MELTiC

HEALTH + WELLBEiNG FOR ALL

Manual Thinking®

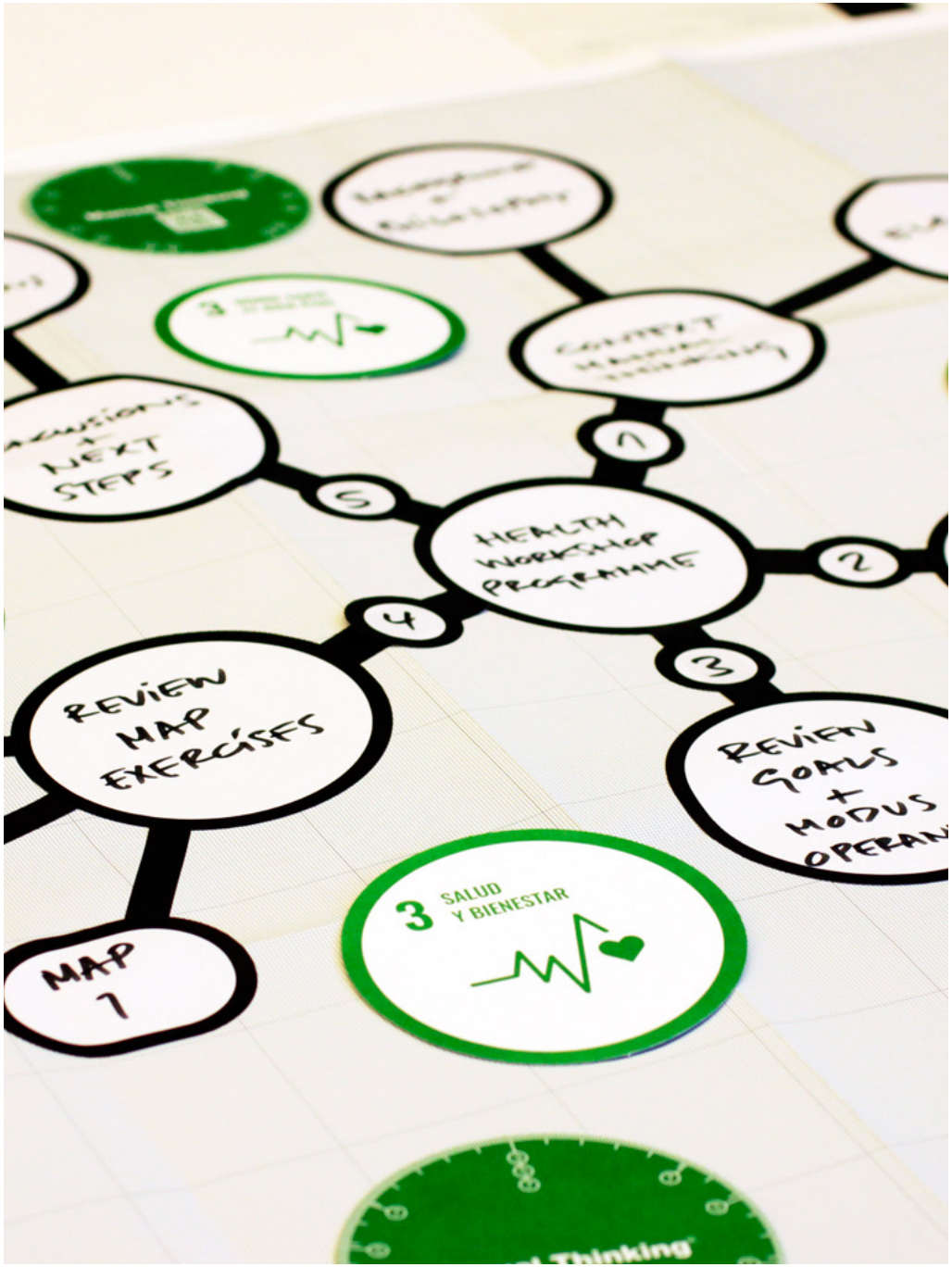
Meltic Workshop Dossier

August 2020 to February 2021

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 741527 and runs from May 2017 to April 2021.

MELTIC WORKSHOP

About Meltic Workshop	**3**
Participants	4
Objectives	5
About Manual Thinking	6
Workshop Sessions	**8**
Deta	9
Madrid	13
Palma Condado	22
Reguengez de Monsaraz	27
Barcelona	33
Wordclouds	37
Assignments	**44**
SDG Idea Pairing	45
Ideas by Families	61
Idea voting	77
5W & 1H	79
Timelines	87
Wordclouds	92



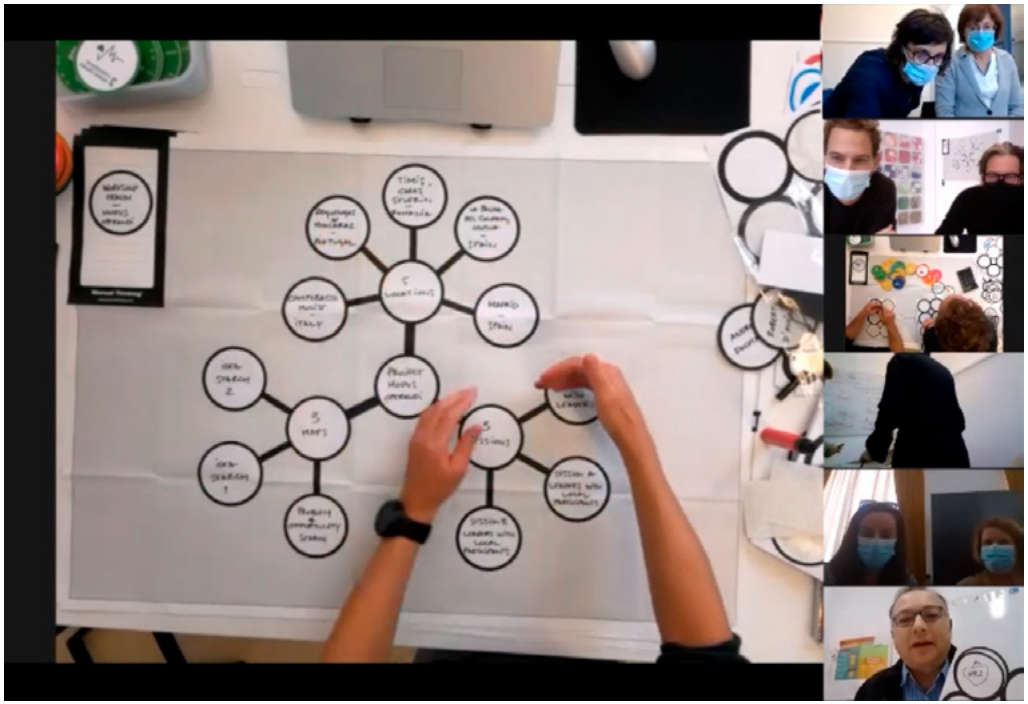
About Meltic Workshop

Originally conceived as a face to face encounter, the **Meltic Workshop** brings various European municipalities together to look for health and wellbeing related solutions for small and isolated communities.

Due to the Covid-19 situation, the workshop has shifted to a virtual environment. In order to maintain a hands-on approach, the **Manual Thinking** tools have been used, based on a format of maps and labels on which the participants have been invited to visualize their thoughts and ideas.

A customized **work-process** has been designed and prepared on the tools, which have been sent out to each region. The work procedure has been supported and guided through online video meetings. The results are presented in this dossier.

The workshop kit.



Screenshot of online meeting.

Participants

Municipality of La Palma del Condado, Spain

www.lapalmadelcondado.org

Andrés Dochao (project manager)
Daniel Morell
Rafael González Ruiz
Rocío Moreno Domínguez
Margarita Moreno

Deta Municipailty, Timis Torontal Barzava Association, Romania

www.timistorontalbarzava.ro

Gheorghe Duță
Larissa Duță
Oana Girba
Oana Lazăr
Tania Gabor

Comune di Mirabello Sannitio, Italy

www.comune.mirabellosannitico.cb.it

Angelo Miniello
Roberto D'Amico
Adolfo Colagiovani

Reguengos de Monsaraz, Portugal

www.cm-reguengos-monsaraz.pt

Anabela Caeiro
Élia Quintas
Esmeralda Lucena
Nuno Rosmaninho
Carla Martins
Elsa Reis
Joana Ribeiro

Instituto de Salud Carlos III, Madrid, Spain

www.isciii.es

Victoria Ramos (project manager)
Coral Hernández
José Antonio Alcoceda
Joaquín Pitu
Pablo Marina
Esmeralda Santacruz
Elvira Casado
Mª José de Tena
www.isciii.es

Facilitation by:

Manual Thinking, Barcelona, Spain

www.manualthinking.com

Luki Huber
Gerrit Jan Veldman

Workshop goal

About Manual Thinking

The Meltic workshop has been facilitated with the Manual Thinking tools and work procedure. Manual Thinking has been created by Luki Huber, Barcelona based product designer from Swiss origin, known for his designs for restaurant elBulli and kitchen brand Lékué among others. The tools have been conceived as a solution to involve users and clients in the creative development process of functional and innovative products. Throughout the years, Manual Thinking has evolved to a registered brand with a product range including co-creation tools and workspace furniture, which has found its way to companies, schools and universities around the world.

The tools want to offer a practical and pleasant alternative to screen based and sedentary work habits, offering a format through which individuals and teams can actively engage with cognitive tasks, obtaining immediate visual results. With its hands-on approach, the tools aim to increase the creative and learning capacity of the users.

Some references:

- Huber, Luki; Veldman, Gerrit Jan. **Manual Thinking, the tool for managing creative teamwork.** Empresa Activa, 2015.
- Huber, Luki. **Sketches and designs for elBulli.** Gastro Planeta, 2018.
- Article in Forbes: **Manual Thinking, An Effective Way To Brainstrom Using Hands Over Speaking.**
https://www.forbes.com/sites/michellegreenwald/2017/05/17/manual-thinking-an-effective-way-to-brainstorm-using-hands-over-speaking/?sh=3909f6a87584

Hands-on & long distance.

Although we would have loved to meet everybody, the workshop has also offered a great chance to work together long distance, saving many flights and consequent amounts of CO_2 emissions.

MELTIC WORKSHOP

Workshop Sessions

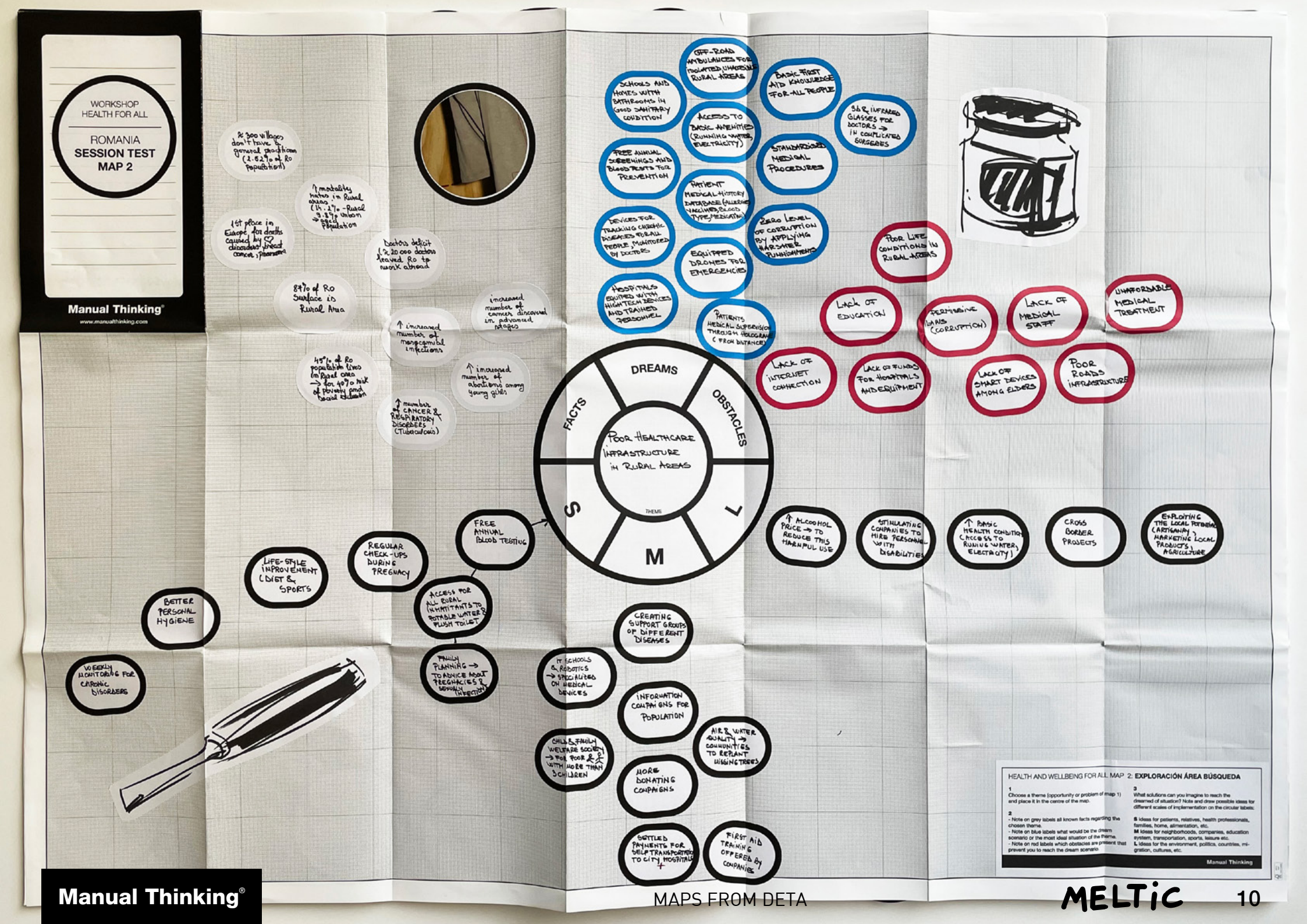
After an instructive virtual workshop, the local municipalities start to work with the prepared materials that have been sent to each region.

In these workshops, each municipality is looking for health related problem areas, opportunities and solutions for their region.

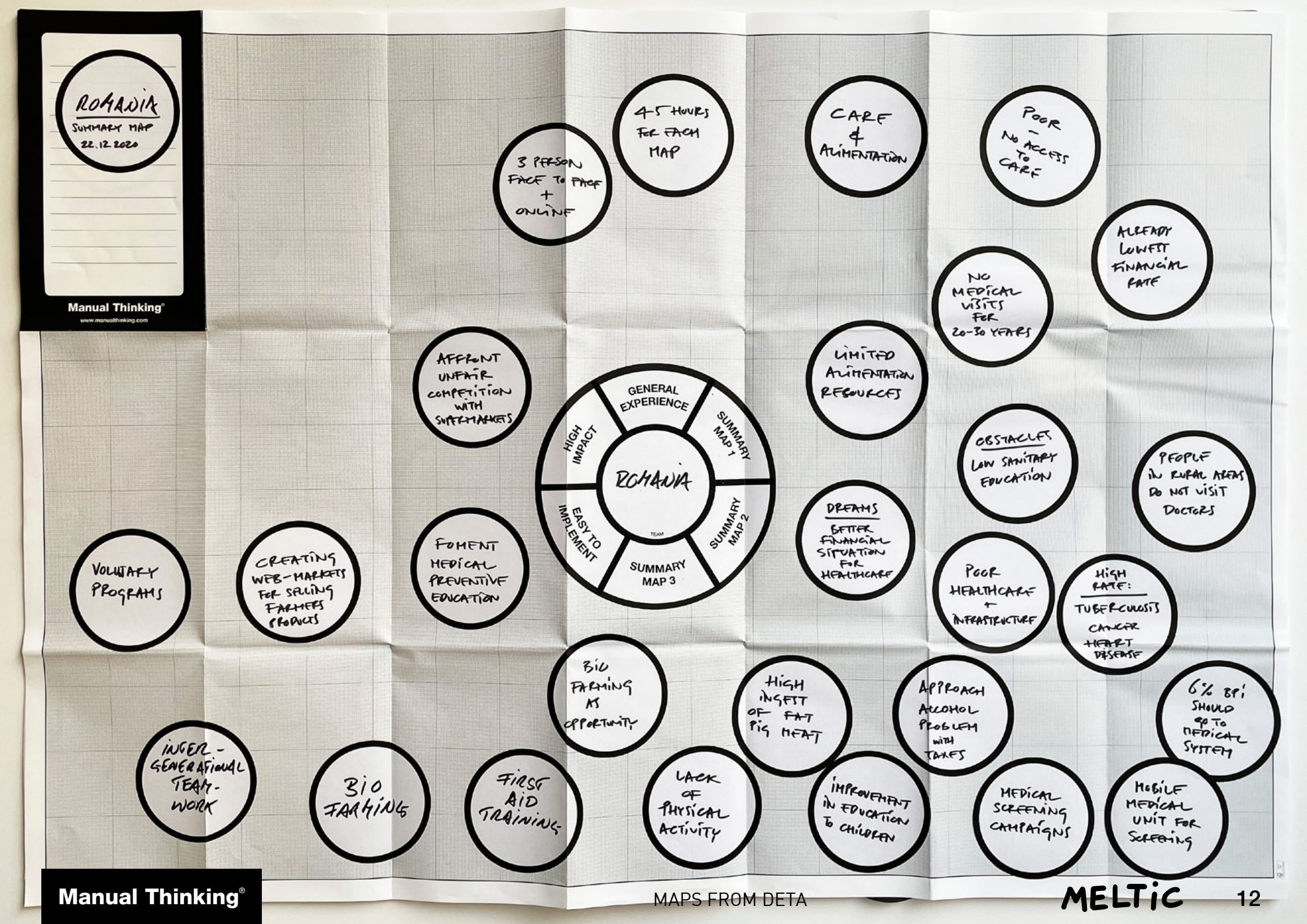
Their findings are organized on the following maps.

MELTIC WORKSHOP

Maps from Deta, Romania

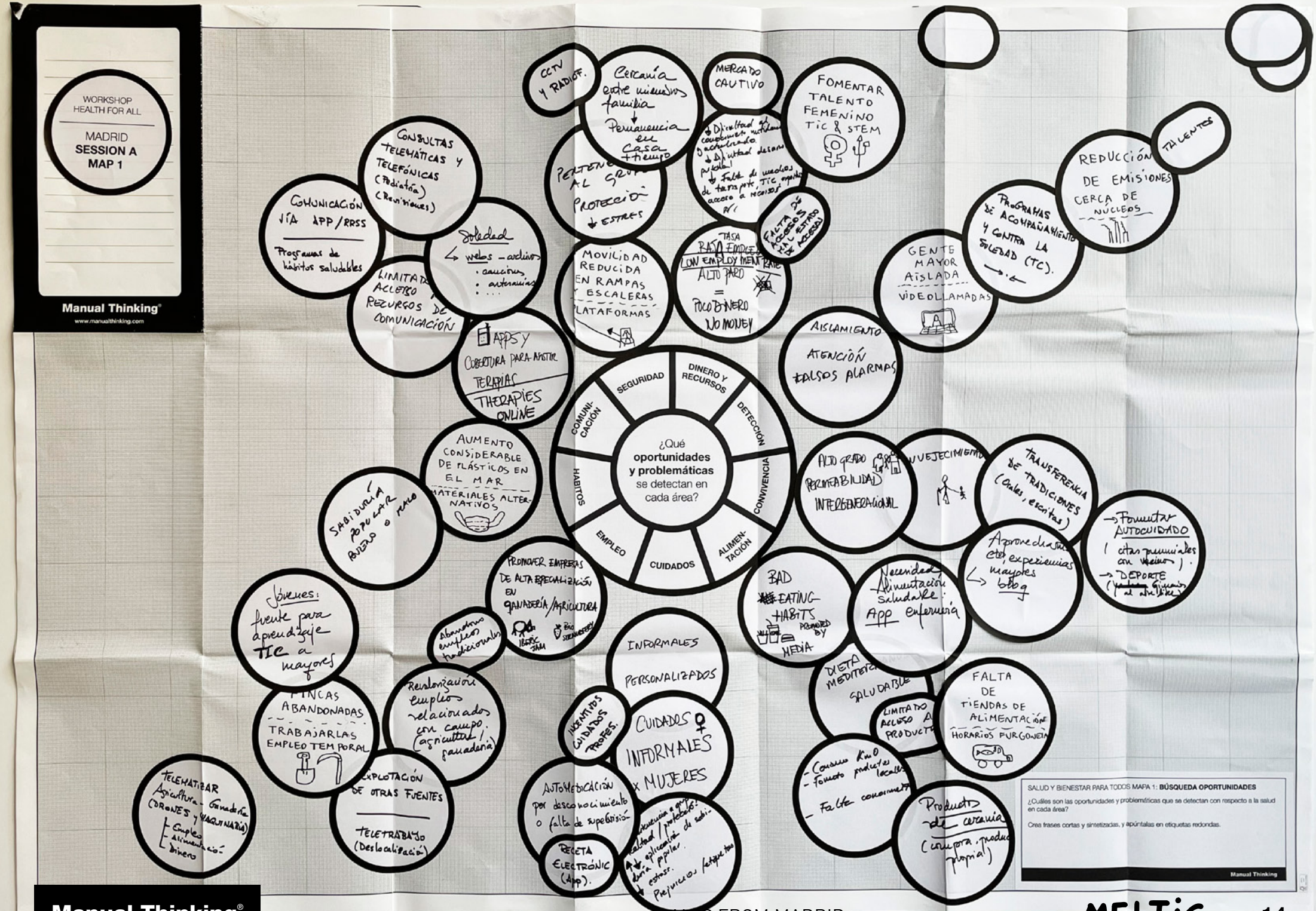

WORKSHOP
HEALTH FOR ALL
ROMANIA
SESSION TEST
MAP 2
Manual Thinking
www.manualthinking.com
DREAMS
OBSTACLES
M
S
FACTS
POOR HEALTHCARE INFRASTRUCTURE IN RURAL AREAS
THEME
OFF-ROAD AMBULANCES FOR ISOLATED/UNACCESS. RURAL AREAS
BASIC FIRST AID KNOWLEDGE FOR ALL PEOPLE
SCHOOLS AND HOMES WITH BATHROOMS IN GOOD SANITARY CONDITION
ACCESS TO BASIC AMENITIES (RUNNING WATER, ELECTRICITY)
56 R INFRARED GLASSES FOR DOCTORS → IN COMPLICATED SURGERIES
FREE ANNUAL SCREENINGS AND BLOOD TESTS FOR PREVENTION
STANDARDISED MEDICAL PROCEDURES
PATIENT MEDICAL HISTORY DATABASE (ALLERGIES, VACCINES, BLOOD TYPE, MEDICATION)
DEVICES FOR TRACKING CHRONIC DISEASES IN RURAL PEOPLE, MONITORED BY DOCTORS
ZERO LEVEL OF CORRUPTION BY APPLYING HARSHER PUNISHMENTS
EQUIPPED DRONES FOR EMERGENCIES
HOSPITALS EQUIPPED WITH HIGH TECH DEVICES AND TRAINED PERSONNEL
PATIENTS MEDICAL SUPERVISION THROUGH HOLOGRAMS (FROM DISTANCE)
POOR LIFE CONDITIONS IN RURAL AREAS
LACK OF EDUCATION
PERMISSIVE LAWS (CORRUPTION)
LACK OF MEDICAL STAFF
UNAFFORDABLE MEDICAL TREATMENT
LACK OF INTERNET CONNECTION
LACK OF FUNDS FOR HOSPITALS AND EQUIPMENT
LACK OF SMART DEVICES AMONG ELDERS
POOR ROADS INFRASTRUCTURE
↑ ALCOOHOL PRICE → TO REDUCE THIS HARMFUL USE
STIMULATING COMPANIES TO HIRE PERSONNEL WITH DISABILITIES
↑ BASIC HEALTH CONDITION ACCESS TO RUNNING WATER, ELECTRICITY
CROSS BORDER PROJECTS
EXPLOITING THE LOCAL POTENTIAL (ARTISANAL MARKETING LOCAL PRODUCTS) AGRICULTURE
FREE ANNUAL BLOOD TESTING
REGULAR CHECK-UPS DURING PREGNACY
LIFE-STYLE IMPROVEMENT (DIET & SPORTS)
BETTER PERSONAL HYGIENE
ACCESS FOR ALL RURAL INHABITANTS TO POTABLE WATER & PLUSH TOILET
FAMILY PLANNING → TO ADVICE MOST PREGNACIES & SEXUALLY INFECTION
WEEKLY MONITORING FOR CHRONIC DISORDERS
CREATING SUPPORT GROUPS OF DIFFERENT DISEASES
IT SCHOOLS & ROBOTICS → SPECIALIZED ON MEDICAL DEVICES
INFORMATION CAMPAIGNS FOR POPULATION
AIR & WATER QUALITY → COMMUNITIES TO REPLANT MISSING TREES
CHILD & FAMILY WELFARE SOCIETY → FOR POOR & WITH MORE THAN 3 CHILDREN
MORE DONATING CAMPAIGNS
SETTLED PAYMENTS FOR SELF TRANSPORTING TO CITY HOSPITALS
FIRST AID TRAINING OFFERED BY COMPANIES
≈ 300 villages don't have a general practitioner (2.62% of Ro population)
↑ mortality rates in Rural areas (14.2% - Rural 9.2% - Urban → aged population
1st place in Europe for deaths caused by ♡ disorders, breast cancer, pharynx
Doctors deficit (≈ 20 000 doctors leaved Ro to work abroad
84% of Ro Surface is Rural Area
↑ increased number of nosocomial infections
increased number of cancer discovered in advanced stages
45% of Ro population lives in Rural area → for 40% risk of poverty and social exclusion
↑ increased number of abortions among young girls
↑ number of CANCER & RESPIRATORY DISORDERS (TUberculosis)
HEALTH AND WELLBEING FOR ALL MAP 2: EXPLORACIÓN ÁREA BÚSQUEDA
1
Choose a theme (opportunity or problem of map 1) and place it in the centre of the map.
2
- Note on grey labels all known facts regarding the chosen theme.
- Note on blue labels what would be the dream scenario or the most ideal situation of the theme.
- Note on red labels which obstacles are present that prevent you to reach the dream scenario
3
What solutions can you imagine to reach the dreamed of situation? Note and draw possible ideas for different scales of implementation on the circular labels:
S Ideas for patients, relatives, health professionals, families, home, alimentation, etc.
M Ideas for neighborhoods, companies, education system, transportation, sports, leisure etc.
L Ideas for the environment, politics, countries, migration, cultures, etc.
Manual Thinking

