



# Yangsheng Health literacy

*an integrative, inclusive and active approach*

**Booklet version of the handbook**

The 21th century competences on health  
from Far Eastern contemporary and traditional learning

Realized within the Project "Learning methods in TCM and Yangsheng: towards excellence in adult education".  
A strategic partnership for the exchange of good practices,  
co-financed by the Erasmus+ Programme n. 2016 -1 -IT  
02-KA204-024678

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



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**Handbook Authors:** Giulia Boschi, Rosa María Canas Albiñana, Francesca Cassini, Paola Conti, Philippe Dath Benit, Jelena Lohmatova, Jekaterina Loide, Martina Neuper, Rolf Rothe, Michel Vandelli

**Editors:** Paola Conti and Francesca Cassini

**Booklet Editor:** Michel Vandelli

Cover photo and graphic design: Michel Vandelli

Rome, August 2018

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# Yangsheng health literacy

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## Booklet version

This booklet introduces the project and its products in a nutshell

## The project

**"Learning methods in TCM and Yangsheng: towards excellence in adult education"**

The project - a strategic partnership (2016 -1 -IT 02-KA204-024678) co-financed by the Erasmus + program - was born from the joint efforts of four different partners in four different EU countries.

The project team includes professionals in the adult education field, with specific expertise in teaching disciplines such as TCM, Tuina and Qigong.

## The partnership

**OTTO - Italy (coordinator)**

**Vestifex - Estonia**

**Drei-Länder Schule e.V. - Germany**

**IMNE - Spain**

## The Aims

To give a contribution to support a salutogenic process thanks to the traditional contents of Chinese Medicine and Yangsheng and to the relevant learning methods used through the centuries.

People who will read the extended version of this handbook will be able to take a different inspiration depending on their professional or institutional role: adult educators, health promoters, professionals expert in the disciplines belonging to the philosophy and culture of traditional and classical medical Chinese thinking .

## The Project Team

**Handbook Authors:** Giulia Boschi, Rosa María Canas Albiñana, Francesca Cassini, Paola Conti, Philippe Dath Benit, Jelena Lohmatova, Katja Loide, Martina Neuper, Rolf Rothe, Michel Vandelli

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## The Handbook

This Handbook aims at designing and disseminating a model of integration between Yangsheng, Health Promotion and Adult Education with special focus on Health Literacy.

# Handbook: table of contents

In the first part of the book, the reader can enter into the different theoretical and methodological dimensions on which the project action and its instruments are based.

## ***The first section***

Chapter 1 Introduction to the Handbook

Chapter 2 The structure of the Handbook

## ***The second section***

Chapter 3 Why health literacy and adult education?

Chapter 4 Society improvement through human well-being

Chapter 5 Yangsheng, health literacy and adult education

Chapter 6 An integrated approach to health literacy

## ***The third section***

Chapter 7 Implementing the conceptual model

## ***The fourth section***

Chapter 8 The art of living: Yangsheng roots

Chapter 9 Main philosophical concepts behind Yangsheng

Chapter 10 Strategical policies: a conceptual path

## ***The fifth section***

Chapter 11 TCM – Yangsheng and human well-being

Chapter 12 Online Distance Learning challenge

## ***The sixth section***

The second part of the handbook is more operational and is intended to guide the reader in an informed use of instrument which are, at the same time, simple and complex.

All the instruments are flexible and could be further implemented and adapted to different needs, different countries and different situations.

Instruments are available both for an immediate use and for further elaboration and development.



### **Yangsheng for AdultEdu © tool-case**

- Yangsheng Health Literacy© module framework
- Yangsheng educator© competences library
- TCM-Yangsheng practitioner curriculum analysis tool
- Non-formal and intentional informal learning assessment Framework

## Section by section: walking through the Handbook

### *The second section*

Adult education is one of the most significant conditions for the sustainment of society.

There are plenty of ways to support adults in their learning:

courses

on the job  
training

volunteering

job shadowing

e-learning

Modern, high-quality adult education can support people in facing challenges and navigating their way in our modern environment.

### There are several challenges

digitalization

youth  
unemployment

the ageing of  
the  
population

climate  
change

migration  
processes

The Manifesto for Adult Learning in the 21st Century says:

“Adult education can help change lives and transform societies – it is a human right and common good...”

