



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

Email: enquiries@peoplesvoicemedia.co.uk

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

Company No: 3083575

Charity No: 1059681

CONTINUE Conversation of Change Event - Report

Name of Organisation	CRN
Country of Event	Berlin
Report Writer and Email Address	Anja Söyünmez and Derya Ince
Number of Attendees	4
Description of Attendees	Two females and two male participants. Ages between 23 – 27. All living in Berlin. One of them is a refugee from Syria. 3 have a migrational background (Turkey)

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

Short Description of the Event

Four young adults between the age of 20 and 27 met on Saturday evening in the rooms of AWO Kreuzberg Berlin. All participants come from different backgrounds. Two people have migrated from Turkey to Germany. One at the age of 10, the other at the age of 22. Both are currently working. Another participant came to Germany as a refugee and is currently working as well. Another participant is born and raised in Germany and is doing her masters.

The event started at 13:00 o'clock with an ice-breaker game which was useful to get to know each other a little bit better and was proceeded with a round of small talk about the participants current situation in life.

From there we introduced the contents of the event and explained, step by step what the event is about and what we will do in the activities.

Then we started with Activity One. A set of questions about the Corona lockdown were projected on the wall. The first step was solo work in which the participants were asked to answer the questions on a piece of paper. The second step was to define 5 positive and 5 negative aspects of the time of the lockdown and write them down on Post Its. We collected the Post Its on designated areas which were marked as positive and negative

and evaluated the results in a group.

A short coffe/tea and biscuits break of 5 minutes followed.

After that we went on with Activity Two where we showed the participants 2 videos in which young adults talk about their experiences with the pandemic. The participants should in a few sentences summarize what's told in the videos and identify the key moments in these videos and write them down on the worksheets.

We showed 2 videos in total in which 3 people talked about their experiences. By replaying the videos 3 times per video we made sure that the participants have the chance to fully understand and jot down the key moments.

After that a big lunch break followed.

From there we finalised the event by speaking about their impressions of how their feelings and personal relationship about the pandemic is reflected in the lives of other young adults. We asked them if they could relate to one another. Also we asked them if they – from what they have learned during the lockdown – would be willing to implement small actions for their community.

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.)

Negative aspects were:

- Many young people complained about not being able to travel anymore
- their future seemed to be unpredictable
- they experienced a lot of job insecurities

- some felt like giving up their anonymity due to giving away their contacts where ever they went
- they were disappointed by politics and felt that they were given no financial security
- in general they feared for the elders (grandparents and parents)
- some mentioned depression and domestic violence
- wearing am mask and getting vaccinated as a big topic. Many young adults did not want to get vaccinated but felt pressured to do so.
- one person mentioned the loss of trust in democracy due to the Maskenaffaire of Jens Spahn
- Especially being not able to attend cultural activities like concerts, parties etc. made them feel isolated and unfree

Positive aspects were:

- a lot of time to be creative, be it in the kitchen cooking or painting
 - a lot of time for oneself, the family and friends. Especially friendships got closer
 - a lot of time for self improvement and studying for school/uni etc.
 - home-office is a concept that works well
 - they have consumed much less and understood that they could have a good live with less → this way they also saved money
 - Health and being healy was a big topic
 - taking care of the elder and the community → they felt that the people were more understand of each other
- . How does this relate to how socially included or excluded they are?
- all participants lived in the same big city (Berlin) in which they felt that they still had the opportunity, that if they wanted they could meet up with friends and go for a walk outside.

- One participant enjoyed being on his own for most of the time because he could focus more on his studies and spend more quality time with his siblings
- all participants felt – even though they minimised their contacts – socially included. Mostly because many helped out older people especially with the shopping. I believe this gave them a feeling of inclusion and being an important actor in society.

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

- Online Reading Group / Online Book Club
- Ages between 17 – 27, all genders
- Takes place every two weeks on the weekends (Saturday or Sunday) between 11 & 13 o'clock
- The reading can be in English or German (depending on which languages the participants speak)

Advertisement:

- Advertisement via social media (Instagram, Facebook, Twitter, E-Mail, WhatsApp) to mobilise participants and to make this project more known amongst young people

Needs:

- Organised via Zoom/BigBlueButton/Jitsi/Senfcall
→ participants need an account to access these video-conference tools (or at least the host needs access to distribute the link to everyone who wants to attend)
- A phone or laptop with a functioning camera and a headset
- Online Tandem Group
- Open to young people of all ages (12 – 30)
- Takes place every week



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

Email: enquiries@peoplesvoicemedia.co.uk

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

Company No: 3083575

Charity No: 1059681

- Takes place on Zoom/BigBlueButton/Senfcall/Jitsi etc.
→ Especially the breakout rooms can be very helpful to have a conversation that accommodates a small group of people in each room and you can always change the rooms and the partners that you want to speak to.
Or the Breakout Rooms can be ordered according to topics (e.g One room for people who like to talk about grammar, another room for people who have competences of A1/A2 and so on)
- The online tandem can take place to learn various languages but also just to practise together.

Advertisement:

- Advertisement via social media (Instagram, Facebook, Twitter, E-Mail, WhatsApp) to mobilise participants and to make this project more known amongst young people

Needs:

- Organised via Zoom/BigBlueButton/Jitsi/Senfcall
→ participants need an account to access these video-conference tools (or at least the host needs access to distribute the link to everyone who wants to attend)
- A phone or laptop with a functioning camera and a headset

- International Cooking Classes
- Takes place every week
- Takes place on Zoom/BigBlueButton/Senfcall/Jitsi etc.
- Every week one person creates a menu and proposes it to the participants then they buy the groceries and cook it online together. One person is the instructor and the others are the participants. The instructor changes every week as well as the menu.

Advertisement:

- Advertisement via social media (Instagram, Facebook, Twitter, E-Mail, WhatsApp) to mobilise participants and to make this project more known amongst young people

Needs:

- Organised via Zoom/BigBlueButton/Jitsi/Senfcall
→ participants need an account to access these video-conference tools (or at least the host needs access to distribute the link to everyone who wants to attend)
- A phone or laptop with a functioning camera and a headset
- Groceries and equipment for cooking



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

Email: 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)

- neighbourhood aid especially for the sick, elderly and children
- Aid could be
 - grocery shopping
 - shopping (clothes & more)
 - dealing with / writing letters and sending them off
 - making doctor's appointments
 - going for a walk with the elderly or their dogs
 - helping with school work and learning
 - helping gardening (in the backyard or in one's own garden)
 - cleaning the house
 - fixing small things in the house

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

Due to Corona our participants were only limited to 4 people. That's why these ideas and thoughts might not represent the ideas and thought of many young people. However, we think that since our group (even though they were only 4 participants) was very diverse, with 2 males and 2 female participants - one person with refugee status and 2 people having emigrated from Turkey. And one person who is a Berlin local. We think that still with this small group that we have achieved good results.



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

Email: enquiries@peoplesvoicemedia.co.uk

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

Company No: 3083575

Charity No: 1059681

