



# SALTO

Collection of Flagship Projects

## Getting Healthy Through Fun: Bridging Children's Health and Happiness in Hospitals

### Supported by:

European Solidarity Corps

### EU Youth Programme Priority:

Inclusion and Diversity

### Topic:

Youth Participation / Promoting Participation for All Youth Participation / Skills Development and Volunteering

### Youth goals:

[Inclusive Societies](#), [Mental Health & Wellbeing](#), [Space and Participation for All](#)



The Getting Healthy Through Fun initiative breathes new life into the typical hospital experience. Through creative workshops, university students build strong connections with children and enrich challenging hospital stays with hours of joy and creativity. By adapting to various health needs and collaborating with local businesses, the project emphasises the importance of participation and engagement for medical students, kids and their families.

### What is Participation for you?

***"Participation means building a community, drawing strength from shared experiences and offering my time and energy for a greater good."***

**Ewa Sokołowska** PROJECT COORDINATOR



## Wow!

The project taught the volunteers a profound lesson on empathy. While the students' medical studies have always been clinical, this project allowed them to see patients as individuals, truly listen to their stories and spend quality time. It's been therapeutic for the students, offering a break from the intensity of their studies and creating lasting bonds with patients and peers alike.

Learn more about other amazing youth participation projects here: <https://participationpool.eu/project/getting-healthy-through-fun-bridging-childrens-health-and-happiness-in-hospitals/>