

EVENT DESCRIPTION SHEET

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.)

 Please provide one sheet per event (one event = one workpackage = one lump sum).

PROJECT	
Participant:	[1] - [Association Européenne Pour la Démocratie Locale ([ALDA])]
PIC number:	[963194384]
Project name and acronym:	[Social Post - covid Urban Revitalization] – [SPUR]

EVENT DESCRIPTION	
Event number:	[2]
Event name:	[First Local Path activities: Creating the community of participants & mapping the local needs]
Type:	[workshops, trainings, focus groups, meetings]
In situ/online:	[in-situ]
Location:	[Italy], [FCAT]; [Italy], [Cormano]; [Italy], [Cinisello Balsamo]; [Italy], [Legnano]; [Belgium], [Etterbeek]; [Romania] [Harghita Council]; [Croatia] [Dignano]; [Portugal] [Vila Do Conde]
Date(s):	[25/04/2024], [09/05/2024], [10/05/2024], [13/05/2024], [14/05/2024], [15/05/2024], [20/05/2024], [21/05/2024], [22/05/2024], [31/05/2024], [03/06/2024], [12/06/2024], 19/08/2024, 20/08/2024, 21/08/2024, [19/09/2024], [20/09/2024], [26/09/2024], [03/10/2024], [20/10/2024]
Website(s) (if any):	https://www.alda-europe.eu/spur/
Participants	
Female:	148
Male:	138
Non-binary:	2
From country 1 [Italy]:	66
From country 2 [Belgium]:	99
From country 3 [Croatia]:	45
From country 4 [Romania]	46

From country 5 [Portugal]	48		
Total number of participants:	304	From total number of countries:	5 EU countries
Description			
<i>Provide a short description of the event and its activities.</i>			
<p>The Event Description Sheet (EDS) should report a brief description of the events at local level, including a mapping of the relevant local stakeholders to create a community of interest and set of local consultations to identify the social needs and obstacles citizens are facing.</p> <p>The target groups are schools, citizen’s associations, neighbourhood committees or councils, local health units etc. for reaching around 230 direct participants</p>			
Methodology			
<p>Within the framework of Work Package 2 (WP2), local partners in Italy, Belgium, Portugal, Croatia and Romania administered questionnaires and held focus groups and local consultations focused on the impact of Covid-19 and socialisation’s needs after the pandemic within their communities.</p> <p>Regarding the questionnaires, ALDA provided a model (Annex 1) that partners could adapt to their contexts as well as a facilitator’s guide for the focus groups.</p>			
Local consultations			
1. Agrigento, Fondazione Comunitaria di Agrigento e Trapani (FCAT), Italy			
Location: Agrigento			
Participants: 49			
Target: Young, elderly			
Date(s): 13/09/2024; 14/09/2024; 26/09/2024;			
<p>During WP2, FCAT organised and conducted a total of four focus groups, involving a total of 49 participants. The composition of the participants complied with the project requirements, both in terms of the target groups involved and the operating methods, as outlined in the guidelines shared by the partnership.</p> <p>The activities combined icebreakers, discussions around 6 main questions in accordance with the project guidelines.</p> <p>Responses were collected via post-it notes, and audio recordings, captured with GDPR compliance consent forms.</p> <p>Finally, each of the four events lasted an average of 2 hours, and took place in different spaces all within the Agrigento community.</p>			

During the focus groups, participants were asked to share their opinion on positive and negative effects that Covid-19 had on themselves and their communities.

Concerning the positive effects, technological progress (including the diffusion of the work-from-home modality), the increased time for reflection and personal rediscovery, greater openness towards mental health and the feeling of optimism regarding social resilience were the most common answers.

Concerning the negative effects, vaccinations, relational impoverishment, increased anxiety about the future, increased feeling of isolation and increased criticism towards institutions were the most common answers.

The discussions revealed various aspects that contribute to social welfare and cohesion, thanks to the intergenerational dialogue between the young (18-29 years old) and the elderly (over 60). Solidarity between these generations was identified as a crucial factor in regenerating urban and peripheral areas. The proposed participatory co-planning process encourages all community members, particularly the most vulnerable and marginalised, to feel an active part in decisions that affect their living environment. This approach has highlighted how networking among citizens can foster not only local entrepreneurship, but also a greater sense of belonging and sharing.

