EXPECTED RESULT

ACTIVITY 2.2

SCHEME OF THE EXPERIENTIAL TRAINING METHODOLOGY

Authors

POLIBIENESTAR · AMSED · connexions · coordina · IAT · media k · OXFAM Italia intercultura · PRÒLEPSIS INSTITUTE · RESET

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Content

1 INTRODUCTION

Digital Health Applications (Health Apps) covers a broad range of applications that may connect to medical devices or sensors (e.g., bracelets or watches) as well as personal guidance systems, health information and medication reminders. Health Apps facilitates patients managing their own conditions or healthy citizens benefiting from prevention measures. Citizens can monitor their health, adapt their lifestyle and even interact with their doctors, careers or supports receiving and providing feedback. Health Apps supports migrants' well-being, empowerment and self-affirmation and can specifically contribute to improve their health status and even integration in the host country.

"MIG-HEALTH APPS" is launched with the aim of **increasing the competences of migrants for using health apps,** within a health self-management approach.

According to that, **"MIG-HEALTH APPS"** will develop the following main results;

- An **Experiential Training Methodology** for increasing the awareness and competences of Migrants for using Health Apps.

- A set of **Training Resources,** including **training materials for migrants and a trainer´s guide,** for enhancing the adoption of health apps by migrants through the implementation of the training methodology adapted to the learning processes and interests of migrants.

- An **e-Training Platform supported by an App Training Tool**, for supporting the implementation of the training methodology, including the access to the training resources and automatized search of applicable existing Health Apps.

As a previous stage, the Consortium must develop an "**scheme of the experiential training methodology"**, including a **basic description** of the learning objectives, contents and a set of Experiential Training Activities (ETA), among others. The "**scheme of the experiential training methodology"** is based on the assumptions made on the Grant Agreement, complemented by the additional information collected in the Expected Result 2.1 "Co-Designed Specifications".

2 SUMMARY OF MAIN CHARACTERISTICS OF THE TRAINING PROGRAM

The **Mig- Health Apps training program** has been developed to offer guidelines for trainers and professionals working with migrants for increasing the awareness and competences of migrants for using health apps.

Under the Mig- Health Apps training program a facilitation methodology has been developed to improve the health self-management by using health apps. This methodology is accompanied by several tools and instruments, and the main one is the **Mig- Health Apps training platform and the App training tool** which can be used by migrants, professionals working with migrants and other stakeholders in the community.

In the framework of Mig- Health Apps training program, a facilitator or trainer play an essential role as local leader, implementing the training program in its context and promoting the competences of migrants using health apps.

To design the Mig-Health Apps training programme, a co-design methodology has been followed, **involving the end users** in the design phases of the experiential training methodology. Therefore, the methodology employed moves away from participatory methodologies to identify real needs and seek solutions through a collaborative scheme involving end-users and other community agents and stakeholders.

2.1 Recommendations for training program specifications: (according to co design sessions)

- Practical presentation of Apps use
- Repository of health resources
- include videos/articles on health and digital skills
- Visual elements, no too much text
- Information provided for reliable sources and subject matter experts

3 LEARNING OBJECTIVES, TARGET GROUP AND LEARNING OUTCOMES

An innovative "Experiential Training Methodology" will be developed for **increasing the adoption of health apps by migrants, within a self-management approach.**

3.1 Target

MIG-HEALTH APPS is mainly addressed to **migrants** including the next specific targets:

- **Newcomer Migrants**; Migrant persons recently introduced in an EU country.

- **Migrants Peers**; Migrants already established and integrated in the country that could support newcomer migrants in their local communities, often belonging to local associations supporting migrants. This could also include local persons supporting migrants.

The training program will address a broad representation of migrants, including the participation of women, as well as representation of different age ranges and country origin.

MIG-HEALTH APPS will also address the **supports of migrants**, being mainly **professionals working in social services and/or non-for-profit organizations**. For instance, we can mention the **Community Health Educator**, as qualified and trained mediator who promotes access to the Community Centre and to local health services among people at high risk of social exclusion within a migrant community.

3.2 Learning Outcomes
3.2.1 Newcomer Migrants:

As a result of the implementation of the training methodology, the newcomer migrants will be able to:

- Understand the relevance of the health self-management

- Assess the health status of themselves and their main network

- Understand the concept of health apps and how they can be used for enhancing the health self-management

- Know about existing health apps in the health fields of main relevance for them

- Develop their Digital Health Literacy, including the following skills: Operational skills; Navigation skills; Information searching; Evaluating reliability; Determining relevance; Adding content; Protecting privacy

- Select, test and apply, at least, one health apps in the health field of main relevance for them

3.2.2 Migrants Peers:

As a result of the implementation of the training methodology, the migrant's peers will be able to:

- Transfer knowledge to and support newcomer migrants in the adoption of health apps, within a health self-management approach.

