



Erasmus+

ROUTINE FOR HEALTHY LIFE

2021-1-IT02-KA210-ADU-000034004

The Healthy Routine Planner in practice



Co-funded by
the European Union



THE HEALTHY ROUTINE PLANNER IN PRACTICE

This document has been created in June 2023, in the frame of the Erasmus+ project “Routine for Healthy Life”, co-funded by the European Union and coordinated by Travelogue Associazione di promozione sociale.

It collects the reports and results of the workshops with adult learners carried out by all the partner organisations of the project in Italy, Czech Republic, Greece and Spain.

In this document you will find the reports of the workshops, the Healthy routine planners created in each country, some photos of the activities and the questionnaire submitted for the evaluation.

Partner organisations:

- **Travelogue Associazione di Promozione Sociale – Marsciano, Italy**
- **Asociacion Iniciativa Internacional Joven – Málaga, Spain**
- **GLAFKA s.r.o. – Prague, Czech Republic**
- **Center for the Promotion of European Cooperation and Integration - Europerativa – Volos, Greece**

A collaborative work of:



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1. Report of the workshop in Italy

WORKSHOP REPORT			
Date of the workshop:	11/05/2023	Duration:	2,5 hours
Location:	Centro Sociale Ricreativo "L'Incontro", Marsciano (PG), Italy		
1. Description of the activities carried out:			
<p>Travelogue APS organized a workshop with all the learners which had already attended the whole online course or part of it. Some of the learners who participated in the blended mobility hosted in Italy were also involved.</p> <p>We made a recap of the online course and all previous activities implemented during the whole project. We started the workshop presenting its aim and its expected results. We explained why it is important to create a daily or weekly routine of healthy activities and what benefits we could obtain from it. To create and maintain a daily or weekly routine of healthy activities can be very important, especially in the most difficult and stressful moments, since it can help to regain control of our life. Having a daily routine can help us to be more productive and focused on what we're doing, helping us to keep our life stable, increasing our happiness level and preserving our health and wellness.</p> <p>We explained the different steps to create and implement our healthy routine:</p> <ol style="list-style-type: none"> 1. Establish all habits 2. Establish the timing and order of each habit 3. Establish time for any breaks 4. Consider possible setbacks 5. Write down our own routine 6. Try the routine 7. Modify the routine (if necessary) 8. Retry the routine & gather ideas for improvements... <p>We also explained that it was important in this phase to detect eventual bad habits that we should try to modify, to be flexible and that, if needed, we can decide to eliminate or modify some activities when we are busier, overwhelmed or stressed. The routine should be practiced to give yourself self-feedback about how you are feeling both physically and mentally.</p> <p>We delivered the printed templates of the Healthy Routine Planner in A3 format to each participant, with pens and coloured markers. The participants were divided in 3 groups and discussed together about their current habits related to nutrition, physical activity, psychological well-being, education, hobbies, work and volunteering. They wrote down their healthy routines collecting suggestions from each other and taking in account the knowledge acquired through the online courses and webinar attended. Then, the facilitator asked all participants to discuss about their routines for a group reflection, to create a common output with some suggestions for other people.</p> <p>For the evaluation of the workshop, we used the "Mood Meter" tool, created by Iniciativa Internacional Joven (the participants were invited to place a post-it with their name on the poster to indicate their feelings and level of energy), and an online questionnaire through Google form.</p> <p>At the end, certificates of attendance were delivered to all participants that attended the whole online course and filled in the evaluation questionnaire on the e-learning area of the project website.</p>			
2. Participants that attended the event:			
Total number of participants that attended the event:	18		





