

## WORK BREAKDOWN STRUCTURE – WP 5

### 6.3.1 Specifications

**Work package Number:** 4

**Work package title:** Review Assessment and creation of the Health and Youth Systems Network

**Work package Leader number:** 4      **Work package Leader:** Romtens

**Starting date:** 3      **Ending date:** 36      **Total budget of this WP:** 63 770      **Number of person/ days of this WP:** 302

**Description of the work (max 2000 characters)**

This WP focuses on the setting up of the network of local networks made up of health systems and youth organizations active in each local context working on well-being promotion which will be in charge of exchanging working methods, cooperating in HOTSPIRITS' activities as well as in the development of an European network. Activities, will be divided into four steps, namely:

Step 1: Structures - A protocol establishing the network, clearly outlining the roles and responsibilities of each member and mechanisms for communication among members will be defined and adopted. This will require the setting up of a light management structure which will meet formally once a year and cooperate with the Steering Committee and the other network units through online sessions. Procedures will be activated to monitor the organizational structure, the communication mechanisms, the data/information collection processes and the resource utilization for the functioning of the network. This is essential in view of the potential expansion of the network.

Step 2: Capacity Building - Implementation of internal regulations and procedures will be fostered by specific training events dedicated to youth and health professionals. An easy to use Manual and a Database will be produced with subsequent up-dates throughout the project duration.

Step 3: Implementation - Within each network node a project unit will be set up, with 1 person being appointed to act as the liaison with the SC for coordination purposes and health experts for scientific feedback.

Step 4: Launch and Expansion - Once the network has completed all the above-mentioned steps, it will start working on collecting data about methods to support healthy choices and enhance life-skills to prevent alcohol related harm into regular youth organizations' activities.

6.3.2 Specific objectives of this work package	
Number	Specific objective title
1	To set up a pilot European network of local networks made up of health systems and youth organizations active in each local context working on well-being promotion.
2	To exchange and collect information related to good practices and working methods
6.3.3 List of deliverable(s) linked to this work package	
Number	Outcomes / Deliverable title
6	Easy to use Manual
7	Database

6.3.4 Milestones reached by this WP		
Number	Milestone title	Month of achievement
1	Completion of Collection Exercise and Literature Review	18

## WORK BREAKDOWN STRUCTURE – WP 5

### 6.3.1 Specifications

**Work package Number: 5**

Work package title: Support Youngsters Capacity of making healthy right choices

Work package  
Leader number:

1

Work package  
Leader: Coges

Starting date:

12

Ending date:

35

Total budget of this WP:

98 725

Number of person/  
days of this WP:

278

#### Description of the work (max 2000 characters)

The WP starts with the collection of feedback from youngsters (online questionnaire) which will be the baseline for the development of an online game on alcohol prevention and alcohol-related harms combining a diary, quiz and social activities. Based upon health scientific evidence and translated into a simple but accurate language, the game will be available on iPhone and Android smartphones. Engagement is ensured thanks to the "rewarding mechanism" that will give higher scores to groups/countries that get both the highest number of players and of correct answers. The first step to prevent the abuse is to measure the amount of alcohol is drunk. Youngsters will be able to track their alcohol consumption using the diary function. Since the application will be released on smartphone devices, it can always be accessible by the users, making it easier to track alcohol in all different situations, (e.g when eating out with friend). The application will suggest a quiz or an advice periodically, based on the behavior tracked by the user. Youngsters can also set a target for their activities, get a badge if they reach the goal and share the achievements on Facebook and Twitter. By answering correctly, together with the social sharing of health activities or useful information, a user can gain points which will be aggregated in a locally generated leaderboard. The contribution of each user will help his country/group to win a global challenge: the "Gold Medal" of the Health Olympics. Content of the online environment will be supervised by referees. The connection with Facebook and Twitter will let the referees create an online library on the alcohol-related topics and eventually use the information to add new contents (text, video, podcast), continually transforming the online environment. Part of these contents will be also available through the smartphone application. A board of health referees ensures the appropriateness of the original content and all updates.

