

# CRESTART - CReative rESilienT leARning communiTies meeting COVID challenges

## **CREATIVITY DEVELOPMENT TOOLBOX**

a collection of good practices  
relevant in event of a crisis such as COVID

2023



Funded by  
the European Union



Danger, contagion, crisis, stress, collapse, pandemic, death, unemployment, lockdown, restriction, social exclusion, pandemic - COVID!

In this evidently hopeless situation, citizens, civic groups, non-governmental organisations, institutions, administration and local communities, single-handed or together, began to organise themselves to give an adequate response to the Covid pandemic.

In the current Creativity Development Toolbox - part of the project CRESTART, financed by Erasmus + Programme - we have collected 40 good practices from the 4 countries participating in the CRESTART project - Bulgaria, Cyprus, Hungary and Netherlands. They demonstrate different models, approaches, tools and activities by which people in our countries responded to social isolation, tried to reduce the level of stress for themselves, their friends and their communities, thought of children who found themselves locked at home without friends, school and normal physical activities, did not allow someone to be left without help, showed levels of empathy that we had not seen at this height and scale.

These good practices show the strength of the human spirit and willingness to help in crisis situations.

Our Creativity Toolbox's goal is to inspire citizens, activists, organisations and institutions; to show clearly that even the small steps can have great impact, that there is always a way out - it is enough to look around, to find supporters, to decide to act, to create a social change.





Project number: 2021-1-HU01-KA220-ADU-000027016

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Funded by  
the European Union**



**Funded by  
the European Union**



## Table of contents

We can do it together - Lovech .....	6
Raising funds for the urgent needs of the elderly in villages .....	12
Tell me a fairytale .....	14
Virtual exhibition "Favourite shots from unforgettable trips" .....	16
Children's theatre workshop .....	18
Exhibition "Gifts in My Garden" .....	20
Online Chitalishte "Saglasie 1869" - Pleven .....	22
Stay at home with Sofia Philharmonic .....	25
Historical Museum - Balchik is vibrant in Internet .....	27
7 Arts platform - Art Under One Roof .....	30
Volunteers for the support of vulnerable groups during the pandemic.....	32
REACTION Youth for the Prevention-Support CY .....	34
Online action «Fill the Museum with your Voice» .....	36
Theatre Refuge-Wednesday Workshops.....	38
New Space .....	40
Poor Theatre in the absence of natural presence.....	42
Thank you for the Music.....	44
Short Music Stories.....	46
Music in the COVID era .....	48
I stay at Home – I stay with Art .....	50
Érd-parkvárosi Baptist Church solutions during the COVID and the Ukrainian refugees' crisis .....	52
Civil bidding Érd.....	55
The Tree of Life Group Association .....	57
Feed - What if change started with food...? .....	59
Literature club on the corridor by the Friends of the Elderly .....	65
IRKA - A club for literature lovers.....	67
Around Érd .....	72
Open Door - Community, Constructive Opinion Room. A niche interface for the challenges of our environment.....	75
Charity New Year's Run - online .....	77
Poem just for you - the artists of the Örkény Theatre recite poems over the phone .....	79
FOUNDATION NICE GREEN.....	82
Golden Days Foundation .....	85





Art in Isolation organised by a collaboration of artists and volunteer organisations.....	89
THE LIGHTS TOUR .....	92
B. Music - Music among the books .....	95
Older people and students are often a good combination.....	98
Eat Me Foundation.....	101
Neighbourhoodquiz.....	104
Creative Art Project .....	106
Banner action - travelling diary .....	109
Further information:.....	112



## GOOD PRACTICE BULGARIA 1

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>We can do it together - Lovech</b>
Good practice name in native language	Ще се справим заедно - Ловеч
Place and country	Lovech district, Bulgaria
Type of activity (indoors, outdoors, online, offline)	Indoors, outdoors, online and offline
Target group	Vulnerable groups – old and/or poor people, Roma communities, people with disabilities/chronic diseases, people who live in remote areas
Period of implementation	Start March 2019 - ongoing
Background information /Reasons to be initiated	<p>As many other countries, Bulgaria was badly injured by the coronavirus pandemic with all negative and frightening consequences it brought to Bulgarians.</p> <p>On March 13 2020 the Bulgarian National Assembly declared a State of Emergency that limited free movement and introduced many other temporary restrictions to all citizens on the Bulgarian territory. A “Sanitary Emergency” has been declared to ensure the gradual transition to normality, easing the restrictive measures imposed earlier in the process.</p> <p>The measures were introduced by Order of the Minister of Health as of 20 March 2020 and included as following:</p> <ul style="list-style-type: none"> <li>- ban on public parks visits as well as indoor and outdoor sports and playgrounds;</li> <li>- gendarmery checkpoints at the entrances of the 28 district towns;</li> <li>- ban on visits to grocery stores and pharmacies for everyone under the age of 60 between the time-frame 8:30–10:30 (only elderly persons were allowed such during this interval)</li> </ul>

- classes in all schools were suspended, same as children's visits to kindergartens and nurseries. Distance learning has been installed.
- temporary traffic restrictions have been introduced. The measure was imposed from April 17 to April 21, 2020 covering the Easter holidays.
- health mediators of the Roma community were a very important part in this process, providing constant information on the situation and assistance (frequently going out from the health area) to Roma people.

The shutdown affected state, municipal, private, non-governmental organisations, business as well as freelancers.

The pandemic affected the cultural life in Bulgaria. All activities related to cinemas, theatres, public libraries, museums, galleries, community centres, ect. public places used for various cultural and social gatherings were closed. Later on, some cultural institutions were re-opened but operating in limited capacity of up to 30 - 50% visitors. The situation in the countryside was even worse.

Older people, persons with disabilities and Roma, identified as particularly vulnerable groups, were mostly affected by the limitations of the pandemic period, especially in its beginning.

The pandemic had a particularly strong impact on the economic life and activity in the depopulated areas of Bulgaria, part of which is Lovech. As result of the strict anti-epidemic measures, a huge part of the people remained unemployed; other smaller group stayed at their jobs but with reduced working hours and salaries, many were forcibly placed on leave (paid and unpaid), others stayed to work, but worked from home; another group continued to work despite the direct danger of the virus. Many people closed their own or family businesses.

In this disastrous situation, a local NGO – Civil Initiative Association - Lovech created a Facebook group in support of the local community in Lovech district. The main idea behind this group was to search solutions to problems arising as a result of the State of Emergency. Apart from the standard difficulties caused by the disease, all kinds of logistical problems related to the supply of medicines and foods were in focus.

The Association built a volunteers' network for the delivery of food, medicines and essential products to people's homes.

The activities have been implemented jointly and with the support of the Municipality of Lovech.

	<p>After the acute and serious part of the covid pandemic has passed, the Initiative <i>We Can Do It Together – Lovech</i> continued to be active and to find solutions of different needs of the local community as well as other groups in need:</p> <ul style="list-style-type: none"> <li>- Many Ukrainian refugees have entered Bulgaria, who are at risk of being left on the streets. More people are constantly arriving. Many of them are women and children and do not have the financial means to pay for accommodation and maintenance. <i>We Can Do It Together – Lovech</i> has been working together with Lovech municipality in order to ensure that every refugee will find protection and good living conditions in the municipality.</li> <li>- People from vulnerable groups continue to need support for particular needs and receive such on an ongoing basis.</li> <li>- Different institutions, hospitals, etc. find support to initiate fundraising campaigns for necessary equipment, etc.</li> </ul>
<p><b>Objectives</b></p>	<p>The main objective is to mobilise all human, institutional and in some extent financial resources so that in every town, village, neighbourhood and in our village:</p> <ul style="list-style-type: none"> <li>- people in need are supported as adequately as possible in a situation of crisis;</li> <li>- the elderly, people with difficulties and disabilities have access to food and medicines;</li> <li>- children are protected;</li> <li>- homeless people, people from vulnerable groups and poor ones receive help;</li> <li>- colleagues who help and are on spot working activities are protected;</li> <li>- people are more informed how to protect themselves</li> </ul>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>- Opening of hotline to the "Center for Public Support" and "Center for Social Rehabilitation and Integration" for signals from people from risk/vulnerable groups in the beginning of the lockdown in March 2020;</li> <li>- Launched a fundraising campaign for the purchase of medical equipment, equipment and consumables for the Hospital for Active Treatment – Lovech</li> </ul>



	<ul style="list-style-type: none"> <li>- Coordinated actions between state and local administration and civil society for prompt reply of urgent needs in the district.</li> <li>- Establishing a volunteers' network for providing assistance to people from vulnerable groups, people in remote areas, refugees, etc.</li> </ul>
<p><b>What tools and methods have you used to implement the activities?</b></p>	<ul style="list-style-type: none"> <li>- Hotline</li> <li>- Developed requirements for volunteers (as not everyone can work and enter homes of people from vulnerable groups, especially elderly people)</li> <li>- Recruiting methods</li> <li>- Facebook</li> <li>- Emails</li> <li>- Meetings</li> <li>- Virtual</li> <li>- Websites</li> <li>- Ongoing situational analyses</li> <li>- Ongoing monitoring</li> <li>- Fundraising campaigns</li> <li>- Development of a Action Protocol outlining some basic specific procedures to be followed</li> <li>- Networking: a. volunteers; b. partners and experts</li> <li>- Development of databases – target groups representatives; volunteers; external expertise and supporters; possible donors, etc.</li> </ul>
<p><b>Results</b></p>	<p>Established volunteers' network</p> <p>More than 2000 people supported in the initial first months of Covid pandemic;</p> <p>Successful fundraising campaigns – purchased medical equipment, laboratory equipment and consumables for the hospital;</p> <p>Established great working relation with the Lovech municipal administration that has continued to give fruitful results after the end of the pandemic;</p> <p>The Association is recognized as trustworthy among the local people and they continue to ask for help and support knowing they will receive the most adequate decision for their problems;</p> <p>The Association has well developed and working networking of volunteers, partners and experts and multisectoral network</p>

	<p>Databases of target groups representatives; volunteers; external expertise and supporters; possible donors, etc.</p> <p>Established sustainable multisectoral partnership that continues working on other different problems – Ukrainian refugees, etc.</p>
<p><b>Lessons learnt</b></p>	<p>In times of crisis, we can mobilise and do for our communities much more than we have ever thought before the crisis.</p> <p>People are ready to support and donate and they start looking for such options as much as they see the results of their volunteer work/donations.</p> <p>The local community in Lovech municipality can be united - when we initiated the fundraising campaign for medical equipment for our hospital no one could imagine that we will be able to buy what was needed but also other equipment and consumables.</p>
<p><b>To what extent the good practice is transferable to other place?</b></p>	<p>It can be easily transferred as long as there is motivated organisation/citizens group which is ready to carry out the whole process and coordinate the activities and different groups (staff, volunteers, partners, experts, donors, etc. and target groups from other side)</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>In a crisis, weak communities fall apart but wise ones unite, look and find successful solutions together!</p>
<p><b>Key words</b></p>	<p>Together, crisis, vulnerable groups, networking, volunteers, multisectoral partnership, fundraising, trustworthy</p>
<p><b>Source of information</b></p>	<p><a href="https://www.facebook.com/profile.php?id=100027880075199">https://www.facebook.com/profile.php?id=100027880075199</a></p>

Please, share photos describing your particular activities

ngabg.info/bg/?page=120460-случайно-случаен-добре-отсъжда.html

В търсене на „невидимите“ хора

Всичко и най-важно 14 мислители изследват новото място, открито след работата на терен, а не на бюро – какво и да се създават организационни програми и дейности, всички остават хора. Няма да могат да погледат в системата. И точно тук е мястото на съвременното „Градски мислители – Ловеч“. Те изследват и подкрепят хората в мисълта, до която не достигат организационната помощ на институциите. Това те водят до дотук!



Два смената работна група мислят работят на няколко направления. Буквално на втория ден отиват поред телефон за ежеседмично променливо болно място, които не могат да се поздравят седи, да си купят лекарства. Това означава да да създадем условия да не си отидем да изследваме мисли и мислители се възползват от тази поддръжка.

Спешно е и поред телефонна линия за предоставяне поддръжка. Преди от връзка с новата болница, защото основната част от общността, тези които работят на първи линия, са с един мисъл от това поддръжка.

Организационната помощ изследва каква е нуждата на ресторанти за помощта болница. В началото на проекта тази мисъл е само, както обществото споделят отговорност – хората, които са пострадали от катастрофи. Възможностите налагат и предоставяне на поддръжка. Министерството на здравеопазването осигурява част от поддръжката. Със създаването на тази линия, хората организационно споделят да не си отидем да изследваме мисли и мислители се възползват от тази поддръжка. Това е основната мисъл, която е основата на всички мисли. Това е основната мисъл, която е основата на всички мисли.

**Ще се справим заедно - Ловеч**  
Published by Весела Цанкова · April 2, 2020 ·

38 поръчки изпълнени! 7 дни в седмицата по 12 часа дежурство на телефона и приемане на поръчки! Често разговорите са най-малко 3-един да попитат, един за да се уверят, понякога един и от близките, за да прочуат "кой сме?" 😊, накрая 4-ти за да поръчат нужното и 5- за да благодарят, а понякога и 6-ти за да споделят нещо друго ❤️! По час на отиване, по час да връщане, когато е извън града по две пътувания до обяд, и две пътувания следобяд, забира се 😊! На аптеката по 40 минути, а може и по два часа, а като липсва едно от лекарствата, прескачаме до втора, и остана час за пазаруване! Така изглежда през нашите очи, това сме ние от ЦОП и ЦСРИ! Работим, грижим се 😊!

**Неда Желязкова**  
26.03 в 19:57 ч. ·

Протокол 21 от 26.03.2020 г. СРИ

оръчката е изпълнена от Елица Йикова гр.Плевен ❤️

**Неда Желязкова**  
27.03 в 20:38 ч. ·

Протокол 24 от 27.03.2020 г. ЦСРИ

Поръчката е изпълнена от Мария Иванова и Рая Тодорова ❤️

**Неда Желязкова**  
25.03 в 11:17 ч. ·

Протокол 13 от 25.03.2020 г. ЦОП

Поръчката е изпълнена от Деница Христова и Глория Георгиева ❤️

**Неда Желязкова**  
27.03 в 14:50 ч. ·

Протокол 23 от 27.03.2020 г. ЦСРИ

Поръчката е изпълнена от Елица Бейкова гр.Плевен ❤️

**Неда Желязкова**  
27.03 в 14:50 ч. ·

Протокол 26 от 30.03.2020 г. ЦСРИ

Поръчката е изпълнена от Рени Димитрова и Рая Тодорова ❤️

Manage Page

Ще се справим заедно - Ловеч

Professional dashboard

Insights

Ad Center

Create ads

Settings

More tools

Meta Business Suite

Promote

Ще се справим заедно - Ловеч

Add featured

Photos

See all photos

Ще се справим заедно - Ловеч

Published by Весела Цанкова · April 2, 2020 ·

38 поръчки изпълнени! 7 дни в седмицата по 12 часа дежурство на телефона и приемане на поръчки! Често разговорите са най-малко 3-един да попитат, един за да се уверят, понякога един и от близките, за да прочуат "кой сме?" 😊, накрая 4-ти за да поръчат нужното и 5- за да благодарят, а понякога и 6-ти за да споделят нещо друго ❤️! По час на отиване, по час да връщане, когато е извън града по две пътувания до обяд, и две пътувания следобяд, забира се 😊! На аптеката по 40 минути, а може и по два часа, а като липсва едно от лекарствата, прескачаме до втора, и остана час за пазаруване! Така изглежда през нашите очи, това сме ние от ЦОП и ЦСРИ! Работим, грижим се 😊!

34

Like

Comment

Share

Write a comment...

Ще се справим заедно - Ловеч

Published by Pavlina Petrova · March 30, 2020 ·

Скъпи съграждани и съмишленици,

Във връзка с отварянето на предстоящото кандидатство за държавна помощ за работодатели по схемата 60 на 40 обявяваме, че същият на фондация "Живо село" в рамките на инициативата "Ще се справим заедно - Ловеч" ще предостави доброволно безплатна консултантска помощ за мисли и малък бизнес.



Funded by the European Union

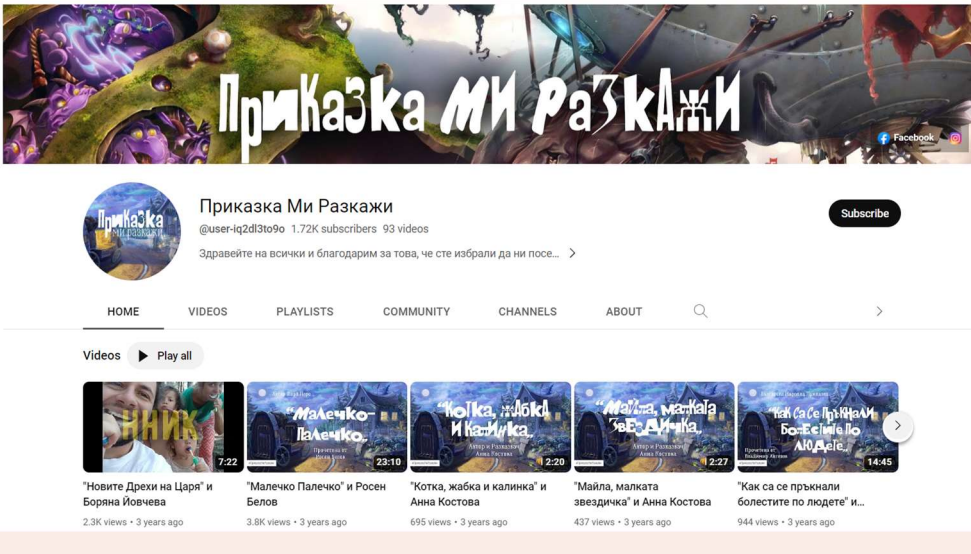
## GOOD PRACTICE BULGARIA 2

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Raising funds for the urgent needs of the elderly in villages</b>
<b>Good practice name in native language</b>	Да съберем средства за спешните нужди на възрастните хора в села
<b>Place and country</b>	Small villages, Bulgaria
<b>Type of activity (indoors, outdoors, online, offline)</b>	Online activities, indoor and outdoor ones
<b>Target group</b>	Elderly people
<b>Period of implementation</b>	beginning of Covid period
<b>Background information /Reasons to be initiated</b>	With the consent of previous donors, Ideas Factory Association has redirected the Baba Residence campaign towards the urgent needs of the elderly in the villages in relation to the current situation created by COVID isolation. The Ideas Factory team was in daily contact with their beloved elderly people from the villages where the Baba Residence had been taking place for the past 5 years. They tried to respond to their needs, which couldn't be met within their municipality during this period.
<b>Objectives</b>	Raising funds for the most urgent needs of elderly from small communities who faced difficulties to obtain products and/or medicines during a period of lockdown
<b>Activities</b>	Fundraising campaign, buying products and medicines and delivering them to the homes of the elderly
<b>What tools and methods have you used to implement the activities?</b>	Teamwork and discussions, choosing a trustworthy online fundraising platform, a team to buy the necessary products and deliver them, desire and lots of smiles