Total nº of women:	16	Total nº of men:	2	
Age of the participants:				
≤ 18	19-30	31-45	46-60	≥ 61
	1	4	1	12
Profile of participants:				
<p>The participants were adults and seniors. All participants previously attended the whole online course or some modules through the project e-learning platform. They were mainly associates and learners of Travelogue APS and of Centro Sociale Ricreativo "L'Incontro". Some of the learners who participated in the blended mobility in Italy were also involved.</p>				
3. Results of the workshop				
<p>The objectives of the workshop have been fully accomplished. All participants were able to create their "Healthy routine planner", containing a daily plan of healthy activities and tips for preserving their health and wellness. They were able to make a self-reflection on their weaknesses and strengths, detecting eventual current bad habits that they should try to eliminate or modify and setting their personal goals to achieve in a medium or long-term. Some suggestions and tips were collected to be included in the project outputs.</p>				
4. How were participant's feedback, opinions... about this project and workshop? Please also report the results of to the evaluation questionnaire submitted				
<p>The participants were very satisfied with the aim and activities of the project and workshop. The project activities contributed to create opportunities for social interactions and favored social relationships among the participants involved. All participants made a self-reflection and discussed with the others to collect and give suggestions for the creation of their healthy routine. The healthy routine planner was easily understandable, simple and fun to use. We collected 12 answers to the questionnaire for the evaluation of the workshop. Most of participants evaluated the workshop with an average rate of 8,25, being 10 the highest rate. Most of participants stated that objectives and contents of the workshop were very clear and communicated in advance (1 Partially agree, 5 Agree, 6 Strongly Agree), the activity carried out met their learning objectives and expectations (1 Partially agree, 4 Agree, 7 Strongly Agree) and the objectives of the workshop have been met (1 Partially agree, 4 Agree, 7 Strongly Agree). Regarding the structure and contents of the workshop, most of respondents stated that the duration and timing of the workshop were appropriate, the professionals/facilitators involved were competent and the tools and technical equipment used were adequate. The interaction with the facilitator was rated 8,67, being 10 the highest rate. All participants will apply the knowledge acquired in their future (10 totally and 2 partially). As suggestion from the respondents, we received: we should try to involve more younger adults; perhaps some suggestions were missing to reconcile the activities and objectives to be included, with the times and the most common difficulties, for example lack of time, money, motivation, or other, etc.</p>				
5. Visibility to the Erasmus+ Programme of the European Union				
<p>During the workshop, we pointed out that the project is co-funded by the European Union through the Erasmus+ program, following the visibility guidelines provided by the European Commission. The EU logo with the co-funding statement was inserted in all communication material, in the PowerPoint presentation used, and in the templates provided to all participants.</p>				





2. Report of the workshop in Czech Republic

WORKSHOP REPORT				
Date of the workshop:	28/3/2023	Duration:	3x45min	
Location:	Prague, Czech Republic			
1. Description of the activities carried out:				
<p>The workshop was carried out after a follow-up meeting and was focused mainly on the practical exercised and activities. The workshop was divided into 3 parts (each part approximately 45min.) with short breaks in between.</p> <p>In the first part we presented the fundamentals of the healthy and balanced life with some suggestions for routine for well-being. Within this part we also introduced to participants how they can plan their healthy routine and develop their personal diary on healthy routine.</p> <p>After short break participants were divided into 3 groups. Each group should design their own healthy routine planner, within groups they discussed their experience and knowledge, together they came to conclusion and completed the group healthy routine planner.</p> <p>At the end of the workshop each group presented their planner to others. After all groups presented their planners, all participants together developed one final planner.</p> <p>We closed the workshop with an interactive evaluation. Each participant was asked what s/he would put into his bag and take it with her/him.</p>				
2. Participants that attended the event:				
Total number of participants that attended the event:			11	
Total n ^o of women:	8	Total n ^o of men:	3	
Age of the participants:				
≤ 18	19-30	31-45	46-60	≥ 61
0	6	5	2	
Profile of participants:				
<p>The participants of the workshop were all adults, most of them operate in a field of education. There were representatives of teachers and trainers, social and youth workers. Majority of participants were women, however 3 out of 11 participants were males. They all have common objectives to get some inspiration about healthy routines, which they might be able to apply even at their work with students/clients.</p>				
3. Results of the workshop				
<p>Based on the evaluation all objectives of this workshop were met. Participants mainly highlighted the possibility and opportunity to work together and share their life experience. Together they were very productive, constructive and motivated each other. They exchanged some interesting ideas they might actively use within their classes or work with clients and learners.</p>				
4. Evaluation of the workshop				
<p>Participants were satisfied and they welcomed the opportunity to meet others so they could exchange their knowledge, experience, they got new motivation.</p>				
5. Visibility to the Erasmus+ Programme of the European Union				
<p>We provided the information that this project has been implemented and realized with</p>				





financial support of Erasmus+. We also informed how they can actively get involved in such projects.

