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# How Europeans cope with no mobility during Covid-19 times

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# How Europeans cope with no mobility during Covid-19 times

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# **CONOCO Coping with NO mobility during Corona Virus Times: Learning from each other**

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## **How Europeans cope with no mobility during Covid-19 times**

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Coping with NO  
mobility during Corona Virus:  
Learning from each other

# Executive Summary

This E-Book, entitled: “How Europeans cope with no mobility during Covid-19 times “ is a deliverable produced by the project CONOCO: Coping with NO mobility during Corona Virus Times: Learning from each other”, which provides useful information on how Europeans cope with no mobility during times of pandemic. This information was gathered by a set of interviews, video testimonials and survey questionnaires from each of the project partner countries: Cyprus, Germany, Greece, Italy and Romania. Thus, this gives us insightful information and good practices on how Europeans stayed active, creative and mentally healthy during Covid-19 lock-downs and is providing a leading example to which we can follow in times of a pandemic. Certainly, there are two sides of the coin. This report also gives an insight on people who found it difficult to cope on such times and expressed their problems and difficulties encountered.

This E-book is expected to provide all the information people need to cope with similar situations in the future so that they will manage to remain positive and creative through such hard times and humanity crises. The ideas could also be used not only for pandemic situations but when people have to isolate themselves for other reasons, like illness or during extreme bad weather situations or even during war situations.

To get a glimpse of the project and testimonials of people’s experiences, begin by viewing the Pitch video of the CONOCO project. Click [HERE](#) to watch!

## Survey Results

The CONOCO project aimed from the very beginning 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. This was first done through conducting a survey, which was more specifically addressed to 7 groups of participants, pupils, students, grandparents/older adults, parents, teachers/professors, non-teacher employees and employers/businessmen. The results gave a clear image on people from each category who managed to cope (or not) with no mobility, during COVID-19. In summary, the pupils who 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, has helped them a lot. Also, they identified as important the regular, almost everyday contact with their classmates, their teachers and their friends and extensive use of online social networks for communication. Other activities that contributed to coping with the situation that were identified are, the engagement in artistic activities, like painting or playing music, writing books for their pleasure, like novels etc., engaging in online and offline gaming and outdoors exercising, on the basis of permission 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 who 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 grandchildren over the phone and online and also providing to them and receiving support (instructions, recommendations etc.). Also, for the few participants that claimed that have engaged in such activities, gaming was identified as important.

The parents who 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. Few among them who 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 around the house, 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, it was also helpful to have 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 belong to. Moreover, they identified 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 were 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 identified as helpful for coping with the lockdown were all related to their work environment. In this context they claimed that frequent contact with their colleagues and organizing actions 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 who 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.

All the above information for each group is only a sample of all the insightful information that were gather through the survey. The full survey report can be read by clicking [HERE!](#)



## Interview Results

The next step for the CONOCO project was to gather information through interviews. Interviews gave us more real information on how people really felt about the situation and how they were able to cope, while also highlighting all the bad experiences they may have had and how they tried to stay positive, creative and continue their life in normality.

All the interviews were gathered in an analysis report table which is subcategorized into seven (7) levels namely: Personal level impact, Work impact, Family impact, Lessons learned, Factors that helped most, Preparation for another pandemic, Other. These levels are analyzed for each of the group category of people interviewed: Employers/Businessmen-Female & Male, Teacher-Professor Female & Male, Employee Female & Male, non-teacher employee Female & Male, Parent Female & Male, Grandparent/older person Female & Male, Student Female & Male, Pupil Female & Male. All the interviewees come from different background to make sure this report is inclusive and close to reality. The large sample gathered (total of 98 interviews from 5 different countries) also makes this more unbiased. The analysis table can be found below:

| Impact Level                            |                              | Positive  | Negative   |
|---|------------------------------|---|--|
| <b>Employers/Businessmen<br/>Female</b> | <b>Personal level impact</b> | <ul style="list-style-type: none"> <li>Luxurious work position</li> <li>Time for relaxing break</li> <li>Greater attention to reality</li> <li>People are more supportive, solidarity</li> <li>Time together with family</li> </ul> | <ul style="list-style-type: none"> <li>isolation</li> <li>absence of activities</li> <li>fear, fright to be overwhelmed by reality (III)</li> <li>Daily exhaustion and frustration</li> <li>small virus can affect all</li> <li>friendships in risk</li> <li>loss of income</li> <li>people are more cynical</li> <li>fragility of mankind</li> <li>people are afraid to socialize (go out, meetings)</li> <li>people are afraid from everything</li> <li>Development of “constantly changing lockdown personality”</li> </ul> |
|   | <b>Work impact</b>           | <ul style="list-style-type: none"> <li>Flexibility due to teleworking</li> </ul>  | <ul style="list-style-type: none"> <li>More working hours</li> <li>Social: Difficult to work without human</li> </ul>  |

|  |   |  |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• <b>Education:</b> Promote online learning as alternative of physical</li> <li>• Restrictions weren't significantly big</li> <li>• <b>Professional safety:</b> <b>Save</b> job / strong business / able to survive</li> <li>• Luxurious work position</li> <li>• <b>Financial safety:</b> Financially covered by government (grants, problem-free)</li> <li>• <b>Short-time</b> work and home office</li> <li>• <b>Great video conferencing tool</b></li> <li>• Employees really worked during home-office and appreciated that</li> <li>• Business trips can be replaced by video conferences</li> <li>• Prejudices of home-office were put down</li> <li>• Mental change within business</li> <li>• More efficient use of means of communication</li> <li>• Determining human/relational aspect: show <b>affection</b></li> <li>• Both partners work, no financial loss</li> <li>• Switching business to online environment (more activity on social media as main means of communication to clients)</li> <li>• New business attitude (survive, keep employees)</li> </ul> | <p>(direct) communication</p> <ul style="list-style-type: none"> <li>• Travel restrictions</li> <li>• Money loss (less demand, income, events e.g. Community colleges) (II)</li> <li>• Lack of work (economic issues)</li> <li>• Selling less products</li> <li>• Less/more difficult promotion of new products</li> <li>• <b>Online lessons:</b> Parents quite critical</li> <li>• <b>Online lessons:</b> young children are inadequate self-regulation, lack of time, professional knowledge;</li> <li>• <b>Online lessons:</b> Parents are IT support for children</li> </ul> |
|--|---|--|

|  |                        |  |  |
|--|------------------------|--|--|
|  |                        | <ul style="list-style-type: none"> <li>• Time for new ideas, attitudes, strategy, innovation)</li> <li>• New work patterns in home-office with family</li> </ul>   |  |
|  | <b>Family impact</b>   | <ul style="list-style-type: none"> <li>• More time for family, children (III)</li> <li>• New daily family routines (health and wellbeing)</li> <li>• Improving family relationships</li> <li>• Video conferencing tool to stay in contact</li> <li>• Both partner work, <b>no financial loss</b></li> <li>• more efficient use of means of communication/video conferencing tools</li> <li>• staying in contact (family, friends)</li> <li>• support and encouragement (II)</li> <li>• solidarity and union</li> <li>• feeling of safety</li> <li>• more quality time</li> <li>• spending time outside</li> <li>• new work patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Travel restrictions</li> <li>• Avoiding corona topics because of different opinions (<b>friends, family</b>)</li> <li>• <b>Omnipresence of corona topics</b></li> <li>• Corona topics invade private life/conversations</li> <li>• Friendships in risk</li> <li>• Missing members of the extended family</li> <li>• <b>Feelings:</b> fear, astonishment, panic</li> <li>• <b>Parental stress</b></li> <li>• Household tensions</li> <li>• Helping all own children with online learning/lessons is challenging</li> <li>• Daily exhaustion and frustration</li> </ul> |
|  | <b>Lessons learned</b> | <ul style="list-style-type: none"> <li>• Solidarity</li> <li>• Environmental awareness</li> <li>• Importance of human interaction</li> <li>• People are responsible</li> <li>• Categorizing people: good and bad</li> <li>• Positive attitude</li> <li>• Appreciate things that were taken for granted</li> <li>• Be kind and appreciate what we have</li> <li>• Spent more time with family, friends</li> </ul>   | <ul style="list-style-type: none"> <li>• Speculation</li> <li>• Lack of solidarity to poor countries</li> <li>• Fake news (misinformation in social media)</li> <li>• Categorizing people: good and bad</li> <li>• Development of “constantly changing lockdown personality”</li> <li>• Pandemic topic can break friendships</li> </ul>  |

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|--|---------------------------------|---|--|
|  |                                 | <ul style="list-style-type: none"> <li>• Spent more time with yourself to put things in perspective</li> <li>• Appreciate nature more</li> <li>• Learning doesn't stop: If you want to you can</li> <li>• If you want do achieve something, to can achieve it</li> <li>• More time to do things we like</li> <li>• Unnecessary trips (business) can be replaced by videocalls</li> <li>• Have a crisis-proof employment</li> <li>• You can already take preparatory steps</li> </ul>  |  |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• Family as a support factor</li> <li>• Understanding and collaboration at work</li> <li>• We have technical possibilities</li> <li>• <b>Social:</b> Power of adapting: Keeping in touch with friends, social media, video calling, zoom</li> <li>• <b>Social:</b> trust in people who are in solidarity</li> <li>• <b>Social:</b> supporting partner is welcome opportunity for personal growth</li> <li>• <b>Psychological aspect:</b> being depressed to keep the team together and be connected</li> <li>• <b>Technological resources (distance learning and home office)</b></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Social:</b> mistrust against people who are not in solidarity</li> </ul> |

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|  |   | <ul style="list-style-type: none"> <li>• <b>Leaving the house, garden, working outside</b></li> <li>• Job safety</li> </ul>   |  |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• We have technical possibilities</li> <li>• Adaptive species</li> <li>• Have a crisis-proof employment</li> <li>• You can already take preparatory steps</li> </ul> | <ul style="list-style-type: none"> <li>• Lack of trust in the state</li> <li>• Need to improve international cooperation</li> <li>• Lack of resilience</li> <li>• Afraid</li> <li>• Development of “constantly changing lockdown personality”</li> <li>• There is no business model for preparing for a future pandemic</li> <li>• We need competitive environment to stimulate innovation</li> <li>• Without and established or obvious market, the necessary investment and entrepreneurship won’t occur</li> <li>• Future therapeutic preparedness will require establishing a new, collaborative system in to allowing to share information, coordinate areas of focus to maximize the collective efforts</li> <li>• Nobody war prepared</li> <li>• Mental effects</li> <li>• Country debts</li> <li>• Economic and financial support is not guaranteed</li> <li>• Night gastronomy is not crisis-proof</li> <li>• Mentally unstable people were left alone</li> </ul> |