<p><b>Results</b></p>	<p>The following were purchased with the funds raised and delivered:</p> <ul style="list-style-type: none"> <li>- 640 pcs. nutritional supplements for elderly people in villages, consulted with doctors and pharmacists,</li> <li>- 840 pcs. glove boxes,</li> <li>- 450 litres of spiritus were sent to elderly people in 16 villages in 5 districts.</li> </ul>
<p><b>Lessons learnt</b></p>	<p>In the crisis created by Covid, many people are responding and willing to donate.</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>The good practice can be carried out in other places in other times of crisis without problems.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Kindness is a language that the deaf can hear and the blind can see! - Mark Twain</p>
<p><b>Key words</b></p>	<p>fundraising campaign, seniors, villages, delivering products in times of crisis</p>
<p><b>Source of information</b></p>	<p><a href="https://platformata.bg/bg/kauzi/651:3060-2020-02-19-10-01-09/details/campaign.html">https://platformata.bg/bg/kauzi/651:3060-2020-02-19-10-01-09/details/campaign.html</a></p>
<p><b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b></p>	 <p>Source: <a href="https://platformata.bg/bg/kauzi/651:3060-2020-02-19-10-01-09/details/campaign.html">https://platformata.bg/bg/kauzi/651:3060-2020-02-19-10-01-09/details/campaign.html</a></p>

**GOOD PRACTICE BULGARIA - 03**

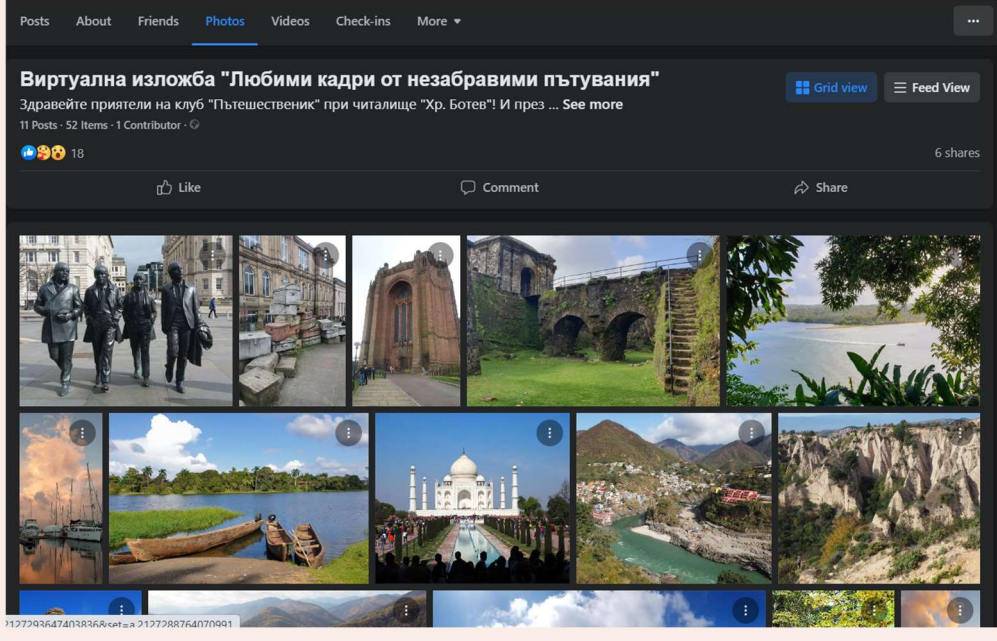
GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Tell me a fairytale</b>
<b>Good practice name in native language</b>	Приказка ми разкажи
<b>Place and country</b>	National, Bulgaria
<b>Type of activity (indoors, outdoors, online, offline)</b>	Onlain
<b>Target group</b>	Children who are isolated at home due to COVID restrictions
<b>Period of implementation</b>	Covid period
<b>Background information /Reasons to be initiated</b>	<p>"Tell me a story" is an initiative for the little heroes who have been staying at home for more than a week, jumping around their working parents and in many ways getting bored. Famous actors and book lovers from all over the country read fairy tales online. The idea was initiated by the actor Rosen Belov.</p> <p>According to him, it is good for people to smile more in the current times. He is convinced that this story with Covid will also end with a happy ending.</p> <p>Many other popular artists were involved in the initiative. The videos can be found in youtube under the name "Приказка ми разкажи".</p>
<b>Objectives</b>	The goal is to entertain little children with stories while they are at home, due to the isolation from Covid.
<b>Activities</b>	Videos of favourite children's fairy tales have been created on youtube by artists

<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>Art activities, approaches and instruments, recordings, youtube</p>
<p><b>Results</b></p>	<p>Over 90 fairytale videos have been created. Тхъ are freely available on youtube</p>
<p><b>Lessons learnt</b></p>	<p>These activities are a very clear answer that life has not stopped and continues.</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>The good practice can be easily transferred in other places in other times of crisis.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Kindness is a language that the deaf can hear and the blind can see! - Mark Twain</p>
<p><b>Key words</b></p>	<p>children, fairytales, artists, activities for children in times of crisis</p>
<p><b>Source of information</b></p>	<p><a href="https://www.youtube.com/watch?v=aDPYlhFWkhA">https://www.youtube.com/watch?v=aDPYlhFWkhA</a>  <a href="https://platformata.bg/bg/kauzi/651:3060-2020-02-19-10-01-09/details/campaign.html">https://platformata.bg/bg/kauzi/651:3060-2020-02-19-10-01-09/details/campaign.html</a></p>
<p><b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b></p>	

### GOOD PRACTICE BULGARIA 4


GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Virtual exhibition "Favourite shots from unforgettable trips"</b>
<b>Good practice name in native language</b>	Виртуална изложба "Любими кадри от незабравими пътувания"
<b>Place and country</b>	Bozhurishte, Bulgaria
<b>Type of activity (indoors, outdoors, online, offline)</b>	Onlain, Facebook
<b>Target group</b>	Local community in Bozhurishte and any other visitor from Bulgaria and abroad
<b>Period of implementation</b>	Covid period
<b>Background information /Reasons to be initiated</b>	Club "Traveler" at the People's Community Center "Hristo Botev – 1934" Bozhurishte organises virtual exhibitions "Favourite shots from unforgettable journeys". In this партиципалар еџампле, emotions are shared in over 50 stop-frames from incredible corners in Bulgaria, Asia, Europe, America and Africa .Interesting coincidence is the same shot from Liverpool by two different participants.FB page visitors are invited to browse and dream about next routes in a time when travel is possible again.Photos are listed alphabetically by author.
<b>Objectives</b>	To unite and entertain the local community in Bozhurishte, to create an occasion for discussion and to improve the good mood in Covid isolation
<b>Activities</b>	Creation of photo albums on the page of Chitalishte "Hristo Botev" in Bozhurishte
<b>What tools and methods have you used to implement the activities?</b>	Facebook, photos



<p><b>Results</b></p>	<p>Created virtual photo albums</p>
<p><b>Lessons learnt</b></p>	<p>n/a</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>The good practice can be easily transferred in other places in other times of crisis.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Smiles in times of crisis</p>
<p><b>Key words</b></p>	<p>local community, sharing</p>
<p><b>Source of information</b></p>	<p><a href="https://www.facebook.com/media/set/?set=a.2127288764070991&amp;type=3&amp;locale=bg_BG">https://www.facebook.com/media/set/?set=a.2127288764070991&amp;type=3&amp;locale=bg_BG</a></p>
<p><b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b></p>	

## GOOD PRACTICE BULGARIA 5

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Children's theatre workshop</b>
<b>Good practice name in native language</b>	Детска театрална занималня
<b>Place and country</b>	Varna, Bulgaria
<b>Type of activity (indoors, outdoors, online, offline)</b>	Onlain, Facebook
<b>Target group</b>	children from Varna, Bulgaria and abroad
<b>Period of implementation</b>	During Covid isolation periods
<b>Background information /Reasons to be initiated</b>	<p>Immediately after the declaration of a state of emergency in Bulgaria, in order to help parents and children, the State Puppet Theater in Varna took the initiative to conduct various online activities for children, among which is the Children's Theater Workshop.</p> <p>The Varna Puppet Theatre, like all other theatres, had to close due to the cases of coronavirus in Bulgaria, but nevertheless it did not abandon its young spectators and every weekday at exactly 10 am and 3 pm the actors entertained and taught the children new and useful things in the cheerful "Children's Theater Workshop".</p> <p>The great interest in the activities of the Puppet Theater encouraged the actors to continue until the children had to remain confined at home due to the danger of contagion.</p>
<b>Objectives</b>	<p>To support parents and children in the difficult period of adaptation to the new conditions of working with children at home during the period of Covid isolation.</p> <p>To make the long stay at home for kids easier</p>
<b>Activities</b>	Creating online puppet shows

<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>FB, art theatre techniques, puppetry</p>
<p><b>Results</b></p>	<p>Streamed and available online puppet shows</p>
<p><b>Lessons learnt</b></p>	<p>"We have to see the positives of this situation we are in right now. Yes, it is very difficult to combine work, household duties, especially for us mothers, and childcare. But let's see the benefits! It's great the freedom we have now, we just have to get organised." - Evgenia Vasileva</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>The good practice can be easily transferred in other places in other times of crisis.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>The puppet theatre is a feast for the child's soul</p>
<p><b>Key words</b></p>	<p>puppetry, children, local community, sharing in times of crisis</p>
<p><b>Source of information</b></p>	<p><a href="https://www.facebook.com/watch/?v=2501073260142287">https://www.facebook.com/watch/?v=2501073260142287</a></p>
<p><b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b></p>	

## GOOD PRACTICE BULGARIA 6

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Exhibition "Gifts in My Garden"</b>
Good practice name in native language	Изложба "Даровете в моята градина"
Place and country	Brestovo Village, Lovech Municipality, България
Type of activity (indoors, outdoors, online, offline)	outdoor, online, Facebook
Target group	Local community and guests, visitors
Period of implementation	During Covid
Background information /Reasons to be initiated	2020 - the year of the global Covid 19 pandemic, is extremely severe and has serious consequences on the normal life of people. This difficult year has an adverse effect on the activity of community center activities. All events and rehearsals have been suspended, traditional, local and national folklore festivals, cultural and community activities have died down. In response to these challenges, the Community Center "Probuda 1909 Brestovo" began to organise outdoor exhibitions and meetings, among which was "Gifts in my garden"
Objectives	To unite the local community of Brestovo, to create an occasion for meetings and overcoming isolation in the current emergency situation.
Activities	<p>Organization of an exhibition - The gifts of nature, in which the people living in the village present various fruits and vegetables from their gardens.</p> <p>Symbolic awarding of the owners of the most fertile garden</p> <p>Organization of meetings and talks</p>
What tools and methods have you used to implement the activities?	Invitations, dissemination of information in a safe manner, organising an exhibition, organising an outdoor meeting, observing safety measures

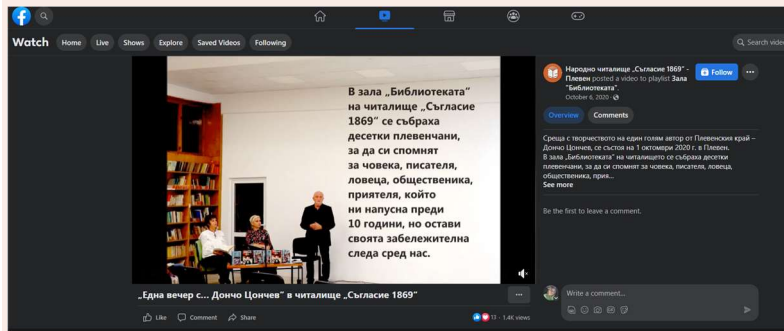
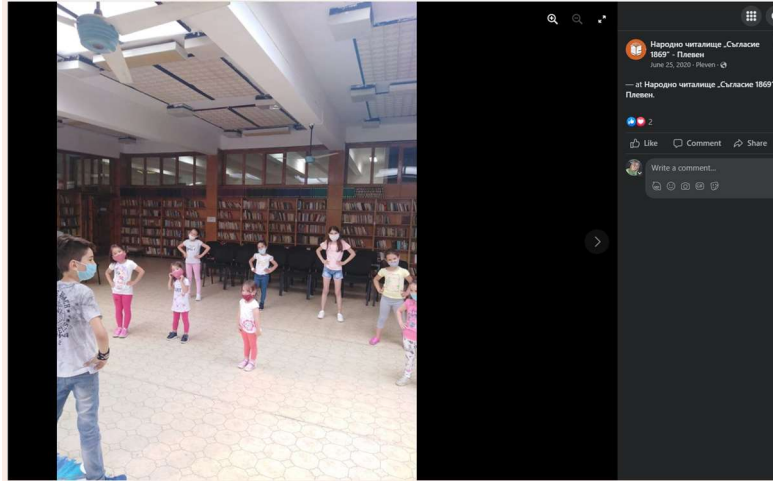
<b>Results</b>	Organised and held many outdoor activities including the presented exhibition, strengthening community ties, overcoming isolation
<b>Lessons learnt</b>	Small steps can have a big impact in times of crisis
<b>To what extent the good practice is transferable to other places?</b>	The good practice can be easily transferred in other places in other times of crisis.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	The community center in the village of Brestovo is an institution that proves its unifying function even during the Covid crisis
<b>Key words</b>	local community, outdoor activities, sharing during crisis
<b>Source of information</b>	<a href="https://www.facebook.com/100064902513328/videos/398240754471207?locale=bg_BG">https://www.facebook.com/100064902513328/videos/398240754471207?locale=bg_BG</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	

## GOOD PRACTICE BULGARIA 7


GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Online Chitalishte "Saglasie 1869" - Pleven</b>
<b>Good practice name in native language</b>	Онлайн Читалище "Съгласие 1869" - Плевен
<b>Place and country</b>	Pleven, Bulgaria
<b>Type of activity (indoors, outdoors, online, offline)</b>	Onlain, Internet and facebook
<b>Target group</b>	local community in Pleven, Bulgarian and people living abroad
<b>Period of implementation</b>	Covid period
<b>Background information /Reasons to be initiated</b>	<p>Despite the unfavourable conditions and restrictions imposed by the COVID crisis and the cessation of subsidies for the community centers, at the end of the year, the "Saglasie" Community Center can boast of substantial and rich activity during the crisis year of 2020. With enthusiasm and creativity, responding to the contemporary needs of our service users and keeping up with the dynamics of time, they managed to attract attention to their activities from various social groups of users not only from Pleven and the region but also from the entire country and beyond. Even when cultural institutions are closed, they continue to work online and provide various services through the Facebook page and the center's website.</p>
<b>Objectives</b>	<p>To create an opportunity for the Community Center to continue its online activities by providing various services through its Facebook page and website.</p> <p>To encourage the enthusiasm and creativity of the staff and respond to the contemporary needs of users of community center services in the 21st century.</p>

<b>Activities</b>	<p>Activation of the Community Center's activities through Facebook and the website</p> <p>Creation of new digital content</p> <p>Creation of new digital products</p>
<b>What tools and methods have you used to implement the activities?</b>	<p>Facebook, Internet, videos, electronically formatted photos</p>
<b>Results</b>	<p>Over 150 videos have been created in various categories, viewed between 300 and 15,600 times each. According to statistics, just in a month - from April 21 to May 18, 2020, the publications reached nearly 70,000 users, with engagements exceeding 30,000. The videos were viewed nearly 63,000 times during the same period. Some of our most popular posts have hundreds of shares, thousands of reactions, and have been viewed nearly 17,000 times.</p>
<b>Lessons learnt</b>	<p>With enthusiasm and creativity, keeping up with the times, hard work and perseverance, and last but not least, love for what you do, you can turn even the most difficult crisis into an opportunity.</p>
<b>To what extent the good practice is transferable to other places?</b>	<p>The good practice can be carried out in other places during times of crisis without any problems.</p>
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	<p>In life, 10% is what happens to us, and 90% is how we react to it. - Charles R. Swindoll</p>
<b>Key words</b>	<p>Online activities, creativity, local community, sharing during a crisis</p>
<b>Source of information</b>	<p><a href="https://saglasie1869pleven.com/wp-content/uploads/2022/04/saglasie-1869_pleven-2020.pdf">https://saglasie1869pleven.com/wp-content/uploads/2022/04/saglasie-1869_pleven-2020.pdf</a></p> <p><a href="https://www.facebook.com/saglasie1869/videos_by">https://www.facebook.com/saglasie1869/videos_by</a></p> <p><a href="https://www.facebook.com/media/set/?set=a.1423454174495027&amp;type=3">https://www.facebook.com/media/set/?set=a.1423454174495027&amp;type=3</a></p> <p><a href="https://www.facebook.com/watch/?v=333748871054265">https://www.facebook.com/watch/?v=333748871054265</a></p>

Please, share photos describing your particular activities that we can use on social media for publicizing the project!

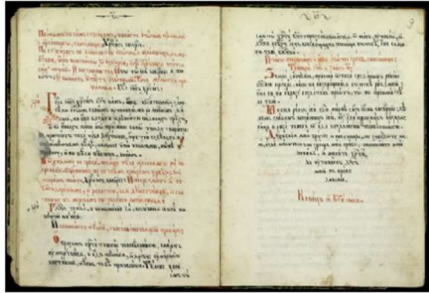


### Дигитална библиотека




Още с основаването на читалище „Съгласие 1869 г.“, в него е създадена първата и единствена до 1964 г. публична Библиотека в Плевен, фондът на която днес наброява над 220 000 тома. Семейни реликви, дарени от родолюбиви плевенчани, поставят началото на уникалната сбирка от старопечатна литература на библиотеката при читалище „Съгласие“. Днес фондът съдържа 1 133 библиотечни единици – основно книги, 18 ръкописи, 3 пергаментни листа, книги на чужди езици, издадени до 1928 г. На съвременната аура си известни общо около 1 800 старопечатни български издания: „Съкровище геометрии“ от Ф. Вурс, издадено през 1826 г. в Санкт Петербург е единственият запазен екземпляр в страната и се съхранява в тук.