3. Report of the workshop in Greece

WORKSHOP REPORT				
Date of the workshop:	10/05/2023	Duration:	1,5 hours	
Location:	Center for Culture and Arts “Θεατρική”, Volos, Greece			
1. Description of the activities carried out:				
<p>Prior to this workshop, we had asked to the participants to follow the online courses as presented in the official YouTube channel of the project, and as a result they were all thoroughly prepared for the upcoming activities. Since we had already thoroughly discussed the project results directly before, we opened the workshop by presenting its aims and by emphasising the healthy routine planner that they would eventually design. The participants of the blended mobility in Italy were already very familiar with the idea and thus we made four groups of five people each and in each of the groups one of those participants was included so as to help with any questions.</p> <p>We asked of the groups to reflect on their routines and habits collectively by means of brainstorming and then we asked the participants to do so individually as well. After this, we presented to them the main points of what it means to lead a healthy life in terms of mental resilience, weekly exercise and balanced diet and we presented them with the tips of the healthy routine planner.</p> <p>Then we provided them with the printed planner and we asked them to individually fill them in by taking into consideration the points that had already been presented and the input that they themselves came up with in their group brainstorming sessions.</p> <p>In the end of the workshop, we asked from the participants to again visit the official website of the project and to fill in the online questionnaire there. Finally, we informed them that if they would like to also receive a certificate, they would have to fill in the quiz present there.</p>				
2. Participants that attended the event:				
Total number of participants that attended the event:			19	
Total n° of women:	11	Total n° of men:	8	
Age of the participants:				
≤ 18	19-30	31-45	46-60	≥ 61
0	3	7	5	4
Profile of participants:				
<p>The participants were all adults and almost half of them seniors at risk of social exclusion while the majority were women. They are all permanent residents of Volos although some of them have been raised in other cities of Greece. Four 4 of them were the participants of the workshop in Italy and all of them participated in the online learning activities of the webinar organized following the meeting in Italy.</p> <p>Since there were also younger ages present, we had a good mix of age groups thus bringing forth interesting discussions about the differing perspectives that are informed depending on the age of each individual.</p>				





<p>3. Results of the workshop</p> <p>The planned objectives of the workshop were achieved to a complete extent. All of the participants completed the healthy routine planner according to their personal needs and expectations and by also considering the opinions that other people expressed throughout the workshop. They also faithfully followed the instructions of the facilitator and they took into consideration his presentation of the main points of what it means to lead a healthy life in terms of mental resilience, weekly exercise, and balanced diet as well as the tips of the healthy routine planner.</p> <p>As a result, the workshop was rather dynamic by putting less emphasis on a lecture mode style of methodology and by promoting dialogue and cooperation among the participants so as to increase their interest and keep them actively engaged.</p>
<p>4. Evaluation of the workshop</p> <p>The participants were very pleased from the activities of the workshop, since it combined very interesting and engaging topics that are relevant to their everyday lives. They really enjoyed the face-to-face activities and the opportunity to talk about these things with other people from the same city.</p>
<p>5. Visibility to the Erasmus+ Programme of the European Union</p> <p>We made explicit mention that this project falls under the Erasmus+ programme of the EU and that it is co-funded by the European Union.</p> <p>We further explained how these procedures work and why the EU is keen on promoting such initiatives. We then talked about other similar Erasmus+ funded projects taking place in our city and we invited them to attend the dissemination activities by participating in the local conferences taking place in the upcoming weeks. We then presented in brief and simplified manner the opportunities that the Erasmus+ financial framework provides for each different age and social group (e.g. KA1 youth and adult education training mobilities). Finally, we mentioned how they can benefit both in terms of job market access and in terms of tackling feelings of social exclusion and, in the end, we invited them to apply to our organisation so as to participate in an upcoming KA1 project that we will start implementing in the autumn of 2023.</p>

