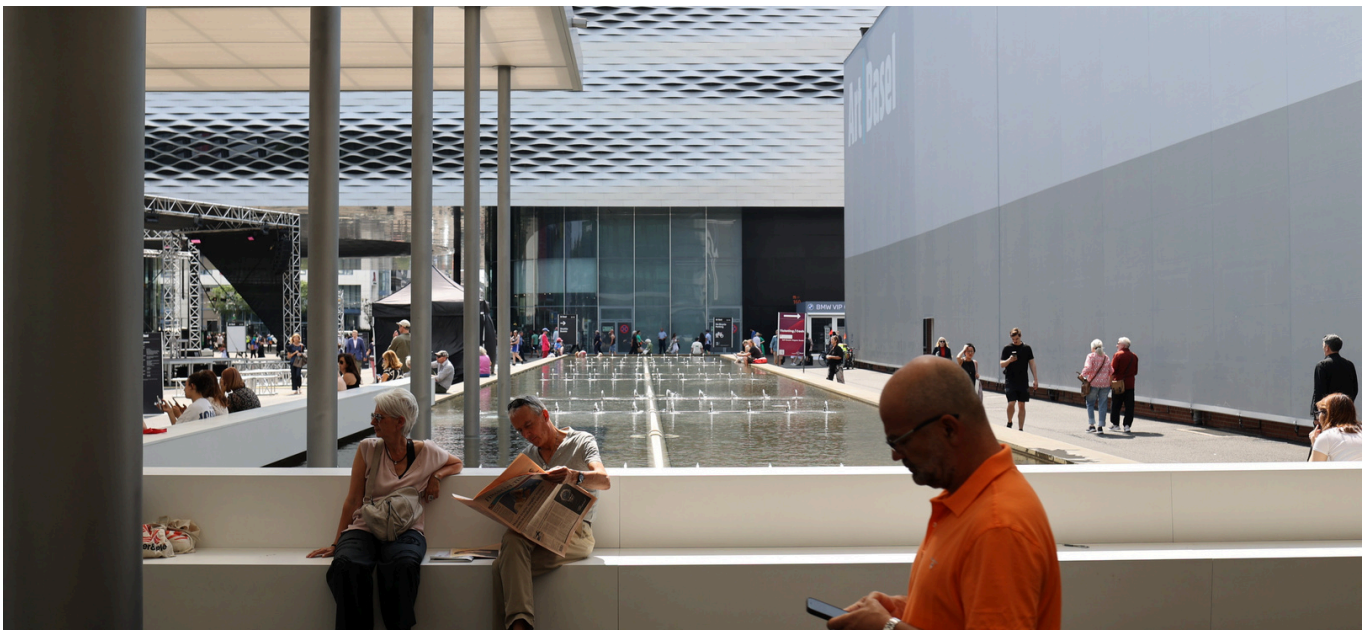




NEWSLETTER

issue 1

TRAINING FOR SAFER USE OF DRUGS AND
IMPROVEMENT OF HEALTH LITERACY



WELCOME TO MEDLIT

MedLit is an innovative Erasmus+ project dedicated to improving medicine and vaccine literacy among adults in Europe. Our mission is to provide clear, evidence-based resources that strengthen knowledge, awareness, and skills in the safe use of medicines and vaccines. By tackling challenges such as antimicrobial resistance, vaccine hesitancy, and mental health medication compliance, MedLit aims to contribute to healthier communities across Europe.

WHAT IS MEDLIT?

MedLit is a 3-year initiative (Nov 2024 – Oct 2027) implemented by a consortium of leading universities and organizations. The project will create a free, multilingual digital learning platform offering interactive resources on:

- Responsible antibiotic use and respiratory diseases
- The importance of vaccinations
- Mental health and medication management
- Safe disposal of medicines and overdose prevention
- Medication safety for children
- Storage and drug interactions with alcohol and other substances

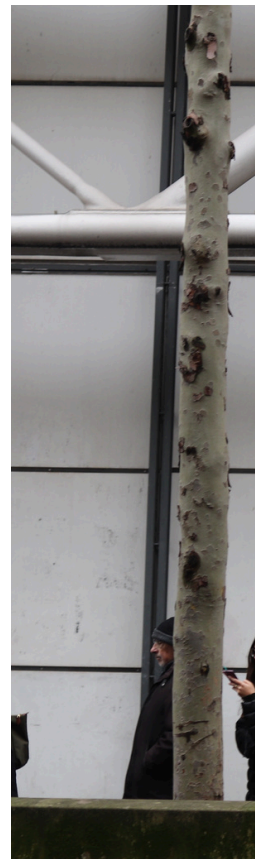
The platform will be easily accessible—on your phone, tablet, or computer—in English, German, Polish, and Greek. MedLit is designed with inclusion in mind, ensuring that older adults, parents, patients, caregivers, and other groups often left behind in health conversations can access reliable, practical information.