#### Ръкописите в читалище „Съгласие 1869“




В старопечатната сбирка на библиотеката при читалище „Съгласие 1869“ се съхраняват 21

#### Школи




Школи, състави, групи


#### ДИГИТАЛНА БИБЛИОТЕКА



#### ОНЛАЙН ПО ВРЕМЕ НА ИЗВЪРЖНО ПОЛОЖЕНИЕ




#### В БИБЛИОТЕКАТА С КАКА АНИ





## GOOD PRACTICE BULGARIA 8

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Stay at home with Sofia Philharmonic</b>
<b>Good practice name in native language</b>	Останете си вкъщи със Софийската филхармония
<b>Place and country</b>	National level, Bulgaria and abroad
<b>Type of activity (indoors, outdoors, online, offline)</b>	online and Facebook
<b>Target group</b>	Citizens in Bulgaria and abroad, living in isolation due to measures restricting the spread of COVID
<b>Period of implementation</b>	beginning of Covid period and during lockdown
<b>Background information /Reasons to be initiated</b>	<p>Due to the decision of the Council of Ministers to ban all public events as a preventive measure against the spread of the COVID-19 coronavirus, concerts by the Sofia Philharmonic Orchestra and its chamber ensembles are being postponed. In order to support the audience and all their fans on the days of the announced concerts that cannot take place, the Sofia Philharmonic Orchestra has started broadcasting recordings of its concerts from previous seasons on its Facebook page. Additionally, some of the most interesting events from the last three seasons can be followed there, including recordings of the children's concerts from the "Fortissimo" program. The artists and management of the Sofia Philharmonic Orchestra have shown that the coronavirus cannot stop art and have found a way to communicate with their loyal audience even in empty halls.</p>
<b>Objectives</b>	<p>To bring the Philharmonic Hall online to the Facebook page.</p> <p>Artists demonstrate that the coronavirus will not stop art thus they found a way to communicate with their loyal audience even while the halls are empty.</p>

<b>Activities</b>	Broadcast on Facebook of recordings of concerts, events of the last three seasons and recordings of children's concerts from the "Fortissimo" program
<b>What tools and methods have you used to implement the activities?</b>	Concerts, recordings, Facebook, online broadcasting
<b>Results</b>	Created and used new models of communication between the artists and the audience  Supported audience
<b>Lessons learnt</b>	The love of music is more powerful than the crisis
<b>To what extent the good practice is transferable to other places?</b>	The good practice can be carried out in other places during times of crisis.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	If you can't go to music, the music will come to you
<b>Key words</b>	music, artists, online, Philharmony, sharing in crisis periods
<b>Source of information</b>	<a href="https://www.facebook.com/sofiaphilharmonic/videos/249066312946517">https://www.facebook.com/sofiaphilharmonic/videos/249066312946517</a>  <a href="https://www.facebook.com/watch/152726203373/2555289921379993/">https://www.facebook.com/watch/152726203373/2555289921379993/</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	

## GOOD PRACTICE BULGARIA 9

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Historical Museum - Balchik is vibrant in Internet</b>
<b>Good practice name in native language</b>	Оживяване на Исторически музей - Балчик в Интернет
<b>Place and country</b>	Bulgaria and abroad
<b>Type of activity (indoors, outdoors, online, offline)</b>	online
<b>Target group</b>	people in and outside Bulgaria, children, youth, adults
<b>Period of implementation</b>	beginning of lockdown and until now
<b>Background information /Reasons to be initiated</b>	<p>The pandemic of 2020 has proven to be a challenge for museums both worldwide and in our country. In the conditions of the COVID crisis, not only in Bulgaria but also on a global scale, preserving people's lives and health has become a priority for all institutions. Museums, including the Historical Museum - Balchik, close their doors to the public. This leads to a decrease in revenue, and directors and officials find themselves in different situations - having to make quick decisions to maintain the connection between the museum and the public. Despite the difficulties caused by the unprecedented crisis, the team of the Historical Museum - Balchik continues to serve the community by seeking and utilising new ways to provide access to culture and education.</p> <p>The situation necessitates a more active use of existing online resources and social media pages, as well as the addition of new content - virtual exhibitions, virtual tours of the Historical Museum, Art Gallery, Ethnographic House, and Mutual School through streaming platforms, online competitions, and educational materials for children.</p>

<b>Objectives</b>	Preserving and increasing interest in the Historical Museum - Balchik during the COVID-induced crisis situation
<b>Activities</b>	<p>Creating virtual exhibitions, virtual tours of the Historical Museum, Art Gallery, Ethnographic House, and Mutual School through streaming platforms, online competitions, and educational materials for children.</p> <p>Creating a new website for the museum.</p> <p>Launching a virtual section aimed at presenting the cultural heritage of the White City to the wider public.</p> <p>Creating a YouTube channel that allows the audience of the Historical Museum - Balchik to participate online. In addition to various films about museum objects, virtual tours and virtual exhibitions have been uploaded.</p>
<b>What tools and methods have you used to implement the activities?</b>	Virtual exhibitions, virtual tours, streaming platforms, online competitions, creation of educational materials, Internet, Facebook, YouTube, software.
<b>Results</b>	New approaches have been implemented to engage with museum activities.
<b>Lessons learnt</b>	n/a
<b>To what extent the good practice is transferable to other places?</b>	The good practice can be carried out in other places during times of crisis.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	We have witnessed how challenges can lead to qualitatively new perspectives for the development of museum work.
<b>Key words</b>	local community, museum sector, online, exhibitions, sharing during a crisis
<b>Source of information</b>	<p><a href="https://balchikmuseum.bg/">https://balchikmuseum.bg/</a></p> <p><a href="https://balchikmuseum.bg/wp-content/uploads/XVI-Национална-среща-Добри-практики-2022-Министерство-на-културата-1.pdf">https://balchikmuseum.bg/wp-content/uploads/XVI-Национална-среща-Добри-практики-2022-Министерство-на-културата-1.pdf</a></p> <p><a href="https://www.youtube.com/@user-hh9us4vf8t">https://www.youtube.com/@user-hh9us4vf8t</a></p>

Please, share photos describing your particular activities that we can use on social media for publicizing the project!



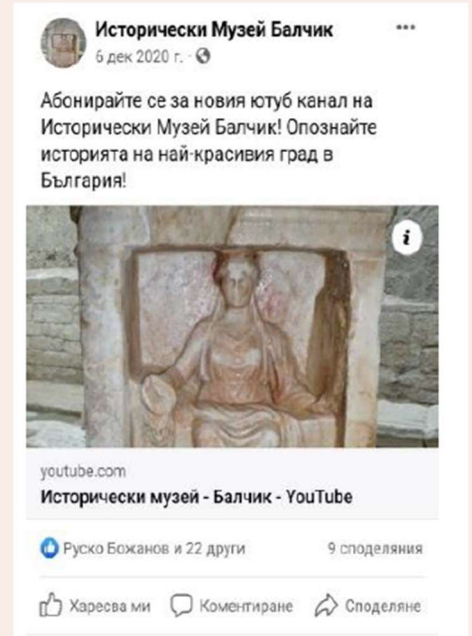
**Исторически Музей Балчик** · 8 дек 2020 г. · 🌐

Здравейте на всички, които обичате изкуството и българската история! В дните на пандемия, Исторически музей-Балчик реши, да създаде за Вас рубрика под надслов "Ценностите на град Балчик". В нея ще представим интересни предмети, артефакти и художествени про... Вижте още




281 · 24 коментара · 48 споделяния

Харесва ми · Коментирате · Споделяне



**Исторически Музей Балчик** · 6 дек 2020 г. · 🌐

Абонирайте се за новия ютуб канал на Исторически Музей Балчик! Опознайте историята на най-красивия град в България!



youtube.com  
**Исторически музей - Балчик - YouTube**

Руско Божанов и 22 други · 9 споделяния

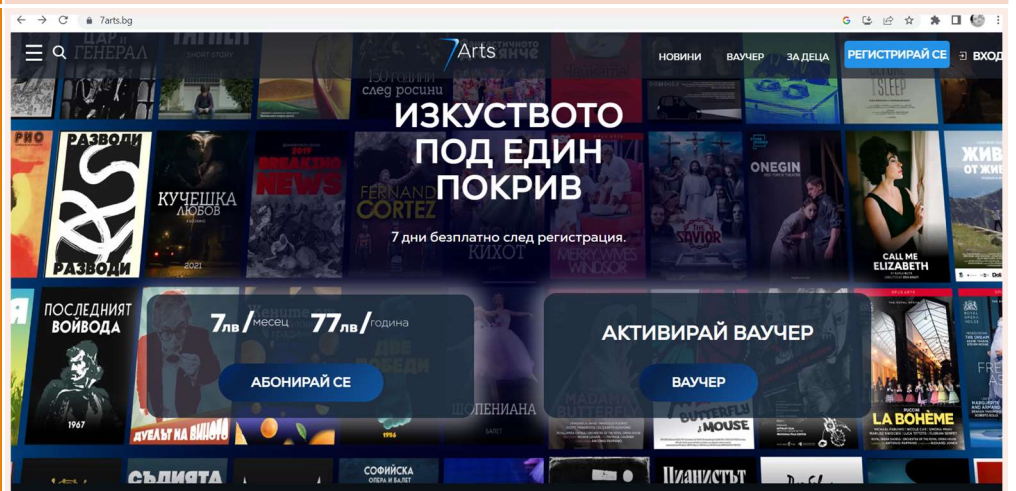
Харесва ми · Коментирате · Споделяне

## GOOD PRACTICE BULGARIA 10

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>7 Arts platform - Art Under One Roof</b>
Good practice name in native language	Платформа “7 Arts” - Изкуството под един покрив
Place and country	Bulgaria and worldwide
Type of activity (indoors, outdoors, online, offline)	Online
Target group	people in and outside Bulgaria, children, youth, adults
Period of implementation	summer of 2020 until now
Background information /Reasons to be initiated	<p>The events that took place during the months of the state of emergency due to COVID in Bulgaria have drawn attention to the possibilities offered by online engagement with art. The crisis and the limitations on personal presence have prompted a full utilisation of digital infrastructure, allowing Bulgarian theatre, opera, ballet, cinema, musical compositions, painting, and alternative art to reach diverse audiences in Bulgaria and around the world. The creation of the platform does not aim to replace the live contact between the audience and the art. 7 Arts will support and popularise art among a large audience.</p>
Objectives	To create a space that brings together some of the finest examples from film, theatre, opera, and ballet, cinema, musical compositions, painting, and alternative art.
Activities	Creating an online space where any viewer who desires can find online recordings from Bulgarian theatre, opera, ballet, film, musical compositions, visual arts, and alternative art. Maintaining and enriching the platform.

<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>Internet, software, database, teamwork</p>
<p><b>Results</b></p>	<p>Created a virtual platform showcasing Bulgarian art from various genres.</p>
<p><b>Lessons learnt</b></p>	<p>"Everything is happening on the Internet, but this trend is evolving in its full extent. This will deepen. We are facing a revolution between the Internet, technology, and art." - Adriana Petkova from the "7 Arts" platform.</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>The good practice can be carried out in other places during times of crisis.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Bulgarian art in one place, accessible to everyone.</p>
<p><b>Key words</b></p>	<p>Art, online, Bulgarian theatre, opera, ballet, cinema, musical works, painting, alternative art, children, youth, students, adults, accessible, worldwide.</p>
<p><b>Source of information</b></p>	<p><a href="https://7arts.bg/">https://7arts.bg/</a></p>


**Please, share photos describing your particular activities that we can use on social media for publicizing the project!**



### GOOD PRACTICE CYPRUS 1


GOOD PRACTICE	DESCRIPTION (EN)
Good Practice Name	<b>Volunteers for the support of vulnerable groups during the pandemic</b>
Good practice name in native language	Εθελοντές για την υποστήριξη ευπαθών ομάδων στη διάρκεια της πανδημίας
Place and country	Cyprus
Type of activity (indoors, outdoors, online, offline)	Voluntary activity, indoors and outdoors, online and offline
Target group	Vulnerable groups
Period of implementation	Immediately after the general lockdown in Cyprus, in March 2020
Background information /Reasons to be initiated	Mobilisation of volunteers during the lockdowns to contribute to the supply of food, food, medical supplies and support for vulnerable groups.
Objectives	The dynamic mobilisation of volunteers and their numerous actions were aimed at helping their fellow citizens to stay safe at home during the first months of the pandemic and while the country was in lockdown.
Activities	Volunteers were informed via a call centre which coordinated the actions as and when needed on a daily basis. Three volunteers managed the call centre, which operated 12 hours a day, seven days a week, thus ensuring that every need was met by answering all calls.
What tools and methods have you used to implement the activities?	Providing first aid services, visiting homes of vulnerable groups, making telephone calls
Results	Immediately after the general lockdown in Cyprus, in March 2020, the team managed in just a few days to mobilize around 1500 volunteers who took care of the safety of vulnerable groups. Within the next two months



	<p>from the start of the lockdown, they implemented about 8,000 actions, providing food, medical supplies, daily services and assistance to individuals and families in isolation.</p>
<p><b>Lessons learnt</b></p>	<p>We are becoming strong for our people.</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>To a great extent.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Power!</p>
<p><b>Key words</b></p>	<p>Lockdown, support groups</p>
<p><b>Source of information</b></p>	<p><a href="https://www.eesc.europa.eu/en/news-media/press-releases/h-protovoylia-ethelontes-gia-tin-ypostirixi-eypathon-omadon-sti-diarkeia-tis-pandimias-apo-tin-kypro-nikitis-toy">https://www.eesc.europa.eu/en/news-media/press-releases/h-protovoylia-ethelontes-gia-tin-ypostirixi-eypathon-omadon-sti-diarkeia-tis-pandimias-apo-tin-kypro-nikitis-toy</a></p>
<p><b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b></p>	 <p>The photograph shows a close-up of two hands. One hand, wearing a blue nitrile glove, is holding a white and green box of Rovictamra 162 mg/ml. The other hand, with red-painted nails, is reaching towards the box. The box is wrapped in clear plastic and has text in Greek, including 'Rovictamra 162 mg/ml' and 'επιχλωρο σαζαριθίλη με οξικλιζινολίνη'. The background is slightly blurred, showing an outdoor setting with a building and a blue sky.</p>

## GOOD PRACTICE CYPRUS 2

GOOD PRACTICE	DESCRIPTION (EN)
Good Practice Name	<b>REACTION Youth for the Prevention-Support CY</b>
Good practice name in native language	REACTION Youth for the Prevention-Support CY
Place and country	Cyprus
Type of activity (indoors, outdoors, online, offline)	Voluntary activity, outdoors
Target group	People in vulnerable groups
Period of implementation	2020 onwards
Background information /Reasons to be initiated	At the end of October, Cyprus has entered phase 2 of COVID-19. REACTION alongside #SupportCY has returned to provide its support with the provision of products and services to four vehicles to enhance the Ministry of Health's Ambulance Service fleet.
Objectives	Investing in information and medical equipment, providing digital services to children and psychological support to families and vulnerable groups.
Activities	Provision of products and services to four vehicles to enhance the Ministry of Health's Ambulance Service fleet
What tools and methods have you used to implement the activities?	Providing essential services to children and vulnerable groups.
Results	Investing in information and medical equipment, providing digital services to children and psychological support to families and vulnerable groups.

Lessons learnt	All is possible.
To what extent the good practice is transferable to other places?	To a great extent.
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	Invest in People
Key words	Lockdown, investing, supporting
Source of information	<a href="https://www.frotcom.com/kc/field-services/reaction-reduces-its-fuel-costs-28-while-fighting-covid-19-pandemic">https://www.frotcom.com/kc/field-services/reaction-reduces-its-fuel-costs-28-while-fighting-covid-19-pandemic</a>
Please, share photos describing your particular activities that we can use on social media for publicizing the project!	

### GOOD PRACTICE CYPRUS 3

GOOD PRACTICE	DESCRIPTION (EN)
Good Practice Name	<b>Online action «Fill the Museum with your Voice»</b>
Good practice name in native language	«Γέμισε το Μουσείο με τη Φωνή σου»
Place and country	Cyprus
Type of activity (indoors, outdoors, online, offline)	Online
Target group	Wider public
Period of implementation	18-28 May 2020
Background information /Reasons to be initiated	<p>In recent years, the Bank of Cyprus Cultural Foundation has been celebrating one of the most important holidays for the Bank of Cyprus every year on 18 May: the International Museum Day. The celebrations included specially created, inspired by the Museums of the Cultural Foundation, musical or musical theatrical performances by Cypriot artists, and were honored by the large participation of the public. In 2020, the Museums and exhibitions of the Cultural Centre, like Museums and exhibitions around the world, remained closed. And, de facto, Museum Day 2020 around the world was silent. But how could we celebrate our love of museums and the idea behind not just our museums, but every museum, in silence? It was impossible.</p> <p>So, on the occasion of the World Museum Day celebrations, the Bank of Cyprus Cultural Foundation in collaboration with the cultural organisation IDEOGRAMMA, in a year different from the others due to the pandemic with museums around the world closed, invited the world to take part in the online action "Fill the Museum with your Voice", which started on the 18th and lasted until the end of May 2020. The general public was invited to write a poem or prose text about one of the museum's objects and submit it by 28 May. Entries were received, on behalf of the organising committee, at</p>

	info@cultural.bankofcyprus.com, or by message on the Cultural Facebook page.
<b>Objectives</b>	Getting familiar with the role, the space and the objects (artefacts) of the museum.
<b>Activities</b>	Write a poem or prose text on one of the Museum's objects (artefacts) and send it by 28 May.
<b>What tools and methods have you used to implement the activities?</b>	Invitation via internet and press, email, FB
<b>Results</b>	Poems or prose text on one of the Museum's objects (artefacts)
<b>Lessons learnt</b>	<i>"When there is a will, there is a way"</i>
<b>To what extent the good practice is transferable to other places?</b>	To a great extent.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	For the Museum
<b>Key words</b>	Museum, museum artefacts, poem, prose.
<b>Source of information</b>	<a href="https://www.philenews.com/politismos/kypros/article/933488/to-moyseio-stin-epochi-tis-pandimias">https://www.philenews.com/politismos/kypros/article/933488/to-moyseio-stin-epochi-tis-pandimias</a> <a href="http://info@cultural.bankofcyprus.com">http://info@cultural.bankofcyprus.com</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	<a href="https://www.philenews.com/politismos/kypros/article/933488/to-moyseio-stin-epochi-tis-pandimias">https://www.philenews.com/politismos/kypros/article/933488/to-moyseio-stin-epochi-tis-pandimias</a>

### GOOD PRACTICE CYPRUS 4

GOOD PRACTICE	DESCRIPTION (EN)
<b>Good Practice Name</b>	<b>Theatre Refuge-Wednesday Workshops</b>
<b>Good practice name in native language</b>	Θεατρικό Καταφύγιο -Τα εργαστήρια της Τετάρτης
<b>Place and country</b>	Nicosia, Cyprus
<b>Type of activity (indoors, outdoors, online, offline)</b>	Voluntary activity, online
<b>Target group</b>	All citizens
<b>Period of implementation</b>	Since economic crisis of 2012
<b>Background information /Reasons to be initiated</b>	<p>The motivation behind the design of the actions is solidarity, mutual aid, support of as many groups from culture and theatre as possible. The people at the Theatrical Shelter share knowledge, experience, expertise and experience. Among other things, workshops, guided tours, educational programs, organised visits of schools or other groups are offered.</p> <p>It hosts actions with symbolic charges, to make them accessible to the public.</p>
<b>Objectives</b>	<p>The aim is, on the one hand, to strengthen and tighten the public's relationship with the theatre and, on the other hand, to give the opportunity to utilise the knowledge and experience of people who are professionally involved in theatre for the benefit of the wider public.</p>
<b>Activities</b>	<p>Among other things, workshops, guided tours, educational programmes, organised visits by schools or other groups are offered.</p>
<b>What tools and methods have you used to implement the activities?</b>	<p>Workshops, guided tours, educational programmes, organised visits by schools and/ or other groups.</p>



<b>Results</b>	Over the years, such a dynamic has developed that, for example, the Wednesday Workshops offered within the framework of the Refuge are considered to be one of the most successful institutions of the Theatre Development Department of the Agency.
<b>Lessons learnt</b>	Η τέχνη μπορεί να κάνει θαύματα
<b>To what extent the good practice is transferable to other places?</b>	To a great extent.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	Art Can!
<b>Key words</b>	Lockdown, support, theatre
<b>Source of information</b>	<a href="https://www.thoc.org.cy/el/theatredevelopment/theatreretreat">https://www.thoc.org.cy/el/theatredevelopment/theatreretreat</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	<a href="https://www.thoc.org.cy/el/theatredevelopment/theatreretreat">https://www.thoc.org.cy/el/theatredevelopment/theatreretreat</a>



### GOOD PRACTICE CYPRUS 5

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>New Space</b>
<b>Good practice name in native language</b>	Ο Νέος Χώρος
<b>Place and country</b>	Online, Nicosia, Cyprus
<b>Type of activity (indoors, outdoors, online, offline)</b>	Webcast of audiovisual performance
<b>Target group</b>	General audience
<b>Period of implementation</b>	During lockdown
<b>Background information /Reasons to be initiated</b>	The main axis is the new perception of Space after the pandemic. How is the pandemic recorded in relation to the change in the perception of Space? Is Space seen differently now, is it the same space, which space, how do we define it, how do we choose it, how is it imposed on us? The mental space.
<b>Objectives</b>	To see the space in different perspectives.
<b>Activities</b>	Webcast of audiovisual performance
<b>What tools and methods have you used to implement the activities?</b>	
<b>Results</b>	Webcast of audiovisual performance
<b>Lessons learnt</b>	The space has many faces.
<b>To what extent the good practice is transferable to other places?</b>	To a great extent.
<b>If you have to name this good practice and/or your experience with one</b>	Interesting!