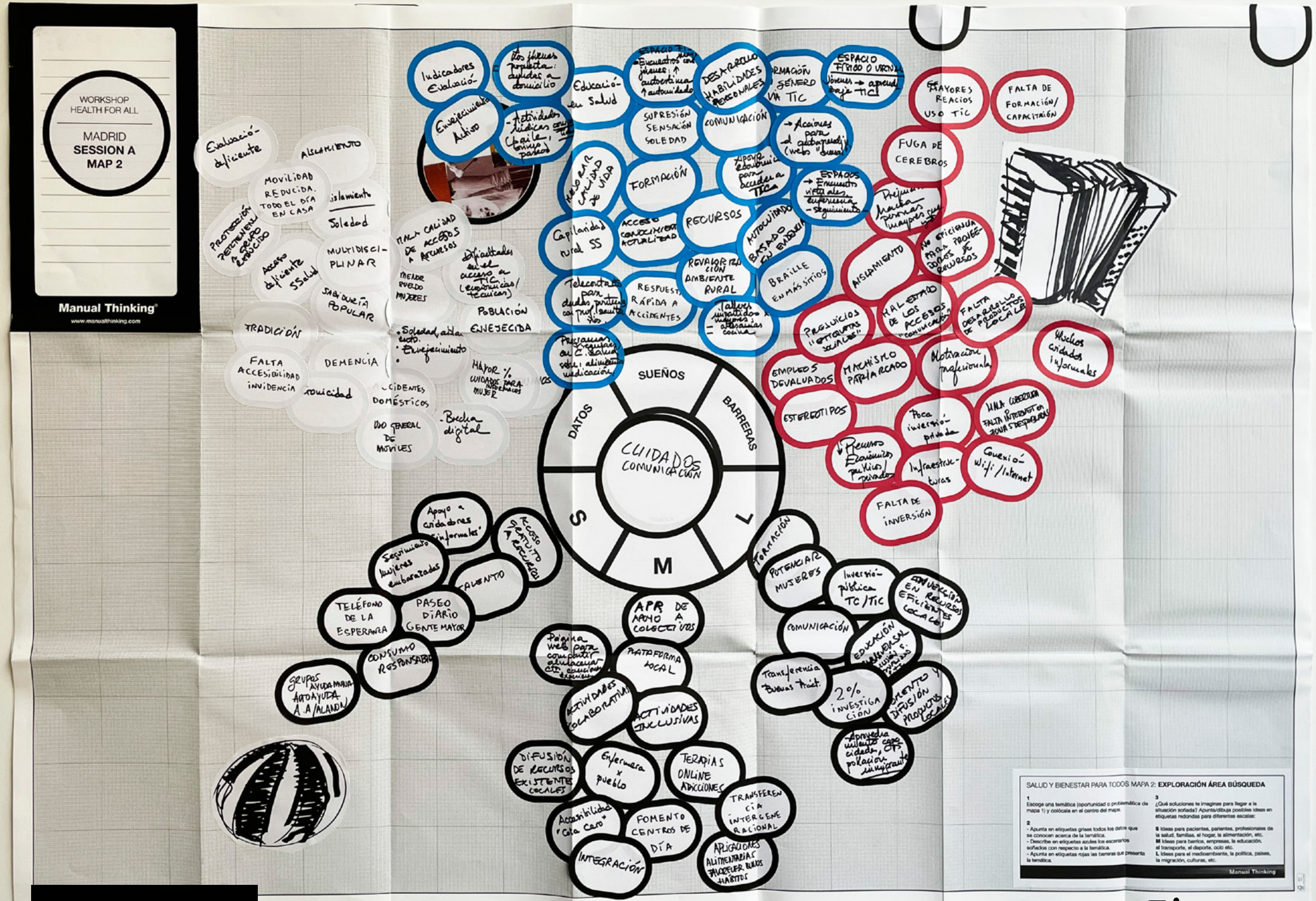
WORKSHOP
HEALTH FOR ALL
ROMANIA
SESSION A
MAP 3
Manual Thinking
www.manualthinking.com
BIO FARMING
ALIMENTATION & HABITS
ANTICIPATED PROBLEM DETECTION
REDUCTION OF NOVICE ELEMENTS
EDUCATION KNOWLEDGE TRANSFER
POSSIBLE INTER GENERATIONAL ACTIVITIES
COMPANY IMPLICATION
STUDENT IMPLICATION
SOLUTIONS COMMUNICATION
HOUSING SOLUTIONS
ENCOURAGE PEOPLE TO PRESERVE MORE FOOD
ENCOURAGE THE LOCAL PRODUCT CONSUMPTION "MADE IN ROMANIA"
RAISE AWARENESS OF FOOD WASTE
CREATING IRRIGATION SYSTEMS
REDUCING PRODUCTION COSTS BY USING MANURE
BUILD GREENHOUSES TO MINIMIZE THE IMPACT OF HARSH WEATHER CONDITIONS
AVOIDING MONOCULTURE / DIVERSE PLANTING
PROHIBITING THE STUBBLE BURNING
ENCOURAGE PEOPLE FROM RURAL AREAS TO MAKE USE OF SOLAR ENERGY
ENCOURAGE TO EAT SEASONAL LOCAL FRUITS & VEGETABLES
HEALTHCARE PROGRAMS → WHERE ALL INHABITANTS SHOULD LEARN ABOUT HOW CONSUMING TOO MUCH & FAST FOOD DAILY HAS A NEGATIVE IMPACT OF THEIR BODY
BUILDING ANTI-HAIL SYSTEMS FOR FARMING CULTURES
ENSURE AN OUTLET FOR BASIC AGRICULTURAL PRODUCTS
FINANCIAL SUPPORT TO STIMULATE YOUNG TO STAY IN RURAL AREAS IN ORDER TO KEEP THE TRADITIONS AND RURAL TRADITIONAL FOOD ALIVE
RAISE AWARENESS ON WATER POLLUTION - KEEPING WATER SOURCES CLEAN?
NUTRITIONAL TRAINING → TO INFORM ADGED PEOPLE THAT HIGH CONSUMPTION OF MEAT CAN AFFECT THEIR HEALTH, BEING A SOURCE OF UNHEALTHY FATS & CHOLESTEROL
EQUITY IN PRICES FOR FARMERS
TO GENERATE THE EMERGENCE OF INVESTORS → INFRASTRUCTURE DEVELOPMENT
FARMERS SHOULD NOT FEED THEIR ANIMALS WITH FORAGE AND CONCENTRATES
ENCOURAGE PEOPLE TO USE IN-HOUSE WASTE AS SOIL FERTILIZER
COLLECTING RAIN WATER FOR INHOUSE CONSUMPTION
OUR RURAL AREAS ARE PERCEIVED AS THE MAIN PROVIDER OF HEALTHY FOOD → FARMERS NEED MORE SUPPORT IN SELLING THEIR FRESH PRODUCTS IN CITY SUPERMARKETS AND STOP IMPORTING TO MUCH PROCESSED FOOD
A NATIONAL PROGRAMME → FOR RURAL DEVELOPMENT AND TO HELP FARMERS WITH MONEY, TO EXTAND AND SELL THEIR GOODS
FARMERS SHOLD USE ONLY NATURAL MANURE
GREENHOUSES HEATED BY USING MANURE
PROHIBITING THE DEFORESTATION
PRESERVE LOCAL HERITAGE BY RECORDING ELDER PEOPLES STORIES ABOUT TRADITIONS AND LOCAL CRAFT
STRENGTHENING INTERSECTORAL COLLABORATION BETWEEN AGRICULTURE AND EDUCATION AUTHORITIES AND TRAINING INSTITUTIONS TO PROMOTE EDUCATION FOR RURAL PEOPLE, AS WELL AS COLLABORATION IN NUTRITION EDUCATION, HIGHER AGRICULTURE EDUCATION AND SKILLS TRAINING
TECHNOLOGIES FOR SMALL HOLDERS → IMPROVING ACCESS TO INFORMATION AND COMMUNICATION TECHNOLOGIES, ACCESS TO INTERNET TECHNOLOGIES, ACCESS TO DEVICES TO HELP FARMERS IN AGRICULTURE
TRADITIONAL CRAFT WORKSHOPS
MAKE USE OF SOCIAL MEDIA TO SELL THE LOCAL PRODUCTS ON A WIDER AREA
INFORMATION BROCHURES
TV SHOWS AND RADIO PROGRAMS ON FARMING TECHNOLOGIES
PLANTING AND RAISING ANIMALS TIPS
IMPROVING ACCESS AND QUALITY OF EDUCATION (DEVELOPMENT OF LIFELONG LEARNING FOR ADULTS, SUPPORT FOR CHANGING PROFESSIONS, SUPPORT IN AGRICULTURE
ENCOURAGE YOUNG PEOPLE TO LEARN FROM ELDERS THE LOCAL CULTURAL VALUES AND TRADITIONS
LOCAL PRODUCTS EXHIBITIONS
INVESTING IN SCHOOLS DEDICATED TO EDUCATE YOUNG ABOUT THE AGRICULTURE "FUTURE FARMERS OF ROMANIA"
BIO FARMING AS AN EXTRACURRICULAR ACTIVITY FOR CHILDREN IN SCHOOLS.
VOLUNTEER PROGRAMS IN SCHOOLS TO EVOKE THE INTEREST FOR AGRICULTURE AMONG YOUNG PEOPLE
AGRONOMY STUDENTS SHOULD MAKE THE SCHOOL PRACTICE IN LOCAL FARMS
ARCHITECTURE AND ARTS STUDENTS VOLUNTEER PROGRAMS TO HELP RESTORE AND PRESERVE TRADITIONAL VILLAGES
IT STUDENTS CAN CREATE WEBSITES TO HELP FARMERS TO SELL THEIR PRODUCTS
COMPANIES CANTEENS TO BE SUPPLIED FROM RURAL FARMERS
PROMOTING LOCAL PRODUCTS IN INTERNATIONAL EXCHANGE PROGRAMS
INTERNSHIP PROGRAMS TO SUPPORT MICRO FARMS
VOLUNTEER CAMPAIGNS FOR TREE-PLANTING
ALL LOCAL RESTAURANTS TO BE SUPPLIED WITH HEALTHY AND FRESH PRODUCTS FROM FARMERS, AND STOP USING PROCESSED FOOD
YOUNG PEOPLE SHOULD HELP ELDERS TO ACCESS ACTIVITIES BY ACCOMPANYING THEM TO LOCAL GROUPS/CLUBS
SOCIAL ENGAGEMENT BETWEEN GENERATIONS COMBINE AGRICULTURE WITH TOURISM TO INCREASE BUSINESS AND PROMOTE OUR BEAUTIFUL RURAL AREAS
YOUNG PEOPLE HELPING OLD FARMERS THROUGH TECHNOLOGIES TO REDUCE THEIR WORKLOAD
NATURAL JUICE COMPANIES SHOULD BE SUPPLIED FROM RURAL FARMERS
COMMERCIALS AND E-COMERCIALS → FOR BUSINESS THAT SUPPORT SMALL FARMS
FOCUS ON DEVELOPING NEW BIO-PESTICIDES AND NATURAL FERTILIZERS
YOUNG PEOPLE SHOULD HELP ELDERS TO SELL THEIR LOCAL PRODUCTS (IN MARKETS OR ONLINE-MARKETS)
HERBAL OR NATURAL MEDICINAL PRODUCT COMPANIES SHOULD BE SUPPLIED FROM RURAL CULTURES
DEDICATED STANDS IN ALL SUPERMARKETS FOR LOCAL BIO-PRODUCTS
LOWER TAXES FOR BIO-PRODUCTS (TO BE AFFORDABLE FOR EVERYONE)
TEAM BUILDINGS FOR COMPANY EMPLOYEES TO HELP RENOVATE AGED HOUSES AND SCHOOLS → LIFE IMPROVEMENT
YOUNG PEOPLE HELPING FARMERS BY INTRODUCING THEM TO BUYERS TO ENSURE THERE IS ROOM FOR THEIR PRODUCTS ON THE SHELVE TO PREVENT FOOD WASTE
WORKSHOPS FOR YOUNG AND ELDER PEOPLE TO BAKE GOODS USING LOCAL PRODUCTS.
HEALTH AND WELLBEING
3: IDEA SEARCH CHECKLIST
Choose a theme (opportunity or problem of map 1) and place it in the centre of the map.
Manual Thinking


ROMANIA
SUMMARY MAP
22.12.2020
Manual Thinking
www.manualthinking.com
45 HOURS FOR EACH MAP
3 PERSON FACE TO FACE + ONLINE
CARE & ALIMENTATION
POOR – NO ACCESS TO CARE
ALREADY LOWEST FINANCIAL RATE
NO MEDICAL VISITS FOR 20-30 YEARS
LIMITED ALIMENTATION RESOURCES
AFFRONT UNFAIR COMPETITION WITH SUPERMARKETS
GENERAL EXPERIENCE
SUMMARY MAP 1
SUMMARY MAP 2
SUMMARY MAP 3
EASY TO IMPLEMENT
HIGH IMPACT
ROMANIA
TEAM
OBSTACLES
LOW SANITARY EDUCATION
PEOPLE IN RURAL AREAS DO NOT VISIT DOCTORS
DREAMS
BETTER FINANCIAL SITUATION FOR HEALTHCARE
VOLUNTARY PROGRAMS
CREATING WEB-MARKETS FOR SELLING FARMERS PRODUCTS
FOMENT MEDICAL PREVENTIVE EDUCATION
POOR HEALTHCARE + INFRASTRUCTURE
HIGH RATE:
TUBERCULOSIS
CANCER
HEART DISEASE
BIO FARMING AS OPPORTUNITY
HIGH INGEST OF FAT PIG MEAT
APPROACH ALCOHOL PROBLEM WITH TAXES
6% BPI SHOULD GO TO MEDICAL SYSTEM
INTER-GENERATIONAL TEAM-WORK
BIO FARMING
FIRST AID TRAINING
LACK OF PHYSICAL ACTIVITY
IMPROVEMENT IN EDUCATION TO CHILDREN
MEDICAL SCREENING CAMPAIGNS
MOBILE MEDICAL UNIT FOR SCREENING

MELTIC WORKSHOP

Maps from Madrid, Spain


WORKSHOP HEALTH FOR ALL
MADRID
SESSION A
MAP 1
Manual Thinking
www.manualthinking.com
¿Qué oportunidades y problemáticas se detectan en cada área?
SEGURIDAD
DINERO Y RECURSOS
DETECCIÓN
CONVIVENCIA
ALIMENTACIÓN
CUIDADOS
EMPLEO
HABITOS
COMUNICACIÓN
CCTV Y RADIOF.
Cercanía entre miembros familia
Permanencia en casa + tiempo
MERCADO CAUTIVO
FOMENTAR TALENTO FEMENINO TIC & STEM
TALENTOS
REDUCCIÓN DE EMISIONES CERCA DE NÚCLEOS
PROGRAMAS DE ACOMPAÑAMIENTO Y CONTRA LA SOLEDAD (TC).
GENTE MAYOR AISLADA
VIDEOLLAMADAS
AISLAMIENTO
ATENCIÓN FALSOS ALARMAS
CONSULTAS TELEMÁTICAS Y TELEFÓNICAS (Pediatría) (Revisiones)
COMUNICACIÓN VÍA APP/RRSS
Programas de hábitos saludables
Soledad
webs - archivos
canciones
artesanías
LIMITADO ACCESO RECURSOS DE COMUNICACIÓN
APPS Y COBERTURA PARA ASISTIR TERAPIAS
THERAPIES ONLINE
PERTENECER AL GRUPO
PROTECCIÓN
ESTRES
MOVILIDAD REDUCIDA EN RAMPAS Y ESCALERAS
PLATAFORMAS
TASA BAJA EMPLEO
LOW EMPLOYMENT RATE
ALTO PARO
POCO DINERO
NO MONEY
FALTA DE ACCESOS AL ESTADO DE ACCESO
AUMENTO CONSIDERABLE DE PLÁSTICOS EN EL MAR
MATERIALES ALTERNATIVOS
SABIDURÍA POPULAR BUENO O MALO
ALTO GRADO PERMEABILIDAD INTERGENERACIONAL
NUEVO EJECIMIENTO
TRANSFERENCIA DE TRADICIONES (Orales, escritas)
Aprovechamiento experiencias mayores
blog
Fomentar AUTOCUIDADO
citas premiales con vecinos
DEPORTE
PROMOVER EMPRESAS DE ALTA ESPECIALIZACIÓN EN GANADERÍA/AGRICULTURA
IBERIC JAM
BIO STRAWBERRY
Jóvenes: fuente para aprendizaje TIC a mayores
Abandono empleos tradicionales
INFORMALES PERSONALIZADOS
BAD EATING HABITS
PROMOTED BY MEDIA
Necesidad Alimentación saludable
App enfermería
DIETA MEDITERRÁNEA SALUDABLE
LIMITADO ACCESO A PRODUCTOS
FALTA DE TIENDAS DE ALIMENTACIÓN
HORARIOS FURGONETA
FINCAS ABANDONADAS
TRABAJARLAS EMPLEO TEMPORAL
Revalorización empleos relacionados con campo (agricultura/ganadería)
INCENTIVOS CUIDADOS PROFES.
CUIDADOS INFORMALES x MUJERES
TELEMATIZAR Agricultura - Ganadería (DRONES Y MAQUINARIA)
Empleo
Alimentación
Dinero
EXPLOTACIÓN DE OTRAS FUENTES
TELETRABAJO (Deslocalización)
AUTOMEDICACIÓN por desconocimiento o falta de supervisión
RECETA ELECTRÓNIC (App).
Prejuicios fetiquetas
Productos de cercanía (compra, producción propia)
SALUD Y BIENESTAR PARA TODOS MAPA 1: BÚSQUEDA OPORTUNIDADES
¿Cuáles son las oportunidades y problemáticas que se detectan con respecto a la salud en cada área?
Crea frases cortas y sintetizadas, y apúntalas en etiquetas redondas.
Manual Thinking


