



Transnational Experience Report

Experiences from the national VIM pilots

Summary

VIM stands for “Vitality Interventions for Migrants” and is a two-year project funded by the Erasmus+ Programme. In the context of the project the partners have developed ready-made, easy-to use micro-learning and information units aimed to enhance the health literacy among migrants. These units were tested in national pilot projects by all partners in Austria, Denmark, Germany, Greece, Italy and Spain for their relevance and user-friendliness. The practical phase covered a period of about six months starting from January to July 2019. It was inaugurated by national workshops aimed to introduce the general concept of VIM and the developed micro-learning units. Subsequently, the involved trainers and multipliers applied and piloted a number of learning activities in various settings in their daily work with refugees and migrants.

In total, 55 educators (42 females and 13 males) piloted the small training units in all countries, most of them belonging to the age category between 31 and 40 years old. The majority of educators have a higher education background and most of them have more than 3 years experience working with migrants and refugees.

The migrants and refugees who participated in the pilot tests in all countries were 488 in total and the gender distribution is almost equal (248 males and 240 females). The majority of participants were between 20 to 30 years old (262), while 126 were between 31 to 40, 81 between 41 to 50 and just 19 older than 51 years old. Regarding the country of origin, most participants in all countries were coming from Asian and African countries. However, in Spain a number of participants were coming from Latin America and in Germany some of the learners had an Eastern Europe background.

The pilot tests took place in various contexts, mainly in language courses for migrants/refugees, but also during welcoming sessions, workshops and multiplier events organised exclusively for the VIM project. The VIM small training units are designed in such a way that the methodology, tools, timeline and processes are very clear and can be easily implemented by the educators. However, the educators adapted the activities according to their needs and those of their target group and selected the ones they liked better, in order to provide their learners with useful health literacy materials.

In general, the feedback from the educators in terms of the relevance and usability of the VIM small training units was very positive. Since there are not many such teaching materials specifically aimed at this target group, the activities were highly appreciated by the majority of educators in all countries. The tailor-made activities aimed to promote health literacy of migrants and refugees were the key success indicator, even if adaptability was required in some cases.

In this context, language and time have been identified by some educators as the main challenges throughout the process, as a certain level of language and sufficient time is required to



carry out the activities. Educators are recommended to adapt activities to their needs and learners' backgrounds, and also to use activities frequently to have a real impact on the health perceptions and daily lives of migrants/refugees.

In conclusion, the feedback from the pilot tests in all countries has given consortium partners confirmation that they have developed a valuable source of activities to promote health literacy among migrants and refugees. VIM's small training sessions can be used by various organisations and individuals to facilitate the integration of migrants and refugees in Europe and improve their lifestyles.



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.