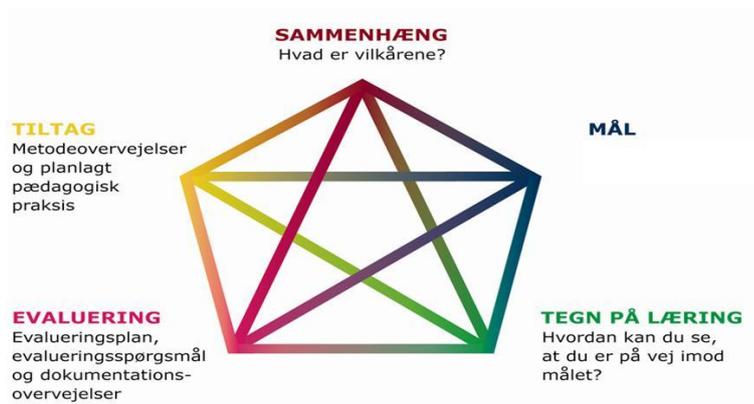


Exercise 3: Planning tool

The model SMTTE is a planning tool. It can be useful when the health ambassadors are planning their activities for the trial-out-phases. The model consists of five elements:



- **Context (Sammenhæng):** Here we clarify our motivation and the starting point and background for the intervention. Who are the participants? What is their starting point and circumstances? What is already there? Why is this important to them etc.?
- **Objectives (Mål):** Here we describe what we want the participants to learn or which other goals we want to reach. Make the goals concrete and clear.
- **Initiatives (Tiltag/handling):** This point involves all the concrete things we will do to reach the goal.
- **Signs (Tegn):** What are the criteria for success? Are we achieving our goals? What are we looking for?
- **Evaluation (Evaluering):** Description and reflection. How can we describe what we did and how can we evaluate the activity? Did we achieve our goals? What could be better? Do we ask people, observe or??

Template for preparation of activity using SMTTE

Context	Objectives	Initiatives	Signs	Evaluation
<p><i>Starting point and background</i></p> <p><i>Description</i></p> <p><i>Conditions and terms</i></p> <p><i>Participant group; age, number, problems, preconditions etc.</i></p> <p><i>Motivation</i></p>	<p><i>What do we want the participants to learn?.</i></p>	<p><i>Do we want participants to do?</i></p> <p><i>How do we organize the activity?</i></p> <p><i>What do we need to accomplish the initiative?</i></p>	<p><i>What are we looking for to evaluate if we are achieving the objectives?</i></p>	<p><i>How is the connection between the five points?</i></p>