<b>inspirational word or sentence what it'll be?</b>	
<b>Key words</b>	Space, theatre
<b>Source of information</b>	<a href="https://thoc.gravitycontrol.gr/downloads/3427_o_neos_horos.pdf">https://thoc.gravitycontrol.gr/downloads/3427_o_neos_horos.pdf</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	<a href="https://thoc.gravitycontrol.gr/downloads/3427_o_neos_horos.pdf">https://thoc.gravitycontrol.gr/downloads/3427_o_neos_horos.pdf</a>



## GOOD PRACTICE CYPRUS 6

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Poor Theatre in the absence of natural presence</b>
Good practice name in native language	Φτωχό Θέατρο στην απουσία φυσικής παρουσίας
Place and country	Cyprus, online
Type of activity (indoors, outdoors, online, offline)	Online
Target group	Wider public
Period of implementation	During COVID-19 lockdown
Background information /Reasons to be initiated	The poor theatre in the absence of face to face presence hosts ideas for theatrical projects that are mainly provided online, with the title as inspiration and giving freedom to the theatrical creation.
Objectives	The main aim is to provide opportunities to the public to get familiar with the theatre
Activities	Becoming familiar to the theatre activities
What tools and methods have you used to implement the activities?	Internet
Results	Becoming familiar with the theatre.
Lessons learnt	The Fantastic World of Theatre
To what extent the good practice is transferable to other places?	To a great extent
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	Fantastic



<b>Key words</b>	Theatre, theatrical activities.
<b>Source of information</b>	<a href="https://thoc.gravitycontrol.gr/downloads/3429_ftoho_theatro.pdf">https://thoc.gravitycontrol.gr/downloads/3429_ftoho_theatro.pdf</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	<a href="https://thoc.gravitycontrol.gr/downloads/3429_ftoho_theatro.pdf">https://thoc.gravitycontrol.gr/downloads/3429_ftoho_theatro.pdf</a>



## GOOD PRACTICE CYPRUS 7

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Thank you for the Music</b>
Good practice name in native language	Ευχαριστούμε για τη Μουσική
Place and country	Cyprus, online
Type of activity (indoors, outdoors, online, offline)	Online
Target group	Wider public
Period of implementation	During COVID-19 lockdown
Background information /Reasons to be initiated	Digital proposals from professionals aiming to promote the value of music in the theatre.
Objectives	Promoting the value of music in the context of theatre.
Activities	Digital activities on music and theatre
What tools and methods have you used to implement the activities?	Variety of music and theatrical instruments/ tools.
Results	Digital suggestions from professionals in promoting the value of music in the context of theatre.
Lessons learnt	Music and Theatre go together
To what extent the good practice is transferable to other places?	To a great extent.
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	Music and theatre go together.
Key words	Music, theatre, the value of music in theatre contexts



Project number: 2021-1-HU01-KA220-ADU-000027016

**Source of information**

[https://thoc.gravitycontrol.gr/downloads/3428\\_thank\\_you\\_for\\_the\\_music.pdf](https://thoc.gravitycontrol.gr/downloads/3428_thank_you_for_the_music.pdf)

**Please, share photos describing your particular activities that we can use on social media for publicizing the project!**

[https://thoc.gravitycontrol.gr/downloads/3428\\_thank\\_you\\_for\\_the\\_music.pdf](https://thoc.gravitycontrol.gr/downloads/3428_thank_you_for_the_music.pdf)



**Funded by  
the European Union**

## GOOD PRACTICE CYPRUS 8

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Short Music Stories</b>
Good practice name in native language	Μικρές Μουσικές Ιστορίες
Place and country	Cyprus, online
Type of activity (indoors, outdoors, online, offline)	Online
Target group	Wider public
Period of implementation	During COVID-19 lockdown
Background information /Reasons to be initiated	The activation and cooperation of creators in the difficult period of the pandemic, in a series of online music stories and short musicals
Objectives	Provide: <ul style="list-style-type: none"> <li>- an opportunity for creators to express themselves, even online, if the physical presence is prevented and it is not foreseen that there will be a free, and unrestricted assembly for 2021.</li> <li>- a step from the THOC (Theatrical Organisation of Cyprus) to more to more creators, showcasing their work under the umbrella of</li> <li>- public access, opportunity and a chance to interact with artistic creation and to watch short theatrical stories</li> </ul>
Activities	Mini-musicals
What tools and methods have you used to implement the activities?	Internet
Results	Mini-musicals
Lessons learnt	Music can make the world go ground.



<b>To what extent the good practice is transferable to other places?</b>	To a great extent
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	Musical Inspirations
<b>Key words</b>	Music stories
<b>Source of information</b>	<a href="https://thoc.gravitycontrol.gr/downloads/3430_mikres_mousikes_istories.pdf">https://thoc.gravitycontrol.gr/downloads/3430_mikres_mousikes_istories.pdf</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	<a href="https://thoc.gravitycontrol.gr/downloads/3430_mikres_mousikes_istories.pdf">https://thoc.gravitycontrol.gr/downloads/3430_mikres_mousikes_istories.pdf</a>



## GOOD PRACTICE CYPRUS 9

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Music in the COVID era</b>
Good practice name in native language	Μουσική την εποχή της πανδημίας
Place and country	Nicosia, Cyprus
Type of activity (indoors, outdoors, online, offline)	Online
Target group	Wider public
Period of implementation	During the lockdowns.
Background information /Reasons to be initiated	<p>In the midst of an unprecedented global situation, the response of both the teachers and the students themselves was particularly encouraging, who quickly found creative ways to adapt, stay active and encourage cultural expression and communication with the community.</p> <p>At the same time, students continued to participate in music competitions, award-winning projects that can be viewed on the Awards - Competitions page at <a href="http://mousm.schools.ac.cy/index.php/el/draseis-scholeia/vraveia-diagonismoj">http://mousm.schools.ac.cy/index.php/el/draseis-scholeia/vraveia-diagonismoj</a>.</p>
Objectives	Finding creative ways to adapt, stay active and encourage cultural expression and communication with the community.
Activities	Inspirational creative music actions, initiatives and activities, music competitions.
What tools and methods have you used to implement the activities?	
Results	Inspirational creative music actions, initiatives and activities, music awards.
Lessons learnt	Music provides solutions





<b>To what extent the good practice is transferable to other places?</b>	To a great extent
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	Music Inspirations
<b>Key words</b>	Music during the pandemic, music actions, music activities
<b>Source of information</b>	<a href="https://mousm.schools.ac.cy/index.php/el/mousiki-epochi-pandimias">https://mousm.schools.ac.cy/index.php/el/mousiki-epochi-pandimias</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	<a href="https://mousm.schools.ac.cy/index.php/el/mousiki-epochi-pandimias">https://mousm.schools.ac.cy/index.php/el/mousiki-epochi-pandimias</a>



### GOOD PRACTICE CYPRUS 10

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>I stay at Home – I stay with Art</b>
Good practice name in native language	Μένω στο Σπίτι – Μένω με την Τέχνη
Place and country	Leventis Gallery, Nicosia, Cyprus
Type of activity (indoors, outdoors, online, offline)	Internet
Target group	Wider public, all ages
Period of implementation	During lockdown
Background information /Reasons to be initiated	<p>Following the instructions of the Ministry of Health to deal with the pandemic, the Leventis Gallery and its Shop will remain closed to the public until 31 January 2021.</p> <p>However, while the doors are closed, the Gallery remains open online with its "Stay at Home - Stay with Art" program and renews its promise to stay in constant contact with the public. This cultural proposal emphasises that we must remain optimistic and keep in touch by communicating through the power of art!</p> <p>A series of actions through Facebook and Instagram Social Media, which allows everyone to make virtual visits to the Leventis Gallery, gives the public the opportunity to get to know the Collections better through weekly themes and also presents fun activities for young and old alike. If you wish, you can visit the A. G. Leventis Gallery's Facebook/Instagram social networking pages or sign up through our website to receive information and interesting presentations from the Gallery's curators and museum educators. Online tours, educational programs, storytimes, quizzes and games, even meditation and yoga, and much more are already scheduled for the days we are staying in.</p>
Objectives	<ul style="list-style-type: none"> <li>-Get familiar with the themes and exhibits of the Gallery</li> <li>-Have fun with the themes and exhibits of the Gallery</li> </ul>



<b>Activities</b>	Online tours, educational programs, stories, quizzes and games, even meditation and yoga, and much more.
<b>What tools and methods have you used to implement the activities?</b>	Internet for online tours, educational programs, storytimes, quizzes and games, even meditation and yoga, and much more.
<b>Results</b>	Online tours, educational programs, stories, quizzes and games, even meditation and yoga, and much more.
<b>Lessons learnt</b>	The "Stay at Home - Stay with Art" programme, and similar programmes, may serve as a "cultural antidote" in difficult times for all humanity.
<b>To what extent the good practice is transferable to other places?</b>	To a great extent
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	Stay with us with art and optimism!
<b>Key words</b>	Online tours, educational programs, stories, quizzes and games, even meditation and yoga
<b>Source of information</b>	<a href="https://www.checkincyprus.com/article/48916/etoimasou-gia-bolta-sten-istoria-tes-tekhnes/">https://www.checkincyprus.com/article/48916/etoimasou-gia-bolta-sten-istoria-tes-tekhnes/</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b>	<a href="https://www.checkincyprus.com/article/48916/etoimasou-gia-bolta-sten-istoria-tes-tekhnes/">https://www.checkincyprus.com/article/48916/etoimasou-gia-bolta-sten-istoria-tes-tekhnes/</a>



**GOOD PRACTICE – HUNGARY 1**

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Érd-parkvárosi Baptist Church solutions during the COVID and the Ukrainian refugees' crisis</b>
Good practice name in native language	Érd-parkvárosi Baptista Gyülekezet megoldásai a COVID és az ukrán krízis alatt
Place and country	Érd, Hungary
Type of activity (indoors, outdoors, online, offline)	Indoors, outdoors, online, offline
Target group	All those in need
Period of implementation	Continuous
Background information /Reasons to be initiated	Because of Covid and the needs of Ukrainian refugees
Objectives	To bring and keep members together and provide physical, mental and spiritual support to church members during COVID. Provide all possible support and assistance to Ukrainian refugees in need.
Activities	<p>When COVID made it impossible to meet, they had to convert all activities to online.</p> <p>For seniors who didn't have internet, they started a conference call home group. From one phone number, it was possible to call 5 numbers a week, that's how they solved the home group. They tried to keep everything the same, with the same regularity.</p> <p>The pastor took the members for COVID tests in Budapest, from there he held house groups, one by phone and one by messenger. Then they switched to ZOOM with a subscription. One of these online House Groups remained in this form, those who came from Gödöllő or Budapest, it is more convenient for them.</p> <p>The pastor broadcasted the intent worship from his own phone in FB group with a simple handheld camera. Later they were constantly improving the technology.</p> <p>This allowed former members to attend services or check back for those who have gone abroad or to the countryside.</p> <p>For those who lived far away, or in different time zone with limited personal contact, it was not enough to see the community once a week, so they recorded interviews after the service and each Wednesday they put it in the FB group to have a shorter time to wait -</p>

	in the very locked down period. A lot of work went into interviewing and getting them up to speed.
What tools and methods have you used to implement the activities?	From the very beginning, a group of people came together very quickly: 14 people, 6-7 people are working on a daily basis. There is a messenger group for direct helpers. A closed FB group has been set up for volunteers. For financial supporters there is also a group and FB page where all info is shared. Some people work 0-24 hours. No state, municipal or clerical support was given, everything was financed from individual donors or by donations from companies.
Results	The impact of the Ukraine crisis on the community: Refugees have been welcomed in the homes of the members and on the lower level of the church – we were able to host 75 people at a time, since 28 Feb 898 refugees have been helped with food and shelter with 5500 nights and onward travel to their destinations.
Lessons learnt	<p>The key issue is staff: to delegate the right members of the organising team is very important. All people who participated in the work were able to get everything done. For example, the purchasing agent - a shower container was needed, he got one after 3 days. The pastor was taking refugees to the airport. A caravan container turned out to be necessary in the afternoon, by then it was there. Another staff member approached companies for support, so they found a company that cooked for 3 weeks for the team and the refugees for free. To this day they got free bread - this was organised by another volunteer staff member. Some people just do the food shopping, for this they were donated a minibus for the long term.</p> <p>Everyone has put in their contacts. There was no consciousness in this, it just happened. Missionary workers came, they don't have fixed hours, 5 or 6 people work every day, from morning till night, so they could always work. Someone with family cannot do that, cannot offer so many hours to help.</p> <p>"It gives us a boost when we see that we can help. That's what all our staff work for. We are constantly meeting the needs that people are struggling with. We are not free to stop - it's an inner compulsion. "</p> <p>The focus is on the team, if there is no team, there will be burnout. That is the secret of what is happening there. They've involved complete strangers they've never worked with before. But they've had very profound experiences and results that have brought them together.</p> <p>If they were alone, they would have problems, putting all these different things together, that's what's made it all happen. If there is a lack of any knowhow, someone in the team always had the knowledge that was needed. If one didn't know, the other did.</p>
To what extent the good practice is transferable to other places?	yes



If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	
Key words	team, spirit, volunteers
Source of information	The pastor of the church is Gyula Zsolt Fórizs: +36208862062 <a href="https://www.facebook.com/gyulazsolt.forizs">https://www.facebook.com/gyulazsolt.forizs</a>  Érd-parkvárosi Baptist Church <a href="https://www.facebook.com/profile.php?id=100066574237523">https://www.facebook.com/profile.php?id=100066574237523</a>
Please, share photos describing your particular activities that we can use on social media for publicizing the project!	



**GOOD PRACTICE – HUNGARY 2**

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Civil bidding Érd</b>
Good practice name in native language	Civil licit Érd
Place and country	Community space, Facebook group
Type of activity (indoors, outdoors, online, offline)	online
Target group	Residents of Érd and its region
Period of implementation	From March 2020 - ongoing
Background information /Reasons to be initiated	During the first COVID epidemic, there was a need for a civil initiative to help health workers and support their activities financially.
Objectives	Supporting local community initiatives, associations, foundations and individuals with a connection to Érd, who need financial support for their operations and the achievement of their goals.
Activities	<p>The start of the group was inspired by another exercise in Ózd, where donations could be made to support the local health care system during the COVID. The rules and operational procedures were based on the group there, and for the first three months we collected money for supplies and equipment for the local ambulance service. When the COVID epidemic subsided, the group decided to continue and try to support other initiatives. The way they have set up the operation is that they change the beneficiary organisation every month, and they contact them in advance. Members of the group can offer an item or service for the benefit of that month's beneficiary, for which an initial bid price or deadline is set, and other members can bid on the items. The highest bidder then transfers the winning price directly to the beneficiary organisation. Once the transfer has been confirmed, the donor will agree on the transfer/acceptance. The 3-year operation takes a break during the summer months and early in the year, when donations are less active. Some organisations have been selected several times and others are traditional beneficiaries of a given month. For example, April is Autism Month, so the local autism organisation Spark Foundation is the beneficiary.</p>
What tools and methods have you used to implement the activities?	They started advertising the group on other Facebook groups and pages dealing with the city, and it's activity is regularly reported in the local media. Initially, the group's organisers and admins also directly sought donors, local businesses, institutions and celebrities. This later changed, now it is mainly donations from members, as well as supporters and members of the beneficiary organisation.



Results	The group is in its 3rd year of operation, with over HUF 10 million (cs. 25.000EUR) raised through the group so far.
Lessons learnt	At the beginning, a great deal of momentum and capacity was needed to run and manage the group, and since then it is mainly those organisations whose members and supporters can actively prepare for the month in advance that have been able to close the month successfully.
To what extent the good practice is transferable to other places?	Similar groups are in use in several municipalities, its usability is tested all over the country. Further transfers are also possible within and outside the country.
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	Even small initiatives can go a long way for a good purpose.
Key words	bringing citizens together, community initiatives, supporting good purposes
Source of information	Facebook, Civil Licit Érd group <a href="https://www.facebook.com/groups/226272768741110">https://www.facebook.com/groups/226272768741110</a>
Please, share photos describing your particular activities that we can use on social media for publicising the project!	