- Understand the relevance of the health self-management

- Assess the health status of themselves and their main network

- Understand the concept of health apps and how they can be used for enhancing the health self-management

- Know about existing health apps in the health fields of main relevance for them

- Develop their Digital Health Literacy, including the following skills: Operational skills; Navigation skills; Information searching; Evaluating reliability; Determining relevance; Adding content; Protecting privacy

- Select, test and apply, at least, one health apps in the health field of main relevance for them

3.2.3 Supports:

As a result of the implementation of the training methodology, the supports will be able to:

- Transfer knowledge to and support newcomer migrants in the adoption of health apps, within a health self-management approach.

- Understand the concept of health apps and how they can be used for enhancing the health self-management

- Know about existing health apps in the health fields of main relevance for them

4 TRAINING CONTENTS OR TOPICS

The implementation of the Experiential Training Methodology will need the acquisition of knowledge covering the following areas of training contents or topics:

TOPIC 1. Self-Management and Empowerment; How to be empowered and self-manage my health status; Main health areas to take care; What roles can play the relatives, migrants peers and health & care professionals?

TOPIC 2. What are Health Apps? Health Apps: what is it? benefits, application, barriers and facilitators; Application of health apps to migrants: best practices; What roles can play the relatives, migrants peers and health & care professionals**?**

TOPIC 3. Health APPs for Migrants; Structured collection of health apps, divided into the main health care area affecting migrants, including;

- Prevention and diagnosis
- Monitoring and tracking the health status
- Healthier lifestyles
- Communication with health professionals or caregivers
- Specific health areas: nutrition; pregnancy; mental health, newborn care.

5 APPROACH OF THE TRAINING METHODOLOGY

The training methodology will be based in a "learning by doing" approach, where they will be involved in self-management situations and will use real health apps and applied them to their own personal conditions, in order to get familiar with these processes and technologies in a friendly and supported environment, before they could use them in their real-life situations.

The training program will be structured into a set of ETA divided into the following sessions:

- **Teaching session:** A session will be held in which the main related training contents will be introduced by the Trainer to the learners. This could be done "face2face" or supported by e-learning tools. The session will include the following Group Dynamics

  - ❖ Group Dynamic; Why this health care area is relevant and best practices
  - ❖ Group Dynamic; How health apps can support the self-management within this health care area

- **Self-learning supported by online training tools:** Learners will be invited to complete and assess their knowledge through a self-assessment on the e-learning platform and will also be able to communicate their experiences in using the health application and share a conclusion on the benefits of using the applications.

- **Experiential training session:** The learners will be invited to select, at least, one health app in the related health area. Then, they will be supported by the trainer in the process of testing and applying the health app to their own health/life situation. When applicable, health data and/or experiences will be shared with other person, like relatives, peers, health & care professionals, etc. or other learners.

- **Closing session:** A session will be held in which the learners will be invited to share their experiences related with the use of health app. This will be helpful in order to identify best and bad practices and spread the knowledge about applicable health apps and their drivers and barriers.

The training program will be **flexible and modular**. This will allow the trainers and learners to implement the whole training program or select those ETA which willbe more relevant for them.

The Training Program will also be **prepared for enhancing a full self-learning experience**, without the participation of a trainer, when this would be the option selected by the learners.

The implementation of the Experiential Training Methodology will be supported by the following main resources.

A set of **Training Materials**, including theoretical contents, assignments and practical activities will be developed as part of the WP3 of the project. Training Materials will be developed mainly in written materials (MSN Word, PDF, PowerPoints, case studies, best practices, assignments, etc.) will be developed, although we foresee audiovisual format (videos, images, infographics, etc.) to facilitate the learning experience and overcome possible learning difficulties of participants.

An **e-Training Platform** and **App Training Tool** will be developed for supporting the implementation of the Experiential Training Methodology as part of the WP4 of the project. A Web e-Training Platform will be developed including the structured access to the Training Materials (WP3), including: Supporting e-Learning Tools; Exhibitor of training content and materials to provide participants, information, resources, support materials; Meeting point for all participants, not only to monitor the contents of the trainings but also as a place of debate and social network through the use of forums, chat, mail and messaging, among others; Working space in which the participants as well as access to resources and documentation, can also perform and deliver tasks and assignments; Area of collaborative work, with the possibility to create and organize working groups; Self-Assessment Tool and links to existing applicable Health Apps in the areas of following main health care areas for migrants.

