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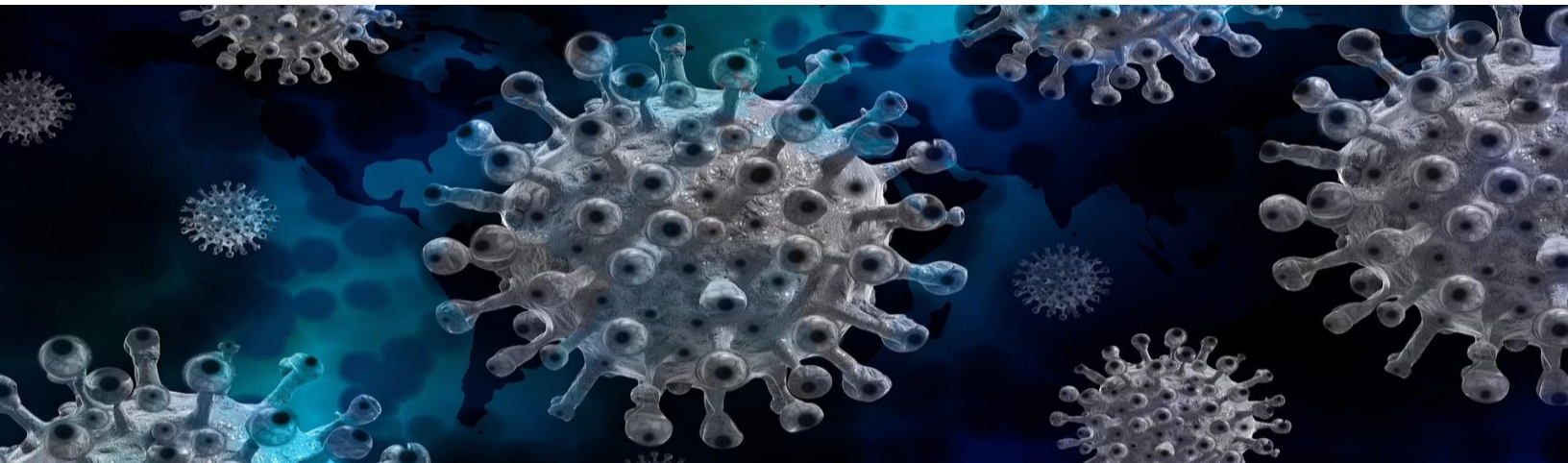
***CONOCO: COping with NO mobility during COrona
Virus times: Learning from each other”***

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NEWSLETTER

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4th Issue



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The CONOCO project is completed

The Erasmus+ project CONOCO: "Coping with NO mobility during COrona Virus times: Learning from each other" is officially completed after 20 months of hard work and dedication by the project consortium, which includes the project coordinator, the European Association of ERASMUS (EAEC-Cyprus) and the partners: Volkshochschule Schrobenuhausen EV (Germany), the University of Aegean (Greece), the Liceul Teoretic "Tudor Arghezi" (Romania), the Associazione Ada (Italy) and ITIS P. Paleocapa (Italy).

The goal of this project was to gather the best practices from partner countries and beyond on how European employees, employers, educators, students, and parents/grandparents have dealt with lockdowns. Now that we have reached the end, the following results and deliverables are developed:

1. A comprehensive E-book, with a collection of good- practices of how people from the categories above cope with No- Mobility during the Covid-19 outbreak.
2. Development of Video Testimonials, where people who belong in the categories mentioned above share their personal experiences/points of view with No- Mobility during the Covid-19 outbreak.

The results mentioned above are available [HERE](#)

The project partners met in Cyprus for the Final Project Meeting, on 10 May 2022, where they had the opportunity to review the finalized results. All partners are satisfied with the results and mentioned that it was a pleasure working together in this project.



CONOCO Final Conference

The **CONOCO Mini Conference** was held on the **10th of May 2022** at the **UNESCO Amphitheatre of the University of Nicosia, Cyprus** and hosted by the European Association of Erasmus Coordinators (EAEC).

The Mini Conference aimed to outline the content of the deliverables of the CONOCO project, by presenting the European Conoco survey results and testimonials. However, the conference also focused to raise awareness about the challenges and opportunities of the two year Covid-19 pandemic, by showing how teachers and school students were able to cope with the unexpected, how the lives of higher education students were impacted by the Covid 19 pandemic, how other various group targets (parents, grandparents, employees, employers, etc.) succeeded (or not) in adapting to the new reality and how prepared our society really was for the situation and how prepared it is in case of another pandemic or lockdown.

During the conference, representatives from the coordinator and the partner institutions presented their experience, calling attention to different aspects of the two-year pandemic and gave their contribution to a real archive of best practices that could be shared by everyone in every different field. These practises can help anyone to stay mentally healthy, creative and active during lockdowns and



“How Europeans cope with no mobility during Covid-19 times”

The E-Book, entitled: "How Europeans cope with no mobility during COVID-19 times," provides useful information on how Europeans cope with no mobility during times of pandemic and is available in English, Greek, Romanian, Italian, and German languages.

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. As a result, we now have useful information and best practices on how Europeans stayed active, creative, and mentally healthy during COVID-19 lock-downs, as well as a model to follow in the event of a pandemic. This report also gives an insight into people who found it difficult to cope at such times and expressed their problems and difficulties encountered. This E-book gave us the realization that people all around Europe had same experiences and feelings regardless of their background. This shows that in such crises even though people may feel lonely they are not truly alone.

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 humanitarian crises.

Take a look at the e-Book [HERE](#)

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