WORKSHOP
HEALTH FOR ALL
MADRID
SESSION A
MAP 2
Manual Thinking
www.manualthinking.com
CUIDADOS
COMUNICACIÓN
SUEÑOS
BARRERAS
L
M
S
DATOS
Indicadores Evaluación
Los jóvenes propuesta: ayudas a domicilio
Educación en Salud
Envejecimiento Activo
Actividades lúdicas
Baile
Evaluación deficiente
AISLAMIENTO
MOVILIDAD REDUCIDA. TODO EL DÍA EN CASA
Aislamiento
Soledad
PROTECCIÓN PERTENENCIA A GRUPO REDUCIDO
Acceso deficiente SSalud
MULTIDISCIPLINAR
SABIDURÍA POPULAR
TRADICIÓN
FALTA ACCESIBILIDAD INVIDENCIA
DEMENCIA
Cronicidad
ACCIDENTES DOMÉSTICOS
USO GENERAL DE MÓVILES
Brecha digital
MALA CALIDAD DE ACCESOS A RECURSOS
Dificultades en el acceso a TIC (económicas/técnicas)
MENOR SUELDO MUJERES
POBLACIÓN ENVEJECIDA
Soledad, aislamiento.
Envejecimiento
MAYOR % CUIDADOS PARA INFORMALES MUJER
Espacio Físico o Virtual
Jóvenes → aprendizaje TIC
DESARROLLO HABILIDADES PERSONALES
SUPRESIÓN SENSACIÓN SOLEDAD
COMUNICACIÓN
Acciones para el autoaprendizaje (webs "Ocean")
FORMACIÓN
Apoyo económico para acceder a TIC
ESPACIOS → Encuentros virtuales, enfermería, seguimiento
MEJORAR CALIDAD DE VIDA
Capilaridad rural SS
ACCESO CONOCIMIENTO ACTUALIZADO
RECURSOS
AUTOCUIDADO BASADO EN EVIDENCIA
REVALORIZACIÓN AMBIENTE RURAL
BRAILLE EN MÁS SITIOS
Telecontacto para dudas puntuales con prof. sanitarios
RESPUESTA RÁPIDA A ACCIDENTES
Talleres impartidos x mayores: artesanías, cocina
Programas en C. Salud sobre alimentación, medicación
MAYORES REACIOS USO TIC
FALTA DE FORMACIÓN/CAPACITACIÓN
FUGA DE CEREBROS
Prejuicios hacia personas mayores que
AISLAMIENTO
NO EFICIENCIA PARA PROVEEDORES DE RECURSOS
MAL ESTADO DE LOS ACCESOS "COMUNICACIÓN"
FALTA DESARROLLO DE PRODUCTOS LOCALES
PREJUICIOS "ETIQUETAS SOCIALES"
EMPLEOS DEVALUADOS
MACHISMO PARIARCADO
Motivación profesional
Muchos cuidados informales
ESTEREOTIPOS
Poca inversión privada
MALA COBERTURA FALTA INTERNET EN ZONAS DESPOBLADAS
Recursos Económicos públicos/privados
Infraestructuras
Conexión Wifi/Internet
FALTA DE INVERSIÓN
Apoyo a cuidadores "informales"
ACCESO GRATUITO A RECURSOS
Seguimiento mujeres embarazadas
TALENTO
TELÉFONO DE LA ESPERANZA
PASEO DIARIO GENTE MAYOR
CONSUMO RESPONSABLE
GRUPOS AYUDA MUTUA AUTOAYUDA A.A/ALANON
APR DE APOYO A COLECTIVOS
Página web para compartir almacenar CTs, canciones, exámenes
PLATAFORMA LOCAL
ACTIVIDADES COLABORATIVAS
ACTIVIDADES INCLUSIVAS
DIFUSIÓN DE RECURSOS EXISTENTES LOCALES
Enfermera x pueblo
TERAPIAS ONLINE ADICCIONES
TRANSFERENCIA INTERGENERACIONAL
Accesibilidad "Cola Cero"
FOMENTO CENTROS DE DÍA
INTEGRACIÓN
APLICACIONES ALIMENTARIAS FAVORECER BUENOS HÁBITOS
FORMACIÓN
POTENCIAR MUJERES
Inversión pública TC/TIC
INVERSIÓN EN RECURSOS EFICIENTES LOCALES
COMUNICACIÓN
EDUCACIÓN
Transferencia Buenas Práct.
2% INVESTIGACIÓN
FOMENTO Y DIFUSIÓN PRODUCTOS LOCALES
Aprovecha mientras capacidades, CTs población inmigrante
SALUD Y BIENESTAR PARA TODOS MAPA 2: EXPLORACIÓN ÁREA BÚSQUEDA
1
Escoge una temática (oportunidad o problemática de mapa 1) y colócala en el centro del mapa.
2
- Apunta en etiquetas grises todos los datos que se conocen acerca de la temática.
- Describe en etiquetas azules los escenarios soñados con respecto a la temática.
- Apunta en etiquetas rojas las barreras que presenta la temática.
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¿Qué soluciones te imaginas para llegar a la situación soñada? Apunta/dibuja posibles ideas en etiquetas redondas para diferentes escalas:
S Ideas para pacientes, parientes, profesionales de la salud, familias, el hogar, la alimentación, etc.
M Ideas para barrios, empresas, la educación, el transporte, el deporte, ocio etc.
L Ideas para el medioambiente, la política, países, la migración, culturas, etc.
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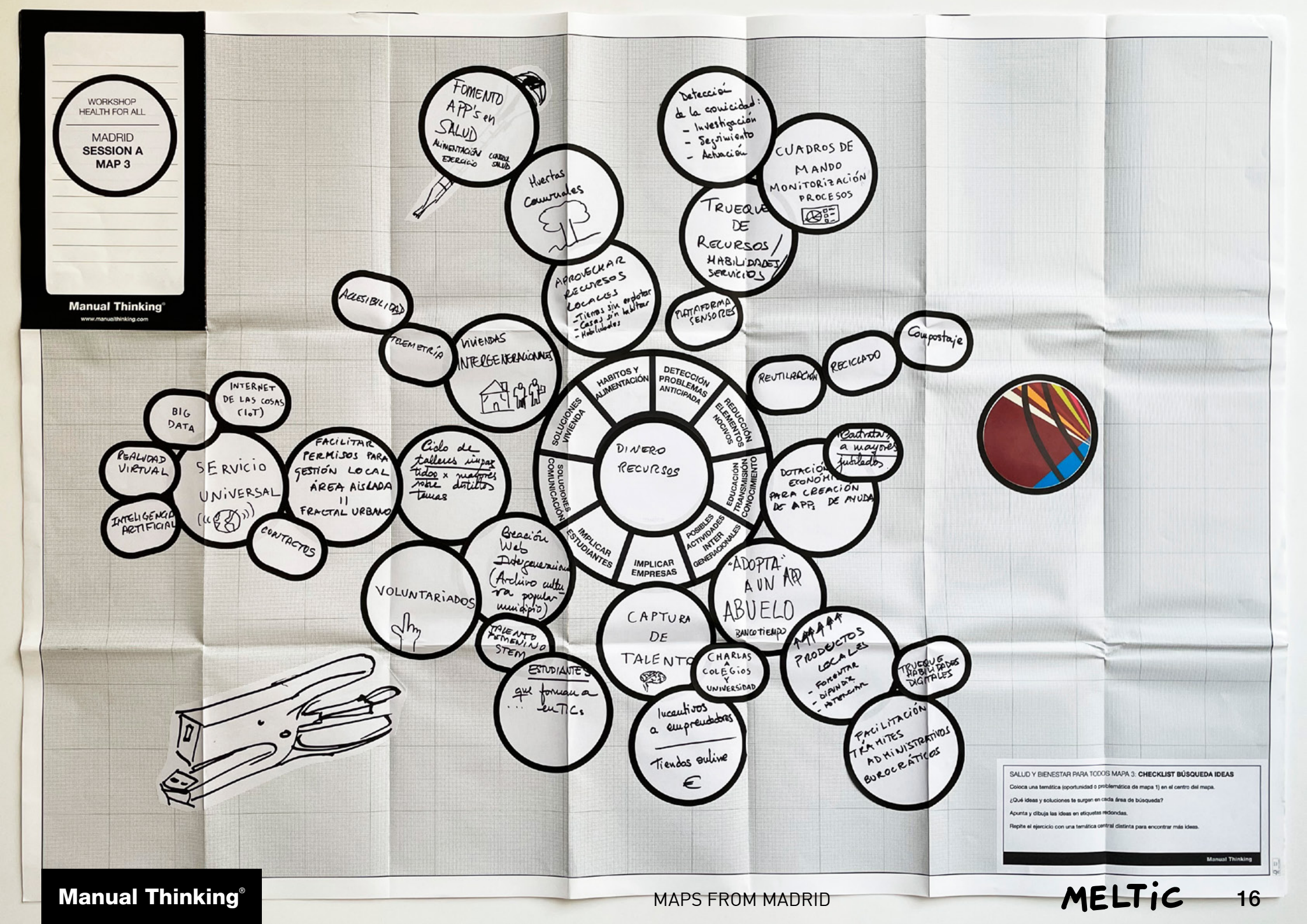
WORKSHOP
HEALTH FOR ALL
MADRID
SESSION A
MAP 3
Manual Thinking
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DINERO RECURSOS
HABITOS Y ALIMENTACIÓN
DETECCIÓN PROBLEMAS ANTICIPADA
REDUCCIÓN ELEMENTOS NOCIVOS
EDUCACIÓN TRANSMISIÓN CONOCIMIENTO
POSIBLES ACTIVIDADES INTER GENERACIONALES
IMPLICAR EMPRESAS
IMPLICAR ESTUDIANTES
SOLUCIONES COMUNICACIÓN
SOLUCIONES VIVIENDA
FOMENTO APP's en SALUD
ALIMENTACIÓN
EJERCICIO
CONTROL SALUD
Huertas Comunales
APROVECHAR RECURSOS LOCALES
- Tiempo sin explotar
- Casas sin habitar
- Habilidades
Detección de la cronicidad:
- Investigación
- Seguimiento
- Actuación
CUADROS DE MANDO MONITORIZACIÓN PROCESOS
TRUEQUE DE RECURSOS / HABILIDADES / SERVICIOS
PLATAFORMA SENSORES
ACCESIBILIDAD
TELEMETRÍA
VIVIENDAS INTERGENERACIONALES
REUTILIZACIÓN
RECICLADO
Compostaje
DOTACIÓN ECONÓMICA PARA CREACIÓN DE APPs DE AYUDA
Contratar a mayores jubilados
"ADOPTA" A UN APP ABUELO
BANCO TIEMPO
PRODUCTOS LOCALES
- FORMATAR
- DIFUNDIR
- INTERCAMBIAR
TRUEQUE HABILIDADES DIGITALES
FACILITACIÓN TRÁMITES ADMINISTRATIVOS BUROCRÁTICOS
CAPTURA DE TALENTO
CHARLAS A COLEGIOS Y UNIVERSIDAD
Incentivos a emprendedores
Tiendas online
€
ESTUDIANTES que forman a ... en TICs
TALENTO FEMENINO STEM
Creación Web Intergeneracional (Archivo cultura popular municipio)
VOLUNTARIADOS
Ciclo de talleres cruzados x mayores sobre distintos temas
FACILITAR PERMISOS PARA GESTIÓN LOCAL ÁREA AISLADA // FRACTAL URBANO
SERVICIO UNIVERSAL
BIG DATA
INTERNET DE LAS COSAS (IoT)
REALIDAD VIRTUAL
INTELIGENCIA ARTIFICIAL
CONTACTOS
SALUD Y BIENESTAR PARA TODOS MAPA 3: CHECKLIST BÚSQUEDA IDEAS
Coloca una temática (oportunidad o problemática de mapa 1) en el centro del mapa.
¿Qué ideas y soluciones te surgen en cada área de búsqueda?
Apunta y dibuja las ideas en etiquetas redondas.
Repite el ejercicio con una temática central distinta para encontrar más ideas.
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WORKSHOP
HEALTH FOR ALL

MADRID
SESSION B
MAP 1

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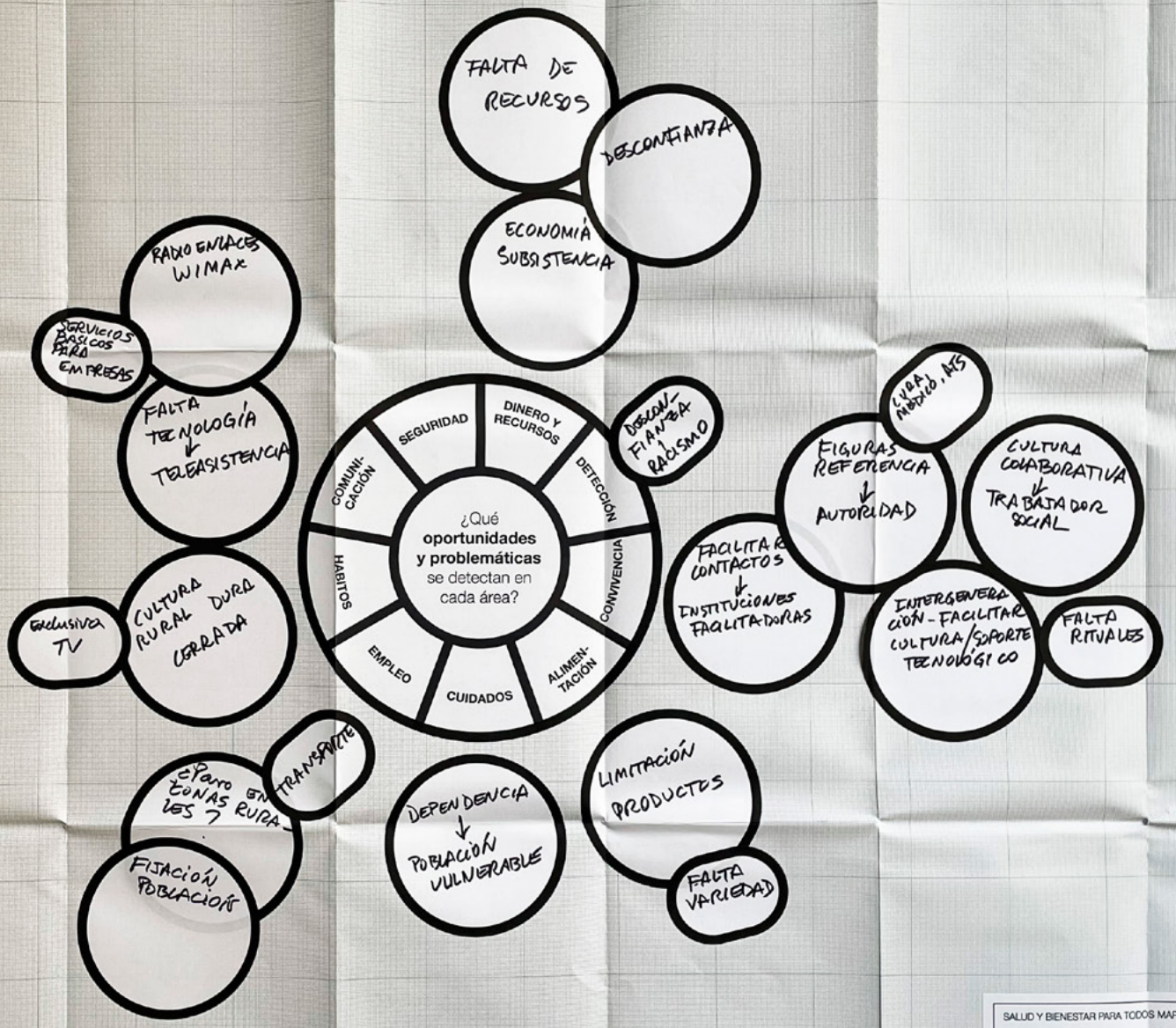

SALUD Y BIENESTAR PARA TODOS MAPA 1: **BÚSQUEDA OPORTUNIDADES**

¿Cuáles son las oportunidades y problemáticas que se detectan con respecto a la salud en cada área?

Crea frases cortas y sintetizadas, y apúntalas en etiquetas redondas.

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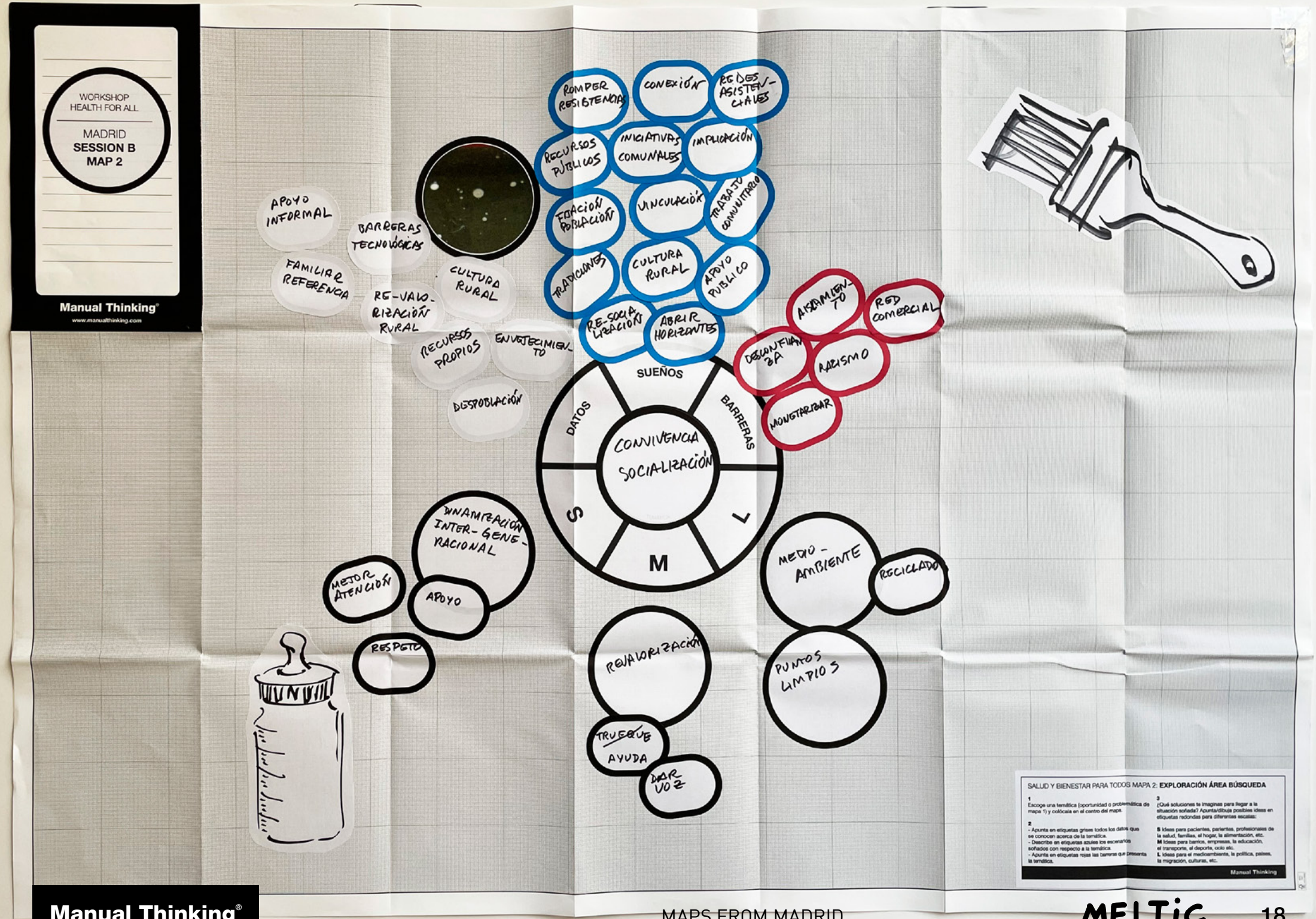
WORKSHOP
HEALTH FOR ALL
MADRID
SESSION B
MAP 2
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ROMPER RESISTENCIA
CONEXIÓN
REDES ASISTENCIALES
RECURSOS PÚBLICOS
INICIATIVAS COMUNALES
IMPLICACIÓN
EDUCACIÓN POBLACIÓN
VINCULACIÓN
TRABAJO COMUNITARIO
TRADICIONES
CULTURA RURAL
APOYO PÚBLICO
RE-SOCIALIZACIÓN
ABRIR HORIZONTES
APOYO INFORMAL
BARRERAS TECNOLÓGICAS
FAMILIAR REFERENCIA
CULTURA RURAL
RE-VALORIZACIÓN RURAL
RECURSOS PROPIOS
ENVEJECIMIENTO
DESPOBLACIÓN
ASENTAMIENTO
RED COMERCIAL
DESCONFIANZA
RACISMO
MONOTARFAR
SUEÑOS
DATOS
BARRERAS
CONVIVENCIA
SOCIALIZACIÓN
S
L
M
DINAMIZACIÓN INTER-GENERACIONAL
MEJOR ATENCIÓN
APOYO
RESPETO
REVALORIZACIÓN
TRUEQUE
AYUDA
DAR VOZ
MEDIO-AMBIENTE
RECICLADO
PUNTOS LIMPIOS
SALUD Y BIENESTAR PARA TODOS MAPA 2: EXPLORACIÓN ÁREA BÚSQUEDA
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L Ideas para el medioambiente, la política, países, la migración, culturas, etc.
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MADRID
SESSION B
MAP 3

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SALUD Y BIENESTAR PARA TODOS MAPA 3: **CHECKLIST BÚSQUEDA IDEAS**

Coloca una temática (oportunidad o problemática de mapa 1) en el centro del mapa.

¿Qué ideas y soluciones te surgen en cada área de búsqueda?

Apunta y dibuja las ideas en etiquetas redondas.

Repite el ejercicio con una temática central distinta para encontrar más ideas.

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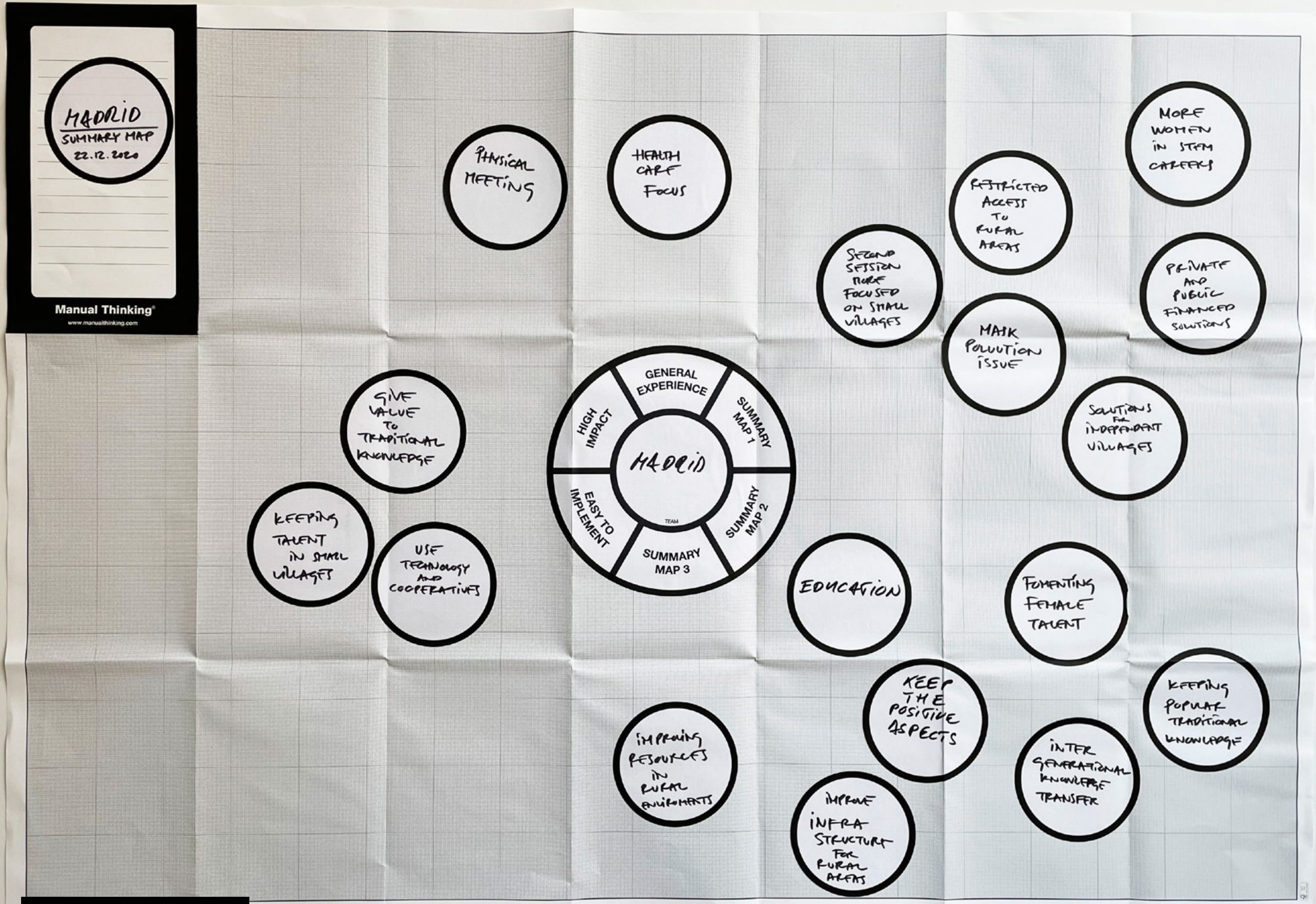
MADRID
SUMMARY MAP
22.12.2020
Manual Thinking
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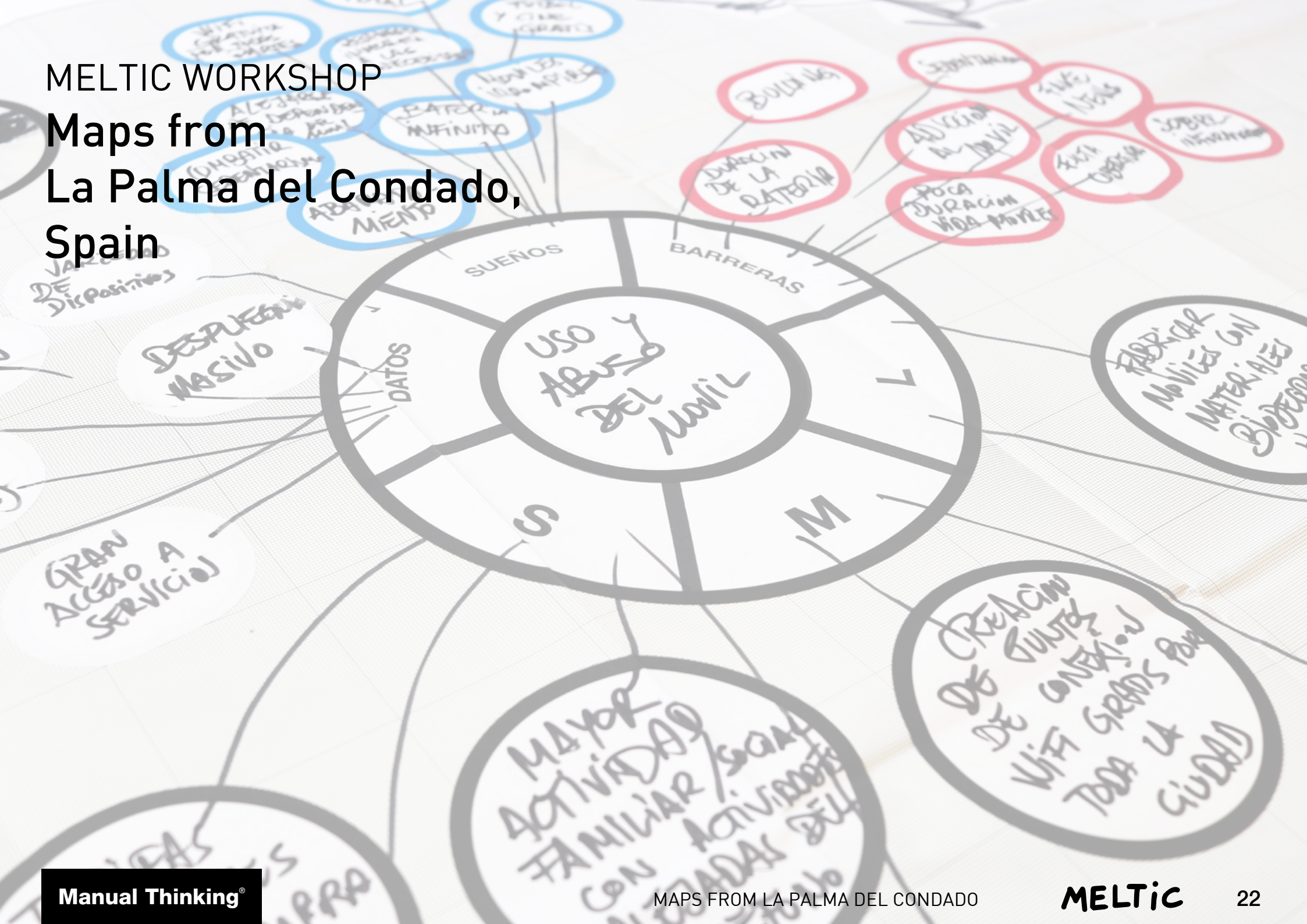
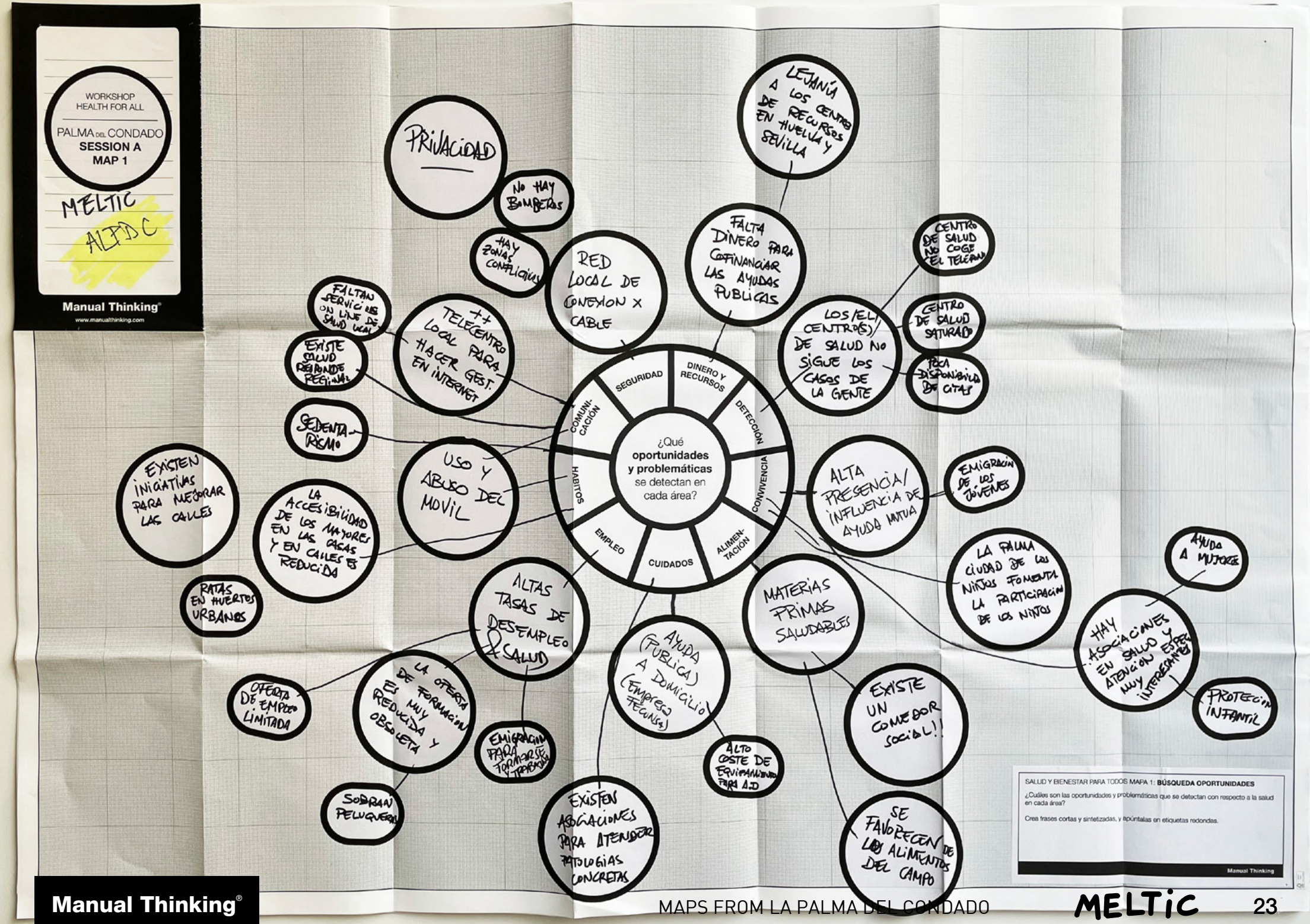
PHYSICAL MEETING
HEALTH CARE FOCUS
MORE WOMEN IN STEM CAREERS
RESTRICTED ACCESS TO RURAL AREAS
SECOND SESSION MORE FOCUSED ON SMALL VILLAGES
PRIVATE AND PUBLIC FINANCED SOLUTIONS
MAJK POLUUTION ISSUE
SOLUTIONS FOR INDEPENDENT VILLAGES
GIVE VALUE TO TRADITIONAL KNOWLEDGE
KEEPING TALENT IN SMALL VILLAGES
USE TECHNOLOGY AND COOPERATIVES
GENERAL EXPERIENCE
SUMMARY MAP 1
SUMMARY MAP 2
SUMMARY MAP 3
EASY TO IMPLEMENT
HIGH IMPACT
MADRID
TEAM
EDUCATION
FOMENTING FEMALE TALENT
KEEP THE POSITIVE ASPECTS
KEEPING POPULAR TRADITIONAL KNOWLEDGE
IMPROVING RESOURCES IN RURAL ENVIRONMENTS
INTER GENERATIONAL KNOWLEDGE TRANSFER
IMPROVE INFRASTRUCTURE FOR RURAL AREAS

