



PANDEMIC MEMORIES



ENGAGING YOUNG PEOPLE IN OVERCOMING THE
PANDEMIC THROUGH COLLABORATIVE ART CREATION.



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“Pandemic Memories” encompasses the work of the Erasmus project PandemiArt which took place from February 2022 to February 2024 with four academic institutions, two universities and one NGO : Collège Simone de Beauvoir, Créteil France ; Lusófona University [COFAC Cooperativa de Formação e Animação Lisbon, Portugal] ; Balvu Profesionāla Unvisparizglitotāja Vidusskola, Balvi, Latvia ; Colegiul National de Arta "George Apostu" Bacau, Romania ; Çağdaş ve Yenilikçi Eğitimciler Derneği, NGO Trabzon, Turkey ; Erünal Sosyal Bilimler Lisesi, Antalya, Turkey ; Spoleczna Akademia Nauk University, Warsaw, Poland.

At the heart of our PandemiArt Erasmus project, there was and still is a strong commitment to overcome challenges in order to create a project together and ensure synergy despite our troubled times. This project was created in the fraught context of the pandemic which was then followed by the war in Ukraine. We started designing the project during lockdown when travel in one’s own country was no easy adventure and travelling across most countries in the world was restricted. Facing this huge frustration, we kept moving forward hoping we would eventually grow stronger. Our main objectives with this project included the development of a variety of innovative artistic skills for all participants. We also wanted to encourage student interaction and cooperation across education and training systems as well as improve foreign language proficiency. We also aimed to provide intercultural interaction and strengthen participants consciousness of being European citizens. Regarding the pandemic, our goal was to develop an awareness of common preventive global health measures.

We, as project team members consider this endeavour as a form of resistance. Resisting the pandemic and not giving up in the face of so many difficulties that we went through. When vaccines became available and cases declined, we faced the war in Ukraine which threatened European peace.

A horror that we thought would never appear again. Continuing this project meant fighting for our European values while preserving relationships. This project is about resisting isolation and developing relationships through art, which carries universal power.

With this project, thanks to Erasmus funding, two universities, four academic institutions and one NGO from six different countries (France, Portugal, Turkey, Romania, Latvia and Poland) have been able to collaborate and create transnational art activities in each country. These activities involved more than 120 students in total. Each organization hosted their partners and worked together to create works of art reflecting our resistance against all the challenges. The project evolved over time to remain relevant. It began with sharing experiences of the lockdown in our first transnational activities in Portugal and moved to share hopes and dreams on a mural in Latvia. We eventually came to reflect our growing confidence through murals made in Romania, France and Poland, ending with the amazing experience of bus painting in Antalya. These symbolize the empowerment of being together and overcoming the challenges of the pandemic and isolation. A special emphasis on European values was made in Poland through the creation of Neon signs, an original form of expression.

Meanwhile, students and teachers created bonds and discovered foreign countries and new cultures. This project has also shown that age differences, origins and other differences are no obstacles when we really want to create something together. In fact, differences have always enriched our lives and experiences.

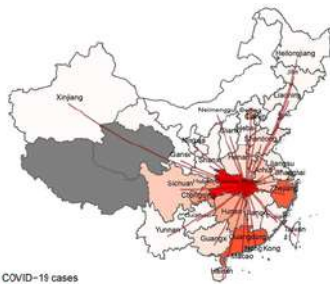
We hope this eBook can be a source of inspiration for anyone who wants to create a project in spite of troubled times and develop their own form of resistance.

HISTORICAL CONTEXT: GLOBAL PANDEMICS AND THE BEGINNING OF CONFLICTS

02

**JANUARY
2020**

Several cases of pneumonia of unknown aetiology were reported in Wuhan, Hubei Province China.



**JANUARY, 09
2020**

China government reported a novel coronavirus (2019-nCoV) as the causative agent of this outbreak.

**JANUARY, 24
2020**

Three cases of COVID-19 were confirmed in France. These were the first known cases of COVID-19 in Europe.

**JANUARY, 30
2020**

World Health Organisation declares the outbreak of novel coronavirus 2019 (SARS-CoV-2) to be a Public Health Emergency of International Concern.

**FEBRUARY, 26
2020**

Romania reported the first confirmed case of COVID-19.



**DECEMBER
2020**

The first COVID-19 vaccine doses are administered (just 1 year after the first case of COVID-19 was detected).

**MARCH, 02
2020**

Portugal and Latvia reported their first confirmed cases of COVID-19.

**MARCH, 04
2020**

Poland reported the first confirmed case of COVID-19.

**MARCH, 10
2020**

Turkey reported the first confirmed case of COVID-19.

**FEBRUARY, 24
2022**

War in Ukraine - Russia invaded Ukraine in an escalation of the Russo-Ukrainian War that started in 2014.

**MARCH, 11
2020**

World Health Organisation confirms that COVID-19 is a pandemic.

**NOVEMBER
2020**

From late 2020 on several notable variants of SARS-CoV-2 have emerged, the ones were named after the greek alphabet, being of concern Alpha, Beta, Gamma, Delta and Omicron.

**OCTOBER, 07
2023**

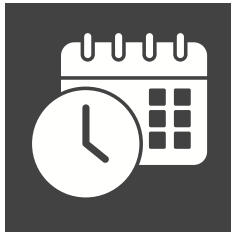
War on Gaza. After a terrorist attack by Hamas, Israel attacked Palestine, starting a cycle of violence that escalated into a humanitarian tragedy in Gaza.

Sources:

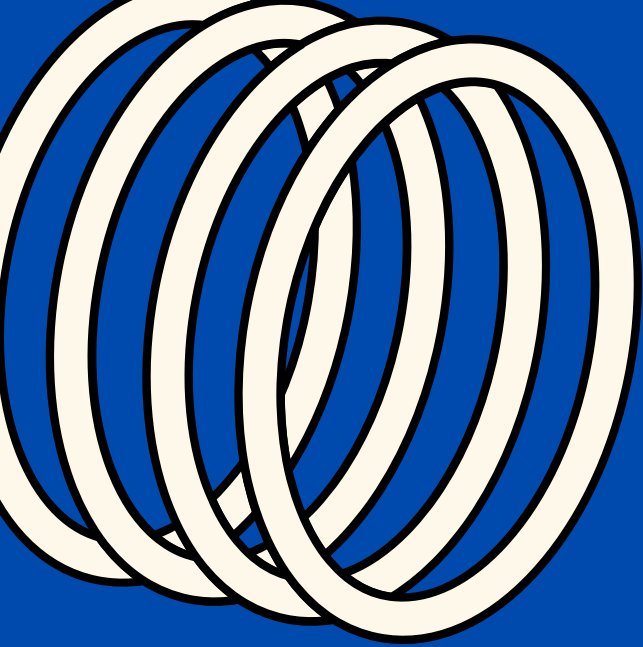
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https://www.eeas.europa.eu/eeas/what-eu-stands-gaza-and-israeli-palestinian-conflict_en

PROJECT JOURNEY: STAGES AND ACTIVITIES

03



- 1** June 2022 – Project logo Competition
- 2** June 2022 – PORTUGAL – Lusófona University, Lisbon | Digital content development
- 3** September 2022 - LATVIA – Balvu profesionāla un vispārīgā izglītības vidusskola, Balvi | Graffiti Studies-1
- 4** November 2022 – ROMANIA - Colegiul National de Arta "George Apostu" Bacau | Art activities including protective measures from Covid-19
- 5** December 2022 – TURKEY, Trabzon, Çağdaş ve Yenilikçi Eğitimciler Derneği | Digital Content Development
- 6** May 2023 – FRANCE, College Simone de Beauvoir, Short Film workshop
- 7** June 2023 – POLAND, Spoleczna Akademia Nauk | Graffiti Studies-2
- 8** September 2023 – LTTA TURKEY ANTALYA, Erüenal Sosyal Bilimler Lisesi | Art activities containing the symbolic image of Covid-19



04 LTTAS AND ACTIVITIES OF THE PROJECT





α. PROJECT LOGO COMPETITION



DESCRIPTION OF THE ACTIVITY:

A logo competition was held between the various participating institutions for the project. Several students participated, regardless of their level of education and proficiency in digital media and graphic design. The winning logo was chosen by voting among teachers participating in this project.

PARTICIPANTS:

The competition involved several students from all participating institutions.

DATE:

June 2022

LOCATION:

Online

MATERIALS AND RESOURCES:

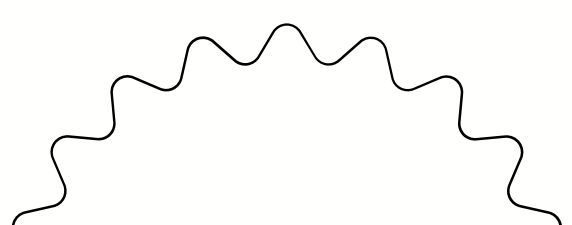
Mixed media. Digital media.

PROCESS:

Each student created a logo proposal for the project using very different media. Each school released the logos designed by their students for the competition. All teachers involved in the project voted to choose the final logo of the project.

MAIN OBJECTIVES:

This activity aimed to develop creativity and visual communication skills. Each logo had to be visually appealing while simultaneously translating the main objectives of the PandemiART project.