The **MIG-HEALTH APPS Mobile Application** will be developed for Android mobile devices. The user will be able to download and have direct access to selected part of the MIG-HEALTH APPS material hosted by the e-Training Platform. The purpose is to facilitate the access to the MIG-DHL material by migrants and refugees since they use exclusively smart phone for accessing information via Internet. The mobile app will serve as dissemination tool, as well, e.g., download the MIG-DHL application to learn how to protect better your health.

Trainers are invited to identify and use other additional resources, especially trying to make the learning experience more customized to the learners, considering their specific interests, origin, age, health conditions, etc.

5.1 MODULES CONTENT

The content of the modules should be in accordance with the agreements reached out by the partners and following the guidelines. The modules should contribute to developing the objectives, defined in the guidelines as well as to developing the competences, addresses in it.

5.2 MODULES STRUCTURE

Every module should have the following structure:

1. Every module should start with Introduction for the trainers containing: the main

objectives of the module, participants and roles, its expected learning outcomes, the training contents, estimated duration and the resources.

2. The module will then show the structure of the teaching session including the steps and duration of the teaching session as well as the content of the sessions (detailing the topics to be covered and the materials needed).

3. Next, the module will show experiential training session including the steps and duration as well as the content. In these sessions, learners will be encouraged to download and use some of the apps proposed in the module and also to share their experience of their use.

4. The module will display the section Self-learning supported by online training tools in which students will be able to evaluate the knowledge acquired through a quiz on the topic they have worked on in the module.

5. Finally, the module will show the closing session section which will include a summary of the contents covered in the module and encourage discussion of the main issues among the learners.

6 SCHEME OF EXPERIENTIAL TRAINING ACTIVITES

According to the outcomes of the co-design sessions the following ETA will be developed;

❖ ETA1; General awareness on the relevance of self-management and Health Apps

❖ ETA2. How to search and select Health Apps

❖ ETA3. Health Apps for Physical Activity

❖ ETA4. Health Apps for Rest Routines

❖ ETA5. Health Apps for addictions Substances Use

❖ ETA6. Health Apps for Nutrition

❖ ETA7. Health Apps Women's Health

❖ ETA8. Health Apps for new borns care

❖ ETA9. Health Apps for Elderly

❖ ETA10. Health Apps for Mental Health

❖ ETA11. Apps for Healthcare Services

6.1 ETA1; General awareness on the relevance of self-management and Health Apps

Objectives

The main objective of this module is to raise awareness of the relevance of self-managed healthcare for migrants and how this can help them to improve their health through the use of health apps in their daily lives. This will be done by delving into the main health areas of relevance for migrants by seeking an understanding of the main concepts related to health apps and how they can be useful for migrants and for each individual. It will also seek to motivate learners to engage in the next phases of the project and to develop the basic digital competences to operate in the "Health Apps" environment.

Participants and roles

- Newcomer migrants; learners
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers
- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers

Learning outcomes

- Learners will be able to identify the health areas more relevant for them.
- Learners will be able to identify the main areas where their health self-management can be reinforced
- Learners will know what a Health App is and how they can be useful for migrants and for each individual person

Training Contents

- Health self-management
- Main healthcare areas
- What is a health app and examples
- How health apps can support the health self-management
- Basic digital skills

Estimated Duration 8:30 hours

- Teaching session: 4 hours
- Self-learning supported by online training tools: 2 hours
- Experiential training session: 1:30 hours
- Closing session: 1 hours

Resources

- Training materials: ppt. for Teaching Session with 30-40 slides
- Training Materials: assignments, quizzes
- e-Training Platform and App Training Tool
- Health Apps: Examples of Health Apps covering different areas and functions

6.2 ETA2. How to search and select Health Apps

Objectives

There are a lot of different health apps on the market. That makes it necessary to know how to find the app you are looking for. Beside the search of Health Apps, it is also important to know how to select a trustable app. Especially since health data is particularly sensitive data. For this reason, the main objective of this module is on the one hand to give guidance on how to search for Health Apps, and on the other hand to give guidance on how to select Health Apps. This knowledge is needed to work on the other modules of the training programme.

Participants and roles

- Newcomer migrants; learners
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the Newcomer migrants along the training process, including support in overcoming language barriers.
- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the Newcomer migrants along the training process, including support in overcoming language barriers. This target group consists for example of social workers, health professionals or volunteers from organizations that support newcomer migrants.

Learning outcomes

- learners will be able to search for health apps, which are most relevant for them.
- learners will be able to select trustable and relevant health apps.