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|  | <b>Other</b> | <ul style="list-style-type: none"> <li>Submitted to international projects</li> <li>Society has been woken up forcefully</li> </ul> | <ul style="list-style-type: none"> <li>Development of “constantly changing lockdown personality”</li> <li>Society has been woken up forcefully</li> </ul> |
|--|--------------|---|---|

| Impact Level                     |                              | Positive   | Negative   |
|----------------------------------|------------------------------|--|--|
| <b>Employers/Businessmen man</b> | <b>Personal level impact</b> | <ul style="list-style-type: none"> <li>Attitude of tranquility and staying calm</li> <li>Quick adaptation to get along with environmental and economic situation</li> <li>Daily time for new exercise activities</li> <li>Find simple everyday distractors that give rest and enjoyment</li> <li>Own house</li> <li>You can rely on partner (private and job)</li> </ul> | <ul style="list-style-type: none"> <li>Finance: reduction of income</li> <li>Lack of human contact</li> <li><b>Psychological:</b> increased fatigue</li> <li>Increased personal problems</li> <li>Negative energy</li> <li>Simple everyday things were tiring</li> <li>Getting necessities was tiresome because of all the measures and no mobility</li> <li>Lost time doing COVID-tests</li> <li>Personal concerns regarding measures taken due to pandemic</li> <li>Constantly having to get information about actual situation and measures tiring</li> </ul> |
|                                  | <b>Work impact</b>           | <ul style="list-style-type: none"> <li>Determining <b>human/relational aspect</b></li> <li><b>Approach between boss and employees/staff</b></li> <li>Improvement of work rhythms</li> <li>Quick adaptation to get along with environmental and economic situation</li> <li>Quick mobilization</li> <li>Meetings with clients in well-organized</li> </ul>                | <ul style="list-style-type: none"> <li>Finance: reduction of income and financial difficulties</li> <li>Blow to entrepreneurship</li> <li>Barriers to professional development</li> <li>Less work productivity while online</li> <li>Lasting effects in private sector</li> </ul>  |

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|  |                      | environment respecting corona regulations   | <ul style="list-style-type: none"> <li>• Demanding and challenging situation</li> <li>• Cuts in business leading freedom (status control: vaccinated/cured, client restriction, business opening concepts)</li> <li>• Increased personal problems affecting work performance</li> <li>• Distance due to work or moving because of work</li> <li>• triple responsibility (income maximization VS client restriction VS employee occupation)</li> <li>• State VS conspiracy theorists (hygiene concepts and access limitations)</li> <li>• Measure realization = exhausting</li> <li>• Insecurity about future of business</li> </ul> |
|  | <b>Family impact</b> | <ul style="list-style-type: none"> <li>• Family support (in work and private)</li> <li>• Family comes first</li> <li>• Strong family bonds</li> <li>• Enjoy moments that we didn't have before</li> <li>• More time at home</li> <li>• Improvement of family relations</li> <li>• teaching children new things/skills</li> <li>• finding simple ways in everyday life to make family happier</li> <li>• Kids: new hobbies (musical instruments)</li> <li>• Walks in nature</li> </ul> | <ul style="list-style-type: none"> <li>• Inadequate/insufficient socialization of children</li> <li>• Restriction of activities</li> <li>• Distance due to work or moving because of work</li> <li>• Lost time due to COVID-Testing</li> <li>• Personal concerns as parents</li> <li>• Kids experience isolation (due to home schooling, online lessons)</li> </ul>   |

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|  |                        |   | <ul style="list-style-type: none"> <li>• Restrictions in child care, schools, nurseries</li> <li>• Children were isolated (disadvantage for personal social development)</li> </ul>  |
|  | <b>Lessons learned</b> | <ul style="list-style-type: none"> <li>• Family support factor</li> <li>• Family Comes first</li> <li>• attitude of tranquility and calm</li> <li>• welcoming and inclusive approach</li> <li>• empathy</li> <li>• mental flexibility</li> <li>• not to be burdened by challenges, finding solutions</li> <li>• acting quickly avoiding professional consequences</li> <li>• maintain actual level</li> <li>• first prevent, then treat</li> <li>• keeping emergency reserves for critical situations</li> <li>• reevaluation of real needs</li> <li>• recognition of the value of knowledge and flexibility for managing liquid/unsure situations</li> <li>• How to organize time with children and how to communicate with them</li> <li>• You can rely on employees (=stress relief)</li> <li>• More relaxed view as everything takes longer</li> <li>• Good leader skills helps to find orientation and give safety to business and employees</li> <li>• More patience: everything needs longer</li> <li>• Luxury doesn't matter</li> </ul> | <ul style="list-style-type: none"> <li>• Restriction of activities</li> <li>• Need to have multiple sources of income</li> <li>• Fake news</li> <li>• Confusion by contradictory information and controversial advice</li> <li>• Not everything is available just in the moment</li> <li>• We are hectic society and should slow down a bit</li> <li>• We should think and act more down to earth, that works out as well</li> </ul> |



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|  | <b>Factors that helped most</b>         | <ul style="list-style-type: none"> <li>• Internet is an important factor of professional viability</li> <li>• Personal relationships and family ties are an important factor in helping financially</li> <li>• <b>Scientific aspect:</b> Trust in science and correctness of science; effectiveness of science in current results</li> <li>• Approach with diplomacy and a free mind</li> <li>• Set priorities from beginning and investing in that direction</li> <li>• Inventiveness</li> <li>• Garden</li> <li>• Outdoor activities (moving relatively freely)</li> </ul>                                   | <ul style="list-style-type: none"> <li>• Professions in tourism directly and significantly affected by pandemic</li> </ul>   |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• Gaining experience for other pandemics</li> <li>• Improving leading model based on experience</li> <li>• Progress in crisis management planning</li> <li>• Society has become more mature</li> <li>• Medical science has advanced faster</li> <li>• Acting fast about getting help from specialized people (like doctors)</li> <li>• keeping emergency reserves for critical situations</li> <li>• collective mentality</li> <li>• health priorities</li> <li>• faster development of “new weapons”</li> <li>• we are all in the same situation</li> <li>•</li> </ul> | <ul style="list-style-type: none"> <li>• Poor pandemic management from government</li> <li>• Questionable political decisions</li> <li>• Long, difficult, traumatic</li> <li>• Certain population groups (age, job) are unable to adapt, change, survive (=social inequality)</li> <li>• Depends on individual/familiar circumstances of living and life</li> <li>• there were families with difficulties</li> <li>• you have never been prepared for such a situation (neither beginners nor experts)</li> <li>• worries</li> </ul> |

| Impact Level                 |                       | Positive   | Negative   |
|------------------------------|-----------------------|--|--|
| Non-teacher employees female | Personal Level Impact | <ul style="list-style-type: none"> <li>• more free time</li> <li>• didn't recognize lockdown</li> <li>• flexible working hours</li> <li>• focus on daily tasks</li> <li>• more relaxed daily structure (no hurries/stress/bus)</li> <li>• no impact</li> <li>• substitute activities (duolingo, improving language skills)</li> <li>• living in well-organized country</li> <li>• we can afford things</li> <li>• value myself</li> <li>• more time for hobbies and interests</li> <li>• value of physical proximity: hug, kiss</li> <li>• modification of perspective on things</li> <li>• calmer approach</li> <li>• value of personal well-being</li> <li>• more smiling</li> <li>• greater elaboration of situations</li> <li>• adaptation to new situation</li> </ul> | <ul style="list-style-type: none"> <li>• excessive work in front of the computer</li> <li>• working more hours</li> <li>• disorder of everyday life</li> <li>• not coming to rest</li> <li>• adaptation of the way of interaction and communication via ICT-Tools</li> <li>• more restricted life</li> <li>• no sports, no social contact, going out, meetings</li> <li>• negative impact on wider social life</li> <li>• staying at home all time</li> <li>• boredom</li> <li>• monotony</li> <li>• no travelling</li> <li>• everybody was afraid of catching the virus everywhere</li> <li>• physical: personal health conditions aggravated by context</li> </ul> |
|                              | Work Impact           | <ul style="list-style-type: none"> <li>• flexible working hours</li> <li>• work from home</li> <li>• no travel costs</li> <li>• before home office: going by train</li> <li>• no short-time work, much more work than before</li> <li>• calmer approach</li> </ul>   | <ul style="list-style-type: none"> <li>• Slightly increased working time because of IT-issues</li> <li>• Disorder of professional daily life</li> <li>• Working more hours</li> <li>• Intense period</li> <li>• Life: harder, more fast, more intense</li> <li>• Family concerned because working out of house for many hours</li> <li>• Difficulty in adjusting</li> <li>• Lots of extra work</li> </ul>  |

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|  |                      |   | <ul style="list-style-type: none"> <li>• Some work-areas were restricted (client contact, field service)</li> <li>• Not meeting new colleagues</li> <li>• Only home-office</li> <li>• Social isolation</li> <li>• Taking the car more often</li> <li>• no social events</li> <li>• decreased amount of work</li> <li>• family concerned because of high-risk profession</li> <li>• not much attention for children due to work profession (high risk)</li> </ul>   |
|  | <b>Family Impact</b> | <ul style="list-style-type: none"> <li>• more free-time</li> <li>• more time for family</li> <li>• partner stayed at home</li> <li>• more phone calls (family, friends)</li> <li>• regular family dinners/events</li> <li>• contacts didn't break</li> <li>• closer (kids are at home)</li> <li>• emotional closeness to children</li> <li>• value of being mother</li> <li>• value family</li> <li>• importance of spending time with family and children</li> </ul> | <ul style="list-style-type: none"> <li>• no regular dinners with friends and near families</li> <li>• kids were limited (sports, go out, see friends)</li> <li>• not meeting (old) parents</li> <li>• every activity moved toward one's home</li> <li>• everybody was afraid of catching the virus everywhere</li> <li>• no celebrations</li> <li>• monotony</li> <li>• negative impact on wider social life</li> <li>• no time with extended family</li> <li>• Family concerned because working out of house for many hours (working in risk-profession, hospital)</li> </ul> |