Manual Thinking
Loki Huber
Gerrit Jan Veldman
Manual Thinking
The tool for managing creative teamwork

MELTIC WORKSHOP

Maps from La Palma del Condado, Spain




WORKSHOP
HEALTH FOR ALL
PALMA DEL CONDADO
SESSION A
MAP 1
MELTIC
ALFDC
Manual Thinking
www.manualthinking.com
¿Qué oportunidades y problemáticas se detectan en cada área?
SEGURIDAD
DINERO Y RECURSOS
DETECCIÓN
CONVIVENCIA
ALIMENTACIÓN
CUIDADOS
EMPLEO
HÁBITOS
COMUNICACIÓN
PRIVACIDAD
NO HAY BOMBEROS
HAY ZONAS CONFLICTIVAS
RED LOCAL DE CONEXIÓN X CABLE
FALTAN SERVICIOS ON LINE DE SALUD LOCAL
EXISTE SALUD REGIONAL
++ TELECENTRO LOCAL PARA HACER GEST. EN INTERNET
SEDENTARISMO
USO Y ABUSO DEL MÓVIL
EXISTEN INICIATIVAS PARA MEJORAR LAS CALLES
LA ACCESIBILIDAD DE LOS MAYORES EN LAS CASAS Y EN CALLES ES REDUCIDA
RATAS EN HUERTOS URBANOS
LEJANÍA A LOS CENTROS DE RECURSOS EN HUELVA Y SEVILLA
FALTA DINERO PARA COFINANCIAR LAS AYUDAS PÚBLICAS
LOS/EL/LI CENTRO(S) DE SALUD NO SIGUE LOS CASOS DE LA GENTE
CENTRO DE SALUD NO COGE EL TELÉFONO
CENTRO DE SALUD SATURADO
POCA DISPONIBILIDAD DE CITAS
ALTA PRESENCIA/ INFLUENCIA DE AYUDA MUTUA
EMIGRACIÓN DE LOS JÓVENES
LA PALMA CIUDAD DE LOS NIÑOS FOMENTA LA PARTICIPACIÓN DE LOS NIÑOS
HAY ASOCIACIONES EN SALUD Y ATENCIÓN MUY INTERESANTES
AYUDA A MAYORES
PROTECCIÓN INFANTIL
MATERIAS PRIMAS SALUDABLES
EXISTE UN COMEDOR SOCIAL!!
SE FAVORECEN LOS ALIMENTOS DEL CAMPO
ALTAS TASAS DE DESEMPLEO & SALUD
OFERTA DE EMPLEO LIMITADA
LA OFERTA DE FORMACIÓN ES MUY REDUCIDA Y OBSOLETA
EMIGRACIÓN PARA FORMARSE / TRABAJAR
SOBRAN PELUQUERÍAS
AYUDA (PÚBLICA) A DOMICILIO (EMPRESAS PRIVADAS)
ALTO COSTE DE EQUIPAMIENTO PARA AD
EXISTEN ASOCIACIONES PARA ATENDER PATOLOGÍAS CONCRETAS
SALUD Y BIENESTAR PARA TODOS MAPA 1: BÚSQUEDA OPORTUNIDADES
¿Cuáles son las oportunidades y problemáticas que se detectan con respecto a la salud en cada área?
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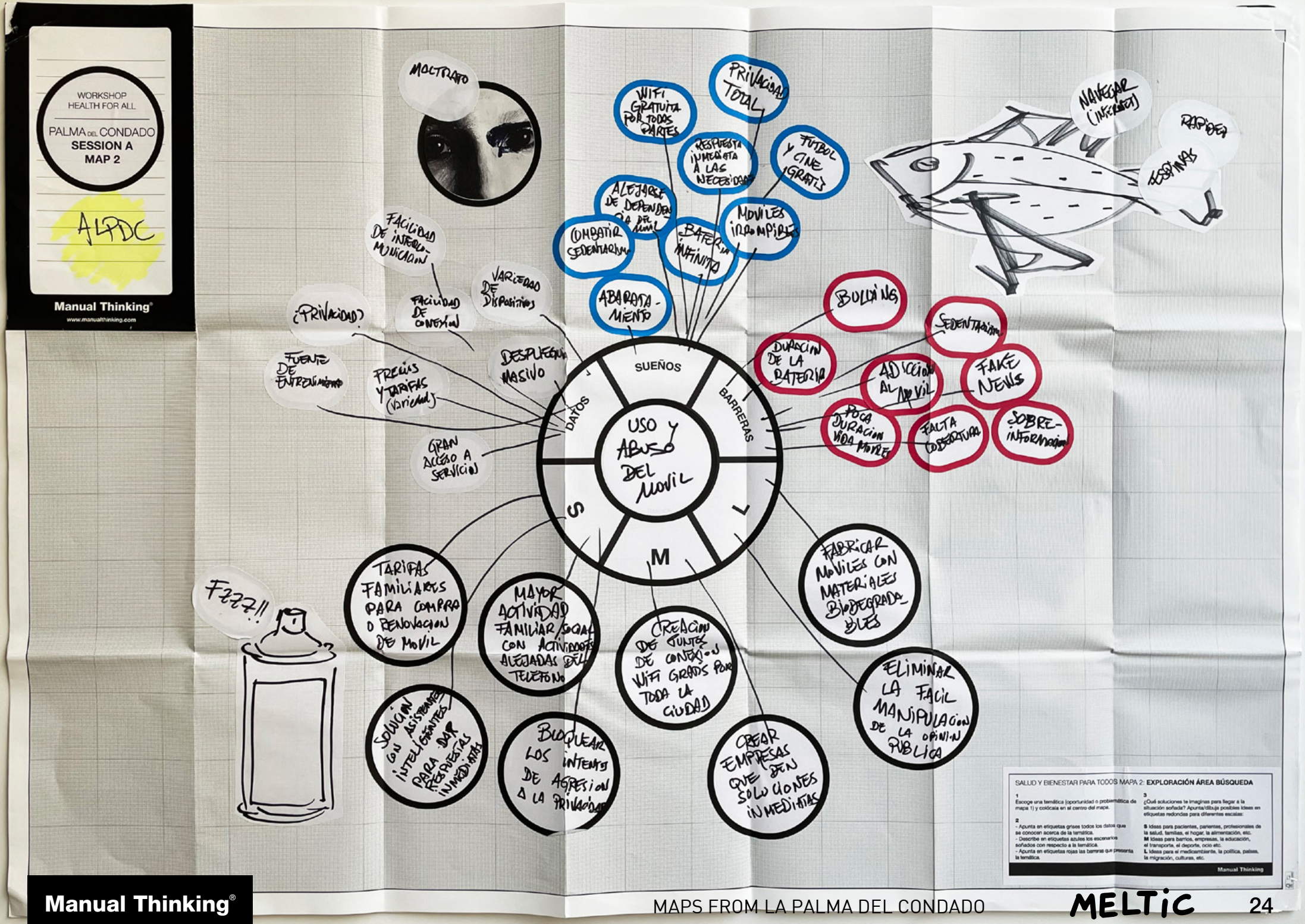
Manual Thinking


WORKSHOP
HEALTH FOR ALL
PALMA DEL CONDADO
SESSION A
MAP 2
ALPDC
Manual Thinking
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USO Y ABUSO DEL MOVIL
SUEÑOS
BARRERAS
DATOS
S
M
T
MALTRATO
WIFI GRATUITA POR TODAS PARTES
PRIVACIDAD TOTAL
RESPUESTA INMEDIATA A LAS NECESIDADES
FUTBOL Y CINE GRATIS
ALEJARSE DE DEPENDENCIA DEL MOVIL
COMBATIR SEDENTARISMO
BATERIA INFINITA
MOVILES INROMPIBLES
ABARATAMIENTO
NAVEGAR (INTERNET)
RAPIDEZ
FIABILIDAD
FACILIDAD DE INTERCOMUNICACION
VARIEDAD DE DISPOSITIVOS
FACILIDAD DE CONEXION
¿PRIVACIDAD?
FUENTE DE ENTRETENIMIENTO
PRECIOS Y TARIFAS (Variedad)
DESPLIEGUE MASIVO
GRAN ACCESO A SERVICIOS
BULLYING
DURACION DE LA BATERIA
SEDENTARISMO
ADICCION AL MOVIL
FAKE NEWS
POCA DURACION VIDA MOVIL
FALTA COBERTURA
SOBRE-INFORMACION
TARIFAS FAMILIARES PARA COMPRA O RENOVACION DE MOVIL
MAYOR ACTIVIDAD FAMILIAR/SOCIAL CON ACTIVIDADES ALEJADAS DEL TELEFONO
SOLUCION CON ASISTENTES INTELIGENTES PARA DAR RESPUESTAS INMEDIATAS
BLOQUEAR LOS INTENTOS DE AGRESION A LA PRIVACIDAD
CREACION DE PUNTOS DE CONEXION WIFI GRATIS PARA TODA LA CIUDAD
CREAR EMPRESAS QUE DEN SOLUCIONES INMEDIATAS
FABRICAR MOVILES CON MATERIALES BIODEGRADABLES
ELIMINAR LA FACIL MANIPULACION DE LA OPINION PUBLICA
FZZZ!!
SALUD Y BIENESTAR PARA TODOS MAPA 2: EXPLORACIÓN ÁREA BÚSQUEDA
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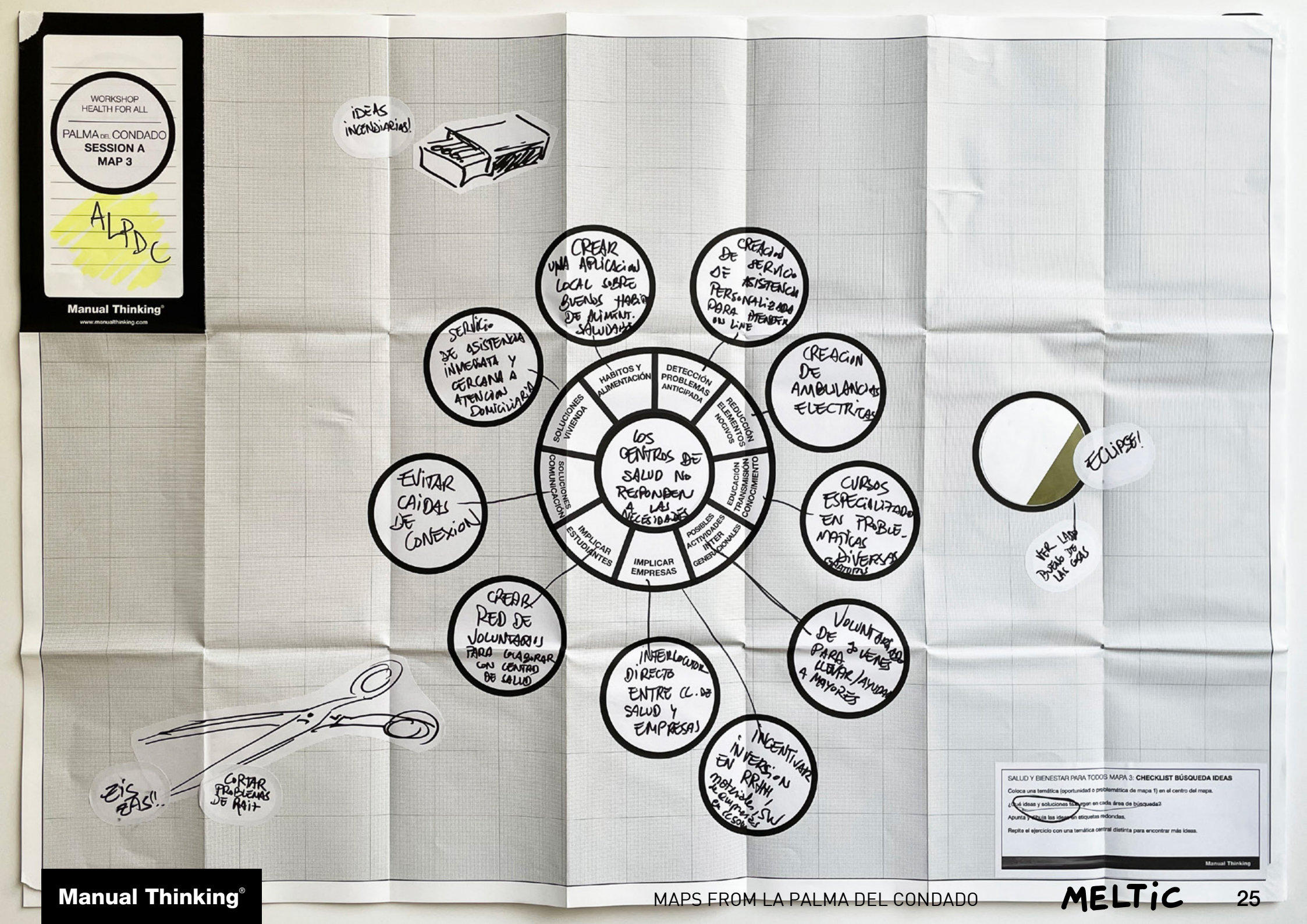
WORKSHOP
HEALTH FOR ALL
PALMA DEL CONDADO
SESSION A
MAP 3
ALPDC
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¡IDEAS INCENSIARIAS!
LOS CENTROS DE SALUD NO RESPONDEN A LAS NECESIDADES
HABITOS Y ALIMENTACIÓN
DETECCIÓN PROBLEMAS ANTICIPADA
REDUCCIÓN ELEMENTOS NOCIVOS
EDUCACIÓN TRANSMISIÓN CONOCIMIENTO
POSIBLES ACTIVIDADES INTER GENERACIONALES
IMPLICAR EMPRESAS
IMPLICAR ESTUDIANTES
SOLUCIONES COMUNICACIÓN
SOLUCIONES VIVIENDA
CREAR UNA APLICACIÓN LOCAL SOBRE BUENOS HABITOS DE ALIMENT. SALUDABLE
CREACIÓN DE SERVICIO ASISTENCIA PERSONALIZADA PARA ATENDER ON LINE
SERVICIO DE ASISTENCIA INMEDIATA Y CERCANA A ATENCIÓN DOMICILIARIA
CREACIÓN DE AMBULANCIAS ELECTRICAS
EVITAR CAIDAS DE CONEXIÓN
CURSOS ESPECIALIZADOS EN PROBLEMÁTICAS DIVERSAS
CREAR RED DE VOLUNTARIOS PARA COLABORAR CON CENTROS DE SALUD
VOLUNTARIADO DE JOVENES PARA LLEVAR AYUDA A MAYORES
INTERLOCUTOR DIRECTO ENTRE CL. DE SALUD Y EMPRESAS
INCENTIVAR INVERSIÓN EN RRHH / MOTIVACIÓN SW
ECLIPSE!
VER LAS BUENAS DE LAS CASAS
ESAS IDEAS!!
CORTAR PROBLEMAS DE RAIZ
SALUD Y BIENESTAR PARA TODOS MAPA 3: CHECKLIST BÚSQUEDA IDEAS
Coloca una temática (oportunidad o problemática de mapa 1) en el centro del mapa.
¿Qué ideas y soluciones surgen en cada área de búsqueda?
Apunta y rodea las ideas en etiquetas redondas.
Repite el ejercicio con una temática central distinta para encontrar más ideas.
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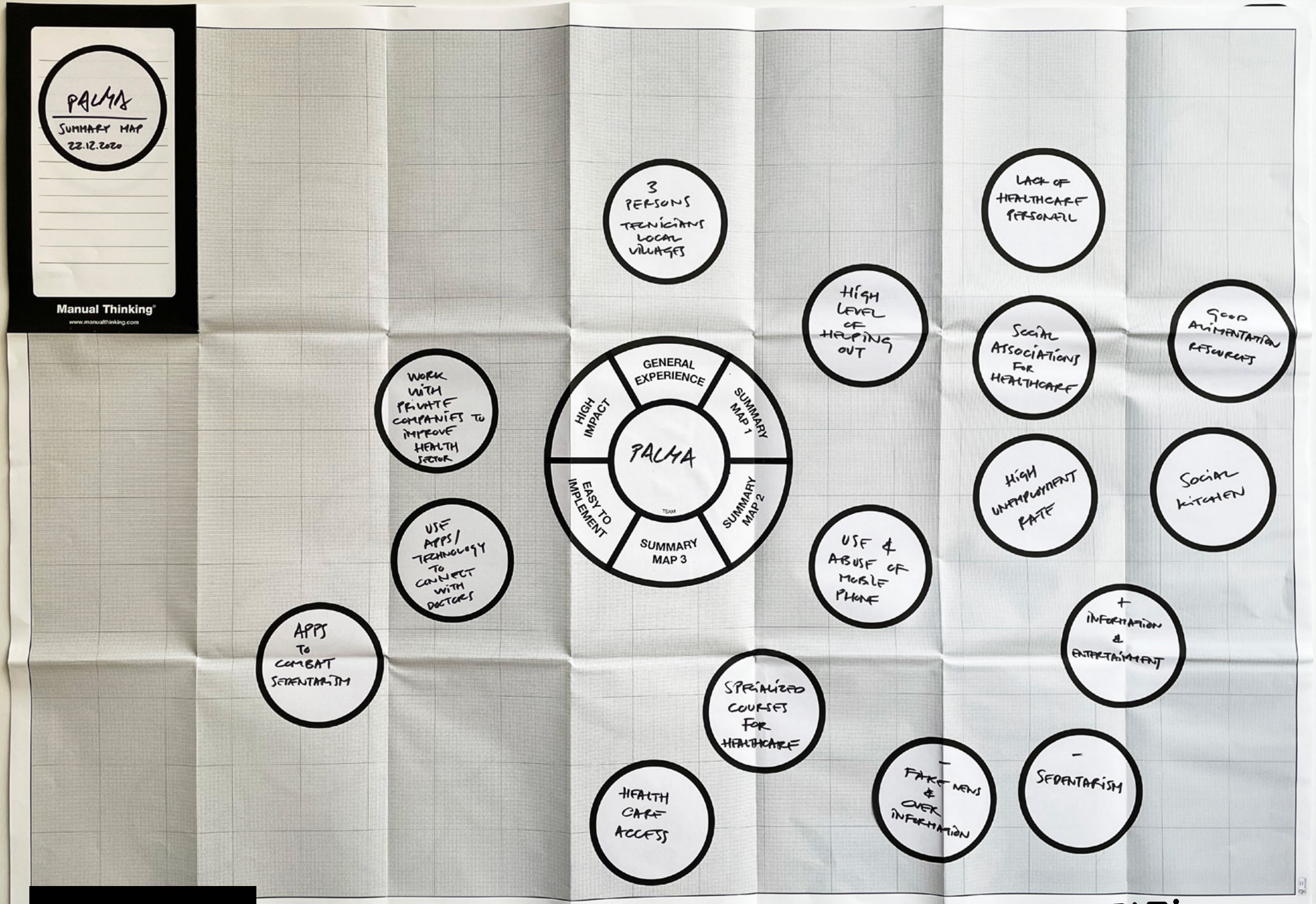
PALMA
SUMMARY MAP
22.12.2020
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3 PERSONS TECNICIANS LOCAL VILLAGES
LACK OF HEALTHCARE PERSONAL
HIGH LEVEL OF HELPING OUT
SOCIAL ATSOCIATIONS FOR HEALTHCARE
GOOD ALIMENTATION RESOURCES
WORK WITH PRIVATE COMPANIES TO IMPROVE HEALTH SECTOR
GENERAL EXPERIENCE
SUMMARY MAP 1
HIGH IMPACT
PALMA
TEAM
EASY TO IMPLEMENT
SUMMARY MAP 2
SUMMARY MAP 3
HIGH UNEMPLOYMENT RATE
SOCIAL KITCHEN
USE APPS/ TECHNOLOGY TO CONNECT WITH DOCTORS
USE & ABUSE OF MOBILE PHONE
APPS TO COMBAT SEDENTARISM
+ INFORMATION & ENTERTAINMENT
SPECIALIZED COURSES FOR HEALTHCARE
HEALTH CARE ACCESS
- FAKE NEWS & OVER INFORMATION
- SEDENTARISM

MELTIC WORKSHOP

Maps from Reguengos de Monsaraz, Portugal

WORKSHOP
HEALTH FOR ALL

PORTUGAL
SESSION A
MAP 3

23 Dec. 2020

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PROMOTION OF HEALTHY EATING HABITS AMONG DIFFERENT AGE GROUPS (YOUNG AND ELDERLY)
"MEDITERRANEAN DIET, THE HEALTHIEST FOR YOU. HERE!"

