

EMPOWERING MEN'S HEALTH & WELL-BEING: KNOWLEDGE & SKILLS FOR A BETTER LIFE

About the project

The **Men@Health** project aims to promote men's health and well-being for a more inclusive society with equal opportunities for all.

The motivation for the project lies in the importance of improving the overall health and well-being of men through an educational program for men-learners that challenges harmful stereotypes, promotes preventive care, and encourages improvements of physical and mental health. The project develops a digitally enhanced upskilling learning pathway for men "Men@Health: Promoting men's wellbeing and health" to improve men-learners' state of being healthy to deepen men's knowledge on health and wellbeing.



Objectives

- To **motivate** men for greater understanding and responsiveness to their health and wellbeing.
- To **deepen** men's knowledge and skills on health and wellbeing.
- To **assess** the obtained men-learners' knowledge and skills.
- To **improve** competences of adult educators to empower men to take care of their health and wellbeing.
- To **ensure** the sharing and promotion of the results.

Target groups

- **men-learners**, including men with fewer opportunities: low educated, unemployed, men from low-income families, who are willing to improve their health and wellbeing conditions,
- **adult educators** who are willing to improve their competences to train men-learners.



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Main results

E-Learning platform “Empowering Men's Health & Well-being: Knowledge & Skills for a Better Life”, which includes:

I. Motivation workshop “Increasing men’s understanding of and responsiveness for their health and wellbeing problems” using 3 developed OERs:

- Interactive readings “Men’s health situation: addressing men's lack of understanding of their health problems”.
- Inspiring stories “How to improve the health and wellbeing” based on storytelling.
- Stories from media resources “Overcoming hegemonic masculinity stereotypes for improving health and wellbeing”.

II. Digitally reinforced training course for men-learners “Enhancing knowledge on men’s health and wellbeing for better life” including:

1. Five Short Online Learning Courses:

- “Importance of the physical health and sport”
- “Men’s risk-taking and health-seeking behaviour-how it influences my wellbeing?”
- “Mental health and stress management”
- “Balancing my work and social life for better wellbeing”
- “Stereotypes – do they influence my purposes, passion, and desired job position?”

2. The assessment tool with a digital badge “Responsible for my health and wellbeing”

3. The digital tool “Creating my action plan to move forward”.

III. Andragogical implementation toolkit for adult educators to improve adult educators’ competences to promote men’s health and wellbeing through digital reinforced learning process.

