



# FORMING THE FORM



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## PROJECT PARTNERS



France - Coordinator



France



Porto, Portugal



Penteli, Greece



Drammen, Norway



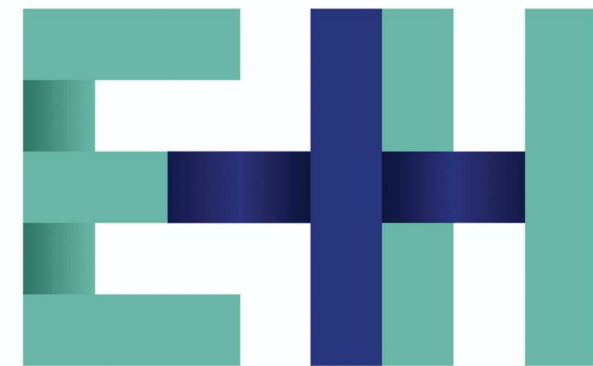
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# EASYHEALTH

Ease and Secure employability with HEALTH education

### An ERASMUS+ project

To address health inequalities and the need for health literacy to foster professional inclusion

EASY HEALTH aims at supporting individuals (professionals and unemployed people) in acquiring and developing key competences related to health so as to ease their professional inclusion.

## THE OBJECTIVES :

- Help our target group to get knowledge of how to maintain good health, hygiene and nutrition for themselves and their family and to be able to adapt and meet the needs and expectations of employers and/or customers in a professional scope
- Reinforce the security for the professional careers of employees or unemployed, future professionals
- Prevent and reduce inequalities, many of which are due to living conditions and lifestyle factors, so that it benefits the society economically by reducing losses from illness associated with health inequalities and problems

GOOD HEALTH

SECURITY

LIFE STYLE

FAMILY

PROFESSIONAL CAREERS

SOCIETY

FUN



## THE RESULTS OF THE PROJECT :

- A survey about existing health education in partner countries and the needs of training identified considering the issue of health and professional inclusion
- A curriculum aiming at training individuals to adapt and meet the requirements of professional life to secure their career
- A training game that will foster knowledge and competences building by means of experience
- A pedagogical approach including training materials and a guide for trainers to support educational team in teaching health and hygiene issues

## TARGET GROUP :

Adult learners either professionals or unemployed people.

Our aim is to provide keys to our target group so that they get the best chance to have a satisfactory and fulfilling professional life.