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|  |                               |  | <ul style="list-style-type: none"> <li>• Not able to give much attention to children due to work</li> </ul>   |
|  | <p><b>Lessons learned</b></p> | <ul style="list-style-type: none"> <li>• it is important to set boundaries between work area and home area</li> <li>• enjoy nature and go outside</li> <li>• definition of “real friends”</li> <li>• make the best out of the crisis</li> <li>• save money</li> <li>• learning that you don’t need (to buy) things just in the moment</li> <li>• Are our distractions and distractors (eg. Cinema, restaurants) indispensable?</li> <li>• Stay in contact</li> <li>• Polyphony and different opinions</li> <li>• Help single people</li> <li>• Calling parents more often</li> <li>• Optimistic attitude is important</li> <li>• Hope in politicians and politics</li> <li>• Without experience we don’t know how to act correctly</li> <li>• value of physical proximity: hug, kiss</li> <li>• optimism</li> <li>• overcoming gravity</li> <li>• greater self-confidence</li> <li>• positive effects on parent-kid relationship</li> <li>• importance of spending time with family and children</li> <li>• life too small and precious: we need to</li> </ul> | <ul style="list-style-type: none"> <li>• dependence on accessibility to ICT tools</li> <li>• need for better organization and demarcation of professional and personal activity</li> <li>• “Definition of wrong friends”</li> <li>• Are our distractions and distractors (e.g., Cinema, restaurants) indispensable?</li> <li>• Nothing is given in life, everything is changeable</li> <li>• People find it difficult to live by rules</li> <li>• Polyphony and different opinions</li> <li>• Experiencing healthy people dying unexpectedly and leaving their families behind</li> <li>• Nothing is taken for granted</li> </ul> |

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|  |   | <p>take advantage of every living moment</p> <ul style="list-style-type: none"> <li>• spend quality time with family</li> <li>• you should not let time go unused</li> <li>• more time to hobbies</li> </ul>  |   |
|  | <b>Factors that helped most</b>         | <ul style="list-style-type: none"> <li>• adaptation of the way of interaction and communication with people through ICT</li> <li>• nature surrounding</li> <li>• big house (you can avoid partner/family members if you need time on your own)</li> <li>• pets</li> <li>• have a walk in nature</li> <li>• stay positive</li> <li>• believe in politicians</li> <li>• don't think the worst of other people</li> <li>• don't be critical</li> <li>• enjoy nature and go outside</li> <li>• supportive role of family and friends</li> <li>• communication and information</li> <li>• reading more, cooking, watching films with children</li> <li>• online classes for students</li> <li>• combining work with hobbies</li> </ul> | <ul style="list-style-type: none"> <li>• adaptation of the way of interaction and communication with people through ICT – message overload</li> </ul>   |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• due to experience, it won't be a new situation</li> <li>• certainly better prepared after experience of lockdowns</li> <li>• schools tried to go on</li> <li>• politicians tried their best</li> </ul>   | <ul style="list-style-type: none"> <li>• we are not mentally prepared</li> <li>• anxiety for the future/the next day</li> <li>• preparation far from optimal</li> <li>• many measures are concept less, incomprehensible and arbitrary</li> </ul> |

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|  |       | <ul style="list-style-type: none"> <li>• we still could go (grocery) shopping</li> <li>• we live in a well-organized country</li> <li>• we can afford things</li> <li>• society has to stick together</li> <li>• situation in Germany better than in other countries</li> <li>• gaining experience in crisis management</li> <li>• life can move on</li> <li>• we are stronger than in March (I)</li> <li>• kids do lessons online</li> </ul> | <ul style="list-style-type: none"> <li>• politics changed measures without system constantly</li> <li>• conspiracy theorists</li> <li>• problems with masks (supply and costs)</li> <li>• without experience we don't know how to act correctly</li> <li>• single people and older people feel lonely</li> <li>• situation in other countries worse</li> <li>• every new pandemic creates new problems</li> <li>• school system has to grow up</li> <li>• children and older people ended up being the "victims"</li> <li>• without knowing what the next pandemic could be, we cannot be prepared</li> <li>• future and our behavior is unknown and unplannable</li> </ul> |
|  | other |   | <ul style="list-style-type: none"> <li>• What to recommend people who don't own house but small apartments, with one or two children not being able to afford time-outs</li> </ul>  |

| Impact Level                      |                       | Positive   | Negative   |
|-----------------------------------|-----------------------|--|--|
| <b>Non-teacher employees male</b> | Personal level impact | <ul style="list-style-type: none"> <li>• Exercise outdoors (according to measures)</li> <li>• Positive deceleration, slowing down</li> </ul> | <ul style="list-style-type: none"> <li>• Restricted mobility and daily movement</li> </ul> |

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|  |                    | <ul style="list-style-type: none"> <li>• In-depth study of IT (topics and interests related to one's work)</li> <li>• Rediscovery of pleasures: good food and good wine with partner</li> </ul>  | <ul style="list-style-type: none"> <li>• Dilution of relationships</li> <li>• Change of human behavior</li> <li>• More stressful</li> <li>• Less time for yourself</li> <li>• No personal space in case you want to be alone</li> <li>• Change in eating habits</li> <li>• Reduction of interpersonal relationships</li> </ul>  |
|  | <b>Work Impact</b> | <ul style="list-style-type: none"> <li>• Work continued normally</li> <li>• No big changes (following measures)</li> <li>• Online-meetings</li> <li>• Possibility of home-office (IT) (work becomes easier, no worry for short-time allowances)</li> <li>• Home office: work next to loved ones</li> <li>• Positive effect because system relevant (disinfectant industry)</li> <li>• In-depth study of IT (topics and interests related to one's work)</li> </ul> | <ul style="list-style-type: none"> <li>• Put in action all necessary covid measures</li> <li>• Social distancing</li> <li>• Negative impacts</li> <li>• Everything became more complicated</li> <li>• Difficult in other industries (than IT)</li> <li>• More stressful (work and private life is mixed in home office)</li> <li>• Worrying about colleagues: enough space to work at home? Can they calmly work? Are there kids?</li> <li>• Change of daily rhythm</li> <li>• Physical limitations</li> <li>• Negative mood</li> <li>• Loss of desire for pleasures in life</li> <li>• Many commitments take one away of family life</li> <li>• Increased work load</li> <li>• Increased request for IT support</li> </ul> |

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|  | <b>Family Impact</b>   | <ul style="list-style-type: none"> <li>• Everyone was trying to protect themselves and loved ones from spreading</li> <li>• More communication with family members (so that everyone is well/mental health)</li> <li>• Home office: work next to loved ones</li> <li>• You can put work and life “together” as new task to grow with</li> <li>• Rediscovering value of family</li> <li>• Rediscovering value of home and life at home</li> <li>• Rediscovery of pleasures: good food and good wine with partner</li> </ul>  | <ul style="list-style-type: none"> <li>• Communicating with family challenging</li> <li>• Long distance communication increased</li> <li>• Tensions between family members</li> <li>• Father’s death in care center without son having access</li> <li>• More stressful (work and private life is mixed in home office)</li> <li>• Fear for older people</li> <li>• Social distance</li> <li>• Many commitments take one away of family life</li> <li>•</li> </ul> |
|  | <b>Lessons learned</b> | <ul style="list-style-type: none"> <li>• People must take advantage of time to do things that help him and cultivate him</li> <li>• People must be practical and adaptable</li> <li>• Internet helps alleviate the situation (everything was done electronically)</li> <li>• Generosity</li> <li>• Kindness</li> <li>• Fundraising campaigns for doctors and nurses</li> <li>• Learned to slow down</li> <li>• Deceleration</li> <li>• Social cohesion</li> <li>• neighbor cohesion</li> <li>• People have moved closer together</li> <li>• Reviewing value of interpersonal relationships</li> <li>• Change of attitude towards life</li> <li>• Enhance everyday life</li> </ul> | <ul style="list-style-type: none"> <li>• People want their freedom</li> <li>• Failure of vaccination campaign</li> <li>• Zero trust in politicians</li> <li>• People have moved physically apart</li> <li>• Decreased confidence in science</li> </ul>   |



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|  |   | <ul style="list-style-type: none"> <li>• Value family</li> <li>• Dissemination and improvement of IT knowledge are important</li> <li>• Rediscovery of pleasures: good food and good wine with partner</li> </ul>  |   |
|  | <b>Factors that helped most</b>         | <ul style="list-style-type: none"> <li>• People must take advantage of time to help themselves and to educate themselves</li> <li>• One must be practical and adaptable</li> <li>• Internet helped alleviate the situation</li> <li>• Partners have home office work place</li> <li>• Enough (private) space</li> <li>• Garden/big house</li> <li>• Being and working next to loved ones</li> <li>• Activities: gardening, sports, meditation</li> <li>• System relevant jobs</li> <li>• Family relationships</li> <li>• Change of attitude towards life</li> <li>• In-depth study of IT (topics and interests related to one's work)</li> <li>• Rediscovery of pleasures: good food and good wine with partner</li> </ul> |   |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• The right state mechanisms and experts with the right knowledge to deal with situation</li> <li>• Gaining experience in crisis management</li> <li>• Cooperation between states</li> <li>• People are capable of many things</li> <li>• Socializing on zoom/meet</li> <li>• Medically yes</li> </ul>  | <ul style="list-style-type: none"> <li>• Patience, adaptability, cooperation and proper organization</li> <li>• People are capable of many things</li> <li>• Politically not: people get restless and question decisions</li> <li>• No coherent rules nor logical rules in some cases</li> <li>• Incoherent or consequent rules:</li> </ul> |

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|--|--------------|--|---|
|  |              |  | <p>(mask until place, partially closed shops following illogical patterns)</p> <ul style="list-style-type: none"> <li>• Curfew: is the virus more active after 10 pm?</li> <li>• From wave to wave it gets more difficult</li> <li>• Minimum of vaccinations to get vaccinated status is altered to often (first 1, then 2, then 3, then speculations...)</li> <li>• Not prepared socially nor politically</li> <li>• Decreased confidence in science</li> <li>• Mistakes in crisis management by government</li> <li>• Unpreparedness</li> <li>• Difficulty of giving up a free lifestyle</li> </ul> |
|  | <b>other</b> | <p>Tips for other lockdown:</p> <ul style="list-style-type: none"> <li>• stay focused on you</li> <li>• take care of your mental health</li> <li>• take tike off if you need to</li> <li>• forced decelerations can be positive, learn out of it and adopt it in your normal life</li> <li>• communicate openly</li> </ul> |   |

|  | Impact Level          | Positive   | Negative   |
|--|-----------------------|--|--|
| <b>Teacher/professor – employee female</b> | Personal Level Impact | <ul style="list-style-type: none"> <li>• back in touch with oneself</li> <li>• appreciate little things</li> <li>• no real effects on personal life</li> <li>• time for pleasant activities (reading,</li> </ul> | <ul style="list-style-type: none"> <li>• isolation</li> <li>• distance</li> <li>• influence on personality</li> <li>• constraints</li> <li>• spatial limitations, travelling was banned</li> </ul> |