PARTICIPANTS LOGOS



LOGO 1



LOGO 2



LOGO 3



LOGO 4



LOGO 5



LOGO 6



LOGO 7

LOGO N°8
WINNER LOGO



Erasmus+



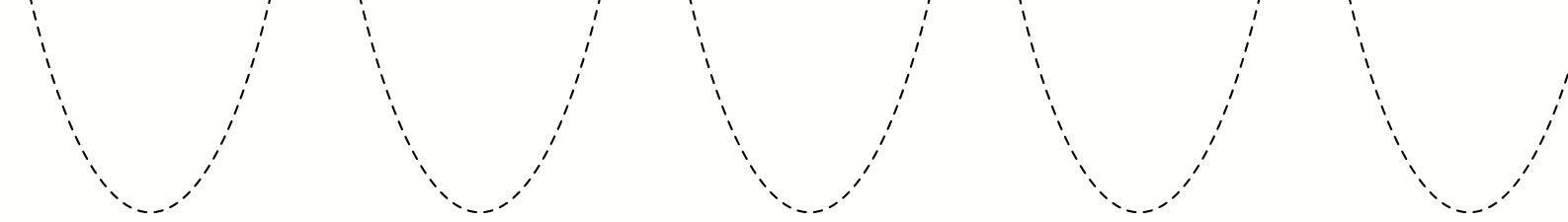
PandemiArt



CONGRATULATIONS!



b. LTTA PORTUGAL – LUSÓFONA UNIVERSITY |
DIGITAL CONTENT DEVELOPMENT, JUNE 2022



In the LTTA that took place in Portugal, at the Lusófona University [COFAC Cooperativa de Formação e Animação Lisbon, Portugal] we attended four workshops, besides an intense cultural programme with visits to contemporary art museums and historical sites.

1 | PANDEMIC PORTRAITS

2 | VOX POP WORKSHOP

3 | PANDEMIC CITY PORTRAITS

4 | VIRUS & CODING





1 | PANDEMIC PORTRAITS

Description of the activity:

This was a staged photography experience in a studio with professional equipment. Participants had various objects, props, and masks at their disposal, with different connotations associated with the pandemic. Each participant was invited to choose some props and pose for the camera.

Participants:

30 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:

28 and 29 June 2022

Location:

Photographic studios at Lusófona University (FORCE)

Materials and resources:

A large assortment of carnival accessories, pieces of fabric, a didactic skeleton, hats, veils, mirrors arranged on a table. Photo cameras.


Process:

From the intense light of Lisbon, participants passed into the darkness of the photography studio, alone or in small groups. There, in silence, each person was invited to wear accessories representing their feelings regarding the pandemic and think about how their body language could transmit them.

Main objectives:

The main objectives of this activity were to create conditions for expressing personal feelings through staged photography, to develop forms of expression such as visual metaphor or metonymy, and to provide contact with a professional photography studio.

Dimensions: (not applicable)



Photos:





a,b | Pandemic Portraits

b



c | Pandemic Portraits Photo Session



2 | VOX POP WORKSHOP

Description of the activity:

"Vox pop" means vox populi (lat.), the voice of the people. In this workshop, the participants were invited to capture several testimonies about the impact of the COVID-19 pandemic on their lives. Participants used their own mobile phones to film and record audio and photographs. Video editing and post-production were done with the university's desktop computers.

Participants:

30 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon...

Date:

28 and 29 June 2022

Location:

Lusófona University campus and video editing studios

Materials and resources:

Mobile phones and desktop PCs.

Process:

Participants were grouped into small teams. The mobile phone was the base tool for producing the videos, i.e. the interviews the participants made with each other. An introduction to video editing and post-production provided the basic knowledge for students to produce their works using desktop PCs.

Main objectives:

Main goals of this activity were to give voice to participants, allow them to share their experiences, find affinities, cultivate empathy and collectively reflect on the COVID-19 pandemic.

Dimensions: (not applicable)

Photos:



c



d



e



f

c-f |Vox Pop Workshop



Description of the activity:

Wandering around the University Campus area, the participants were invited to photograph evidence of

3 | PANDEMIC CITY

COVID-19 in space, such as safety signs, stickers or discarded masks. All participants viewed the photos together. A reflection was made on the similarities and differences in how each city adapted to the pandemic.

Participants:

30 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:

29 June 2022

Location:

Lusófona University campus and surroundings

Materials and resources:

Mobile phones


Process:

Participants walked freely around the campus for an hour, photographing all the signs related to COVID-19. Once again, at the university, the photos were viewed collectively, and a comparison was made between the participants' various cities regarding the marks that the pandemic left on them.

Main objectives:

This activity's main objectives are to create a portrait of Lisbon after COVID-19 and raise awareness of how cities reflect the pandemic, highlighting slight differences in signage - stickers, printed papers - and how people live in shared spaces.

Dimensions: (not applicable)



Photos:



g | COVID-19 related signs in space, Lisbon, June 2022



4 | VIRUS & CODING

Description of the activity:

After a Talk with a virology researcher on "What is a virus?" participants were introduced to the Game of Life, discovered by the British mathematician John Horton Conway in 1970. Using very simple coding, participants were able to tweak certain parameters and generate different evolutionary patterns.

Participants:

30 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:

29 June 2022

Location:

Lusófona University

Materials and resources:

Computer, p5js web editor, basic implementation of the Game of Life.


Process:

The Talk allowed the participants to expand and enrich their scientific & visual culture. Using very restricted rules and giving basic commands in the Game of Life, the participants generated animations that somehow resemble the evolution of living structures.

Main objectives:

The main objectives are to raise awareness of what a virus is and its forms of transmission and replication and to experiment with the creation of animations that simulate living processes.

Dimensions: (not applicable)



Photos:



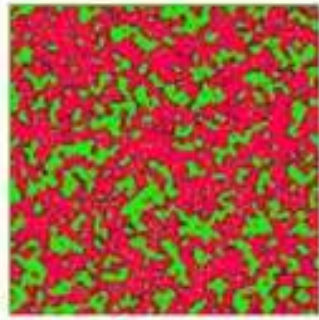
h



i



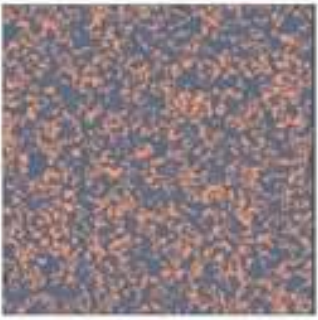
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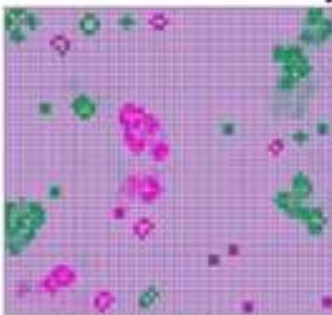
k



l



m



n

h,i | Talk "What is a virus?" & Coding Workshop
j-m | Printscreens of the animations created by the participants.



h



TESTIMONIES

Portugal was the 1st mobility in the project. After months of lockdown and travel restrictions I felt so happy to meet participants from different countries. I was amazed by Portuguese hospitality and the incredible activities that we did at Lusófona University.

Maïa, France

Participating in PandemiART was an enlightening experience. Getting to work with young people from all over Europe in a collaborative art project gives you a lot of new knowledge and a new appreciation for the creative human spirit!

Neves, Portugal





**c. LTTA LATVIA – Balvu profesionāla un
visparizglītojoša vidusskola, Balvi |**

Graffiti Studies-1, September 2022



Description of the activity:

During the mobility of Latvia, a mural was created in the graffiti style. It was the first large mural during the project. The work was painted on four plates. Aerosol paints were used, as well as stencils made of paper, which were used in the process of creating the artwork.

Participants:

The work was carried out by students from all partner countries together with teachers.

Date:

19th September 2022

Location:

Since the work was done with aerosol paints, the process of creating the artwork took place outside the school, in the school courtyard. Now this mural is located in the school dining hall on the wall, where students see it every day, thus actualizing the nature and importance of Erasmus+ cooperation.

Materials and resources:

As mentioned earlier, in the process of creating the mural, chipboards were used, as well as aerosol paints, acrylic paints, and stencils, which the participants themselves made from cardboard.

Process:

At first, the plates were primed so that the paint could be applied more successfully. The idea was created that this work will be made up of 4 parts that have a common theme that corresponds to the theme of PandemiART. Then the stencils were made and the colors with which the work would be created were chosen

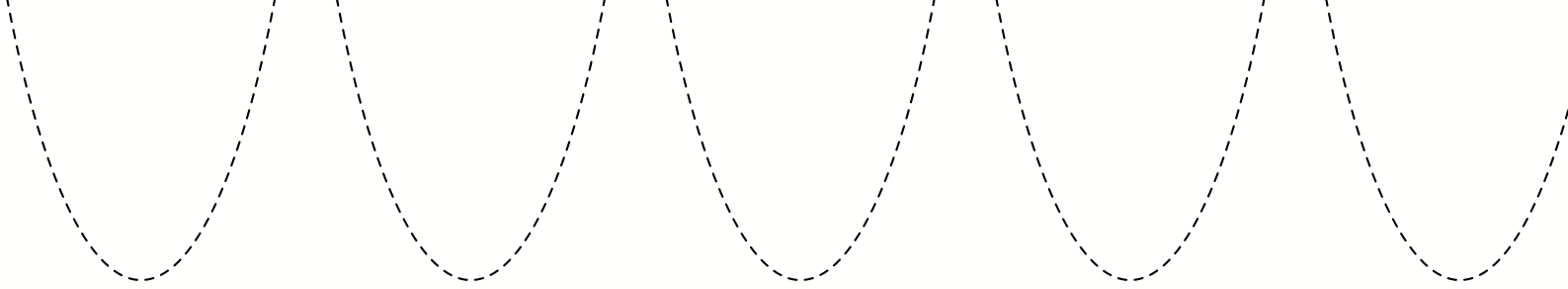
Main objectives:

The main idea of the mural was how, when working on four separate planes of the artwork, you can reveal the different in each part, but at the same time preserve the unifying element in all parts. The main motive is art above everything, including the pandemic.

