

EXPERIENCES OF ACTIVE YOUNG PEOPLE IN TIME OF LOCKDOWN

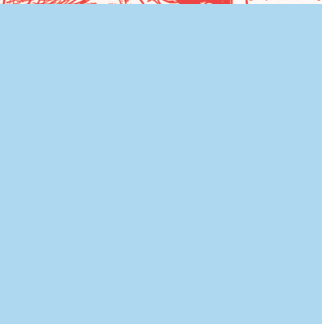
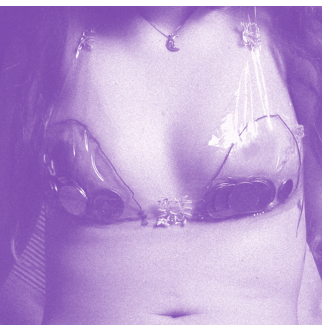


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INTRODUCTION

THE RATIONALE

FOR THIS COMPILATION

OF EXPERIENCES

The needs of young people were rendered somewhat invisible during the COVID-19 lockdown compared to other age groups (the elderly, children, etc.). Furthermore, some media outlets sought to portray them as irresponsible when it comes to observing protection measures while criminalising all of them. By contrast, the leading role that many young people played in a range of community initiatives and networks has been largely ignored.

This compilation you are reading is intended to raise the profile of what young people did during lockdown by getting involved in caring for others and community action whether individually, in groups or through associations.

The experiences reveal a wide array of initiatives and projects in various areas of life and from a range of standpoints. They illustrate both the diversity of young people who are active and also the diversity of actions they undertake rooted in solidarity and social commitment. However, at no time do they claim to be representative of all the contributions young people made during this period, and indeed there are many more examples.

HOW IT WAS DONE

A large number of experiences were identified in which young people played a leading role using several channels (survey of youth professionals, online searches, etc.). A short-list was drawn up from these experiences to try to represent how they varied in terms of the field or theme they were working in, the geographical area where they had been conducted, and whether they were individual, group or association-based. Then the key people for each initiative were identified and attempts were made to reach them by email or phone. Most of the people and groups contacted were keen to take part in the compilation and in putting it together.

Afterwards, the young people who were the key players and/or leaders of each initiative were interviewed, sometimes by phone and sometimes by videoconference. The report on each initiative was drafted on the basis of the stories of the people involved which were then rounded off with other information gathered. Once each report had been written, it was reviewed with the people interviewed to ensure that they were comfortable with

the content and how the experience was portrayed and the final wording was based on their feedback.

There are two types of reports: ones about group experiences, where the description of the experience is combined with a brief interview, and ones concerning individual experiences given as interviews.

In the interviews they were asked about: what lockdown had been like for them (to provide the background); what was most challenging and best about their initiative (to capture the qualitative experience of participation); what they thought of the stereotypes about young people and the health crisis; and finally, if we were to go through a similar situation again... what they would do. We have been faithful to the story and the meaning that the young people have shared in their experiences, opinions and insights.

ACKNOWLEDGEMENTS

We would especially like to thank the young people who have taken part throughout the process, along with the numerous professionals who have also got involved, for their engagement, their time, their efforts and their enthusiasm.

In particular, they include: clarity, belief, courage and appreciation. They provide us with a highly detailed and comprehensive picture of the situation in which we live; they convey enormous commitment and the pressing need to roll up your sleeves and deal with life as it comes. And on that basis, they dream, speak, build, do, show gratitude... everything.

We are very pleased to share with you these 12 diverse and powerful experiences. There are without doubt another 12, 24 or 48 more out there... We are still keen to continue searching, asking, telling.

Finally, we would like to thank Carol Astudillo and the other members of the team at Col·lectiu I+ / QSL for taking on this project and adopting it with matchless commitment and enthusiasm.

EXPERIENCE 1

ADRIANA TORROELLA GIRO

“Working in a nursing home during lockdown”

Adriana, a Social Education student and an Afro-feminist activist, defines herself as “a young woman from Madagascar, from Badalona and an Afro-feminist.”

Place: Badalona

Type of initiative: Employment

Age: 21



“I am passionate about dance and I also use it as a tool for social transformation. I am always rethinking our ways of being, living together and doing in this world.”

THE EXPERIENCE OF WORKING IN A NURSING HOME DURING LOCKDOWN

→ You spent a month and a half working in an old people’s home in your town in April at the height of the health crisis. Why did you choose to do this?

I teach dance and learning support classes and at that time my earnings had dried up. I got messages on WhatsApp saying that they were looking for Social Education graduates or final-year students. I sent in my CV as a future educator, but the vacancies were soon filled and they told me that they needed geriatric nursing assistants. I said I didn’t have any experience as I had only ever worked looking after children and with young people with specific educational needs. But as I was young, I thought I was ready to work under pressure and I said I was interested; I think that’s why they called me straightaway to cover a nightshift absence.

→ What did you do?

I wanted to be really honest. Right from the outset I said that I didn’t have the specific professional training, and so my colleague who did have training and experience covered me in this aspect. I supported her in everything she did: drawing up documents, taking people’s temperatures, getting the materials ready, changing nappies and positions, coordinating with the medical and funeral services, making sure there were no mistakes... I also gave emotional support to the residents. I couldn’t treat any injuries, but while my partner was doing it I could hold their hands and chat with them.

→ What was your first night on call like?

At first I was really keen and threw myself into it while taking it very seriously. I searched for resources on the Internet and they sent me a short online training course. I fully explored it all to make sure I was ready. However, the materials I found were not geared towards how to work in a pandemic, so I had to learn quickly! The first night was tough enough, because some residents passed away.

→ Were there other young people like you working there?

Yes, there were young people of my age on the afternoon shift, although they already had experience in caring for dependent people. I also have to say that it’s not by chance that most of the workers were women, or that most of the substitutions were done by people who were migrants, people of colour and/or in insecure economic situations. Care work is always carried out by people from the most vulnerable groups.

→ What was the best and worst part of this experience?

Firstly, the great bond I had with my partner, a veteran worker. We teamed up, she played “mum” for me, and when she was emotionally upset I was able to support her and help her with the more demanding tasks. We were both very lucky. Another good thing was how I dispelled the myths about older people. I realised that every person ages differently and has their own story behind them. It is a very diverse group. The hardest part by far was when numerous people died on the same night and when there were critical health issues. It was extremely stressful: everything had to be done in order and without skipping a step in a very short period of time so as to comply with the exceptional regulations and protocols.

→ Why did it end?

I had to finish the contract due to my studies because I had exams in June. The situation was under control, they understood and told me that when I graduated, I could send my CV as an educator. I would really like to go back.

ACTIVISM DURING LOCKDOWN

→ On Instagram you are **@_fahafahana_ (which means "freedom" in Malagasy, the language of Madagascar). You have over a thousand followers and you set up this account to raise awareness and to teach anti-racism and Afro-feminism. What is your lockdown experience in terms of activism?**

Up until now I used to react to what people asked me for. However, during lockdown I was able to think about how I want to do things, my own activist standpoint and ideas. One initiative which I would mention during these months is that the Besòs Youth Assembly invited me to discuss the need for a protocol to prevent racist attacks during town festivals. I thought it was a much-needed initiative because while there is a lot of awareness of the anti-male violence stands, racist violence in youth leisure venues which are not private premises has not been addressed much. We did an IG Live ("Young people are talking about real inclusion. Let's prevent racist attacks at town festivals") where as a young woman of colour I described what I have experienced at town festivals in Catalonia.