Training Contents

- Searching for Health Apps

- Selecting Health Apps

Estimated Duration 6,5 hours

- Teaching session: 4 hours
- Self-learning supported by online training tools: 1 hours
- Experiential training session: 1 hour
- Closing session: 0,5 hours

Resources

- Training materials: PowerPoint for teaching session, assignments, quizzes
- e-Training Platform and App Training Tool
- Health Apps: Examples of health apps covering different areas and functions.
- Other: Complementary readings, videos ("youtube") contents and tool from existing projects

6.3 ETA3. Health Apps for Physical Activity

Objective:

The Health Apps for Physical Activity Experiential Training Activity 3 is a comprehensive program designed to equip participants with the knowledge and skills needed to effectively leverage fitness apps for achieving and maintaining optimal health and fitness. This course will cover a range of fitness app categories, enabling participants to make informed decisions about app selection, utilization, and integration into their wellness routines.

Through interactive sessions, practical exercises, real-life scenarios examples, discussions and action planning, participants will gain confidence in using fitness apps as valuable tools in their journey towards a healthier lifestyle.

Participants and roles:

- Newcomer migrants.
- Migrants Peers.
- Supports, Trainers or Learners.

Learning outcomes:

- Gain a comprehensive understanding of various health apps available for physical activity tracking, exploring their features, benefits, and user interfaces.

- Classify and differentiate between various types of health apps tailored for physical activity.

- Exploring real life scenarios of individuals that used health apps.

- Familiarise in navigating to different sport health apps.

- Setting goals, and planning fitness goals using health apps.

- Discussions and critically evaluating current health apps and its use.

Training Contents

- Introduction to health, physical activity and physical activity apps
- Types of health apps for physical activity
- Real life integrations
- Navigating health apps for physical activity
- Action planning and goal setting
- Discussions and closure

Estimated Duration 6:30 hours

- Teaching session: 3:30 hours
- Self-learning supported by online training tools: 1 30 hour
- Experiential training session: 1 hour
- Closure session: 30 min

Resources

- Training materials: ppt. for teaching session
- Training Materials: assignments, quizzes
- e-Training Platform and App Training Tool.

6.4 ETA4. Health Apps for Rest Routines

Objectives

This module aims to increase awareness in the migrant population on what is a rest routine and the importance of a rest routine. Particularly, participants will be able to identify main activities for establishing a rest routine and how rest routine applications can contribute to that. Furthermore, learners will understand the main concepts related with Health Apps and how they can be useful for the migrant population. Other than that, they will develop digital skills and familiarise with the use of rest routine apps.

Participants and roles

- Newcomer migrants; learners
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers

- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers

Learning outcomes

- Learners will be able to define what is a rest routine and why it is important
- Learners will be able to explain how rest routine apps can benefit an establishment of a sleeping routine and improve the sleep in general
- Learners will be familiar with and capable of navigating different rest routine app and integrate it in the daily life

Training Contents

- General information about rest routines
- Rest routines applications and their benefits
- Real life integrations
- Navigating apps for rest routines
- Discussions and Closure

Estimated Duration 4 hours and 30 minutes

- Teaching session: 2 hours
- Self-learning supported by online training tools: 1 hour
- Experiential training session: 1 hour

Resources

- Training materials: ppt. for Teaching Session, Self-learning and Experiential training Session, Closing Session.

- Supporting educational materials: assignments, quizzes (multiple choice, true-false, matching exercise), questions & answers.

- e-Training Platform and App Training Tool.

- Health Apps: Examples of Rest Routines Health apps covering different areas and functions.

- Other: Complementary and further readings, videos ("YouTube") contents and tools from existing projects.

6.5 ETA5. Health Apps for Substances Use

Objectives

This module offers a detailed exploration of the fundamental principles behind addiction to screen and tobacco use, enriched with practical, interactive experiences and simulations. Participants will gain essential skills in identifying addictive tendencies, evaluating risk elements, and applying preventative measures. Through engaging simulations, they will enhance their capacity for effective intervention, offering supportive and understanding assistance, and playing a pivotal role in fostering

health-conscious habits in their communities. Additionally, this module will equip them with digital competencies and acquaint them with specialized applications designed for these purposes.