Dimensions:

2 x 3,5 meters (aprox.)

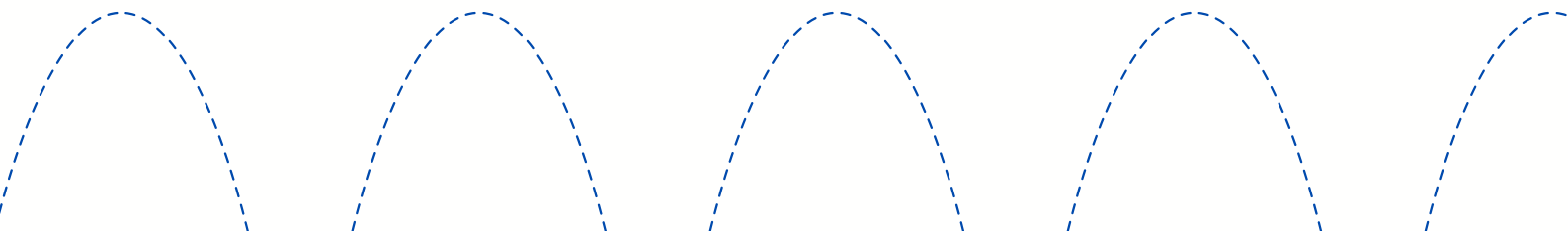




Photos:



a-h | Mural painting process





i | Mural painting



j-l | Cultural tour



k

l



m | Cultural Tour





TESTIMONIES

I took part in Latvia Mobility and it was really fun and informative. We met with really interesting people and visited an old Fortress that is now converted into a museum mostly specialized in Mark Rothko paintings. The tour guide there was friendly and funny and this was more than enough to make it my most entertaining museum tour. We also painted huge canvases in the school with spray cans (Accidentally ruined my jacket but I'm still happy.). During our free time and walks around the hotel I enjoyed the scenery before me as the both cities we visited were quiet and calm. I can see myself coming back there in the future.

Emek, Turkey

As a member of this project and past ones, I had already some experience and context about, and even so, it was once again all perfect. The group that receive us was kind, and the country itself was also comforting. Having the chance to talk and try to overcome linguistic barriers to find a way to connect through art and finding a way to represent our hopes and dreams against the pandemic was incredible.

The most important thing that this project told us, was the need to reconnect with the rest of the world, which was in lockdown, with physical and mental distances between us. And achieving a new response to that problem through art was a good way.


André, Portugal





d. LTA ROMANIA - Colegiul National de Arta "George Apostu" Bacău

| Art activities including protective measures from Covid-19, November 2022



In the LTTA that took place in Romania, Colegiul Național de Artă "George Apostu", Bacău, we carried out one mural painting encompassing four different artworks.

Beside the artwork, this LTTA meant: an introductory school tour; a music and instruments parade; the workshop "Let's meet each other!"; short presentations made by the host team, "Graffiti perspectives in Bacău"; a teachers' meeting for reflection, management discussions and feedback session; students interaction; a Tour to the Graffiti Heritage in Bacău; the Pandemic memories - International Conference with the participation of interested NGOs, and teachers from other schools in Bacău.

Description of the activity:

During the Romanian LTTA, according to the application form, there were four different artworks done on the same wall, as one single elaborate mural composition of two to five meters. The wall was divided into four parts to four work groups, to generate the final work of art depicting Covid 19 experiences, feelings, and emotions. Initial individual sketches were carried out and the final selection was transferred to the mural surface.

Participants:

58 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon from.

Date:

16 November 2022

13-18 November 2022 (activities)

Location:

The graffiti were done inside the school, on the main first floor: the mural space.

Materials and resources:

Paint brushes, acrylic paintings, and graffiti sprays.



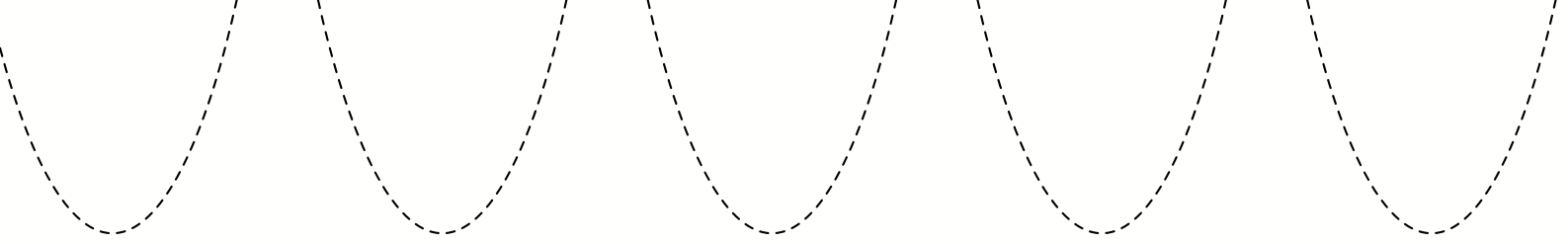
**Process:**

The mural painting was made using painting stencils and painted drawing, software processing of the handmade image.. The mural painting can be used for the students in the fine arts classes as an example, for teachers to guide students to observe techniques and colors, composition, and other technical details, as well as for all the students as a token of cultural and artistic exchange, evidence of the Erasmus Plus benefits, an outcome that expresses the impact of Covid 19 on the art and the humans, a long-lasting spot for the student generations to come in our Colegiul Național de Artă George Apostu.

Main objectives:

To carry picture painting, and art in general, to the higher international dimension; raising awareness about the pandemic with picture [art] studies; developing the pluralistic popular artistic skills of the participants, so to strengthen multilingual international cooperation and to provide an opportunity for the exchange of good practices in the fields of expertise of the participating institutions; enhancing the European dimension of the participants, their social responsibility awareness, to achieve a more inclusive education and learning process with different partner institutions. And to get to know the culture and hospitality of the host institution, its country and its methods.

Dimensions: 2 x 5 meters



Photos:



a



b



c

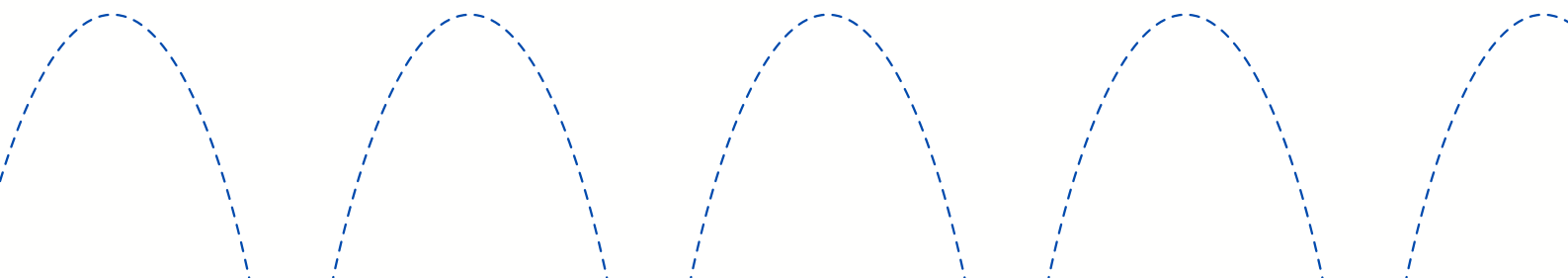


d



e

a-e | Mural painting process





f | Mural painting



g,h | Cultural tour



TESTIMONIES

The PandemiArt Activities in Bacău were distinguished by one particular spatial device of great importance to the portraying of artistic undertakings under the pandemic times: the chance to feel the atmosphere of outdoors walking, wandering, and watching a city's public endeavor in contrast to the welcoming indoors self-communion, gathering and focusing on a shared goal by an entire 'school' community. All this led to the extraordinary effect of reenacting on the same hand as surpassing the anxiety of lockdown conditions as well as the terrifying sightings of dry deserted streets under curfew. Bacău took us all to this most inspiring inside-out experience

João, Portugal

I took part in the PandemiArt Mobility in Romania. It was very inspiring for me. I was able to see a new country, I had never been to. It was wonderful to meet a lot of very talented people, we still follow each other's doings today, including the artistic ones online. The openness to the world I experienced and the warm welcome I received is irreplaceable. It was a great idea to have some common elements in each of these countries so that even though each trip was different, we felt that everything had a certain pattern and it was something that united us all in one project.

