

May 2025



Promoting Young Men's Health and Wellbeing

The Time4Health project focuses on enhancing the capacity of youth workers to address the health and wellbeing challenges faced by young men in a digitally transformed world. By fostering innovation and high-quality practices in youth work, the project aims to equip youth workers with the tools and methodologies needed to promote healthy habits and overall wellbeing among young men.

Target groups

Project has 3 main target groups:

- **youth workers-learners** willing to develop competences for providing non-formal training to young men on health and wellbeing.
- **youth workers-facilitators** of the training of youth workers-learners.
- **young men** participating in non-formal training on health and wellbeing.

Project outcomes

- **e-Studio "Youth Worker - Innovative promoter of young men's health and wellbeing"**, consisting of a set of 5 NOOCs for developing 5 youth worker's specific competences and assessment tool to validate them.
- **3 OERs** for young men supporting an **Educational week "Time4Health: Unlock your full potential in health and wellbeing"** event: interactive presentation "Health Matters: Maximizing Your Potential for a Healthy and Thriving Life", digital game "Wellness Expedition: Discover Your Path to Health" and set of 20 success stories "Journey to Wellness: Inspiring Young Men's Narratives".
- **Digital pedagogies kit** to support youth workers-facilitators to run the training of youth workers on developing their specific competences.
- The **e-Studio piloted** by 60 youth workers-learners and **Educational Week event organised** for 250 young men.

Finalised and Ongoing activities

- Two project partnership meetings were organised - kick-off meeting in Prague (CZ) to discuss the project and initiate the start of the activities and second meeting in Ljubljana (SI) to discuss the development of OERs, tasks done and plan next steps.
- The matrix of competences and skills for 5 NOOCs for youth workers-learners was developed and on the basis of the matrix video lessons for the NOOCs are being developed.
- OERs for the Educational Week for young men are being developed following the specially produced guidelines.
- National Youth Advisory Groups are actively participating in external monitoring of project progress and quality of the results.

By fostering collaboration, innovation, and awareness, **Time4Health** empowers youth workers to be effective promoters of young men's health and wellbeing, ensuring the results extend from local communities to a broader European audience.

Stay tuned for updates and resources as we continue to unlock potential and inspire healthier futures!

