Healthy Apprentice

01/2022 – 12/2024

Initiator
Verein OUTWORX – Bewegung & Gesundheit

Objectives

The „Healthy Apprentice Initiative 2.0“ (IGL 2.0) aimed to develop and strengthen the health resources of apprentices during their vocational school years. The project also sought to improve the apprentices' health literacy. The core objective was to empower apprentices to lead a health-oriented professional life after completing their apprenticeships.

Founded by the association "Outworx – Bewegung & Gesundheit", the "Healthy Apprentice" project represents the next stage in the development of the health promotion program, which has grown steadily since 2019, evolving from a regional pilot project into an Austria-wide initiative. Enabling vocational school students to lead a health-oriented lifestyle is the stated goal of "Healthy Apprentice." Health education is to be sustainably integrated into the daily routine of vocational schools through daily activity breaks and practical knowledge on health-related topics, thereby strengthening the movement and health literacy of young people.

Implementation

The external evaluation supported the project team threefold:

- guidance for the project team
- evaluation of the project implementation process
- evaluation of the results

The external evaluation supported the project team in the specification of the project aims and the reflection of the project implementation. The evaluation team monitored the project implementation process in order to optimize implementation and secure the achievement of objectives. The activities were reviewed with regard to their achievements and effectiveness and the project activities were monitored.

A kick-off workshop and regular workshops with the project team were carried out. Furthermore, a before-after survey with the apprentices, qualitative peer interviews by apprentices themselves, focus groups with school staff and a survey on trainings were conducted.

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