COMBATING ILLITERACY IN THE HEALTHCARE AREAS, BY PROVIDING ACCESS TO INFORMATION / CONCEPTS

IMPROVING THE PUBLIC TRANSPORT NETWORK AND LOCAL MOBILITY POLICIES FOR EASIER ACCESS TO HEALTH EQUIPMENT

CREATE CONDITIONS FOR THE MEDICAL CLASS TO BE ABLE TO SETTLE IN RURAL AREAS

PROMOTION OF LOCAL PRODUCTS / PRODUCERS AS WELL AS THE MUNICIPAL MARKET.
"BUY YOUR FRESH PRODUCTS CLOSER TO YOU, HERE!"

IDENTIFY MENTAL HEALTH ISSUES IN ADVANCE TROUGH EASY-TO-USE TOOLS BY THE COMMUNITY

ACQUISITION OF MORE COMPLEMENTARY MEANS OF DIAGNOSIS

REQUALIFICATION WORKS IN THE HEALTH CENTER BUILDING

INCREASE THE NUMBER OF HOME HEALTH SUPPORT TEAMS

INCREASE THE CAPACITY OF RESPONSE FOR THE TELEPHONE SERVICE OF THE HEALTH CENTER

CREATE "FRIENDLY" AND "EASY" COMMUNICATION TOOLS BETWEEN HEALTHCARE AND THE COMMUNITY

ENSURE EQUAL ACCESS TO THE WIFI NETWORK THROUGHOUT THE TERRITORY

ACCESS TO THE LOCAL HEALTHCARE SERVICE

ALIMENTATION & HABITS
ANTICIPATED PROBLEM DETECTION
REDUCTION OF NOVICE ELEMENTS
EDUCATION KNOWLEDGE TRANSER
POSSIBLE INTER GENERATIONAL ACTIVITIES
COMPANY IMPLICATION
STUDENT IMPLICATION
COMMUNICATION SOLUTIONS
HOUSING SOLUTIONS

PROMOTING YOUTH VOLUNTEERING AMONG THE COMMUNITIES

INVOLVING COMPANIES WITHIN THEIR SOCIAL RESPONSABILITY

TRAINING IN THE AREA OF INFORMATION AND COMMUNICATION TECHNOLOGIES AND IN HEALTH LITERACY.

DIGITAL HEALTH LITERACY PROMOTION PLATFORM

CREATION OF A VIRTUAL AND INTERNATIONAL FRIENDLY COMMUNITY TO COMBAT PHYSICAL DISTANCING AND SOCIAL ISOLATION

HEALTH AND WELLBEING FOR ALL MAP 3: **IDEA SEARCH CHECKLIST**

Choose a theme (opportunity or problem of map 1) and place it in the centre of the map.

What ideas and solutions occur for each search field?

Draw and note the ideas on large circular labels.

Repeat the exercise with different central themes to find more ideas.

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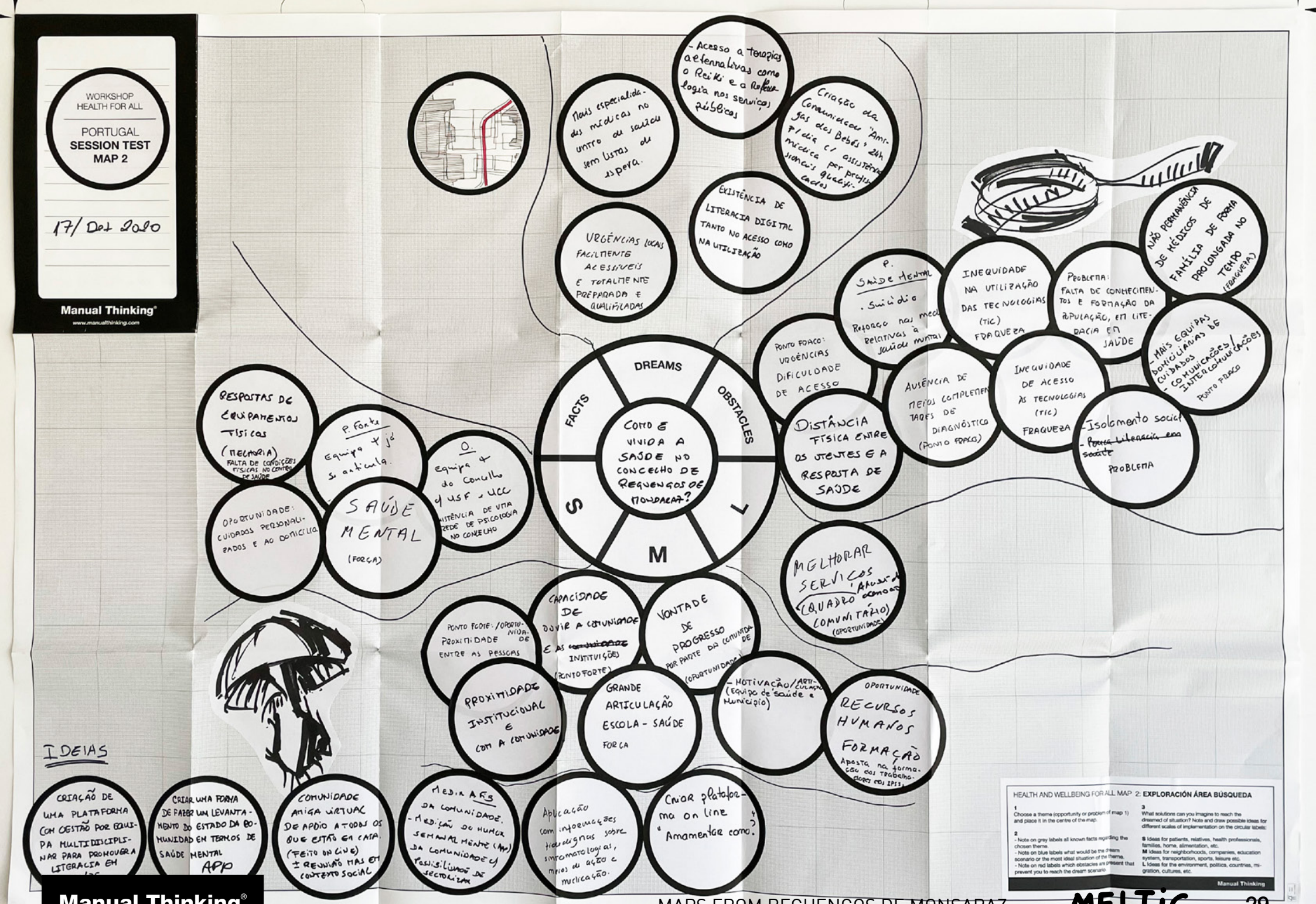
WORKSHOP
HEALTH FOR ALL
PORTUGAL
SESSION TEST
MAP 2
17/ Dez 2020
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DREAMS
FACTS
OBSTACLES
S
L
M
COMO É VIVIDA A SAÚDE NO CONCELHO DE REGUENGOS DE MONSARAZ?
Mais especialidades médicas no centro de saúde sem listas de espera.
- Acesso a terapias alternativas como o Reiki e a Reflexologia nos serviços públicos
Criação da Comunidade "Amigas dos Bebés" 24h p/ dia c/ assistência médica por profissionais qualificados
EXISTÊNCIA DE LITERACIA DIGITAL TANTO NO ACESSO COMO NA UTILIZAÇÃO
URGÊNCIAS LOCAIS FACILMENTE ACESSÍVEIS E TOTALMENTE PREPARADA E QUALIFICADAS
NÃO PERMANÊNCIA DE MÉDICOS DE FAMÍLIA DE FORMA PROLONGADA NO TEMPO (FRAQUEZA)
P. SAÚDE MENTAL
. Suicídio
Reforço nas medidas relativas à saúde mental
INEQUIDADE NA UTILIZAÇÃO DAS TECNOLOGIAS (TIC) FRAQUEZA
PROBLEMA: FALTA DE CONHECIMENTOS E FORMAÇÃO DA POPULAÇÃO, EM LITERACIA EM SAÚDE
PONTO FRACO: URGÊNCIAS DIFICULDADE DE ACESSO
AUSÊNCIA DE MEIOS COMPLEMENTARES DE DIAGNÓSTICO (PONTO FRACO)
INEQUIDADE DE ACESSO ÀS TECNOLOGIAS (TIC) FRAQUEZA
- MAIS EQUIPAS DOMICILIÁRIAS DE CUIDADOS
- COMUNICAÇÕES/INTERCOMUNICAÇÕES
PONTO FRACO
- Isolamento social
- ~~Pouca literacia em saúde~~
PROBLEMA
DISTÂNCIA FÍSICA ENTRE OS UTENTES E A RESPOSTA DE SAÚDE
RESPOSTAS DE EQUIPAMENTOS FÍSICOS (MELHORIA)
FALTA DE CONDIÇÕES FÍSICAS NO CENTRO DE SAÚDE
P. Forte
Equipa + já se articula.
O.
Equipa + do Concelho c/ USF e UCC
ASSISTÊNCIA DE UMA REDE DE PSICOLOGIA NO CONCELHO
OPORTUNIDADE: CUIDADOS PERSONALIZADOS E AO DOMICÍLIO
SAÚDE MENTAL (FORÇA)
MELHORAR SERVIÇOS (QUADRO COMUNITÁRIO) (OPORTUNIDADE)
PONTO FORTE: /OPORTUNIDADE PROXIMIDADE ENTRE AS PESSOAS
CAPACIDADE DE OUVIR A COMUNIDADE E AS ~~COMUNIDADE~~ INSTITUIÇÕES (PONTO FORTE)
VONTADE DE PROGRESSO POR PARTE DA COMUNIDADE (OPORTUNIDADE)
PROXIMIDADE INSTITUCIONAL E COM A COMUNIDADE
GRANDE ARTICULAÇÃO ESCOLA - SAÚDE FORÇA
- MOTIVAÇÃO/ARTICULAÇÃO (Equipa de saúde e Município)
OPORTUNIDADE RECURSOS HUMANOS FORMAÇÃO
Aposta na formação dos trabalhadores dos IPSS.
IDEIAS
CRIAÇÃO DE UMA PLATAFORMA COM GESTÃO POR EQUIPA MULTIDISCIPLINAR PARA PROMOVER A LITERACIA EM
CRIAR UMA FORMA DE FAZER UM LEVANTAMENTO DO ESTADO DA COMUNIDADE EM TERMOS DE SAÚDE MENTAL
APP
COMUNIDADE AMIGA VIRTUAL DE APOIO A TODOS OS QUE ESTÃO EM CASA. (FEITO ON LINE) ± REUNIÃO MAS EM CONTEXTO SOCIAL
MEDIR AFS DA COMUNIDADE.
- MEDIÇÃO DO HUMOR SEMANALMENTE (APP) DA COMUNIDADE c/ POSSIBILIDADE DE SECTORIZAR
Aplicação com informações fidedignas sobre sintomatologias, meios de ação e medicação.
Criar plataforma on line "Amamentar como?"
HEALTH AND WELLBEING FOR ALL MAP 2: EXPLORACIÓN ÁREA BÚSQUEDA
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Choose a theme (opportunity or problem of map 1) and place it in the centre of the map.
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S Ideas for patients, relatives, health professionals, families, home, alimentation, etc.
M Ideas for neighborhoods, companies, education system, transportation, sports, leisure etc.
L Ideas for the environment, politics, countries, migration, cultures, etc.
Manual Thinking

WORKSHOP
HEALTH FOR ALL

PORTUGAL
SESSION A
MAP 2

17 Dec. 2020

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OTHER AREAS: PHYSIOTHERAPY, ORAL HEALTH, PSYCOLOGY, SOCIAL WORK, DIETITICS

HEALTH PROMOTION: VACCINATION

SPECIFIC CONSULTATIONS: FAMILY PLANING, MATERNAL HEALTH, CHILD HEALTH AND PSYCHOLOGY

COMPLEMENTARY MEANS OF DIAGNOSIS AND THERAPY: CLINICAL ANALYSIS

SPECIALITY CONSULTATIONS: GENERAL AND FAMILY MEDICINE AND PSICOLOGY

THE MUNICIPALITY HAS: A HEALTH CENTER, A BLOOD DONOR UNION, AN ASSOCIATION OF FIREFIGHTERS AND 4 PHARMACIES

1.4 NURSES FOR EVERY 1000 INHABITANTS

THERE IS A MARKED AGING OF THE COUNTY'S POPULATION, WITH AN AGING INDEX OF 196,2%

THE NUMBER OF ASSOCIATIONS, GROUPS, SOCIETIES AND COLLECTIVITIES IS QUITE HIGH IN THE MUNICIPALITY

THE MUNICIPALITY SHOWS A STRONG SPORTS DYNAMIC

0.9 DOCTORS FOR EVERY 1000 INHABITANTS

ACCESS TO ALTERNATIVE THERAPIES SUCH AS REIKI AND REFLEXOLOGY IN PUBLIC SERVICES

CREATION OF A "BABY-FRIENDLY COMMUNITY" WITH ACCESS 24 HOURS AND ASSISTED BY QUALIFIED HEALTH PROFESSIONALS

DIGITAL LITERACY IN BOTH ACCESS AND USE

MORE MEDICAL SPECIALITIES AT THE HEALTH CENTER WITHOUT WAITING LISTS

LOCAL EMERGENCY SERVICE, EASILY ACCESSIBLE, FULLY EQUIPPED AND WITH QUALIFIED STAFF

INEQUALITY IN THE USE OF TECHNOLOGIES (SKILLS)

ABSENCE OF COMPLEMENTARY MEANS OF DIAGNOSIS

SOCIAL ISOLATION

DIFFICULTIES IN ACCESSING THE EMERGENCY SERVICE

INEQUALITY IN THE ACCESS TO TECHNOLOGIES

LACK OF KNOWLEDGE OF THE POPULATION IN HEALTHCARE LITERACY

FEW HOME HEALTHCARE TEAMS

PHYSICAL DISTANCE BETWEEN USERS AND THE HEALTHCARE RESPONSE

MENTAL HEALTH ISSUES

NON-PERMANENCE OF FAMILY DOCTORS FOR AN EXTENDED PERIOD OF TIME

IMPROVEMENT OF THE PHYSICAL CONDITIONS AND EQUIPMENT OF THE HEALTH CENTER

ARTICULATION BETWEEN HEALTHCARE TEAMS

REINFORCEMENT OF MENTAL HEALTHCARE MEASURES

EXISTENCE OF A PSYCOLOGY ASSISTANCE NETWORK

OPPORTUNITY FOR PERSONALIZED AND AT HOME HEALTHCARE

IMPROVING SERVICES THROUGH ACCESS TO THE COMMUNITY FRAMEWORK

INCREASE PROXIMITY BETWEEN PEOPLE

PROMOTE INSTITUTIONAL AND COMMUNITY PROXIMITY

COMMUNITY WILLINGNESS FOR PROGRESS

IMPROVE THE ABILITY TO LISTEN TO THE COMMUNITY AND INSTITUTION

INVESTMENT IN THE TRAINING OF WORKERS FROM PRIVAT SOCIAL SOLIDARITY INSTITUTIONS

ARTICULATION BETWEEN HEALTHCARE TEAMS AND SCHOOLS, MUNICIPALITIES AND OTHER ASSOCIATIONS

TECHNOLOGICAL IDEAS:

CREATION OF A PLATFORM MANAGED BY A MULTIDISCIPLINARY TEAM TO PROMOTE HEALTHCARE LITERACY

CREATION OF AN APP TO UPLOAD HUMOR STATUS, DAILY. THIS COULD BE A WAY TO ANALYZE THE STATE OF THE COMMUNITY IN TERMS OF MENTAL HEALTH AND CREATE ALERTS FOR SUICIDE SUSPECTS

CREATION OF AN ONLINE PLATFORM: "BREASTFEED HOW?" TO SUPPORT MOTHERS BREASTFEEDING.

CREATION OF A "VIRTUAL FRIENDLY COMMUNITY" TO SUPPORT EVERYONE, EVEN AT HOME

CREATION OF AN APP WITH RELIABLE INFORMATION ON SYMPTOMS, MEANS OF ACTION AND MEDICATION

HEALTH AND WELLBEING FOR ALL MAP 2: **EXPLORACIÓN ÁREA BÚSQUEDA**

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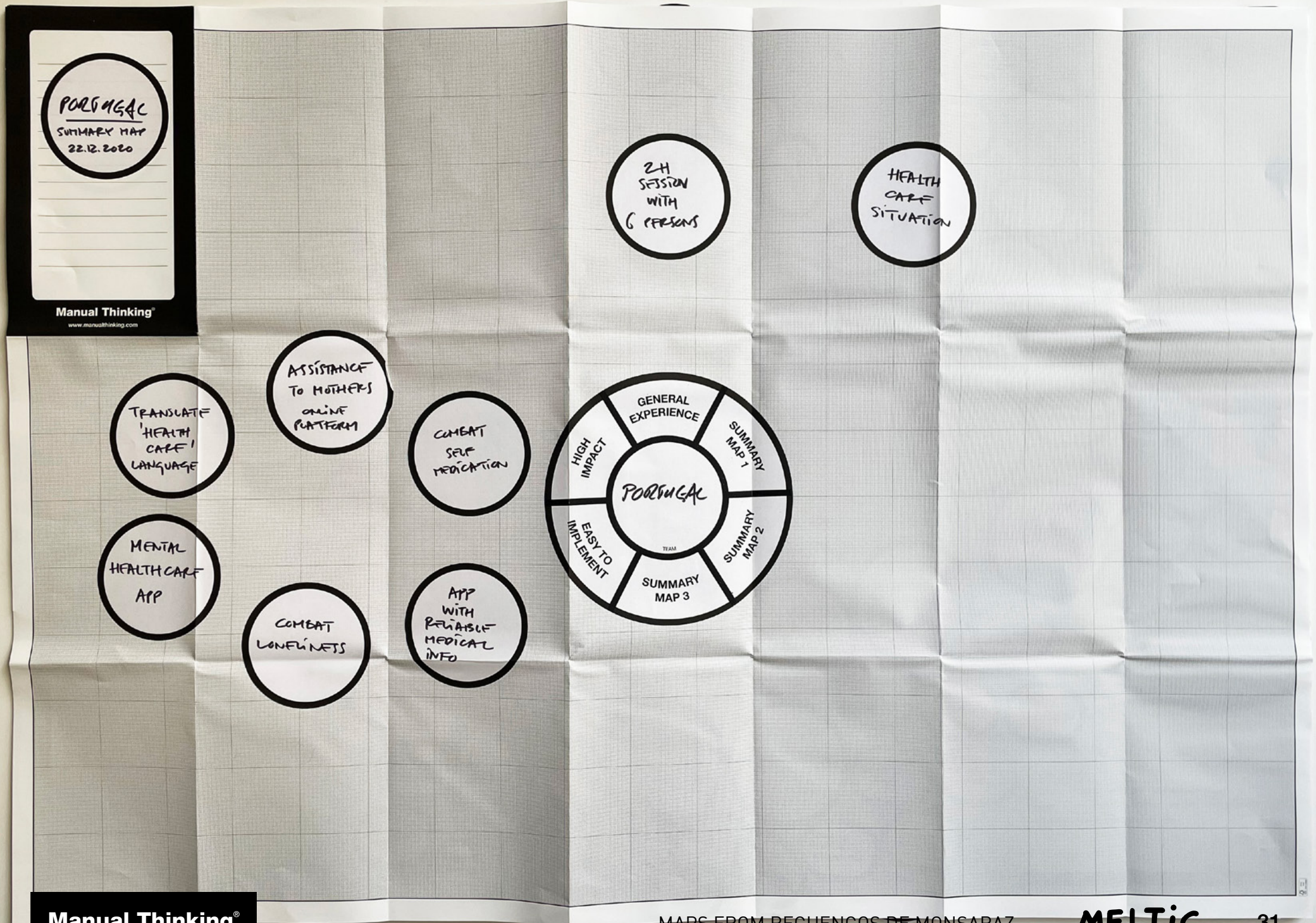
PORTUGAL
SUMMARY MAP
22.12.2020
Manual Thinking
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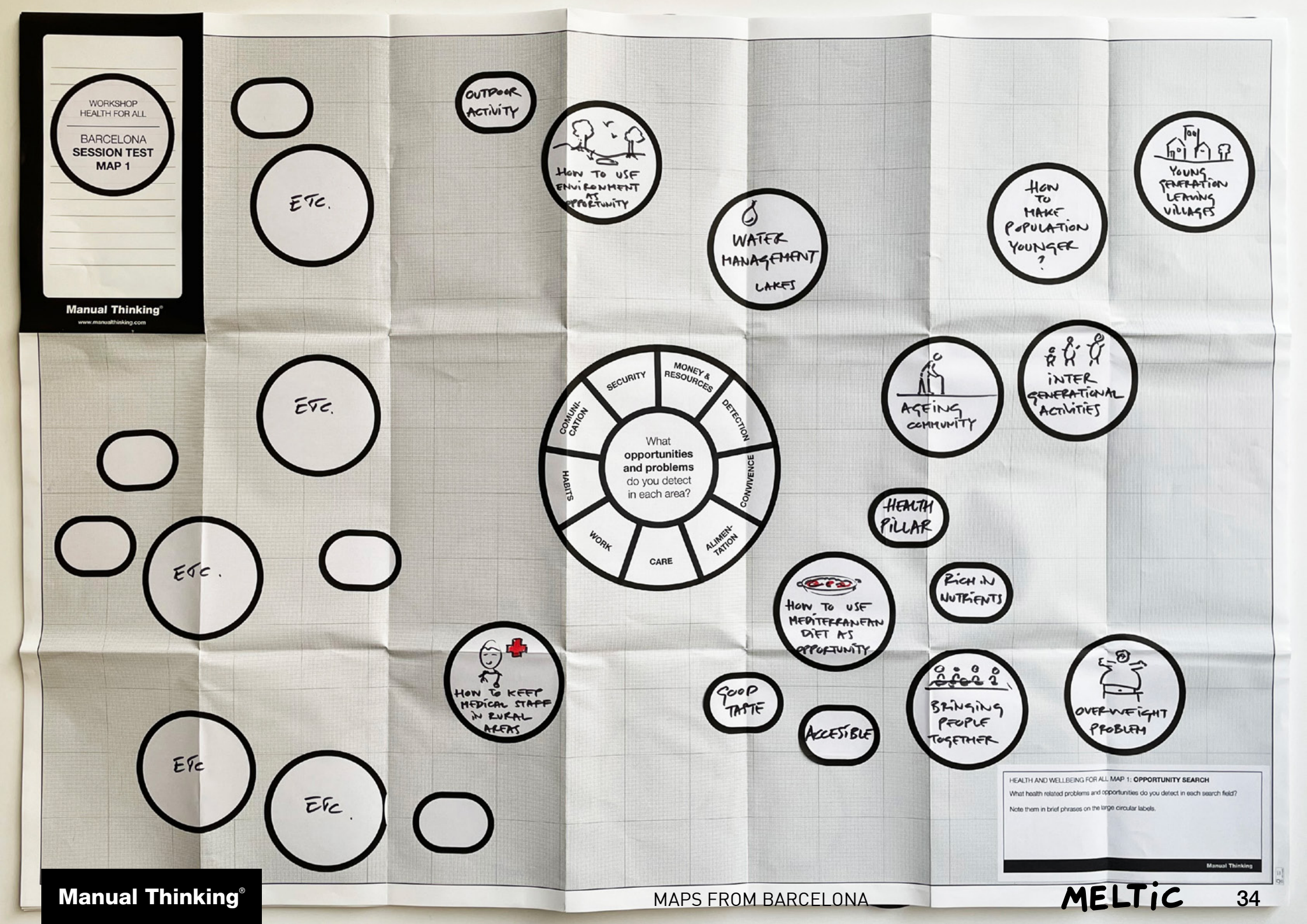
2H SESSION WITH 6 PERSONS
HEALTH CARE SITUATION
ASSISTANCE TO MOTHERS ONLINE PLATFORM
TRANSLATE 'HEALTH CARE' LANGUAGE
COMBAT SELF MEDICATION
MENTAL HEALTH CARE APP
COMBAT LONELINESS
APP WITH RELIABLE MEDICAL INFO
GENERAL EXPERIENCE
SUMMARY MAP 1
SUMMARY MAP 2
SUMMARY MAP 3
EASY TO IMPLEMENT
HIGH IMPACT
PORTUGAL
TEAM