A PROJECT BUILT AROUND PEOPLE

MedLit is based on the principle that learning should be shaped by real experiences and actual needs. That is why our approach includes co-creation workshops and focus groups with patients, parents, carers, educators, and older adults. Together, we are designing content that is practical, easy to understand, and directly relevant to everyday life.

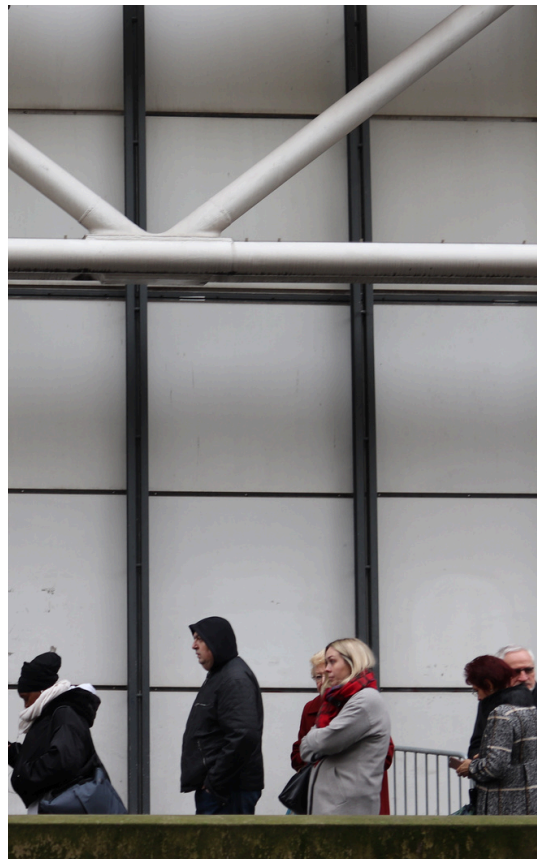
The project also fosters peer learning, encouraging communities to share knowledge and support one another in making safer, more informed decisions about medicines and vaccines.



OUR OBJECTIVES

The MedLit project seeks to:

- Develop an evidence-based digital training curriculum on the safe use of medicines.
- Raise awareness among parents, carers, older adults, and groups from disadvantaged backgrounds.
- Strengthen the capacity of adult education providers to deliver high-quality training.
- Increase skills and awareness among communities, organizations, and stakeholders at EU level about the importance of safe medicine use.



June

First Focus Group in Greece

A total of 8 participants took part in the co-creation activities in Greece. Participants shared personal experiences and valuable insights in an open discussion. Their suggestions are helping us shape practical solutions for parents, carers, patients, older adults, and educators. Participants' narratives reveal a pervasive ambivalence toward vaccination; it is recognized as necessary and life-saving, yet accompanied by fatigue, mistrust, and a sense of being overwhelmed by contradictory information.

July

Co-creation workshop in Cyprus

A total of 7 participants, all residing in Cyprus, participated in the co-creation workshop. Participants' perceptions of the safe use of medicines and vaccination are strongly shaped by their trust in healthcare professionals and their reliance on scientific evidence. Cypriot participants expressed the strongest confidence in doctors and pharmacists and linked safe practices closely to following prescriptions and reporting side effects.

July

Co-creation Workshop in Germany

The Vaccine Safety Initiative hosted a co-creation session in Berlin, bringing together parents, carers, patients, and older adults. The conversations were inspiring—covering topics from vaccine confidence to alternative healing traditions. The workshop confirmed a shared vision: the MedLit platform will provide clear, science-based information in engaging formats such as videos and brochures, making knowledge both accessible and empowering.