2. Città Metropolitana di Milano (CMM), Italy

Città Metropolitana di Milano (Metropolitan City of Milan) is a metropolitan city in the Lombardy Region. After the national reform, it replaces the Province of Milan and includes 133 municipalities: the capital municipality of Milan and 132 other municipalities. The Municipalities of Cormano, Cinisello Balsamo and Legnano belong to the Metropolitan city of Milan and are headed by the Metropolitan Mayor and the Metropolitan Council. These 3 Municipalities were involved already in the design phase of the proposal as target locations, where public consultations were carried out to start identifying the initial needs' analysis and challenges that emerged from Covid pandemic in order to frame the project structure. In light of this, they had already been included in the SPUR project proposal as reference areas for the pilot action in the metropolitan context of Milan.

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Regarding populousness, Cormano counts as the 30th most-populous municipality, Cinisello Balsamo as the third most-populous and Legnano as the fourth.

Location: **Municipality of Cormano**

Participants: 10

Target: elderly and young people, migrants

Dates: 20/09/2024

After a brief introduction to the project and issues, participants discussed various topics : personal experiences with COVID-19, the impact on family and community, and how life has changed post-pandemic. Key themes included isolation, fear of death, and a sense of insecurity. Many younger participants faced disruptions in education and delayed goals, while older individuals felt a loss of stability. Those with stable households and fewer direct COVID-19 impacts fared better. Some participants felt they had overcome the pandemic's effects, with one young woman seeing it as a growth experience. However, a general sense

of uncertainty about the future remained. Migrants in the group felt the most excluded, both economically and socially, and emphasised the need for better community integration. Most participants recognized the importance of social connections and urged local authorities to create more opportunities for interaction. While many appreciated existing community initiatives, younger members expressed a desire for more involvement in decision-making processes, feeling that current leadership does not fully understand their needs.

Location: **Municipality of Cinisello Balsamo**

Participants: 7 (*this number is not included in the overall amount of participants because the attendance list is missing*)

Target: elderly and young people, migrants

Date(s): 03/10/2024

The SPUR focus group revealed a broad understanding of social well-being among participants, though interpretations varied. Some associated it with corporate welfare, while others distinguished it from economic well-being. There was a shared sense that the term "social well-being" is rarely used, and participants highlighted the difference between individual and community well-being.

When discussing the impact of COVID-19, participants described how the pandemic fostered anxiety, particularly about missing out on experiences during quarantine, leading to a heightened appreciation for free time and outdoor activities. The pandemic also raised fears of crowds, with some individuals now feeling uncomfortable in public spaces. The economic impact of COVID-19 was significant, as many jobs were affected, particularly in sectors dependent on social events like museums and sports. Participants also noticed a decline in their vision due to prolonged screen time during remote work or study. The second quarantine caused even more stress because people knew what to expect and the severity of the situation was clearer.

The pandemic's negative impact on the community was evident in the cooling of social relationships, with many people losing interest in cultural activities. However, some positive outcomes emerged as well. People began to value their free time more and used it more thoughtfully. Collaboration and support within families and communities increased, with activities like cooking and exercise bringing people together. New socialization methods emerged, including virtual gatherings and online games, and older generations adapted to technology to stay connected. Students found digital resources helpful, and remote work became more widely accepted. For some, the isolation prompted a desire to improve their living spaces, reflecting a shift in priorities during the pandemic.

Location: **Municipality of Legnano**

Participants: 7

Target: elderly and young people, migrants

Date(s): 20/10/2024

During the COVID-19 pandemic, both young people and adults experienced a significant disruption in the flow of daily life, leading to feelings of both claustrophobia and emptiness. The fear of illness and contagion fostered isolation and detachment but also strengthened external relationships with both individuals and institutions. Family bonds and ties to the broader community were reinforced during this period.

Key elements for achieving social well-being include culture, social activities, sports, and environmental quality. While citizens appreciated the efforts of institutions during and after the pandemic, they also noted a rigidity and lack of flexibility, particularly when it came to accessing information and booking services. There is a call to bridge the gap between local government and citizens, creating a municipality that acts as a facilitator, more connected to the community. The Civic Library's continuous and consistent socio-cultural activities, aimed at strengthening the community, serve as a positive example.

Institutional communication remains inadequate and distant, especially for younger generations who are used to modern forms of dialogue. There is a need for simpler, more effective communication methods to convey institutional messages and information.

Efforts should focus on promoting social cohesion, ensuring the inclusion of the elderly, empowering young people, and fostering intergenerational exchange. The involvement of peripheral areas in local well-being initiatives has been appreciated, though citizens stress the importance of ongoing and sustained engagement, rather than short-term projects. Furthermore, activities (rather than services) supporting the integration of vulnerable groups, such as new immigrants and disadvantaged individuals, into the socio-cultural processes of the community should be strengthened.