### GOOD PRACTICE – HUNGARY 3

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>The Tree of Life Group Association</b>
Good practice name in native language	Életfa Csoport Egyesület
Place and country	Érd, Hungary
Type of activity (indoors, outdoors, online, offline)	Indoors, outdoors, online and offline
Target group	Population of Érd - those wanting to make a change
Period of implementation	
Background information /Reasons to be initiated	COVID has been particularly challenging for children with disabilities and multiple disabilities and their parents. The Association has had to adapt its activities to the COVID regulations in order to continue to support children and their parents in some way.
Objectives	
Activities	Everyone is welcome online, in the private parents' Facebook group and in the association's Facebook group, on the one hand, on our diverse programs with personal presence (both development and family-friendly, colourful, experience-based programs)
What tools and methods have you used to implement the activities?	Facebook groups Online presentations They do a lot of things in chat groups, they have their materials on G-drive, libraries of photos are always updated. Parent group is also on FB.
Results	<p>COVID was a trauma for everyone. For parents, it was very difficult because husbands stayed at home in an already challenging home life. They are used to uncertainty; they have to constantly adapt to the needs of their children.</p> <p>There was a fear of how the group was going to survive, they had to concentrate on keeping the group cohesive. The core team of the group was active, which turned to be important, the group did not fall apart. In order to prevent the collapse of the group regular weekly 'who's how' meetings were held to ensure that human relationships did not break down. The regular therapy activities were suspended. But there were mini-programs for parents - not advertised, but there were creative programs, who was doing what crafts at home, online crocheting together, there were joint outdoor activities every month, mini-meetings, joint walks. When she was in quarantine, the leader</p>

	<p>learned to skate and as a result the family and then the group members started to skate. The number of Psychology topics was increased in the parenting group - psychologists were advertised within the group that it is not embarrassing to see a psychologist as a parent. The importance of this has been increased. It was serious work to break down barriers in people's minds to dare to ask for help, it's not embarrassing to ask for help. Several fathers started to see a psychologist during the quarantine period, which was a very good result, reaching the fathers through the mothers, which later led to the fathers starting to go on outdoor programs together.</p> <p>They collectively helped families in need with food, collected donations, asked for baby supply from companies - it was an extra affirmation of helping others. Then there was time to think about organisational development, how to get out of this in a positive way, so members went to communication training, application, grief processing space, these also help to retain members and develop the organisation. So, at the time of the COVID, they put a particular emphasis on maintaining social relationships and mental health support within their means - trying to counteract the negative effects of isolation.</p>
Lessons learnt	They focused on helping their own members, supporting each other. This is the basis for long-term survival.
To what extent the good practice is transferable to other places?	YES
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	If you have difficulties, ask for help and seek the company of others!
Key words	disabilities, psychology, shared hobbies
Source of information	<a href="https://www.eletfacsoport.hu/rolunk.html">https://www.eletfacsoport.hu/rolunk.html</a> <a href="https://youtu.be/rutLLBS3B_U">https://youtu.be/rutLLBS3B_U</a>
Please, share photos describing your particular activities that we can use on social media for publicizing the project!	<p>The Tree of Life Group Association is a community of parents and families of children with special educational needs (SNI), as well as children with disabilities and multiple disabilities living in and around Érd. They have been working since 2015 with the aim of creating a real community, finding peers and finding solutions for families in similar situations, by improving the care, socialization, learning and lifestyle of their children.</p>

### GOOD PRACTICE – HUNGARY 4

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Feed - What if change started with food...?</b>
Good practice name in native language	Etesd
Place and country	Hungary
Type of activity (indoors, outdoors, online, offline)	Indoor, outdoor
Target group	<p>The initial aim of the group was to help people, groups in need. As the pandemic situation has improved, rather than providing mainly food support to vulnerable people, their emphasis has shifted to childhood knowledge transfer, focusing on the following areas:</p> <ul style="list-style-type: none"> <li>- Contributing to the realisation of UN Sustainable Development Goals (SDGs) to the best of our ability</li> <li>- Sustainability</li> <li>- Zero waste</li> <li>- Healthy lifestyles</li> <li>- Knowledge transfer - theoretical, practical</li> <li>- Skill development - basic and psychomotor skills, community behaviour</li> </ul> <p>The target group for knowledge transfer is children, they offer programmes for:</p> <ul style="list-style-type: none"> <li>- age group of 7-13,</li> <li>- age group of 4–7</li> </ul> <p>a programme for 14–18-year-olds is under development</p>
Period of implementation	Start of Feed the Doctors civil initiative: March 2020
Background information /Reasons to be initiated	<p>They are a non-profit start-up that was born during the COVID-19 pandemic in 2020. Their activities grew rapidly due to the intensifying health crisis. As COVID-case numbers started rising with more people needing hospital treatment, we felt a strong need to provide support to the overwhelmed healthcare workers. At the same time the gastro businesses were forced to shut down so the freed-up human resources and surplus food supplies could have potentially gone to waste. They</p>

set out to connect with like-minded people in and around the gastronomy business who wanted to help with channelling the surplus supply to where the greatest demand was. As the whole world was in total isolation, they used social media to bring together a core group of people that founded "Etesd" (Feed).

They have been operating as a non-profit organisation for almost 3 years now. Throughout this time, they have not only managed to build "Etesd" (Feed) as a standalone non-profit enterprise, but also created an ecosystem of volunteers, partners, sponsors and suppliers who share the same sense of responsibility, driven by a commitment to do their part in developing and supporting their community. By cooperating with likeminded generous partners and donors they can perform their work to help the community in various ways.

During the Covid-19 pandemic, they experienced how it feels to provide help and support to those in need, and they wanted to continue this fundamental approach.

In their daily activities, they constantly experience that not enough attention focus, awareness and opportunity are given in childhood to

- learning about sustainable living, healthy eating and nutrition
- the impact of household waste (food wastage, lack of planning in households, poor food management) on our environment
- using toolkits of gastronomy to enhance children's basic-, psychomotor and social skills

All their activities are guided by their fundamental philosophy - "***What if change started with food...?***" - and they have chosen to focus on childhood development and knowledge transfer as first priorities.

They have created and operate our Gastro Academy programme. The Gastro Academy is an innovative programme that helps to alter children's perceptions in the early stage of their development, guiding them towards a sustainable, environmentally conscious, healthier and more inclusive world.

When creating and running the Gastro Academy programme, the psychologist and special needs teacher of the Budapest Józsefváros Municipality provided invaluable professional support.

They contribute to the best of their ability to realisation of UN Sustainable Development Goals by using the power of food: they raise awareness and help children to build the right skillsets and adopt environmentally conscious behaviours in their everyday lives. They developed innovative knowledge-based Gastro Academy programmes for children to ensure for them the relevant information and awareness for sustainability, healthy lifestyle in harmony with nature.

	<p>As a forward-thinking environmentally responsible non-profit organisation they wish to address critical challenges that our world faces around sustainability and health.</p>
<p>Objectives</p>	<p><b>The objectives of the Gastro Academy programme:</b></p> <ol style="list-style-type: none"> <li>1. Raise awareness amongst children and help develop behavioural patterns early in childhood to encourage the reduction of food waste, so that they are also able to consciously influence their surroundings.</li> <li>2. Give children hands-on experience of zero-waste food preparation and environmentally friendly kitchen processes that support a healthy lifestyle, resulting in delicious, healthy and nutritious food.</li> <li>3. Demonstrate the importance of raising consumer awareness, planning and organising shopping and food preparation efficiently for a sustainable future. They aim to reduce household waste by providing information, practical recipes for food preparation and household planning/shopping materials. It is important to stress that cooperation of all players in the food supply chain is also needed to tackle the problem.</li> <li>4. Address the adult community around children in the fight against food waste as they play a key role in shaping the habits of the next generation. Through their education programmes for children, they also reach their communities and families, encouraging the children to share their new knowledge and personal experiences on preventing food waste and contributing to a sustainable future for our environment.</li> <li>5. In line with the overall mission, in Gastro Academy workshops using toolkits of gastronomy they also enhance <ul style="list-style-type: none"> <li>- children’s basic-, psychomotor and social skills:</li> <li>- comprehension, reading, writing, counting - through the use of recipes,</li> <li>- psychomotor development - through cooking activities,</li> <li>- creativity and communication skills - through group work.</li> </ul> </li> <li>6. They offer a shared community experience for children</li> </ol>
<p>Activities</p>	<p><b>“Etesd” Nonprofit Public Benefit company offers:</b>  <u><b>Gastronomy educational workshops</b></u>  They promote sustainability, healthy lifestyles and nutrition while by using toolkits of gastronomy and food we also enhance children’s basic-, psychomotor and social skills.</p>

	<p><b><u>Charity cooking events</u></b> By the charity cooking events they aim to raise social awareness while offering support for those in need. They organise charity cooking events to companies wishing to 'give back' and also to contribute to positive social change by supporting sustainable, zero-waste, healthy lifestyles.</p> <p><b><u>Programmes to support underprivileged communities</u></b> They continue to find ways to provide support to underprivileged groups by channelling surplus resources or donated supplies.</p>
<p>What tools and methods have you used to implement the activities?</p>	<ul style="list-style-type: none"> <li>- Knowledge transfer in theory and practice</li> <li>- Raising social awareness</li> <li>- Providing community experience</li> <li>- Actual support for people in need</li> </ul> <p>In their Gastro Academy workshops, they provide children with practical skills and talk about the importance of conscious shopping, sensible planning, reducing food waste and waste-free households. They dedicate a special focus for underprivileged and disabled children and communities.</p> <p>Their workshops are designed to provide them with a memorable community experience, while using the tools of gastronomy to develop their skills and transfer practical knowledge.</p> <p>The Gastro Academy workshop (after school education programmes by food &amp; gastronomy) is an innovative programme that helps to alter children's perceptions in the early stage of their development, guiding them towards a sustainable, environmentally conscious, healthier and more inclusive world.</p> <p>In addition to in-person meetings, they make intensive use of the following for our communication</p> <ol style="list-style-type: none"> <li>1. Contact methods <ul style="list-style-type: none"> <li>- Email</li> <li>- Chat messages</li> <li>- Video messages</li> <li>- Telephone calls</li> <li>- Personal meetings</li> </ul> </li> <li>2. platforms</li> </ol>


	<ul style="list-style-type: none"> <li>- Zoom</li> <li>- Google Meet</li> <li>- Microsoft Teams</li> <li>- Skype</li> <li>- smartphones</li> <li>- laptops, MacBooks, iPhone</li> <li>- social media sites</li> <li>- websites</li> </ul> <p>3. They use Trello collaboration platform to support our projects, workflow, and task tracking communications and meetings.</p> <p>4. Their communications are supported by our generous donors, who provided them with different tools and means to help their work: laptops, Apple products (iPhone and MacBooks).</p>
<p>Results</p>	<p><b>Activities and achievements so far:</b></p> <ul style="list-style-type: none"> <li>- 13 Gastro Academy workshops (2022 – ongoing) <ul style="list-style-type: none"> <li>▪ Number of children involved: 277 children</li> <li>▪ Number of adults involved: 101 adults</li> <li>▪ Estimated adult reach: 1310 persons</li> </ul> </li> <li>- 4 charity cooking projects within the frame of social awareness (sustainability, zero-waste) workshops, resulting 400-400 portions of food/each distributed for people in need (2022)</li> <li>- Supporting people fleeing war in Ukraine (2022) <ul style="list-style-type: none"> <li>▪ 5 pallets (~ 1 tonne) of durable food aid directly delivered to Ukraine in cooperation with the Hungarian Ambulance Services (2022)</li> <li>▪ 20 000+ food (hot dishes, sandwiches, fruit) portions distributed to shelters hosting refugees (2022)</li> </ul> </li> <li>- 140 000+ food portions distributed within the Feed the Doctors project during 5 covid waves, (2020, 2021, 2022)</li> <li>- 2 fundraising projects (Virtual gala dinner) for children’s dance group during Covid-19 pandemic (2021, 2022)</li> <li>- Other support projects: <ul style="list-style-type: none"> <li>▪ 2230 Lego sets distributed for children of the healthcare workers and underprivileged families (Lego Build to give campaign in 2021)</li> <li>▪ 1500 tickets for ‘Master of Illusions’ performances summer family leisure programme for healthcare workers and families (2020, 2021)</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>Supporting healthcare institutions by providing IT tools - Lenovo (2021)</li> </ul>
Lessons learnt	<p>Food connects people: food and gastronomy are a means for initiating societal change and creating a sustainable, more environmentally conscious, healthy and inclusive world.</p> <p>They believe that food and gastronomy provide an excellent framework for</p> <ul style="list-style-type: none"> <li>educating young people to be able to learn, develop and practise a healthier lifestyle</li> <li>applying the philosophy of zero-waste, thus contributing to sustainability</li> <li>providing support for different social groups in need</li> </ul>
To what extent the good practice is transferable to other places?	Yes
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	What if change started with food...?
Key words	<ul style="list-style-type: none"> <li>UN Sustainable Development Goals (SDGs)</li> <li>Sustainability</li> <li>Zero waste</li> <li>Healthy lifestyles</li> <li>Knowledge transfer - theoretical, practical</li> </ul> <p>Skill development - basic and psychomotor skills, community behaviour</p>
Source of information	<p>Webpage: <a href="http://www.etesd.org">www.etesd.org</a></p> <p>Facebook: <a href="https://www.facebook.com/etesd.org">facebook.com/etesd.org</a></p> <p>Instagram: <a href="https://www.instagram.com/etesd_org/">instagram.com/etesd_org/</a></p>
Please, share photos describing your particular activities that we can use on social media for publicizing the project!	<p>A selection of photos of recent events is available here. Please indicate the photo credit when using the photos.</p> <p><a href="https://drive.google.com/drive/folders/1S34i7c_MhpFX1Yd532j3D3GCoRLLTvQ9?usp=sharing">https://drive.google.com/drive/folders/1S34i7c_MhpFX1Yd532j3D3GCoRLLTvQ9?usp=sharing</a></p>



## GOOD PRACTICE – HUNGARY 5

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Literature club on the corridor by the Friends of the Elderly</b>
Good practice name in native language	Irodalom klub a körfolyosón az Idősek Barátai Program keretében
Place and country	Budapest - residential buildings in the city centre
Type of activity (indoors, outdoors, online, offline)	Indoors, online, offline
Target group	Lonely, isolated older people
Period of implementation	Continuous
Background information /Reasons to be initiated	<p>COVID regulations have left many elderly people on their own. For elderly people who already live alone, the opportunities to connect have become very limited. Daily encounters with the baker, the shop assistant or the market vendors have become impossible, which is why the initiative was born to allow elderly people living in the same house but in separate apartments to meet each other. The elderly living in the same building contacted each other by telephone or other means and anyone interested in literature could join in. The initiative was the idea of an elderly literature teacher living in isolation who is a member of the Friends of the Elderly Programme.</p>
Objectives	<p>The Friends of the Elderly Programme aims to regularly visit lonely, isolated elderly people and promote their social integration. Volunteers meet the elderly in their own homes on a weekly basis, talking and walking with them, according to their individual needs. In many cases, face-to-face meetings were made impossible because of COVID, so volunteers kept in touch with the elderly by telephone, but this was not enough. Elderly was longing for real personal, face to face meetings.</p> <p>One of the essential building blocks of mental health is personal relationships. For the mental health of these elderly people, who were already deficient in this area, it was particularly important to find some way to meet in a personal but safe way.</p>
Activities	<p>The elderly people who lived in the same building came up with the idea of gathering in the corridor at a given time every week, keeping a distance of 2 metres and sharing their thoughts on the book they had all read. The popularity of the club has grown among members of the Programme, with more and more people joining online for this friendly, recharging programme. The pictures and the resulting poems were</p>

	shared with the public and other older people on the Friends of the Elderly website.
What tools and methods have you used to implement the activities?	Telephone consultation about the book to be read and the time. Those who had smartphones were taught by the programme leaders how to use them so that older people who could only attend online could join in, because although they did not live in the building, they were interested in literature and wanted the company. This required teaching seniors how to use their smartphones and the use of online meeting apps.
Results	
Lessons learnt	If people have the space to share their ideas and are supported in the technical implementation, they will find a way to build a community around themselves. Literature as an expression of culture was a very important basis for the creation of the club.
To what extent the good practice is transferable to other places?	YES
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	The need to spend time together finds its way in all circumstances. It's good if such ideas are supported.
Key words	literature, books, corridor, seniors, community, connect, company, loneliness, isolated
Source of information	Idősek Barátai Program <a href="https://www.facebook.com/idosekbaratai">https://www.facebook.com/idosekbaratai</a> <a href="https://www.idosekbaratai.hu/">https://www.idosekbaratai.hu/</a> <a href="https://www.youtube.com/watch?v=TgfO5pCNC38&amp;feature=youtu.be">https://www.youtube.com/watch?v=TgfO5pCNC38&amp;feature=youtu.be</a>
Please, share photos describing your particular activities that we can use on social media for publicizing the project!	