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|  |                    | <p>cooking, time with people one loves)</p> <ul style="list-style-type: none"> <li>• time to read about life, health, nutrition</li> <li>• time how to play a musical instrument</li> <li>• doing other chores (home or garden)</li> </ul> | <ul style="list-style-type: none"> <li>• closures</li> <li>• loss of time with loved ones</li> <li>• world changes fast</li> <li>• threat</li> <li>• changes in society</li> <li>• fast and sudden (negative) changes in society and crisis development</li> <li>• unpredicted expenses, buying new devices</li> <li>• time management difficulties (family, profession – balance)</li> <li>• negative emotions: fear, restlessness, anxiety, panic</li> <li>• <b>mobility:</b></li> <li>• sense of exclusion with local lockdowns in the same country)</li> <li>• basic and everyday chores were limited</li> <li>• feeling such as not being able to move during war or other disaster</li> <li>• normally we go forwards, now we had to go “backwards”</li> <li>• against “Mediterranean” social way of life</li> <li>• loneliness</li> <li>• no help from others (doing chores, etc.)</li> <li>• late nights, fatigue and exhaustion to organize the house</li> </ul> |
|  | <b>Work Impact</b> | <ul style="list-style-type: none"> <li>• way of education changed (distance learning)</li> </ul>   | <ul style="list-style-type: none"> <li>• way of education changed (distance learning)</li> <li>• distance learning</li> </ul>   |

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|  |  | <ul style="list-style-type: none"> <li>• no use of car because home office</li> <li>• less traffic (because lockdown)</li> <li>• smart working</li> <li>• use of PC as main channel of teaching</li> <li>• teacher: reference figure</li> <li>• teacher/pupil: positive relationship</li> <li>• schools also open in emergency situations</li> <li>• continue working (system relevant job)</li> <li>• possibility of home office</li> <li>• teaching online (feasible and learnable, even for the elder)</li> <li>• everything can be substituted by online alternatives</li> <li>• pupil's outcomes haven't been influenced</li> </ul> | <ul style="list-style-type: none"> <li>• difficult implementation of distance learning</li> <li>• impossibility of replacing face-to-face relationships with distance learning</li> <li>• stress provoked by distance learning</li> <li>• different relationships teacher/pupil</li> <li>• precariousness/uncertainty for project development</li> <li>• isolation (everybody has own office)</li> <li>• separate breaks</li> <li>• loneliness</li> <li>• seeing colleagues just in corridor</li> <li>• travelling was banned</li> <li>• time management difficulties (family, profession – balance)</li> <li>• socialization</li> <li>• communication</li> <li>• dissatisfaction/difficulties in emotional connection with pupils</li> <li>• avoidance behavior (colleagues, less projects, more online meetings)</li> <li>• less efficient communication with parents</li> <li>• sitting in front of black screens</li> <li>• online courses brought anomalies</li> </ul> |
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|  |                      |   | <ul style="list-style-type: none"> <li>• some grades were “uneducated” and gaps in knowledge</li> <li>• lack of participation because no testing of performance</li> <li>• students entered virtual classroom but did other things</li> </ul>   |
|  | <b>Family Impact</b> | <ul style="list-style-type: none"> <li>• children and family coped well</li> <li>• children coped with final exams (more difficult during pandemic)</li> <li>• appreciate little things</li> <li>• thankful for good system/governmental reaction</li> <li>• short-time allowances and financial help</li> <li>• whole family is at home</li> <li>• focus on family and health</li> <li>• getting insight in children’s interest</li> <li>• children at home, more time to talk</li> <li>• brought family closer</li> </ul> | <ul style="list-style-type: none"> <li>• physical distancing friends and family</li> <li>• fear</li> <li>• social distance</li> <li>• loss of time with loved ones</li> <li>• “corona final exams” for children</li> <li>• No contact for long time with family/parents (elderly people)</li> <li>• More work at home because whole family is at home</li> <li>• A lot of people at home</li> <li>• Children pulled back</li> <li>• Children are depressed because of lack of freedom</li> <li>• Visit restrictions if members don’t live in your area</li> <li>• Local restrictions</li> <li>• time management difficulties (family, profession – balance)</li> <li>• emotionally distancing from beloved ones</li> <li>• avoidance behavior (friends, parties)</li> <li>• own children are isolated socially</li> </ul> |

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|--|------------------------|--|--|
|  |                        |  | <ul style="list-style-type: none"> <li>• double position: teacher at school and at home</li> <li>• no help from others (doing chores, etc.)</li> <li>• supporting children with remote schooling</li> <li>• not being able to disturb children during lessons</li> </ul> |
|  | <b>Lessons learned</b> | <ul style="list-style-type: none"> <li>• new way of teaching (distance learning)</li> <li>• change in attitude towards life in general</li> <li>• appreciate travelling more</li> <li>• reassessment of lifelong learning</li> <li>• regaining possession of dimensions of solitude</li> <li>• appreciate home, places and nature</li> <li>• being at home created a bond between family members</li> <li>• globality is great/you can travel easily</li> <li>• appreciate little things, events</li> <li>• personal contact is important</li> <li>• almost everything can be done online</li> <li>• learn to bare things which seem unboreable</li> <li>• gratitude for everything we have</li> <li>• managing online education</li> <li>• distance learning and teaching brought together</li> <li>• important values: family, health</li> <li>• no need of many things to be happy</li> </ul> | <ul style="list-style-type: none"> <li>• before: we didn't value small things we have to avoid now because of danger of spreading the virus</li> <li>• all of a sudden all can be gone/restricted</li> </ul>   |

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|  |                                 | <ul style="list-style-type: none"> <li>• learned how to avoid stress and panic</li> <li>• importance of good immunity system</li> <li>• health is everybody's responsibility</li> <li>• taking care of priorities: Keeping first things first</li> <li>• use of distance learning</li> <li>• IT competencies for presence teaching</li> <li>• different type of learning: interactive and active</li> <li>• use of ICT and will to use ICT: <b>need for digital literacy</b></li> <li>• appreciate what another age group can offer you</li> <li>• don't stick to labels, we have multidimensional characters</li> <li>•</li> </ul>                                       |  |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• ICT</li> <li>• Flexibility</li> <li>• Design house so that everybody has his space whilst home office / substitute activities if one is not available</li> <li>• "moments of silence"</li> <li>• support from colleagues</li> <li>• solving technical problems, questions</li> <li>• new virtual channels to foster relationships</li> <li>• living on the lands/not in the center</li> <li>• garden/house</li> <li>• outdoor activities (walk, leaving house)</li> <li>• scouting out the environment</li> <li>• appreciate little things</li> <li>• glimmer of hope</li> <li>• all were affected to the same extent</li> </ul> | <ul style="list-style-type: none"> <li>• things we did during start of pandemic are not done to the same extent anymore</li> </ul> |

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|  |   | <ul style="list-style-type: none"> <li>• we managed to do the best out of it</li> <li>• finished faster than we thought it would</li> <li>• being down to earth</li> <li>• seeing or trying to find positive aspects and sides of things/life</li> <li>• learn to bare things which seem unbearable</li> <li>• learning better use of IT and internet sources</li> <li>• optimistic perspective on life</li> <li>• strength from children</li> </ul>  |  |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• education field was ready from the 1<sup>st</sup> lockdown</li> <li>• happy of living in country that coped well (instant reaction, money raising, found vaccine, helped, feeling of safety)</li> <li>• good system</li> <li>• short time allowances and financial help for those in need</li> <li>• Germans weren't having extreme cuts like people in other countries</li> <li>• All were affected to the same extent</li> <li>• We managed to do the best out of it</li> <li>• All finished faster that one had thought</li> <li>• Glimmer of hope</li> <li>• Huge parts of society got vaccinated (protection)</li> <li>• Better IT knowledges</li> <li>• Huge parts of children are vaccinated</li> <li>• Everything got better and you managed to cope</li> <li>• We dealt quite well</li> </ul> | <ul style="list-style-type: none"> <li>• we need psychological support</li> <li>• on personal level: we don't know what a possible next pandemic could be/look like</li> <li>• anxiety, fear</li> <li>• lack of future</li> <li>• uncertainty</li> <li>• all of a sudden all can be gone/restricted</li> <li>• people lost their jobs without getting compensated by short-time allowances</li> <li>• possible debts for next generation(s)</li> <li>• people say that a lot went wrong</li> <li>• probably mistakes have been made</li> <li>• those with small children and on short time were probably worse off</li> <li>• A lot of things have to be improved</li> </ul> |



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|--|--------------|--|---|
|  |              | <ul style="list-style-type: none"> <li>• People from crisis regions are better prepared</li> </ul>                                       | <ul style="list-style-type: none"> <li>• People kept complaining instead of trying to change their way of life or thinking</li> <li>• Focus on negative things and limitations instead of possibilities</li> <li>• No feeling of unity</li> <li>• Bad internet network of country</li> <li>• There were students with less access to technology</li> <li>• <b>Media:</b> bombarded with information and news (right or wrong?)</li> <li>• <b>Digital illiteracy</b></li> <li>• <b>No flexibility in reacting do disaster/crisis</b></li> <li>• <b>People from crisis regions are better prepared</b></li> </ul> |
|  |              | <p>Tips:</p> <ul style="list-style-type: none"> <li>• Courage</li> <li>• Think positive</li> <li>• Make best out of situation</li> </ul> | <ul style="list-style-type: none"> <li>• We can't live in such an uninhibited way like before the pandemic</li> <li>• Dependence on other countries</li> <li>• AUDI's production stopped because supplier's couldn't supply, still not going on</li> </ul>  |
|  | <b>Other</b> |  | <ul style="list-style-type: none"> <li>• Avoidance behavior towards friends (holiday, party, ...)</li> <li>• normally we go forwards, now we had to go "backwards"</li> </ul>   |

|  | Impact Level                 | Positive   | Negative   |
|--|------------------------------|--|--|
| <b>Teacher/professor – employee male</b> | <b>Personal level impact</b> | <ul style="list-style-type: none"> <li>• rediscovering enjoyable activities (reading, outdoors)</li> <li>• good vs. bad friends</li> <li>• intense relationships even at a distance</li> <li>• reflection how much time is wasted in the superfluous</li> <li>• meditate</li> <li>• important role as teacher</li> </ul>   | <ul style="list-style-type: none"> <li>• loneliness</li> <li>• influence on personality</li> <li>• constraints</li> <li>• spatial limits</li> <li>• closures</li> <li>• physical distance</li> <li>• reduction of freedom</li> <li>• good vs. bad friends</li> <li>• social contact reduction</li> <li>• flat got on your nerves</li> <li>• understandable that other people get psychological problems during a longer lockdown</li> <li>• how strongly one depends on digitalization and how far behind we are in Germany with digitization</li> <li>• travel limitations</li> </ul> |
|  | <b>Work Impact</b>           | <ul style="list-style-type: none"> <li>• implementing new technologies together with students</li> <li>• motivation and innovation boost</li> <li>• switching to online classes</li> <li>• virtual lessons are motivating for pupils</li> <li>• communication with pupils, parents, other teachers intensified</li> <li>• computer is a must have</li> <li>• colleagues help with digitization process</li> <li>• digitization not entirely voluntary</li> <li>• new technologies</li> <li>• offering online courses</li> <li>• teacher as support figure</li> </ul> | <ul style="list-style-type: none"> <li>• Depending on internet</li> <li>• More adjustments for lesson projection</li> <li>• More pressure from parents, colleagues and pupils</li> <li>• Pressure for the administrator of the school online platform</li> <li>• Online-teaching: challenge</li> <li>• Start-problems with online teaching</li> <li>• Digitization against will</li> <li>• Travel limitations</li> <li>• Teacher as support figure</li> </ul>  |

