

Grundtvig Course Title: Training the trainers for the course "WOMEN'S HEALTH"		
Agency: Social Innovation Fund		
Phone: +370 37 206575	Address: Savanoriu pr. 1 LT-44255 Kaunas Lithuania	Email: l.mecajeva@lpf.lt

**Number of sessions of course:** one day course

**Total number of hours of course:** 6

**Number of participants that each course is designed for:** *6 participants*

**Number of tutors needed for running the course:**

For this course we recommend one trainer for delivering the theory sessions, to be joined by an assistant for the practical exercises.

**Number of tutor hours needed for preparation/follow-up/evaluation:**

The Trainer will need 9 hours for the preparation and 3 hours for the evaluation. We also allowed 4 hours for the assistant for the practical exercises.

**Outline of purpose/content of course:**

The purpose of the course:

- To introduce the project "Adult learning on the environment related themes-II"
- To give short information about courses developed during this project
- To propose guidelines to the training and to explain how to run the course "Women health"
- To discuss about the course "Women health": objectives and tasks, target group, duration, evaluation, certification.
- To receive feedback about the course "Women health".

**Summary of benefits/value of course**

To prepare trainers who will be able:

- To encourage and empower women to take care of their own and their families' health and develop more healthy lifestyles.
- To train women effectively address problems of obesity and give them practical methods (including a food correction plan and physical training correction plan)
- To explain the role of hypodinamia in the fight against obesity and encourage them to utilise physical exercise (individual or group work).
- To improve women's knowledge about the basics of breast cancer prevention and breast self-examination.
- To increase participants' confidence and self esteem.

**Target group for course:** teachers and trainers of adult education, doctors, representatives of educational, medical and community organizations.

**Transversal issues:**

We suggest inviting mixed groups (doctors, trainers from adult education organizations) to achieve better results in order to create the innovative learning surrounding with active dialogue, collective thinking and social partnership. The course Women's health is very

important prophylactic tool. Thus is very important to involve people from different organizations in the training.

### **Outline of publicity/recruitment methods (incl. Materials eg Example of poster):**

We invited teachers of adult education organisations and universities to attend this course. Also we suggested doctors to participate in our course. We also disseminated information about the course through conferences, lectures and seminars. We invited participants via internet and our networks.

### **Outline of each session – materials needed information for tutors:**

#### **Introduction**

- I. Introduction of the project “Adult learning on the environment related themes-II” – summary about the project
- II. Short information about courses developed during this project – leaflets about all courses, summary about each course
- III. Guidelines about the training (guidelines how to plan and design a course for adults, overview of the different training methods for adults, evaluation importance and methods) – power point presentations
- IV. Explanation how to hold up the course “Women health”

#### **Teaching Module A**

- Is obesity harmless? 5 myths about the obesity problem. (PowerPoint presentation and round table discussion sharing personal experience).
- How to calculate the body mass index (BMI) and to assess its risk to. (PowerPoint presentation and exercise: calculation of personal BMI, making critical diagrams).
- World statistics about obesity. (Power point presentation. Group work: “Our future plans”.)
- Addressing obesity: psychological aspects; the Individual Weight Reduction Program (IWRP); traditional food recipes; 10 rational nutrition rules. (Power point presentation and round-table discussions).

#### **Teaching Module B**

- Definition of “hypodynamia”;
- Hypodynamia as a social problem;
- Dosage of physical load.

We suggest PowerPoint presentation, round table discussion, and individual work “I need to exercise myself” (Each participant writes rules for herself). All PowerPoint presentations are available as handouts. After that – run discussion on practical exercises.

#### **Teaching Module C**

- Significance of gynaecological prophylaxis.
- Identification of breast cancer risk groups.
- Basics of breast self-examination.
- The European code against cancer.

- V. Discussion about the course “Women health”: objectives and tasks, target group, duration, evaluation, certification. Feedback about the course “Women health”.

**Evaluation:**

We used open discussion about the importance of this course. Also we had discussions about:

- Was the training process interesting and not tiresome?
- Were all the training methods applied?
- Were the European dimensions and IT requirements maintained during the training process?

**Feedback summary:**

Participants discussed about further courses. All participants agreed that courses are very actual and necessary. "We could invite many women to the courses "Women's health", but courses should be free of charge, especially for unemployed and social disadvantages women"- one of the participants said. The course is most suitable in the community centres, in the self-help groups. But also similar course could be organized in the medical institutions as a very good tool for prophylactic.

**Developing & passing on the learning:**

The participants of the course "Training for trainers" mentioned that all courses developed during the Alert-2 project are very important for Lithuania. So it was suggested to put the Lithuanian version of whole course in the SIF website [www.lpf.lt](http://www.lpf.lt)

**Conclusion:**

As we had invited doctors and adult educators we've achieved very interesting and useful discussions.

**Recommendations about how the course could be used or adapted:**

Using this course as a module we easily could train the trainers for all ten ALERT -2 courses. The basis for the course "Train the trainers" are guidelines for trainers and developed courses (short versions and long versions with teaching materials). Using this module Social Innovation Fund have hold the course "Training the trainers for the course "Waste prevention, reduction, re-use & recycling".