For example, we talked about the treatment of street vendors, who are mostly people of colour. The attitude we have, the "trust" or ways we interact with and address these people, is often racist. Somehow, we allow inappropriate ways "because" they are people of colour. The protocol is currently being worked out, and when it is completed I hope it will be widely shared and supported by youth institutions and organisations.

→ Which other activists, organisations and/or organised movements would you recommend following online?

A big role model for me is Desirée Bela-Lobedde (@desireebela) who

I got to know when I was looking for a way to comb my afro. As young leaders on Instagram, I highly recommend Yusra Touri El Mansouri (@hijadelatamazgha) and Safia Elaaddam (@hijadeinmigrantes). In terms of social movements, as an anti-racist and very cross-cutting platform featuring a wide range of people all over the country and in all age groups, I would say Unity against Fascism and Racism (@UnitatvsRacisme), to which I belong. And finally, the work done by the Hibiscus association, which every year organises the Black Barcelona festival (@blackbarcelona_afro), is very exciting.

→ What do you think about how young people are being portrayed in this health crisis?

It may be tougher for us as young people in general to cope with it because summer for young people means things that are made more difficult by facemasks and keeping a safe distance. The first concert I went to after lockdown was by a band we usually jumped up and down and danced with a lot... and we had to see them sitting on a chair. Yet although it was weird, it wasn't that bad! We need to rethink how we interact with each other, how we can be together, continue to take part and be young... and do it safely. We need to take ownership of this new situation!

→ How do you feel about the present and the near future?

I wanted to do a Masters in Development Aid, but now I'm not so sure. Perhaps I was in a rut of studying, working and producing. I would like to think about what I like to do and what I am looking for in terms of education and employment. Maybe in the things I do now I am more aware that there might be another lockdown. I have taken on board the fact that perhaps we will have to deal with flare-ups. For example, my grandmother lives somewhere else and we used to see each other every week, but thinking that there might be another time when I can't see her... Now I see it differently: now I appreciate her much more.



TO LEARN MORE...



@_fahafahana_



Press clippings



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MOLINS DE REI SUPPORT NETWORK


Providing babysitting services and running household errands

Led by: Esplai l'Agrupada instructors. With the support of: Jaume Vicens Vives Scout Group and Molins Feminista.

Place: Molins de Rei

Type of initiative: Care services

Age(s) of the young leaders: 18 to 25



Contra
l'aïllament
SUPORT MITU

The Molins de Rei Support Network was set up by instructors at the Esplai l'Agrupada youth centre who were inspired by the organisation of support networks put in place across the country.

→ What is the Molins de Rei Support Network? What did it consist of? Inception, actions and main partnerships:

The Molins de Rei Support Network was set up by instructors at the Esplai l'Agrupada youth centre who were inspired by the organisation of support networks put in place across the country. At first they produced virtual posters and set up a switchboard run by four volunteers who received and handled the offers from volunteers and requests from people who were asking for help.

The services were arranged based on the tasks to be performed and the availability schedules of the volunteers while also ensuring that all safety measures were taken (wearing a facemask and gloves, etc.).

The Network's main activities involved:

I. Providing babysitting services: there were requests from families (mostly with children under five) who had to go to work. The fact that they were instructors at the town's youth centre made it easier to create a bond of trust between the young volunteers and the families who were asking for help.

II. Running household errands: shopping at the pharmacy or supermarket, walking pets, etc. The service was provided mainly to elderly or dependent people who could not run their everyday errands outside the home.

New social needs emerged in the town as the weeks went by. To meet them, the Network set up three working groups which are still in operation today:

Housing group: housing problems and the severe situations of people with difficulties in accessing housing or paying rent have got worse. As a result, the working group is taking shape as the housing union of Molins de Rei and is coordinated in conjunction with the Citizen Mortgage

Movement (PAH) in Sant Feliu de Llobregat and Sant Vicenç dels Horts.

Employment group: it works in partnership with the trade unions and either handles a request directly or refers it to the unions.

Student group: they are getting ready for the 2021-2021 school year to provide an online learning support service.

→ What has the Molins de Rei Support Network achieved? Some facts and figures...

72 volunteers have been organised. 23 people have been helped, most with more than two services provided for each person.

→ Current status of the initiative and future prospects:

The Network is continuing to operate via the three groups currently on the go and is poised to resume services if need be.

AS TOLD BY... LAIA PÉREZ, MEMBER OF THE SUPPORT NETWORK (AGED 19)

→ What was lockdown like for you?

At first there was a lot of uncertainty. We were all of a sudden in a situation which we were not prepared for in any way. The most important thing at that time was to realise that everything was overwhelmed and there were demands which the public services weren't meeting. That's why it was so important to have a network of local people to come together and deliver a community response.

→ What was the most challenging part of your initiative?

The local council welcomed our initiative, and in fact we were able to work with the town hall and social services. However, it has sometimes been difficult to maintain our independence and self-management.

→ And the best part?

I would single out two things. Firstly, we have been able to build up a network between local people, putting solidarity between us into action. The response to social needs is usually on an individual basis, whereas in this case we have shown that we all have problems and we can also help each other. And secondly, I would say that it has been very encouraging to see the number of people who have responded and wanted to help out.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

It's an issue that we always talk about among ourselves: young people move around the most in the street and in leisure settings. People are allowed to go to bars and then we are blamed for everything?

→ If there were a similar situation again, what would you do?

We would definitely reactivate the network. And we would get even more requests and more responses, because the townspeople would already know what the network is about: now they are aware of us.

XARXA DE SUPORT A MOLINS DE REI

xarxa de solidaritat a molins, cuidem-nos

- 1 ETS UNA PERSONA GRAN O TENS SALUT FRÀGIL I NO POTS SORTIR DE CASA PER FER ENCÀRRECS?
- 2 NECESSITES AJUDA PER CUIDAR ALS TEUS INFANTS?

UN GRUP DE VOLUNTÀRIES DE MOLINS ENS HEM AJUNTAT PER PODER AJUDAR AMB TOT EL QUE SIGUI NECESSARI AQUESTS DIES

Posa't en contacte amb nosaltres i ho gestionem.
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Press clippings



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#CONFINADES- ALACULTURA

Online exhibitions series

Led by: Peluquitas and the Franja Besòs Youth Activities Service. With the support of: Trinitat Vella community centre, Luciérnagas Arte en Acción, Meriu and Maika Sánchez.

Place: Sant Andreu (Barcelona)

Type of initiative: Artistic expression + Culture

Age(s) of the young leaders: 12 to 19



Parte importante de su trabajo se basa en hacer una crítica al sistema patriarcal, heteronormativo y racista y, a través de sus proyectos, quieren incidir en la construcción de un mundo más abierto.

→ Who are the Peluquitas?

