

SUMMARY (ENG)

Seafaring is a demanding profession, and seafarers face various health problems, such as physical inactivity, poor nutrition, and psychological problems. This study aims to develop a Health Ambassador Programme to improve the well-being and health of seafarers on-board EXMAR Group's ships. The programme was developed based on a survey, shipboard research, focus group brainstorming sessions, meetings with the ships' caterer, and a literature review on well-being, physical and mental health, and nutrition. The Health Ambassador Programme trains seafarers to become health ambassadors and provides them with the skills and knowledge to promote physical and mental health and healthy eating habits among other crew members. The programme also aims to create an open, social environment on board where all seafarers can help each other improve their well-being.

The effectiveness of the Health Ambassador Programme will be evaluated through a robust feedback system and a network of Health Ambassadors, ensuring a constant exchange on the progress of the programme. This study contributes to the development of effective strategies to improve seafarers' health and well-being, thereby enhancing their quality of life on-board.