## GOOD PRACTICE – HUNGARY 6

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>IRKA - A club for literature lovers</b>
Good practice name in native language	IRKA - Irodalom-kedvelők klubja
Place and country	Érd, HUNgary
Type of activity (indoors, outdoors, online, offline)	online, offline
Target group	Anyone can become a member who is willing to share their literary experiences and his/her writings with others. No matter what profession one has, they give the opportunity to develop their talents.
Period of implementation	
Background information /Reasons to be initiated	Retaining club members was one of the goals. Taking advantage of the community and the support it provided was a bit of a distraction from the depressing news of COVID.
Objectives	Their main aim is to give members the opportunity to exchange their thoughts and feelings about literature, to inspire each other to read and to develop as self-taught writers. They also aim to make as many people as possible aware of the literary life of their city, to involve other talented people and to promote the artists of the city.
Activities	<p>Their activities are multi-faceted: they collaborate with their fellow artists through exhibitions, studio visits, book launches, authors' evenings, literary programmes and calls for proposals. Their collaborations are thus not only an experience and a spiritual enrichment for the artists, but also for the interested public.</p> <p>Their quarterly journal is the Érdi IRKA (IRodalomKedvelők Alkotásai): it contains high-quality, valuable poems and prose written with literary ambition. It includes not only the works of self-taught authors living and working in Érd and its surroundings, but also those of virtual members living in Sopron, Hajdúdorog, Pécs, Transylvania, Slovakia. There are IRKA readers and fans practically all over the Carpathian Basin, and their publications even reach the USA, Australia and Paraguay.</p> <p>They have a fraternal relationship with the artists of KÉK (Association of Artists of Érd), they illustrate their publications, offer valuable prizes as gifts for their competitions, they celebrate together and go on trips. They not only participate, but are actively involved in each other's events.</p>

	<p>Once a month, they meet and start reading, reciting poems and sharing books. If someone doesn't want to perform, they can just listen. It is also possible to perform someone else's work.</p> <p>The gift poem, the literary quiz, the game is linked to a holiday or a current event, they draw each other's attention to other cultural events and performances, and they attend them regularly. The Poetry Day, Easter and Advent celebrations have been a tradition for many years: their outreach literary programme (in the primary school and in the church) (with a KÉK exhibition) attracts an ever-larger audience.</p> <p>They are constantly looking for places where they can organise an exhibition of their work, bringing shows, music and good conversation. The IRKA poems are either read by the authors or someone is invited, there are also joint members who can write poetry, paint and do ceramics. They also perform their poems in verse form. Sometimes they write poems for a picture or painting, sometimes they improvise a painting of their choice by analysing it with metaphors. The members regularly attend creative camps - all of them are self-educated.</p>
<p>What tools and methods have you used to implement the activities?</p>	<p>COVID has led to a restructuring of their activities because they wanted to keep the community. Under COVID, they invented online and correspondence games, which were announced and then collectively evaluated (rhetorical devices, image errors, spelling mistakes are corrected, building on each other). Daily contact with members is 50-60 people. Meeting regularly on Skype was very important, seeing each other meant a lot to the community.</p> <p>"Playfellow, tell me, do you want to be?" game.</p> <p>The online game was organised for the birthday of poet Endre Ady. One could choose a symbol from the poet and explain and interpret it, which was later sent out by the organiser to the common email list.</p> <p>There was also an invitation to write a paraphrase of something: works by Attila József, Pilinszky, Petőfi, which would be discussed together online.</p> <p>There was a task where a small part of a big picture was sent out to the email list with the question what it could be and the members wrote a poem about it.</p> <p>They organised a "Sound Day" - members would record poems on their own phones, either their own or classics, someone would collect and send out sound files. They then discussed together how each person recites, how each person interprets, how different a poem recited by a young or old person is.</p>
<p>Results</p>	<p>All the activities that they have now, the present community achievements can be seen as a result of sticking together during the COVID.</p> <p>They have attendance meetings, with joint brainstorming sessions that are a joy to attend. Many people help with the organisation -- even for them, not just the celebrant.</p>

	<p>They have introductions: They invite a virtual member and a local. A virtual member is someone who does not live and work in Érden and the surrounding area, but in Slovakia, for example.</p> <p>The introduction programme:</p> <p>Speaking about himself in a panel discussion.</p> <p>His poems will be edited into a show, read aloud -- with music: Tibetan singing bowl, drums, special rattle... -- depending on the mood of the poem.</p> <p>They will set his poem to music -- as a surprise.</p> <p>Or a poem is painted by one of their artists, or a ceramic bowl is given as a gift by one of their artists, or more recently a veil dance is performed by one of their members, using a silk scarf professionally made by one of their artists inspired by the poem.</p> <p>Or if they say that haiku is a pearl of world literature, five or six people stood up, and after reading it, one strung a pearl.</p> <p>It made a beautiful necklace -- they hung it around the haiku's author's neck.</p> <p>But they also managed to get some of their poet's haiku translated by an old student of mine who speaks Japanese, and they made a nice picture of it, with cherry blossoms in the background... Laminated and given to the author as a memento.</p> <p>Beautiful artist friendships are born, they keep in touch with each other after the show, no boundaries.</p> <p>It was also very touching to read in the fiction of one of their guests that when she was a child, her mother wore a dress made of a certain fabric. She has been looking for it ever since, but she can't find it.</p> <p>One of their members guessed what the cloth was, bought some of it, sewed it into a shawl and put it around the author's neck.</p> <p>I haven't even mentioned the musician friendships. The guests often bring musicians, they have some excellent ones... the guitarists when they meet... it's exhilarating, it's throat-clenching...</p> <p>The script for each of these programmes is 6-8 pages long.</p> <p>So, it's easy to make a programme if you're full of talent, full of ideas.</p> <p>A Sniffle Award was set up last year to reward all this work. Once a year, on their birthday (16 June), they have awards and honours: literary awards, community service awards, columnist awards, etc.</p> <p>The shared mailing list is also well used now, for a quick task, question, organisation.</p> <p>Their artists have regular exhibitions (solo, group), they meet there too.</p> <p>If they don't have a program, they organise a workshop: they raise awareness of the technical aspects of writing. Recently, they have been discussing Petőfi Sándor (Hungarian poet)'s poetic devices, and you will realise that Petőfi is not so simple, except to the superficial observer.</p>
<p>Lessons learnt</p>	<p>It's good to be together. To brainstorm together, to try, to laugh, and then to celebrate success together. There are no pitfalls.</p>

<p>To what extent the good practice is transferable to other places?</p>	<p>YES What they do is not specific to the local area. They motivate each other, one idea gives birth to another.</p>
<p>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</p>	<p>Everyone is good at something. Let it unfold. They find they can contribute to the common activity. In IRKA, the leader assigns tasks to columnists. The responsibility of scribes is a higher level. Self-awareness, then self-respect. There are praises, rewards, awards (once a year), but daily "thank you!"s and words of appreciation are worth more because they are seen as authentic and true.</p>
<p>Key words</p>	<p>Interdependence, respect and appreciation for each other. Love in itself is a pathetic effusion, if they do something for each other, only that is valuable.</p>
<p>Source of information</p>	<p><a href="http://www.poly-art.hu/irka/">http://www.poly-art.hu/irka/</a> Daróci Lajosné Márta, dlnemarta@gmail.com</p>

Please, share photos describing your particular activities that we can use on social media for publicizing the project!



Farsangi pillangó (olaj)





## GOOD PRACTICE – HUNGARY 7

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Around Érd</b>
Good practice name in native language	Érd Körbe
Place and country	Érd, Hungary
Type of activity (indoors, outdoors, online, offline)	Outdoor, in Érd
Target group	The population of Érd – cycling groups
Period of implementation	The Sunday near the Earth Day on April 22, in summer Érd around night from 20:30 (it is the postcode of Érd) until midnight. Autumn car-free day, 22 September. Half-day biking with all day programs. .
Background information /Reasons to be initiated	Promoting sport, cycling, community cohesion, strengthening the identity of the city of Érd. It has become a unique event for the 21st time in 2023.
Objectives	Promoting cycling, involving civil society and other organisations, developing cooperation between health-related organisations and institutions. Raise awareness of community cycling and the need to develop cycling infrastructure.
Activities	<p>Cycling around the city in several distance bands at once, from 1km for the youngest who are just learning to cycle, 15km for beginners and a 30km classic full circuit around Érd. A 60km loop, which became a memorial loop for Lajos Sólyom, who was one of the organisers. Etyek via Törökbálint for the most professional riders.</p> <p>There are accompanying events - local media covered the 20th anniversary event throughout. There are local NGOs coming, who deal with other target groups, e.g. organisations for disabled children, they are also being brought to attention. Everyone presents their own organisation, Big Families prepare bread with fat, or environmental NGOs held a workshop on selective waste. Every year, the mayor opens the event, talking about expected developments. At the end there is a bike show. This makes it an all-day event.</p> <p>Even during the lockdown due to COVID, it was still important to advertise that although the regular big event cannot be held, but everyone should go cycling individually, so they will be more resistant to the virus, also concerning travelling locally it is the healthiest and most sustainable means of living.</p>



	During COVID some events continued to be organised keeping the COVID safety rules strictly: only those could participate who could present COVID ID card.
What tools and methods have you used to implement the activities?	Community and local media were used as well as posters and letters to schools and the local student council was involved.
Results	The first event was attended by 12 people, the peak by 2000.
Lessons learnt	The tradition must be kept alive, the purpose must be maintained.
To what extent the good practice is transferable to other places?	YES
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	By doing sport and being open to the interesting things in the world, we can make our lives more valuable and fulfilling.
Key words	Outdoor, sport, community event
Source of information	Csengeri Attila –alapító főszervező, közszereplő, érdi civil lokálpatrióta: <a href="https://www.facebook.com/csengeriattilaerdicivilokalpatriota">https://www.facebook.com/csengeriattilaerdicivilokalpatriota</a> <a href="https://www.facebook.com/erdkorbeofficial">https://www.facebook.com/erdkorbeofficial</a>
Please, share photos describing your particular activities that we can use on social media for publicising the project!	<p>Érd Körbe 2023. Április 23. - Főtér, 10 óra</p> 




## GOOD PRACTICE – HUNGARY 8

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Open Door - Community, Constructive Opinion Room. A niche interface for the challenges of our environment</b>
Good practice name in native language	Nytott ajtó – hiánypótló felület környezetünk megoldandó feladataira
Place and country	Érd, Hungary
Type of activity (indoors, outdoors, online, offline)	Indoors, outdoors, online and offline
Target group	population of Érd - those wanting to make a change
Period of implementation	
Background information /Reasons to be initiated	<p>The wishes and the needs of the local residents should be taken into account and given space in the shaping of the settlement.</p> <p>Our aim is to ensure that issues that have been lying dormant for years receive attention and that this is sooner or later implemented at local government level, in the form of an online opportunity to form opinions and manage affairs.</p>
Objectives	<p>The 2030 Association has created a constructive community opinion room, with the aim of allowing the residents of Érd to individually report tasks, problems and ideas they perceive to be solved in their living environment.</p> <p>Be able to channel any shortage or problem concerning the settlement to the competent authorities at any time of the day, no matter how small the request may seem.</p> <p>To create a bridge between the people of Érd and decision-makers</p> <p>Another goal: together, efficiently, transparently, to make the city more LOVABLE, more comfortable</p>
Activities	<p>People of Érd were asked to “Discuss any unresolved perceptions in your living environment. It may be helpful if you can suggest a solution according to your expertise, insight and experience.”</p> <p>It is an online opinion room where any resident of Érd can post comments about their living environment. The association also tried to get representatives (members of the local government) to work together on solutions by involving citizens. The association has created a google form so citizens can report problems or ask questions about the city, transport, anything related to Érd. Citizens can indicate the name of the street and the info is sent to the relevant responsible people who try to solve the problem. All municipal problems or complaints are sent to this centre - it is run by volunteers.</p>

What tools and methods have you used to implement the activities?	<a href="#">Google form</a> where residents can report a detected error. Volunteers process the requests received and forward them to the relevant authorities. They track the solution and provide feedback to the resident via email on the status of the solution.
Results	
Lessons learnt	It is important for a municipality to keep up with technological developments and provide a platform to keep in touch with the public using such modern tools and to receive fast and effective feedback.
To what extent the good practice is transferable to other places?	Yes, it's very useful, but it needs volunteers who know the ins and outs of local government, who know who to go to for what.
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	
Key words	community together city repair bugs online administration resident notification municipality local patriot
Source of information	<a href="#">Csengeri Attila - közszereplő, érdi civil lokálpatrióta</a>  <a href="https://erdmost.hu/2020/11/23/nyitott-ajto-hianypotlo-felulet-kornyezetunk-megoldando-feladataira/">https://erdmost.hu/2020/11/23/nyitott-ajto-hianypotlo-felulet-kornyezetunk-megoldando-feladataira/</a>  <a href="https://2030egyesulet.blogger.hu/">https://2030egyesulet.blogger.hu/</a>
Please, share photos describing your particular activities that we can use on social media for publicizing the project!	


## GOOD PRACTICE – HUNGARY 9

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Charity New Year's Run - online</b>
Good practice name in native language	Charity New Year's Run - online
Place and country	Érd, Hungary
Type of activity (indoors, outdoors, online, offline)	Indoors, outdoors, online
Target group	population of Érd - those wanting to make a change
Period of implementation	Every year, a New Year's Eve charity event is organised by the 20-30 - Twenty-thirty Association of Érd since 2013.
Background information /Reasons to be initiated	In order to support the Down Foundation Early Development Centre and the Foundation for Children with Heart Disease with this charity run.
Objectives	True to tradition, in 2021 for the ninth time a New Year's Eve charity run was held in Érd, but - for the second time in 2021 - this time not in a crowd, but everyone could run individually and support the Down Foundation's Early Development Centre and the Foundation for Children with Heart Disease.
Activities	It was not allowed to organise a mass New Year's Eve run because of COVID, but everyone could run the distance they wanted individually or in a small group. The idea was to walk, jog or run anywhere in the world from 0 to 24 hours on 31 December 2021.
What tools and methods have you used to implement the activities?	The organisers asked charity runners to send a photo of their run to the organisers.
Results	They have been running for 10 years for various organisations, more and more people are joining and donating. More and more people who don't run are also donating. They even go running in minus 10 degrees, raising awareness for healthy sports. There used to be no community run in Érd, but on their example other organisations have started to organise community charity runs.
Lessons learnt	Timely planning is important, even starting several months in advance. The most important thing is determination, if you have the right goal, you should not give up even if you fail, because you will succeed. Resources are not usually an obstacle, because they either arrive or they can be built on cooperation with other organisations, companies,

	if we can represent our interests properly, we can organise our programme with smaller resources.
To what extent the good practice is transferable to other places?	
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	"Run for yourself, run for your health and run for the organisations that do so much for others every day"
Key words	outdoor, sport, donations, community event, health
Source of information	Csengeri Attila - közszereplő, érdi civil lokálpatrióta <a href="https://www.facebook.com/csengeriattilaerdicivillokalpatriota">https://www.facebook.com/csengeriattilaerdicivillokalpatriota</a>  <a href="https://erdmost.hu/2021/12/11/iden-lesz-jotekonysagi-szilveszterifutas/">https://erdmost.hu/2021/12/11/iden-lesz-jotekonysagi-szilveszterifutas/</a>  <a href="https://2030egyesulet.blogger.hu/">https://2030egyesulet.blogger.hu/</a>
Please, share photos describing your particular activities that we can use on social media for publicising the project!	<p>* the 20-30 - Twenty-Thirty Association's objectives: to participate in the development of local communities and local patriotic movements. Promote the development of local communities and support the modernisation of their municipalities. To participate in the work of local government by organising representation in local councils and assemblies, where appropriate, or by providing outside assistance and constructive criticism of local authorities. Organise regular public programmes and events. Provide direction and dynamism to the development of local and national public life. Advocate for the interests of different generations, especially young adults, families and children</p>  <p>December 11, 2021 11:10 a.m. info@erdmost.hu</p>

## GOOD PRACTICE – HUNGARY 10

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Poem just for you - the artists of the Örkény Theatre recite poems over the phone</b>
Good practice name in native language	Vers csak neked – Telefonon mondanak verset az Örkény Színház művészei
Place and country	All over Hungary
Type of activity (indoors, outdoors, online, offline)	over the phone
Target group	Anyone who was lonely because of COVID, or just wanted to hear a live word and likes poetry.
Period of implementation	From 11th of April 2020. the day of poetry to 21th June 2020. one theatre season.
Background information /Reasons to be initiated	
Objectives	Use the actors' knowledge and time during COVID. Solve people's feelings of isolation, of loneliness.
Activities	<p>On 11 April, Poetry Day, the Örkény Theatre Company launched the action of POEM ONLY FOR YOU. Their theatre was closed because of COVID. Still, they wanted to give something to their audience in person: they wanted to relieve the feeling of isolation and loneliness.</p> <p>People could apply on the theatre's website, where they had to choose the poet, they wanted to hear a poem by, leaving their name, phone number and the time they could be called. At the given time, a member of the company called the person and told them a poem by their favourite poet.</p> <p>The Friends of the Elderly programme has enrolled many of its lonely elderly members, who still talk enthusiastically about calling and talking to the famous actor months later. The feedback from the actors also testified to how touched they were by a phone conversation with an elder. This led to further collaborations.</p>
What tools and methods have you used to implement the activities?	<p>The director of the theatre prepared a Youtube video about the campaign to launch the "Poem just for you" action.</p> <p>People had to apply online over a google form on the theatre's website.</p>
Results	As part of the Poem Just for You project, from 11 April 2020, the theatre's artists called around 3,000 people to recite a poem by their favourite poet, to alleviate the loneliness and isolation caused by quarantine.

	<p>Poem just for you 2.0 : For Advent 2020, the Örkény Theatre has renewed its Poem Just FOR YOU campaign. It called on the public to think of those who are alone at this time of year, who cannot go out because of the epidemic and who would welcome a call with a poem by one of their favourite poets. The campaign lasted until 6 January 2021, when members of our company recited 1,000 poems over the phone. The applications were very quick, all the places filled up in four and a half hours!</p> <p>International connectivity: A very similar initiative has been undertaken by the Théâtre de la Ville in Paris. At the invitation of the French theatre, the Örkény company has joined the international project, which aims to give people living far from home the opportunity to experience a live, present-time, personal poetry reading.</p> <p>In June 2020, members of the Örkény Theatre company phoned Hungarians living in France or foreigners who speak Hungarian well and would like to hear a poem in Hungarian by their favourite poet. The Théâtre de la Ville artists then recited poems in French to French-speaking Hungarians and French people living in Hungary.</p>
Lessons learnt	
To what extent the good practice is transferable to other places?	YES
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	
Key words	poetry, theatre, volunteer, loneliness, solving, telephone, COVID, culture, humanity
Source of information	<p><a href="https://www.orkenyszinhaz.hu/hu/hirek/a-theatre-de-la-ville-paris-es-az-orkeny-szinhaz-egyuttmukodeseben-folytatodik-a-vers-csak-neked">https://www.orkenyszinhaz.hu/hu/hirek/a-theatre-de-la-ville-paris-es-az-orkeny-szinhaz-egyuttmukodeseben-folytatodik-a-vers-csak-neked</a></p> <p><a href="https://www.orkenyszinhaz.hu/hu/hirek/vers-csak-neked-20">https://www.orkenyszinhaz.hu/hu/hirek/vers-csak-neked-20</a></p> <p><a href="https://www.youtube.com/watch?v=bGz84nK0vTU">https://www.youtube.com/watch?v=bGz84nK0vTU</a></p>
Please, share photos describing your particular activities that we can use on social media for publicizing the project!	






Megnezer...