The Peluquitas defines itself as a group of young women who are passionate about styling and photography. They seek to share experiences, have fun and learn in a caring space where everyone in the group feels comfortable and accepted. An important aspect of their work is to critique the patriarchal, heteronormative and racist system and through their projects they seek to help build a more open world. They run artistic sessions where they work with fashion design professionals, projects based on ethical and solidarity values, feminist tattoo studios, etc. Their goal is to reach the maximum number of people and to weave a network of young people committed to diversity and thus create many other groups of Peluquitas.

Peluquitas is a project sponsored by the Franja Besòs Youth Activities Service.

→ What is the #ConfinadesALaCultura online exhibitions series? What did it consist of? Inception, actions and main partnerships:

The Peluquitas group holds two or three in-person photo exhibitions every year where they usually give a presentation to interact with their audience and discuss the Peluquitas project apart from the exhibition. This year, lockdown meant that they opted to display some of their exhibitions online.

They currently have five photo exhibitions on the go: *Antiprincesas*, where they deal with romantic love and gender inequalities; "Contes de bona nit", based on the book "Contes de bona nit per nenes rebels"; "Pelutrolls", drawing on harsh criticism of the standards and stereotypes used in advertising; "Como soy", exploring physical appearance and prejudices;

and "Cruz de Vida", where they work with Claudia Campos Castro, a young poetess from Trinitat Vella and a member of the Peluquitas.

The venues to have hosted the online version of the exhibitions include the Trinitat Vella Community Centre (in its #ConfinadesALaCultura virtual area), the Baró de Viver Community Centre, the Garcilaso Youth Centre and the Antoni Miró del Clot Neighbourhood Centre (where the exhibition is scheduled to be held in the autumn). The exhibitions have been posted and promoted on virtual platforms and social media profiles as videos on Facebook and as photos on Instagram.

The photos were taken with the help of Las Luciérnagas, the make-up artist and stylist Maika Sánchez and the creative support of Meriu.

→ What has been achieved with the #ConfinadesALaCultura series?

The virtual format has enabled the exhibitions to reach venues and users in other areas (we have received feedback from Tarragona, Andorra, France, etc.) and with very different profiles (such as the elderly).

→ Current status of the initiative and future prospects:

The virtual format will be continued so as to reach a diverse geographical audience while it is also planned to tour some exhibitions around in their physical format.

AS TOLD BY...
LUCÍA TORRES
(AGED 19), MEMBER
OF PELUQUITAS

→ What was lockdown like for you?

I really wanted to go out, but the timeslot when young people were allowed out was very late and the sun had gone down. I don't have a terrace or a balcony, and not seeing the sun was a bit of a shock. I wanted to go to the beach, hang out with my friends, go for a stroll for more than an hour and so on. I was also very worried about my sister who is a nursing assistant, because she worked long hours every day and was very tired.

→ What was the most challenging part of your initiative?

I would say that in general lockdown made us rethink everything we had planned. With the Peluquitas we had a plan about what we would do, how, who with... and it was hard to get used to the idea that we couldn't do any of the things we had planned. For example, we had an exhibition at the Garcilaso Youth Centre and we couldn't present it, and we would have liked to have done it because we have a special bond with some of the young women at the centre.

→ And the best part?

Well, several things. For one thing, putting on the exhibitions cheered us up, doing new and beautiful things in the midst of all the bad news on TV. It gave us hope, something upbeat. We reached many people from different places and in Baró de Viver we even shared with old people... some very cool connections have been made, so let's see how this moves forward over the next few months. Maybe we will also resume our partnership with the people at Top Manta and we will certainly continue to work together with designers and/or projects that are ethical, supportive and in tune with the values that we convey at Peluquitas.

And in the group we continued to meet virtually during lockdown and we made a video call to each other every Wednesday. I dressed up, I would get ready like when I went out, I needed to pamper myself and take off my pyjamas. It was a time to share how we were feeling, what we were doing, how we were experiencing everything... I think that the group has been strengthened by lockdown.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

There are all sorts of young people, just as there are all sorts of adults. You have to be aware about things.

→ If there were a similar situation again, what would you do?

We would adapt! And we would do what we did: take good care of each other. But now we know a bit more about what it's all about!



TO LEARN MORE...



peluquitas.barcelona



[@sdjfranja](https://twitter.com/sdjfranja)



[@peluquitas.barcino](https://www.instagram.com/peluquitas.barcino) + [@sdjfranja](https://www.instagram.com/sdjfranja)



[Dinamitzador Franja](https://www.facebook.com/Dinamitzador-Franja)



Press clippings



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EXPERIENCE 4

“TRIVIAL FALDUT” GAME

Online version of the traditional board game Trivial Pursuit, in this case tailored to the town of Ulldecona

Led by: Aroa Lupion and Ricard Ortiz. With the support of: Montsià Jove (Youth Department at Montsià County Council).

Place: Ulldecona

Type of initiative: Entertainment + Leisure

Age(s) of the young leaders: 17 and 22



“How many people live in Ulldecona?”

“How old is the oldest olive tree?”

“What is the river running through our town called?”

→ What is Trivial Faldut? What did it consist of? Inception, actions and main partnerships:

Trivial Faldut is an online version of the traditional board game Trivial Pursuit, in this case tailored to the town of Ulldecona which has about 6,000 inhabitants and is in the county of el Montsià. The aim of the game was mostly to entertain young people during lockdown while at the same time adding to knowledge about the town's cultural, architectural, historical and geographical aspects. The name of the game refers to what the people of Ulldecona are called (“faldut” for males and “falduda” for females). Its creators, Aroa and Ricard, designed it from scratch on an Instagram profile where they promoted the game. Every three days they posted the questions which they drew up based on their research and also with the help of the town's residents. Examples include “How many people live in Ulldecona?”, “How old is the oldest olive tree?” and “What is the river running through our town called?” Each question had a multiple-choice answer, and although there were no prizes, the person to get the most questions right was announced as the winner of the round.

The idea came from a county version of the same game, Trivial Montsià (@montsiajove), sponsored by the Montsià Youth Network.

→ What has Trivial Faldut achieved? Some facts and figures...

Its Instagram profile (@Trivialfaldut) reached over 400 followers. Ten versions were made, and one version was released every two days. In total, more than 500 questions were asked (about 50 questions in each version).

→ Current status of the initiative and future prospects:

Trivial Faldut was closed down after the end of the state of emergency and lockdown.

**AS TOLD BY...
AROA LUPION (AGED 17), TRIVIAL FALDUT LEADER**

→ What was lockdown like for you?

The first few weeks were the most challenging as we found it hard to believe everything that was going on, and we were very concerned about the situation around the world when we saw that infections and deaths were steadily rising. After spending the first month at home, we realised that we would be there for another month and we started to get used to it. We found it hard to keep ourselves entertained, so we decided to set up Trivial Faldut: we thought that the games would keep everyone amused and that people were very into social media. We created it with the aim of entertaining people and helping them cope with lockdown more easily, and not thinking all day long about getting out of the house. We devised our own logo and our questions about various things around the town. People had fun answering them and we enjoyed coming up with them.

→ What was the most challenging part of your initiative?

Actually, there was nothing really challenging, since nowadays lots of people are mobile phone and social media savvy, so it was fairly easy to set it up and play it. What was more difficult was coming up with 10 questions every two days about our

town. We were helped by information we found online and by information passed on to us by people in the local community who know a lot about the subject.

