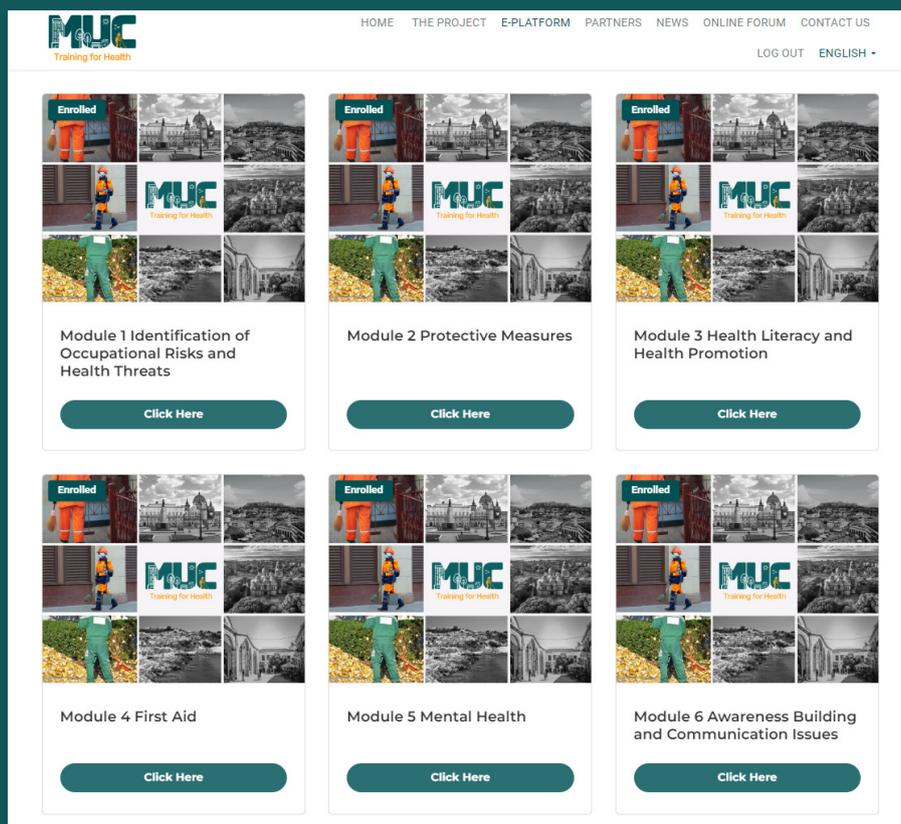




MUC Final Newsletter

2nd Newsletter of MUC Training for Health, Erasmus+ Project 2020-2023



TOPIC 1:

Development and testing of the MUC online training program

As part of the multifaceted approach to education and training, the MUC - Training for Health consortium has designed, developed and tested its online training program, hosted in a user-friendly and open access e-platform (<https://muc-trainingforhealth.eu/login/>).

The training program consists of six modules in total, covering the following topics: Identification of Occupational Risks and Health Threats, Protective Measures, Health Literacy and Health Promotion, First Aid, Mental Health, and Awareness Building and Communication Issues.

A total number of 160 individuals have been already registered in the e-platform, while 65 of them have already completed and evaluated the online training program. Feedback received from the registered users is very positive, assessing the e-platform design, interface, navigation, ease of use and organization, the content's relevance, presentation, and usefulness, as well as the training program as a whole.

<https://muc-trainingforhealth.eu/login/>





TOPIC 2:

Creation of educational videos for Municipal Urban Cleaners

As part of the interactive training program MUC - Training for Health, five educational videos were created for Municipal Urban Cleaners, in the city of Athens, Greece. These videos are part of the training program that is implemented through an e-platform which aims to train employees to recognize workplace risks and how to protect themselves from them, ensuring better health and quality of life.