Health by WHO: "a state of complete physical, mental and social well-being".

Yangsheng means nurturing life, which naturally includes physical, social and mental aspects in an even wider conception

**Yangsheng is one of the ways to improve our health literacy**



**So, let's enjoy learning and nourish life!**

We are aware that “feeling well” it is not enough to have health literacy competences, that is to know how to “feel well”: this is where Yangsheng can have a significant role

### **TCM and Yangsheng**

Human functioning is a real sticker of the Universe's activity.

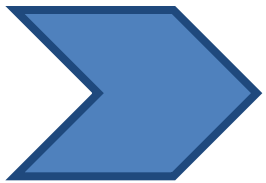
Strengthening body, mind, soul and spirit for a meaningful life.

Yangsheng practices promote assertiveness, resilience, and the ability to adapt to situations while never giving up on one's goals.

## Life-style

Yangsheng could be conveniently included into health literacy:

1. Diet based on seasonal food
2. Sleeping time in accordance with circadian rhythms
3. Chinese Yangsheng offers a wide set of exercises, adapted to the season, to the time of the day, to age...



## Qigong as an effective primary prevention tool

### **The Project definition of health literacy:**

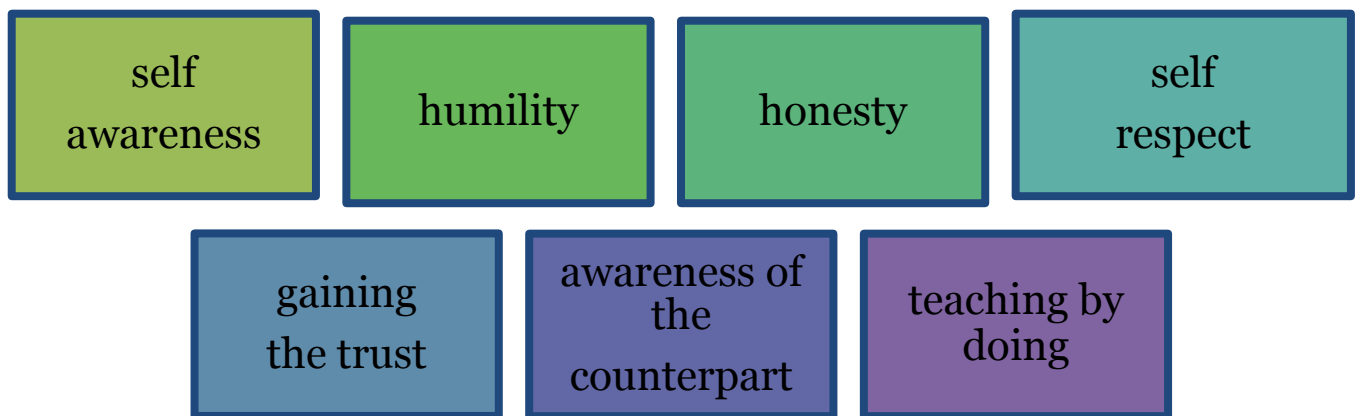
“Knowledge, awareness and skills aimed at understanding health issues, empowering self-protection and enhancing personal self-development towards a meaningful and self-sufficient existence, benefiting oneself and the people around in an emphatic and eco-friendly modality”

## *The third section*

### **Building conceptual bridges**

- A. between Yangsheng and adult education
- B. between adult education and the professional profiles
- C. creating a dynamic comparison among Yangsheng, chinese medical teachings and adult education