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|--|---------------------------------|--|---|
|  |                                 | <ul style="list-style-type: none"> <li>• supporting students helps own psychological condition</li> <li>• huge impact on personal life (private and professional lives mixed up)</li> </ul>  | <ul style="list-style-type: none"> <li>• Extra workload</li> <li>• Change way you work</li> </ul>   |
|  | <b>Family Impact</b>            | <ul style="list-style-type: none"> <li>• More interactions with people we love</li> <li>• good vs. bad friends</li> <li>• single (no preoccupation)</li> <li>• enough space in flat</li> <li>• exiting comfort zone</li> <li>• positive effects (active presence)</li> <li>• importance of family</li> </ul>   | <ul style="list-style-type: none"> <li>• good vs. bad friends</li> <li>• social contact reduction (family and friends)</li> <li>• daily life was affected/changed (double position)</li> <li>• own children care</li> </ul> |
|  | <b>Lessons learned</b>          | <ul style="list-style-type: none"> <li>• Getting familiar with online platforms and applications</li> <li>• Prioritizing things in life</li> <li>• Realizing importance of use of technology</li> <li>• Work can be done from everywhere (use of technology)</li> <li>• Importance of being together and helping each other</li> <li>• Computer is a must have</li> <li>• good vs. bad friends</li> <li>• open up to your friends and acquaintances</li> <li>• social contact is important to get through a crisis</li> <li>• value life and its aspects</li> <li>• spend time with most important persons</li> <li>• be sensitive and helpful</li> <li>• train your optimism</li> <li>• new technologies</li> </ul> | <ul style="list-style-type: none"> <li>• good vs. bad friends</li> </ul>  |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• Constant alert</li> <li>• Wearing masks</li> <li>• Getting vaccinated</li> </ul>  |   |

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|  |   | <ul style="list-style-type: none"> <li>• Avoiding big crowds</li> <li>• Taking elementary precautions</li> <li>• Opening up to friends and acquaintances</li> <li>• Close contact to friends</li> <li>• Regular dinner circle/meeting</li> <li>• Doing things together (cooking)</li> <li>• Phone calls or walks together</li> <li>• Keeping oneself fit (sport)</li> <li>• Train your positive thinking (meditation)</li> <li>• Listening to good music in company</li> <li>• Supporting students</li> <li>• communication</li> </ul> |  |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• We know more</li> <li>• Social contact is important</li> <li>• We have to rethink and change way we live life</li> <li>• Adaptability on new situations</li> <li>• Lots of resources to be able to cope</li> <li>• Infrastructure development</li> <li>• Experience development</li> </ul>  | <ul style="list-style-type: none"> <li>• One can never be fully prepared for another pandemic</li> <li>• Many irrational ideas</li> <li>• Conspiracy demonstrations</li> <li>• Much irrationality and misbelief within enlightened society</li> <li>• Such a virus can occur again</li> <li>• Statal and private precautionary measures are far from sufficient</li> <li>• You can't fully prepare for such a situation</li> <li>• Doubts</li> <li>• Uncertainty</li> <li>• Lack of response to cope with further emergencies</li> </ul> |
|  | <b>Tips</b>                             | <ul style="list-style-type: none"> <li>• Develop a close circle of friends</li> </ul>  |  |

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|  | <ul style="list-style-type: none"> <li>• Better a few friends than countless (false) acquaintances</li> <li>• In crisis you can only rely on a few good ones</li> <li>• Open up</li> </ul> |  |
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|                  | Impact Level          | Positive  | Negative  |
|------------------|-----------------------|---|---|
| Parents (female) | Personal Level Impact | <ul style="list-style-type: none"> <li>• Calmed down (stopping quick demanding rhythms)</li> <li>• Hobbies: recipes all day and cooking</li> <li>• Doings things you forgot about (reading books, movies, series)</li> <li>• Spending time with children helped me to stop smoking</li> <li>• Trend to shop online</li> <li>• Focusing on fun activities (games) with children</li> </ul> | <ul style="list-style-type: none"> <li>• People lost jobs</li> <li>• Elderly face psychological problems</li> <li>• Permanent anxiety (unknown danger)</li> <li>• Mental fatigue</li> <li>• Sadness</li> <li>• panic</li> <li>• Gained weight</li> <li>• Pressure to remain in good mood (shapeshifter)</li> <li>• Trend to shop online (losing money)</li> <li>• Division of friends in two camps</li> <li>• You can't go shopping</li> <li>• Lack of interactions with other people (=frustration)</li> <li>• Lack of mobility</li> <li>• Lack of outdoor activities</li> <li>• Repetitiveness</li> <li>• Little perception of time</li> <li>• Constant sanitation/disinfection</li> <li>• Need of in-depth medical examinations</li> <li>• Participation in activities under safe conditions only</li> </ul> |

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|  |                      |   | <ul style="list-style-type: none"> <li>• Impossibility of planning/designing</li> </ul>   |
|  | <b>Work Impact</b>   | <ul style="list-style-type: none"> <li>• Rotation at office</li> <li>• Office as pandemical refugee (in order to have “normality”)</li> <li>• Calmer at work</li> <li>• Innovation of teaching methods</li> <li>• Free online resources for teaching</li> <li>• Distance teaching/learning</li> <li>• Remote support of children</li> </ul>   | <ul style="list-style-type: none"> <li>• Work stopped</li> <li>• Work at faster pace</li> <li>• Restrictions at work (perpetual homeoffice, rotating home office)</li> <li>• No need of full-time-work in some jobs</li> <li>• Lawyers 100% affected</li> </ul>   |
|  | <b>Family Impact</b> | <ul style="list-style-type: none"> <li>• Greatest asset</li> <li>• Helpful for coping</li> <li>• Spending time with children helped me to stop smoking</li> <li>• Family life</li> <li>• Partners / wives/husbands/ children got closer</li> <li>• Support from partner in everyday life</li> <li>• Helping children with arguments that arise by being at home together constantly</li> <li>• Suddenly full-time housewife when losing job</li> <li>• More quality time</li> <li>• Homeschooling less stressful for children</li> <li>• Having breakfast together</li> <li>• Children don’t feel effects</li> <li>• Focusing on fun activities (with children)</li> <li>• Short-term solutions</li> <li>• Doing activities together</li> </ul> | <ul style="list-style-type: none"> <li>• Fear</li> <li>• Worry</li> <li>• Children’s online lessons</li> <li>• Children could not follow distance learning</li> <li>• Children lost social contacts</li> <li>• Hard for children to go back to normal life</li> <li>• No social life only family life</li> <li>• Couples and families separated/divorced</li> <li>• Children did not fully understand situation (irritation/frustration)</li> <li>• Children had a lot of energy they didn’t know how to channel and projected towards parents</li> <li>• Children lost important (social) experiences (first graders and socialization)</li> </ul> |

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|  |                                 |   | <ul style="list-style-type: none"> <li>• Younger children had difficulties in following remote teaching</li> <li>• Boredom</li> <li>• Excess of energy</li> <li>• Lack of substitute activities</li> <li>• Lack of outdoor activities</li> <li>• Nervousness in family relationships</li> <li>• Fear of virus</li> <li>• Children suspended from group activities</li> <li>• No guests at home</li> <li>• Family dramas</li> <li>• Children locked up at home</li> </ul> |
|  | <b>Lessons learned</b>          | <ul style="list-style-type: none"> <li>• Value of small daily activities</li> <li>• Material goods are not worth the risk of losing human lives</li> <li>• Family is greatest asset</li> <li>• Enjoy the moment</li> <li>• Everything can change overnight</li> <li>• Time should be devoted to the family and loved ones</li> <li>• Leave the house regularly</li> <li>• Stay in contact with friends</li> <li>• Focusing in fun activities (games) with family</li> <li>• Importance of health</li> <li>• Self-analysis</li> <li>• Self-knowledge</li> <li>• Shared routines</li> <li>• Better work-time balance</li> </ul> |  |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• Within social welfare: municipality had to develop mechanisms of</li> </ul>  | <ul style="list-style-type: none"> <li>• Within social welfare: municipality had to</li> </ul>   |

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|  |  | <p>assistance both materially and psychologically</p> <ul style="list-style-type: none"> <li>• Remain active at work</li> <li>• Develop new habits (go outdoors)</li> <li>• Enjoy doing things</li> <li>• Family support</li> <li>• Tools to be able to work from home</li> <li>• Taking care of each other</li> <li>• Reading books that I didn't have time before</li> <li>• Children's support</li> <li>• Supporting children</li> <li>• Job</li> <li>• Good friends can make you forget the pandemic and help your mental state</li> <li>• Doing activities together</li> <li>• Importance of daily routine</li> <li>• Dressing up and make-up to feel better</li> <li>• Enhancement of time shared with family members</li> <li>• Teacher and parents as role model</li> <li>• Technological skills/tools to face emergencies</li> </ul> | <p>develop mechanisms of assistance both materially and psychologically</p>   |
|  | <p><b>Preparation for another pandemic</b></p> | <ul style="list-style-type: none"> <li>• Emotionally and psychologically prepared</li> <li>• Experience how to protect oneself</li> <li>• Nobody knows</li> <li>• Acceptance</li> <li>• Withing family we survive every crisis</li> <li>• Enough space/distractors</li> <li>• optimism</li> </ul>   | <ul style="list-style-type: none"> <li>• Financially disastrous</li> <li>• There is no way for families to deal with another lockdown without help of state</li> <li>• Viruses are different</li> <li>• IT problems within families</li> <li>• First no experience</li> <li>• Depends on pandemic</li> <li>• Two camp society</li> <li>• Three camp society (those who are not</li> </ul> |



