

Template for the Good Practice Document



Something about your organization...

Name and e-mail address of the person who is applying	Marcello Pacitti
Name of the Organization/Group	DiTestaMia Health Promoting Guys
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Contact Email/Phone/Fax	segreteria@ditestamia.com
Website/Blog/FB page	http://www.ditestamia.it/
Type of the organization NGO/ Student's Group/ Youth platform/ initiative group / other (which?)	Youth led association
Major field of activity/ Main goals	Ditestamia HPG is a youth cultural association which works on health promotion

Project Title: DiTestaMia Health Promoting Guys: empowered peer-education

Description of the project including the project's goal * (no more than 200 words)

DiTestaMia HPG is a youth-led association that works in Italy and mainly in Tuscany. It was founded in 2010 by a group of youth with the statutory purpose of promoting health in the young population through peer education.

Please list the project's objectives that were designed to reach the goal. Then describe the project's activities and achievements, including any changes that were made in your local community or nationally (with any existing indicators)?

In order to promote health in the young population, DiTestaMia HPG has organized many life-skill-based activities. The main ones are:

- Campus: various health campuses for high school students, in which training courses on wellbeing were held;
- Set up of a website seen as a virtual health campus in which young people can discuss about their wellbeing (awarded to the 3rd place);
- A national internet festival: DiTestaMia HPG presented its experience with its website www.ditestamia.it ;
- A national photo contest: “Il benessere dei giovani” (The wellbeing of youth);
- Dalì Universe: a trip to Venice to visit the art exhibition “The Dalì Universe”
- “Musica Tasso Zero”: a music contest held in various clubs where only non-alcoholic drinks were served;
- And many other activities.

Please describe how young people were involved. For example, in your description include whether the project was inspired by young people or others; was the project’s planning and implementation youth-led? What did young people do? How were young people recruited? Was the project an element in ongoing youth participation activities? Please include any relevant indicators.

All the activities of DiTestaMia HPG are designed, organized and achieved by its young members. The target is their peers. Thanks to this important role given to young people, the members feel motivated to design and organize new activities.

Also adult experts of the national health service are always available for technical and scientific clarifications.

Describe the project funding. In your answer include how much was needed, where it came from and how it was acquired? Who was responsible for raising the funds and for giving it out? Did the funder require a project report? If so please send it.

From 2010 until nowadays DiTestaMia HPG has received approximately 40.000 euros of funding, mainly from the regional health service. Every expense has appeared in the published balance sheets of the association and has been reported to the funders. Many activity reports have been produced (in Italian).

Many countries have a national agenda for environment and/or health. What (if any) were the project’s connections to national or international environment processes (e.g. strategies, programs, etc)? Please explain either if yes or if no.

DiTestaMia HPG doesn’t directly deal with environment issues, if not as a determinant of health.

What (if any) were the project's connections to national or international health processes (e.g. strategies, programs, etc)? Please explain either if yes or if no.

DiTestaMia HPG contributes to implement life skills and peer education in health promotion programs set up in schools, following the guidelines of Tuscany's Region.

Please describe if the project is complete or ongoing. Describe what follow up is planned, how the outcomes will be or have been publicized and what plans (if any) there are for the project's outcomes to lead into more activities?

The project is ongoing.

Indeed two important activities are programmed for the following months:

- **a Campus on health promotion organized with high schools**
- **a flash mob against school dropout**

- *** A project should have one overarching goal which will be achieved through a range of objectives**