Participants and roles

- Newcomer migrants; learners. Migrants who wish to improve their use of addictive substances (tobacco) or their excessive use of screens.
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers.
- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Learners will receive relevant, evidence-based information about the problems and/or risks associated with screen addiction and substance use.
- Educational action via specific applications will encourage learners to think about and become aware of the health problems associated with addiction.
- Learners will familiarize themselves with the various health applications relating to addictions (self-help strategy), identify useful and relevant applications on the subject and learn how to use them wisely.
- The acquisition of personal knowledge and skills, as well as the provision of useful resources, will enable them to deal with problematic situations and, if necessary, resort to specific health services.
- Learners will understand the notion of individual or collective responsibility for the consequences of risky behaviour (endangering the health and safety of consumers and/or those around them).

Training content

- General information on substance use, addictions and their health consequences.
- The importance of prevention and risk reduction.
- 2 risk behaviours: Nomophobia (extreme dependence on cell phones) and smoking. Since addictions and the substances consumed can take different forms, we propose to focus on these 2 highly addictive and most frequently experienced substances.

Estimated time 8 hours

- Teaching sessions: 4 hours
- Self-study supported by e-learning tools: 1 hour
- Experiential training session: 2 hours
- Closing session: 1 hour

Resources

- Training material: ppt. for didactic session
- Training materials: activities
- E-learning platform and e-learning tool
- Theme-specific applications (tobacco & screen addiction)

6.6 ETA6. Health Apps for Nutrition

Objectives

The Nutrition and relevant Health Apps Experiential Training Activity 6 is a comprehensive module designed to equip participants with the knowledge and skills needed to adopt healthy dietary habits, maintain optimal health and leverage nutrition apps for achieving nutrition-related goals. This module will cover a range of fundamental nutrition knowledge and nutrition app categories, enabling participants to make informed decisions about app selection, utilization, and integration into their everyday-nutrition, if they wish so. Through knowledge acquisition, interactive sessions, practical exercises, real-life scenarios examples, goal setting and discussions, participants will gain confidence in using nutrition apps as valuable tools in their journey towards a healthier lifestyle.

Participants and roles

- Newcomer migrants; learners. Migrants who wish to improve their healthy dietary habits.
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers.
- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Gain fundamental theoretical knowledge on nutrition and the principles of healthy diets in order to improve eating habits.

- Gain a comprehensive understanding of the link between nutrition and health.

- Get familiar with various types of health apps tailored for nutrition: classify and differentiate them, navigate through them, explore their features, benefits, and user interfaces.

- Explore real life scenarios of individuals that used the nutrition apps.

- Set goals using SMART criteria, and plan nutrition goals using nutrition apps.

- Discussions and critically evaluating current nutrition apps and its use.

Training Contents

- General nutrition knowledge
- Main principles of healthy diets
- The relationship between nutrition and health
- Health apps related to nutrition and their usefulness
- Goal Setting: SMART

- Specific examples of nutrition apps
- real life integrations – Implementation of SMART goals
- Quiz and self-assessment
- Closure

Estimated Duration 5 hours

- Teaching session: 2:30 hours
- Self-learning supported by online training tools and experiential training session: 2 hours
- Closing session: 30 minutes

Resources

- Training materials:
- ppt. for teaching session, self-learning and experiential training session and closing session.
- Supporting educational materials: assignments related to SMART goals, quizzes (multiple choice, true-false, matching exercise), questions & answers.
- e-Training Platform and App Training Tool.
- Health Apps: Examples of nutrition apps covering different areas and functions.
- Other: Complementary and further readings, videos ("YouTube") contents.

6.7 ETA7. Health Apps Women's Health

Objectives

In many societies women represent a disadvantaged group characterized by a discrimination that is rooted in sociocultural factors. Nowadays, even in developed Countries, medical science still suffers from the consequences of gender bias and social stigma that fostered a male-centered approach to health. Therefore, women's health is a matter of global interest as inequalities in accessing healthcare persist, especially in developing countries and among migrant women. Women's Health Apps could help women address these inequalities, as one of the components of the self-care approach.

The main objective of this module is to raise awareness of what women's health is and the impact it has on the daily lives of women themselves and the community as a whole. This Experiential Training Activity also aims to increase the awareness of learners about health self-management and the benefits it can bring, especially to migrant women. During this module, a series of women's health related applications will be presented and participants will be taught how to use them through case studies and activities. The aim is to help learners become familiar with the use of this family of health apps, in order to empower them (and possibly the community they belong to) by improving their health self-management.

Participants and roles

- Newcomer migrants; learners

- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language and cultural barriers

- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language and cultural barriers

Learning outcomes

- Learners will be able to identify which aspects of Women's health are more relevant for them and the community they belong to, e.g. by becoming a peer supporter or a Community Health Educator.

- Migrant women will be able to identify the main areas where their health self-management can be reinforced.