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|  |  |  | pro nor contra fall through the grid) <ul style="list-style-type: none"> <li>• Cohesion of society diminished (egoism and egocentricity)</li> <li>• No togetherness</li> <li>• Fear of future</li> <li>• News focusing on dramas spread panic</li> </ul> |
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|                       | Impact Level                 | Positive  | Negative  |
|-----------------------|------------------------------|---|---|
| <b>Parents (Male)</b> | <b>Personal Level Impact</b> | <ul style="list-style-type: none"> <li>• Reflection on values of life</li> <li>• Rediscover every day's little things</li> <li>• Playing with children</li> <li>• Close social environment</li> </ul> | <ul style="list-style-type: none"> <li>• out from the comfort zone</li> <li>• limitation of possibility to travel</li> <li>• reduction of freedom</li> <li>• physical and psychological fragility amplified by health emergency situation</li> <li>• fear of leaving the house</li> <li>• spending too much time in front of computer</li> <li>• concerns about possible infections</li> <li>• anxiety due to daily news</li> <li>• uncertainty about future</li> <li>• curfew</li> <li>• neighbors friends or enemies?</li> <li>• restrictions if one partner is not vaccinated</li> <li>• having to settle to too many things</li> <li>• no money or unable to continue working because of restrictions</li> <li>• travel restrictions</li> </ul> |

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|  | <b>Work Impact</b>   | <ul style="list-style-type: none"> <li>• Understand better professional work</li> <li>• Work time optimization</li> </ul>  | <ul style="list-style-type: none"> <li>• Spending too much time in front of computer</li> <li>• No business trips</li> <li>• Teams were separated in order to work individually on projects</li> <li>• Communication more difficult (no shift handover discussions)</li> <li>• Tried to communicate with ICT, but educationally and didactically complicated</li> <li>• turn back in behavior of students</li> <li>• the level of educational and social relationships was neglected</li> </ul> |
|  | <b>Family Impact</b> | <ul style="list-style-type: none"> <li>• Out from comfort zone brings positive results (expressed mainly by an active presence)</li> <li>• Staying together more, good relationship(s)</li> <li>• Children were happy to stay at home first</li> <li>• Playing with children</li> <li>• Trying adaptation to knew reality, went well</li> <li>• More time with children</li> </ul> | <ul style="list-style-type: none"> <li>• Concern about repercussions on psychology of child living situation of fear</li> <li>• Self-confinement at home</li> <li>• Avoidance</li> <li>• Need for continuous sanitation</li> <li>• Lack of social activity</li> <li>• Restrictions if your partner is not vaccinated</li> <li>• Family is “separated”</li> <li>• Children weren’t happy to catch up lessons at home</li> <li>• Parents adopt teacher’s role</li> </ul>                          |

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|  |                                 |  | <ul style="list-style-type: none"> <li>• Homeschooling difficult for young children</li> <li>• Financial support of government to small</li> </ul>  |
|  | <b>Lessons learned</b>          | <ul style="list-style-type: none"> <li>• Value everything connected with life</li> <li>• Spend more time with persons that truly count in your life</li> <li>• Quick and adequate adaptation and optimism can help with coping</li> <li>• Spend more time with family (members)</li> <li>• Be more sensitive with people, help people to regain confidence</li> <li>• Learn to enjoy beauty in everyday life</li> <li>• Dedicate to your well-being Appreciate every day</li> <li>• Keep distance</li> <li>• Protect yourself</li> <li>• Definition of “friendship”</li> <li>• Communication with family and friends is helpful</li> <li>• We are responsible</li> </ul> | <ul style="list-style-type: none"> <li>• Inconveniences related to shopping of basic goods</li> <li>• Society is divided in two camps: “follower” or “social movement sympathisers” who don’t reflect on their own</li> <li>• Don’t take anything for granted (health, relationships, friendships, meeting relatives)</li> <li>• Travel restrictions</li> </ul> |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• Keep yourself fit (physical exercises)</li> <li>• Eating healthy food</li> <li>• Train positive thinking by practicing spiritual meditation</li> <li>• Listen to good music together with partner</li> <li>• Value family</li> <li>• Reading and studying as “environments” in which to take refuge: find relief</li> <li>• Respect for the work of the State</li> <li>• You are not alone in this situation</li> </ul>   | <ul style="list-style-type: none"> <li>• Criticism of political and health response to the pandemic emergency at the media level</li> <li>• Dramatic situation. Grief and suffering</li> </ul>  |

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|  |  | <ul style="list-style-type: none"> <li>• Availability of information and entertainment on TV and on the Internet</li> <li>• Communication</li> <li>• Let children meet</li> <li>• maintain social contacts evening person</li> <li>• leave your house</li> <li>• organization</li> <li>• help and support</li> <li>• follow advice of doctors and scientists</li> <li>• don't panic to be able to advise others properly</li> <li>• do not believe everything written or shown online</li> </ul> |   |
|  | <p><b>Preparation for another pandemic</b></p> | <ul style="list-style-type: none"> <li>• Adaptability on new situations</li> <li>• Reinforcement of self-perception</li> <li>• We learnt out of this situation</li> <li>• Learnt to keep distance, use of masks, hygiene</li> <li>• Many people are ready for another lockdown</li> <li>• Doctors work on it</li> </ul>  | <ul style="list-style-type: none"> <li>• Not entirely prepared</li> <li>• Psychologically difficult experience</li> <li>• People don't change</li> <li>• There are people who don't respect the rules</li> <li>• Too much different opinions and measures without the prospect of a solution</li> <li>• Psychological wounds must heal</li> <li>• Divorces</li> <li>• Femicides</li> <li>• Not many IC units</li> <li>• How to deal with medical and paramedical personnel</li> <li>• bad social services sector (no social workers, psychologists, communication lines)</li> </ul> |

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|  |  | <ul style="list-style-type: none"> <li>• education doesn't refer to these mentioned aspects</li> <li>• government should provide psychological and financial help</li> </ul> |
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|                              | Impact Level                 | Positive  | Negative   |
|------------------------------|------------------------------|---|--|
| <b>Grandparents - female</b> | <b>Personal Level Impact</b> | <ul style="list-style-type: none"> <li>• appreciate things you did not appreciate before</li> <li>• safe money</li> <li>• no direct effects</li> <li>• being confident</li> <li>• not giving up dreams and wishes</li> <li>• already experience of similar situation</li> <li>• helping people in need of help</li> <li>• distract yourself (tasks) / keep yourself occupied</li> </ul> | <ul style="list-style-type: none"> <li>• Contact restrictions: no neighbors, friends or relatives could visit you</li> <li>• Feeling of loneliness</li> <li>• Shopping was difficult</li> <li>• Deprivation of liberty</li> <li>• No contact to beloved ones</li> <li>• Anxiety</li> <li>• Bad surprise</li> <li>• No mobility, no travels</li> <li>• Isolation</li> <li>• Silence</li> <li>• Feeling that time stopped or slow-motion</li> <li>• Lack of medical protective equipment</li> <li>• powerlessness</li> </ul> |
|                              | <b>Work Impact</b>           | <ul style="list-style-type: none"> <li>• No impact (pensioner)</li> <li>• Online teaching</li> <li>• Continue working</li> <li>• Substitute works (e.g., sewing masks)</li> <li>• Continued payment of wages</li> </ul>   | <ul style="list-style-type: none"> <li>• Employed without work to do due to corona regulations (no contact with children)</li> <li>• Work-time deficits</li> <li>• Stress</li> <li>• Continuous sanitations</li> <li>• Higher responsibility</li> <li>• Higher workload</li> </ul>   |

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|  | <b>Family Impact</b>            | <ul style="list-style-type: none"> <li>• Adult children with own families</li> <li>• No direct effects (family, friends)</li> <li>• Growing together</li> <li>• Always occupied doing activities together</li> <li>• Spending more time together</li> <li>• Going out a lot</li> <li>• Spending more time outside /in nature</li> <li>• Attitude of protection towards individual and the other</li> <li>• Proximity</li> <li>• Live in present</li> <li>• support</li> </ul>  | <ul style="list-style-type: none"> <li>• Careful when in contact with grandchildren</li> <li>• Restricted or almost no contact with grandchildren</li> <li>• Getting vaccinated to reduce risk</li> <li>• Caution and stress in family</li> <li>• No contact to beloved ones</li> <li>• Didn't see family and friends that often</li> <li>• Missing energy of family and friends</li> <li>• Risk of transmitting the virus</li> <li>• Physical distancing</li> </ul> |
|  | <b>Lessons learned</b>          | <ul style="list-style-type: none"> <li>• Take care of health and listen to instructions of specialists, doctors and the government</li> <li>• Appreciate what we had taken for granted</li> <li>• We know how to protect ourselves</li> <li>• Adaptation to the new data</li> <li>• Following experts' advice</li> <li>• Trust in oneself</li> <li>• Focus on important things</li> <li>• Consumption is not all</li> <li>• Staying fit digitally</li> <li>• Importance of local community</li> <li>• Importance of ICT</li> </ul> | <ul style="list-style-type: none"> <li>• Experience better not to be repeated</li> <li>• We can't give anything for granted</li> <li>• Everything can abruptly change</li> </ul>   |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• I learnt how to behave so that situation couldn't get worse</li> <li>• Family support</li> <li>• Information updates from experts</li> <li>• My will</li> </ul>   | <ul style="list-style-type: none"> <li>• taken away ability of looking in the future confidently</li> <li>• Sorrows and tragedies</li> <li>• Virus still circulating</li> </ul>  |

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|  |  | <ul style="list-style-type: none"> <li>• Communication with (grand)children</li> <li>• Collaboration with husband</li> <li>• Accept help</li> <li>• Open up towards others</li> <li>• Faith and hope that virus will disappear</li> <li>• Collecting porcelain teapots and coffeepots</li> <li>• Sports/physical activities: 30 minutes morning routines</li> <li>• Perspective of overcoming</li> <li>• Collective value</li> <li>• Positivity</li> <li>• Collective value</li> <li>• Optimism</li> <li>• Education can help to overcome such situations</li> </ul>                                     | <ul style="list-style-type: none"> <li>• Lack of responsibility of some citizens towards imposed norms and rules</li> <li>• Traumatic (truck with coffins)</li> </ul>                                |
|  | <p><b>Preparation for another pandemic</b></p> | <ul style="list-style-type: none"> <li>• We are 50% prepared</li> <li>• Must control our health (e.g. people with health problems)</li> <li>• We know what corona is about</li> <li>• Enough vaccines/medicine</li> <li>• Show solidarity</li> <li>• Protect society and yourself</li> <li>• Alternative ways to stay in contact</li> <li>• Creativity</li> <li>• Listen to the doctors</li> <li>• Developed skills will be useful in future</li> <li>• Empower citizens to understand importance of regulations</li> <li>• Importance of appropriate ICT</li> <li>• Another type of lockdown</li> </ul> | <ul style="list-style-type: none"> <li>• Don't underestimate pandemic risk</li> <li>• We are not prepared</li> <li>• Energy is channeled in mental self-care to get through traumas alone</li> </ul> |

