

Appendix 1 The Verbal Health Literacy Training schedule

Time	Duration	Content / Slides	Format
00:00–00:05	5 mins	Welcome, housekeeping, aims	Intro
00:05–00:10	5 minutes	Health literacy icebreaker – difficult words	Menti
00:10–00:20	10 mins	“Draw the monster” activity	Interactive + discussion
00:20–00:35	15 mins	What is health literacy? Why does it matter?	Input + discussion
00:35–00:40	5 mins	What can we do? Focus on verbal communication	Discussion
00:40–00:55	15 mins	Using simple language + short video	Input+ discussion
00:55–01:05	10 mins	Simple language card-pairing activity	Group activity
01:05–01:10	5 mins	Comfort break	—
01:10–01:25	15 mins	Teachback – explanation + video discussion	Input
01:25–01:40	15 mins	Teachback practice in small groups	Practice
01:40–01:55	15 mins	Chunk & Check + monster revisit	Interactive
01:55–02:00	5 mins	Key takeaways, evaluation, close	Plenary