Weronika, Poland

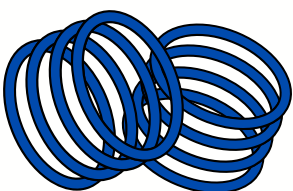
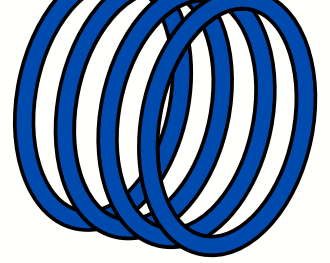




→
**e.LTTA TURKEY, Trabzon, Çağdaş
ve Yenilikçi Eğitimciler Derneği**

| Digital Content Development, December 2022

TURKEY | TRABZON | DECEMBER 2022





“More than just the activity itself, it is the memories and relationships that are gained from these initiatives.”

Mónica Lopes



DESCRIPTION OF THE ACTIVITY:

Infographic workshop was done in Trabzon. Teachers from partner organisations participated to this workshop. Each participant created some infographics in that workshop.

The aim was helping teachers to prepare some useful educative outputs.

PARTICIPANTS:

Seven teachers from partner organisations and two teachers from host organisation participated that mobility.

DATE:

8th December, 2022 | Location: The activity was done in a school ICT class.

MATERIALS AND RESOURCES:

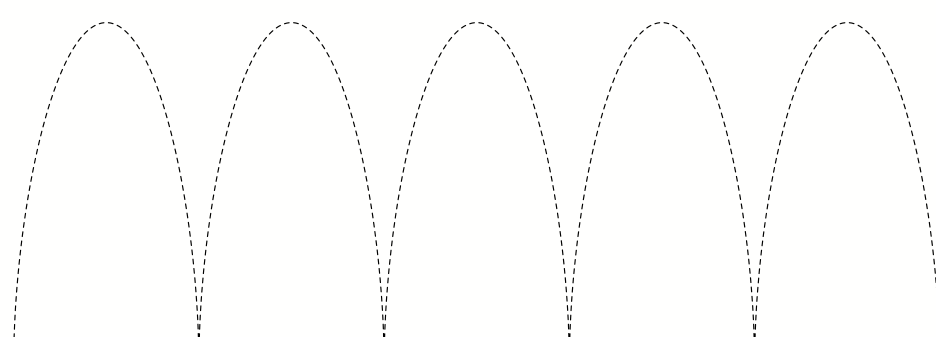
The computers and Canva App were used in the workshop.

PROCESS:

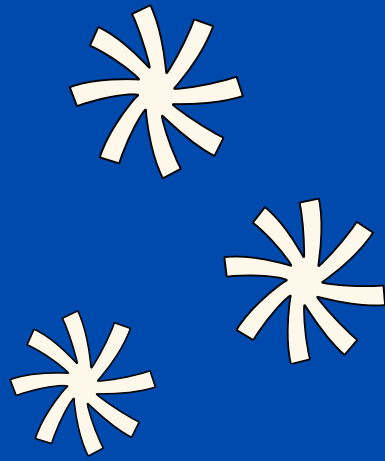
The infographics were made by using Canva app.

MAIN OBJECTIVES:

The main goals of that activity were ' showing the effects of pandemic with innovative education outputs' and showing the benefits of creating educative innovative outputs for students to raise their awareness in any subject.



Artwork Gallery



COVID 19 # # PANDEMIC

In 2019 a new disease
appear on earth

All the
world is
concerned



FEAR

SOCIAL DISTANCING

Take
care to
people



A new life is
possible



Ready?

Solidarity

HOPE

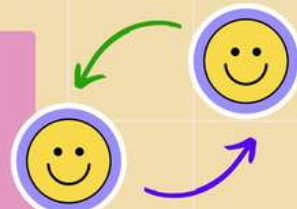


Maybe new mentality and a new solidarity
between humans will be born thanks to this
pandemic

VACCINE PROTECTS AND LIVES



SEE MORE
WITH THE
PEOPLE YOU
LOVE WITH
VIDEO CALL



Make use of
your time for
things you put
off doing
before



Laugh and
SMILE A LOT



WE MUST PAY
ATTENTION
TO OUR
SOCIAL
DISTANCE



BE HOPE AND
REMEMBER
THAT THESE
CHALLENGES
WILL PASS



AMAZING THINGS TO DO, SO WE CAN STAY CREATIVES, DURING THE PANDEMY

C. O. V. I. D.



BE MORE WITH YOUR FAMILY & FRIENDS



HELP OTHERS BEING CREATIVES, ALSO



STAY CLOSE TO THE SUN LIGHT



DO SPORTS



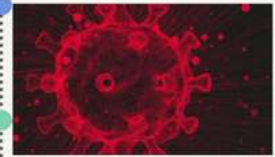
STAY IN CONTACT WITH THE SEA

YOUR BODY & YOUR SOUL WILL THANKS!

Culture and Art During and After the Pandemic

The future of culture and arts

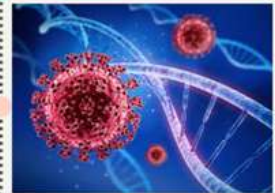
With the start of the normalization process, while the cities are revitalized, all actors of the culture-art field have important duties as mediators of social improvement. Artistic production and festivals will represent the renewed hope and energy, while reflecting the process that has emerged.



All structures operating in the field, which assume the mediation between artistic production and the audience, are now looking for ways to plan the future correctly.



It will be important to address the issue of environment and climate, which is one of the most urgent issues of humanity, which has started to be discussed at a new level under the influence of extraordinary conditions, with a focus on culture, art and creativity.



The field of culture and arts once again showed that it is one of the main components of social development in this global crisis. Now is the time to open new ways to think together and strengthen cooperation between different stakeholders as we design the future of the field with the normalization process. Only in this way will it be possible for the therapeutic, inclusive and transformative power of culture and art to be visible and reach large masses.

Ahmet Çoban
EAntalya/Turkey



PANDAMIART

PANDAMI

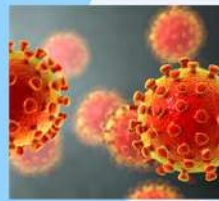


ART



COVID-19 GLOBAL PANDEMIC

1



What is the Covid-19

COVID-19 AFFECTS PEOPLE IN DIFFERENT WAYS. MOST INFECTED PEOPLE DEVELOP A MILD TO MODERATE FORM OF THE DISEASE AND RECOVER WITHOUT HOSPITALIZATION.

2

WHAT TO DO ?
WEAR A MASK. SAVE
LIVES.



3



To vaccinate is to protect!

WE CREATE VACCINES THAT PROTECT AGAINST THE MOST DIFFICULT DISEASES TO FIGHT. GETTING VACCINATED IS THE BEST WAY TO PROTECT YOURSELF AGAINST EPIDEMIC DISEASES.

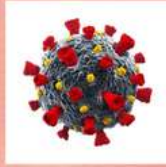
THE MINISTRY OF SOLIDARITY AND HEALTH HAS SET UP A TELEPHONE PLATFORM:



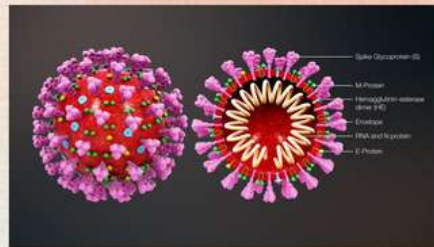
0800 130 000

(FREE CALL FROM A LANDLINE IN FRANCE, 7 DAYS A WEEK, 24 HOURS A DAY) TO OBTAIN INFORMATION ON SARS-COV -2 (COVID-19)





COVID 19 AWARENESS

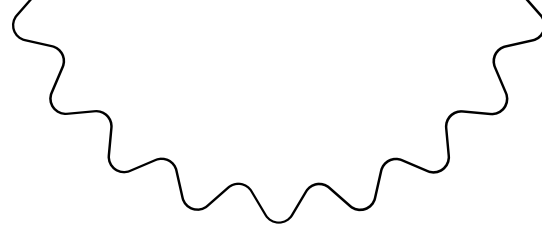


FOR HEALTH FOR ALL OF US



f. LTTA FRANCE, College Simone de Beauvoir

Mural Painting workshop, May 2023



In the LTTA that took place in France, Collège Simone de Beauvoir, Créteil, we carried out two murals on the school corridor walls. We also had an intense cultural program with visits to art museums, historical sites such as the Eiffel tower, and a boat trip on the River Seine.

Description of the activity:

During the French LTTA, we painted two murals on the school corridor walls: one representing the “Petit Prince” and the other representing “La Marianne”: both meaningful French symbols.

Participants:

46 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:

23 May 2023

Location:

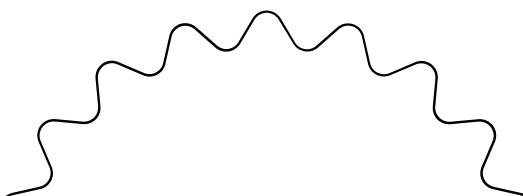
The mural paintings were done on the school corridor walls.

