

Health-e-Living

Thirteen of our HOPE community health workers have just completed this amazing course, run by the Dutch Health-e-Foundation. The aim of the Health[e]Living course was to empower peer educators, counsellors and community workers, and equip them with knowledge regarding health related topics which are important within their community. It consisted of a 2 day kick-off workshop, a self-study period of 4 months, and a 2 day closing workshop. Topics covered included HIV prevention, substance misuse, women and HIV, STDs, decision making, safe sex, HIV and gender, and the health body. During the self-study period, health care workers completed modules online, and were able to do pre-and post-reading tests, to measure their knowledge gain. They also facilitated group work in their communities. During the closing workshop participants practiced facilitating different activities like role play, card games, and quizzes. The focus was on adolescents, but most of the topics covered were applicable to a wider range of age groups.



HOPE community health worker receiving her certificate after successfully completing the Health-e-Living course



Successful participants celebrate after completing the Health-e-Living Course



Learning Be Fun!