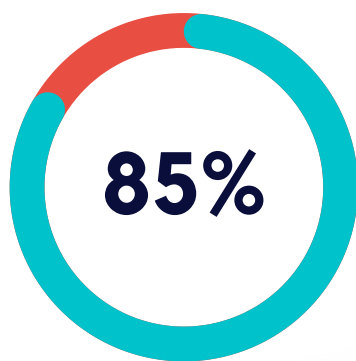




Activate Healthy Lifestyle
through Counselling for You
(ActivU)

FACT SHEET 2021



Modules development process completed

Members of the Technical Committee (one per partner) are working on the creation process and drafting the teaching material (units and modules; activities) under the supervision of the Scientific Committee.

Study 1 - Profile former active citizens about perceptions, knowledge, beliefs, and everyday practices of health-related behaviours

The purpose of this qualitative study was to explore perceptions, knowledge, beliefs and behaviours of former active citizens, including former athletes from all sports and persons who have had physically active professions.

11,1%
Sedentary life

Study 2 - Evaluate the frequency of physical activity, mental health symptoms and other health-related behaviours of former active citizens

The main purpose of this quantitative study was to examine the frequency of physical activity, mental health symptoms and other health-related behaviours of former active citizens

Survey Participants per each partner country

51 The Netherlands

36 Croatia

50 France

74 Serbia

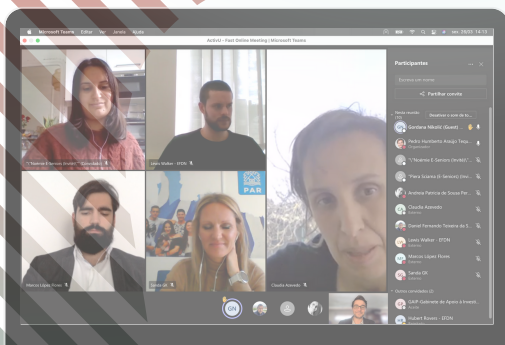
20 Italy

86 Spain

36 Sweden

233 Portugal

3rd Online meeting
held on 26th of March 2021



E-Training Program for Trainers

1 Identify trainer function requirements, screening, shortlisting and selecting the trainers

The consortium's researchers and technicians will start to define the study program, as well as the topics of the online course.

2 Searching the candidates using external sources of recruitment

Definition of the public sources of recruitment. Call for Participants was opened for 30 days in order to select the participants for the ActivU online training program, which will be carried out from April to September 2021.

3 Completion of the screening and identification of the Top candidates

Screening and shortlisting the potential candidates. definition of the process of filtering the applications of the candidates and selecting 4 trainers per country by 1 member of Expert Committee per each partner.

25
*Top candidates
selected !!*



activuproject.eu/



Activate Healthy Lifestyle
through Counselling for You

**NEW
Dissemination Activities
are approaching !!**

The partnership



Co-funded by the
Erasmus+ Programme
of the European Union

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