4. Report of the workshop in Spain

WORKSHOP REPORT			
Date of the workshop:	24/04/2023	Duration:	1 hour
Location:	Centro de Salud "El Cónsul" (Health Centre "El Cónsul"), Malaga, Spain		
1. Description of the activities carried out:			
<p>In this workshop, the explanation of the Online Training Course and a healthy life was carried out, mainly about the routines and habits that have to be carried out.</p> <p>To this end, an analysis of the strengths and weaknesses that each person detected in their own routine was carried out.</p> <p>After this, the fundamental basics of a healthy routine were presented, together with various tips.</p> <p>The main activity focused on making a healthy routine plan, with the aim of getting</p>			





participants to implement new habits or eliminate actions that are harmful to themselves. Finally, an evaluation was carried out to find out the participants' opinions.				
2. Participants that attended the event:				
Total number of participants that attended the event:				15
Total nº of women:	13	Total nº of men:	2	
Age of the participants:				
≤ 18	19-30	31-45	46-60	≥ 61
0	5	2	4	2
Profile of participants:				
The profile of the participants was varied. There were 5 young people, students and workers. And the vast majority were women with very different profiles. Some of them live with dependents, others live alone, and others work and have children. All of them have a common need to improve their routine, mainly in the psychological and emotional area.				
3. Results of the workshop				
The objectives of the workshop have been achieved, as a healthy lifestyle has been explained and each person has created their own plan according to their personal needs. Also, opinions have been shared at all times, which has generated conversations with different points of view that have helped to understand the people we were with.				
4. Evaluation of the workshop				
Participants' feedback on the activity has been very positive. In their evaluation of the workshop, they commented that they consider this topic to be very important. Knowledge that a large part of the population knows was provided, however, the exchange of experiences and opinions has been a key point for the group. Regarding the questionnaire, the assessment was generally very positive. They consider that the objectives have been met, the information has been adequate and dynamic.				
5. Visibility to the Erasmus+ Programme of the European Union				
The functioning of the Erasmus+ programme has been explained and participation in future projects has been invited. The online training course of this project has also been given a high visibility. Information about the modules has been provided and participation has been invited to finalize it.				





5. Healthy Routine Planners

Italy

My healthy routine planner

My weekly plan of healthy activities for overall wellbeing.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	GET UP EARLY BALANCED BREAKFAST SPORTS ACTIVITY HOUSEWORKS COOKING	GET UP EARLY BALANCED BREAKFAST HOUSEWORKS/LAUNDRY HOBBIES/SHOPPING COOKING	GET UP EARLY BALANCED BREAKFAST SPORTS ACTIVITY OR WALKING HOUSEWORKS COOKING	GET UP EARLY BALANCED BREAKFAST HOUSEWORKS/IRONING STUDY OR READ A BOOK COOKING	GET UP EARLY BALANCED BREAKFAST SPORTS ACTIVITY SHOPPING COOKING	BALANCED BREAKFAST HOUSEWORKS HOBBIES TO GO SHOPPING HAIRDRESSER COOKING	BALANCED BREAKFAST REST/HOBBIES BEAUTY ROUTINE (SKIN CARE OR BODY CARE) COOKING
Afternoon	BALANCED LUNCH REST TAKING CARE OF PETS / GARDENING STUDYING / READING	BALANCED LUNCH REST WALKING TAKING CARE OF PETS	BALANCED LUNCH REST TAKING CARE OF PETS / GARDENING MEETING WITH RELATIVES	BALANCED LUNCH REST TAKING CARE OF PETS CULTURAL EVENTS / VOLUNTEERING	BALANCED LUNCH REST TAKING CARE OF PETS MEETING WITH FRIENDS	BALANCED LUNCH REST TAKING CARE OF PETS LEISURE ACTIVITY	BALANCED LUNCH TAKING CARE OF PETS MEETING WITH FRIENDS / LEISURE ACTIVITY (EX. CINEMA)
Evening	BALANCED DINNER WATCHING TV OR READING A BOOK	BALANCED DINNER THEATRE / CINEMA	BALANCED DINNER TEA / INFUSION WATCHING TV OR READING A BOOK	BALANCED DINNER NIGHT WALKING	BALANCED DINNER WATCHING TV OR READING A BOOK	DINNER OUTSIDE MEETING FRIENDS	BALANCED DINNER TEA / INFUSION PREPARING THINGS FOR THE FOLLOWING WEEK

Don't forget / notes / shopping list

- Drink at least 2 liters of water every day
- Drink less coffee
- Sleep 8 hours
- Respect the planning
- Be open to the unexpected
- Seek help when needed

My long-term goals

Walking or practicing sports 3/4 times per week; eating healthier, cooking more; increase volunteering, social and cultural activities; stay attentive and interested in what is happening around me; seek economic stability; travel as much as possible; reduce housework.

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Czech Republic

Můj plánovač zdravé rutiny

Můj týdenní plán zdravých aktivit pro celkovou pohodu.

