

HPHA – training- course in Vejle: Content and structure

Week:	Content:	Projects:
43: Monday: 16.00 – 18.15 Saturday: 09.00 – 15.00	Introduction to the course + definitions of health Health promoting activities. Action and reflection	
44: Monday: 16.00 – 18.15	Analyzing the Health promoting activities. How and why can these activities be health promoting? Introduction to a common project	Project 1: “Lysfest” The whole group are working on the same project
45: Monday: 16.00 – 18.15	Understanding of ethics. Code of conduct and how to communicate in a positive way	Project 1: “Lysfest” The whole group are working on the same project
46: Monday: 16.00 – 18.15	How to motivate and empower people?	Project 1: “Lysfest” The whole group are working on the same project
47: Monday: Afternoon and evening	“Lysfest” Action and documentation	
48: Monday: 16.00 – 18.15	How was the “Lysfest”. Reflection and evaluation Introduction to the next project. Presentation of SMTTE. A project tool	Project 2: We split up in groups (2-3 persons)
49: Monday: 16.00 – 18.15	General guidelines for healthy lifestyle. Which knowledge do we need and how do we reach more knowledge?	Project-work + guidance

50/11: Monday: 16.00 – 18.15	Physical Activity skills	Project-work + guidance
51/11: Monday: 16.00 – 18.15	Basic knowledge about food and meals And how to initiate action about this	Project-work + guidance
52/11:	Christmas - holiday	
1/12: Monday: 16.00 – 18.15	Life-style and diseases caused by lifestyle . How can we change to try avoid thesee?	Project-work + guidance
2/12: Monday: 16.00 – 18.15	Which local health offers are already promoted? What, how, where, price, who can participate. Make a catalogue.	Project-work + guidance
3/12: Monday: 16.00 – 18.15	How are the health promoting system organized in the municipality of Vejle?	Project-work + guidance
4/12: Monday: 16.00 – 18.15	Presentation, documentation, reflection and evaluation of project 2	
5/12: Monday: 16.00 – 18.15	Presentation, documentation, reflection and evaluation of project 2	
6/12: Monday: 16.00 – 18.15	How can we anchor, create network and keep it going?	
7/12: Monday: 16.00 – 18.15	Winter-holiday	
8/12:	Examination	

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3rd Partner Meeting
Verona, Italy 3rd – 5th October 2011
WP6: European Frame for Training Programme



Pedagogical approach.

The participant-orientated approach implies active learning processes involving the target groups in bringing in their visions and wishes, experiences and relationships.

In this training programme there are two different and important objectives:

- 1) Empowering the participants by increasing their self-confidence and self-understanding in order to increase their ability to change
- 2) Increasing the number and dept of good health habits.

To reach these objectives:

- We can inform
- We can try, analyze, discuss and identify
- We can start innovative processes together with the target groups
- We can act, reflect and eventually change the next step.