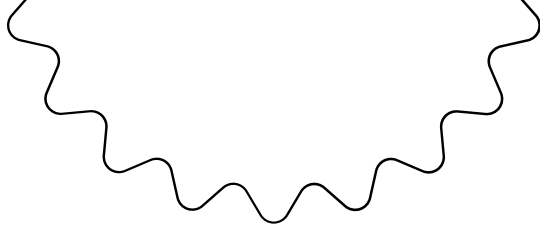
Materials and resources:

Acrylic painting and paint brushes.

Process:

The artist made the sketches beforehand and the participants painted the colours. Then the artist added the inscriptions (“together” in all the languages of the partners).





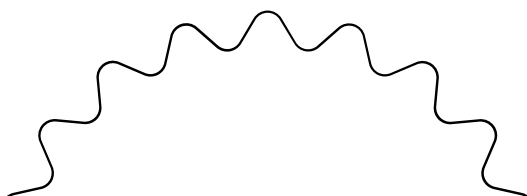
Main objectives:

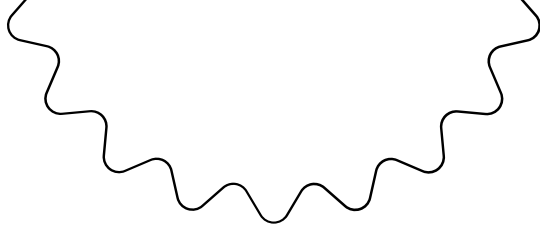
The mural "Le Petit Prince" symbolizes childhood, friendship and innocence (one of the catchphrases of the novel is "We can only see with the heart". In the painting, he appears as having defeated covid. With the stars and the earth, it gives a way to navigate through life. The green color symbolizes hope.

The mural "La Marianne" symbolizes the French Republic and its values 'Liberty, Equality and Brotherhood.'

Main goals of this activity were to create strong symbols together which convey a feeling of victory : pandemic is not over but we managed to stay together and keep on travelling. All the flags from the countries of the project partners are on the mural which create unity and the red color is particularly powerful.

Dimensions: 4 meters each





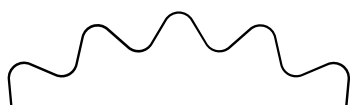
Photos:



a-d | Mural painting process



e | Mural painting depicting the Little Prince





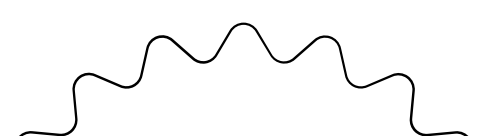
f | Mural painting depicting Marianne



g

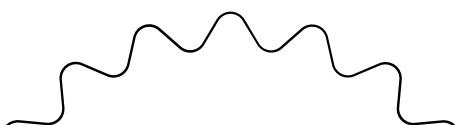


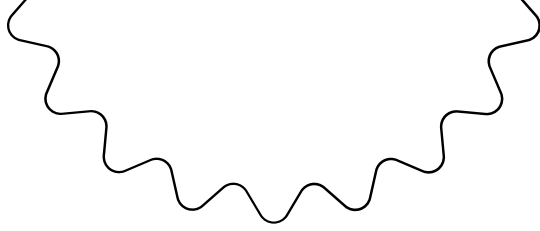
h





g-i | Cultural tour





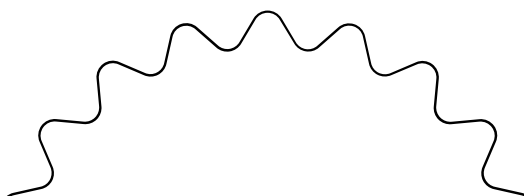
TESTIMONIES

As part of the PandemiArt programme, we were invited to the College Simone de Beauvoir school near Paris. Together with the host school and other foreign groups, we managed to paint two murals. Thanks to this programme, we came into contact with young people from, for example, Portugal, Turkey and Latvia. Together we visited the monuments of Paris and took part in a cruise on the Seine. Thanks to these activities, we were able to enter famous museums live, talk about cultural differences in our countries or make new contacts, which was rather impossible during the Pandemic.

Szymon, Poland

I want to highlight the excellent organization of the French team and the way they welcomed the whole group, planning all the activities in such a way as to enrich our experiences in Paris. In addition to the activities at the school, I would like to highlight the visits to museums and other points of interest. It was a very enriching experience with a significant impact on our students.

Orlando, Portugal

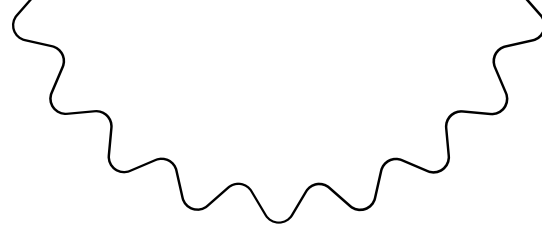




g. LTTA POLAND, Spoleczna
Akademia Nauk



| Graffiti Studies-2, June 2023

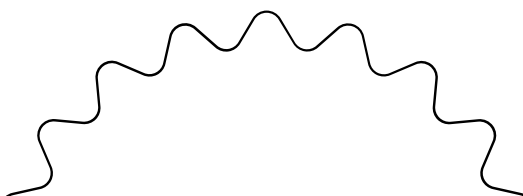


In the LTTA that took place in Poland, Nauk University, Warsaw, we attended several workshops, besides an intense cultural programme with visits to art museums and historical sites.

1 | PORTRAITS FROM THE SHADOWS, SURREAL LIVING CORPSE & GRAPHIC WORKSHOP

2 | MURAL PAINTING - RELEASE CREATIVITY AND HAVE FUN

3 | NEON WORKSHOP





1 | PORTRAITS FROM THE SHADOWS, SURREAL LIVING CORPSE & GRAPHIC WORKSHOP

Description of the activity:

All participants took part in group workshops. They created Portraits from the Shadows, took part in role-playing- a surreal living corpse and graphics workshops.

Participants:

40 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:

19 June 2023

Location:

The Portraits from the Shadows - Graphic workshop was done on the University of Social Science, campus in Warsaw.

Materials and resources:

Participants used old newspapers and black paint to prepare the figures for the graphic workshop.

Process:

Participants were divided into groups. Each group participated in each workshop.

Main objectives:

The main goals of this activity were to integrate the group and use their creativity to prepare art pieces.

Dimensions: variable



Photos:



a



b



c



d



e

a-e | Portraits from the Shadows, Surreal living corpse & Graphic Workshop



2 | MURAL PAINTING - RELEASE CREATIVITY AND HAVE FUN

Description of the activity:

Participants of the mobility in Warsaw painted, with the help and support of experts, the mural in the hall of the University.

Participants:

40 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:

19 June 2023

Location:

The mural was painted in the hall of the University of Social Science, Warsaw campus.

Materials and resources:

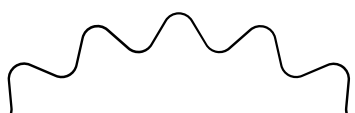
Participants use paints and brushers dedicated to wall painting and mural painting.

Process:

Participants designed and sketched the mural. Then, they painted the wall.

Main objectives:

The main goal of this activity was to create a mural, presenting the creators' memories from the time of COVID-19 pandemic



Photos



f



g

f | Mural Painting process
g | Mural Painting Release Creativity and Have Fun



3 | NEON WORKSHOP & EXHIBITION

Description of the activity:

Participants created neon symbols using graphic signs to convey important European Values through art depicting slogans emanating from the European Union, such as freedom, equality, and partnership, and promoted them on social media. Together they created a Neon Exhibition at the university and visited the Neon Museum.

Participants:

40 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:

20 June 2023

Location:

University of Social Sciences, campus in Warsaw

Materials and resources:

Participants used LED light strips to create the neons.

Process:

Participants first designed the EU values symbols, that they want to present as neon, and later on, guided by the expert, used LED light strips to create light installations presenting important European Values.

Main objectives:

The main goals of this activity were to present important European Values in an innovative, creative way.

Dimensions: variable



Photos



h



i



j



k

h,i, j, k – Visiting the Neon Museum, Neon workshop & exhibition



l | Group presentation



TESTIMONIES

I participated in the trip to Poland. We met with really amazing talented people. After all those tours and visiting those extraordinary museums, it was fair to say that all of us were pretty fascinated. Also being able to see that many cultural differences aside from many cultural resemblances surprised all of us. In university, we also had a fun time. We painted a wall which made my arm super tired it was pretty joyful. But in the end, I surely can say that if I had the opportunity I'd visit again.

Ecem, Turkey

The PandemiART in Warsaw had a very good balance between artistic activities, visits to historic places, and social gatherings with all participants.

For instance, the neon workshop and visit to the Neon Museum were a great surprise, enabling students and teachers to know more about this specific craft, and also to know more about the recent history of Warsaw.


Célia, Portugal





h. LTTA TURKEY ANTALYA, Erünal Sosyal Bilimler Lisesi

|Art activities containing the symbolic image of Covid-19,
September 2023



In the LTTA that took place in TURKEY ANTALYA, Erünal Sosyal Bilimler Lisesi, we painted an old bus and attended a Mandala Workshop, besides an intense cultural program with visits to art museums and archaeological sites.