MELTIC WORKSHOP

Maps from Barcelona, Spain


WORKSHOP
HEALTH FOR ALL
BARCELONA
SESSION TEST
MAP 1
Manual Thinking
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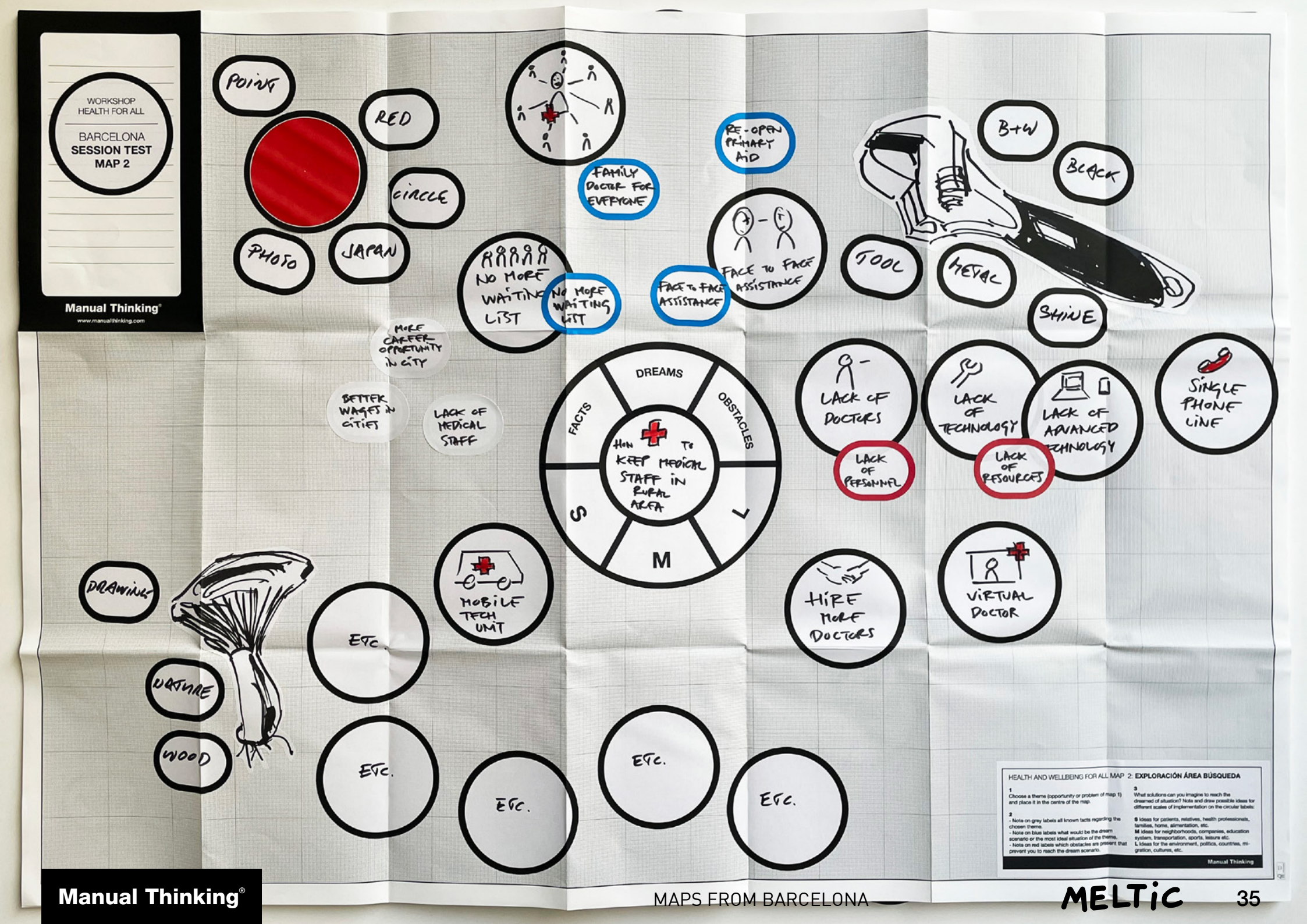
ETC.
ETC.
ETC.
ETC
ETC.
OUTDOOR ACTIVITY
HOW TO USE ENVIRONMENT AS OPPORTUNITY
WATER MANAGEMENT
LAKES
HOW TO MAKE POPULATION YOUNGER ?
YOUNG GENERATION LEAVING VILLAGES
What opportunities and problems do you detect in each area?
SECURITY
MONEY & RESOURCES
DETECTION
CONVIVENCE
ALIMEN-TATION
CARE
WORK
HABITS
COMUNI-CATION
AGEING COMMUNITY
INTER GENERATIONAL ACTIVITIES
HEALTH PILLAR
RICH IN NUTRIENTS
HOW TO USE MEDITERRANEAN DIET AS OPPORTUNITY
HOW TO KEEP MEDICAL STAFF IN RURAL AREAS
GOOD TASTE
ACCESIBLE
BRINGING PEOPLE TOGETHER
OVERWEIGHT PROBLEM
HEALTH AND WELLBEING FOR ALL MAP 1: OPPORTUNITY SEARCH
What health related problems and opportunities do you detect in each search field?
Note them in brief phrases on the large circular labels.
Manual Thinking


WORKSHOP
HEALTH FOR ALL
BARCELONA
SESSION TEST
MAP 2
Manual Thinking
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POINT
RED
CIRCLE
JAPAN
PHOTO
FAMILY DOCTOR FOR EVERYONE
RE-OPEN PRIMARY AID
NO MORE WAITING LIST
FACE TO FACE ASSISTANCE
B+W
BLACK
TOOL
METAL
SHINE
MORE CAREER OPPORTUNITY IN CITY
BETTER WAGES IN CITIES
LACK OF MEDICAL STAFF
DREAMS
FACTS
OBSTACLES
S
T
M
How to KEEP MEDICAL STAFF IN RURAL AREA
LACK OF DOCTORS
LACK OF PERSONNEL
LACK OF TECHNOLOGY
LACK OF RESOURCES
LACK OF ADVANCED TECHNOLOGY
SINGLE PHONE LINE
DRAWING
NATURE
WOOD
ETC.
ETC.
ETC.
ETC.
ETC.
MOBILE TECH UNIT
HIRE MORE DOCTORS
VIRTUAL DOCTOR
HEALTH AND WELLBEING FOR ALL MAP 2: EXPLORACIÓN ÁREA BÚSQUEDA
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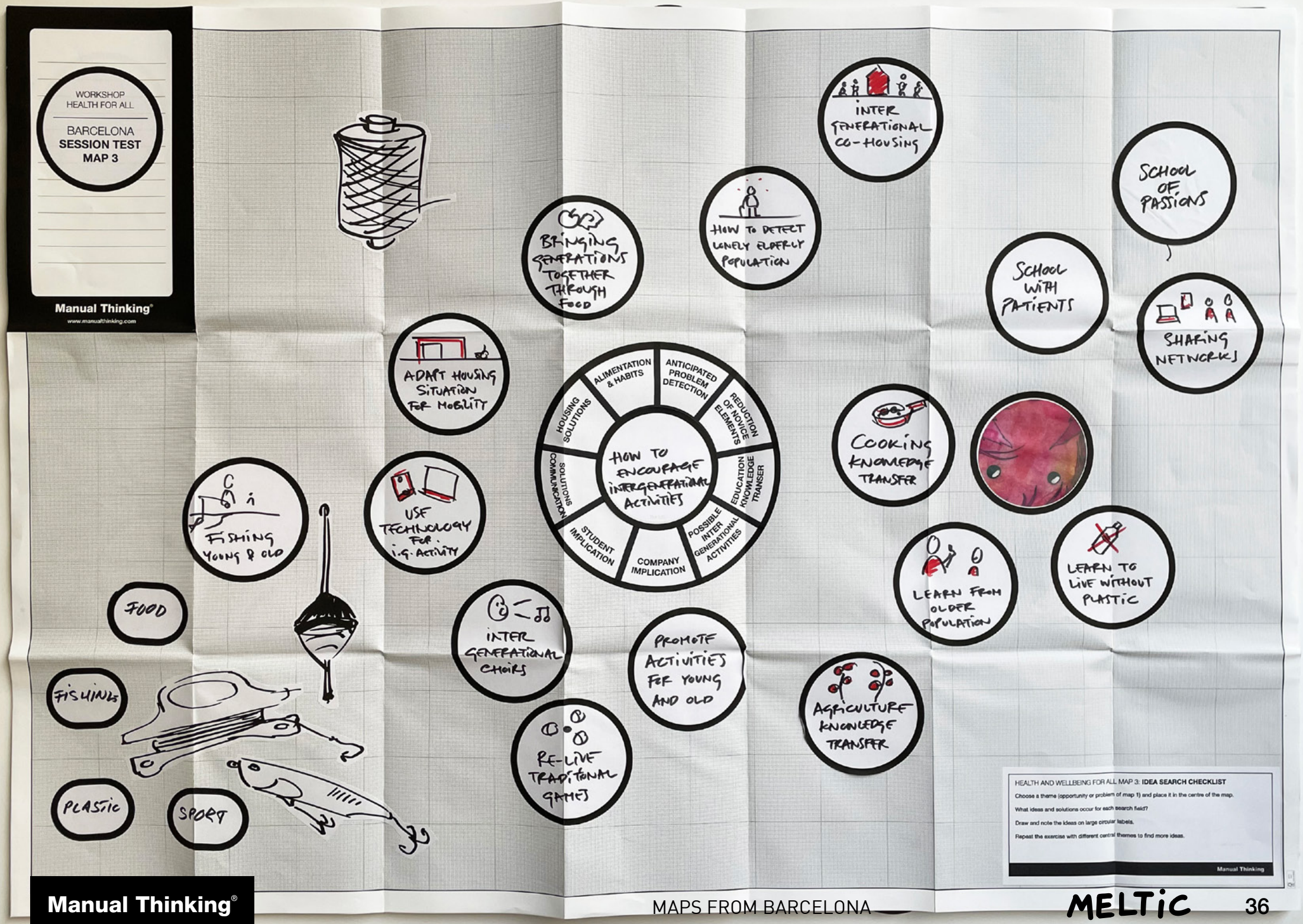
WORKSHOP
HEALTH FOR ALL
BARCELONA
SESSION TEST
MAP 3
Manual Thinking
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INTER GENERATIONAL CO-HOUSING
SCHOOL OF PASSIONS
HOW TO DETECT LONELY ELDERLY POPULATION
BRINGING GENERATIONS TOGETHER THROUGH FOOD
SCHOOL WITH PATIENTS
SHARING NETWORKS
ADAPT HOUSING SITUATION FOR MOBILITY
HOW TO ENCOURAGE INTERGENERATIONAL ACTIVITIES
ALIMENTATION & HABITS
ANTICIPATED PROBLEM DETECTION
REDUCTION OF NOVICE ELEMENTS
EDUCATION KNOWLEDGE TRANSFER
POSSIBLE INTER GENERATIONAL ACTIVITIES
COMPANY IMPLICATION
STUDENT IMPLICATION
SOLUTIONS COMMUNICATION
HOUSING SOLUTIONS
COOKING KNOWLEDGE TRANSFER
FISHING YOUNG & OLD
USE TECHNOLOGY FOR i.g. ACTIVITY
LEARN FROM OLDER POPULATION
LEARN TO LIVE WITHOUT PLASTIC
FOOD
INTER GENERATIONAL CHOIRS
PROMOTE ACTIVITIES FOR YOUNG AND OLD
FISHING
AGRICULTURE KNOWLEDGE TRANSFER
RE-LIVE TRADITIONAL GAMES
PLASTIC
SPORT
HEALTH AND WELLBEING FOR ALL MAP 3: IDEA SEARCH CHECKLIST
Choose a theme (opportunity or problem of map 1) and place it in the centre of the map.
What ideas and solutions occur for each search field?
Draw and note the ideas on large circular labels.
Repeat the exercise with different central themes to find more ideas.
Manual Thinking

MELTIC WORKSHOP

Wordclouds

Through various online applications, texts can be rendered in so- called wordclouds. In these clouds, repeated words are visualized larger than others, displaying the keywords of the text at glance.

We have used the texts of our maps to discover their respective keywords.

Wordcloud: Deta Maps

Wordcloud: Madrid Maps

Wordcloud: Palma del Condado Maps

Wordcloud: Reguengez de Monsaraz Maps

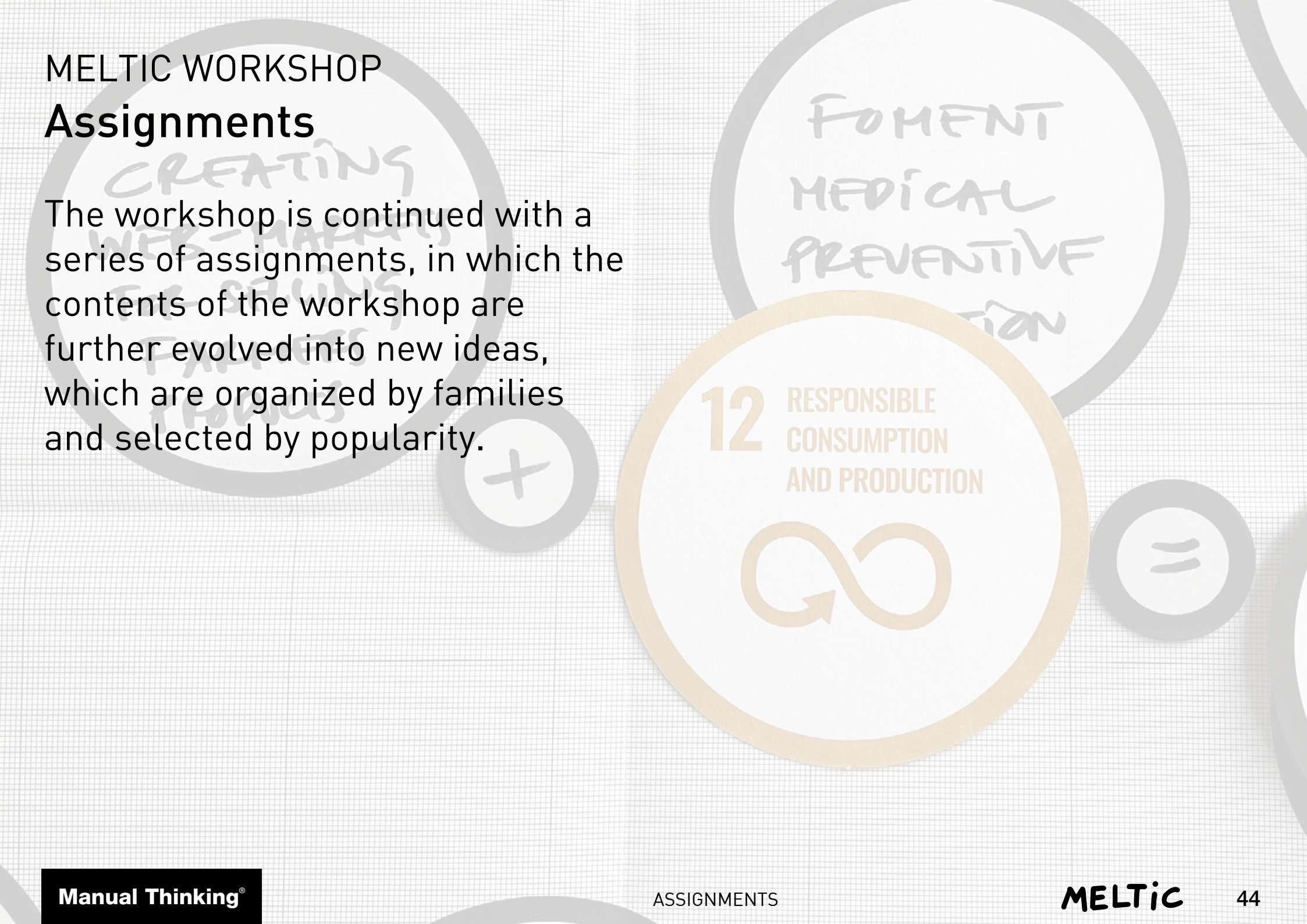
Wordcloud: Barcelona Maps

Wordcloud: All Maps

MELTIC WORKSHOP

Assignments

The workshop is continued with a series of assignments, in which the contents of the workshop are further evolved into new ideas, which are organized by families and selected by popularity.



MELTIC WORKSHOP

SDG Idea Pairing

In the following assignment, the participants are asked to merge a selection of ideas with the **Sustainable Development Goals**.

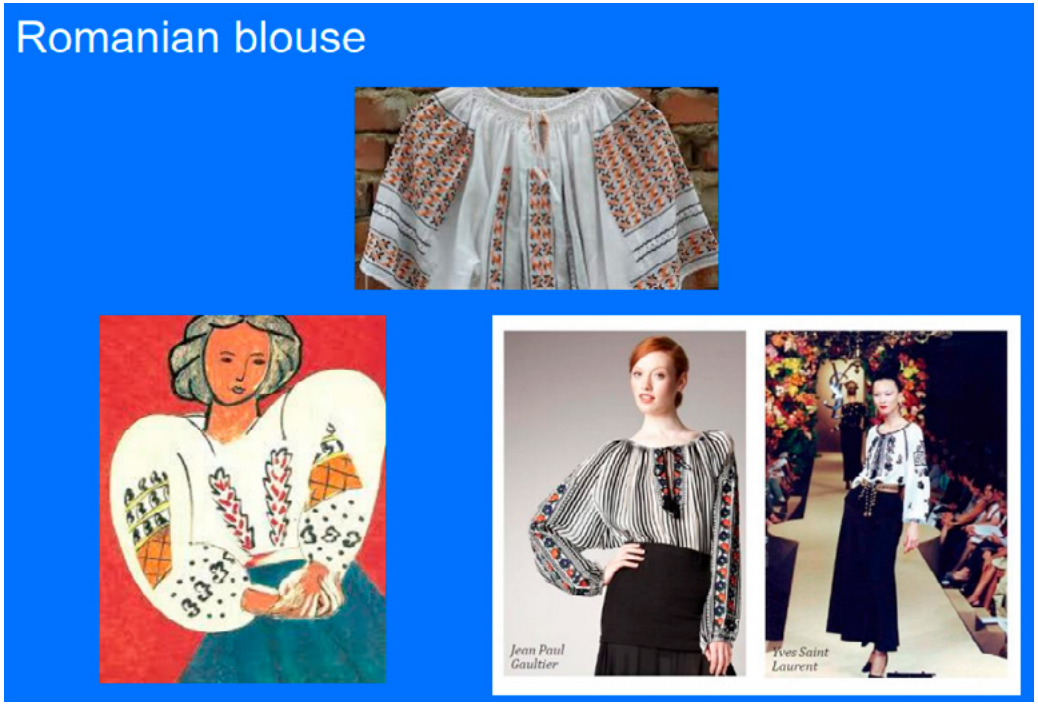
This exercise allows us to find new ideas, while gettin acquainted with both the ideas of others and with the different SDG´s.

You can find the description of the Sustainable Development Goals here: https://manualthinking.com/sustainable-development-goals-description/

SDG Idea Pairing by Larissa Duta

IDEA 1: Keeping Popular Traditional Knowledge + 8. Decent Work and Economic Growth =

Factories for traditional ceramics and Romanian traditional blouse, which can be exported (In this way we preserve our popular traditional knowledge, we create more jobs, and we contribute to Romania's economy).



IDEA 2: Bad Eating Habits Promoted by Media + 3. Good Health and Well-Being =

Programs in schools, where children can teach from an early stage about healthy lifestyle. Trainings for parents about food, and how eating unhealthy can lead to health issues, and money waste on drugs and doctors. (Eating unhealthy and fast food can lead to: being overweight or obese, heart disease and stroke, tooth decay, high cholesterol, type-2 diabetes, high blood pressure etc).

Encourage kids in schools, and also parents to keep food logs.

Help of Local Media to promote Local Farmers with fresh fruits and vegetables.

IDEA 3: Transfer of Traditions Oral and Written + 4. Quality Education =

Elder people should make an audio copy for public use, videos and photos of traditional crafts. Set up schools for jobless people where they could learn about traditional crafts and try to make them on their own (with EU founds if possible) or to get hire on local small factories.

IDEA 4: Social Kitchen + 2. Zero Hunger =

NO FOOD WASTE: All big Companies which have canteens, Restaurants and all people should not waste (Throw away) food, and donate everything to social canteens. (In Romania most of people throw away food – There is no balance, some throw away so much food while others don't have what to eat). Or EU should implement a programme to tackle the phenomenon of food waste.

IDEA 6: Creating Web Markets for selling Farmers Products + 1. No poverty =

All people should be involved in promoting local farmers products and crafts. Online markets could help communities to sell their products, Crafts & Handmade Items, Baked Goods, Breads, Jams, People could Resale Items (New or Vintage) and donate money for different campaigns.

IDEA 5: Apps to combat Sedentarism + 8. Decent work and economic growth =

Use of Smartwatches and smartphones with sports applications, and monitoring your daily activity (with alarms and warnings if you don't reach 5000steps/day). Companies should choose teambuildings with interactive games for all employees, exercise at work, interactive breaks, short walks after lunch.

IDEA 7: Combat Self Medication + 3. Good Health and Well-Being=

Programmes, trainings, and Applications where people should learn how to use medication, and not use medication (Rx – are only prescribed medication) without medical guidance. Proper health education should be given by pharmacists to all patients. Health professionals have to spend some extra time in educating patients regarding the same. Improved knowledge and understanding about self-medication may result in rationale use and thus limit emerging microbial resistance issues. (Because of use of too many antibiotics, It seems that in 2050 antibiotics will have no effect on bacterial infections, and more people will die).

IDEA 8: Affordable housing + 9. Industry, innovation and infrastructure =

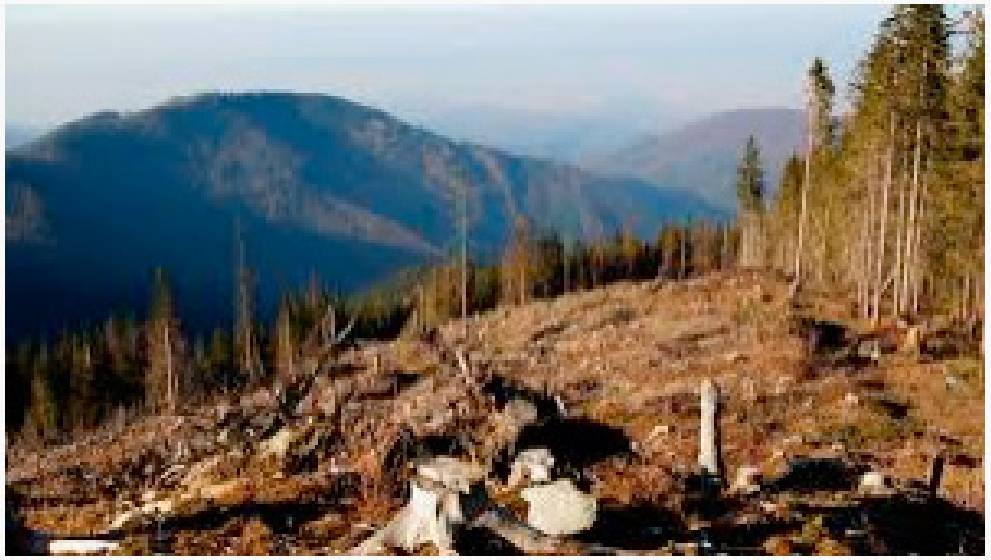
Subsidies (grants) for young people, achievement of simple, modular constructions with environmentally friendly materials. For this constructions it should be used Low-Cost, Renewable Local Materials, Set Up Solar Panels for less electricity and water costs (Minimizing resource wastage).

IDEA 9: Prohibiting the deforestation + 7. Affordable and clean energy / or 15. Life on Land =

Subsidies (grants) for young people, achievement of simple, modular constructions with environmentally friendly materials. For this constructions it should be used Low-Cost, Renewable Local Materials, Set Up Solar Panels for less electricity and water costs (Minimizing resource wastage).

IDEA 10: Promotion of Healthy eating habits among different age groups + 3. Good Health and Well-being =

Promoting healthy diets through nutrition educational changes in the food environment, public awareness campaigns, encourage people to eat fresh fruits and vegetable from small farmers.



Illegal logging in Romania overwhelms ...

IDEA 11: Promoting youth volunteering among the communities + 13. Climate Action =

Volunteer programs, where all people from small communities to big cities should all meet together, to collect the garbage dumped on the streets and also plastic. Volunteers should teach also all people how to collect trash. Also Media could help, with commercials, and educational movies. All volunteers to replant missing trees. All of us together we can do greater things for the nature.

IDEA 13: Fometing female talent + 5. Gender Equality or / (4) Quality Education =

Promotion of women in key positions, with same salary and benefits as men.

