



Critical information for immigrants regarding parenting to promote social inclusion

Project number: 2020-1-SE01-KA204-077912

104

Process Report

PROMEA, August 2023



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1 INTRODUCTION

CRITICAL project's aim is the development of training materials which can be used to help migrants understand the different views and perspectives on parenting and health. The materials will help them deal with the rules



and values regarding parenting in the host country and to better access health services. The project's goal is to develop a methodology which facilitates the use of these training materials within the existing context and training opportunities in each of the partners' countries.

2 INTELLECTUAL OUTPUT 4

During the last phase of the CRITICAL Project, the partnership focused on the development of an Online Learning Platform, which, in the form of a game, hosts the training materials produced during the previous stages of the project and aims to help migrants understand and act in accordance with the host country's rules and values about health and parenting. It includes elements of language learning and social orientation (embedded in key parenting, health and equality parts), so it could easily be transferred classes for immigrants.

The CRITICAL online game, developed by PROMEA with the support of the CRITICAL partners, aims to assess the knowledge gained through the project's results in a fun and interactive way. It is quite easy to follow and understand, especially for those immigrants who are in the beginning of their learning path, and for users with low digital skills.

To that end, the contents of the online game have been revised according to the stakeholders' feedback. More specifically, the training materials were tested directly with the trainers and immigrants in all partner countries, before they were developed as an online game, which helped adjust its contents and methodology better to the target group's needs. This was made possible through the involvement of locals for the creation of interaction that promotes inclusivity.

The game covers a big number of questions regarding parenting, health and equality and its aim is to create a safe environment for immigrants to not only learn about the situation in their host country, but to reflect on the situation in their home country as well. Through the game, migrants and refugees will gain more knowledge on societal aspects and norms, national regulation, health information and services, parenting advice, services/benefits that are offered in their host country in terms of health and parenting, etc.

The finalized online game, after being evaluated and fine-tuned by approximately 50 pilot users, is available to the public through the project's website in 4 languages: English, Greek, French and Swedish.

2.1 Needs analysis, target groups, elements of innovation, expected impact and transferability potential

The need for the online learning platform arises if one analyses the barriers which immigrant parents may face especially mothers, when combining language and social training with parenting. Sometimes it is indeed complicated to leave home and childcare for language classes. While live interactions are absolute necessity when talking about social integration, online learning can be good complementary tool, which will be addition to some minimum required hours of class working as well as potential interactions with locals. Moreover, socializing with locals requires some basic language level (at least beginner-intermediate) and basic knowledge of societal aspects. This online platform can enable immigrant mothers and fathers to learn some part of language training with parenting and health from home. This will be innovative since it includes materials for



health and parenting and units regarding equality and inclusion. It is also based on innovative methodology of connecting to services for immigrant parents.

Another goal of digitalizing the training program is to make the project visible and to spread the training program in health and parenting for migrants and refugees. It therefore acts also as marketing tool for sustainable use and involvement of the following targets:

- 1. Migrant or refugee parents with a limited knowledge of the host language.
- 2. Experts in health and parenting such as nurses, midwifes, paediatricians, dentists, dieticians.
- 3. Organizations involved in adult education: teachers, pedagogues, educators training organizations, universities, researchers.
- 4. Local parents
- 5. Other organizations caring for refugee parents and children and for their rights: associations, social services, public and private organizations promoting equal opportunities, charities.

The platform will be maintained minimum 5 years after the project completion, which will allow transferability and wide impact to the targets. Another expected impact is contribution to life-long learning tools pool for immigrants, another instrument for promoting equality and inclusion online. It can be further transferred to improve a number of other online learning platform for immigrants (SFI, etc).

2.2 Description of the division of work, the tasks leading to the production of the intellectual output and the applied methodology

Promea, with support of **Dimitra**, who has profound experience and experts in developing integrated elearning systems, was the lead partner of IO4 by developing an electronic version of the training program that was developed. Each partner has contributed to the dissemination and implementation in their partner counties, as well as evaluation and translation.

Activity 4.1

Preparation included design of the draft version of material for the platform, brainstorming with partners and test drive at local networks, connection to IO1 methodology of linking stakeholder services and immigrants.

Activity 4.2

Implementation of online platform. The training material of the platform was based on IO2 and 3 results with minor adaptations to tailor it to online platform requirements. The final version of the training materials was uploaded online by **Promea** in June 2023 and was organised in an interactive and engaging way. The types of interactive exercises were decided by the partners and partly included those practical tools from IO2.