→ And the best part?

The best thing about creating Trivial Faldut is that it worked and did what we hoped it would do: entertain people and us too. We were proud to see how the people of Ulldecona, and also some from out of town, answered the questions. Many people also sent us questions which we could ask, and we were very grateful for this because it was the most difficult thing for us. We also got lots of messages of thanks and congratulations on the initiative. Plus we think that another benefit is that it has helped us to learn more about our town; there are a lot of things about Ulldecona that people don't know. I think that since we live here, it's a good idea to find out all these little things.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

I think that there are all sorts of young people and adults, and no one uses these stereotypes with adults. It's like when they say we're addicted to mobiles. What about adults? In the news they talk about young people and suddenly we are all tarred with the same brush. As if all young people do the same thing. For example, I don't go out much because I'm concerned about the virus, so I don't think it's fair to be told that we're to blame for the flare-ups.

→ If there were a similar situation again, what would you do?

I honestly believe that we will go through it again and so we should get used to it. I think that a lot of people have been really affected by this situation, and so I think it's a good thing to get ready and find out how to deal with it next time. I'm sure we'll cope much better because as we've already been through it, we know what's coming. We can see ourselves creating another game like Trivial Faldut because it's really easy and a lot of fun!



TO LEARN MORE...



[@Trivialfaldut](#)



Press clippings



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CINTA TORT CARTRÓ, ZINTETA

Art project "467 grams.
Stories of an invisible
disorder in a fat-phobic
society"

Ointa defines herself as a feminist activist, and she likes the way her work is described [on her website](#).

Place: Torrelles de Llobregat

Type of initiative: Artistic + Cultural

Age: 24



“Art and feminism embrace, communicate and understand each other in the work of Cinta Tort Cartón, aka Zinteta. Putting the body at the centre, Zinteta’s work deconstructs and imagines a substantive diversity, some corporalities that are stripped, that are looked at and recognised, that abandon the asphyxiating projections that the cisheteropatriarchy imprints on our skins.”

→ What is “467 grams”?

“467 grams” is an artistic and multidisciplinary project created by Cinta from her first-hand experience of having suffered from an eating disorder. As her project shows, there are around 400,000 people in Spain who have some kind of eating disorder and most of them are between 12 and 14 years old. 476 grams is the weight of the 20 silver coins of Cinta’s grandmother, the 20 coins she used to hide in her bra before going to the doctor’s each week to check her weight. The project seeks to raise awareness about this often hidden reality which is common for many young people. The artist publicised it through her social media (Instagram and Twitter) during lockdown, pointing out the number fat-phobia messages doing the rounds about eating habits and weight gain.

**AS TOLD BY...
CINTA TORT CARTRÓ,
ZINETETA (AGED 24)**

→ What was lockdown like for you?

I have experienced the pandemic and lockdown in a critical spirit and from a distance, wondering about many things. Artistically and creatively, I have had time to do a lot of things. Society moves very fast, and I have been able to explore myself at a very creative level. It has made me think about what sort of life I had and what sort of life I want. We need to work, but

let’s see what balance I can find to place life more at the centre.

→ As a woman, young person and artist, in what ways do you think it is important to talk about bodies and violence?

The body issue is crucial for me and I have spoken about it in many ways, including from the emotional side. I needed to tell my truth; to politicise an internal discomfort based on my first-person account. Who better than me, who has gone through it, to share it? The body core has pierced me and will pierce me all my life.

→ You had already created 467 gramos before the coronavirus crisis. Why did you release it right during lockdown?

Lockdown has stirred up a lot of things in relation to food: being at home you have much more time to think about what you are going to eat, the spreading of fat-phobic messages, the fear that is already there of putting on weight, the feeling of guilt... When you talk about a very sensitive and taboo subject, you are afraid of the consequences. You have to politicise the discomfort but you have to do it carefully. First I shared it in private friendship groups, and as I got very good feedback I thought it was time to go for it. I was in a safe space, at home. If I post it, it’s because I feel like it and I’m emotionally ready to do it. I wondered what people would think about it, whether they might misunderstand

me. I thought “what if people make comments that upset me?”

→ And how did it go? What were the reactions?

I am very happy with the support I got. What I say in *467 grams* has resonated with lots of people. The Instagram post has more than 10,000 “Likes” and I got lots of messages saying “I used to do the same thing”, “thanks for showing it”, etc.

→ What is the future of *467 grams* from now on?

Now I want to scale it up with new projects dealing with eating disorders; I will work a lot more on it now. I want to raise the profile of these issues. I want to share how I have experienced this whole process. Eating disorders are kept very quiet and it is important to talk and to break the taboo... Living through it on your own and blaming yourself is not the same. It is emotionally sensitive and I have to take care of myself, but it is important to do it.

→ What do you think about how young people are being portrayed in this health crisis?

We can't give an “everybody does that” headline. No, we can't.

I live with older people at home and you become aware of what might happen because you see them close up. We are much more responsible than people think.

This is the first time we have ever gone through this, and I think we need to look after everyone's mental health as well. It is very important in these crises, and this key issue has been largely forgotten.

→ If we were to be in a similar situation again...

It is a challenging and unwelcome situation, but I have lots more tools than in the first two weeks of lockdown. It would be a pain for work and break my heart not to have contact. Yet having gone through what I have gone through, I now tell myself that I have tools, I have space to create and to take care of myself.



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REUS MUTUAL SUPPORT NETWORK

Caring for and supporting people with respiratory or mobility problems or who were dependent

Led by: self-organised young people in a personal capacity. With the support of: Coordinadora Obrera Sindical (COS), Citizens Mortgage Platform (PAH), IRIS Network, #SomElQueFem dressmakers, the Food Bank and Brot Ecològic.

Place: Reus

Type of initiative: Care services

Age(s) of the young leaders: 16 to 30



Several young people were inspired by the community support actions which were springing up all over the country. So they got in touch with each other through mutual friends and decided to set up the Reus Mutual Support Network.

→ What is the Reus Mutual Support Network? What did it consist of? Inception, actions and main partnerships:

Several young people in Reus who were not members of any organisation were inspired by the community support actions which were springing up all over the country. So they got in touch with each other through mutual friends and decided to set up the Reus Mutual Support Network. Later, youth clubs, recreational centres and more young people not from organisations joined in. The Network was especially addressed to caring for and supporting people over 65 and locals with respiratory or mobility problems or who were dependent.

A number of actions were carried out during lockdown including:

I. Drawing up protocols to ensure the safety of volunteers and the people asking for the services: health protocols (wearing gloves and facemasks) for performing bank transfers and transactions for shopping, and for monitoring the applicant and the volunteer.

II. Centralising volunteers and applicants by forming regular "pairs" to provide everyday services such as taking out the rubbish, shopping, walking the dog, etc.

III. Referrals to other specific services (social services, etc.).

IV. Partnering #SomElQueFem dressmakers to make and distribute facemasks.

V. Referring volunteers to the Food Bank.

Fresh needs emerged in each lockdown period (lack of food or housing, feelings of anxiety or depression, etc.) to which the Network responded and referred people to other services or specialised groups such as the IRIS Network group of volunteer psychologists, the COS-Coordinadora Obrera Sindical, the PAH, and the Food

Bank.