Description of the activity:

The painting and drawing on an old bus in our school garden, called the "Erasmus". Mandala drawing and learning app and workshop.

Participants:

46 students and teachers from France, Portugal, Latvia, Romania, Poland, Turkey Antalya, Turkey Trabzon.

Date:


25-28 September 2023

Location:

In the schoolyard, in the School Technology Class, in the Antalya Museum

Materials and resources:

Tools and equipment for painting the bus. Ceramic cups for paper and cup printing and printing machine




**Process:**

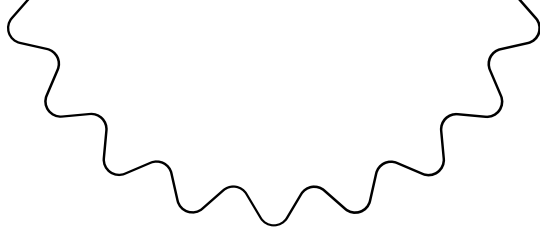
Mixed groups prepared pandemic slogans and conveyed them through artwork, using basic design elements. First, drawings were made on the bus. Then, painting was carried out on the drawings. A visual presentation of the graffiti was made.

For the Mandala Workshop printouts were given as a basis for the drawings made by the students, which were later printed on cups with a printing machine.

Main objectives:

To raise awareness about the pandemic; to strengthen multilingual international cooperation; to enhance the European dimension of the participants, reinforcing their social responsibility; to accomplish a more inclusive education, getting to know the culture and hospitality of the host institution.





Photos:



a



b



c

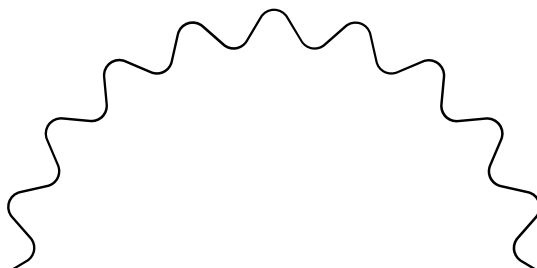


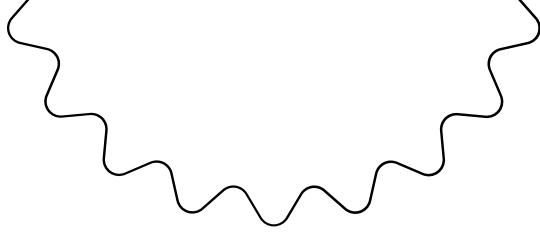
d



e

a-e | Painting the bus.

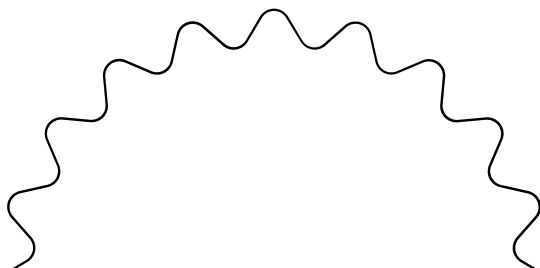




f,-i | Mandala Workshop



k – Group photo





TESTIMONIES

During the implementation of the project outputs, the method of learning by doing (...) was employed, thus, the awareness of the host country's language was promoted, cultural harmony was stimulated, a more conscious critical mass was enhanced against the Covid-19 pandemic. Also, the importance of protective measures against the pandemic was reinforced using artistic slogans, and the artistic skills of the participants were to come to an improvement (...) In addition to these, a more creative student circle and a student profile with a developed sense of belonging to the school was to be formed. With these activities, it was expected to have a strong social responsibility, and tolerance, be open to communication, and adopt a pluralistic understanding. An opportunity for coming together and sharing good practices and experiences.

Teacher, Antalya

I participated in a trip to Antalya. For me being part of pandemic art was an amazing opportunity. I was able to meet a lot of new interesting people- not only students but teachers as well! It was a wonderful chance to learn more about another culture and art. Hosts prepared a few presentations about Turkish history and art and they were all amazing and informative - I didn't know that mandalas are part of Turkish culture! They also prepared an awesome music performance. I enjoyed the time spent in Antalya. The place is really beautiful and magical. I'd come back there.

Karol, Poland





TESTIMONIES

The remarkable originality of the “Erasmus” Activity at Erunal Sosyal Bilimler Lisesi in Antalya brought the PandemiArt Project to a high level of achievement. It combined recovering the old with refurbishing it into something new. It transformed an object of the past into an icon for the future. It put an entire school playground in motion to reanimate a vehicle near to waste and death. It made an artistic and identity totem out of an environmentally viral artifact. That’s why in Antalya we all learned how to bring things back to life, how to put our hands to work to draw a whole new post-viral-diseased landscape, mentally as well as physically. With a bright vision and a human touch.

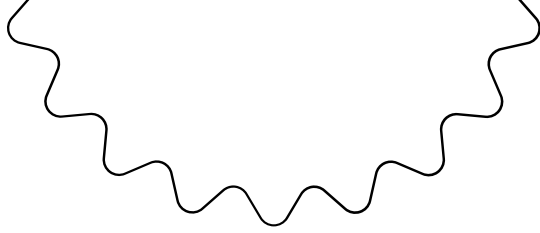
João, Portugal





Short Interviews with the heroes who defeated Covid-19.

The pandemic, young people and the role of the arts.



A short interview with a doctor

Dr Luís Fontes,

**General Surgeon and General Director of Clínica São João de Deus,
Lisbon. 11 December 2023**

As a health professional, and considering now, from a distance, the difficult times of the pandemic, how do you remember and describe the main problems you faced then?

We have to consider two dimensions: the challenge of dealing with hospital staff and the challenge of dealing with the patients themselves.

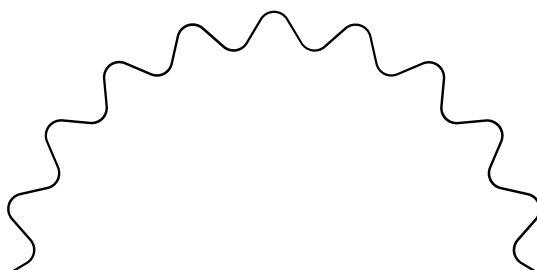
As far as hospital staff were concerned, the big concern was maintaining safety and trust and getting people to have appropriate and safe attitudes without generating exaggerated fears. These unknown - and still unknown - diseases create a lot of fear, which depends on each person's personality. There are very different reactions, from those who don't care about anything and think the safety rules are unimportant to those who live in permanent panic.

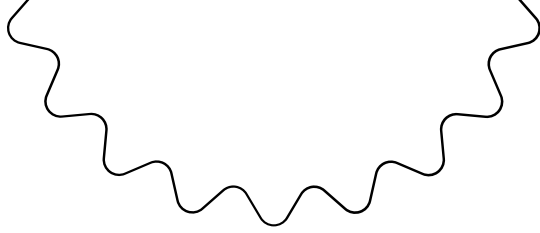
Concerning patients, implementing the rules that were defined at the time was difficult. Each institution explained its regulations based on the Direção-Geral de Saúde's [Directorate-General of Health, Portuguese Ministry of Health] standards, and the patients needed some help complying with them. Giving the patients a sense of security and trust was necessary, and this wasn't easy—even today, although, in a completely different way, there are remnants of these difficulties.

How do you assess the impact the pandemic has had on young people?

The most significant repercussions for young people were psychological and social. In other words, young people found themselves isolated from the rest of the world at a very early stage of their lives. Some of them found it challenging to isolate themselves; others, on the contrary, felt exaggerated fear and isolated themselves a lot.

This situation led to low personal fulfilment because young people weren't doing what they should theoretically be doing. It also led to a feeling of loneliness because many young people were, in fact, alone. Many young people fell into depression. All of this led to a certain lack of self-confidence among young people. At the same time, the lockdowns forced young people to slow down, taking some of their energy out.





Is the impact of the pandemic still noticeable now?

I think so. We all have a 'past', which moulds us according to our personality. The 'past' teaches us what to do in the future. Considering the two lockdowns, this hiatus of time - which lasted more than a year - was hard for the young people, especially those less supported by their families. I know that for some young people, it was challenging to resume their social life, even though they had missed it during their confinement. When normality returned, it took some time for the young people to reintegrate into their social routines.

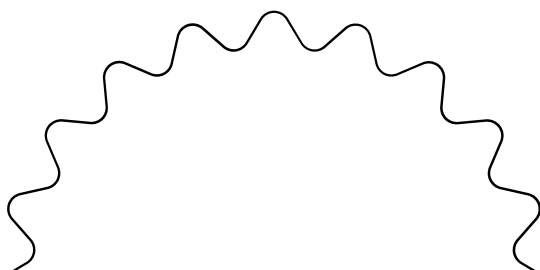
Did the arts help to overcome the pandemic, considering the conditions of confinement it has imposed?

