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**Company No:** 3083575

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## CONTINUE Conversation of Change Event - Report

<b>Name of Organisation</b>	Artemisszió Foundation
<b>Country of Event</b>	Hungary (but the event happened online)
<b>Report Writer and Email Address</b>	Olga Irimiás, olga.irimias@artemisszio.hu
<b>Number of Attendees</b>	13 (including 2 facilitators)
<b>Description of Attendees</b>	Young people who participated in the workshops and who made videos, and professionals working with youth

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

As the pandemic situation in Hungary was still problematic in February 2022, we decided to organise the event online. At the same time, willingness to participate in online events was quite low, so it was difficult to recruit participants, and many of those who registered didn't join. Finally, we had a group which was not very large, but open for discussion and people shared very personal things.

### 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.)

- All young people experiences some form of fear or anxiety.
- Some of the difficulties were associated with finding a job, loosing a job or keeping it. In this field, the young people with migrant background were in a disadvantaged position.
- Another issue that youngsters with migrant background faced was the difficulty to find reliable information concerding Covid regulations, and in the beginning they could not access the vaccines that Hungarian citizens could.
- In general, the uncertainty and unreliability of the healthcare system was a major problem.
- Young people also reported the negative aspects of isolation and lack of pysical contact with family, friends and colleagues.
- The above also meant that they started to value these relationships more

- For some, it was difficult or impossible to join online ways of working and studying because of the lack of technical devices or lack of skills to use them
- The difficulties also led to a loss of motivation in general
- While some positive aspects (such as learning new things) were mentioned, overall it was a negative experience

**What ideas did the attendees come up with for social actions?  
(List all ideas)**

- Offer online groups for drawing, painting, reading, games or excursions to make groups against isolation, stress, depression
- Problem: Zoom fatigue -- Solution: a digital wellness app (for phone, PC, laptops) that reminds you to get up and move around every hour and also tracks the amount of time spent on apps
- Lobby for decision makers to spend 15% of state budget on education and health care
- Corporate Social Responsibility for Sports clubs - initiative to spend on social / educational / health related issues
- Organize (online) trainings for teachers to get to know online tools, platforms, modern teaching methods and make an online library to share their experience, materials
- Create a platform that monitors official communications and shares summaries with minority groups
- Group on fb focused on the bright side of the pandemic (lock down made the planet healthier)
- Creating the Bright side community, fb group divided in topics (food, animals...)
- Art exhibitions, online if lockdown otherwise live



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

**(List all actions)**

- Visit my grandfather whom I haven't seen for a long time
- Do some research about social initiatives that already exist in my area and internationally
- Ask people I know about their positive and negative experiences during the pandemic
- Join online groups or create one that deals with the above questions
- Make breaks from using my laptop to stretch or work out
- Check whether there is an application that tracks how long I am using my phone or laptop, and reminds me to make some breaks
- Focus more on the bright side of life and talk about positive aspects more
- Pay more attention to my personal relationships, call my friend
- Create a group for recreation activities

(we asked this question at the end of the event and some participants left by that time)

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



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