MIG-DHL

Migrants Digital Health Literacy

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Module 6 – Part 2
Being active in the digital environment

Partners

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Erasmus+

Objectives

Short summary of the training program and final evaluation

Action 6.2.4
Summary of the training programme

The next slides give a short summary of the training programme.

Summary module 1

- **What is Digital Health Literacy**

  - Operational skills

  - Navigation skills

  - Information searching

  - Evaluating reliability

  - Determining relevance

  - Adding content

  - Protecting Privacy

Summary module 1

- **Why is Digital Health Literacy relevant**

  - Relevance of Digital Health Literacy (in general)

  - Relevance of Digital Health Literacy for the management of one's own health

Summary module 2

- **Main health issues when landing in a new country**

  - Various risks to migrants' health during all the stages of the migrant journey

  - Cultural differences influencing health narratives between the country of origin and the host country

  - Online tools that can facilitate understanding of health issues and country specific health related circumstances

  - Health issues of migrants and how to cope with them

  - Country specific health terminology and explored useful online tools

  - Prevention strategies of health risks and how to find reliable relevant online sources

Summary module 3

- **What is a National health System?**

  - How my National health System works?

  - What are my rights and duties as an user?

- **What Services does the National Health System Provide?**

  - Emergency/urgency

  - General admission/entry (health card, social security number)

  - Family doctor

  - Hospital/specialist

  - Dental services

  - Psychologist

  - Pharmacy/drugstores

  - Vaccinations

Summary module 4

- **Turning digitally literate**

  - Differences between digital devices

  - How to search on the internet

  - Some concepts and basic tips on security and privacy in the digital environment

  - Some tools for formal communication in the digital environment were discussed

Summary module 5

- **Navigate the National Health system through the various digital online tools available in my country and region for**

  - Knowing the different websites and apps and what they are useful for

  - Using the different websites and apps to solve real problems of your own health management

  - Demonstrating the acquisition of operational skills, navigation skills, information searching skills, evaluating reliability skills and determining relevance skills by using different websites and apps introduced

Summary module 6

- **Being active in the digital environment**

  - Protecting privacy and personal data in the digital environment

  - Risk factor: Spam mail

  - Digital communication on health information (writing a post in forum or an e-mail)

  - Getting active- solve a health-related issue: Activity to compromise all the learnings of the course
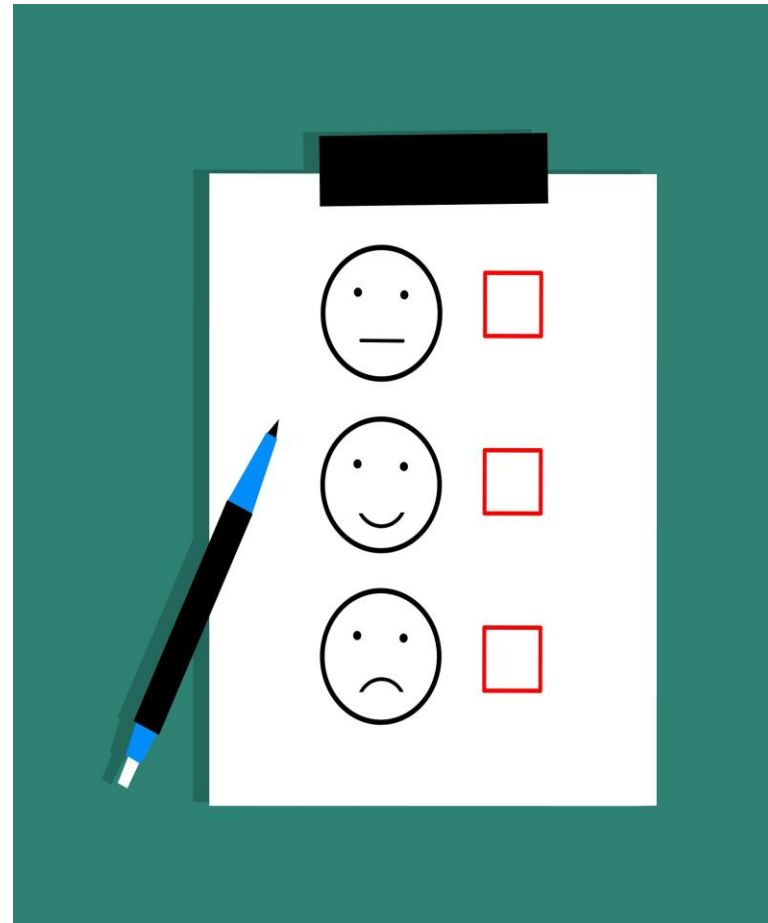
Evaluating the training program

Please make a final evaluation of the trainig program

IT'S SURVEY TIME!

MIG-DHL
Migrants Digital Health Literacy

Congratulations!
You have completed the training program!

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