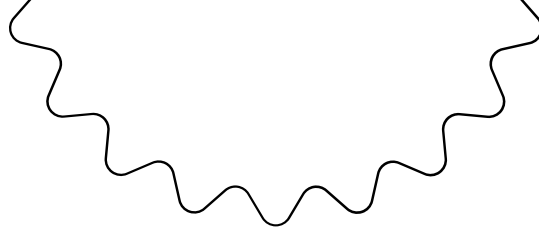
If we consider art a tool for overcoming complex problems, such as isolation or fear, it can be an escape for those awake to it. A group of American researchers carried out a very interesting scientific experiment: they performed a dynamic brain MRI scan on a group of people in a passive state, i.e. a group of people doing nothing. Later, they tested the same group of people, now listening to music. The researchers noticed that brain activity increased significantly. Finally, they performed the same dynamic brain MRI scan on the same group of people now playing musical instruments. From the scans, they concluded that the fact that these people were playing musical instruments stimulated their brain connections even more. I'm talking about music specifically, but this experiment shows that the arts, in general, can act as a significant brain stimulus.

Of the various forms of art, I would highlight two: music, for its potential to deal with negative feelings and even depression, and photography, a medium that is very accessible to anyone these days.

How do you generally assess art as a form of expression in overcoming illness?

I want to touch on another aspect that hasn't yet been mentioned: art therapy as a method that promotes mental health. Art doesn't cure any organic illnesses but improves patients' mental state. I'll give you an example: a few years ago, there was an interesting debate going on about breast cancer, especially about patients' positivity towards their illness. When comparing patients at the same stages of the disease, the patients who were more optimistic and felt more "called to life" generally had a better prognosis.

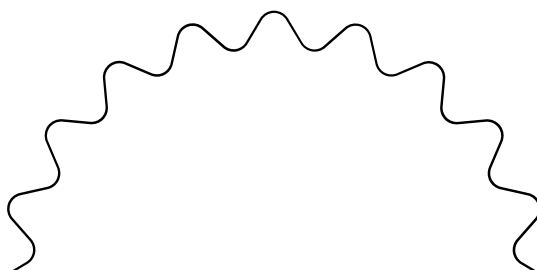


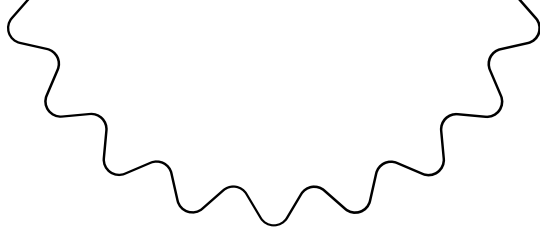


Why is this? Endorphins, released when we have a positive attitude to life, are thought to stimulate the immune system. By stimulating the immune system, we can control the disease better. In other words, a positive attitude towards illness doesn't cure it but helps control it, and people live better.

A few years ago, I read a book about cancer written by a surgeon. As well as practicing as a surgeon, this doctor worked a lot on the psychological well-being of his patients and claimed that he had better results than his colleagues. His colleagues even said something funny: "I don't know if he has better results, but his patients die happier".

In essence, art can stimulate this system we have yet to learn. In other words, art can help improve people's psychological condition. We're not talking about complicated disorders like schizophrenia, but in illnesses like depression, anxiety, etc., there's no doubt that art helps a lot.





A short interview with a hospital administrator.

Dr. Rita Mendes,

**Hospital Administrator, Deputy General Manager of Clínica São João de Deus,
Lisbon. 12 December 2023**

As a health professional, and considering now, from a distance, the difficult times of the pandemic, how do you remember and describe the main problems you faced then?

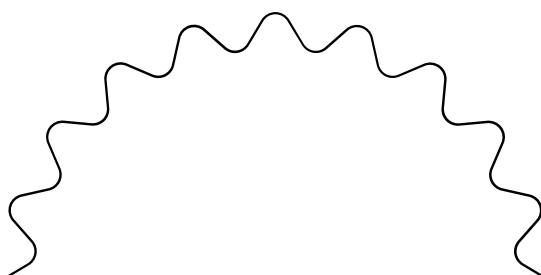
Living through the pandemic from the side of health management in the public sector has involved constant challenges that are very different from those that books and schools "train" us to solve: making immediate decisions without any basis in previous experience. Another major challenge was dealing with the duality of fear vs. trust. Everyone shared this ambiguous feeling - me, those I worked with and those I lived with.

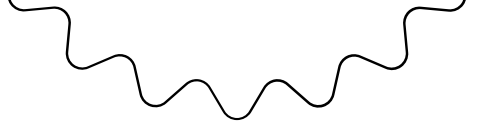
At the same time, there was the responsibility of guaranteeing the care of COVID-19 patients, a completely unknown disease, with constant changes to the guidelines issued by the experts. It was also essential to protect health professionals at the same time. Despite all the care, we know that the disease has also affected many health professionals.

It was a time of reinventing the hospital space, isolating areas, creating inpatient wards, surveying equipment, and guaranteeing minimum services for non-COVID patients. We had to ensure urgent care and surgery, often life-saving surgery. These were times of scarcity because there was an unprecedented increase in the price of personal protective equipment and disinfection. The demand for these materials increased exponentially without the factories being able to respond immediately to this demand.

During the pandemic, all the professional groups and specialities essential to providing care remained in their jobs. All the other professionals teleworked, which created asymmetries and tensions among the various professional groups (increased strain for some and relief for others).

For those of us who have been in healthcare institutions daily, these have been times of great uncertainty but also of incredible generosity, unity and overcoming.





How do you assess the impact the pandemic has had on young people?

The pandemic has impacted all age groups, but children and young people are the groups on whom the pandemic has had the most significant impact.

Children have experienced delays in learning, speaking and establishing relationships. The physical distancing imposed by the absence of a hug, a lap, a cuddle or a kiss has meant that affection has been forbidden and has given way to compulsory distancing.

On the other hand, young people were robbed of the chance to socialise and grow up with direct contact with others. The search for identification with a group was done through online meetings, which don't favour developing fundamental social skills such as reading the other person's body and face and different sensory and affective dimensions. Many first dates were postponed, many games were left unplayed, and secrets couldn't be whispered in the ear. The construction of "tele-affections" may become a characteristic of a generation.

Experiencing the pandemic has also led to the creation of fears among young people: fear of illness and death, of suffering themselves and others, of contagion, of being a risk to the family, especially the elderly. In those times, young people and children were considered the main risk group for older people. All these experiences have certainly left their mark on young people and may take longer or less time to fade, depending on their ability to manage change and available support networks.

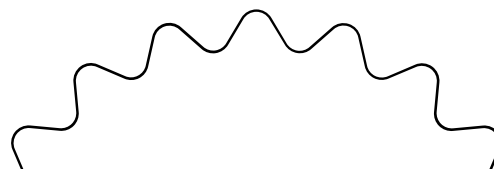
The profound changes to their daily lives have also significantly impacted the young people's upbringing. Days spent at home, confined to small spaces and new routines, as with online classes, have certainly contributed to young people having less healthy lifestyles and a less solid education. The overall learning results we are now accessing (Dec 2023) indicate this.

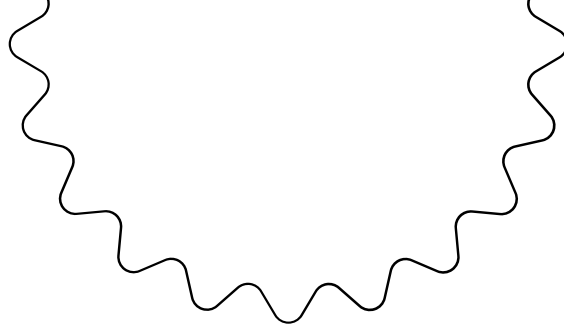
It is important to reflect on whether the online and distance learning models that have taken hold can achieve the same objectives as face-to-face teaching.

Is the impact of the pandemic still noticeable now?

Like previous global events such as the great World Wars, the experience of the pandemic will accompany all the individuals who have lived through it. These young people will become the "youth of the pandemic" and behave individually and collectively according to their experiences. They will associate the wearing of masks with the disease and the message "everything will be fine" with the rainbow that appeared drawn on many windows.

In practical terms, the masks and the distancing have passed in everyday life, but the fears remain, and the trend towards online classes has taken hold.





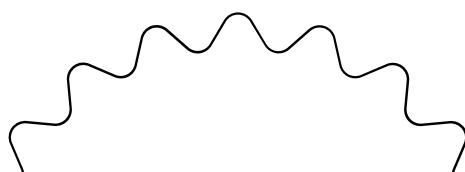
Did the arts help to overcome the pandemic, considering the conditions of confinement it has imposed?

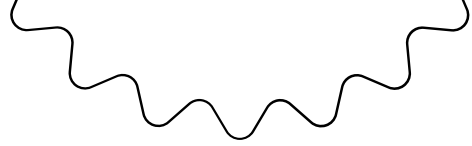
Art is a way of expressing feelings. It allows us to externalize fears, joys, sorrows, sufferings, and agonies; it gives us form to what is difficult to label or describe in words but only to feel.

In this sense, artistic expression has made it possible to ease many of the pandemic's tensions and give people the freedom to create new things that stemmed from their suffering.

How do you generally assess art as a form of expression in overcoming illness?

Artistic expression makes it possible to appease the genius in all situations where this needs to happen, and it's an important reflective process for self-analysis and hetero-analysis. It can help to deal with the experiences and consequences of the pandemic and overcome various illnesses in general, especially in the mental health field.