Activity 4.3

The evaluation of the electronic version was conducted with approximately 50 people of the project's target group, collecting their feedback during July-August 2023. The partnership set up local workshops and engaged educators and immigrants in their partner countries to evaluate and provide feedback with regards to platform on aspects of usability, how easy it is to understand (including language aspect), user-friendliness, how useful it is in terms of learning language, parenting and health, and how helpful it is in promoting inclusion and



equality. **Promea** prepared questionnaires for evaluation, coordinated and collected reports from local evaluation results, and drafted the evaluation report in August 2023.

Activity 4.4

Finalization and translation of the material to partner languages. This activity was based on evaluation results and coordinated by **Promea** with input of the partnership. **Dimitra** uploaded the online game on the project's website in August 2023.

2.3 Methodology

Once the structure of the materials for the platform was decided and adjusted to the target group and its needs, the partnership decided that a drag-and-drop game would be the easier and more engaging way for the users to explore the training materials. In continuance, using the evaluation results, the developer of the leaning platform (**Promea**) revised the platform where needed and after discussing it with the whole partnership, finalized it. The final version of the game became available for the public through the project's website at the end of August and is free for anyone to use.

More specifically, the online game consists of 4 versions:

- English version
- Greek version
- French version
- Swedish version

Each version consists of 2 learning units:

- 1. Health
- 2. Parenting, and Equality and Inclusion

Created as a drag and drop game with pictures and statements – adjusted to the context of each partner country – each learning unit covers 14 or 15 different subjects, and each subject consists of 4 pictures and 4 pieces of text to be matched with each other. At the end of each question, the results are provided and if the user gets the right answer, then they get a badge. The aim of the game is to be fun and informative, and not to assess the user's knowledge, hence why there is no overall score at the end of each unit.

The English version provides a more general information on health and parenting, meant to be fun, informative, and interactive and appliable to, more or less, all countries. The Greek, French and Swedish versions on the other hand, are more national-oriented, with information and tips that apply to their countries and national systems. It should also be highlighted that the Swedish version is a little different than the rest, as it was created as an informative handbook on health and parenting, adapted to Swedish needs.

2.3.1 English version

<u>Home page</u>:



Critical card game English Version



• Menu with a short description and the two categories HEALTH and PARENTING AND EQUALITY:



Critical card game English Version

Critical Project

Welcome to the European E+ Critical project's knowledge game. You will test your knowledge gained during the project. The card game is divided into two categories: (a) health and (b) parenting and equality. In each sub-category you will be asked to match the pictures with the correct description.

HEALTH

PARENTING AND EQUALITY





Co-funded by the Erasmus+ Programme of the European Union

< PREV



• **HEALTH menu with list of questions**: Each topic consists of 4 sentences and 4 images that need to be matched:

Critical card game English Version

HEALTH

You will be asked 4 questions in each subcategory of the health sector to match the pictures with the correct description. You can choose any question you want to answer, without having to follow a specific order. After each question you are given the option to either move on to the next question or return to the menu. You can repeat the quiz as many times as you like.

I feel sick!	My health insurance. Health insurance is obligatory.
My general practitioner	Own contribution? A fixed amount you need to pay.
No medicine?	I become 18! This means
General practitioner centre	Insured
First aid	Care benefit Amount of money you have a right on.
Paying health services	Sexuality Before having sex, you should know
Possibility of pregnancy	That's just my luck! Anxiety and stress are a combination of

< PREV



• **PARENTING AND EQUALITY menu with list of questions**: Each topic consists of 4 sentences and 4 images that need to be matched:

Critical card game English Version

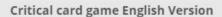
PARENTING AND EQUALITY

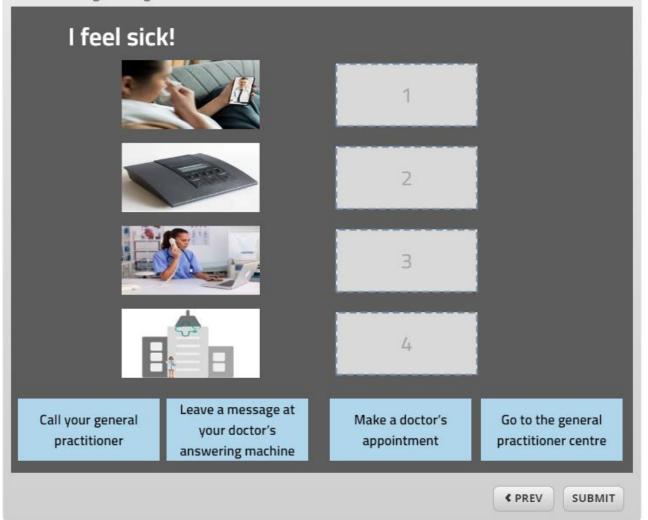
You will be asked in 4 questions in each subcategory of the parenting and equality sector to match the pictures with the correct description. You can choose any question you want to answer, without having to follow a specific order. After each question you are given the option to either move on to the next question or return to the menu. You can repeat the quiz as many times as you like.

Equal chances. This means	Integration is a must
Everybody is equal! You can be the way you are.	Hands off!. A girl/woman should not be
Dressing	Always moaning. Wherever I am
Association – Sport Club. When the child becomes member of an association/club	Eating difficulties. I don't like/eat that!
Compulsory education. Types of education	After school! Children benefit
Family. Often family lives together	No homework! Help planning
Going to school means	What to do with the children when I'm not at home?
Children's party? Stress!	



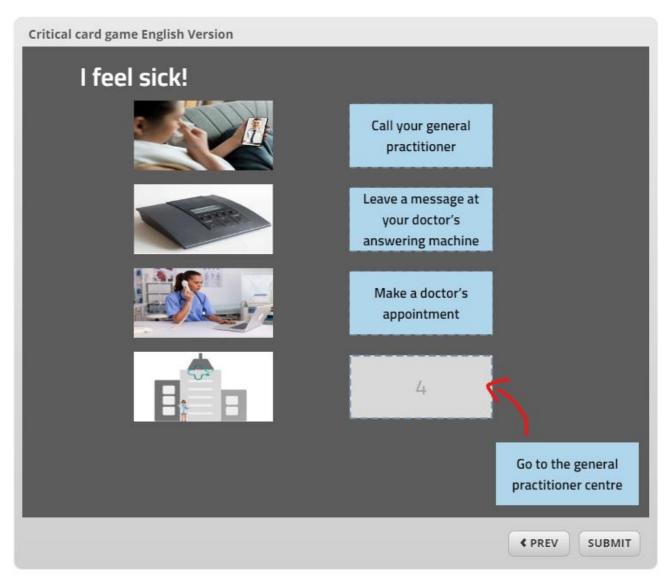
• Example of a question:



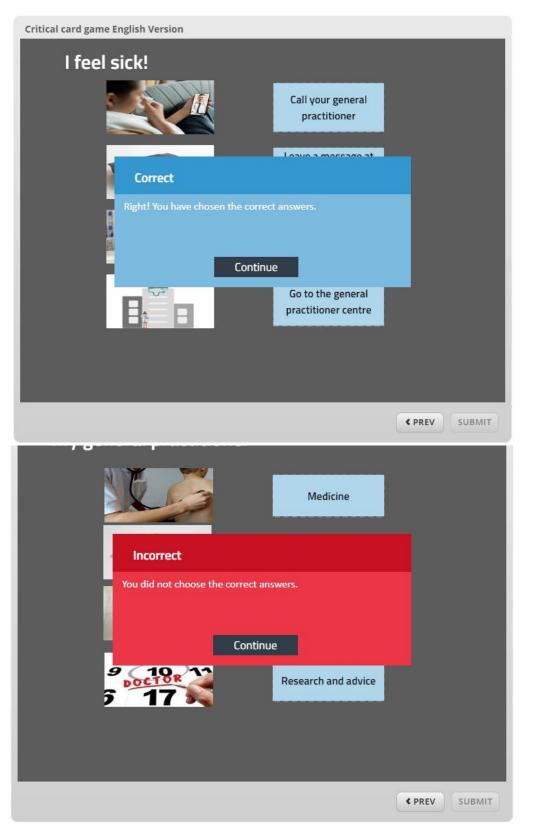




• Pieces of text are matched with the relevant images and when the user has matched all texts with the images, they press "**submit**" to see the result:







Example of a correct answer and a wrong answer:



• **<u>Results page (Example of a correct and wrong answer)</u>**: On this page the user can restart the quiz and go back to the list of questions, or go directly to the next question:

Critical card game English Versi	on	
	Results	
See below for the	e correct answers:	
	Research and advice	
	Medicine	
	Referral	Restart Quiz
3 19 N 3 17 N	Follow up appointment	Go to the next question
Critical card game English Versi	on	
Well done! You a	nswered correctly!	
	GREAT	
? Where is the general p ? How do you get there	practitioner centre located? ?	→ Restart Quiz → Go to the next question



2.3.2 Greek version

Home page:

Critical card game Greek version Critical CRITICAL PROJECT Πρόγραμμα Erasmus+ KA204-077912 Folkuniversitetet PROMEA 2020/2023 Με συγχρηματοδότηση από το πρόγραμμα «Erasmus+» της Ευρωπαϊκής Ένωσης PE DIMITR Η υποστήριξη της Ευρωπαϊκής Επιτροπής στην παραγωγή της παρούσας έκδοσης δεν συνιστά αποδοχή του περιεχομένου, το οποίο αντικατοπτρίζει αποκλειστικά τις απόψεις των συντακτών, και η Επιτροπή δεν μπορεί να αναλάβει την ευθύνη για οποιαδήποτε χρήση των πληροφοριών που περιέχονται σε αυτήν. Ξεκινήστε το κουίζ



Menu with a short description and the two categories HEALTH and PARENTING AND EQUALITY:

Critical card game Greek version

Έργο Critical

Καλώς ήρθατε στο παιχνίδι γνώσεων του ευρωπαϊκού έργου E+ Critical. Θα δοκιμάσετε τις γνώσεις που αποκτήσατε κατά τη διάρκεια του έργου. Το παιχνίδι με τις κάρτες χωρίζεται σε δύο κατηγορίες: (α) υγεία και (β) γονική μέριμνα και ισότητα. Σε κάθε υποκατηγορία θα σας ζητηθεί να αντιστοίχισετε τις εικόνες με την σωστή περιγραφή.

ΥΓΕΙΑ

ΓΟΝΙΚΗ ΜΕΡΙΜΝΑ ΚΑΙ ΙΣΟΤΗΤΑ





Με συγχρηματοδότηση από το πρόγραμμα «Erasmus+» της Ευρωπαϊκής Ένωσης

« ПРОНГ.



 <u>HEALTH menu with list of questions</u>: Each topic consists of 4 sentences and 4 images that need to be matched:

Critical card game Greek version

ΥΓΕΙΑ

Θα σας ζητηθεί σε 4 ερωτήσεις σε κάθε υποκατηγορία του τομέα της υγείας να αντίστοιχίσετε τις εικόνες με την σωστή περιγραφή. Μπορείτε να επιλέξετε όποια ερώτηση θέλετε να απαντήσετε, χωρίς να χρειάζεται να ακολουθήσετε συγκεκριμένη σειρά. Μετά από κάθε ερώτηση σας δίνεται η επιλογή είτε να προχωρήσετε στην επόμενη, είτε να επιστρέψετε στο μενού με τις ερωτήσεις. Μπορείτε να επαναλάβετε το κουίζ όσες φορές θέλετε.

Νιώθω Άρρωστος-η. Τι πρέπει να κάνω;	Η ασφάλεια Υγείας μου.
Για ποιο λόγο απευθύνομαι στον-η γενικό-ή γιατρό μου;	Ποια κόστη που αφορούν την υγεία σας πρέπει να τα πληρώνετε εσεις;
Να πάρω φάρμακο; Τι πρέπει να κάνω;	Κλείνω τα 18! Πως έχω πρόσβαση σε ασφάλεια υγείας;
Κέντρο υγείας! Τι δείχνει η εικόνα;	Τι σημαίνει να είσαι ασφαλισμένος/-η;
Πως μπορεί να έχει πρόσβαση κάποιος σε πρώτες βοήθειες;	Τι είναι το κοινωνικό επίδομα;
Ιατρικές υπηρεσίες επί πληρωμή. Τι πρέπει να ρωτήσω;	Υγιής σεξουαλικότητα. Τι δείχνει η εικόνα;
Πιθανότητα εγκυμοσύνης. Που μπορώ να απευθυνθώ όταν έχω απορίες;	Καταθλιπτικά συμπτώματα. Τι σύμπτωμα έχω σύμφωνα με την εικόνα;

« ПРОНГ.



