

EVENT DESCRIPTION SHEET

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

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

PROJECT	
Participant:	N0.7 – SASD ES TERSEGE TERULET- ES HUMANFEJLESZTESI NONPROFIT KORLATOLT FELELOSSEGU TARSASAG (Sasd),
PIC number:	935913328
Project name and acronym:	[Rural Communities pushing BEYOND COVID-19] — [BEYOND]

EVENT DESCRIPTION	
Event number:	6
Event name:	Event 6 in the Municipality of Sásd, HU
Type:	<p>Day 1 of the event (Wednesday, September 18th, 2024) was organized as an opening conference for the project and group discussions about mental health in rural areas at the Community Centre of Sásd.</p> <p>Day 2 of the event (Thursday, September 19th, 2024) was organized as a series of site visits to best practice examples that have contributed to enhancing the mental wellbeing of Sásd. It also included presentations relating to the impact of the pandemic on citizens of Sásd and how they remained resilient.</p> <p>Day 3 of the event was divided into two sections: 1) tour of the mills at Lake Orfú: This done to show an example of how citizens volunteer with associations in order to preserve cultural heritage; 2) Project meeting: the main partner representatives discussed how the next/final event should be planned and the final outcomes of this event in Sásd.</p>
In situ/online:	<i>In-situ</i>
Location:	Hungary – Municipality of Sásd
Date(s):	September 18 th 2024 – September 20 th 2024
Website(s) (if any):	sasdtersege.hu
Participants	
Female:	56
Male:	24
Non-binary:	0
From country 1 [Croatia]:	8
From country 2 [Slovenia]:	14
From country 3 [Italy]:	6
From country 4 [Hungary]:	48
From country 5 (Germany)	4
Total number of participants:	80
	From total number of countries: 5
Description	
<i>Provide a short description of the event and its activities.</i>	
<p>The event took place over three days (from September 18th, 2024 – September 20th, 2024) in the Municipality of Sásd, Hungary. All activities of the event were held in-situ. The activities were organized in a manner ensuring that the following objectives were achieved:</p> <ul style="list-style-type: none"> To raise awareness among citizens about how rural communities can promote mental well-being and social inclusion via volunteer-based actions led by CSOs; To enhance the capacity of citizens to be active in actions that address mental health issues in rural communities during crisis periods (e.g. COVID-19 pandemic). <p>On Day 1 of the event (Wednesday, September 18th, 2024), the Municipality of Sásd organized an opening conference for the project and groups discussions about mental health in rural areas; (T.6.1. Welcoming presentations and group work/discussions about mental health in rural areas), at the Community Centre of Sásd. The conference began with a presentation of the Municipality of Sásd, which was held by the vice-mayor, Mr. Gábor Pintér. After this, representatives per partner briefly described their communities and the impact that COVID-19 pandemic had on the mental well-being of citizens in the community. As a means to build on the initial discussion and inputs, an interactive survey via mentimeter was used (in line with Sásd's previous ERASMUS projects focusing on emotional learning) to stimulate the participants and discuss certain questions connected to the impacts of the pandemic. The participants talked about who they (stakeholders) perceived</p>	

was most impacted during the pandemic, which actions they believed were most effective, and what has changed in the communities in the post-pandemic period. At the end of the day, a dinner was organized which allowed the participants to further interact and develop new friendships and meaningful relationships.

On Day 2 of the event (Thursday, September 19th 2024), The activities included site visits and presentations connected to Sásd's best practices promoting social inclusion and mental well-being in the community. The day began with a visit to the local farmer's market (Piac Korzó), which is regularly being maintained and improved by volunteer teams in the community. It was emphasized that the market is the epicentre of social activity in the town and by having volunteers play a role in maintaining and improving the location (via volunteer teams that help to clean nearby monuments, organize events there, etc.), the site contributes to solidarity, social inclusion and a sense of belonging to the community.

This was followed by a site visit to the day nursery and the kindergarten (Sásdi ÁMK Bölcsődéje és Óvodája) as well as the community centre of Sásd (Sásdi ÁMK Művelődési Központja). Via a presentation of the activities of the school and community centre and discussions with administrators and staff, participants were able to understand how it is necessary to adapt activities to the realities of the pandemic and how education and sports plays an essential role in build community spirit in difficult periods.

The afternoon session (T6.3) included presentations detailing how citizens in Sásd (and throughout Hungary) managed to cope and remain resilient during the pandemic. The first presentation, '*Psychological impacts of COVID-19 during and after the pandemic*', held by psychologist Lívía Gellért described how the pandemic impacted the psyche of the community and attitudes of citizens (including the most vulnerable – elderly persons, persons with disabilities, young persons, low-income families, etc.) towards volunteering and following healthcare guidelines. She noted that as the pandemic lagged on, citizens became less trusting of authorities and less willing to comply with guidelines. This stems from the fact that guidelines continuously changed and altered, confusing citizens throughout the pandemic period. It was concluded that the pandemic for the most part eroded community well-being and that in turn made communities less cooperative and more conflictive. To build on this narrative and show how Sásd is reaching to citizens, Angéla Hajós from the Centre for Family and Child Welfare of Sásd and on behalf of the Association 'Locals for the Town' the vice Mayor Gábor Pintér presented how the Association and the municipality organized locally-led volunteer teams to help improve the community. It was described how the teams regularly worked together to plant gardens in local parks; clean benches, monuments and other town sites; organized local events like the Advent Fair, etc. By having locals engaged in the community in this way, sense of belonging in the community was enhanced, citizens felt valued and Sásd was able to remain resilient during the pandemic period. Via discussions during this part of the event, participants learned how they could address similar issues in their communities.

On Day 3 of the event (Friday, September 20th 2024), the activities were divided into two parts: 1) Tour of the mills at Lake Orfú: This done to show an example of how citizens from various backgrounds volunteer with associations in order to preserve cultural heritage. It was emphasized while demonstrating how the mill functions that the only reason why the site has remained preserved is due to the work of the community foundation (volunteer-based) which vigilantly maintains the mill and promotes it to citizens and visitors. By learning about how teamwork, volunteering and solidarity work in practice, participants are able to apply this example to their own activities; 2) Project meeting: the main partner representatives discussed how the next/final event should be planned and the final outcomes of this event in Sásd.

Via this approach to organizing and implementing the event, participants learned:

- How associations and local governments can work together, promote mental well-being and social inclusion via volunteer-based actions;
- How to address mental health issues in rural communities during crisis periods (e.g. COVID-19 pandemic) in various settings (education, healthcare, promoting cultural heritage, etc.)
- How European values contribute to the well-being of the community and social inclusion.
 - It was emphasized as well the importance of European values such as solidarity, cooperation, and democracy. Participants from diverse backgrounds from Sásd have come together under these shared values, strengthening the sense of European identity and community. This in turn has led to citizens' enhanced well-being and social inclusion.

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