	Pondělí	Úterý	Středa	Čtvrtek	Pátek	Sobota	Neděle
Ráno	stretch the body morning hygiene nutritionally balanced breakfast	stretch the body morning hygiene nutritionally balanced breakfast	stretch the body morning hygiene nutritionally balanced breakfast	stretch the body morning hygiene nutritionally balanced breakfast	stretch the body morning hygiene nutritionally balanced breakfast	stretch the body morning hygiene nutritionally balanced breakfast	stretch the body morning hygiene nutritionally balanced breakfast
Odpoledne	nutritionally balanced lunch friends/family my personal "hour"	nutritionally balanced lunch friends/family my personal "hour"	nutritionally balanced lunch friends/family my personal "hour"	nutritionally balanced lunch friends/family my personal "hour"	nutritionally balanced lunch friends/family my personal "hour"	nutritionally balanced lunch friends/family my personal "hour"	nutritionally balanced lunch friends/family my personal "hour"
Večer	nutritionally balanced dinner hobbies/sport/culture/book/wellness	nutritionally balanced dinner hobbies/sport/culture/book/wellness	nutritionally balanced dinner hobbies/sport/culture/book/wellness	nutritionally balanced dinner hobbies/sport/culture/book/wellness	nutritionally balanced dinner hobbies/sport/culture/book/wellness	nutritionally balanced dinner hobbies/sport/culture/book/wellness	nutritionally balanced dinner hobbies/sport/culture/book/wellness

Nezapomeň/poznámky/nákupní seznam

Don't forget to smile and be on top of things
Everyday give yourself little something for good mood

Mé dlouhodobé cíle

keep every day healthy routine and don't break the "rules"
keep at least 12 hrs of fasting between dinner and breakfast
from time to time make small "exception"

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Greece

My healthy routine planner

My weekly plan of healthy activities for overall wellbeing.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	GET UP EARLY (7.00) BREAKFAST SPORTS ACTIVITY HOUSEWORKS HOBBIES/SHOPPING	GET UP EARLY (7.00) BREAKFAST HOUSEWORKS/LAUNDRY SPEND TIME WITH FRIENDS	GET UP EARLY (7.00) BREAKFAST SPORTS ACTIVITY OR WALKING HOUSEWORKS	GET UP EARLY (7.00) BREAKFAST HOUSEWORKS/IRONING STUDY OR READ A BOOK	GET UP EARLY (7.00) BREAKFAST SPORTS ACTIVITY SHOPPING	BREAKFAST HOUSEWORKS HOBBIES TO GO SHOPPING SPEND TIME WITH FRIENDS	BREAKFAST SPEND TIME TO THE SEA BEAUTY ROUTINE COOKING
Afternoon	BALANCED LUNCH REST HOBBIES /GARDENING STUDYING / READING	BALANCED LUNCH REST EVENING WALKING TAKING CARE OF PETS	BALANCED LUNCH REST TAKING CARE OF PETS / GARDENING MEETING WITH RELATIVES	BALANCED LUNCH REST HOBBIES CULTURAL EVENTS / VOLUNTEERING	BALANCED LUNCH REST TAKING CARE OF PETS MEETING WITH FRIENDS	BALANCED LUNCH REST EVENING WALKING LEISURE ACTIVITY	BALANCED LUNCH TAKING CARE OF PETS MEETING WITH FRIENDS / LEISURE ACTIVITY (EX. CINEMA)
Evening	BALANCED DINNER WATCHING TV OR READING A BOOK	BALANCED DINNER NIGHT WALKING	BALANCED DINNER TEA / INFUSION SPEND TIME WITH FRIENDS	BALANCED DINNER THEATRE / CINEMA	BALANCED DINNER SPEND TIME WITH FRIENDS OR READING A BOOK	DINNER OUTSIDE MEETING FRIENDS	BALANCED DINNER WATCHING TV OR READING A BOOK PREPARING THINGS FOR THE FOLLOWING WEEK

Don't forget / notes / shopping list

- Drink at least 2 liters of water every day
- Drink less coffee
- Sleep 8 hours Respect the planning Take care from extra calories
- Be open to the unexpected
- Seek help when needed
- Do not forget to smile and laugh at everyday difficulties