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|  |  | <ul style="list-style-type: none"> <li>• Greater awareness of importance of using precautions</li> </ul> |  |
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| Impact Level               |                       | Positive   | Negative  |
|----------------------------|-----------------------|--|---|
| <b>Older people - male</b> | Personal level impact | <ul style="list-style-type: none"> <li>• Own house with garden</li> <li>• Feeling of doing something useful</li> <li>• Keeping calm and understanding situation</li> <li>• Carefree, relaxed approach to life choices</li> <li>• Small amount of obstacles</li> <li>• Living relationships with more humanity</li> </ul> | <ul style="list-style-type: none"> <li>• Reduction of contacts (also telephone contacts)</li> <li>• Problem solving with other people was difficult</li> <li>• Worries and disbelief</li> <li>• Perceived isolation and lack of physical interaction</li> <li>• Traumatic experiences by direct visibility of covid-effects</li> <li>• Isolation given by selfishness</li> <li>• Fear of physical contact</li> <li>• Fear of closeness to (grand)children</li> <li>• Change of concept "family"</li> <li>• Disintegration of all societies</li> <li>• Worldwide rearrangements</li> </ul> |
|                            | Work impact           | <ul style="list-style-type: none"> <li>• Teaching from distance</li> </ul>   | <ul style="list-style-type: none"> <li>• <b>Renovations:</b> Postponement of work due to lack of materials (stores were partially closed)</li> <li>• Problem solving with other people was difficult</li> <li>• No tutoring</li> <li>• Intellectual people's reluctance to using modern technology</li> </ul>   |



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|  | <b>Family impact</b>            | <ul style="list-style-type: none"> <li>• Larger supplies (safety)</li> <li>• Contact with siblings</li> <li>• Calls increased</li> <li>• Staying inside with partner</li> </ul>  | <ul style="list-style-type: none"> <li>• Physical distance (family, friends, others, excuse: “handshake prohibition”)</li> <li>• Regular getting-together events were cancelled (too risky)</li> <li>• No visits</li> <li>• Partial breakdown of contacts or reductions</li> <li>• Calls are no compensation</li> </ul> |
|  | <b>Lessons learned</b>          | <ul style="list-style-type: none"> <li>• Time passes faster than you think (helpful if retiree at home)</li> <li>• Economic security is enormously important</li> <li>• Online teaching is possible</li> <li>• Necessity of starting to believe in the existence of the virus</li> <li>• Everything can change and you have to accept it</li> <li>• Different approach to life: greater lightness</li> <li>• Seize opportunities, do not postpone them</li> <li>• Live your interests</li> <li>• Travel</li> <li>• Not crowd without reasons</li> <li>• Listen to experts</li> </ul> | <ul style="list-style-type: none"> <li>• Rejected online teaching before</li> <li>• Tools are often not as useful</li> <li>• Online teaching success depends on group</li> <li>• Imminent danger</li> <li>• Overcoming consequences of physical, mental and moral isolation</li> </ul>                                  |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• Going outside (walks, e.g.)</li> <li>• Large supplies</li> <li>• Big house, garden</li> <li>• Financial security (pensioner)</li> <li>• Ability of “lazy mode” without consequences</li> <li>• Access to TV, news, Internet</li> </ul>  | <ul style="list-style-type: none"> <li>• Going outside became rare</li> <li>• Dependency on media</li> <li>• Afraid of being cut off from information during problems such as power failures</li> </ul>   |

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|  |   | <ul style="list-style-type: none"> <li>• Reading, watching movies, theatre plays on TV</li> <li>• Mask</li> <li>• Staying inside</li> <li>• Not having to work</li> <li>• Organizing (virtual) events of “safe events”</li> <li>• Meditation</li> <li>• Luck in healing</li> </ul> | <ul style="list-style-type: none"> <li>• Direct experience with COVID</li> <li>• Loneliness amplified by living alone</li> <li>• Physical distancing (family, friends, others)</li> <li>• Isolation</li> <li>• Isolation dictated by sanitary procedures (results of swabs)</li> <li>• Disease is serious: many people died</li> </ul>  |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• Dealing calmly and not hysterically</li> <li>• Generations learned to adapt, we can cope better</li> <li>• People learn out of things they live</li> <li>• All have to stick together</li> </ul>  | <ul style="list-style-type: none"> <li>• Fact deniers and conspiracy theorists are much more widespread</li> <li>• “wrong scientists”</li> <li>• Things learnt out of the crisis will soon be forgotten</li> <li>• Restart from zero</li> <li>• We don’t learn from our mistakes</li> <li>• Uncertainty about corona</li> <li>• People’s acceptance has limits</li> <li>• Pandemics are not all the same, you are never prepared</li> <li>• Fear of living disease again</li> </ul> |
|  | <b>other</b>                            |  | <ul style="list-style-type: none"> <li>• Time passes slowly in nursing home</li> <li>• Visits in nursing homes were denied</li> <li>• Journalists judge harshly</li> <li>• Teachers are scapegoat for failed educational adaptations</li> </ul>   |

|                       | Impact Level                 | Positive   | Negative   |
|-----------------------|------------------------------|--|--|
| <b>Student female</b> | <b>Personal level impact</b> | <ul style="list-style-type: none"> <li>• More patience</li> <li>• Adaptable to change</li> <li>• Pausing work and stress relief</li> <li>• Self-development</li> <li>• Sense of fulfillment</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Mobility to other countries limited</li> <li>• No motivation to go outside</li> <li>• Feeling of catching the virus everywhere</li> <li>• Difficult time for people who want to make their dreams come true</li> <li>• Emotional breakdowns</li> <li>• Inability to maintain social contacts</li> <li>• No social events / (sport) clubs / trainings</li> <li>• Intense physical exhaustion, negative feelings and depression</li> <li>• Too little stimuli to feel part of everyday life</li> </ul>                  |
|                       | <b>Work impact</b>           | <ul style="list-style-type: none"> <li>• Maintaining presence sessions</li> <li>• Online lessons worked fine</li> <li>• Teachers tried hard</li> <li>• Pausing work and stress relief</li> <li>• Thanking teachers for their work</li> </ul> | <ul style="list-style-type: none"> <li>• Universities were closed</li> <li>• Mobility for purpose of studies was limited</li> <li>• Internships couldn't be completed</li> <li>• Degrees/exams had to be postponed</li> <li>• Online lessons (difficult to concentrate, psychologically difficult)</li> <li>• Many hours in front of computer</li> <li>• No motivation, no energy</li> <li>• Lack of imagination and creativity</li> <li>• Home distracts</li> <li>• No communication with other students</li> <li>• Feeling of not studying at all</li> </ul> |
|                       | <b>Family impact</b>         | <ul style="list-style-type: none"> <li>• No drastic effects beside normal restrictions</li> <li>• Friendships survived</li> <li>• Help and support</li> </ul>  | <ul style="list-style-type: none"> <li>• No direct contact with grandparents</li> </ul>  |

|  |                                 |  |   |
|--|---------------------------------|--|---|
|  |                                 | <ul style="list-style-type: none"> <li>• Stronger family bonds</li> <li>• Technology brought us together</li> <li>• Never felt so close to family/friends</li> </ul>   |   |
|  | <b>Lessons learned</b>          | <ul style="list-style-type: none"> <li>• Social contacts are important</li> <li>• Maintain contacts</li> <li>• Distract yourself</li> <li>• Optimism</li> <li>• Meet people (in an alternative way is necessary)</li> <li>• You can't plan everything</li> <li>• Follow health regulations and advice</li> <li>• Rely on experts</li> <li>• Seeking for the truth</li> <li>• Don't take anything for granted</li> <li>• Humans are very adaptable beings</li> <li>• Prioritizing your goals</li> <li>• Not losing hope</li> <li>• Not wasting time</li> <li>• Changing way of thinking if necessary</li> </ul> | <ul style="list-style-type: none"> <li>• Everything can change every time</li> <li>• Pandemic comes without warning</li> <li>• Fragility and vulnerability of everything</li> <li>• underestimation of social interactions</li> </ul> |
|  | <b>Factors that helped most</b> | <ul style="list-style-type: none"> <li>• Social environment</li> <li>• Sports as counterbalance</li> <li>• Living in a student dorm (social contact)</li> <li>• Activities to keep balance</li> <li>• Relationship with partner (psychological balance)</li> <li>• (closeness to) family</li> <li>• Important medical achievements</li> </ul>  | <ul style="list-style-type: none"> <li>• Isolation is unhealthy</li> <li>• Moodiness provoked by media</li> </ul>   |

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|--|---|--|--|
|  |   | <ul style="list-style-type: none"> <li>• Working</li> <li>• Social distancing and hygiene</li> <li>• Distractions (reading, drawing)</li> </ul>  |  |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• High protection by vaccine</li> <li>• Everything can be done online</li> <li>• Teachers/professors gained experience</li> <li>• We know what to expect</li> <li>• New infrastructures in hospitals</li> <li>• New sets of laws</li> </ul> | <ul style="list-style-type: none"> <li>• Science and society are not ready</li> <li>• Situations can shift instantly</li> <li>• Don't isolate yourself</li> <li>• Psychologically not prepared</li> <li>• Still solving effects first lockdowns have provoked</li> <li>• We can't battle a pandemic</li> <li>• Vulnerability of students and teachers alike</li> <li>• Not ready to live another pandemic</li> </ul> |

|                     | <b>Impact Level</b>          | <b>Positive</b>   | <b>Negative</b>  |
|---------------------|------------------------------|---|--|
| <b>Student male</b> | <b>Personal level impact</b> | <ul style="list-style-type: none"> <li>• Following personal protection measures</li> <li>• Alternative ways of staying in contact</li> <li>• Friendships intensified</li> <li>• Alternative ways of staying contact</li> <li>• No distraction by temptations (e.g., Going out)</li> </ul> | <ul style="list-style-type: none"> <li>• Small Change of daily life</li> <li>• Limiting going out and social contacts</li> <li>• Loneliness</li> <li>• Unproductivity because of lack of stimuli</li> <li>• Own home is distractor</li> <li>• Social interaction is limited</li> <li>• Hobbies can't be followed</li> <li>• Too much time I front of computer</li> <li>• Lack of daily structure</li> <li>•</li> </ul> |
|                     | <b>Work impact</b>           | <ul style="list-style-type: none"> <li>• Face to face teaching (respecting protective measures)</li> <li>• Discussing about COVID-topics</li> </ul>   | <ul style="list-style-type: none"> <li>• Schools were closed for a long time</li> <li>• distance education with pupils</li> <li>• not being able to physically attend classes</li> </ul>   |