- Learners will know how to use a set of Health Apps and can benefit from them.

- Learners will benefit more from accessing local health services, being more aware of women's health issues.

Training Contents

- Women's Health and gender bias.

- Self-care.

- Basic concepts of women's health and related apps:

- Menstrual cycle (Menstrual cycle tracker Apps);

- Pregnancy and post-partum (Pregnancy & Baby Tracker Apps);

- Menopause related apps;

- Screening and prevention related apps.

Estimated Duration 8 hours

- Teaching session: 4 hours

- Experiential training session: 2 hours

- Self-learning supported by online training tools: 1 hour

- Closing session: 1 hour

Resources

- Training materials: ppt. for teaching session

- Training Materials: assignments, quizzes

- e-Training Platform and App Training Tool

- Health Apps: Examples of health apps covering different areas of women's health

- Other: Complementary readings, links to external websites, videos ("youtube"), contents and tool from existing projects

6.8 ETA8. Health Apps for newborn care

Objectives

Experiential Training Activity 8 on Health Applications for new-borns care is a comprehensive block designed to address topics related to new-borns and the neonatal period, i.e. the period comprising the first 4 weeks of a baby's life, where a lot of abrupt changes are encountered. It is also intended to provide information on the importance of breastfeeding and the different types that can be found, and on the complementary feeding that it is advisable to provide to the child during the first years of life. Another aspect covered in this block is sleep habits in new-borns, and the problems that can arise when these habits are not handled properly. Finally, various applications related to new-borns and their care will be shown, in order to help learners, know

how to differentiate them and know their characteristics. All the competencies will be achieved through explanatory videos, practical exercises and interactive sessions.

Participants and roles

- Newcomer migrants; learners

- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers

- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers

Learning outcomes

- Learners will acquire basic knowledge about newborns and their characteristics.

- Learners will acquire knowledge about the importance of breastfeeding and complementary feeding.

- Learners will acquire knowledge about the importance of sleep habits.

- Learners will know the applications related to newborns and their characteristics (daily record, feeding, paediatric advice, types of crying, sleeping and breastfeeding habits), and will learn how to use them appropriately.

Training Contents

- To know basic information on newborn care.

- To know the importance of breastfeeding and types of breastfeeding

- To know basic information in complementary feeding

- To know health applications for the care of newborns

Estimated Duration 7:30 hours

- Teaching session: 3:00 hours

- Self-learning supported by online training tools: 1:30 hours

- Experiential training session: 2:30 hours

- Closure session: 30 min

Resources

- Training material: PPT for the sessions

- Training material: activities, quiz

- Online platform

- Health Applications related to newborns

- Others: video ("youtube")

6.9 ETA9. Health Apps for Elderly

Objectives

The Health Apps for the Elderly Experential Training Activity 9 is a comprehensive module designed to equip participants with the knowledge and skills to use Apps for specific goals in important key areas of healthy ageing and activities of daily living (ADL). Thus, this course will deliver theoretical inputs to understand ageing processes, to increase awareness about the possibilities to create beneficial conditions for ageing processes and to increase awareness about possibilities to regain abilities and/or self-management for ADL. The module will provide basic knowledge about available apps for this purpose and will provide examples of real-life integration scenarios. Participants will also acquire critical reflection skills and apply them to their own lives or the lives of their elderly loved ones, in order to make informed decisions about app selection, and integration into their everyday life, if they wish so. Through knowledge acquisition, reflection, interactive sessions, practical exercises, real-life scenarios examples, goal setting and discussions, participants will gain confidence in using apps as valuable tools for healthy and active ageing.

Participants and roles

- Newcomer migrants; learners – as relatives of elderly migrants.

- Elderly newcomer migrants; elderly learners.

- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers.

- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Learners will gain fundamental theoretical knowledge about healthy ageing and active ageing

- Learners will gain a comprehensive understanding of how health apps can benefit activities of daily living for seniors and conditions for ageing in general

- Learners will get familiar with various types of health apps, which can support active and healthy ageing: classify and differentiate them, navigate through them, explore their features, benefits, and user interfaces.

- Learners will learn about real life scenarios of health app use in olde age.

- Learners will systematically reflect and explore areas of healthy ageing and possible benefits of health apps for their own lives

- Learners will be able to critically discuss real life benefits of apps and their use.

