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## COping with NO mobility during COrona Virus Times: Learning from each other

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### CONOCO D1: EXECUTIVE SUMMARY OF SURVEY RESULTS

The project survey aimed to collect the activities, practices and actions followed by the participants during the lockdown period of the COVID-19 pandemic, that helped them cope with the lockdown situation.

The survey was more specifically addressed to 7 groups of participants, pupils, students, grandparents/older adults, parents, teachers/professors, non-teacher employees and employers/businessmen.

The pupils that participated in the survey identified that during the lockdown the reception of equipment for distance education from their schools, in order to attend the online lesson helped them a lot. Also, they identified as important the regular, almost everyday contact with their classmates, their teachers and their friends and using online social networks for communication.

Other activities that contributed to coping with the situation that were identified were, the engagement in artistical activities, like painting or playing music, writing books for their pleasure, like novels etc, engaging in online and offline gaming and outdoors exercising, as permitted by the measures taken in their countries.

Finally, they also claimed that following private lessons to help them with school lessons and following other extracurricular courses online were also helpful to coping with the situation.

Regarding the participating students, the activities that were primarily identified as helpful were corresponding in physical form with their friends and relatives, the regular contact with their colleagues and listening to music. Also, the participating students that had received equipment from their institutions to help them in distance learning claimed in their totality that this was helpful or very helpful.

From the answers of the grandparents and older adults it was found that the primary factors that helped them cope with the situation were related to their children and grandchildren. Those were the regular communication with their children and grand children over the phone and online and also providing to them and receiving support (instructions, recommendations etc) from them. Also, for the few participants that claimed that have engaged in such activities, gaming was identified as important.



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The parents that participated in the survey reported that the frequent contact with other parents and with the teachers of their children was important to cope with the situation. Also, they thought that the support from their employers, from other parents, from groups and communities of parents and from the public services in charge of the health crisis situation, such as the ministries of health, of education etc. were also very important.

The few among them that stated that they received support from the state institutions in the form of childcare benefits also found that it was very important for them in order to cope with the lockdown.

Moreover, for the parents in the survey, the frequent organization of actions to help and inform other parents, the organization of frequent communication of the children with friends and relatives and the frequent organization of activities for their children at home were also perceived as helpful or very helpful for coping with the lockdown, as well as their own frequent communication with, friends and relatives over landline, mobile phones and online.

They also, stated that the upgrade of the connection to the internet and the procurement of new technological equipment (laptops, tablets etc.) for the children were important for dealing with the situation.

Lastly, they identified that discussing frequently with their children about the situation of the pandemic and the lockdown, providing support to other parents in the form of advice, recommendations etc. and also exercising outside of the house, as it was allowed by the measures in the region they lived in, were also important factors for dealing with the situation.

The teacher or professor employees from their side, in the context of their work identified that the ability to work from a distance in a regular everyday basis and having received equipment from their institution to do so, had positive impact on their effort to cope with the lockdown.

In that direction also helped the frequent, almost everyday contact with their students, their colleagues, the parents of their students and the management of their institution and the reception of help from their institution, their colleagues in the form of training, instructions, etc.

They also recognize as important the frequent support in the same form from the services of the state that were in charge of the situation, their colleagues and from professional groups that they were part of.

Moreover, they identify that the organization of different actions to help and inform their colleagues, their students and to provide them extracurricular activities to do, were also activities that contributed to coping with the lockdown.

Regarding their personal life, the most important activities they identified was the communication with their friends and relatives on their mobile phones and online and reading books for enjoyment.

As for the group of the non-teacher employees, the most important factors that identified as helpful for coping with the lockdown were all related to their work environment. In this



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context they claimed that frequent contact with their colleagues and organizing action to help and inform them were beneficial.

Also, receiving training, instructions, recommendations etc. from their employer, from their colleagues, the services of the state in charge of the health crisis and from groups or professional communities they were participating in, helped them a lot in coping with the lockdown.

Lastly, they also thought that it was very helpful to provide support (instructions, recommendations, training etc.) from their side to their colleagues.

Finally, for the group of businessmen/employers that participated in the survey, the findings were also primarily work related, as they identified that the frequent contact with their business partners and providing support to them (instructions, training etc.) as well as receiving support from them in the same ways, were important for coping with the lockdown.

The same positive impact was identified for the reception of support from the services of the state that dealt with the crisis and from professional communities or groups that they were a part of.

Other activities that contributed were the organization of activities or events for their employees not related to work matters.

Moreover, they stated that taking time to think and devise plans on the way that their business would work and integrating new technological tools in the functioning of their businesses had positive impact in coping with the situation.

Lastly, regarding their personal life, they claimed that writing and communicating with friends and relatives over mobile devices also helped them greatly in coping with the crisis.

Click [HERE](#) for the full report on the Surrey results.

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