



# VITALity

for the future

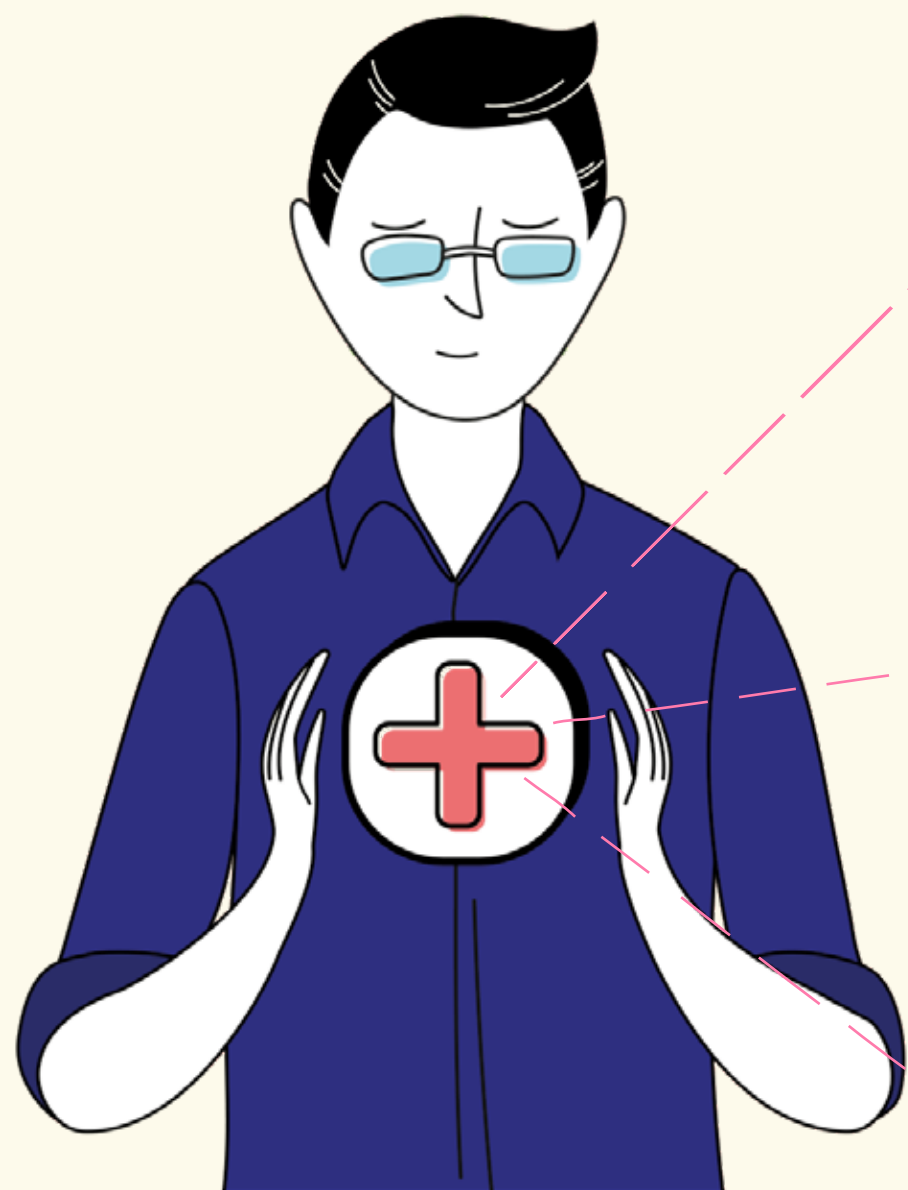
## Future Visions on Vitality in Europe



The ERASMUS Plus project VITALity for the Future has developed a whole range of resources for Vitality and Positive Health in Vocational Education and Training. The knowledge and expertise gained have highlighted far wider implications for the future and the multi-disciplinary team from 5 countries therefore proposes a next step towards Vitality as a leading principle in health care and general policy making.

The statements below have been developed by the team based on their experiences in the last two and a half years and have been formulated thanks to the SITRA futures frequency method ([www.sitra.fi/en/projects/futures-frequency/](http://www.sitra.fi/en/projects/futures-frequency/)). The visions have been sharpened in multiplier meetings with experts in all the participating countries.

The visions centre on three crucial categories: the wellbeing of individuals, wellbeing and vitality at work and the wellbeing of the environment and the climate that together in harmony will create the biggest impact.



### Wellbeing of Individuals

The wellbeing of individuals is intrinsically connected to their place, role and connection to society. A society that is inclusive, respectful and offers opportunities to everyone is a beneficial and healthy society.

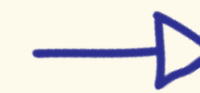


### New thinking

- Instead of sharing good practices, create new cooperation opportunities.
- Invite individuals to be involved in all activities.
- Flip the classroom - use alternative learning methods

### Wellbeing and Vitality at Work

Being in employment is important for individuals because it provides meaning and self-esteem. Wellbeing is created when there is mutual trust, respect and active dialogue between employee, employer and society; and when individuals are recognised for their valuable contribution, independent of pay or grade.



### Do it together

- Be a good example and take care of yourself and show empathy towards colleagues. You are one of the building blocks for a psychologically safe work environment.
- The power of teams is strong. Embrace that power.

### Wellbeing of the Environment and the Climate

Climate change is affecting everyone in society, especially young people. Caring for the environment is caring for our own wellbeing and health. Giving young people the opportunity to take appropriate action will not only benefit the environment but also benefit their wellbeing.



### Take action

- Be better together. Innovate and create new ways to protect the environment together.
- Engage with others in active environmental organizations.
- Be brave! Question not only your activities but also the activities of others. Be ready to take action towards a better future.

