



Health-Tutor Newsletter -January 2008-

According to the definition of health of the World Health Organisation in the preamble to its Constitution which came into force on 7 April 1948 health is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” The definition has not been amended since 1948.

Furthermore, the *Ottawa Charter (1986)* emphasises that the fundamental conditions and resources for health are: peace, shelter, education, food, income, a stable ecosystem, sustainable resources and social justice and equity. Recognition of these pre-requisites highlights the inextricable links between social and economic conditions, the physical environment, individual lifestyles and health.

These statements not only show how important the health issue is taken, but also the holistic approach regarding health.

When we looked at a typical adult education institution (AEI) we found out that - apart from safety regulations (depending on the law) - not much attention is paid to aspects regarding health. Health aspects should include:

- Individual health
- Interpersonal relationships (trainer-trainer, trainer-learner, learner-learner)
- The environment

The results of two surveys (one questionnaire each for learners and management) which we did at the beginning of our project shows deficits on the environmental as well as the interpersonal level.

For instance, many institutions only offered food (snacks) and drinks via vending machines. Most of them did not have a canteen or cafeteria. Many did not even have a kitchen for students to prepare their own meals. Quite a lot of AEIs did not have a rest room where learners could eat or relax. Long-term learners (more than 3 weeks of training) especially complained about such conditions. Furthermore, we found that most rooms were decorated in a bland colour, only 50% of rooms had plants and 25% of rooms had no pictures. We also discovered that trainers did not “own” a room and therefore had little influence over its contents. We also have to highlight that the survey showed 40% of AEIs had no accident prevention procedures.

We not only found deficits regarding the environment, but also regarding interpersonal relationships, e.g., lack of consultation with trainers, or no dedicated tutor responsible for:

- Social issues
- Bullying
- Drugs and Alcohol policy
- Harassment policy

Since we have no reason to think that the twenty-one AEs which took part in the survey are the exceptions to the rule and thus health in the holistic sense seems to be a neglected issue, we are offering a “Health Tutor Course” especially for staff within training institutions.

If you are interested, you can take part in test courses, which will be held in Krakow, Milan, Florence, Berlin, and Frankfurt (Oder) (these courses are free apart from travel and accommodation) or you can take part in the Grundtvig-Mobility (former Grundtvig3) courses, which will be held in Milan, Florence and Berlin.

For the Grundtvig courses you can apply for a grant to your National Agency (http://ec.europa.eu/education/programmes/llp/national_en.html) The grant usually covers the costs of the course, accommodation, meals and travel.

The dates of these courses are:

Milano: 06/05/2008 - 10/05/2008; Referencenumber: IT-2008- 369-001

Berlin: 20/05/2008 - 24/05/2008; Referencenumber: DE-2008-718-001

Florence: 03/06/2008 – 07/06/2008; Referencenumber: IT-2008-368-001

The deadline for handing in applications is the 31.01.2008

We are looking forward to hearing from you and are happy to answer your questions.

For further information, please contact: Jack Paterson, Totnes School of English,
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Address of the Grundtvig Database: <http://ec.europa.eu/education/trainingdatabase/>

Addresses of all national agencies: http://ec.europa.eu/education/programmes/llp/national_en.html.

You will find some additional information regarding our courses on our website:

<http://www.healthtutor.eu>