### **A few keywords for ethical teaching**



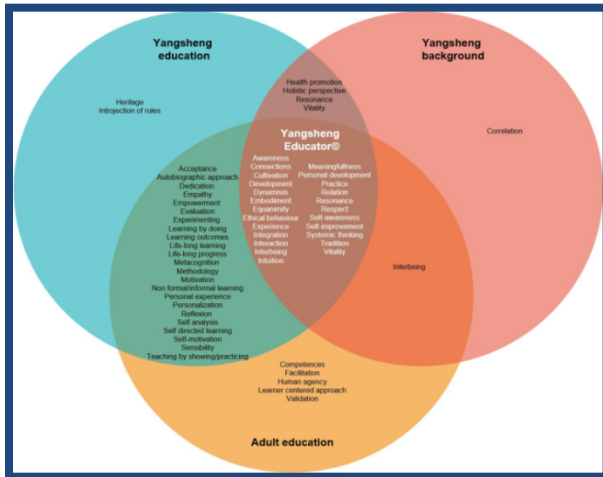
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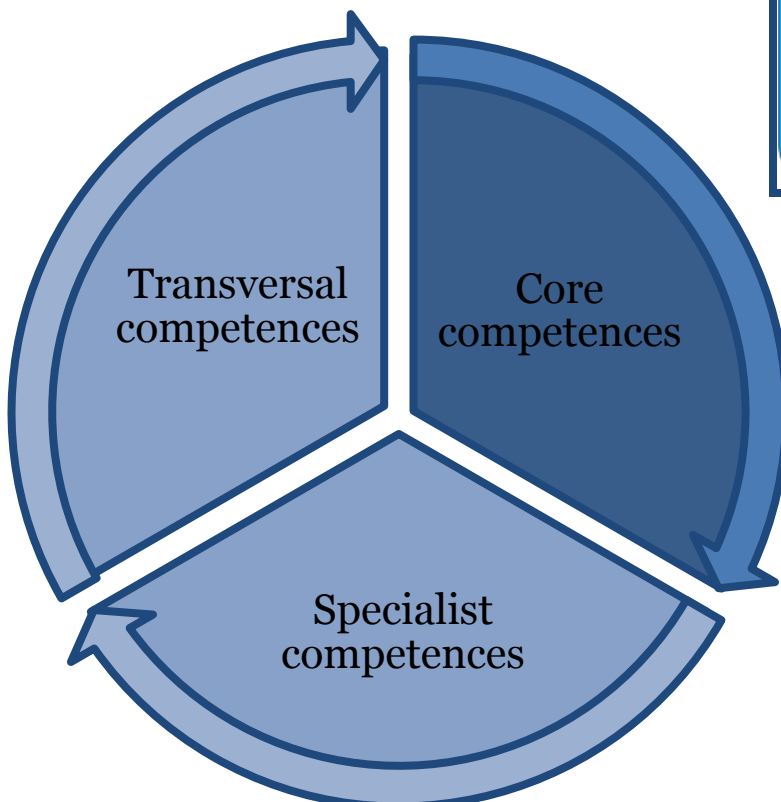
Yangsheng Health literacy©

