

## CONTINUE Conversation of Change Event - Report

<b>Name of Organisation</b>	FAJDP – Porto Federation of Youth Associations
<b>Country of Event</b>	Porto, Portugal
<b>Report Writer and Email Address</b>	Cláudia Ferreira – Claudia.ferreira@fajdp.pt
<b>Number of Attendees</b>	9 Youth 5 Stakeholders
<b>Description of Attendees</b>	9 Young girls from Social Cultural Animation Professional Course and 5 Stakeholders from: <ul style="list-style-type: none"> <li>1) 1 from National Federation of Youth Associations</li> <li>2) 1 from Portuguese Institute for Youth and Sports</li> <li>3) 1 from Matosinhos City Hall – Youth Division</li> <li>4) 2 Teachers</li> </ul>

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

This event was made in a Secondary School (Abel Salazar) with a group of students who had already worked with us in this project (collecting videos) and 5 stakeholders. Before the event, we made preparation with the girls – so they can take the lead of the Conversation of Change. And so, they did – beginning with an ice-breaking game, let everyone introduce themselves.

Girls and Stakeholders spend one morning reflecting about COVID19 impact and to do that, we use 3 different videos we had collected before with young students.

All together, we watched 1 video and discuss in a big group after what COVID19 mean to this boy and then we split in 2 groups, mingle girls and stakeholders. Each group watch another different video and then share what they have saw.

Everyone was very enthusiastic and shared their points of view and ideas about what are the big ideas/content of the video and how do the experience relate to our own experiences. What was the main message and whether it is related (or not) to our personal experience.

After a coffee break and an energizer game, we were ready to discuss some concrete ideas for social action and reflections about social inclusion.

**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.)**

We had learned that COVID-19 pandemic had different impact on the lives of young people. For some people, it was very stressful to deal with the lockdowns, social distance, and face masks. But to others, it was positive to be closer to the family, having online school lessons and just to be less outdoor active:

- 1) More online activities = easier to participate
- 2) More time with family at home
- 3) Less "time lost" in public transports to get to school
- 4) More time to sleep and rest in general
- 5) More casual clothes without being worried about my body
- 6) Missing face-to-face interaction with close friends
- 7) Get a little scare of going out and catch the virus
- 8) Missing old routines like study group or go to a cafe
- 9) Feel alone, even with online friends
- 10) Worries about grades and learning process

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

**(List all ideas)**

- a) Having a more dynamic Students Association at School with more activities
- b) Bring Youth Associations and their projects to Schools and dynamize group activities
- c) Promote different clubs like Book Club, Chess Club, English Club, Debate Club, etc
- d) Cinema nights and parties

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

**(List all actions)**

- a) value and enjoy time, spaces, and people
- b) more participation in group activities
- c) use my voice to make people feel better about themselves
- d) share positive content in social media
- e) help others to feel more integrated in school and other social spaces and/or events



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

For these girls was very positive to have this opportunity with stakeholders. They have work together and they felt really heard about COVID19 impact in their lives. It was also an opportunity for them to take the lead in this event and not only be a "participant".

For stakeholders was a unique opportunity to listen directly from young people how they felt during this last 2 years and work together about what we all can do in the future.

A very positive and close face-to-face interaction!