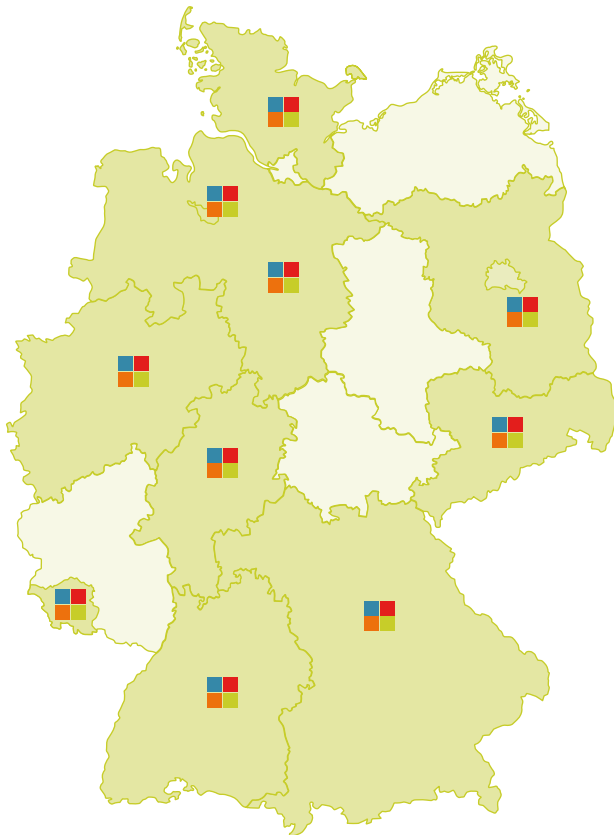


The MiMi Health Initiative project runs from September 2017 to December 2019. The project is currently being implemented in a range of locations in the following 10 federated German states:

- Baden-Württemberg
- Bavaria
- Berlin/Brandenburg
- Free Hanseatic City of Bremen
- Hesse
- Lower Saxony
- North Rhine-Westphalia
- Saarland
- Saxony
- Schleswig-Holstein



## Responsible organisation

Ethno-Medizinisches Zentrum e. V.  
Königstr. 6 | 30175 Hannover

*Ethno-  
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## Project coordination

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## Evaluation/quality assurance

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Gefördert durch:



aufgrund eines Beschlusses  
des Deutschen Bundestages



**Das Gesundheitsprojekt  
Mit Migranten  
für Migranten**



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## The MiMi Health Initiative for Germany

With Migrants for Migrants

# Background

The MiMi health initiative is a project of the Ethno-Medical Centre Inc. (Ethno-Medizinisches Zentrum e. V., EMZ) funded by the Federal Ministry of Health. The initiative aims to promote healthy lifestyles among people with a migration background and to motivate them to act on prevention so that they may enjoy the same health benefits as everyone else in Germany.

To achieve its goal, the initiative is training already well-integrated migrants to become intercultural health mediators in ten federal states. After training, the intercultural mediators then inform others from their countries about health and prevention in their first language.

Apart from explaining the structure and function of the German health system, MiMi intercultural mediators also provide information about additional topics such as child health, women's and maternal health, protective vaccination, mental health as well as healthy aging and care services.

In addition, the project engages with specialist personnel in the social and health care systems and involves them in its activities.

In each project site across the 10 federal states, activities are organised by local partners. The EMZ takes care of educational and campaign materials centrally. The Leibniz Institute for Prevention Research and Epidemiology in Bremen ensures scientific quality assurance and evaluation.

# Project Modules

## Training and professional development for MiMi intercultural mediators

About 300 intercultural MiMi mediators are trained in a total of 15 comprehensive training courses. They impart theoretical and didactic skills in health promotion and prevention. Moreover, professional development training for further specialisation and on additional topics is offered continuously. Core training topics are:

- The German health system
- Protective vaccination
- Women's and maternal health
- Child health

The choice of core topics is also guided by local needs at each site.

## Health campaigns with information sessions

Trained intercultural mediators conduct first-language sessions to inform people from their countries about health care and prevention services in Germany. These are held in settings such as cultural institutions and places of worship, health services, educational institutions, counselling centres, language schools etc.

Information sessions are conducted in the following languages:

- Arabic
- English
- Farsi/Dari
- French
- Pashto
- Polish
- Russian
- Turkish
- Kurdish

Additional languages are in preparation and available on request.

## Professional development for specialist personnel, experts and multipliers

All regional projects offer professional development for specialist personnel, multipliers and other interested parties. It communicates basic knowledge on cultural competence, good practice examples as well as the MiMi concepts and integration approaches. This component aims to strengthen local networks.

## Public relations and networking

The MiMi health initiative organises Germany-wide expert meetings, project meetings for participating partners and press conferences, as well as presentations to committees and specialist publications. These provide information about the project and its results and to form networks, as well as serving project management, quality assurance and sustainability.

## Evaluation and quality assurance

All MiMi health initiative activities are evaluated and subject to scientifically based quality assurance. The project materials used are updated regularly and checked by experts. MiMi intercultural mediators receive multilingual teaching materials and information brochures (guides). This component ensures consistency of content, messages and quality standards. MiMi activities are tailored to regional needs and baseline conditions, and are implemented in conjunction with local authorities and institutions.