Yangsheng Health literacy©

# Implementing the conceptual model



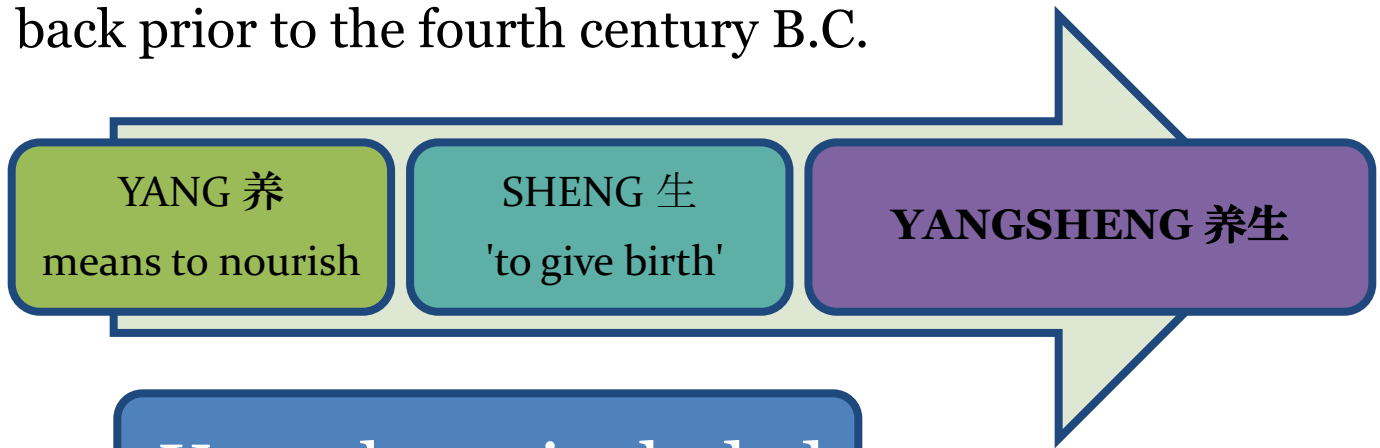
Yangsheng education	Adult education	Common
Acceptance	Acceptance	Acceptance
Autobiographic approach	Autobiographic approach	Autobiographic approach
Awareness	Awareness	Awareness
Connections	Connections	Connections
Cultivation	Cultivation	Cultivation
Dedication	Dedication	Dedication
Development	Development	Development
Dynamisms	Dynamisms	Dynamisms
Embodiment	Embodiment	Embodiment
Empathy	Empathy	Empathy
Empowerment	Empowerment	Empowerment
Equanimity	Equanimity	Equanimity
Ethical behaviour	Ethical behavior	Ethical behavior
Evaluation/Assessment	Evaluation/Assessment	Evaluation/Assessment
Experience	Experience	Experience
Experimenting	Experimenting	Experimenting
Health promotion	Health promotion	Health promotion
Heritage	Heritage	Heritage
Holistic perspective	Holistic perspective	Holistic perspective
Integration	Integration	Integration
Interaction	Interaction	Interaction
Introspection of rules	Introspection of rules	Introspection of rules
Intuition	Intuition	Intuition
Learning by doing	Learning by doing	Learning by doing
Learning outcomes	Learning outcomes	Learning outcomes
Life-long learning	Life-long learning	Life-long learning
Life-long progress	Life-long progress	Life-long progress
Meaningfulness	Meaningfulness	Meaningfulness
Metacognition	Metacognition	Metacognition
Methodology	Methodology	Methodology
Motivation	Motivation	Motivation
Non formal /INFORMAL learning	Non-formal /INFORMAL learning	Non-formal /INFORMAL learning
Personal development	Personal development	Personal development
Personal experience	Personal experience	Personal experience
Personalization	Personalization	Personalization
Practice	Practice	Practice
Reflexion	Reflexion	Reflexion
Relation	Relation	Relation
Resonance	Resonance	Resonance
Respect	Respect	Respect
Self analysis	Self-analysis	Self-analysis
Self directed learning	Self-directed learning	Self-directed learning
Self-awareness	Self-awareness	Self-awareness
Self-improvement	Self-improvement	Self-improvement
Self-motivation	Self-motivation	Self-motivation
Sensibility	Sensibility	Sensibility
Systemic thinking	Systemic thinking	Systemic thinking
Teaching by showing/practising	Teaching by showing/practising	Teaching by showing/practising
Tradition	Tradition	Tradition
Vitality	Vitality	Vitality



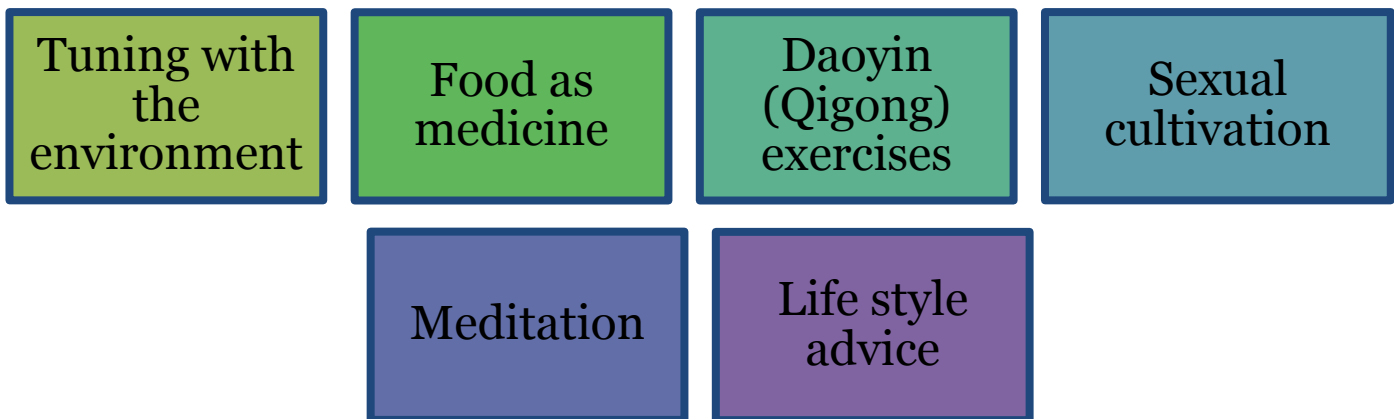
## *The fourth section*

### **The art of living: yangsheng roots**

**Yangsheng** 养生, often translated as ‘nurturing life’ is an important concept associated with Chinese Medicine and Chinese Health Preservation which dates back prior to the fourth century B.C.