• **PARENTING AND EQUALITY menu with list of questions**: Each topic consists of 4 sentences and 4 images that need to be matched:

Critical card game Greek version

ΓΟΝΙΚΗ ΜΕΡΙΜΝΑ ΚΑΙ ΙΣΟΤΗΤΑ

Θα σας ζητηθεί σε 4 ερωτήσεις σε κάθε υποκατηγορία του τομέα της γονικής μέριμνας και ισότητας να αντίστοιχίσετε τις εικόνες με την σωστή περιγραφή. Μπορείτε να επιλέξετε όποια ερώτηση θέλετε να απαντήσετε, χωρίς να χρειάζεται να ακολουθήσετε συγκεκριμένη σειρά. Μετά από κάθε ερώτηση σας δίνεται η επιλογή είτε να προχωρήσετε στην επόμενη, είτε να επιστρέψετε στο μενού με τις ερωτήσεις. Μπορείτε να επαναλάβετε το κουίζ όσες φορές θέλετε.

Ποιες είναι οι εμπειρίες σας στην Ελλάδα σχετικά με τις ίσες ευκαιρίες;	Τι κερδίζω όταν γίνομαι μέλος της κοινωνίας;
Όλοι είναι ίσοι	Σεξουαλικός εκφοβισμός. Τι δείχνει κάθε εικόνα;
Πώς ντύνονται οι άνθρωποι στην εργασία τους;	Τι μπορείτε να κάνετε για να μην γκρινιάζουν τα παιδιά;
Σύλλογος / Αθλητικός Σύλλογος	Τι συμβουλές θα δίνατε σε γονείς όταν δεν τρώνε τα παιδιά τους;
Τα επίπεδα εκπαίδευσης στην Ελλάδα	Τι κάνω μόλις γυρίσουν τα παιδιά από το σχολείο;
Μέλη που απαρτίζουν την οικογένεια	Δεν έχει κάτι για διάβασμα το παιδί σας. Τι μπορείτε να κάνετε;
Σχολείο. Πως να εξασφαλίσετε ότι τα παιδιά κάνουν τα μαθήματά τους;	Τι κάνω με τα παιδιά όταν δεν είμαι σπίτι;
Τι πρέπει να κάνω σε παιδικό πάρτι;	



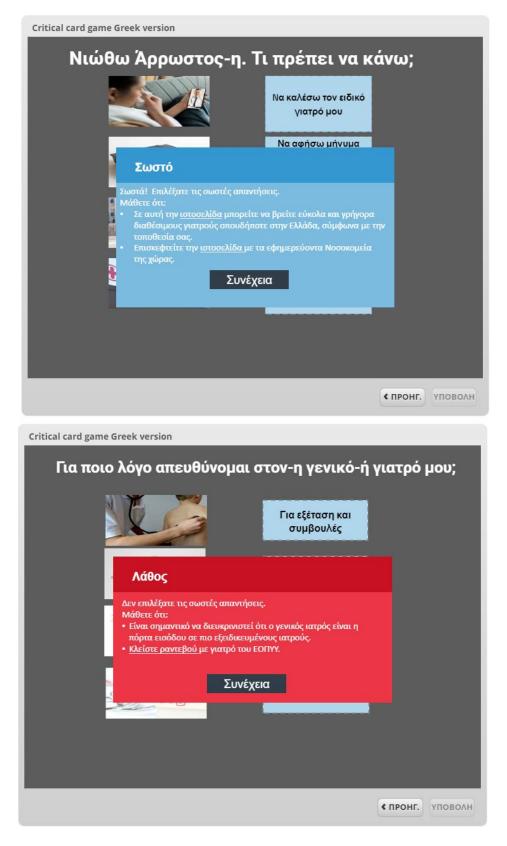
• **Example of a question:** Pieces of text are matched with the relevant images and when the user has matched all texts with the images, they press "**submit**" to see the result:

Critical card game Greek version



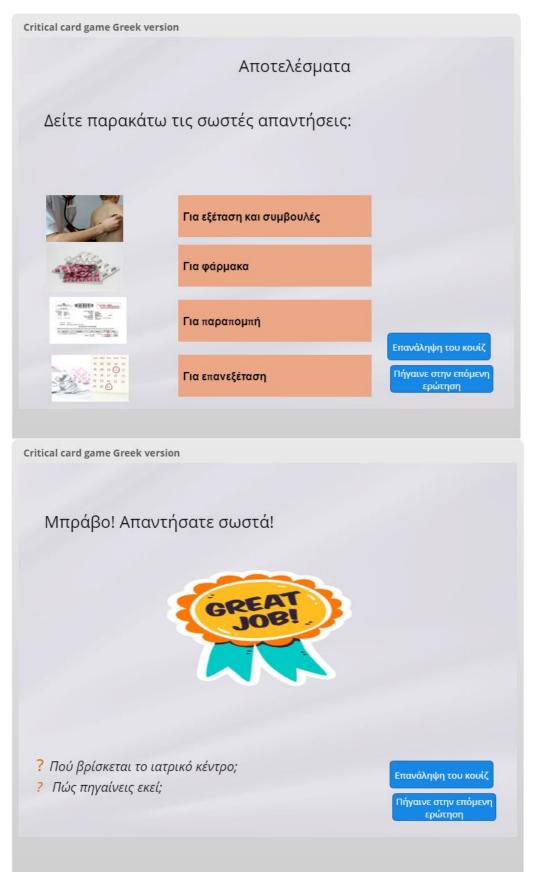


• **Example of a correct answer and a wrong answer:** When users press "**submit**", whether they get a correct or wrong answer, extra information is given on the topic on a national level:





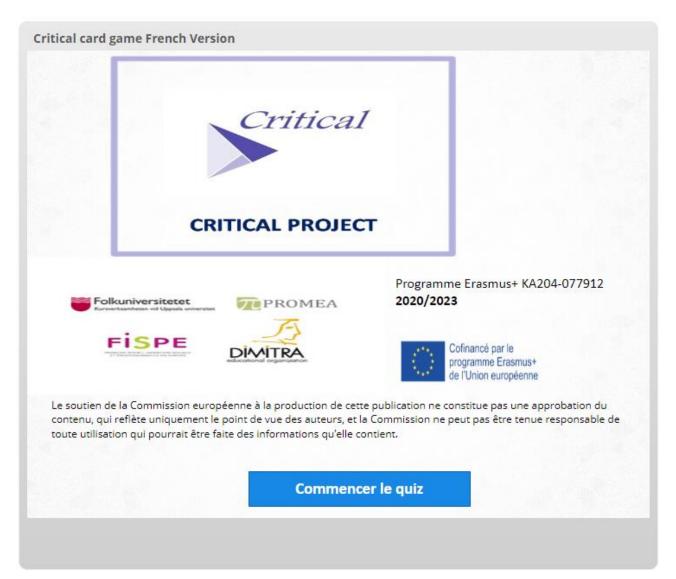
• **Results page (Example of a correct and wrong answer)**: On this page the user can restart the quiz and go back to the list of questions, or go directly to the next question:





2.3.3 French version

Home page:





• Menu with a short description and the two categories HEALTH and PARENTING AND EQUALITY:

Critical card game French Version

Critical Project

Bienvenue dans le jeu des connaissances Critical du projet E+. Vous allez tester vos connaissances acquises dans le cadre du projet. Le jeu de cartes est divisé en deux catégories: santé et parentalité - égalité. Dans chaque sous-catégorie, il vous sera demandé de donner la meilleure réponse en fonction du scénario qui vous est proposé.





• **HEALTH menu with list of questions**: Each topic consists of 4 sentences and 4 images that need to be matched:

Critical card game French Version

SANTÉ

Vous devrez répondre à 4 questions dans chaque sous-catégorie du secteur de la santé, comme indiqué cidessous. Vous pouvez choisir n'importe quelle question à laquelle vous voulez répondre, sans avoir à suivre un ordre spécifique. Après chaque question, vous avez la possibilité de passer à la question suivante ou de revenir au menu des questions. Vous pouvez répéter le quiz autant de fois que vous le souhaitez.

Je me sens malade	Ma Mutuelle Santé. <i>Elle complémente la carte vitale.</i>
Mon médecin traitant. <i>Quand consulter mon médecin traitant?</i>	Je n'ai pas de mutuelle santé. <i>Les conséquences et alternatives.</i>
J'ai besoin de médicaments	La vaccination. Etablir son immunité.
J'ai une ordonnance médicale. Une ordonnance est une prescription médicale à usage multiple.	Manger sainement et équilibré. Avoir un bon mode de vie est important pour.
J'ai une urgence: premiers secours.	Je suis enceinte
Mes services de santé. <i>Ce qu'il faut payer,</i> par quels moyens et les remboursements.	J'ai besoin de parler, quelque chose ne va pas bien. <i>La santé mentale est importante</i> .
Ma Carte Vitale. Les fonctionnalités sont.	La sexualité. <i>Pour avoir des relations sexuelles.</i>

