



Bydel
Sagene



HØGSKOLEN I OSLO
OG AKERSHUS

Training program - Contents

Course co-ordinators:

- 1 person Sagene District
- 1 person Volunteer Organization
- 1 person Oslo and Akershus University College.

The background for the course

Inequality in health is an important challenge for Sagene District. It has however proved difficult to reach the population groups who need to know and understand how they can improve their health.

The purpose for the program

The objective of the course is to increase the skills and knowledge of healthy lifestyle. The course will train volunteers as health promoters and to build a network of health promoters. This will be achieved by developing a health volunteer model and an associated training program, enabling persons from informal community networks and organizations to promote health among children, young people and their families. The course presents processes and capacity building activities which assist local authorities to create a better co-operation with civil society organizations in Sagene District. The objective of the training course will empower the participants to obtain a better health dialogue with people who really need it, in settings that are safe and familiar to them.

Target- group for the program

The participants in the course should be people who like to do something with and for other people. Hence, human skills are probably even more important than specific health skills. They need to know how to interact with children and their families and being able to create trustful relations with children and their families.

Time and frames in the program:

Spring 2012:

The course starts in week 3 and runs to week 11. It consists of 5 sessions and week 8 the winter-holiday week. All sessions starts with a healthy meal-eating together. Individual work





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from week 11 – 17 with tutoring and networking. The course will be finished in week 17 with a workshop - evaluation, storytelling and a healthy meal-eating together.

Autumn 2012:

The course starts in week 35 and runs to week 38. It consists of 3 sessions. All sessions starts with a healthy meal-eating together. Week 36 visiting the volunteer organizations. Volunteering activities from week 39-44 with tutoring and networking. Week 45 evaluation. The course will be finished in week 46 with workshops–digital storytelling

Session structure

- Introduction the main theme
- Group work
- Break
- Presentation of the assignment and discussion
- Introduction of the practical tasks
- Evaluation of the session and learning outcome

Learning methods in the program

Introduction to the different themes (competence profile) focus on the evidence in the different themes, enquiry based learning, learning development and training in activities, discussions and experience and reflections on themes. Tuition and guidance will be given through the course.

Contents in the course

Healthy lifestyle, mental, physical and social health, determinants of health, behavior change, coping the daily life, empowerment.

Communication- and collaboration-skills

Health-promoting activities

Understanding of ethical issues

Course certificate

A diploma will be given the participants who had followed the whole course

Evaluation

The course will emphasize the participants competence in evaluating their activities and their work in the course. There will be a plan for each theme and description of the different learning activity. This will be an important document in the evaluation of the whole course. The program will be evaluated through digital stories told by the participants.