Training contents

- General information about ageing

- Information about concepts of healthy and active ageing

- Information about key areas of healthy ageing and activities of daily living (ADL)

- Health apps and their benefits for the elderly and/or caring relatives

- Real life integrations

- Specific examples of health apps for healthy ageing

- Navigating and evaluating potential benefits of health apps

- Quiz and self-assessment

- Closure

Estimated duration

- Teaching sessions: 2 hours, 30 minutes

- Self-study supported by e-learning tools & experiential training session: 2 hours

- Closing session: 30 minutes

Resources

- Training materials: ppt. for Teaching Session, self-learning and experiential training session, closing session.

- Supporting educational materials: Assignments for real life integration (completing user diary on e-Training Platform), quizzes (multiple choice, true-false, matching exercise), questions & answers.

- e-Training Platform and App Training Tool.

- Health Apps: Examples of apps covering different key areas of healthy ageing.

- Other: Complementary and further readings, videos ("YouTube") contents.

6.10 ETA10. Health Apps for Mental Health

Objectives

The main objective of this module is to raise awareness of what mental health is and the impact it has on the daily lives of migrants. Mental health is understood as a "state of emotional well-being that enables people to cope with stressful life events, to develop their full capacities, to be able to learn and work well, and to contribute to the betterment of their community" (WHO, 2022). An important aspect of mental health is differentiating between the types of emotions that people face in their daily lives and knowing how to manage them. Emotional intelligence brings together affective and cognitive processes to improve adaptation to different situations and conflict resolution. People who do not have good emotional intelligence have difficulty in managing emotions, causing pathologies and mental health problems, the most common of which are anxiety, depression and stress. During this module, a series of applications will be presented that will guide users towards understanding their emotions and the implications for mental health, and participants will also be taught how to use mental health applications through case studies and activities. The aim is to prevent potential mental health problems and, above all, to improve self-management of health.

Participants and roles

- Newcomer migrants; learners
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers
- Supports: learners or trainers after being trained as trainers. When they will attend as learners, they could play a role of supporting the newcomer migrants along the training process, including support in overcoming language barriers

Learning outcomes

- Learners will be introduced to basic knowledge of mental health, its importance and the impact it can have on everyday life.
- Learners will be able to differentiate between applications for recording their mental health.
- Learners will learn how to identify their emotions and how this can affect their mental health.
- Learners will know what mental health apps are, will be able to differentiate them from other apps and will learn how to use them appropriately.

Training Contents

- Know what mental health is and its importance.
- Knowing how to differentiate emotions

- How mental health apps can help in self-management of health
- What are mental health apps, examples

Estimated Duration 7:30 hours

- Teaching sessions: 3:30 hours
- Self-study supported by e-learning tools: 2 hours
- Experiential training session: 1 30 hours
- Closure session: 30 min

Resources

- Training materials: ppt. for didactic session
- Training material: activities
- E-training platform and App training tool

6.11 ETA11. Apps for Healthcare Services

Objectives

This module about apps for healthcare services is a training programme that provides learners with the knowledge and skills they need to use apps offered by public and private organisations.Public providers are, for example, ministries, subordinate authorities and publicly run healthcare institutions such as national, regional or local health departments. Private providerscan be facilities that are commercially run, e.g. service providers such as the Red Cross in healthcare for emergency victims or care facilities for elderly people who need help in everyday life.

This module informs about corresponding facilities in Germany, Spain, Greece, Italy, and Cyprusby presenting examples of health services apps from these countries. The training programme has the following objectives:
- To increase the knowledge of learners on apps for healthcare services in their country of arrival
- To increase their knowledge on using and benefitting from apps for healthcare services in terms of access and availability
- To understand their main functionalities, advantages, and possible deficits
- To understand the implications of apps provided by public and private sources
- To motivate the learners to get engaged with healthcare services apps
- To increase digital knowledge and language skills of the country concerned.

Through interactive sessions, practical exercises, real-life examples, discussions, and action planning, learners will gain confidence in using healthcare services apps from public and private institutions and come to understand and appreciate them as supporters of their own digital health management.

Participants and roles

- Newcomer migrants as learners;
- Migrants' Peers as supporters of newcomer migrants (e.g. by helping to overcome language barriers);
- Supports who could be social workers, health professionals of all kinds, volunteers from organisations that support newcomer migrants

Learning outcomes

- Learners will know what a healthcare service is and how it can be beneficial for them.
- Learners will be able to identify the healthcare services in general and which are more relevant for them.
- Learners will be able to identify public and private healthcare services apps and their different backgrounds and intentions.
- Learners will be able to critically evaluate public and private healthcare services apps and their use.
- Learners will set up a plan for using healthcare services apps for themselves, a friend or a relative.