《 PRÉC



• **PARENTING AND EQUALITY menu with list of questions**: Each topic consists of 4 sentences and 4 images that need to be matched:

Critical card game French Version

PARENTALITÉ ET ÉGALITÉ

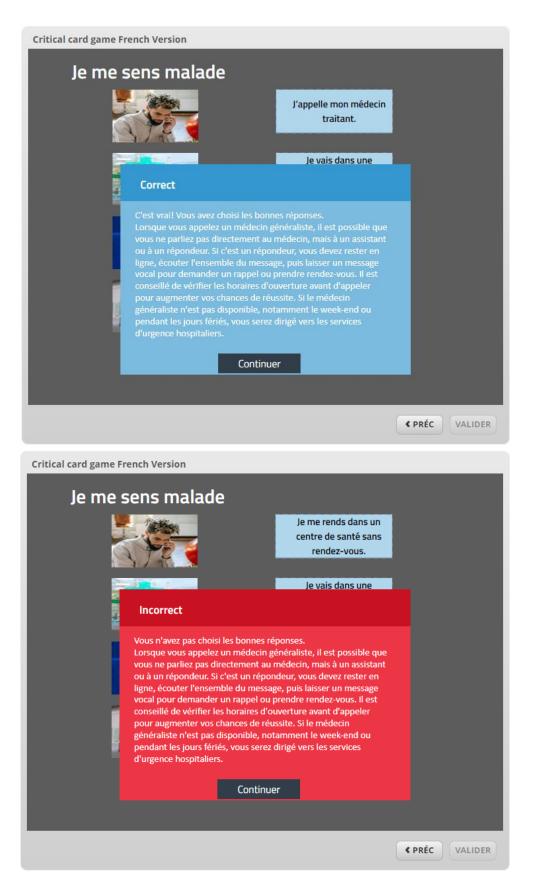
Vous devrez répondre à **4 questions** dans chaque sous-catégorie du domaine de la parentalité et de l'égalité, comme indiqué ci-dessous. Vous pouvez choisir n'importe quelle question à laquelle vous voulez répondre, sans avoir à suivre un ordre spécifique. Après chaque question, vous avez la possibilité de passer à la question suivante ou de revenir au menu des questions. Vous pouvez répéter le quiz autant de fois que vous le souhaitez.

Je dois faire garder mon enfant	L'aide aux devoirs
Mon enfant est malade. <i>Il est possible de</i>	Les activités extrascolaires
Non enfant va a l'école	Être soi-même
es fournitures scolaires	Je veux apprendre le français. <i>Pourquoi et comment?</i>
a cantine scolaire	Je souhaite me former. <i>Comment puis-je me former?</i>
ides sociales familiales: CAF. <i>Les aides</i> isponibles et les démarches	J'ai un diplôme étranger. <i>Quelles sont mes possibilités?</i>
e suis parent isolé	Mon enfant ne va pas bien <i>Pourquoi et que faire?</i>

《 PRÉC



• **Example of a correct answer and a wrong answer:** When users press "**submit**", whether they get a correct or wrong answer, extra information is given on the topic on a national level:

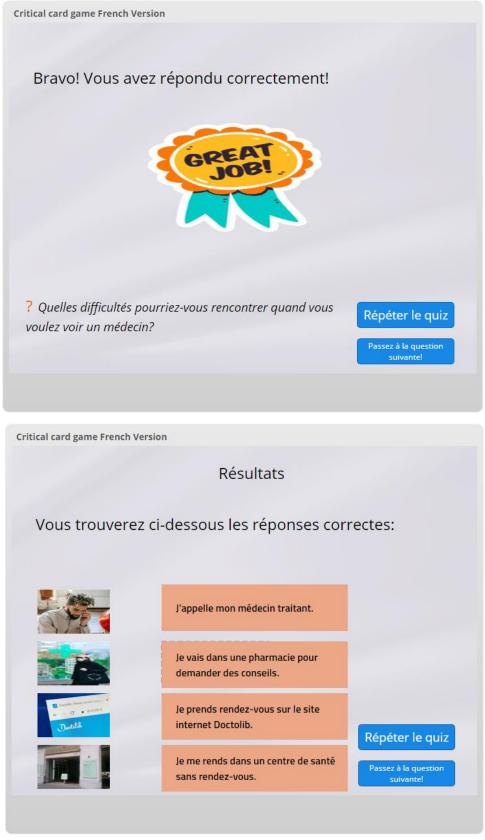


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• **<u>Results page (Example of a correct and wrong answer)</u>**: On this page the user can restart the quiz and go back to the list of questions, or go directly to the next question:





