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## **Critical information for immigrants regarding parenting to promote social inclusion**

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

IO4

Process Report

PROMEIA, 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

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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

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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, midwives, 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 e-learning 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

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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 learning 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 applicable 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

- **Home page:**

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### Critical card game English Version



Erasmus+ Programme  
KA204-077912 **2020/2023**



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[Start the quiz](#)

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

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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



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

◀ 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!	


◀ PREV



- **Example of a question:**

Critical card game English Version

## I feel sick!

Call your general practitioner	Leave a message at your doctor's answering machine	Make a doctor's appointment	Go to the general practitioner centre
--------------------------------	--	-----------------------------	---------------------------------------




◀ PREV      SUBMIT



- 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 English Version

## I feel sick!

	Call your general practitioner
	Leave a message at your doctor's answering machine
	Make a doctor's appointment
	4

Go to the general practitioner centre


◀ PREV    SUBMIT




- Example of a correct answer and a wrong answer:

Critical card game English Version

## I feel sick!



Call your general practitioner




Leave a message at

**Correct**

Right! You have chosen the correct answers.


Continue



Go to the general practitioner centre

◀ PREV SUBMIT

## 78




Medicine

**Incorrect**

You did not choose the correct answers.

Continue



Research and advice

◀ PREV SUBMIT







- **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:

Critical card game English Version

### Results

See below for the correct answers:


	Research and advice
	Medicine
	Referral
	Follow up appointment

[Restart Quiz](#)

[Go to the next question](#)

Critical card game English Version

Well done! You answered correctly!



? *Where is the general practitioner centre located?*

? *How do you get there?*

[Restart Quiz](#)

[Go to the next question](#)



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### 2.3.2 Greek version

- **Home page:**

Critical card game Greek version

Πρόγραμμα Erasmus+ KA204-077912  
2020/2023

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

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**



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- **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 αντιστοιχίσετε τις εικόνες με την σωστή περιγραφή.

ΥΓΕΙΑ

ΓΟΝΙΚΗ ΜΕΡΙΜΝΑ ΚΑΙ ΙΣΟΤΗΤΑ



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

◀ ΠΡΟΗΓ.



- **HEALTH menu with list of questions:** 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 αντιστοιχίσετε 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 εσείς;

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;

← ΠΡΟΗΓ.





- **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 αντιστοιχίσετε 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 δίνετε 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;

◀ ΠΡΟΗΓ.



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- **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

## Νιώθω Άρρωστος-η. Τι πρέπει να κάνω;



Να καλέσω τον ειδικό  
γιατρό μου



Να αφήσω μήνυμα  
στον αυτόματο  
τηλεφωνητή του  
γιατρού μου



Να κλείσω ραντεβού



Να πάω στο κέντρο  
υγείας

◀ ΠΡΟΗΓ.

ΥΠΟΒΟΛΗ






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- **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:

Critical card game Greek version

## Νιώθω Άρρωστος-η. Τι πρέπει να κάνω;



Να καλέσω τον ειδικό γιατρό μου

Να αφήσω μήνυμα

**Σωστό**

Σωστά! Επιλέξατε τις σωστές απαντήσεις.  
Μάθετε ότι:


- Σε αυτή την ιστοσελίδα μπορείτε να βρείτε εύκολα και γρήγορα διαθέσιμους γιατρούς οπουδήποτε στην Ελλάδα, σύμφωνα με την τοποθεσία σας.
- Επισκεφτείτε την ιστοσελίδα με τα εφημερεύοντα Νοσοκομεία της χώρας.

Συνέχεια

◀ ΠΡΟΗΓ. ΥΠΟΒΟΛΗ

Critical card game Greek version

## Για ποιο λόγο απευθύνομαι στον-η γενικό-ή γιατρό μου;



Για εξέταση και συμβουλές

**Λάθος**

Δεν επιλέξατε τις σωστές απαντήσεις.  
Μάθετε ότι:

- Είναι σημαντικό να διευκρινιστεί ότι ο γενικός ιατρός είναι η πύλη εισόδου σε πιο εξειδικευμένους ιατρούς.
- Κλείστε ραντεβού με γιατρό του ΕΟΠΥΥ.

Συνέχεια

◀ ΠΡΟΗΓ. ΥΠΟΒΟΛΗ

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- **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:

Critical card game Greek version

## Αποτελέσματα


Δείτε παρακάτω τις σωστές απαντήσεις:

	Για εξέταση και συμβουλές
	Για φάρμακα
	Για παραπομπή
	Για επανεξέταση

Επανάληψη του κουίζ  
Πήγαινε στην επόμενη ερώτηση

Critical card game Greek version

## Μπράβο! Απαντήσατε σωστά!



? Πού βρίσκεται το ιατρικό κέντρο;  
? Πώς πηγαίνεις εκεί;

Επανάληψη του κουίζ  
Πήγαινε στην επόμενη ερώτηση

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### 2.3.3 French version

- **Home page:**

Critical card game French Version



  Programme Erasmus+ KA204-077912  
2020/2023

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[Commencer le quiz](#)

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- **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.**

SANTÉ

PARENTALITÉ ET ÉGALITÉ



FISPE



← PRÉC



- **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 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 me sens malade

Ma Mutuelle Santé. Elle complémente la carte vitale.

