



# Promoting Young Men's Health and Wellbeing



Co-funded by  
the European Union

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.

## OBJECTIVES

- Strengthen youth workers' ability to provide impactful, digitally-transformed non-formal training on young men's health and wellbeing.
- Develop and validate specific competences needed for training youth on topics like physical health, mental wellbeing, and lifestyle choices.
- Equip facilitators with innovative digital tools and methods to support transformative learning experiences.

## KEY ACTIVITIES

- Creation of an e-learning platform to develop and assess five core competences for youth workers.
- Development of Open Educational Resources (OERs) covering key topics on health and wellbeing to support non-formal education during an interactive Educational Week.
- Design of innovative pedagogical methodologies for training youth workers to deliver impactful programs.
- Piloting the e-learning platform with 60 youth workers and 10 facilitators, and delivering the Educational Week to 250 young men.
- Sharing and promoting project results through digital and local outreach efforts.

## IMPACT

**The Time4Health project will leave a lasting mark by creating an accessible digital toolkit for youth workers and young men. Highlights include:**

- An e-Studio for assessing youth workers' competences.
- A week-long training program for young men using three tailored OERs.
- A comprehensive digital pedagogies kit to assist facilitators in scaling these methodologies.

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!**