3. Etterbeek, Commune d'Etterbeek (ETTERBEEK), Belgium

Kickoff Event in Etterbeek: discover Etterbeek's local businesses

Location: 22 av des Celtes, Etterbeek, Belgium,

Participants: 55

Target: elderly and young people, foreign citizens

Dates: 19/09/24

Etterbeek has organised an event under the theme of conviviality and discovery of Etterbeek's local business. Etterbeek has invited foreign citizens to discover the businesses and shops located at 22 Avenue des Celtes, as a formula for socialising.

Whether they are new to the neighbourhood or have lived in Etterbeek for years, this is the perfect occasion to meet up, build connections, and discover Etterbeek's local shops.

This kind of event allows social cohesion between foreign citizens in Etterbeek.

Everything was translated into English and people are really friendly to each other, therefore fostering social inclusion and social connections within the area.

Presentation of the SPUR Project at The "Atoll" Day Centre

Location: Atoll Day Center, Etterbeek, Belgium,

Participants: 8

Target: elderly and young people, foreign citizens, migrants

Dates: 31/05/2024

Presentation of the SPUR project to members of the Atoll day centre: presentation and explanation of the project, help with filling in the questionnaires and completing the signature sheet.

Presentation of the SPUR Project to the Local Consultation on Social Cohesion

Location: Etterbeek, Belgium

Participants: 19

Target: elderly

Dates: 25/04/2024

- Presentation and discussion of the various projects and activities of partners working for social cohesion in the Etterbeek area.
- Presentation and discussion of the SPUR project.

Conversational tables in French and English

Every Wednesday evening, Etterbeek organises a space for residents to engage in discussions, improve their language skills but also share experiences and build connections within the community.

Location: Town hall of Etterbeek Municipality, Etterbeek, Belgium,

Participants: 15

Target: elderly and young people, migrants

Dates: 20/09/2024

4. Harghita Judetul (HARGHITA), Romania

Location: Harghita, Romania

Participants: 46

Target: elderly, young people

Date(s): 09/05/2024; 10/05/2024; 13/05/2024; 14/05/2024; 15/05/2024; 20/05/2024; 21/05/2024; 22/05/2024; 31/05/2024; 03/06/2024; 12/06/2024;

The WP2 activities in Harghita County were organised in the period of April-September with the aim of identifying local stakeholders and gathering valuable insights from different demographic groups to better understand their needs and perspectives on the effects of COVID19 in their life and their community.

Stakeholder mapping

As a first step, we identified institutions and entities in Harghita County whose activities primarily target young people and the elderly. After identifying these organizations, we sent them an email invitation outlining the project's objectives and details, inviting them to

collaborate. Following the email outreach, we also contacted them by phone to ensure they received the necessary information and to answer any questions they might have had. Out of the organizations we reached out to, twelve expressed their openness and support for the project, indicating their willingness to participate in the planned programs and initiatives.

Consultation through surveys

With the involvement of our stakeholders, we successfully managed to have 100 individuals complete the questionnaire on paper during the May-June period. We ensured that the individuals filling out the questionnaires met the criteria of the project's target group, while also striving to achieve gender balance among the respondents. The data collected, responses, were entered into a digital format – Google Sheets – for analysis.

Focus Group

To ensure the successful organization of the focus group activities we also have collaborated with our stakeholders. We selected together the venues and fixed the dates of the focus group activities. We organised a total number of 5 (five) focus groups, two of which with the participation of elderly people and three with youngsters. Our colleagues facilitated the focus group activity, ensuring that discussions remained focused and that all participants had an opportunity to express their opinions. Participants were asked questions based on a set of predetermined questions established by the project. Regarding data collection and documentation, all consultations were documented through detailed notes – Notes taking documents -, and where possible, sessions were recorded (with participant consent) to ensure no valuable insights were missed.

Conclusions

Based on the focus groups, participants considered the pandemic as an opportunity for self-reflection and re-connection with nature while also mentioning difficulties in adapting to social changes and self isolation dynamics and information overload from media causing anxiety.