→ ¿What has the Reus Mutual Support Network achieved? Some facts and figures...

More than 200 volunteers (approx.) have joined. 50 people (approx.) have been supported and assisted more than once.

→ Current status of the initiative and future prospects:

The number of requests has now fallen, although the coordination unit is still operational (around 10 young people) and they are switching the communicative approach to a profile of applicants who do not have access to online communication due to a lack of devices and/or an internet connection. The Network is changing to ensure that it continues to be a useful service and is fully committed to restarting all its action strands if required by the social situation.

AS TOLD BY... LAURA VIDAL, MEMBER OF THE REUS MUTUAL SUPPORT NETWORK (AGED 23)

→ What was lockdown like for you?

At a personal level, when lockdown began I had a weekend job in tourism and was also studying. My situation was pretty stable, but I was very concerned about what would happen socially and in terms of poverty in some neighbourhoods. The Network was a way of keeping in touch with what was going on and doing something useful. I was very worried about the lack of communication with people next door and I thought we had to help each other. I realised that at a time like this we had to build ties and networks with

our neighbours in particular. Tackling the isolation, something like “we may be locked down but we are not alone”.

→ What was the most challenging part of your initiative?

The main challenges we had to tackle were, firstly, to ensure the safety of the pairs (volunteer and applicant), and secondly, how to reach out to local people who did not have an internet connection. So we drew up the safety protocols and used word of mouth to let people know what we were doing.

→ And the best part?

We were very encouraged to see so many people who wanted to volunteer. We had about a hundred people volunteering in the first week. We received messages like “I have a van to deliver stuff” and a lot more. The immediate response of young people who wanted to help out was really impressive.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

Personally I think: are the people who have the most responsibility really being held accountable? For example, are businesses offering equipment and decent conditions to their employees so there won't be any upsurges?

The public and young people need to be aware, but pointing fingers at us and blaming us for everything is covering up other very serious points. For example, the airports are still open and it seems that tourists have more rights than locals living in the neighbourhoods. This goes to show that institutions will put money before the life and health of those of us who live here.

→ If there were a similar situation again, what would you do?

We would rebuild our network and believe in mutual support between neighbours.

SUPORT MUTU REUS

PER FER FORNT AL COVID-19 ORGANITZEM-NOS I FEM XARXA!
AJUEM LES VEÏNES!

QUI SOM?

Voluntàries autoorganitzades que ens oferim per:



- Conversar per telèfon -



- Passejar el gos -

- Fer la compra -

- Altres encàrrecs -



VOLS PARTICIPAR-HI COM A VOLUNTÀRIA?

1- Emplena el formulari que es troba a la descripció



2- Uneix-te al grup de Whatsapp

Ens trobaràs a:

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@SuportmutuR



suportmutu.reus@gmail.com



En tot moment se seguirà un protocol d'higiene i un control de quines són les persones que han estat en contacte.

Localitza les persones del teu edifici o entorn proper que necessitin suport i posa-t'hi en contacte, sobretot les que tinguin més dificultats per accedir a les xarxes socials.

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"LLORET TEAM PLAY: THE AMPHORAE"

Online game to be played
by teams of four people

Led by: Nacho Allende and Natalia Rendo. With the support of: Lloret de Mar Town Council, El Puntet Youth Centre, Lloret de Mar Traders' Association, Lloret de Mar Bars, Restaurants and Cafés Association and Printropic.

Place: Lloret de Mar

Type of initiative: Entertainment + Leisure + Employment

Age(s) of the young leaders: 22 and 27

Les Amfores



The game was virtual yet also real: some of the challenges involved doing things in the street, bars, restaurants, shops and other places in Lloret de Mar.

→ What is Lloret Team Play? What did it consist of? Inception, actions and main partnerships:

Lloret Team Play: the Amphorae was designed as an online game to be played by teams of four people. The objective: to get as many points or amphorae as possible, which you did by passing the tests and challenges set by the organisers on Twitter and Instagram (@LloretTeamPlay). The game was virtual yet also real: some of the challenges involved doing things in the street, bars, restaurants, shops and other places in Lloret de Mar. They asked the Town Council, the Youth Centre and local businesses for help. Many of the latter chipped in as sponsors through the Traders' Association and awarded prizes to the teams (haircuts, drinks, dinners, etc.).

Who could take part? Young people from Lloret de Mar and other nearby towns aged between 18 and 35. The game lasted eight days and was devised and led by Nacho Allende and Natalia Rendo.

Lloret Team Play has had a huge impact on young people's entertainment and local traders in Lloret de Mar against a backdrop of returning to public space and the reopening of local businesses. In qualitative terms, it has promoted an alternative for young people's entertainment through gamification with collaborative actions and has helped to breathe new life into the local traders' community.

→ What has Lloret Team Play achieved? Some facts and figures...

260 players in 65 teams (approx.). Profile view by over 14,000 Instagram accounts. 32 local businesses involved. Local spending: €10,000 (approx.).

→ Current status of the initiative and future prospects:

Lloret Team Play has ended. The organisers have set up a small business and are planning to create versions of the game in other areas. Santa Coloma Team Play: Human Towers in the town of Santa Coloma de Farners will be launched shortly.

AS TOLD BY... NACHO ALLENDE (AGED 22) AND NATÀLIA RENDO (AGED 27), THE LLORET TEAM PLAY ORGANISERS

→ What was lockdown like for you?

In our case, the onset of lockdown was a very uncertain time: we did not know what financial and employment situation we would be in at the end. The project helped us to get a break from boredom, isolation and reality. We spent many hours talking, laughing, designing, building and so on. It helped us to cope with the situation we were experiencing in a different way.

→ What was the most challenging part of your initiative?

The most difficult thing was that we were banking on real social interaction and we had to think about how to do it without putting anyone at risk and avoiding infection. It was a real challenge! We followed all the instructions (facemasks, social distancing, etc.). Lloret's young people did an outstanding job.

→ And the best part?

We have a love-hate relationship between us in Lloret, just like everywhere else, but with Lloret Team

Play lots of people helped out and came together; even people who were not friends interacted. And we supported local businesses which were struggling to keep afloat.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

Criticising young people is very hypocritical, saying that we don't care about anything, that we don't respect anything, that we are not like the previous generations, etc. It is these same people who have brought us up; this hasn't come out of the blue. We are going through our second recession, which adds to the environmental crisis, the social crisis, job insecurity and other problems we have grown up with... and yet still they criticise us and make demands! Young people are having a hard enough time as it is and our needs should be better met.

→ If there were a similar situation again, what would you do?

We would certainly team up again and do it again.



TO LEARN MORE...