### **Yangsheng included**



Harmonization of ‘Body’, ‘Breath’, ‘Heart-Mind’: the common characteristic to all form of Yangsheng training is to address ‘body’ (身 shen), ‘breath’ (息 xi) and ‘heart-mind’ (心 xin) at the same time.

# Progress in health is progress in knowledge

Embodiment of knowledge through repeated experience

“Saint inside and king outside”  
assertive outside and quiet inside

Cultivating virtues through selfless introspection

Importance of Art and creativity

Harmonizing emotions

Learn by doing -Teach by showing

Embodiment of knowledge through repeated experience

Resilience , adapt but don't compromise

To be able to adapt to any situation

Doing things that bring us deep joy and express our personal talents, skills and preferences

Over 100 million Europeans are currently T&CM users

# Towards 2030: a new vision for education

**UNESCO** together with **UNICEF** and others, organized the **World Education Forum 2015** in Incheon. Over 1,600 participants from 160 countries, including over 120 Ministers.

**The Incheon Declaration for Education 2030** sets out a new vision for education for the next fifteen years.

**Health Literacy becomes a strategic action**

**Importance of a wise integration between adult education and healthpromotion**



The member States in the WHO European Region have agreed by 2012 on a common policy framework – **Health 2020**

**The 2030 Agenda**  
and its 17 Sustainable Development Goals are fully aligned with Health 2020

# The 2030 Agenda for Sustainable Development

“Health for All and All for Health”

“Plan of action for people, planet and prosperity”

Smart growth

Sustainable growth

Inclusive growth

Good health benefits all sectors and the whole of society – making it a valuable resource.

Good health is essential for economic and social development and a vital concern to the lives of every single person, all families and communities.

Poor health wastes potential, causes despair and drains resources across all sectors.

Enabling people to have control over their health and its determinants strengthens communities and improves lives.

Without people’s active involvement, many opportunities to promote and protect their health and increase their well-being are lost: The 2030 Agenda and its 17 Sustainable Development Goals are fully aligned with Health 2020, providing the health sector with a unique opportunity to engage with other sectors and stakeholders in building on Health 2020 and other existing regional and national commitments to health and well-being.

## *The fifth section*

Yangsheng, one of the most important concepts in TCM, aims at promoting health by nurturing and enriching life; it seeks to achieve a state of well-being, living in harmony with universal laws and rhythms of nature. Still a step further, Yangsheng is a practice for health prevention as well.

### **ODL : Online Distance Learning**

ODL increases education access possibilities by making it widely available.

ODL is called to be the modern learning method adapted to modern times, especially for adults.

This way of studying  
involves a big self-  
discipline

A big responsibility  
based on a high  
motivation

Offers learners  
immediate access to  
information

Opens a new field in the  
way of learning and  
teaching as well

# Health Literacy Festival

The Health Literacy Festival was held in Narva, Estonia on July, 7<sup>th</sup> 2018. It was a combination of expertise of all the partners.

The main aims were to increase participants' literacy in their health and to provide them with practical tools to help them take care of their health every day.

There were in total more than 50 guests with various backgrounds: age differences between less than a year to 72 years old (about 95% were adults over 26); men and women; from Estonia and abroad; retired, massage specialists, teachers, people of other occupations; couples; mothers or fathers and daughters and sons, etc.





Designing and disseminating a model of  
integration between Yangsheng,  
Health Promotion and Adult Education  
with special focus on Health Literacy

## Contact details

To obtain the full version of the Handbook and to have further information  
on the project and the instruments, please contact the coordinator :

**[info.ottoitalia@gmail.com](mailto:info.ottoitalia@gmail.com)**

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