5. Grad Vodnjan - Dignano (GV-D), Croatia

Location: Town Hall of City of Vodnjan-Dignano

Participants: 45

Target: elderly, young people

Dates: 20/09/2024; 26/09/2024

The focus groups were organised in two sessions, with the first consisting of a smaller group of five participants and the second being larger, involving 40 participants who were split into four groups, each facilitated by a moderator. The larger session also utilised the Mentimeter system to animate discussions and collect real-time responses. Participants in these focus groups discussed the impacts of the pandemic on their lives, with a focus on social well-being, community involvement, and ongoing challenges in re-engaging the

community post-pandemic. We will use the Mentimeter application further in this kind of people engagement as it showed as an useful and playful tool to be used by participants, even with older participants.

Key topics included the effects of isolation, changes in social dynamics, and the ongoing struggles with community inertia and social withdrawal. Additionally, discussions highlighted successful community initiatives during the pandemic, such as outdoor workshops and activities, while also addressing the decline in cultural events and volunteerism.

6. Municipio De Vila Do Conde (VILA DO CONDE), Portugal

Location: Vila Do Conde, Portugal

Participants: 48

Target: elderly, young people

Dates: 19/08/2024; 20/08/2024; 21/08/2024

On August 19th, 20th and 21st activity was carried out with the focus group, with a total of 20 participants. In these sessions, the psychological, physical and social impacts caused by the Covid-19 pandemic were discussed. The meeting was held in a welcoming, informal environment, which provided a space for everyone to share their experiences and reflections on the lasting effects of the health crisis. In the end, people were asked about the needs they consider most relevant to try to combat those impacts that still persist.

Increase in anxiety levels, social isolation and depression as consequences from the pandemic were the most common answers shared by participants during the focus groups

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	01.04.2022	Initial version (new MFF).

ANNEX 1: Local consultations via questionnaires

The following section includes the model of the questionnaire that ALDA has provided to partners for collecting information, perceptions and points of view from individual citizens to better respond to the purposes of WP2 needs analysis.

SPUR INDIVIDUAL SURVEY (ENGLISH TEMPLATE)

Introduction:

Before administering a questionnaire, explain why you are conducting this survey and what the information will be used for:

1. Acknowledge that this exercise is done in the framework of a project funded by the European Union and its CERV Programme;
2. Make a short, clear presentation of the SPUR project but provide enough content to trigger interest;

Inform your participants how much time it will take for them to complete the questionnaire and impress upon them that they can be open and honest, as there is no wrong or right answer, but just an exploration of their own experiences. In case of an online questionnaire, tell the participants to contact you if they need clarification on any question. When the questionnaire is administered face-to-face, say explicitly that they can ask for clarifications in case the question sounds unclear to them;

Be polite and courteous. Remain impartial while your interviewee answers your questions; do not interrupt them, avoid verbal and nonverbal communication signals that might transmit your opinion on the matter. This usually leads to influencing answers and it would prevent your organisation from acquiring a complete picture on the psycho-social dynamics of your target group.

The SPUR questionnaire is aimed at collecting data on a sample of 100 interviewees, for understanding the characteristics of a given target group, as a whole. It has been drafted, in a collaborative way, for the purpose of understanding the following qualitative indicators of social well-being and awareness of the impact of COVID19 on people and their communities:

Indicators:

LEVEL OF AWARENESS ON THE IMPACT OF COVID19 ON TARGET POPULATION
SOCIAL WELLBEING OF TARGET POPULATION
LEVEL OF SOCIAL INTERACTIONS AMONG TARGET POPULATION
LEVEL OF CITIZENS' SATISFATION (WITH FOCUS ON VULNERABLE GROUPS)
GAP BETWEEN QUALITY OF LIFE BETWEEN AND AFTER THE PROJECT

You are expected to administer the questionnaires in the following manner:

- Collect a total number of 100 questionnaires;
- Equally administer them to elderly over 60 years old and youngsters between 18 to 29 years old, when a project partner works with both categories of SPUR target groups;
- Administer the questionnaires to your primary target group but reach out to the secondary target group with a proportion of 80 respondents from the elderly age bracket and 20 interviewees from the young age bracket (or viceversa).

FINAL QUESTIONNAIRE

NAME and SURNAME (optional)

CONTACT (optional)

GENERAL DATA

Please indicate your age: 18-29 yrs old; 60+ yrs old;

What's your sex? Female; Male; Non-binary;

Are you of a migratory background? Yes; No;

What do you do? I am studying; I am working;
 I am retired; I am looking for employment;

In which field do you work/study? _____

Do you live in the countryside or in a city? in the city; in the countryside;

Do you live on your own or with other people? On my own;
 With other people;

If you live with other people, are they your relatives/family? Yes; No;

Do you have an independent income? Yes; No;
 Not now

LEVEL OF AWARENESS ON THE IMPACT OF COVID19 ON TARGET POPULATION

Do you think your physical health is still impacted by COVID19?

