



## Guides

- person who coordinate and accompany groups in the community
- person who advise people
- Peers from the community



## Healthy Communities

empower health literacy  
in the neighbourhood

free charge

## qualification



one focus:  
health promotion  
and self-care for  
the guides

navigational  
health literacy

communication  
skills & role  
of the guide

mental  
health

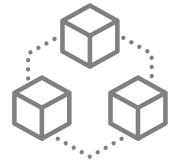
physical  
health

### certificate

nonformal education  
validation of the  
qualification in  
Europass



### modular structure and variety of methods



### Blended Learning



exchange of experience  
with other guides from  
Poland, Austria, Italy &  
Germany



Backup by a pool  
of experts in the  
field of health



## activities of the guides

- raising awareness to prevention and health promotion
- referring to reliable information and contact points
- giving orientation in the health system



## setting neighborhood

with good connection to a established meeting  
point or as part of existing offer

e.g. senior groups, family café, integration cours in  
community or family centers, health centers, (language)  
schools, home visit etc.