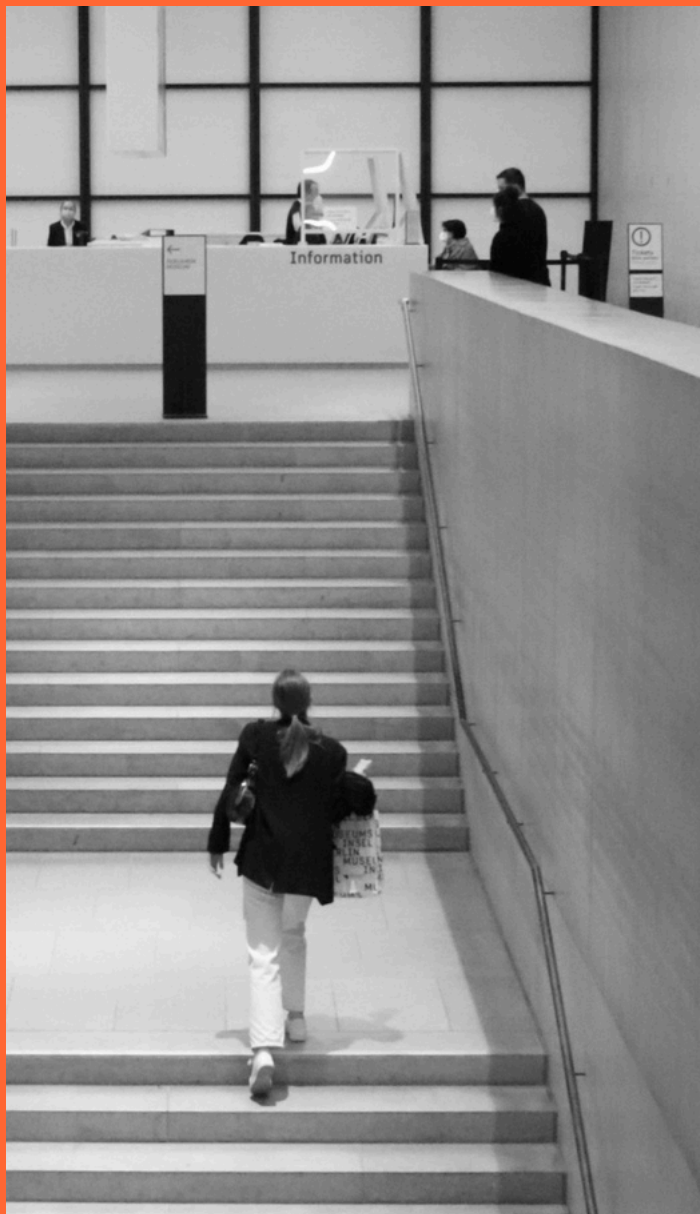
July

Co-creation Workshop in Poland

9 participants took part in the co-creation activities in Poland. Participants emphasized that trust in medical recommendations is fundamental to the safe use of medications, with adherence to doctors' instructions on dosage and timing seen as essential across all groups. The Polish participants highlighted that following professional guidance ensures both safety and effectiveness. However, participants also noted that safe medication use is often compromised by limited holistic explanations during consultations. This gap creates a need for patient education, empowering individuals to ask informed questions and actively participate in consultations.

July Partner Meeting in Cyprus

The MedLit consortium gathered in Limassol, Cyprus, for our first in-person meeting. Over two intensive days, partners aligned on project goals, planned co-creation activities, and designed the structure of the upcoming e-learning platform. Dissemination and stakeholder engagement were also central themes as we prepare for the next stages of development.



CUMULATIVE NEWS

From research to training: How MedLit insights are shaping the next phase



Research across Europe

Country and EU-level reviews on medication and vaccination literacy



Co-creation activities

Workshops with parents, carers, older adults, patients, and educators



Key insights

Attitudes, behaviours, and everyday practices around medicines and vaccines



Next step

Development of the Training Framework and educational modules

THIS WORK ENSURES THAT THE UPCOMING TRAINING
CONTENT IS BASED ON REAL NEEDS AND EXPERIENCES
ACROSS EUROPE



Shaping training based on real experiences and needs

EXPANDING OUR REACH

MedLit is now also featured in the SEKI Learning & Legacy Hubs, with a dedicated page that will promote the MedLit e-learning platform and learning resources. By connecting the MedLit website with SEKI, we aim to increase visibility and reach new adult learner audiences beyond the immediate project network.

Discover more [here](#)

WHO WE ARE

MedLit is carried out by a dedicated partnership of 5 organizations across 4 countries:

- Vaccine Safety Initiative (Germany) – Coordinator
- Prolepsis Institute (Greece)
- GIVMED (Greece)
- Cyprus University of Technology (Cyprus)
- University of Rzeszow (Poland)



Disclaimer

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

WEBSITE: [MEDLITERACY.EU](https://medliteracy.eu)

PARTNERS



www.cut.ac.cy



www.prolepsis.gr



www.givmed.org



www.vi-vi.org



University of Rzeszów

www.ur.edu.pl

PHOTOGRAPHY (C) MARKUS KELLER