**VERS  
CSAK  
NEKED**



## GOOD PRACTICE NETHERLANDS 1

GOOD PRACTICE	DESCRIPTION
<p><b>Good Practice Name</b></p>	<p><b>FOUNDATION NICE GREEN</b></p> <p>The good practices are organised by Stichting Lekker Groen. This foundation serves 3000 children in the Rotterdam area, which is characterised by a low social status and where it is not common to look for nature as a relaxing environment where stress and stimuli of the city and neighbourhood disappear. Getting acquainted with a healthy environment also encourages children to look at nature differently.</p> <p>The activities are aimed at learning, moving and eating and are supported by freelancers and volunteers, each with their specific expertise needed to guide the activity.</p>
<p><b>Good practice name in native language</b></p>	<p>City out of project, walking together</p> <p>Sandra and Luna</p> <p>Bird watching</p>
<p><b>Place and country</b></p>	<p>Rotterdam and surroundings</p>
<p><b>Type of activity (indoors, outdoors, online, offline)</b></p> <p>Both indoor and outdoor, walking activity is organized outdoors, the youtube videos of Sander and Luna specifically online.</p>	<p> Both indoor and outdoor, get used to Luna specifically online. Both indoor and outdoor, see the videos of Sander and Lunar, walking activity is organised outdoors, the youtube videos of Sander and Luna specifically online.</p> <p>an</p>
<p><b>hooTarget group</b></p>	<p>The target group are children with a low social status and limited health problems. They are filtered through contact with schools and welfare work. So not the schools where these activities are already included in the curriculum, but environments that could use support for this.</p>

	<p>There was also cooperation with Welzijnswerk, where a number of activities could continue with permission from the municipality because the children with a low social status were given more space to continue to participate in outdoor activities.</p> <p>A walking activity together was a good example of this.</p>
<p><b>Period of implementation</b></p>	<p>Organisation has been around for a number of years but started activities during Covid that were specifically organised during Covid.</p>
<p><b>Background information /Reasons to be initiated</b></p>	<p>Most children with a low social status and living in urban areas generally have a distance from nature. Both physically and in the family are not always the financial means to get acquainted with nature. The scientific importance of nature participation ) is supported by the foundation.</p>
<p><b>objectives</b></p>	<p>Using nature as a means to:</p> <ul style="list-style-type: none"> <li>reduce impulse behaviour</li> <li>-experience long-term planning as important</li> <li>-give children the opportunity to get to know nature</li> <li>- from the “closed environment” during the covid restrictions</li> </ul>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>-walk together and discover nature</li> <li>-Sander and Luna A crazy scientist and rebellious teenager make videos about products with plants from nature, such as “how can you make lemonade from Knotweed”.</li> </ul>
<p><b>What tools and methods have you used to implement the activities?</b></p>	<ul style="list-style-type: none"> <li>-Youtube videos</li> <li>-didactic guidance by professionals because the people in the countryside are too distant from the adolescents from the city.</li> <li>- no compulsion to learn, but step into nature and see what can happen.</li> </ul>
<p><b>Results</b></p>	<p>The result is not directly measurable, but there are children who have used the instructions in the videos to produce a number of healthy products.</p>
<p><b>Lessons learnt</b></p>	<p>During the Covid, as an organization you should not assume self-reliance, but you will have to consciously take more action to get in touch with your target group. Moving them is a necessity. Standing at the door and inviting children instead of at a distance has a positive effect.</p>



<b>To what extent the good practice is transferable to other places?</b>	The walking activity can be transformed anywhere. Making the youtube videos is a bit more difficult because it is a costly business and is no longer supported by the government or otherwise.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	Another way to guide our target group and keep in touch with children with a low social status in a time of loneliness and uncertainty.
<b>Key words</b>	Maneuverability Indispensable Involvement Thinking in the interests and needs of the target group
<b>Source of information</b>	Interview with the Lekker Groen foundation
<b>Please, share photos describing your particular activities that we can use on social media for publishing the project!</b>	<a href="https://ms-my.facebook.com/destaduit/videos/sander-luna-huisdier-veer-a-day-the-worm-hotel/378562263111995/">https://ms-my.facebook.com/destaduit/videos/sander-luna-huisdier-veer-a-day-the-worm-hotel/378562263111995/</a> <a href="https://www.facebook.com/destaduit/videos/sander-luna-lekker-modderen/306752027078163/">https://www.facebook.com/destaduit/videos/sander-luna-lekker-modderen/306752027078163/</a>



## GOOD PRACTICE NETHERLANDS 2

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Golden Days Foundation</b>
<b>Good practice name in native language</b>	Here, various good practices are described or referred to by means of a link.
<b>Place and country</b>	In principle, all municipalities can use the platform
<b>Type of activity (indoors, outdoors, online, offline)</b>	Outdoor, online and offline, sometimes physical presence within the agreements made with regard to corona.  online
<b>target group</b>	Golden Days Netherlands is a charity for the elderly. The foundation that combats feelings of loneliness among the elderly. We do this by inspiring and supporting care centers and community centers in organising activities for the elderly.
<b>Period of implementation</b>	The organisation has been around for a long time and has an extensive network of volunteers and can make use of subsidies, for example from the Oranje Fonds

<p><b>Background information</b> <b>/Reasons to be initiated</b></p>	<p>The arrival of the Corona virus has turned the world of all of us completely upside down. The impact is great, as are the restrictions that are imposed. And that is no different for our frail elderly. They belong to the group that is being hit extra during this time. In addition to the health risks, they see a decrease in activities and visits from loved ones. While this is always looked forward to. In times when distance seems to dominate, there is more need than ever for connection and contact. Loneliness is lurking and in order to be able to offer the elderly a nice distraction, we look at the possibilities instead of the limitations. It is particularly important now to give the elderly the feeling that they have not been forgotten. Many great initiatives are devised and organised together with the healthcare institutions. This can also be seen in this video, in which the elderly of care group Castrovalva - together with Almere City FC and Gouden Dagen - paint diligently on the windows. A wonderful interaction and the faces speak volumes. Everything for a smile! Golden Days remains committed to the elderly and hopes to generate more attention in order to make more possible for our target group</p>
<p><b>objectives</b></p>	<p>More (meaningful) encounters Expansion of the (social) network Experience more joy and satisfaction with life. More opportunities to participate in society (participation). Strengthening of knowledge and/or skills. More willingness to help others. More understanding for people with a different (cultural) background</p>
<p><b>Activities</b></p>	<p>Projects for the elderly buddy projects network groups social living rooms eat together or go out meaning move together digital emergency services Window painting: <a href="https://www.youtube.com/watch?v=ChD--AHJ_uU">https://www.youtube.com/watch?v=ChD--AHJ_uU</a></p>

home library

Reading books with the Home Library You don't have to leave the house for a good story. In the Home Library, 100 e-books are now available to everyone, even if you are not a member. With the app, the libraries want to encourage everyone who is at home and offer a great reading experience. The ThuisLieb is available in the Google Play Store or the iTunes App Store. Knowing more? Check out [www.bibliotheekavv.nl](http://www.bibliotheekavv.nl)

Wouter Harbers (35) from Zeist has been organising Golden Coffee Concerts for five years now. The elderly enjoy his repertoire and his broad knowledge of classical music. Because that is the distinguishing factor that makes the pianist so special. In addition to playing, the listener invariably receives an explanation about the background of the pieces of music.

The highlight for Harbers and the listener were his Golden Castle concerts that were broadcast on TV channel ONS during the pandemic. The musical performances formed a musical world tour in which Harbers visited a different place each time. From Paris to Vienna and via Leipzig to Hungary and Poland. .

Together with four musical friends, Harbers provides the performances from Kasteel De Vanenburg. "The explanations during concerts are really my thing," says Harbers. „I tell something about the music, the story behind it so that it comes to life much more. I also do at the Golden Castle concerts. So that it comes to life a bit, people are really there..” .

#### NO PERSONAL CONTACT, BUT A PERSONAL MESSAGE

This is how you let them know you're thinking of them! A small gesture of attention and support, which has a major impact on the state of mind during these times. Download the maps by clicking on them, after which they are free to use and edit. Make them personal by adding a nice text and/or logo and make sure they reach the right person. Send as many as possible. Every card is a smile!

**What tools and methods have you used to implement the activities?**

No specific tools.

Made use of the existing network to be able to reach target groups during covid as well.

**Results**

Due to the amount of activities during Covid, many elderly people (not measurable) did not remain in loneliness, but had indirect contact with their environment and society. They felt heard and were aware of the extra attention from various sections of society.



<b>Lessons learnt</b>	A lot about the flexibility and creativity of people who continue to seek connection, even in times of crisis. As an organisation you must realise that not only attention for the participants is important, but also attention and appreciation for the volunteers must continue.
<b>To what extent the good practice is transferable to other places?</b>	In principle, most activities can also be carried out in times of stability, but people will start appreciating physical contact more quickly.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	Creativity / flexibility / caring for each other
<b>Key words</b>	Seeing opportunities, challenges, staying creative, keeping the organisation alive.
<b>Source of information</b>	Interview/online/internet
<b>Please, share photos describing your particular activities that we can use on social media for publishing the project!</b>	



### GOOD PRACTICE NETHERLANDS 3

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>Art in Isolation organised by a collaboration of artists and volunteer organisations.</b>
Good practice name in native language	Art in isolation due to Covid epidemic
Place and country	Not only the Netherlands, but people all over the world could visit this virtual online activity.
Type of activity (indoors, outdoors, online, offline)	online
target group	Especially seniors in care and nursing homes
Period of implementation	Entire covid period when physical contact was not allowed
Background information /Reasons to be initiated	A cultural activity organised for a specific target group during the COVID-19 pandemic was the virtual exhibition "Art in Isolation" for seniors. This exhibition was started because many seniors, especially those living in nursing homes and care homes, were isolated due to the pandemic and unable to physically visit art galleries or museums.
objectives	A cultural activity organised for a specific target group during the COVID-19 pandemic was the virtual exhibition "Art in Isolation" for seniors. This exhibition was started because many seniors, especially those living in nursing homes and care homes, were isolated due to the pandemic and unable to physically visit art galleries or museums.
Activities	The virtual exhibition was organised by a collaboration of art organisations and volunteers. The exhibition featured works by both established and emerging artists and spanned a variety of art including paintings, sculpture and photography.

<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>No specific tools</p>
<p><b>Results</b></p>	<p>The exhibition was a great success and reached thousands of seniors in different parts of the world. It was a wonderful example of how the art community could adapt and find creative solutions to connect with the public during the pandemic.</p>
<p><b>Lessons learnt</b></p>	<p>Volunteers involved in this project have learned a lot about the importance of resilience, creativity and collaboration.</p> <p>First, they have learned how to be flexible and adapt quickly to changing circumstances. COVID-19 has dramatically changed the way we organise and run events, and volunteers have learned to respond quickly and effectively to these changes.</p> <p>Second, they learned how to find creative solutions to continue cultural activities even when physical gatherings are not possible. Volunteers have invented new ways to organise online exhibitions, performances and workshops and have adapted to the possibilities and limitations of digital technologies.</p> <p>Thirdly, they have learned how important cooperation and communication are in organising cultural activities. COVID-19 has reminded us that we are all in this together and that it is important to work together to make events safe and successful.</p> <p>Finally, volunteers learned how to use their skills and passions to help and support their communities during difficult times. Organising cultural activities during COVID-19 was not only a way to connect with others, but also to experience a sense of meaning and fulfilment in contributing to something bigger than oneself.</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>Yes can take place anywhere provided there is good cooperation between artists and volunteer organisations</p>
<p><b>If you have to name this good practice and/or your experience with one</b></p>	<p>Out of the box thinking, art can also be an important medium without a physical presence.</p>



<b>inspirational word or sentence what it'll be?</b>	
<b>Key words</b>	Creative thinking Link Technology needs
<b>Source of information</b>	Online/interview with participant and organiser of a small setting in a nursing home.
<b>Please, share photos describing your particular activities that we can use on social media for publishing the project!</b>	<a href="https://www.volkshotel.nl/blog/art-cult/digital-expo-isolation-portraits-by-vera-van-dam/">https://www.volkshotel.nl/blog/art-cult/digital-expo-isolation-portraits-by-vera-van-dam/</a> <a href="https://issuu.com/amcamsterdam/docs/kunst_in_tijden_van_corona">https://issuu.com/amcamsterdam/docs/kunst in tijden van corona</a> <a href="https://www.kunstindezorg.com/nieuws/inspiratie-corona-zorgkunst-in-nederland-en-buitenland/">https://www.kunstindezorg.com/nieuws/inspiratie-corona-zorgkunst-in-nederland-en-buitenland/</a>



### GOOD PRACTICE NETHERLANDS 4

GOOD PRACTICE	DESCRIPTION
Good Practice Name	<b>THE LIGHTS TOUR</b>
Good practice name in native language	The event originated after the liberation of Eindhoven on September 18, 1944. People wanted to show that, after times of war, light had returned to their lives. Because materials were scarce so soon after the war, burning candles were placed in front of the window
Place and country	In principle, in most rural villages, the lights tour is organised by rural associations.  Certainly at the time of Covid, those were the organising bodies that made this tour possible in the villages.
Type of activity (indoors, outdoors, online, offline)	Outdoors, tractors were decked out with many forms of lighting and drove a predetermined route so that people could follow the procession from home or outside while observing the rules.
target group	Basically for the entire population
Period of implementation	In the month of December when this activity also took place before Covid.
Background information /Reasons to be initiated	<p>The Lichtjestour fits in perfectly with the current measures," says the organisation, "Residents of the villages can enjoy an elongated and coloured ribbon of tractors decorated with coloured lights from home or at a sufficient distance from each other along the road. The organisation asks the public not to come to the start.</p> <p>The reason why we as a rural organisation have continued this tour in a different form has to do with bringing a little light to these dark times when people live in " dark times " due to the lock down.</p>

objectives	Showing the population that together we can provide light in these dark times and that this is also a way to show that people think of each other.
Activities	<p>After a year of absence, the Drontense Lichtjestour will be ridden again next weekend, although it will be in an adapted form due to corona.</p> <p>Last year, the corona measures threw <u>a spanner in the works</u>. This year, the organisation has made some adjustments. For example, the tour with about forty to fifty decorated and illuminated tractors starts at 3 p.m., so that the tour ends at 5 p.m. According to the organisation, it is not yet very dark, but dark enough to enjoy the lights.</p> <p>The tour will be held in Swifterbant, Biddinghuizen and Dronten, spread over three days. The exact routes will be announced online. The public is not allowed at the start and the organisation therefore urgently appeals not to come there.</p> <p>Furthermore, the Lichtjestour fits perfectly within the current measures, the organisation writes. "Residents of the villages can enjoy an elongated and coloured ribbon of tractors decorated with coloured lights from their homes or at a sufficient distance from each other along the road."</p>
What tools and methods have you used to implement the activities?	
Results	Given the many nice and positive reactions on social media, this tour was very successful and brought people a little relief in this dark period.
Lessons learnt	With a little creativity and commitment from volunteers, an existing event can also be converted within the Covid rules.
To what extent the good practice is transferable to other places?	In the end, light tours were organised throughout the country (mainly in the countryside, partly because of the tractors that were used).
If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?	Light provides warmth, connection and lighting in dark times
Key words	Connection, commitment, creativity, cheerfulness

Source of information

Rural organisation Dronten, local newspaper, interview participants.

Please, share photos describing your particular activities that we can use on social media for publishing the project!



<https://www.youtube.com/watch?v=RNVEvNQFaMo>

## GOOD PRACTICE NETHERLANDS 5

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>B. Music - Music among the books</b>
<b>Good practice name in native language</b>	B. Music - Musica tra i libri
<b>Place and country</b>	Marina di Campo, Elba Island, Italy. It was held inside the Balestrini Gentini Municipal Library managed by the LINC cooperative.
<b>Type of activity (indoors, outdoors, online, offline)</b>	The concerts took place indoors, were recorded and the recording was broadcast live on Facebook after a short live introduction by the organization.
<b>Target group</b>	adults, seniors, children, artists, library users and music lovers
<b>Period of implementation</b>	december 2020 - december 2022
<b>Background information /Reasons to be initiated</b>	<p>B.Music is an initiative that brings together those who have been making music and culture with passion on Elba Island for years, those who roll up their sleeves to prevent the virus from taking away our sense of beauty... as well as our health!</p> <p>We contacted the music groups active on the island of Elba and brought together a library and 53 musicians to support music and culture on the island. An online concert every Saturday.</p> <p>The B.Music project was created to strongly claim this centrality through a crowdfunding campaign to finance a series of mini-concerts by the most active groups in the Elba music scene.</p> <p>B.Music makes available a place of culture, the municipal library of Campo nell'Elba (hence the name B.Music) to offer a virtual performance space to Elban artists: every week, a group of musicians will perform for half an hour in the library premises and the performance will be broadcast live through the social channels of the library and the partner organizations.</p>

	<p>The fundraising campaign will be used to reimburse the musicians who have put themselves on the line for the initiative and will provide supporters with various prizes (from the B.Music playlist created for the project, to various rewards provided by private sponsors).</p>
<p><b>Objectives</b></p>	<ul style="list-style-type: none"> <li>● Consolidation and expansion of the network of musicians from Elba and elsewhere who perform safely</li> <li>● Creating a schedule of weekly online and/or in-presence events dedicated to original and non-original music</li> <li>● Keeping Elba's cultural offer alive even in emergency situations health</li> <li>● Creating spaces for sharing art, culture and traditions</li> </ul>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>● Construction of a social campaign</li> <li>● Involvement of a network of musicians from Elba and beyond</li> <li>● Involvement of technicians and operators in the artistic music sector</li> <li>● Involvement of companies and local authorities</li> <li>● Construction of a "performance space" at the Municipal Library of Campo nell'Elba</li> <li>● Realisation of concerts</li> </ul>
<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>Technical equipment and software for instrumental, audio and video recording. Social and website for publicity. Facebook and Youtube for live concerts. Produzioni dal Basso platform for crowdfunding.</p>
<p><b>Results</b></p>	<p>The musicians continued to practise their profession, a very pleasant atmosphere of cooperation and solidarity was created despite the pandemic, people from home could still enjoy one performance per week online and from 2021 in presence at the library. Greater well-being, a sense of community and cultural exchange.</p>
<p><b>Lessons learnt</b></p>	<p>We can always act to create something together despite the difficulties</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>Of course</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>the magic of music</p>



**Key words**

Music, Library, Streaming, Covid-19, Community, Concerts

**Source of information**

<https://www.progettolinc.it/2020/12/30/bmusic/>

<https://sites.google.com/progettolinc.it/bmusicsummerfestival/home>

<https://www.facebook.com/bmusicelba/>

**Please, share photos describing your particular activities that we can use on social media for publicizing the project!**



partner.


Il progetto B.Music nasce per rivendicare con forza questa centralità attraverso una campagna di crowdfunding per finanziare una serie di mini-concerti dei gruppi più attivi della scena musicale elbana e la pubblicazione di un album collettivo.