The educational videos include everyday correct and incorrect work practices and are available in English, Greek, Italian and Bulgarian. The videos are also uploaded on the YouTube channel of the program: <https://www.youtube.com/@MUCTrainingforHealth>





TOPIC 3:

Training and awareness event in Andrano

An "Ecological Training Cycle aimed at children and young people" took place in the Andrano area in June 2023 - promoted by the ERCAV company in charge of waste management, in collaboration with the primary school of the Municipality of Andrano.

As part of this initiative we have included a training and awareness event on the issues addressed by the MUC project on risk prevention in the workplace of workers operating in the waste collection sector".

Various classes from Andrano primary school, teachers, staff from the Optimal Collection Area Office and citizens participated. On this occasion, the information brochure created for the project was distributed.

Subsequently, the draft training platform and guidelines were presented to the staff working in the field of waste collection, street cleaning, villas, gardens and Marina di Andrano. Some of them have started training.





TOPIC 4:

National Info Day in Andrano

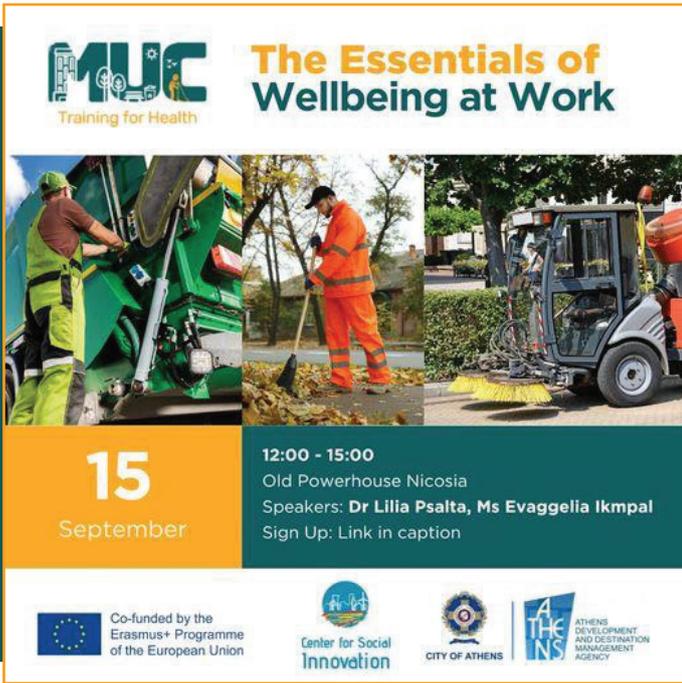
On the 4th of September 2023 an information day was organized at the Municipality of Andrano: the training modules, the project objectives were presented and what has been done in these three years of work with all the partners was explained.

The invitations were addressed to all subscribers to the Municipality's newsletter and the Info day poster was published on the websites and social profiles.

During this info day, the municipal staff, the Muc workers of the company that manages waste collection and their supervisors, the members of the " Making Environment - Green Laboratory" Association, Civil Service Volunteers, members of the local Proloco, professional training consultants of "Aforisma" of Lecce, freelancers, precarious workers and free citizens participated.

To date, over 40 people have participated in the training and obtained the certification with great satisfaction for the contents covered, the clarity of the information and the ease of the training procedures.





MUC
Training for Health

The Essentials of Wellbeing at Work

15
September

12:00 - 15:00
Old Powerhouse Nicosia
Speakers: **Dr Lilia Psalta, Ms Evaggelia Ikmpal**
Sign Up: [Link in caption](#)

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

Center for Social Innovation

CITY OF ATHENS

ATHENS DEVELOPMENT AND DESTINATION MANAGEMENT AGENCY

TOPIC 5:

The Essentials of Wellbeing at Work event

The Cypriot national multiplier event ‘The Essentials of Wellbeing at Work’ was successfully completed on the 15th of September 2023, at the Old Powerhouse in Nicosia, with the participation of officers from the municipalities of Nicosia, Egkomi, and Agios Dometios.

