the activities. The reading corner offers additional links to infotexts as support for preparing training on health related topics.
- ♥ National Info Point: provides national news, links or events on migrant health.
- ♥ VIM Talks: This is the VIM Forum for networking and exchange for all interested trainers, teachers, educators and training providers etc.



The VIM Hub is available in all partner languages, as are the materials provided on the Hub.

The training units and activities 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.

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Website

www.vitalityintervention.eu