2.3.4 Swedish version

Home page







HALSA

Menu with a short description and the two categories HEALTH and PARENTING AND EQUALITY:

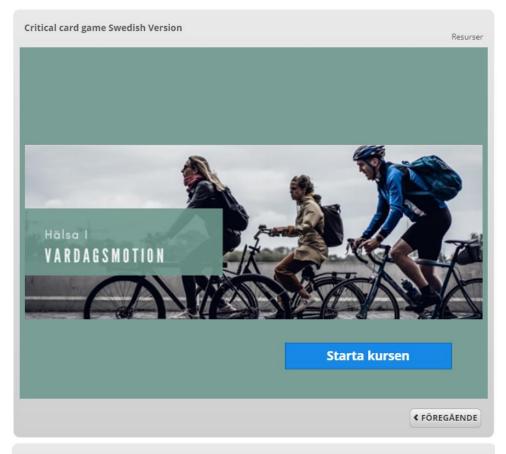
Critical card game Swedish Version

Resurser **Projekt Critical** Välkommen till det europeiska E+ Critical-projektets kunskapsspel. Du kommer att testa dina kunskaper från projektet. Detta häfte innehåller lättlästa texter om hälsa och föräldraskap. Det är framtaget för att informera och förhoppningsvis inspirera dig att diskutera och reflektera över dessa viktiga frågor. Det vill också hjälpa dig att kunna prata om dessa frågor på svenska. Materialet ger allmän information till personer som är friska och har ett fungerande familjeliv. Om du har särskilda behov rekommenderar vi dig att söka professionell vägledning. ritical FÖRÄLDRASKAP Medfinansierat av EU-programmet Frasmus+

< FÖREGÅENDE



 <u>UNITS</u>: Each topic consists of 6 units. Each of them includes text information, tips, vocabulary, and images. <u>Example HEALTH Unit 1</u>:



Critical card game Swedish Version

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Resurser
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Hälsa I: VARDAGSMOTION

Alla människor behöver träna. Forskare säger att träning är bra för din hälsa. Du blir friskare, starkare och gladare. Träning skyddar dig mot sjukdomar, till expel diabetes, hjärtsjukdomar, cancer, fetma och demens.

Du behöver träna lite varje dag, men du behöver inte gå till gymmet. All rörelse är bra. Du kan cykla till jobbet, ta trapporna i tunnelbanan eller ta en promenad på lunchrasten. Detta kallas vardagsmotion. Forskare rekommenderar 30 minuters vardagsmotion varje dag.





Critical card game Swedish Version

Hälsa I: VARDAGSMOTION SKAPA EN NY FRAMTID!

TIPS:

- Gå eller cykla eller till jobbet.
- Välj trapporna.
- Ta korta rörelsepauser.
- Träna hemma med YouTube.

ORDLISTA

träna - en träning - en forskare - skydda dig mot - en rörelse - en lunchrast - en vardagsmotion - att rekommendera - en paus - röra på sig - sträcka på sig - en sajt

Resurser



C

Example of PARENTING AND EQUALITY Unit 1:

Critical card game Swedish Version

Resurser

Föräldraskap I: FAMILJ I ETT NYTT LAND

Att vara förälder är både fint och svårt. Att vara förälder i ett nytt land är extra svårt. När man flyttar påverkas familjen på olika sätt. Många flyttar för att ge sina familjer en trygg framtid. Men det är svårt att lämna sitt hemland och säga hej då till släkt och vänner. Många saknar sitt hemland och känner sig ledsna.

Det är normalt att känna många känslor samtidigt. Det är viktigt att föräldrarna också mår bra. Om mamma och pappa inte mår bra, påverkar det barnen. Ingen förälder är perfekt. Alla föräldrar behöver hjälp ibland.



Critical card game Swedish Version

<section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><list-item><list-item><list-item><list-item><section-header>

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Resurser



• Example of PARENTING AND EQUALITY Unit 2. After each unit, the user can go back to the main menu or start the next unit:

