

die Berater® Priority Area for Erasmus+: Safeguarding health, integrity and wellbeing

In the new Erasmus + programme we would like to offer our expertise to developing project proposals in one of the priority areas of our work: **Learning and working for sustainability**.

Education has an important role to play in informing and encouraging people about habits and behaviour conducive to mental and physical health at work and in life in general. *die Berater®* advocates empowerment and resilience against any manifestation of discrimination, hate and violence in the digital and in the real world.

In this context, the primary SDG areas we strive to contribute to are:



Education in times of illness

There are currently 17,000 children in Austria who cannot attend school regularly. The reasons are cancer, autoimmune diseases, chronic diseases and disabilities. The consequences of isolation are emotional stress, loss of self-esteem, psychological secondary diseases and loss of school skills. In cooperation with NGOs, foundations, special school services and medical universities we provide **ECDL training** and **career counselling** to these young people and equip them with easy-to-handle **avatars** which enable them to interact with their school-mates and teachers in class.

In the project Create your Future we successfully **transferred experiences** in this field to EU partner countries. E-Hospital, an early project which facilitated **e-learning offers for long-term hospitalized patients** was rewarded with the Austrian State Award for Innovation in adult education.



Promotion of healthy lifestyles and wellbeing

Good physical and mental health are pre-requisites to successful learning. On the other hand, the level of education often correlates with the (un-)healthy lifestyle. *die Berater®* has been involved in several EU-funded projects on the promotion of healthy lifestyles among various target groups. HealthBox provided trainers of disadvantaged adults with ready-made mini-interventions on healthy lifestyles. VIM developed specific health education approaches for migrants, while HealthPoints addressed young people with a gamified approach. A very successful project was BOIT, which raised managers' and team leaders' awareness about burnout symptoms of their employees.



Healthcare

Our ageing society poses considerable challenges to the care sector. New target groups will have to be reached to meet the rapidly rising demand for carers. *die Berater®* co-organizes the annual nation-wide campaign to attract boys to careers in social care and pre-and primary school teaching professions (Boys' Day). PULSE 2.0 and I-Care increase intercultural competences for care professionals.



Domestic violence

In our trainings we are often confronted with signs of domestic violence. The project PACT increased professionals' competence to detect and adequately deal with such signs. E-MARIA developed a risk assessment strategy for anti-violence interventions. FSEPS developed a programme to support mothers who live with their children in refuges or other places of safety. Two other projects underline that gamification can be a valid approach even in such serious contexts. EMPOWER provided support for women who were victims of domestic violence in returning to the labour market. STOP! Uses gamification as a method for a very serious topic: how to stop sexual violence against children.



In addition to this specific expertise you can count in your project on our **know-how** in:

Programme planning
 Learning materials
 Implementation
 Competence assessment

Dissemination
 Message formulation
 Campaigning
 Event organisation

Education and training
Communication

Research

EU project management
Media

Project development
 Proposal writing
 Quality & evaluation
 Sustainability planning

E-learning solutions
 E-content production
 Website design
 Online events