@LloretTeamPlay



@lloretteamplay



Press clippings



nallende@dtsgrup.es

MOU LES MANS

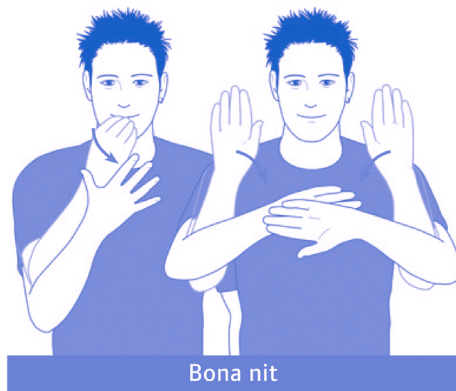
Educational video featuring coronavirus vocabulary in Catalan Sign Language (CSL)

Júlia is doing 3rd year lower secondary education and also studies Catalan Sign Language (CSL). She says that she is a great animal lover and enjoys learning and finding out about a wide range of little-known subjects.

Place: Vic

Type of initiative: Educational

Age: 14



She considers herself to be a very impatient, enquiring and stubborn person, especially in topics that she likes and are close to her such as sign language, discrimination and feminism.

→ How did you first get interested in CSL?

I can hear, but I became interested in this language when I met a deaf girl, Olivia, at a summer camp. Just seeing her, I needed to get closer and start learning her language in order to communicate. Olivia's mediators taught me a few things, and when I became more interested I looked for a more official course. I also learn a lot by signing with deaf people.

→ Why did you set up your @Mou_les_mans Instagram profile?

I started @mou_les_mans to publicise sign language so that everyone would know it was out there. It is important that people who can hear also appreciate and learn this language plus it is also an official language. I teach vocabulary and based on that people can start to get interested in it. A lot of young people are interested on Instagram, especially girls my age or a little older. I should say that whenever I make long videos or sign a song, I always ask a deaf person for advice and approval. I want to be as careful and respectful to the deaf community as possible. I am not a teacher and I do not teach sign language, just vocabulary to raise its profile and point out it can be studied on official courses given by deaf people.

→ How do you think this has helped or contributed towards spreading CSL?

People don't know much about it and there is still a lot of prejudice. Sometimes I've been picked on for doing what I do and I'm very sorry about that, it's very sad. It's not all nice and easy, and we should all be much more committed to respecting and recognising CSL. I am disappointed that priority is given in schools to learning foreign languages and not this

one, which is official here in Catalonia. In some schools I see that it is taught, but there is still a lot of work to be done. I would like my school and all of them to give it much more recognition.

→ As for the video featuring coronavirus vocabulary which has so far been viewed more than 400 times, why did you decide to make it?

I make videos on a wide range of subjects (I also made one for Women's Day on 8 March). Before making and posting a video on a topic, I normally ask people if they would like me to do it because I want to share things that most people find interesting. Some people gave me the thumbs up for coronavirus and I thought it was very appropriate. In the end I signed "coronavirus", "facemask", "wash your hands", "hospital", "patient", "doctor" and "stay at home". I looked up the ones I didn't know on websites, I checked with deaf people and I learned them from the news that is signed on TV.

→ Do you follow any IG profiles of deaf organisations and/or young people? Which would you recommend?

I really like the profiles @Aimada.lsc and @Somnisenlsc which are run by deaf people.

→ What has been most rewarding about this initiative?

I love doing it, it is very fulfilling. It's especially great when people tell you that they like your videos, or you suggest an activity for Instagram and people get involved (like one day I suggested that we all make a little introductory video and lots of people joined in).

→ What do you think is the image of young people in lockdown and lifting lockdown?

What many people think is that young people are irresponsible (that we have gone out whenever we wanted without any consideration and with whoever we wanted, etc.), or that when we are at home we do nothing, all day long on our mobile phones. Well, there will be all sorts of things. We should not generalise; some of us also have dreams, we help out and we do lots of things. You can't say "teenagers are like that, end of story".



TO LEARN MORE...



@mou_les_mans + @revolusignes



Press clippings

EL POLVORÍ MUTUAL SUPPORT NETWORK

Neighbourhood and community support network

Led by: El Polvorí People's Centre. With the support of: Cáritas, Sea Scout and Guide Group, El Portal Residents Association (Barri Antic in Cambrils).

Place: Cambrils

Type of initiative: Care services

Age(s) of the young leaders: 16 to 30



**40 young volunteers joined in.
450 food parcels were put together.
4,500 surgical masks were made
and distributed. 200 protective
screens were made and distributed.**

→ What is the El Polvorí Mutual Support Network? What did it consist of? Inception, actions and main partnerships:

The El Polvorí Mutual Support Network emerged as a neighbourhood and community support network, mainly led by young people from the El Polvorí People's Centre along with others who aren't members of it.

The first activities consisted of:

I. Communicating and coordinating with organisations such as Cáritas to identify the first needs to be met, as well as contacting and building a network with other local organisations.

II. Calling on people to set up a wide-ranging volunteer structure.

III. Reaching out to the local council to assess coordination and referral of serious cases.

The challenges the Network had to address included:

I. The impossibility of meeting face-to-face and having to use digital tools to discuss and make decisions.

II. Providing support in a safe way for everyone.

III. Coping with the uncertainty and numerous needs which were identified and changed over the weeks.

The Network's most outstanding actions:

I. Distributing protective equipment to three nursing homes and the hospital in Cambrils.

II. Distributing medical supplies (children's masks, surgical masks and scrubs) to Cambrils health centres in partnership with Coworking Solidari.

III. Hotline to identify specific needs and refer them to the relevant services.

IV. Home assistance service, mainly buying and delivering food and pharmaceutical products.

V. Home distribution of meal cards to families with children at risk of social exclusion.

VI. Working with Cáritas and civil protection on specific services.

The Network carried out most of its services and measures between March and May.

→ What has the El Polvorí Mutual Support Network achieved? Some facts and figures...

40 young volunteers joined in. 450 food parcels (approx.) were put together. 4,500 surgical masks (approx.) were made and distributed. 200 protective screens (approx.) were made and distributed.

→ Current status of the initiative and future prospects:

The Network is at present engaged in specific activities with Cáritas mainly concerning preparing food parcels.

The People's Centre is keeping up its usual programme of activities (talks, events, etc.) and is in the process of reviewing and redirecting the Network.

**AS TOLD BY...
NEUS DOMÈNECH,
MEMBER OF THE EL
POLVORÍ MUTUAL
SUPPORT NETWORK
(AGED 22)**

→ What was lockdown like for you?

Most of the young people from Cambrils studied outside the town (in Barcelona, the Basque Country, etc.) and suddenly we found ourselves in Cambrils. We weren't ready, we thought it would only be a couple of weeks and then everything started to drag on...

→ What was the most challenging part of your initiative?

Organising what we wanted to do, plus doing it by video calls. Setting criteria for tasks and things we had to

do and things we didn't, referrals, how to coordinate requests, etc. Setting these limits was what we found difficult.

→ And the best part?

The Network's greatest asset has been the enormous capacity of young volunteers in Cambrils. Young people have given everything, and if it happened again, we would do it again. There were also some adult volunteers and the coordination between all of us was outstanding. As young people we had more time and we were on the switchboard more. Some of the adult volunteers had a car and could deliver the stuff... In fact, everyone chipped in with what they had.

On a personal level, I would say the best thing for me was the friendship I struck up with an older woman who lives alone and is in her 80s. A very lovely bond was forged, we only said hello to each other from the balcony and called each other on the phone. Every Wednesday we talked and every Thursday we saw each other. We said that we would meet in person one of these days to have a bite to eat when we can.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

We have not had any incidents involving the health measures in Cambrils. It is very easy to blame young people for the flare-ups, but nobody says anything, for example, about the responsibility of businesses.