IDEA 15: Collecting rain water for in-house consumption + 6. Clean Water and Sanitation =

Direct rainfall, street harvesting and roof harvesting for reducing domestic water use and protecting our homes and the land surrounding it. For example A water catchment system for roof rainwater could be simple, and can store water for outdoor irrigation.

IDEA 12: Creation of "virtual friendly community" to support everyone at home + 11. Sustainable cities and communities =

Creating different ''virtual'' groups for everyone classified by hobbies, professions, tastes, students, etc and create values through the exchange between members by sharing suggestions or advice or simply by discussing a topic.

*The virtual community could communicate regularly with students, and provide opportunities for them to collaborate with peers.

*Live Weekly or daily Webinars hold by pharmacists, where they teach the community how to use and how not to use medication.

*Hold Live Webinars for news regarding communities, different opportunities, job offers or volunteer programs.

*Virtual classroom, where children could talk with their teacher and colleagues, about homeworks, or things that they do not understand.

*Live Weekly or daily Webinars hold by pharmacists, where they teach the community how to use and how not to use medication.

SDG Idea Pairing by Gheorghe Duta

IDEA 1: Promoting youth volunteering among the communities + (17) Partnerships for the goals =

Meetings between generations, volunteering actions with different partners, company, schools, associations.

IDEA 2: Creation of an app with reliable information on symptoms, means of action and medication + (3) Good health and well-being =

Creation of medical monitoring devices, applications on mobile phones.

IDEA 3: Combat self medication + (4) Quality education =

Medical caravans in communities, school programs with information to promote a healthy lifestyle, involvement of doctors, pharmacists to combat self medication without guidance.

IDEA 4: Prohibit the deforestation + (7) Affordable and clean energy =

Volunteering actions in communities with afforestation, information leaflets, educational movies, implementation of EU projects.

IDEA 5: Apps to combat sedentarism + (8) Decent work and economic growth =

Smart watches and telephones with sports applications, team buildings for employee, interactive breaks, exercises at work.

IDEA 6: Keeping talent in small villages + (11) Sustainable cities and communities =

Creation by public administration, associations, organized groups of conditions to highlight traditions, cultural heritage, attracting and ensuring conditions for young people to return to rural areas, creation of tourist attractions and jobs.

IDEA 8: Keeping popular traditions knowledge + (4) quality of education =

Thematic travelers for all ages with a traditional character, customs, creation of equal school programs for all, preservation and capitalization through staging, architectural reconsolidations, wearing folk costumes, folk and culinary art.

IDEA 10: Environmental sustainability + (6) Clean water and sanitation =

Expansion of sewerage and water systems in conditions of limited resources, construction of water treatment.

IDEA 7: Fomenting female talent+(4) Quality education=

Promotion in Jobs (in key positions), gender equality, nonviolence, promotion and encouraging of talents, the right to study freely.

IDEA 9: Affordable housing + (9) Industry, innovation and infrastructure =

Subsidies (grants) for young people, realization of simple, modular constructions with environmentally friendly materials

IDEA 11: Bad eating habits promoted by media + (12) Responsible consumption and production =

Promotion in Jobs (in key positions), gender equality, nonviolence, promotion and encouraging of talents, the right to study freely.

IDEA 12: Social kitchen + (1) No poverty =

Partnership between public administration and companies to reduce poverty in communities

IDEA 13: Creation of personalized online assistance service + (3) Good health and well being =

Partnership between public administration and companies to reduce poverty in communities

IDEA 14: Platform managed by a multidisciplinary team to promote health literacy + (11) Sustainable cities and communities =

Teachers, civil servants with the possibility to access necessary learning resources on health to support distance activities with students, employees, digital tools with which such resources can be developed, collaborative learning platforms, adapted to the context of the class of students (and school-level resources), but also useful tools for communication and distance collaboration.

IDEA 15: Create conditions for medical staff to stay in rural areas + (16) Paix, justice et institution eficaces =

Programs for medical staff, building apartments, transport machines, purchase of medical devices.

SDG Idea Pairing by Tania Gabor

IDEA 1: Keeping popular traditional knowledge + 9. Industry, Innovation and Infrastructure =

Creating workshops where tourists can learn the ceramic art from Romania and sell the products resulted.

IDEA 3: Bad eating habits provided by media + 17. Partnerships for the goals =

Taxing junk food to counter obesity in all countries.

IDEA 6: There exists a social feeding centre (soup kitchen) + 13. Combat climate change =

Providing social feeding centers with aliments from the local farmers.

IDEA 2: Basic services for companies + 1. No poverty =

The government can provide free basic services for companies with the condition of re-directing at least 2% of their tax to associations which help children without financial possibilities.

IDEA 4: Apps to combat sedentarism + 6. Clean water and sanitation =

Organizing volunteering activities to clean up a body of water (river, lake, etc.) near villages, cities and monitor the number of steps made during the activity by using phone apps.

IDEA5: Creation of a personalized online assistance service + 3. Good health and well-being

Creating apps to help chronic patients to monitorize their disease and get a medical advice when needed.

IDEA 7: There exists a social feeding centre (soup kitchen) + 13. Combat climate change =

Governments should reduce the number of over-the-counter drugs to avoid the spread of self-medication side effects.

IDEA 8: Create conditions for medical stuff to stay in rural areas + 8. Decent work and economic growth =

We can keep medical stuff in rural areas by increasing the access to resources for diagnostics, prevention and curative purposes and by developing transportation and communication systems and infrastructure.

IDEA 9: Promotion of healthy eating habits among different age groups + 12. Responsible consumption and production =

Schools can have their own garden where children can learn how to grow fruits and vegetables and the canteens can use those aliments for children's meals.

IDEA 10: Mental healthcare app + 5. Gender equality =

Creating group supports for women who suffered of domestic abuse.

IDEA 11: Prohibiting the deforestation + 15. Life on land =

Schools can create planting trees activities.

IDEA 12: Creation of "virtual friendly communities" to support everyone at home + 4. Quality education =

Creation of online groups for people suffering of the same disease in which should be included also specialized doctors who can offer medical advices to the people.

IDEA 13: Collecting rain water for in-house consumption + 11. Sustainable cities and communities =

Houses can be equipped with solar panels to use solar energy for in-house consumption.

IDEA 14: Environmental sustainability + Life below water =

Prevent hotels development near wild beaches (to avoid habitat destruction, range loss and species loss).

IDEA 15: Promoting youth volunteering among the communities + 1. Eradicate poverty =

Youth can build houses for people in need with the money and materials obtained from sponsorship.

SDG Idea Pairing by Anabela Caeiro

IDEA 1: Fomenting female talent + Sustainable cities and communities

- Creation and dissemination of a European Network ''Be a Woman'', where there are no taboos or prohibited themes.

- Creation of Local Plan for Equality with transversal methodologies and with the support of the local agents (public, privet, associations and solidarity institutions).

- Carry out training in schools and institutions where female entrepreneurship is promoted in line with sustainability issues.

IDEA 2: Keeping popular traditional knowledge + Industry, information and infrastructure

- Create a research and development hub, where tradition and innovation come together. Reinforce the study of existing traditions and define methodologies for their development and internal and external promotion.

- Make an exhaustive survey of intangible heritage in our territory. This survey would be available to all entities (companies, infrastructures) so that, based on sustainability and safeguarding of our traditions, they can create innovative products/services without ever forgetting their roots.

IDEA 3: Affordable housing + Reduced inequalities

- Develop a Local Housing Strategy to define concrete actions to promote affordable rentals for households with socio-economic vulnerability and young households (early in life).

IDEA 4: Environmental Sustainability + Quality education

• Implementation of a mandatory course, during school education, within the 25% the responsibility of the local municipality, named ''Caring for my World, begins to take care of my land''.

• Definition of an action plan based on the promotion of environmental sustainability together with the schools and delineated through the National Plan for Citizenship Education.

• Awareness-raising actions at all levels of education. Extension of the use of Waldorf Pedagogy.

IDEA 6: Collecting rain water for in-house consumption + Sustainable cities and communities

• The municipality should create infrastructures for the treatment and of rainwater, sensitizing the communities to the theme.

IDEA 5: Creating web-markets for selling farmer products + Responsible consumption and production

• Creation of a community and social project in which beneficiaries of social aid can produce, prepare and sell local products online and in local markets. Promoting circular economy.

• Creation of an online sales platform for local producers.

IDEA 7: Prohibiting the deforestation + Industry, innovation and infrastructure

• Support the maintenance and creation of stock exchanges or others, for the preservation of local biodiversity, with a focus on biotechnology and innovation of products, by-products and surpluses.

• Together with University of Évora, creating an Action Plan for the extending of knowledge and preservation of local biodiversity, with a focus on biotechnology.

• Creation of financial incentives for farmers who invest in sustainable and indigenous agriculture.

IDEA 8: Combat self-medication + Gender equality

• Create an informative/formative plan on the harms of self-medication transversal to different age groups.

• Creation of multidisciplinary teams that focus on rural communities to raise awareness about the problems of self-medication, as well as disseminating the media to support victims of domestic violence.

IDEA 9: App to upload humour status, daily, to analyse mental health of a community + Quality education

• Promote technologies, such as smart watches, that could register and monitor the humour status and health status of students, based on different parameters, to study the relation between those parameters and school grades.

• Creation of an app that allows citizens to ''upload'' their daily mood level in order to measure the overall mood of the population daily – an indicator related to mental health. This measurement should allow specialists to generate an index of ''community happiness'', which should be published daily.

IDEA 10: Platform managed by a multidisciplinary team to promote healthcare literacy + Decent work and economic growth

• Creation of an online platform managed by a multidisciplinary local team to promote local literacy. This platform should promote informative and formative issues and encourage people to know more about different and important themes, on a day to day basis, such as healthcare, sustainability, what to do in emergency situations... This could be done by publication of articles, webinars, response to different questions on a chat. Reducing illiteracy, it is hopefully possible to ensure decent work and economic growth.

IDEA 11: Creation of an online platform "Breastfeed How?" to support mothers breastfeeding + Partnerships for the goals

• Creation of an online platform dedicated to breastfeeding, for simplified and personalized use by the newly mothers – partnership between the municipality the Community Care Unit (UCC Almoreg) and the University of Évora.

IDEA 12: Creation of "Virtual Friendly Community" to support everyone at home + Life on land

• The ''Virtual Friendly Community'' should be able to promote a better life on land, giving ideas and helping people to live happily respecting biodiversity.

IDEA 14: Promotion of health eating habits among different age groups + Climate action

• Carry out awareness-raising actions and promotion of the Mediterranean diet and its importance in environmental sustainability.

IDEA 13: Create conditions for medical staff to stay in rural areas + Responsible consumption and production

• Creating a Responsible consumption and production plan should help the municipality reinforcing a strong circular economy so that we could create batter conditions for the community in general, but particularly for medical staff to stay in rural areas with a better quality of life, and promoting a batter quality of life for all.

IDEA 15: Promoting youth volunteering among the communities + Life below water

• Create a youth volunteer scholarship, properly regulated, and whose actions (training and information/action in the community) apply to the theme of the environmental sustainability. More specifically, to Lake Alqueva and the local biodiversity related to it.

• Promote the participation by institutions in ERASMUS+ projects with a focus on sustainability.

SDG Idea Pairing by Victoria Ramos

IDEA 1: ...NO POVERTY.

Care and Alimentation

IDEA 3: ...GOOD HEALTH AND WELL-BEING.

Low sanitary education. Foment medical preventive education. Creation of a personalized online assistance service. Support for medical staff in rural areas

IDEA5: ...GENDER EQUALITY

Fomenting female talent, more women in STEM disciplines

IDEA 6: ...CLEAN WATER AND SANITATION

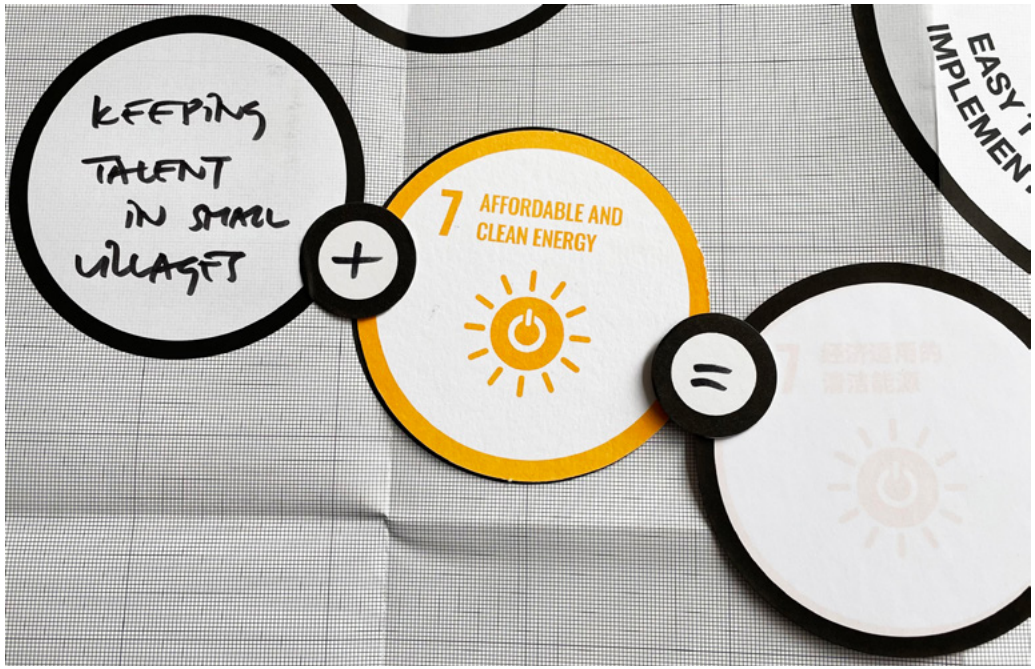
Optimize clean water uses. Collecting rain water for in-house consume

IDEA 2: ...ZERO HUNGER.

Limit alimentation resources. Social feeding centre. Mediterranean diet. Healthy eating habits

IDEA 4: ...QUALITY EDUCATION

Improvement in education to children. Keeping talent in small villages



IDEA 7: ...AFFORADABLE AND CLEAN ENERGY

Mark pollution issues. Environmental sustainability

IDEA 8: ...DECENT WORK AND ECONOMIC GROWTH

Give value to traditional knowledge. Fix population. Monitorization of processes.

IDEA 9: ...INDUSTRY, INNOVATION AND INFRASTRUCTURE

Infrastructure for rural areas. Technology

IDEA 10: ...REDUCED INEQUALITIES

More opportunities. Affordable housing

IDEA 11: ...SUSTAINABLE CITIES AND COMMUNITIES

Intergenerational teamwork. Keeping popular traditional knowledge. Support microfarms

IDEA 12: ...RESPONSIBLE COMSUMPTION AND PRODUCTION

Cooperatives and technologies for creating web-markets

IDEA 13: ...CLIMATE ACTION

Agriculture traditional knowledge

IDEA 14: ... PEACE, JUSTICE AND STRONG INSTITUTIONS

Public initiatives. Transfer of traditions.

IDEA 15: ... PARTNERSHIP FOR THE GOALS

Private and public financed solutions. Youth volunteering among the communities

IDEA 16: ... LIFE ON LAND

Agriculture knowledge transfer. Bio farming

MELTIC WORKSHOP

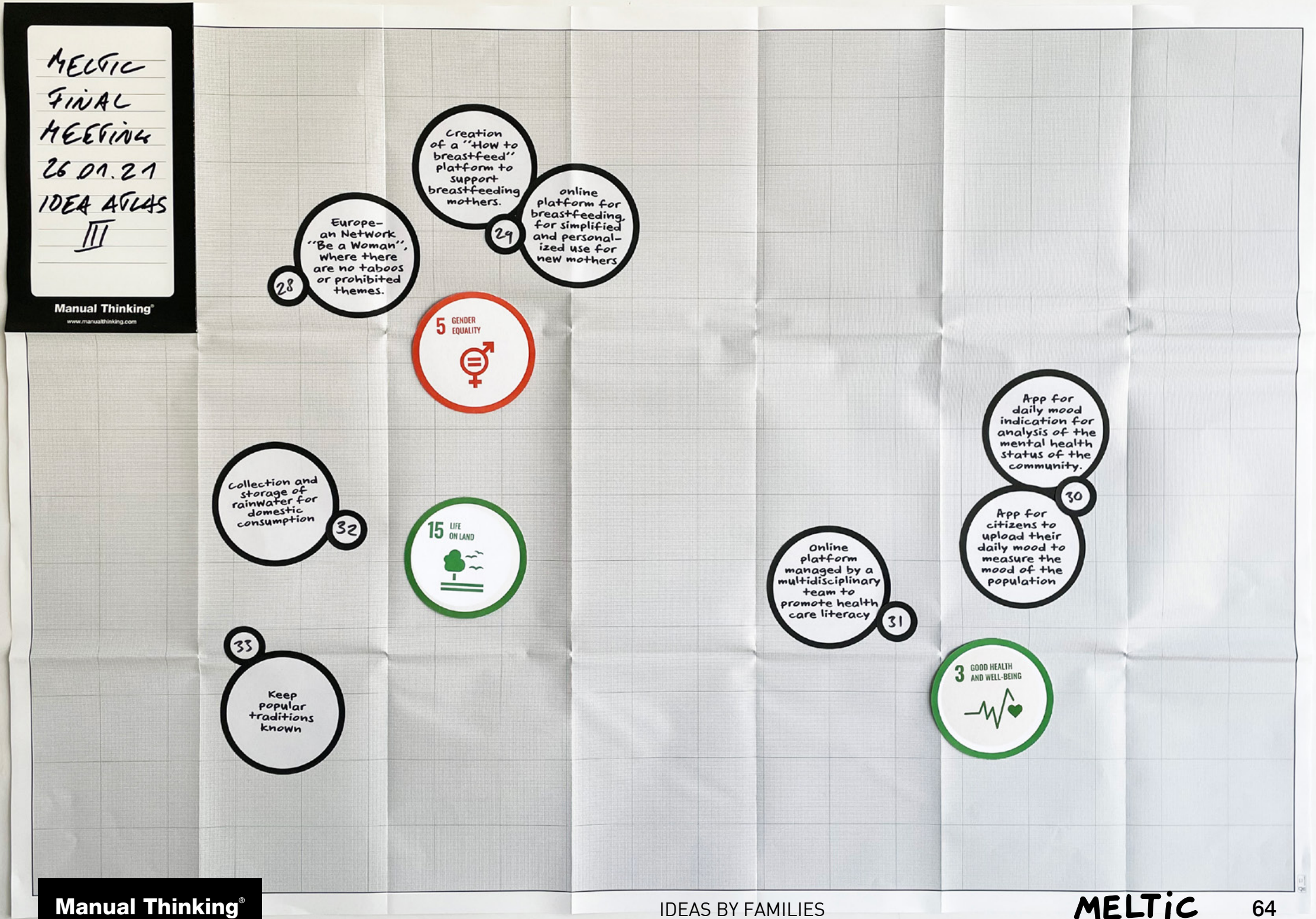
Favourite Ideas by Families

Each participant is asked to write down their 3 favourite ideas of the previous workshop sessions and assignments.

The resulting selection of ideas is organized by families of similarity, and grouped around the **Sustainable Development Goals**

MELTIC
FINAL
MEETING
26.01.2021
IDEA ATLAS
I
Manual Thinking
www.manualthinking.com
1
Creation of electric ambulance
2
Medical caravans in communities, healthy lifestyle promotion involving doctors & pharmacists.
LOCAL HEALTHCARE & EDUCATION
3 GOOD HEALTH AND WELL-BEING
9
Combat Self Medication
3
Creation of a personalized online assistance service
4
Create "friendly" and easy communication tools between Healthcare and community
3 GOOD HEALTH AND WELL-BEING
8
Programs, trainings & apps to learn how to use medication with medical guidance.
6
Local APP for health habits
Screening for health prevention
7
5 GENDER EQUALITY
Foment female talent. STEM disciplines
10
5
Teach how to prevent forestation, plant trees, use less and recycle more paper & cardboard.
12 RESPONSIBLE CONSUMPTION AND PRODUCTION
12
Sanitary education. Foment medical preventive education.
13
Improvement in education for children.
4 QUALITY EDUCATION
11
Volunteer programs, meetings and media commercials to collect trash from streets.

MELTIC
FINAL
MEETING
26.01.2021
IDEA ATLAS
II
Manual Thinking
www.manualthinking.com
2 ZERO HUNGER
15 Bringing generations together through food
14 Food education. Life style improvement
15 LIFE ON LAND
8 DECENT WORK AND ECONOMIC GROWTH
17 Lower taxes for bio products (to be affordable for everyone).
16 Creating Websites to help farmers to sell their products
15 LIFE ON LAND
18 Volunteer programs in schools to evolve interest for agriculture among young people.
19 Keeping talent in small villages
20 Create conditions for the medical class to be able to settle in rural areas
15 LIFE ON LAND
21 Fix population by providing communications and transport infrastructures
22 Infrastructure for rural areas. Technology, communications and transport Infrastructures
9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
24 Preserve local heritage by recording elder people's stories about traditions & local craft.
23 realize simple, modular constructions with environmentally friendly materials.
25 Architecture & art students volunteer programs to help restore & preserve traditional villages.
15 LIFE ON LAND
27 Encourage people from rural areas to make use of solar energy.
26 Meetings and volunteering actions between generations, partners, companies, schools, associations.
17 PARTNERSHIPS FOR THE GOALS
7 AFFORDABLE AND CLEAN ENERGY


MELTIC
FINAL
MEETING
26.01.21
IDEA ATLAS
III
Manual Thinking
www.manualthinking.com
Creation of a "How to breastfeed" platform to support breastfeeding mothers.
29
online platform for breastfeeding, for simplified and personalized use for new mothers
Europe-an Network "Be a Woman", where there are no taboos or prohibited themes.
28
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App for daily mood indication for analysis of the mental health status of the community.
30
App for citizens to upload their daily mood to measure the mood of the population
Collection and storage of rainwater for domestic consumption
32
15 LIFE ON LAND
Online platform managed by a multidisciplinary team to promote health care literacy
31
33
Keep popular traditions known
3 GOOD HEALTH AND WELL-BEING