Training Contents

- Introduction to healthcare services and respective apps
- Introduction to main healthcare service areas
- Identification of public and private healthcare apps and their different ambitions
- How public and private healthcare services are working
- How healthcare apps can support the self-management of health

Estimated Duration 6 hours

- Teaching session: 2,5 hours with 1 break
- Experiential training session: 2,5 hours with 2 breaks
- Closing session: 1 hour
- Self-learning supported by online training tools: 1 hour

Group size

- For this training, the group size is estimated at 10 – 15 persons.
- For some activities, the learners will be split into groups of 2 – 3 persons depending on the overall size of the group.

Resources

- Teaching Session material: pptx with approximately 30 slides, board, sticky notes, pens, pins, mobiles, tablets, laptops, internet access, healthcare services apps: examples leading to different health support systems
- Experiential Training materials: e-Training Platform and App Training Tool
- Self-learning: e-Training Platform, complementary readings, videos ("Youtube"), content and tools from existing projects

7 PLANNING

This planning of Mig-Health Apps course is **flexible and adaptable** to each group of learners, the whole programme can be used, but also the modules can be used separately, according to the needs of the learners.

Mig-Health Apps course planning		
Week 1	ETA 1 General awareness on the relevance of self-management and Health Apps	➢ **Teaching session: 4 hours** ➢ **Self-learning supported by online training tools: 2 hours** ➢ **Experiential training session: 1:30 hours** ➢ **Closing session: 1 hour**
Week 2	ETA 2 How to search and select Health Apps	➢ **Teaching session: 4 hours** ➢ **Self-learning supported by online training tools: 1 hours** ➢ **Experiential training session: 1 hour** ➢ **Closing session: 30 min**
Week 3	ETA3. Health Apps for Physical Activity	➢ **Teaching session: 3:30 hours** ➢ **Self-learning supported by online training tools: 1 30 hour** ➢ **Experiential training session: 1 hour** ➢ **Closure session: 30 min**
Week 4	ETA4. Health Apps for Rest Routines	➢ **Teaching session: 2 hours** ➢ **Self-learning supported by online training tools: 1 hour** ➢ **Experiential training session: 1 hour**

Mig-Health Apps course planning

Week 5	ETA5. Health Apps for Substances Use	➢ **Teaching sessions: 4 hours** ➢ **Self-study supported by e-learning tools: 1 hour** ➢ **Experiential training session: 2 hours** ➢ **Closing session: 1 hour**
Week 6	ETA6. Health Apps for Nutrition	➢ **Teaching session: 2:30 hours** ➢ **Self-learning supported by online training tools and Experiential training session: 2 hours** ➢ **Closing session: 30 min**
Week 7	ETA7. Health Apps Women's Health	➢ **Teaching session: 4 hours** ➢ **Experiential training session: 2 hours** ➢ **Self-learning supported by online training tools: 1 hour** ➢ **Closing session: 1 hour**
Week 8	ETA8. Health Apps for new-borns care	➢ **Teaching session: 3:00 hours** ➢ **Self-learning supported by online training tools: 1:30 hours** ➢ **Experiential training session: 2:30 hours** ➢ **Closure session: 30 min**
Week 9	ETA 9. Health Apps for the Elderly	➢ **Teaching sessions: 2 hours, 30 minutes** ➢ **Self-study supported by e-learning tools & Experiential training session: 2 hours** ➢ **Closing session: 30 min**
Week 10	ETA 10. Health Apps for mental heath	➢ **Teaching sessions: 3:30 hours** ➢ **Self-study supported by e-learning tools: 2 hours** ➢ **Experiential training session: 1 30 hours** ➢ **Closure session: 30 min**
Week 11	ETA 11. Apps for healthcare services	➢ **Teaching session: 2,5 hours with 1 break** ➢ **Experiential training session: 2,5 hours with 2 breaks** ➢ **Closing session: 1 hour**

Mig-Health Apps course planning		
		➢ **Self-learning supported by online training tools: 1 hour**

8 BASES OF THE ASSESSMENT METHODOLOGY

In order to evaluate the methodology used in Mig-Health Apps, an evaluation will be carried outin three parts corresponding to three main key aspects, and measures will be designed for eachof them:

1) **Evaluation of the training modules.** The partner's staff will review and evaluate the content (quality, usefulness and relevance for the target group) and the training and evaluation methodology. A set of questions has been developed to evaluate each of the 11 ETA.

2) **Evaluation of the e-learning platform**. Questions (questionnaire) will be elaborated on the content and usability as well as on the design, functioning and accessibility of the e-learning platform.

3) **Evaluation of the co-validation event**. A questionnaire will be proposed concerning the organization, running and satisfaction with this event.