During the event we were pleased to have with us our guest speaker, Dr. Lilia Psalta (University of Central Lancashire Cyprus) with an insightful presentation on the topic of mental health in the workplace and the significance of psychological well-being in professional settings.

Also, we were pleased to virtually have with us Mrs Evaggelia Ikbal from the Municipality of Athens, who discussed about urban cleaning operations, emphasizing best practices, essential equipment, and the organizational structures that enabled effective urban sanitation.





TOPIC 6:

Multiplier Event in Bulgaria

The MUC-Training for health project's activities and results, including the MUC E-Learning Platform (<https://muc-trainingforhealth.eu/login/>), were presented during two face-to-face held events with participation of 43 attendees in total, organized in August 2023 in the beautiful city of Varna - the Bulgarian summer capital.

These events were also an opportunity to recognise the EU funding and to popularise the Erasmus + program opportunities for young people and youth trainers.

The participants in the events came from different walk of life and professions: university professors, trainers and teachers in VET Centres, municipal officials, entrepreneurs, start-ups and SME managers, social enterprises, community centres, business support organizations, representatives of NGOs, municipal regional informational centre, and private persons from the public in general.

Asked for their feedback and recommendations, the participants in these informational events have shared that they considered relevant the MUC material to their organizations and that they will use and recommend the MUC e-learning platform to other organizations and experts. They found the contents of the training modules very useful and many of them were interested in specific topics like the issues included in the Module 4 "First Aid" as well as for Managers' responsibilities. The participants received a copy of the presentations, prepared by Varna Economic Development Agency - the Bulgarian partner in the project MUC – Training for health.





TOPIC 7:

MUC Presentation at the Team4Excellence Training for Trainers Course

Between 18- 27 August 2023, Varna Economic Development Agency (VEDA) has organized in Varna the training course entitled “Train the trainers for building social entrepreneurial skills of adults” within the project “2021-1-RO01-KA121-ADU-000005868”, implemented by the Association TEAM4Excellence from Constanza, Romania.

During the training, VEDA has demonstrated the MUC- training for health E-Learning Platform to twelve Romanian trainees, who were interested to learn more about innovative teaching methods and new online learning tools for adult education.

During the MUC project presentation VEDA provided support and instructions to participants in the ToT course on how to register and use this new e-learning platform and its modules. The Erasmus+ project support and other opportunities for youth mobility and exchange of best practices were also the subjects of interest and discussions by the course attendees.

Asked for their feedback and recommendations, the participants in these informational events have shared that they considered relevant the MUC materials to their organizations and that they will use and recommend the MUC e-learning platform to other organizations and experts. They find very useful the contents of the training modules and many of them were interested in specific topics like the issues included in the Module 4 “First Aid” as well as for Managers’ responsibilities. The participants received a copy of the presentations, prepared by Varna Economic Development Agency - the Bulgarian partner in the project MUC – Training for health.





TOPIC 8:

European Symposium of the MUC-Training for Health project

The European Symposium of the MUC - Training for Health program, organized by the Athens Development and Destination Management Agency (ADDMA) was successfully completed on Friday, September 29 at Serafio of the Municipality of Athens.

During the event, Prolepsis Institute, partner of the project, presented the results of the research carried out within the framework of the project, which focused on occupational risks and threats to the health of employees in the cleaning services of Municipalities, underlining the importance of appropriate training.

The innovative e-learning platform addressed to employees was also presented, including modules related to the identification of occupational risks, first aid, mental health of employees, advice on protection measures, etc.

Participation was given to stakeholders from Greece and Europe both in person and online. Greetings were addressed by the partners of the project, as well as representatives from the World Health Organization, the Directorate of Cleaning and Recycling of the Municipality of Athens, the president of the Hellenic Society of Occupational Medicine and Environment, etc.

The speakers included occupational doctors from Greece and Europe who shared their own experience regarding the health of employees in municipal cleaning and waste management. Representatives of academic institutions and vocational training institutions also participated.





Partners



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Project No: 2020-1-EL01-KA202-079057