A short interview with a clinical psychologist and researcher

Dr Ana Beato,

Clinical Psychologist and Researcher, specialized in children and adolescents anxiety disorders 28 January 2024

How do you assess the impact the pandemic has had on young people?

There is plenty of evidence that the pandemic has significantly impacted young people. Of course, the pandemic was not a single, isolated factor, as its effect depended on age, socio-cultural and family contexts, and physical and mental health problems before and during the pandemic, among other factors.

Even so, one of the biggest problems listed was social isolation. Many young people felt alone due to social distancing measures and lockdowns. For many, it was also a period of increased school or academic stress due to the limitations imposed by distance learning, difficulties adapting to work overload, and lack of face-to-face interaction with classmates and teachers.

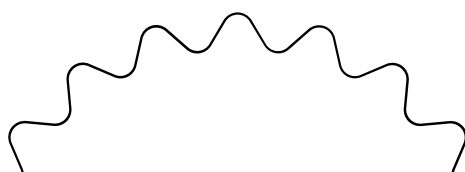
The pandemic has also made difficulties associated with Mental Health more visible, as there has been an increase and worsening of these types of problems, particularly anxiety, depression and stress among young people. Uncertainty has fueled these problems, the difficulty of adapting to constant change, economic and social challenges, and concern for their health and their families.

For some young people, confinement at home can expose them to situations of domestic violence or abuse, aggravating mental health problems. Many young people also complained about losing social opportunities and the inability to socialise, attend events, and do recreational activities and hobbies. Perhaps this is also why there was excessive use of technology at this stage, with the associated problems (such as zoom fatigue, cyberbullying, etc.).

There is evidence that many of these problems are still present today. On the other hand, we are more alert and attentive to these phenomena. In that sense, it wasn't all bad. Some young people also showed resilience, adaptability and personal growth during this period. The demand for psychological and psychiatric support has significantly increased since that time, which points to a reduction in the barriers that limit help-seeking.

Is the impact of the pandemic still noticeable now?

Yes, art has played a significant role in people's adjustment during the COVID-19 pandemic, as it has brought various emotional, therapeutic and social benefits. Artistic creation provides a form of emotional expression. Painting, music, writing and other art forms allowed people to express their emotions, relieving the stress and anxiety associated with the pandemic.



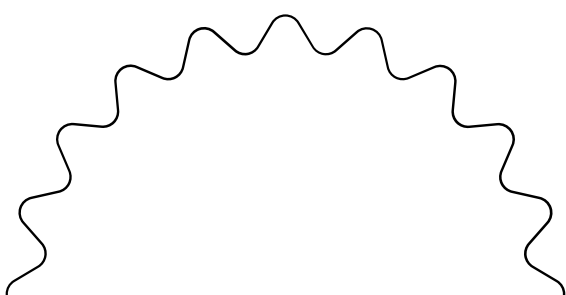


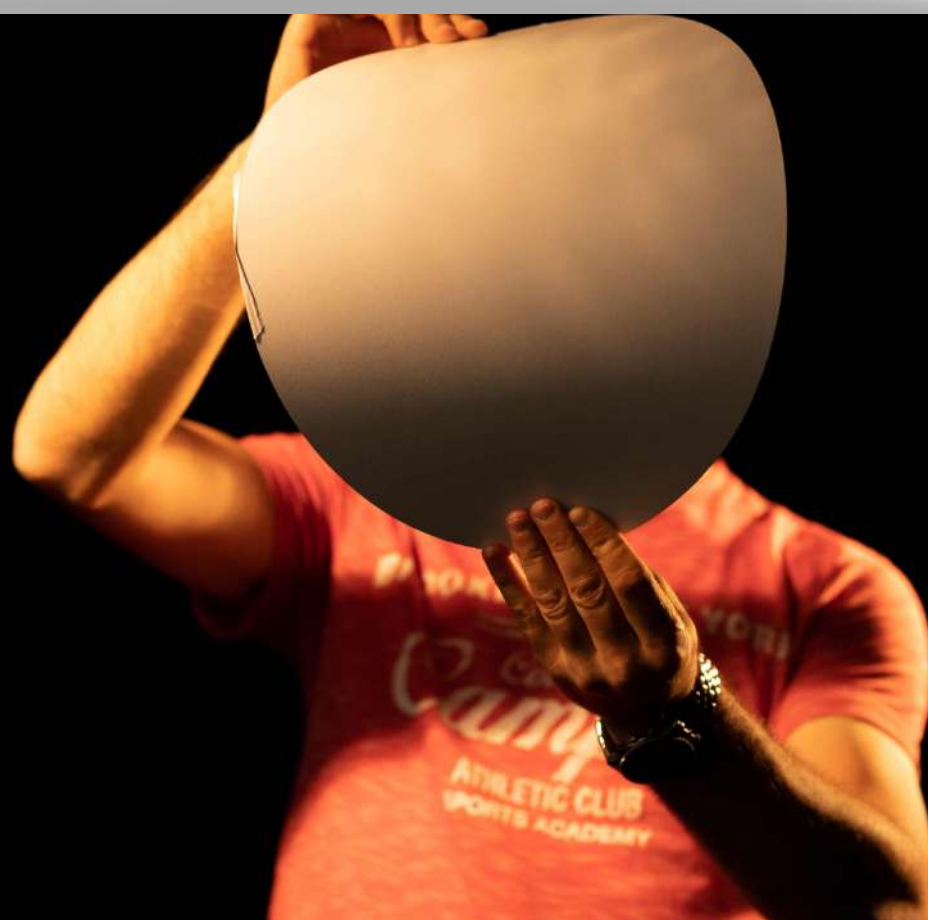
Art offered a way for people to temporarily escape the worries of the pandemic, providing a space for imagination, creativity and beauty. For many, arts-based therapies were a resource, a therapeutic tool that helped them manage stress and other emotional challenges related to the pandemic. There were also collaborative art projects, such as online community murals, which provided a sense of community and connection, even at a distance. People shared their artistic creations, fostering a sense of solidarity.

In addition, artists and cultural institutions adapted to the restrictions by implementing online performances and exhibitions and providing accessible, humanizing and culturally enriching entertainment to viewers. Many people took advantage of the extra time at home to explore new art forms or hone their skills, favoring their personal development and self-expression. Art, including music, films and literature, served as a means of communication through which people shared experiences, reflections and messages of hope. Art was a way of transforming domestic spaces into more inspiring environments. Paintings, sculptures and artistic decorations created more positive and pleasant atmospheres at home.

The artists' work has inspired many people during the pandemic, providing messages of hope, resilience, and resistance. Music, poetry, and visual works have conveyed emotional states and served as inspiration.


Many artists have addressed the pandemic, creating pieces highlighting social issues, mental health and other relevant aspects. Some people have even brought art into their homes. So, according to what I've read and heard from people, art has been a place of comfort, creative expression and a means of connection between humans, even at a distance.





CONCLUSION





PandemiArt Erasmus project enabled the mobility of more than 120 learners and more than 40 teachers. More than half of the students had never traveled abroad before. In the course of these mobilities, participants visited 7 European school institutions and teachers had the opportunity to exchange ideas, develop best practices, and compare methodologies among European school systems.

Diversity was a key element in this project, uniting schools and universities located in famous European cities and schools in remote areas that are mostly known only to locals. Age difference ranged from 14 to 22 years old for the learners, combining experienced art students with students who had never received artistic training before. But after this experience, they all developed artistic, language, and intercultural skills and now aspire to pursue their personal development and travel again to Europe.

The concept of European culture was a major discovery for participants through the project: students and teachers visited 7 European cities and 11 museums through this 2-year project, enabling them to discover their common European heritage and reinforce shared European values.

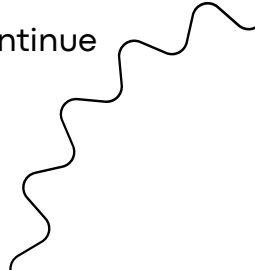
Despite the differences, participants were attracted to the project because it carried the universal power of art. It also aroused curiosity by offering an innovative approach to art related to the Pandemic.

Innovation was indeed another key element in the project. Artistic techniques such as collective artwork, the creation of neon, and digital infographics were extremely powerful tools to overcome the obstacles and create unity. Art was used as a universal language to prevent and combat fears and a means to restore harmony.

Thanks to this project, our schools which were severely impacted by the lockdown and isolation, developed new bonds and enhanced their communication. Overall, the PandemiArt Erasmus project has had significant impact on the schools' organizational and logistical knowledge: as half of the schools participating in the project had never taken part in an Erasmus project before. They had to inform their staff, create school boards, and develop new procedures to respond to the Erasmus standards. The project opened a window of opportunities for staff and students and also changed the traditional work pattern within the schools. Staff members and teachers had to work together to prepare and organize the mobilities and host the partners. Individual work was no longer an option. As a result, communication and relationships strengthened and intensified internally within schools and externally with the partners.

Working together as opposed to in isolation has turned out to be the most efficient way to achieve our goals and create works of art which are now accessible from any part of the world thanks to this ebook and the virtual online exhibition.

The project has not ended: connections will remain so that we continue collaborating to create innovation and develop our skills.



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PANDEMIC MEMORIES

Engaging young people in overcoming the pandemic through collaborative art creation.

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