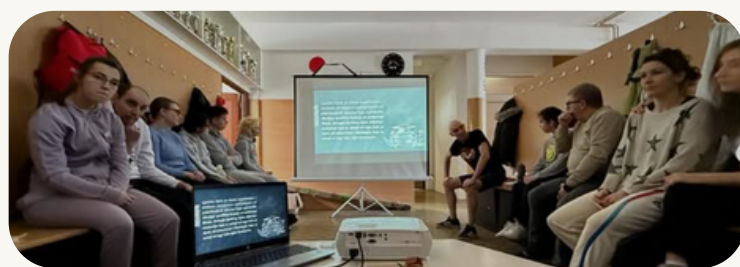




"SAME SAME" MENTORS' QUALIFICATION



"Same Same" project is underway, focusing on mentor qualification across five partner countries. Mentors with intellectual and developmental disabilities (IDD) are participating in training sessions, in small groups led by skilled facilitators. Game-like activities are provided within each theme and training content. This initiative is a crucial step in preparing for our upcoming pilot intervention!



SAME SAME module syllabus includes:

- The fundamentals of the Human Body (My Body)
- Physical Fitness and Physical Activity (My Fitness)
- Healthy Habits (My Habits)
- Tracking Physical Activity and Fitness (My Data)
- Autonomy (My Power)
- Social, Occupational and Developmental Skills (My Skills)
- Goal Setting (My Goals)
- Place location to exercise regularly (My Places)
- Exercise Counselling and Planning (My Action)
- Maintenance and Follow-up (My Pursue).



e-Mentorship Platform

Our platform consists of a comprehensive learning course structured into 10 engaging modules. Mentors will learn how to manage modules and later transfer acquired knowledge to mentees in the pilot intervention.

