

Health begins in the family – A European comparison

What has Erasmus+ enable us to do?

Promoting physical, mental and spiritual well-being as a person and as a community.



Strengthen networks on the subject of health and well-being
(municipality, University, NGOs and social cooperatives, training organisations)



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What did we learn as an expert and what as an organization?

Health is first and foremost the promotion of physical and psycho-social wellbeing through the strengthening of relationships and a sense of belonging, the promotion of interculturality and activities in which one learns by doing



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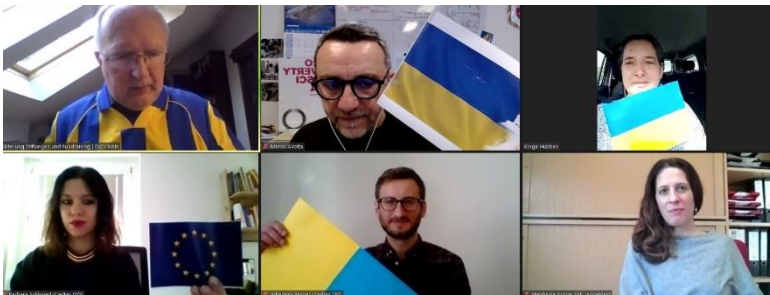
What were highlights or what impressed you most during our project work?

EMERGENCIES

We faced the challenges of COVID which meant prevention for homeless people (418) and migrants from the Balkan Route (2,736)



We were called to respond to the Ukraine emergency (268 people hosted)



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What were highlights or what impressed you most during our project work?

We strengthened the experience of workshops as places for relations, exchange and growth on wellbeing (art and musicotherapy)



We promoted healthy eating pathways for families with children with a migration background such as asylum seekers/refugees and Ukrainians



We ran a study on how to effectively communicate about sustainable diets to vulnerable groups to improve food choices for the customers of our social supermarket in cooperation with The European Food Information Council



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Recommendations

objectives are achieved with long-term projects such as in the case of our Erasmus+ projects 2017 "Inclusive Family Education and Support in the Light of EU 2020" and 2020 "Health begins in the family"

the relational and learning by doing approach is the most effective in engaging people from vulnerable groups and communities and making health and wellbeing interventions effective