

Summary of workshop

„Health and well-being in relation to citizenship education”

In discussion during the workshop “Health and well-being in relation to citizenship education” took part 52 participants from Greece, Korea, Great Britain, Indonesia and Poland. The session was divided in two parts:

1. What is the longterm influence of pandemic on your citizens` health&wellbeing?
2. How should we build the communication with citizens to take care about their health&wellbeing needs better?

Ad.1. The answers to this question were collected in Mentimeter application. You can see the answers below. There were many observations but as one of the participants pointed: “ We do not know exactly what the future will look like as the pandemic is still there.” So we still need to observe, be flexible and adaptive to changes which will come.

What is the longterm influence of pandemic on your citizens` health&wellbeing?

seniors are more afraid to be active in public places	Social and psychological problems	we have to work how to rebuild the social connections and communities especially among youngsters
Mental health	reluctance to direct contacts	Decreasing mental health
School drop-outs	Loneliness	Uncertainty caused by lack of jobs

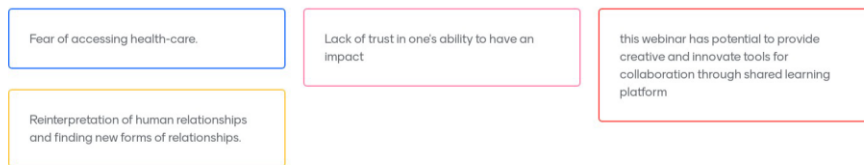
many people have gotten mental health problem at stake.	Participation in social movements have to be taken online	Racism
Exclusion	Loneliness and Isolation	The influence is ... we are not able to define long term effects, because pandemic is not over. Social issues arises in prolonged timeline
Loneliness, mental health problems	Rise of fear and lack of trust (scientific community, various institutions)	Elderly welfare

The pandemic was detrimental to the mental health of many people. A lot of individuals developed anxiety and still haven't recovered from social alienation.	It will change the way we lives, practice our daily life, adjust our work life into a new normal. Eplatform can be very crucial in the future. This webinar sharing session give us many ideas on how we engage and connect.	Radicalisation due to unemployment, exclusion etc.
Opening to online	fake news	Development of bad lifestyle habits.
Racism, fear, anger, neo-nazi	Better use of new technologies, better collaboration,	Problems with relationships



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Ad.2.

The most important insights from this discussion were:

1. We need to make it possible for our citizens to feel heard. There were some best practices presented to address this need:
 - prepare a special platform to collect voices from different points of view
 - prepare special canals and tools tailor made to listen to citizens, who could communicate their needs (youth, seniors, parents etc.)
 - switch narration from PR to listening of their needs and education - more open and tailored to the needs
2. We should help seniors to be part of the communication system and participate in creating solutions for the city and citizens. Now they often feel digitally excluded. There was a great example from adult education volunteer from Glasgow who teaches digital skills to older adults. He uses skype calls to teach them how to send emails, use digital tablets. This is a good solution, when we cannot meet face to face. The topic of loneliness among seniors was also raised. They are still separated from their families, trapped in homes, so they feel lonely. The necessity to return to the network of neighbourly relations was strongly emphasized to make the elders back into society. There is a need for a local support e.g. help given to elderly people, going for a walk with them, doing some shopping or just meeting for a coffee and nice chat.
3. Participants also paid special attention to a totally new topic, which is mental health in society as a whole. This issue was seen as a more private problem and not in the field of interest of the municipalities. Now in the world of pandemic, it is crucial for them to create special programs for different groups of society to prevent emotional or mental burnout and learn people how to cope with long-lasting stress. One of the participants gave an example of cooperation of municipality with teachers to teach them, how to be in close contact with their students and skilfully talk to them about their mental health.
4. As far as youth are concerned, they are scared about their future and about their jobs. The question is how they should prepare for the future jobs in the world of pandemic and how municipalities and educational system could help them.