#### 6.3.2 Specific objectives of this work package

Number	Specific objective title
3	To obtain feedback from youngsters in relation to life skills to prevent alcohol related harm
4	To create the e-tool
5	To test the e-tool

#### 6.3.3 List of deliverable(s) linked to this work package

Number	Outcomes / Deliverable title
8	Questionnaire, including guidelines on ethical and privacy issues
9	e-Tool

#### 6.3.4 Milestones reached by this WP

Number	Milestone title	Month of achievement
1	Approved functional analysis	15
2	Delivery of Android and iPhone application	22
3	Launch of Health Olympics online game	24
4	Award of the Health Olympics' "Gold Medal"	35

## WORK BREAKDOWN STRUCTURE – WP 5

### 6.3.1 Specifications

**Work package Number: 6**

Work package title: Recommendations

Work package Leader number:

Work package Leader: RV

Starting date:

Ending date:

Total budget of this WP:

Number of person/ days of this WP:

#### Description of the work (max 2000 characters)

This WP is of key importance as it brings together all the findings and conclusions of the other WPs. A draft outline of the key issues to be included in the report will be prepared and discussed at the kick-off meeting. This is important also for defining the scope of the desk and field research activities (WP4 and WP5). The recommendations report will, therefore, be compiled on the basis of the findings of the collection exercise, literature review and on inputs from the different WPs. Drafts of the final report will be submitted to the AB for review at least one month before the final delivery. The recommendations report will be prepared in two formats which will both be formally launched on occasion of the final European Final Conference (M35):

- Full Report detailing all findings directed at policy makers with guidelines highlighting the critical issues and recommendations on the organizational requirements to integrate alcohol related harm prevention into regular youth organizations' activities. As this report is intended for Policy makers at the Regional/National and EU level, it will be prepared in English while an executive summary will be published into partners' national languages.
- E-Book for health service providers and youth organizations with practical recommendations on how to implement actions to prevent and reduce harm from alcohol using HOTSPIRITS e-Tool as a Healthy Choices Awareness System: an information/self-training system about healthy choices related to alcohol consumption among young people. The handbook will be printed in each of the partner's language as well as in English for the European Community.

6.3.2 Specific objectives of this work package	
Number	Specific objective title
<input style="width: 50px; border: 1px solid red;" type="text" value="6"/>	To provide recommendations on the organisational requirements to integrate alcohol related harm prevention into regular youth organizations' activities
<input style="width: 50px;" type="text"/>	
<input style="width: 50px;" type="text"/>	
6.3.3 List of deliverable(s) linked to this work package	
Number	Outcomes / Deliverable title
<input style="width: 50px; border: 1px solid red;" type="text" value="10"/>	Report with Recommendations (Full Report and e-Book)

6.3.4 Milestones reached by this WP		
Number	Milestone title	Month of achievement
1	Definition of the key issues to be included in the Recommendations	<input style="width: 50px; border: 1px solid red;" type="text" value="2"/>
2	End of e-Tool testing	<input style="width: 50px;" type="text" value="24"/>
3	Final conference for the official launch of Report with Recommendations	<input style="width: 50px;" type="text" value="35"/>

#### COMPITI:

- 1) Leggere tutte e tre le schede (WP4, WP5, WP6) al fine di farsi un'idea completa delle attività "core"
- 2) Costruire la WBS del WP limitandovi ad un **elenco di attività** (vedere schema in ultima pagina) e una **ipotetica durata** (in mesi), ricordando che l'ordine in cui vengono messi i "rettangoli" è temporale (il primo rettangolo è la prima cosa da fare alla quale segue la second ecc.)
- 3) Individuare un portavoce che al termine del lavoro presenterà il risultato
- 4) Usare la fantasia

## WORK BREAKDOWN STRUCTURE – WP 5

### SCHEMA BASE DELLA WORK BREAKDOWN STRUCTURE

Strumenti e parole chiave: **WBS – Work Breakdown Structure**

Una rappresentazione

