

## CONTINUE Conversation of Change Event - Report

<b>Name of Organisation</b>	Asociacija "Aktyvus jaunimas"
<b>Country of Event</b>	Lithuania
<b>Report Writer and Email Address</b>	Neda Vadakojtė, <a href="mailto:neda@akt.lt">neda@akt.lt</a>
<b>Number of Attendees</b>	11+5 organisers (including CONTINUE participants) = 16
<b>Description of Attendees</b>	Youth workers, representatives of youth organisations, young teachers, psychology students

### Short Description/Overview of the Event (3 - 5 sentences)

Our local Conversation of Change event was held in the centre of Vilnius. It was called "Nugalėti pandemijos iššūkius - misija (ne)įmanoma?" (EN. "Conquering the challenges of the pandemic - Mission (Im)possible?"). We had 11 participants who surprisingly were very open and talkative (especially considering the situation in Ukraine) so the event was successful. In this event we watched some videos from community reports and tried to identify the most important points of them as well as asking participants to reflect from their own experiences. Finally, we discussed what civic action can be taken locally to address issues and ideas identified in the stories.

### From the discussions at the event, please answers the following:

- **What did you learn about the impact of the COVID-19 pandemic on the lives of young people?**
- **How does this relate to how socially included or excluded they are?**

### (10 bullet points approx.)

- A lot of youngsters feel miserable
- People feel the uncertainty and that is scary
- Young people find difficult to be self-motivated
- Young people state that it is more difficult to concentrate after pandemic
- The communication is more difficult now - when people are talking or having a discussion it happens slower (mute/unmute effect even in face-to-face interaction)
- If there is a possibility to participate in the event or in meeting online, everyone chooses virtual way (they fell into comfort zone and do not want to get out)
- People who were socially active before the pandemic experienced self-esteem deviation
- Youngsters moved back to their hometowns as the global pandemic started and that was a big difference because before they lived in a city full of various events, friends ...
- Many young people feel less brave and confident
- Pandemic taught who are real friends, who are the toxic ones (they understood that life is too short to spend it with not right people)
- The global pandemic forced to appreciate small moments
- Many young people renewed or strengthen their bond with nature
- Many feels more comfortable with themselves now (they found harmony, balance with company and alone)
- Youngsters learnt how to adapt to change

- A lot of people changed their career path

The following long-term impacts of the pandemic were highlighted at the event:

- lack of autonomy (and the will to be so)
- failure to learn - there is often an expectation that the teacher(s) are there to 'entertain' students, rather than to provide knowledge, tools and tasks to apply them
- further deterioration in attention retention
- fear of lively communication
- physical pains in a significant proportion of young people, resulting from anxiety and tension when around people
- increased anxiety about the future in general

The discussions also highlighted certain needs of young people:

A greater need for psychological support emerged.

There is a need for the development of critical thinking.

The emergence of virtual opportunities is beneficial in terms of opportunities, convenience and time-saving and in some way including more people, but on the other hand not everyone has access to smart devices or the internet (which affects exclusion), and the abundance of information makes it difficult for young people to find the right and correct information.

There is a need to know what opportunities are available and how to take advantage of circumstances to benefit their growth.

Virtual opportunities open up even more possibilities for creativity, certain platforms or initiatives discovered can inspire people to create, to do something new, but the question is how well they are used and whether they are used. Young people still lack knowledge about opportunities and how to make the most of them, how to take advantage of circumstances.

**What ideas did the attendees come up with for social actions?**

**(List all ideas)**

1. Create an app to share information, volunteering ideas and experiences. Map of activities
2. Develop professionals who know how to work with young people - doing mindfulness rooms, group therapy (e.g. watching films and discussing them in small groups)
3. Free public concerts by youth bands not yet known
4. Youth festivals in summer
5. Developing awareness-raising or emotional literacy skills in young people
6. Youth lead podcasts (talking between peers)
7. Psychological support apps
8. A youth café, a socialising space in the centre where young people can come when they feel lonely or want to make friends, talk
9. Support groups
10. Free psychological support
11. Organising hikes as part of increasing physical activity
12. Organising board games or other activities once a week or month
13. Relaxation sessions



**Head Office:** The Fort Offices, Artillery Business Park, Park Hall, Oswestry, Shropshire, SY11 4AD.

**Email:** [enquiries@peoplesvoicemedia.co.uk](mailto:enquiries@peoplesvoicemedia.co.uk)

**Website:** <https://peoplesvoicemedia.co.uk>

**Company No:**3083575

**Charity No:**1059681

**What small, immediate actions did the attendees say they would commit to doing?  
(List all actions)**

1. Start a conversation with a timid ones and inspire them
2. Just be besides
3. Laugh
4. Start action
5. Get involved in more social initiatives
6. Look up how the emotional health system for young people works
7. Share information on ongoing initiatives
8. Be more empathetic. Listen, pay attention to a person's body language and state of mind
9. Join organisations, programmes
10. Take care of yourself

**Use the space below to tell us any other relevant details or reflections on the event.**

Even though there is a war going on in Ukraine and all Lithuanians' hearts and minds are there, the participants were very involved in the event and distanced themselves from those thoughts (at the beginning of the event we still gave a brief attention to what is going on, told what we can do to help).

During the discussions the themes of the experiences of young people and what is happening now, how it might affect young people, and what impact it will have, were interwoven. For instance, the global pandemic has thrown us out of our comfort zone but due to that situation most of us feel more confident about changes and are able to cope with stress more properly. All in all, the participants were happy that these events are being done ,these issues are being talked about. We had informative discussion and the insights were thoughtful.