**B.Music mette a disposizione un luogo di cultura**, la biblioteca comunale di campo nell'Elba (da qui il nome B.Music) **per offrire uno spazio virtuale di esibizione agli artisti e alle artiste elbani**: ogni settimana, un gruppo di musicisti si esibirà per mezz'ora nei locali della biblioteca e l'esibizione sarà trasmessa live attraverso i canali social della biblioteca e dei soggetti

## GOOD PRACTICE NETHERLANDS 6

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<p><b>Older people and students are often a good combination</b></p> <p>'Oma's Soep' company brings students into contact with the elderly to cook soup together. They do that in various Dutch cities. But because of corona that is no longer possible. So they came up with something else to prevent loneliness in the elderly. "By connecting two people, a bond can be formed more easily."</p>
<b>Good practice name in native language</b>	<p>Grandma's soup</p>
<b>Place and country</b>	<p>Started in Amsterdam and spread from there to other major cities in the Netherlands. Usually cities where universities are located because students are brought into contact with the elderly to do things together.</p>
<b>Type of activity (indoors, outdoors, online, offline)</b>	<p>d</p>
<b>target group</b>	<p>elderly</p>
<b>Period of implementation</b>	<p>Started before Covid but continued in a different form during Covid</p>
<b>Background information /Reasons to be initiated</b>	<p>Making jokes 'Oma's Soep' wants to prevent loneliness among the elderly. With my company I am now active in 6 student cities. 'Oma's Soep' brings the elderly into contact with students to cook soup together in community centres. Older people and students are often a good combination. And not just because students often have some extra time. "Students are really full of life, while older people look back on it a little more. Older people and students can also joke with each other in a good way. The students because their whole life is still ahead of them. And the elderly especially because they have already experienced everything. So they find each other somewhere in the middle. That's nice to see.</p> <p>Due to corona, students and the elderly could no longer cook together in the community centers. "We then reversed the roles," says the organization. "Normally, it is mainly the elderly who come up with the recipe. And are they</p>


	<p>the chef while cooking. Now the young people make the soup. They then bring them to the home of the elderly remotely. The elderly then have contact every week, without having to take to the streets.” Connecting two people The students who deliver the soup often add a personal card. “With a message to support them. Or their telephone number and the offer to call them for a chat. We therefore try to connect two people together as much as possible. Then a bond can be formed more easily. And, for example, they can also go for a walk together. I hope we can continue to organize this activity after Covid because the elderly look forward to these contact moments.</p>
<p><b>objectives</b></p>	<p>Prevent loneliness. Allowing the elderly and young people to live together in life so that they can understand each other better.</p>
<p><b>Activities</b></p>	<p>Not only cooking soup together, cooking soup for the elderly, but also looking at what activities these individual connections can undertake together.</p>
<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>No specific tool, just being aware of the fact that young and old understand each other better when they do things together</p>
<p><b>Results</b></p>	<p>Better again: Martijn tells about a message he received from a boy. He wrote about his 80-year-old Italian grandmother who now gets soup at home. "She has been living alone in the Netherlands for 20 years." Most of her family members still live in Italy. Going to the community center was her only social activity. Now that this was no longer possible due to corona, she deteriorated quickly. a lot better</p>
<p><b>Lessons learnt</b></p>	<p>Creating a connection between generations gives both sides a lot of satisfaction and respect.</p>
<p><b>To what extent is good practice transferable to other places?</b></p>	<p>This organisational form can certainly be used permanently, in addition to the one that already existed before Covid. Together they can strengthen the connection even more.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Generatiekloof is een kans in plaats van een beperking.</p>

<b>Keywords</b>	Verbinding, eenzaamheid, generaties, inspiratie, respect.
<b>Source of information</b>	Internet, deelnemer, student
<b>Please, share photos describing your particular activities that we can use on social media for publicising the project!</b>	<p><a href="https://omassoep.nl/">https://omassoep.nl/</a></p>  <p>The screenshot shows the website 'OMA'S SOEP'. The navigation menu includes: OUR MISSION, PRODUCTS, ACTIVITIES, THE TEAM, HELP OUT, BUSINESS, VACANCIES, CONTACT, SHOP. There is a logo for 'OMA'S SOEP' featuring a cartoon character. The main article is titled 'THE BEST RECIPE AGAINST LONELINESS'. The text of the article reads: 'Granny's sells delicious fresh soups and meals made to Granny's authentic recipe. Proceeds are used to make lonely seniors happy! At least 50% of the profits are donated to the Granny's Foundation. The Foundation organizes weekly activities in various cities throughout the country where young and old are brought together to combat loneliness. Locally, our student boards organize weekly Cooking Days and Soup-to-Door Days, and nationally we organize major events and PR campaigns.' To the right of the text is a photograph of an elderly woman with short, curly white hair, wearing a pearl necklace and a light-colored top, smiling broadly.</p>

## GOOD PRACTICE NETHERLANDS 7

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Eat Me Foundation</b>
<b>Good practice name in native language</b>	Eat Me Foundation
<b>Place and country</b>	The Netherlands
<b>Type of activity (indoors, outdoors, online, offline)</b>	First at people's house but due to Covid online
<b>target group</b>	The elderly and refugees or people living in loneliness.
<b>Period of implementation</b>	Started as a foundation in 2012
<b>Background information /Reasons to be initiated</b>	<p>The Eet Mee Foundation The Eet Mee Foundation has been around for 11 years. We are committed to anyone who wants to meet new people. We also pay extra attention to the elderly and refugees. People can register as a dining address via the website. Or they can let it be known that they want to eat somewhere. We then look for people who fit together. If it clicks, people can meet more often. The food is actually a kind of aid. It's about meeting: being together is the most important thing."</p> <p>Strict rules Due to the corona crisis, the meetings stopped, people were no longer allowed to get together due to the strict rules. Of course the dinners couldn't go on anymore. Many people were also afraid and preferred to stay at home. While we clearly saw that people needed contact with others. So we had to come up with something else. We called all our older participants and asked what they wanted. After that we called them every week. As a result, they were better able to deal with the tension and being alone. We wanted to be able to give that moment of relaxation to more people. That is how the idea of the video dinners was born." Video dinners "With these video dinners we still try to bring people together. We connect people through our system. We ask everyone to cook something delicious themselves. And make the table cozy. During the dinner, people can chat and</p>

	<p>get to know each other via a video connection. Guests receive tips on how to make the dinner run smoothly. If people find such a video connection complicated, we first test it with them. Our participants come from all over the country and are very different. Everyone has a different reason to participate.</p>
<p><b>objectives</b></p>	<p>Creating social cohesion, preventing loneliness and stepping out of the Corona bubble for a while.</p> <p>A good conversation during the Video meal is a wonderful example of an 'enriched environment', even if it is only in the picture. It means a cognitive and emotional challenge. You are indirectly together, you exchange information, you listen one after the other, share emotions, and meanwhile you eat and drink well.</p>
<p><b>Activities</b></p>	<p>See description under background information.</p>
<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>Video, zoom, etc</p>
<p><b>Results</b></p>	<p>Results are not directly measurable, but some positive reactions show that connection can matter.</p> <p>The foundation receives many positive reactions. “You really talk to each other as if you were sitting at the table together”. I recently spoke to a refugee. He said he had never spoken Dutch with anyone for so long. That is very valuable. I also often hear that people step out of the 'corona bubble' because of the video dinners . In this way they still experience a bit of fun.</p> <p>“Our guest was from Myanmar, a very nice man. He spoke fairly reasonable English so that was useful for communication. We made a Myanmar dish together, although he had to laugh at some of the ingredients I bought.</p> <p>Using the instructions via a video link with his wife, who could not come because she was not fit, we made a very tasty curry. We will definitely meet him again and then his wife and child will also be there. We are already looking forward to it!</p>
<p><b>Lessons learnt</b></p>	<p>Even in difficult times, people need social contacts, especially the target groups that are prone to loneliness.</p>

<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>Yes, but physical dining remains the most important component of the organisation.</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Video food</p>
<p><b>Key words</b></p>	<p>Connection, loneliness, social connection, fun, corona bubble.</p>
<p><b>Source of information</b></p>	<p>Online, interview,  <a href="https://www.eetmee.nl/?gclid=CjwKCAjwitShBhA6EiwAq3RqA_gMpYY7usrMdvRcDPG2bnii05wpCl_35agsqnpY0t6AIVMKuPOLNxoCvN0QAvD_BwE">https://www.eetmee.nl/?gclid=CjwKCAjwitShBhA6EiwAq3RqA_gMpYY7usrMdvRcDPG2bnii05wpCl_35agsqnpY0t6AIVMKuPOLNxoCvN0QAvD_BwE</a></p>
<p><b>Please, share photos describing your particular activities that we can use on social media for publicizing the project!</b></p>	

## GOOD PRACTICE NETHERLANDS 8

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Neighbourhoodquiz</b>
<b>Good practice name in native language</b>	Buurtquiz
<b>Place and country</b>	Tollebeek - Nederland
<b>Type of activity (indoors, outdoors, online, offline)</b>	Indoors and outdoors
<b>Target group</b>	Members of the neighbourhood community
<b>Period of implementation</b>	November 2020
<b>Background information /Reasons to be initiated</b>	Because of Covid-19 it wasn't possible to organise an end of the year party with all of the neighbours. That's why we organised a neighbourhoodquiz which could be done with every family living in our neighbourhood.
<b>Objectives</b>	A nice afternoon, connection in the neighbourhood despite Covid-19, a link in the neighbourhood through the quiz with competitive elements.
<b>Activities</b>	A quiz on paper with puzzles, questions about neighbourhood members, the village, questions with photo scavenger hunt, a shuffleboard on the move which stopped at every house, a start package with the quiz and cakepastry and an exit question to hand in the quiz and to receive soup and French bread with herb butter for the whole family.
<b>What tools and methods have you used to implement the activities?</b>	<p>Whats app to invite and to explain.</p> <p>A manual attached to the quiz.</p> <p>Whats app for some photo-answers.</p> <p>A car with a trailer with the shuffleboard on it to go past all the houses.</p> <p>The quiz.</p>



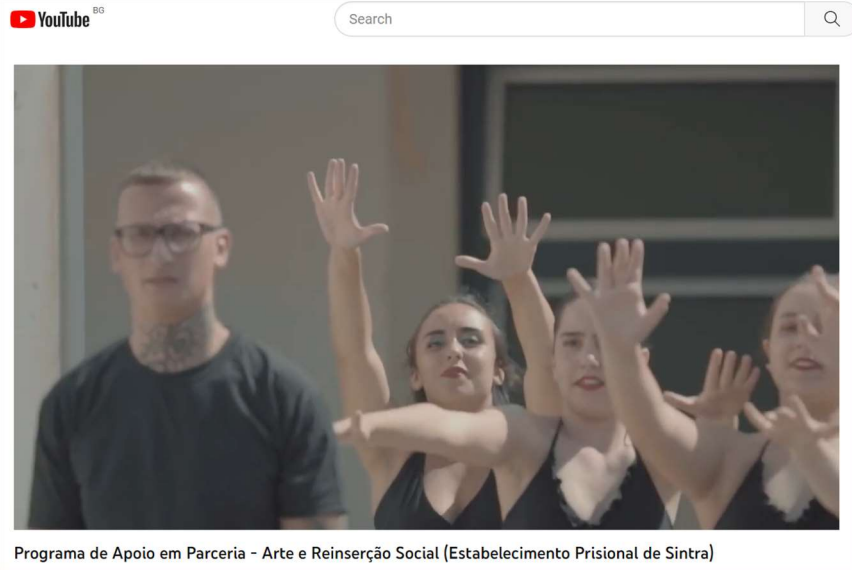
<b>Results</b>	A lot of fun, cosiness, connection in the distance.
<b>Lessons learnt</b>	People learned a lot about their neighbours, there was a connection despite the quarantine and the covid-rules.
<b>To what extent the good practice is transferable to other places?</b>	It's not a new concept, people can do such things themselves if someone is interested.
<b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b>	amusing
<b>Key words</b>	Amusing, connecting on a distance, cosey
<b>Source of information</b>	Self made, <a href="https://1drv.ms/w/s!ApUsJYgT0sTUjWaXqRqf-0jqQcVK?e=jLaK1v">https://1drv.ms/w/s!ApUsJYgT0sTUjWaXqRqf-0jqQcVK?e=jLaK1v</a>
<b>Please, share photos describing your particular activities that we can use on social media for publicising the project!</b>	

## GOOD PRACTICE NETHERLANDS 9

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Creative Art Project</b>
<b>Good practice name in native language</b>	Projeto Cativ'Art
<b>Place and country</b>	Sintra Prison, Portugal
<b>Type of activity (indoors, outdoors, online, offline)</b>	Indoors and Outdoors
<b>Target group</b>	Inmates
<b>Period of implementation</b>	2020/2021
<b>Background information /Reasons to be initiated</b>	A project promoted by Direção Geral das Artes , in Portugal. Arts in prison as a form of inclusion
<b>Objectives</b>	<p>To use Art in its creative aspect as a character and psycho-emotional competence building lever;</p> <p>To promote the importance of the healing and regenerating aspect of the creative process as a "maker" of art;</p> <p>To promote the creation of one's own space, self-listening and the acceptance of error as an intermediate stage in the learning process,</p>
<b>Activities</b>	<p>- Creation of a performance (by the inmates) lasting 30 minutes which includes:</p> <ul style="list-style-type: none"> <li>- Music;</li> <li>- Dance;</li> <li>- Theatre;</li> <li>- Digital recording (streaming) of the final presentation;</li> </ul>

<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>Use of teaching methods by command, research, discovery, creating a final product whose result was a highly interventive, activist and integrative performance, using the human resources of the life history objects of each individual as a propulsive base for the creation of the work.</p>
<p><b>Results</b></p>	<p>A live performance with 14 inmates and 12 dancers from a dance corps of a Dance Academy, using 2 musical creations by the inmates</p>
<p><b>Lessons learnt</b></p>	<p>The inexplicable thrill of making dreams happen, of feeling the trembling of the heart of those who go on stage for the first time, of holding their hand and whispering "You can do it! Believe it! Go!". And they go and even fly higher than they ever thought possible</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>Can be done again if there is financing</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>"Eu!Art"</p>
<p><b>Key words</b></p>	<p>dance, music, empowerment, inclusion, resilience, success</p>
<p><b>Source of information</b></p>	<p><a href="https://www.youtube.com/watch?v=UXTq557_IB8">https://www.youtube.com/watch?v=UXTq557_IB8</a>  <a href="https://www.youtube.com/watch?v=p2f_GaFP8ts">https://www.youtube.com/watch?v=p2f_GaFP8ts</a>  <a href="https://www.youtube.com/watch?v=6sMAJkOu-ri&amp;t=3s">https://www.youtube.com/watch?v=6sMAJkOu-ri&amp;t=3s</a></p>

**Please, share photos describing your particular activities that we can use on social media for publicizing the project!**

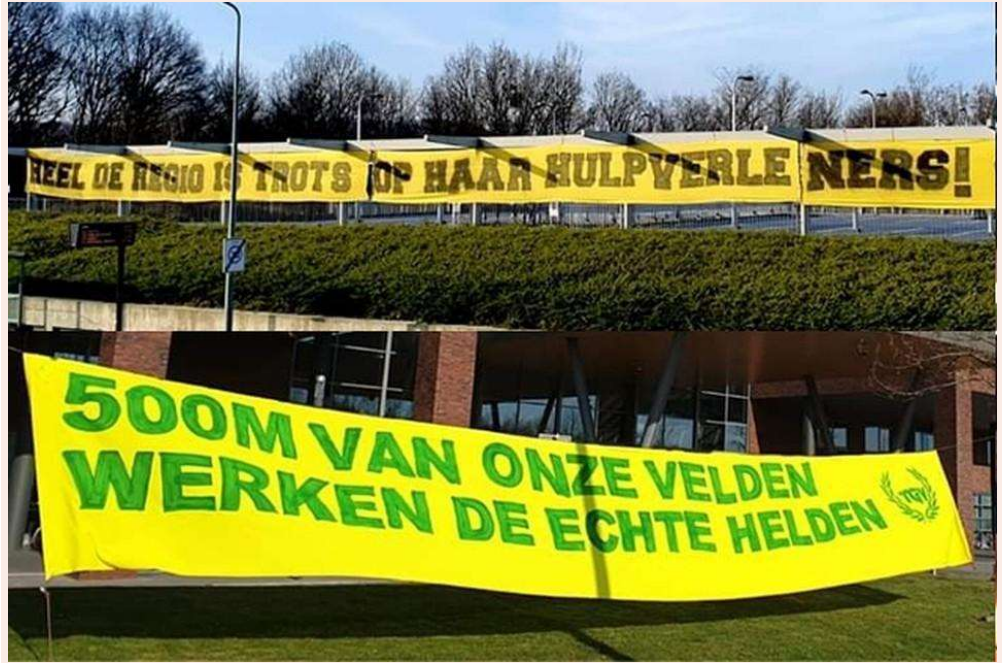


## GOOD PRACTICE NETHERLANDS 10

GOOD PRACTICE	DESCRIPTION
<b>Good Practice Name</b>	<b>Banner action - travelling diary</b>
<b>Good practice name in native language</b>	BANNERS ACTION TRAVELING DIARY
<b>Place and country</b>	Municipality of Uden and then regionally
<b>Type of activity (indoors, outdoors, online, offline)</b>	outdoor
<b>target group</b>	All residents and people who work in care
<b>Period of implementation</b>	covid period
<b>Background information /Reasons to be initiated</b>	<p>Feeling powerless In Uden at the beginning of March 2020, many people were infected with corona. Marike and Simone live there. Together they have the company 'Kunst &amp; Spijs'. Due to the crisis, all their activities had to stop. Marike and Simone came to sit at home. Simone says: "It was a very strange time. Ambulances drove back and forth. People were scared and the atmosphere was tense. You felt that. We realised that this was a special time. And we felt very powerless."</p>
<b>objectives</b>	<p>Healthcare workers show that the efforts they made were appreciated.</p> <p>Let people tell their STORY.</p>
<b>Activities</b>	<p>Marike and Simone wanted to do something after all. They decided to start a banner campaign. Marike: "We wanted to encourage all healthcare workers." So much had changed for them. And they just kept working. They performed incredibly well. We hung up 100 banners for healthcare to show that we thought of all people in healthcare.</p> <p>It was a difficult, but special period. Everyone experienced that time differently," says Simone. They wanted to keep those experiences somewhere. To this end, they came up with the 'travelling diary'. Marike and Simone put diaries away at all kinds of places in Uden. People could tell</p>

	<p>their story there: “The idea was to write down your experiences. And then pass the diary to the next person. The diary travelled all over the country. It even crossed the border to Belgium. Everyone wanted to write in it. In total we collected 550 stories!” Stories that touch Marike and Simone have collected 150 stories in the book Lief Dagboek. Simone: “It contains stories from young and old. Some stories are very sad. For example, people write about a family member who died of corona. It has helped some people to be able to tell their story in this way.” Marike: “Yet there are also many stories that are very positive and hopeful. That's what's so great about it.” The book Sweet Diary has already been sold more than 2,000 times. The income went to a charity that helps people who suffer from the corona crisis. According to Marike and Simone, Lief Diary gives people strength. Simone: “It gives people courage to keep going. That was important. And it still is, now that there are more infections with corona again.”</p>
<p><b>What tools and methods have you used to implement the activities?</b></p>	<p>No specific tools.</p>
<p><b>Results</b></p>	<p>Collected 550 stories of which 150 are included in the diary Income from the proceeds of the book go to a charity to support the corona crisis.</p>
<p><b>Lessons learnt</b></p>	<p>It is important to give people the space to tell their story and to appreciate and support each other in times of crisis</p>
<p><b>To what extent the good practice is transferable to other places?</b></p>	<p>Yes</p>
<p><b>If you have to name this good practice and/or your experience with one inspirational word or sentence what it'll be?</b></p>	<p>Organic growth model</p>
<p><b>Keywords</b></p>	<p>Giving creative space, connecting, listening, supporting</p>
<p><b>Source of information</b></p>	<p>online</p>

Please, share photos describing your particular activities that we can use on social media for publicising the project!





## Further information:

For more information about *CRESTART CReative rESilient leARning communiTies meeting COVID challenges*, its goals and results please visit the project website: [www.crestart.org](http://www.crestart.org) or our e-learning platform: <https://elearning.crestart.org/>

Project partners:

CARDET – Cyprus (<https://www.cardet.org>)

Changes & Chances – Netherlands (<https://changeschances.com>)

CROMO Alapitvany – Hungary (<https://www.cromoalapitvany.hu>)

Public Policies Watchdog Forum – Bulgaria (<https://www.active-world.net/forum>)

