

# Initiative Healthy Apprentice 2.0

01/2022 – 12/2024

## Initiator

Verein OUTWORX – Bewegung & Gesundheit

## Objectives

The "Initiative Healthy Apprentice 2.0" aims at developing and strengthening the health resources of apprentices. In addition, the young people will be supported to improve their health literacy and start a healthy working life after their apprenticeship.

The project activities are implemented in two fields:

- Healthy apprentices: The young people are supported to strengthen their health competences and their health literacy. A toolbox will comprise interactive teaching material.
- Healthy vocational school: Systematic health prevention at the school. The change processes aim at the development of a healthy working and learning environment for all people at the school.

All activities focus these objectives:

- raise awareness for personal responsibility regarding health
- strengthen self-confidence and motivation
- improve the understanding of the role of physical activity and nutrition for your health
- improve coordination and ergonomic kinesic behaviour
- promote knowledge of the security and risks in the working environment

The working and learning environment „vocational schools“ is organized in a health promoting way.

## Implementation

The external evaluation will support the project team threefold:

- guidance for the project team
- evaluation of the project implementation process
- evaluation of the results

The external evaluation supports the project team in the specification of the project aims and the reflection to the project implementation. It monitors the project implementation process in order to optimize implementation and secure the achievement of objectives. The activities will be reviewed with regard to their achievements and effectiveness and the project activities will be monitored.

There will be a kick-off workshop and regular workshops with the project team. Furthermore, a before-after survey with the apprentices, qualitative peer-interviews by apprentices themselves, focus groups with school staff and a survey on trainings will be conducted.

## Your contact

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