→ If there were a similar situation again, what would you do?

We would start up again as a network, we are ready. Now we have all the contacts, the people, the channels, the partnerships... the network is already in place.



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Press clippings



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"KNOW WHAT TO STUDY YET?" SERIES

Online version of the Salt Student Forum

Led by: Salt Student Forum. With the support of: young students in Salt, secondary school teachers and Salt Town Council.

Place: Salt

Type of initiative: Educational

Age(s) of the young leaders: 17 to 22



Its purpose is to guide, share experiences and inform young people with the aim of encouraging them to continue studying and to do a university degree or higher qualification.

→ What is the Salt Student Forum? What does it consist of? Inception, actions and main partnerships:

The Salt Student Forum is an educational and social project for students (lower and upper secondary, intermediate and advanced vocational training and at university), graduates and teachers. It guides, shares experiences and informs young people to encourage them to stay in school and do a university degree or higher qualification. It has various partnerships and volunteers and runs meetings, workshops, custom coaching and other initiatives.

The Forum's objectives are to:

- I. Provide academic guidance and information about topics such as mobility, exchanges and the Erasmus scheme.
- II. Encourage young people at high school to continue studying.
- III. Raise the profile of Salt students doing post-compulsory education.
- VI. Help out as university and higher education students.

The Forum began in 2017 at the suggestion of high school teacher Xavier Serra. A student and teacher network was built and the first Meeting held in conjunction with the town council.

The Meetings are yearly events organised by a team of young students (Management Team), teachers and municipal institutions. They have a full morning plenary session together with panel discussions (featuring presentations by experts in educational and social issues) and working groups in knowledge areas. Students register for one of the working groups based on the knowledge area which interests them (health sciences, audiovisuals and the arts, economics and business, education and psychology, etc.). In each session, a young person studying in the area is a guide in a "young person teaches young people" approach: topics include the content of subjects taught at university or in intermediate and advanced vocational

training, options for doing an Erasmus exchange and what the main job opportunities are.

The Meetings are held in the pre-registration period (March–April). In 2020, the event was scheduled to take place in March in a face-to-face format but had to be turned into an online version from 18–22 May ("Know what to study yet?"). The Meeting was held in the spring to guide and advise Salt students choosing their learning options at that time. Eight thematic sessions were run over four days and a new feature was an open guidance session entitled "I have no idea or I'm baffled" for students undecided about their thematic interests. All the sessions are available on the [Forum's YouTube channel](#).

→ What has the Salt Student Forum achieved? Some facts and figures...

- I. The face-to-face meetings (2017–2019) were attended by between 100 and 200 secondary school students each year.
- II. About 50 young people took part in the online edition (six participants per session on average).
- III. Between 15 and 20 views of each session on YouTube.

The Salt Student Forum has achieved extensive media coverage in numerous articles and news stories plus qualitative impact in raising the profile of Salt students ([press clippings here](#)).

→ Current status of the initiative and future prospects:

The Salt Student Forum is to continue its annual meetings in the coming years while also running other initiatives:

- I. A Forum working committee will drive a mentoring project in partnership with Girona University.
- II. Autumn training workshops will be held for the young women on the Forum's management team about their topics of interest (how to draft a project, emotional management in times of crisis, etc.).

III. Setting up a network of Salt students who will be involved in actions throughout the year.

AS TOLD BY... YOUNG MEMBERS OF THE MANAGEMENT TEAM

Amina Aissati (medical student, aged 22), Marcos Olivera (architecture student, aged 22), David Barris (history graduate, aged 23) and Irene Fabrellas (law graduate, aged 24)

→ What was lockdown like for you?

We were looking forward to holding the Forum as a face-to-face event on the very weekend we went into lockdown. We were a bit angry and disappointed that we couldn't do it as planned, yet we changed our minds pretty quickly. The open days and the ExpoJove in Girona were also cancelled... but after some hesitation, we decided to go ahead with it.

→ What was the most challenging part of your initiative?

We were concerned there might not be as many attendees, but it turned out fine.

→ And the best part?

Many young people who came to the Forum events to get their bearings have finished the first year of their degree and in turn they guide the younger students. There were lots of people at the last face-to-face sessions. The best sign is when someone tells you "I didn't know whether go on studying, but after being here with you, I've done it". Salt has always been seen as a minor player. It's a complex town with many facets, but also very culturally active: its theatre, the ComaCros cultural factory (home to the Open University of Catalonia site), libraries, sports centre, etc. And it also has lots of training options: courses in its high schools, ERAM (school of official degrees in Audiovisuals and Multimedia and Performing Arts) and the University School of Health and Sport (EUSES-Salt). Living in Salt, you also get caught up in the stereotype. Everyone is surprised when we say we're from Salt and reading for a degree. So the network makes sense; getting to know

each other better, building a sense of community. The Forum has shown us Salt's value. The town has one of the highest numbers of young people in the region and we present a positive view outwardly but especially "inwardly": many young people are studying and we need to help them believe they can do it. Don't let the stigma affect us, don't make it a reality.

And the best thing about this online Forum has been the chance to attend or watch several knowledge area sessions (in the face-to-face format they are on at the same time, and you have to choose just one). Plus for the first time we've scheduled a video meeting for young people who aren't sure what to study to guide them towards one or another knowledge area.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

Now some people are being criminalised, now others. It's been proven that upsurges don't hinge on one group. It's sad because many young people have vulnerable relatives or are at risk (e.g. due to lung problems) and people don't see this. They look for culprits, but it's not real. Adults do the same things as young people. There's a tendency to blame the people who are least able to defend themselves.

→ If there were a similar situation again, what would you do?

If we were to go back to a similar situation... there'd be a huge social impact on the neighbourhoods, families, on the economy, as is already happening. We'd run the Forum but we'd have to think very carefully about what young people need in that situation. If the recession means we can't afford to pay for our studies, youth unemployment rises... we'd have to support young people in their life projects by reaching beyond their studies. We'd have to rethink everything.



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Press clippings



Forum Estudiantes



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"CONFINACÓMIC: HOW YOUNG PEOPLE EXPERIENCE LOCKDOWN"

Online exhibition by
Wesam Azahari

Led by: Espai 12@16 and Tarda Jove Poble-Sec
(Barcelona City Council). With the support of: Albareda
cultural centre.

Place: Poble Sec (Barcelona)

Type of initiative: Artistic + Cultural

Age: 19



“I have loved drawing since I was a child and I always got an A in visual arts. I won a scholarship to study and as l’Espai 12@16 offered me a job as a workshop instructor, I was able to start paying for my education. I have always liked videogames and anime and that is what inspired me to get into drawing.”

→ What is Confinacòmic? What did it consist of? Inception, actions and main partnerships:

Confinacòmic is a virtual exhibition of comic strips created by Wesam Azahara as part of a project sponsored by Tarda Joven and l’Espai 12@16.

l’Espai 12@16 is a municipal facility for young people aged 12 to 16 sited in the Poble Sec neighbourhood in the Sants-Montjuïc district (Barcelona). l’Espai is designed to cater for the concerns and needs of young people in Poble Sec and the surrounding area. Likewise, the Tarda Jove al Poble-sec project is an educational leisure service scheduling activities for young people over 17 as a continuation of the 12@16 facility. It runs regular educational events and seeks to meet the demands of young people in these age groups. It additionally promotes and raises the profile of the young people who live in the neighbourhood and its cultural and social diversity. During the state of emergency, l’Espai and la Tarda were reformulated under the #Espai12a16esquedaaacasa and #Tardajoveesquedaaacasa campaigns to continue supporting the neighbourhood’s teenagers during the lockdown period. The activities, services and workshops which were operating on a daily basis were reconverted to maintain educational and emotional contact.

Wesam Azahara, the exhibition’s designer, is a young student at the Escola Joso (comic and visual arts centre), a former l’Espai user and an instructor in the el Tarda Jove audiovisual workshop. When lockdown began, he reworked his support at

the workshop, where he portrayed what happened in the sessions as a storyboard, into producing cartoons which with a touch of humour captured the experiences of many young people in the neighbourhood. Wesam was inspired by the experiences both of young people in l’Espai and la Tarda and also his friends. Each week he illustrated in ink four cartoons which dealt with topics such as boredom, being apart from your partner, not being able to do outdoor sports, the importance of virtual connections, etc.

The online exhibition [“Confinacòmic: how young people experience lockdown”](#) features 18 comic strips posted on a virtual medium with the help of the [Albareda cultural centre](#).

→ What has “Confinacòmic” achieved?

The exhibition has showcased some of the stories and experiences of young people in the neighbourhood and has been displayed in a number of locations, virtual platforms and facilities.

→ Current status of the initiative and future prospects:

The exhibition is still on display online and plans are underway to adapt it to a physical format in order to tour venues which ask to host it.

AS TOLD BY... WESAM AZAHARI (AGED 19)

→ What was lockdown like for you?

I have a lot of games at home and I had fun, plus also because I took advantage of the time to do things that I hadn't got around to: drawing more, training at home, doing crafts... I also painted a skateboard! The classes went online but in my case I couldn't do them as there was no Wi-Fi in my building for weeks. I got in touch with the school and told them I couldn't do the classes, but I managed to pass and next year I'm going to do 3rd year, so I'm very pleased.

→ What was the most challenging part of "Confinacòmic"?

Drawing with a dip pen is challenging, but the most difficult thing was to figure out how to tell the stories in four panels... I asked my friends a lot for inspiration.

→ And the best part?

The best thing for me is when you have the finished page: the time to rub out the pencil marks and see how it looks after a lot of effort (it took me about four or five hours to do each cartoon). Plus, also the support you get when you post it online. I used to post them in WhatsApp stories and lots of friends told me "that's cool, keep it up". I was congratulated and supported by many new friends, my brother, l'Espai and the young people from the workshop, the cultural centre and other youth centres in other neighbourhoods. The fact that it was online meant that people in places outside the neighbourhood could see the exhibition.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

They generalise about all young people. There are all sorts of young people, just as there are all sorts of adults. Prejudices are like that; there are also prejudices about migrants or about women or about many other things. My personal view is that people who have these prejudices always generalise and really have no idea what they are talking about.

→ If there were a similar situation again, what would you do?

I would watch series again, draw, do my own thing and continue training at home.



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Exposición virtual



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COMMUNITY SERVICES PROJECT

An initiative to provide care and support to vulnerable people and groups during the state of emergency

Led by: Cristinenca Youth Association. With the support of: Cristina d'Aro Town Council's Youth and Social Services Department and Cáritas.

Place: Santa Cristina d'Aro

Type of initiative: Care services

Age(s) of the young leaders: 19 to 29



20 young volunteers joined in. A total of 240 people have been supported. A total of 88 home services have been provided to 30 families.

→ What is the Community Services Project? What did it consist of? Inception, actions and main partnerships:

The Community Services Project was set up as an initiative to provide care and support to vulnerable people and groups during the state of emergency brought about by Covid-19. The idea came from Santa Cristina d'Aro Town Council based on the example of the Baix Empordà Solidarity Network. It was suggested to the Crisinenca Youth Association (a very active youth organisation in the town) which thought it was really needed and it was up and running within a few days. The first steps were to find volunteers and publicise the project (by making posters and a [video](#))

A number of services were provided during lockdown:

I. Shopping for and home delivery of essential items (food, pharmacy, vet, etc.).

II. Partnership with the Solidarity Women Dressmakers: the youth association bought the fabrics, the Women Dressmakers made the facemasks and the association distributed them (specific ones for adolescents and young people were also designed).

III. Helping the food bank to arrange food parcels.

IV. Educational support service: online learning support and weekly distribution of hardcopy homework kits to the homes of the school's students.

V. Distributing information letters for pre-registration at the day nursery.

VI. Follow-up by phone and referral to social services for psychological care of people in need.

VII. Scheduling events for St George's Day from home.

VIII. Donating blood.

→ What has the Community Services Project achieved?

20 young volunteers joined in. A total of 240 people have been supported (approx.). A total of 88 home services have been provided to 30 families (approx.). School information letters have been sent to 80 families. 20 homework kits have been distributed. 50 facemasks have been made and distributed for young people.

→ Current status of the initiative and future prospects:

At present, few requests are coming in and most are referred to the town council and social services. The distribution of facemasks is continuing and they have resumed the association's regular activities. Although many of the young volunteers work in the tourism industry during the summer season, they are ready to restart the support services if needed.

AS TOLD BY... ROSA VEGA (AGED 25) AND LAIA ALARCÓN (AGED 26), MEMBERS OF THE CRISTINENCA YOUTH ASSOCIATION

→ What was lockdown like for you?

The start was challenging. We couldn't believe it and we didn't know whether it would be two weeks of lockdown, one month, two or whatever... When we put the support services in place, it also scared us. Many of us had people at risk at home but at the same time we knew that many people needed help.

→ What was the most challenging part of your initiative?

Being with all the old people who were having a bad time and were sad. You talked for a while, with the PPE on, and it was very hard. We bonded so that we were always with the same person, and sometimes we were the only contact they had for a long time. Those situations were very tough.

→ And the best part?

People's appreciation. They showed their gratitude in so many ways: sometimes they gave us cakes or free-range eggs! Others have also thanked us on social media by posting on Facebook or Twitter.

It was also very moving how we created rapport and solidarity with the people who were working in the supermarkets and the pharmacies. We encouraged each other; we felt that between us at least we were doing something. That's our takeaway.

→ What do you make of the stereotypical view there is sometimes about young people and the health emergency?

We think it is pretty unfair, because all the things that young people have done during all this time are not appreciated. We have gone shopping, moving around, exposing ourselves, doing what we could. Young people are very much on the street, so if someone doesn't respect the rules, it's much more obvious. But there are people of all ages who do not follow the rules.

→ If there were a similar situation again, what would you do?

All the young people who signed up to do things are telling us that if we have to go back, they will be there and they will be eager to do it. We would put the services back in place.

AJUDEM-NOS / CIUEM-NOS / CONSTRUÏM COMUNITAT
L'ASSOCIACIÓ JUVENIL CRISTINENCA
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