Mon médecin traitant. Quand consulter mon médecin traitant?

Je n'ai pas de mutuelle santé. Les conséquences et alternatives.

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. Ce qu'il faut payer, par quels moyens et les remboursements.

J'ai besoin de parler, quelque chose ne va pas bien. La santé mentale est importante.

Ma Carte Vitale. Les fonctionnalités sont.

La sexualité. Pour avoir des relations sexuelles.

← 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. *Il est possible de*

Les activités extrascolaires

Mon enfant va à l'école

Être soi-même

Les fournitures scolaires

Je veux apprendre le français. *Pourquoi et comment?*

La cantine scolaire

Je souhaite me former. *Comment puis-je me former?*

Aides sociales familiales: CAF. *Les aides disponibles et les démarches*

J'ai un diplôme étranger. *Quelles sont mes possibilités?*

Je suis parent isolé

Mon enfant ne va pas bien *Pourquoi et que faire?*

← PRÉC





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- **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:

Critical card game French Version

## Je me sens malade



J'appelle mon médecin traitant.

Je vais dans une

**Correct**

C'est vrai! Vous avez choisi les bonnes réponses.  
Lorsque vous appelez un médecin généraliste, il est possible que vous ne parliez pas directement au médecin, mais à un assistant ou à un répondeur. Si c'est un répondeur, vous devez rester en ligne, écouter l'ensemble du message, puis laisser un message vocal pour demander un rappel ou prendre rendez-vous. Il est conseillé de vérifier les horaires d'ouverture avant d'appeler pour augmenter vos chances de réussite. Si le médecin généraliste n'est pas disponible, notamment le week-end ou pendant les jours fériés, vous serez dirigé vers les services d'urgence hospitaliers.

Continuer

← PRÉC VALIDER

Critical card game French Version

## Je me sens malade



Je me rends dans un centre de santé sans rendez-vous.

Je vais dans une

**Incorrect**

Vous n'avez pas choisi les bonnes réponses.  
Lorsque vous appelez un médecin généraliste, il est possible que vous ne parliez pas directement au médecin, mais à un assistant ou à un répondeur. Si c'est un répondeur, vous devez rester en ligne, écouter l'ensemble du message, puis laisser un message vocal pour demander un rappel ou prendre rendez-vous. Il est conseillé de vérifier les horaires d'ouverture avant d'appeler pour augmenter vos chances de réussite. Si le médecin généraliste n'est pas disponible, notamment le week-end ou pendant les jours fériés, vous serez dirigé vers les services d'urgence hospitaliers.

Continuer

← PRÉC VALIDER

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- **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:



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Bravo! Vous avez répondu correctement!



? Quelles difficultés pourriez-vous rencontrer quand vous voulez voir un médecin?

Répéter le quiz

Passez à la question suivante!

Critical card game French Version

### Résultats

Vous trouverez ci-dessous les réponses correctes:



J'appelle mon médecin traitant.



Je vais dans une pharmacie pour demander des conseils.



Je prends rendez-vous sur le site internet Doctolib.



Je me rends dans un centre de santé sans rendez-vous.

Répéter le quiz

Passez à la question suivante!

#### 2.3.4 Swedish version

- [Home page](#)



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## Critical card game Swedish Version

Resurser



Erasmus+-programmet KA204-077912  
2020/2023



Europeiska Kommissionens stöd åt framställningen av detta dokument utgör inte ett godkännande av dess innehåll, vilket endast återspeglar upphovsmännens åsikter, och Kommissionen kan inte hållas ansvarigt för någon användning av informationen i det.

[Starta kursen](#)



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- **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.

HÄLSA

FÖRÄLDRASKAP



Medfinansierat av  
EU-programmet  
Erasmus+


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- **UNITS:** Each topic consists of 6 units. Each of them includes text information, tips, vocabulary, and images. **Example HEALTH Unit 1:**

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Hälsa I  
VARDAGSMOTION

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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 exempel 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.



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Resurser

# Hälsa I: VARDAGSMOTION

## SKAPA EN NY FRAMTID!

### TIPS:

- Gå eller cykla eller till jobbet.
- Välj trapporna.
- Ta korta rörelsepåuser.
- 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

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• **Example of PARENTING AND EQUALITY Unit 1:**

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## 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.



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## Föräldraskap I: FAMILJ I ETT NYTT LAND

### SKAPA EN NY FRAMTID!

### KOM IHÅG:

- Våga tänka nytt.
- Acceptera alla känslor.
- Ingen förälder är perfekt.
- Ställ frågor och be om hjälp.



### ORDLISTA

att påverkas - en trygg framtid - att lämna - en släkt - att sakna - ett hemland - att känna sig - en kultur - ett samhälle - en roll - att lösa problem - samtidigt

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

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Hälsa II  
SÖMN

Återgå till menyn

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