|  |                        |  |  |
|--|------------------------|--|--|
|  |                        | <ul style="list-style-type: none"> <li>• No traffic on way to (part-time) work</li> <li>• More time to study</li> </ul>  | <ul style="list-style-type: none"> <li>• Information and application to new jobs is more difficult</li> <li>• Studies are not satisfactory</li> <li>• Flat marked is bad</li> <li>• Expectations on online-studies are often not fulfilled</li> <li>• No contact or bonds to students</li> <li>• Too much time in front of computer</li> <li>• Lack of events, especially first-semester-events</li> <li>• Monotony</li> <li>• Less productivity (distractions at home)</li> </ul> |
|  | <b>Family impact</b>   | <ul style="list-style-type: none"> <li>• Support from partner</li> <li>• Living at family's house</li> <li>• Girlfriend is next to you</li> <li>• Friendships intensified</li> <li>• Maintaining contact via social apps</li> <li>• More time for/with family and friends</li> </ul>   | <ul style="list-style-type: none"> <li>• Limited contact with parents</li> <li>• Activities only inside of the house</li> <li>• Even when going out preference to be just the two of us</li> <li>• Meetings just possible in pairs</li> <li>• spending too much time with partner (need of time on your own)</li> <li>• separations and divorces</li> <li>• too much time within family might provoke problems/arguments</li> </ul>  |
|  | <b>Lessons learned</b> | <ul style="list-style-type: none"> <li>• Health is the most valuable thing and is to be protected by all means</li> <li>• Hygiene and measures protect us</li> <li>• Maintain contacts, alternative for online lessons</li> <li>• Alternative ways of staying in contact</li> <li>• Be who you are, do what you enjoy</li> </ul> | <ul style="list-style-type: none"> <li>• Don't neglect friends</li> <li>• Don't let contacts break off even if it's difficult</li> <li>• separate private space and workspace (lack of ability to disconnect)</li> <li>• don't trust fake news</li> <li>• medical unpreparedness</li> </ul>  |

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|--|--|--|---|
|  |  | <ul style="list-style-type: none"> <li>• Have stamina to persevere in difficult times</li> <li>• Exchange ideas with friends</li> <li>• Don't lose hope</li> <li>• Don't stop doing things you usually do</li> <li>• Communicate openly</li> <li>• You shouldn't take anything for granted</li> <li>• Filtering information</li> <li>• Valuing more time spent with closest friends, partner and family</li> <li>• Importance of ICT</li> </ul>                        |   |
|  | <p><b>Factors that helped most</b></p>         | <ul style="list-style-type: none"> <li>• Psychological support of partner</li> <li>• Further education in digital skills</li> <li>• Sports</li> <li>• Continue habits</li> <li>• Friends (even if difficult)</li> <li>• Balance and separation between private and work life</li> <li>• Communicate openly</li> <li>• Watching films and documentaries</li> <li>• Videogames encourage contact between friends</li> <li>• Video calls</li> <li>• Use of ICT</li> </ul> | <ul style="list-style-type: none"> <li>• Don't neglect social contacts</li> </ul>   |
|  | <p><b>Preparation for another pandemic</b></p> | <ul style="list-style-type: none"> <li>• Education is prepared</li> <li>• Educational programs are organized</li> </ul>  | <ul style="list-style-type: none"> <li>• Necessity of further steps: hiring health personnel</li> <li>• Installation of more IC units in schools</li> </ul> |

|  |  |   |   |
|--|--|---|---|
|  |  | <ul style="list-style-type: none"> <li>• Technological equipment can be handed out</li> <li>• Maintain your habits</li> <li>• Communicate openly</li> </ul> | <ul style="list-style-type: none"> <li>• We personally are not prepared</li> <li>• Low rate of vaccinations</li> <li>• Conspiracionists and paranoia</li> <li>• We can't mentally cope with another lockdown</li> </ul> |
|--|--|---|---|

|                     | Impact Level                 | Positive  | Negative   |
|---------------------|------------------------------|---|--|
| <b>Pupil female</b> | <b>Personal level impact</b> | <ul style="list-style-type: none"> <li>• Being optimistic</li> <li>• Doing chores for the elder</li> <li>• Becoming an extrovert</li> </ul> | <ul style="list-style-type: none"> <li>• Socialization difficulties</li> <li>• Impossibility to practice hobbies</li> <li>• pressure</li> <li>• Fragility, insecurity, anxiety, sadness</li> <li>• Loss of unconsolidated friendships</li> <li>• Missing human contacts</li> <li>• Experienced covid with side effects for 6 months</li> </ul> |
|                     | <b>Work impact</b>           | <ul style="list-style-type: none"> <li>• A lot of time for studying</li> <li>• Online lessons</li> </ul>                                    | <ul style="list-style-type: none"> <li>• Communication difficulties with teachers</li> <li>• Delayed teacher's feedback</li> <li>• Isolation, solitude</li> <li>• Missing important events (first prom)</li> <li>• Lessons in presence (masks, no online alternative)</li> <li>• Online lessons unsatisfactory</li> </ul>                      |
|                     | <b>Family impact</b>         | <ul style="list-style-type: none"> <li>• Enjoying time with family, beloved ones</li> <li>• Very good relationship</li> </ul>               | <ul style="list-style-type: none"> <li>• Loss of unconsolidated friendships</li> <li>• Missing human contacts besides families</li> <li>• Lack of activities: boredom</li> <li>• Some parents had to work (less family time)</li> </ul>  |



|  |   |  |   |
|--|---|--|---|
|  | <b>Lessons learned</b>                  | <ul style="list-style-type: none"> <li>• Learning to protect our health / each other</li> <li>• Keeping contact via social media</li> <li>• Internet/online platforms also useful for education</li> <li>• Focus on yourself</li> <li>• Appreciate little things in life</li> <li>• You can't always act the way you want to</li> <li>• Viruses are a complicated entity</li> </ul>            | <ul style="list-style-type: none"> <li>• Appreciate doctors and the time they spent to save us</li> </ul>   |
|  | <b>Factors that helped most</b>         | <ul style="list-style-type: none"> <li>• Reassure the children</li> <li>• Help and support between siblings</li> <li>• ICT to maintain friendships</li> <li>• Using time for doing things you are keen on (hobbies)</li> <li>• Writing diary (dealing with feelings)</li> <li>• Call friends</li> <li>• Hamster purchases</li> <li>• Playing inside and outside</li> <li>• siblings</li> </ul> | <ul style="list-style-type: none"> <li>• No face-to-face meetings with friends</li> </ul>                   |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• We are prepared because of availability of ICT</li> <li>• Pandemic has been there for 2 years</li> <li>• Measures were helpful</li> </ul>   | <ul style="list-style-type: none"> <li>• Failed companies</li> <li>• Don't want another pandemic</li> </ul> |

|                   | <b>Impact Level</b>          | <b>Positive</b>  | <b>Negative</b>  |
|-------------------|------------------------------|--|--|
| <b>Pupil Male</b> | <b>Personal level impact</b> | <ul style="list-style-type: none"> <li>• Careful with our health / health of others</li> </ul> | <ul style="list-style-type: none"> <li>• Socialization difficulties (friends and extended members)</li> <li>• Gain weight</li> <li>• Poor concentration</li> </ul> |

|  |                        |   |  |
|--|------------------------|---|--|
|  |                        | <ul style="list-style-type: none"> <li>• Life stays almost the same, no feeling of real “crisis”</li> <li>• Discovering what people like</li> </ul>   | <ul style="list-style-type: none"> <li>• Lack of desire</li> <li>• No mobility, always at home, monotony</li> </ul>  |
|  | <b>Work impact</b>     | <ul style="list-style-type: none"> <li>• Importance of studying</li> <li>• Likes online lessons: materials are easy and done fast</li> <li>• Individual working</li> </ul>  | <ul style="list-style-type: none"> <li>• Socialization difficulties with pupils, teachers</li> <li>• Some schools didn’t offer online sessions</li> <li>• Difficulties in understanding some teachers’ messages</li> <li>• Delayed teacher feedbacks</li> <li>• No clear instructions during lessons</li> <li>• Less study time</li> <li>• Anxiety of online-schooling deadlines</li> </ul>        |
|  | <b>Family impact</b>   | <ul style="list-style-type: none"> <li>• More time with family (games)</li> <li>• Getting to know each other better</li> <li>• More careful with our health/ health of the others</li> <li>• Learning to enjoy time with family/beloved ones</li> <li>• Have fun, serenity</li> <li>• Play games</li> <li>• Cooking together</li> <li>• Brotherhood</li> <li>• Face to face communication</li> <li>• Poor use of mobile phones and social networks</li> <li>• Parents are less busy</li> <li>• Spending time with siblings</li> </ul> | <ul style="list-style-type: none"> <li>• Socialization difficulties (with friends, extended family members)</li> <li>• Sad holidays / special days (eg. Easter) without friends and extended family</li> <li>• Children’s social contact limited by parental permissions</li> <li>• Arguments because of having spent too much time within family</li> <li>• Worried about grandparents</li> </ul> |
|  | <b>Lessons learned</b> | <ul style="list-style-type: none"> <li>• Learning to enjoy more relationships with family/beloved ones</li> </ul>   |  |

|  |   |   |  |
|--|---|---|--|
|  |   | <ul style="list-style-type: none"> <li>• Avoiding wasting time on useless activities</li> <li>• Better understanding of teachers' written messages</li> <li>• Education through ICT developing digital competencies</li> <li>• Appreciating nature</li> <li>• Personal health</li> <li>• Responsibility</li> <li>• Appreciate individual freedom</li> <li>• Appreciate life and small things</li> </ul> |  |
|  | <b>Factors that helped most</b>         | <ul style="list-style-type: none"> <li>• Changing perspective by doing sports</li> <li>• Benefits of using technology</li> <li>• Discovering new sites to improve learning and studying more due to that</li> <li>• watching movies</li> <li>• Baking</li> <li>• Sports, clubs, hobbies</li> <li>• Texting with friends</li> <li>• Outdoor activities</li> </ul>  | Fear of lockdown, danger of depression   |
|  | <b>Preparation for another pandemic</b> | <ul style="list-style-type: none"> <li>• We are prepared because with vaccine we can treat people faster</li> <li>• Moving "out-of-home-activities" towards one's home</li> <li>• We have already experienced lockdowns now</li> <li>• More patience</li> <li>• More cooperation</li> </ul>   | <ul style="list-style-type: none"> <li>• Fear of lockdown, danger of depression</li> <li>• Not better prepared</li> <li>• Two-class society</li> </ul> |

## Video-Testimonials

One of the most important aspects of the project was to gather video testimonials of people talking about their experiences with no mobility during Covid-19 either positive or negative. Through the videos you can truly capture peoples' mood and true emotions to the situation.

It was a vital part of the project. The video testimonials are now available on the project website. Feel free to check them out! **(Click [HERE](#) for the video testimonials).**

If you wish to watch all the video testimonials in one video, click [HERE](#).