My long-term goals

Walking or practicing sports 3/4 times per week; eating healthier, cooking more; increase volunteering, more social and cultural activities; more time with friends; stay attentive and interested in what is happening around me; travel as much as possible; reduce actions that do not make you happy

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Spain

My healthy routine planner

My weekly plan of healthy activities for overall wellbeing.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	BALANCED BREAKFAST SPORTS ACTIVITY STUDY OR READ A BOOK	BALANCED BREAKFAST SPORTS ACTIVITY OR WALKING STUDY OR READ A BOOK	BALANCED BREAKFAST SPORT ACTIVITY STUDY OR READ A BOOK	BALANCED BREAKFAST WALKING STUDY OR READ A BOOK	BALANCED BREAKFAST SPORTS ACTIVITY STUDY OR READ A BOOK	BALANCED BREAKFAST TO GO SHOPPING	BALANCED BREAKFAST GO THE COUNTRYSIDE OR OUTDOOR LIGHT SPORT ACTIVITY
Afternoon	BALANCED LUNCH REST MEETING WITH FRIENDS	BALANCED LUNCH REST ENGLISH CONVERSATION ACTIVITY AT AIIJ	BALANCED LUNCH REST MEETING WITH RELATIVES AND FAMILY	BALANCED LUNCH REST	BALANCED LUNCH REST MEETING WITH FRIENDS	BALANCED LUNCH REST LEISURE ACTIVITY	GO THE COUNTRYSIDE OR OUTDOOR LIGHT SPORT ACTIVITY
Evening	BALANCED DINNER READING A BOOK	BALANCED DINNER WATCH A MOVIE	BALANCED DINNER SKIN-CARE OR BODY-CARE	BALANCED DINNER NIGHT WALKING	DINNER WITH FRIENDS	DINNER OUTSIDE	BALANCED DINNER PREPARING THINGS FOR THE FOLLOWING WEEK

Don't forget / notes / shopping list

LEGUMES, TOMATOES, LETTUCE, AVOCADO, TURKEY, CHOCOLATE, EGGS, NUTS, SEASONAL AND LOCAL FRUIT, MILK, etc.

My long-term goals

- SPORTS ACTIVITY: 3/4 TIMES A WEEK
- EAT HEALTHIER
- STOP SMOKING
- TAKE MORE TIME FOR MYSELF

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6. Photos

Italy





Czech Republic



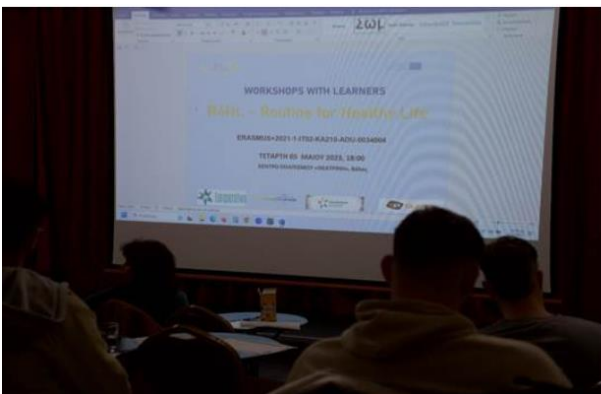
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Greece



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Spain



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7. Annex: Questionnaire for the evaluation of the workshop



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Workshop evaluation - Routine for Healthy Life project

Please share your feedback regarding the Workshop attended in this very brief survey. The questionnaire is anonymous. We appreciate your candid responses.

Please, give an overall evaluation to the Workshop *

	1	2	3	4	5	6	7	8	9	10	
Very poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent





Objectives and expectations *

	Strongly disagree	Disagree	Partially agree	Agree	Strongly Agree	N/A
The objectives and contents of the workshop were clear and communicated in advance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The activity carried out have met your learning objectives and expectations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The objectives of the workshop have been met	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Structure and contents of the activity *

	Strongly disagree	Disagree	Partially agree	Agree	Strongly Agree	N/A
Duration and timing of the workshop were appropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The professionals/facilitators involved were competent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The tools and technical equipment used were adequate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





How do you rate the interaction with the facilitator? *

1 2 3 4 5 6 7 8 9 10

Very poor Excellent

Will you apply the knowledge acquired in your future? *

- Yes
- Partially
- Not at all
- I don't know

Please, add any other comment or suggestion to improve future activities.

La tua risposta





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