- yes, a lot; yes, mildly; not at all;

Do you eat healthy and nutritious food regularly?

- Yes, regularly; yes, sometimes; only seldom; no, never;

Do you exercise?

- Yes, regularly; yes, sometimes; only seldom; no, never;

Has COVID19 changed the way you take care of yourself and your body?

- yes, a lot; yes, mildly; not at all;

Do you feel more stressed after COVID19?

- Yes, regularly; yes, sometimes; only seldom; no, never;

If you experience more stress after COVID19, do you know why?

Has COVID19 had an impact on your studying/working activities?

- yes, a lot; yes, mildly; not at all;

If it has had an impact, which impact has COVID19 had in your studying/working activities?

LEVEL OF SOCIAL WELLBEING

On a general level, do you think COVID19 has impacted your relationships?

- yes, a lot; yes, mildly; not at all;

If COVID19 has impacted your relationships, how were they impacted?

Can you identify other specific areas of your life that have been significantly affected by the pandemic?

Do you feel more positive or more negative or you have not changed the way you feel since COVID19?

- More positive
 more negative
 I haven't changed

Do you know what influences the fact that you feel more positive/more negative/ or that you have not changed the way you feel since COVID19?

LEVEL OF SOCIAL INTERACTIONS IN THE TARGET POPULATIONS

In which activities did you regularly engage, BEFORE THE PANDEMIC (e.g., social gatherings, volunteering, sports activities)?

- Cultural events (theater, movie, music, festivals and similar)
 - Volunteering
 - Sports activities
 - Family activities
 - Educational activities outside work/school (courses, seminars)
 - Group activities (like travels, clubs and similar)
 - Business activities (meetings, conferences)
 - Other social gathering (please specify):
-

What social events do you attend most often? Where do you meet others NOW, AFTER THE PANDEMIC?

- Cultural events (theater, movie, music, festivals and similar)
 - Volunteering
 - Sports activities
 - Family activities
 - Educational activities outside work/school (courses, seminars)
 - Group activities (like travels, clubs and similar)
 - Business activities (meetings, conferences)
 - Other social gathering (please specify):
-

Which of these social events do you attend on our own?

- Cultural events (theater, movie, music, festivals and similar)
 - Volunteering
 - Educational activities outside work/school (courses, seminars)
 - Group activities (like travels, clubs and similar)
 - Other social gathering (please specify):
-

To which of these activities do you go in the company of other people?

- Cultural events (theater, movie, music, festivals and similar)
 - Volunteering
 - Sports activities
 - Educational activities outside work/school (courses, seminars)
 - Group activities (like travels, clubs and similar)
 - Other social gathering (please specify):
-

How many times a week you meet up with some elderly?

- Never; week;
- once a week;
- twice a week;
- 3 times a week;

How many times a week do you meet with youngsters?

- Never; week;
- once a week;
- twice a week;
- 3 times a week;

Can you name any social activities or connections that have been beneficial to your well-being after the pandemic?

Can you name any new social practices or norms that have emerged as a result of COVID-19 within your community?

What is your most used communication channel to reach others?

- Online chats and messaging (through apps like Messenger, WhatsUp, Skype aso,
 - Via phone conversation
 - Personal, face-to-face conversation
 - E-mails
 - Others:
-

What media channel do you use for getting information?

- TV (please name it) _____
- Radio (please name it) _____
- Newspaper (please name it) _____
- Social media (please name it) _____

- By talking with people
 - Others (please specify):
-

LEVEL OF CITIZENS' SATISFACTION (WITH FOCUS ON VULNERABLE GROUPS)

Are you satisfied with your life as a citizen and a dweller of your own neighbour?

- yes, a lot; yes, mildly; no;

QUALITY OF LIFE AT THE ONSET AND AT THE END OF THE PROJECT

How would you rank the quality of your life in this moment? (1 being lower quality of life and 5 being a very high quality of life)

- 1 2 3 4 5

Do you have any additional comments or experiences you would like to share related to this topic?

DATA PROTECTION

Your personal data will be collected and processed in accordance with the GDPR 679/2016.

Thank you for taking the time to complete this questionnaire! Your responses are appreciated and will be used to better understand the impact of the COVID-19 pandemic on social inclusion.

Would you like to be contacted again for similar activities? Yes; No.