1
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LOCAL HEALTHCARE & EDUCATION
3 GOOD HEALTH AND WELL-BEING

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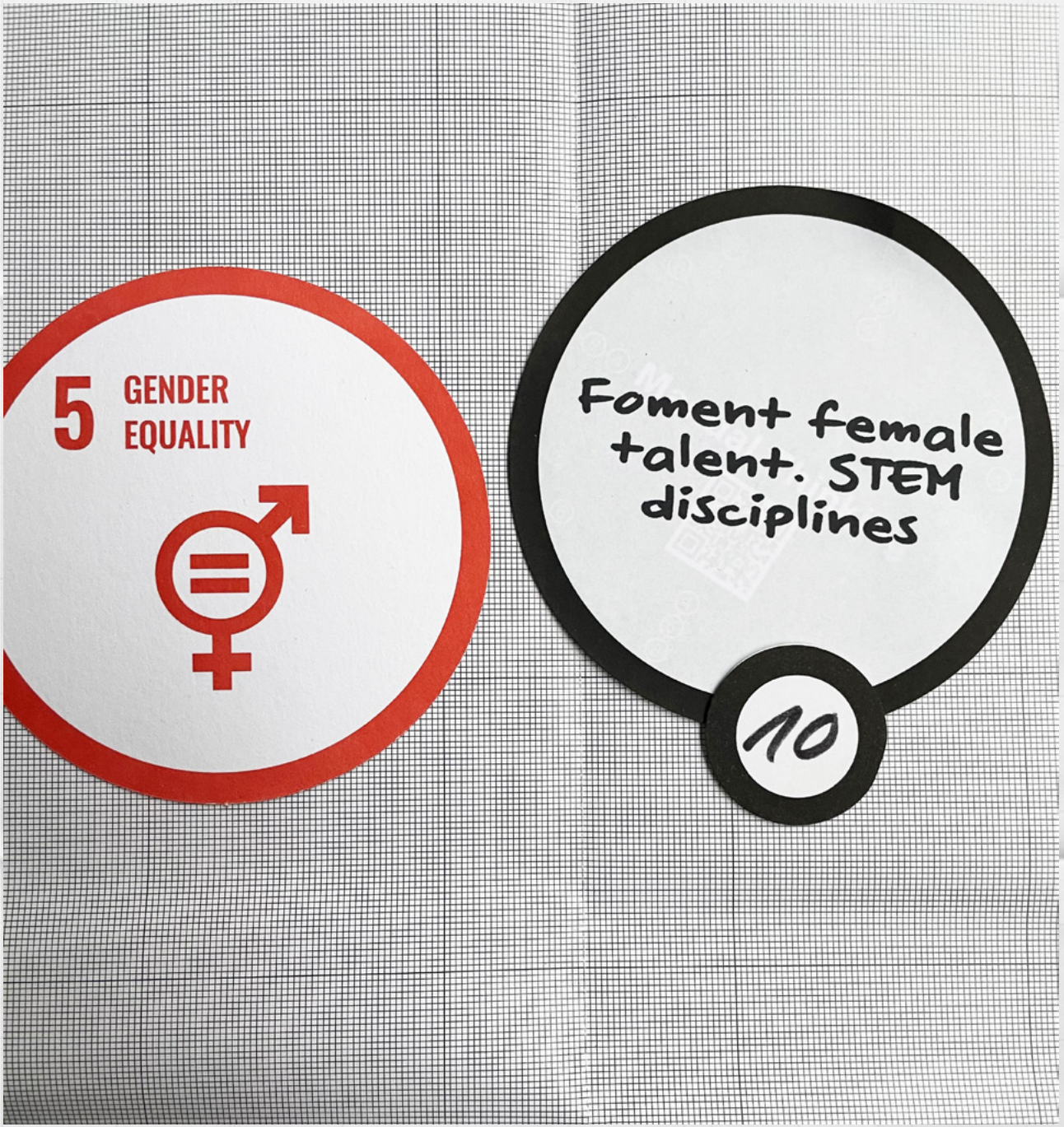
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GENDER
EQUALITY
Foment female talent. STEM disciplines
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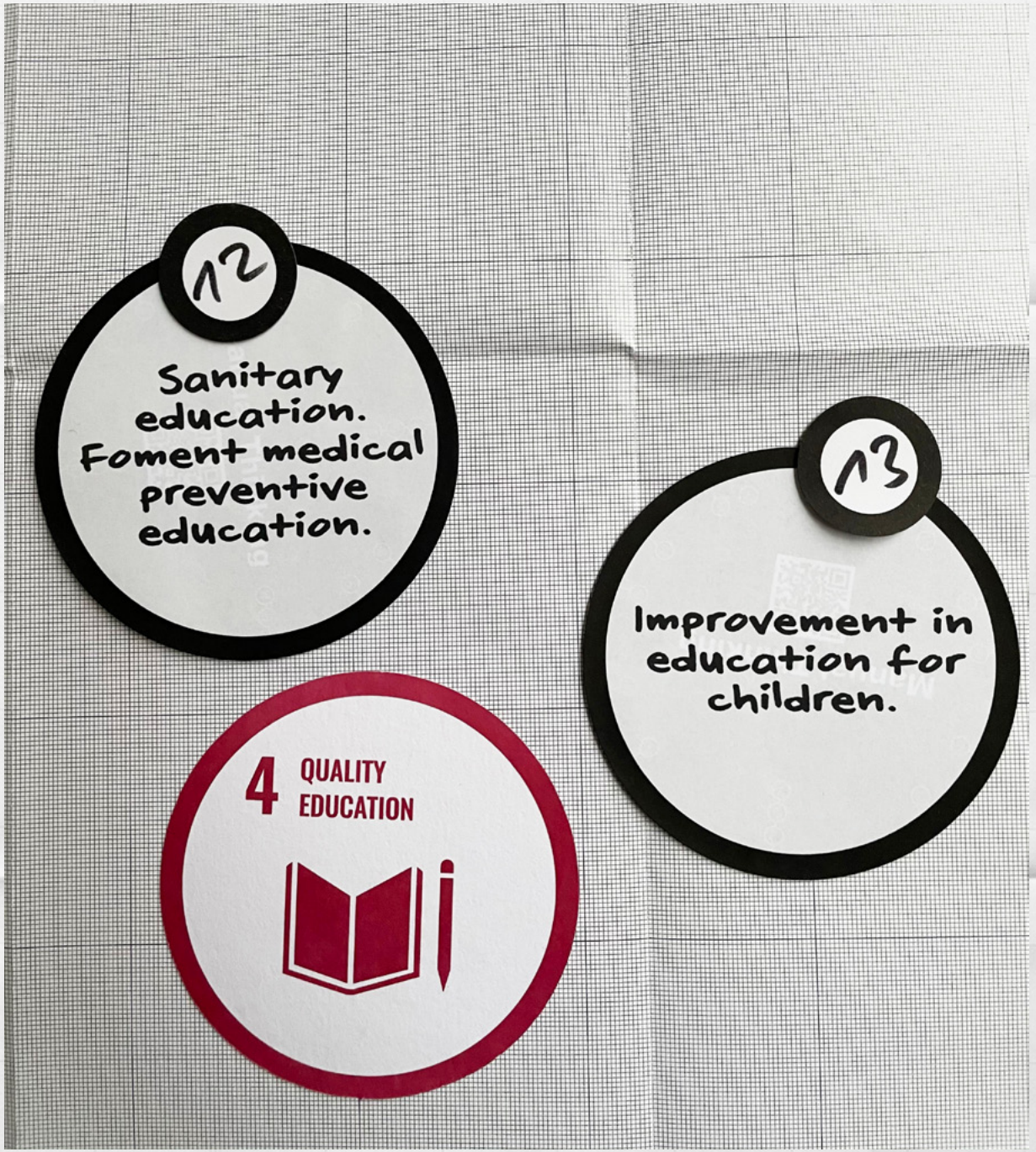
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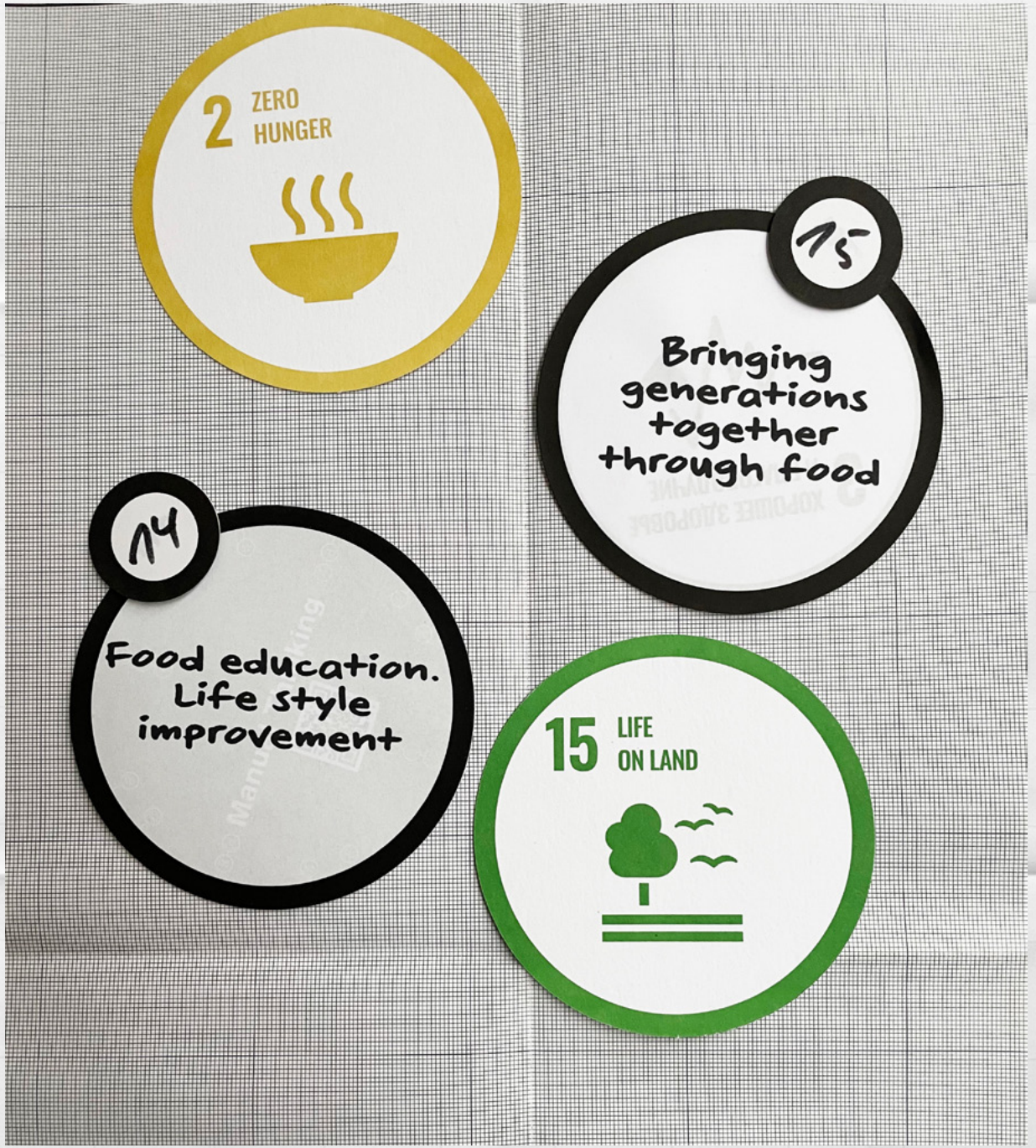
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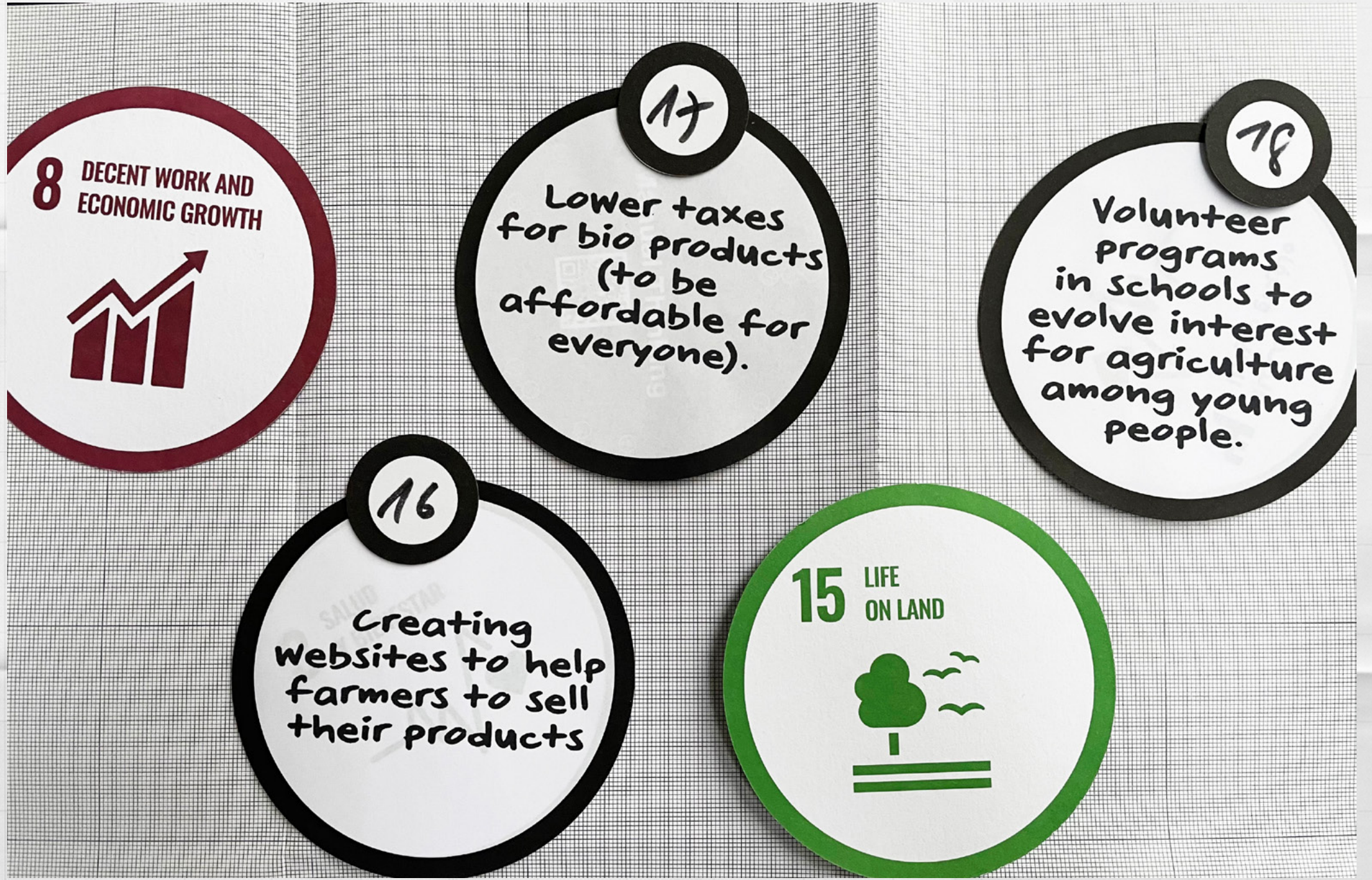
15
Bringing generations together through food
14
Food education. Life style improvement
15 LIFE ON LAND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16
Creating websites to help farmers to sell their products
15 LIFE ON LAND

19
Keeping talent in small villages
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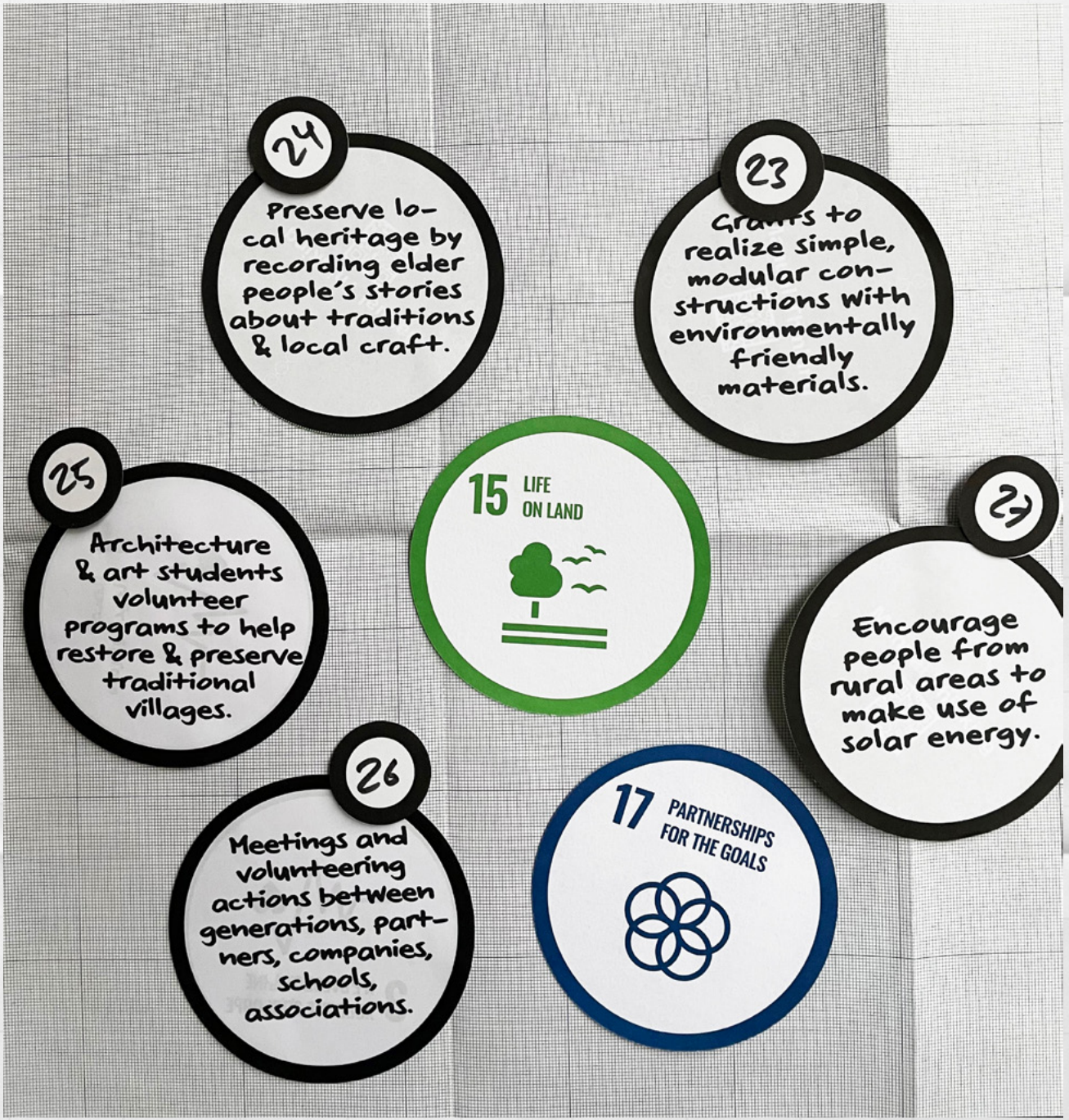
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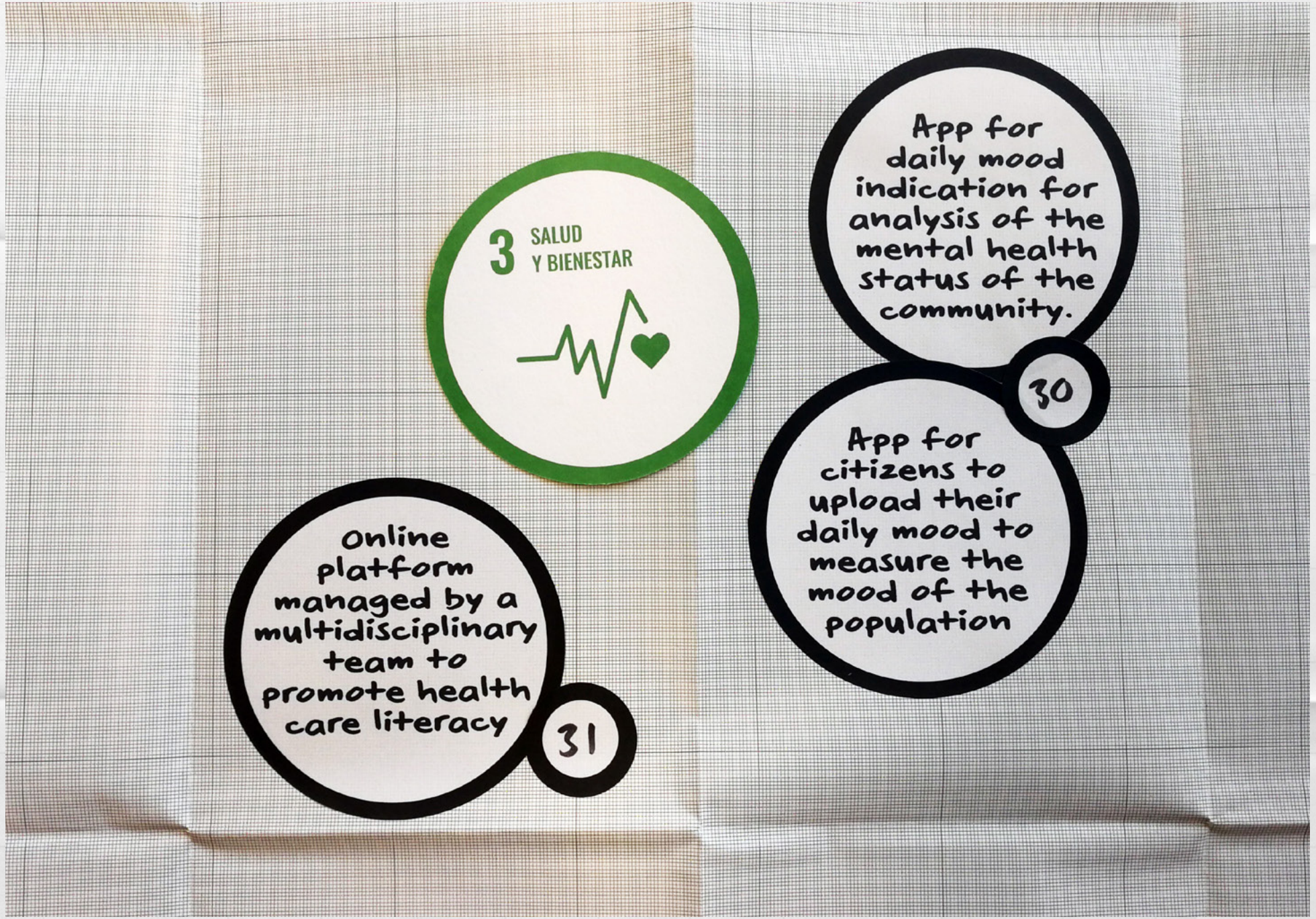

3 SALUD Y BIENESTAR
App for daily mood indication for analysis of the mental health status of the community.
30
App for citizens to upload their daily mood to measure the mood of the population
Online platform managed by a multidisciplinary team to promote health care literacy
31

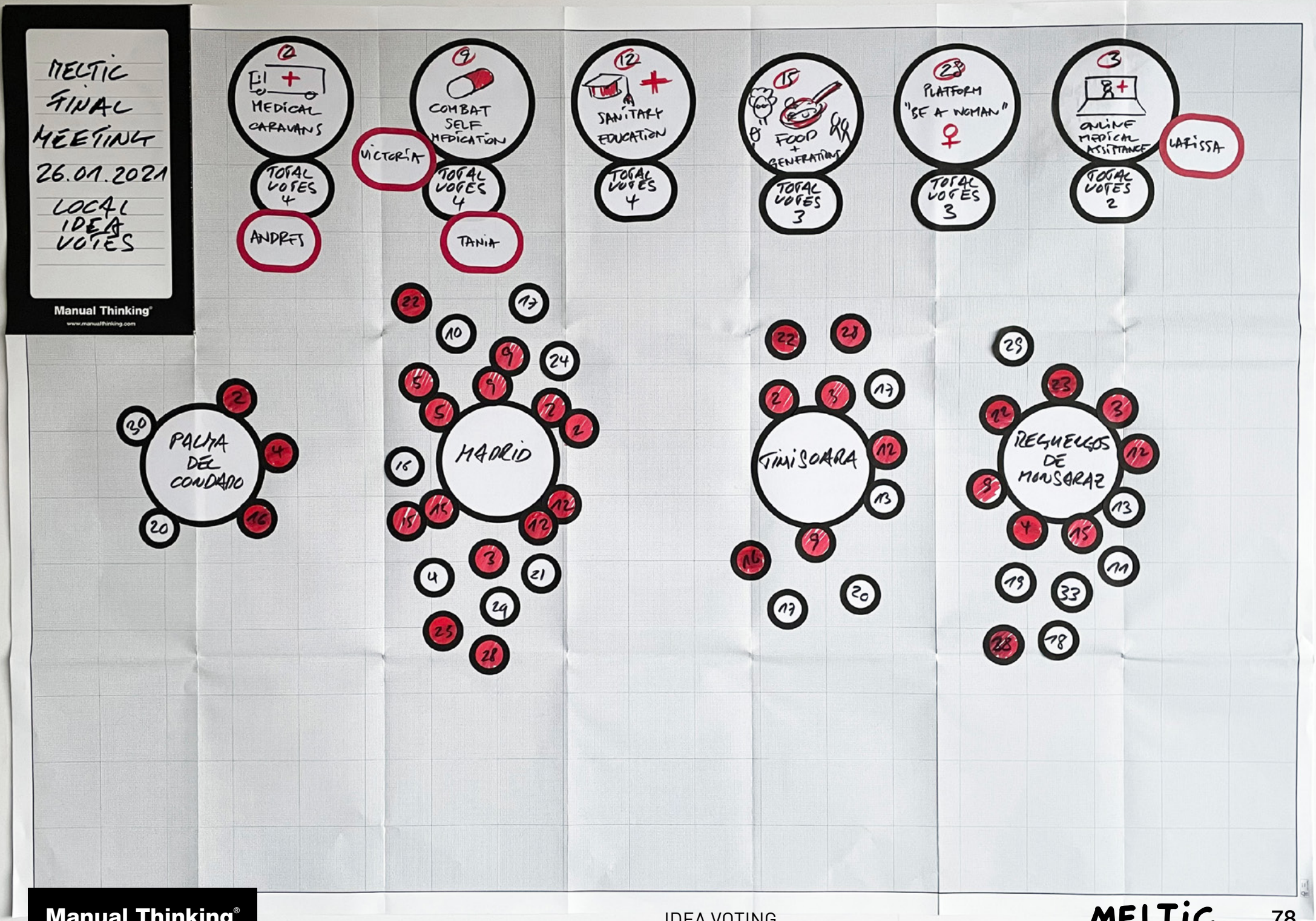
Collection and storage of rainwater for domestic consumption
32
15 LIFE ON LAND
33
Keep popular traditions known

MELTIC WORKSHOP

Idea Voting

In order to narrow down the selection of ideas, all participants are allowed to cast 5 votes to their favourite ideas of the previous maps.

The votes are casted by writing down and submitting their reference numbers, without influencing the other voters.

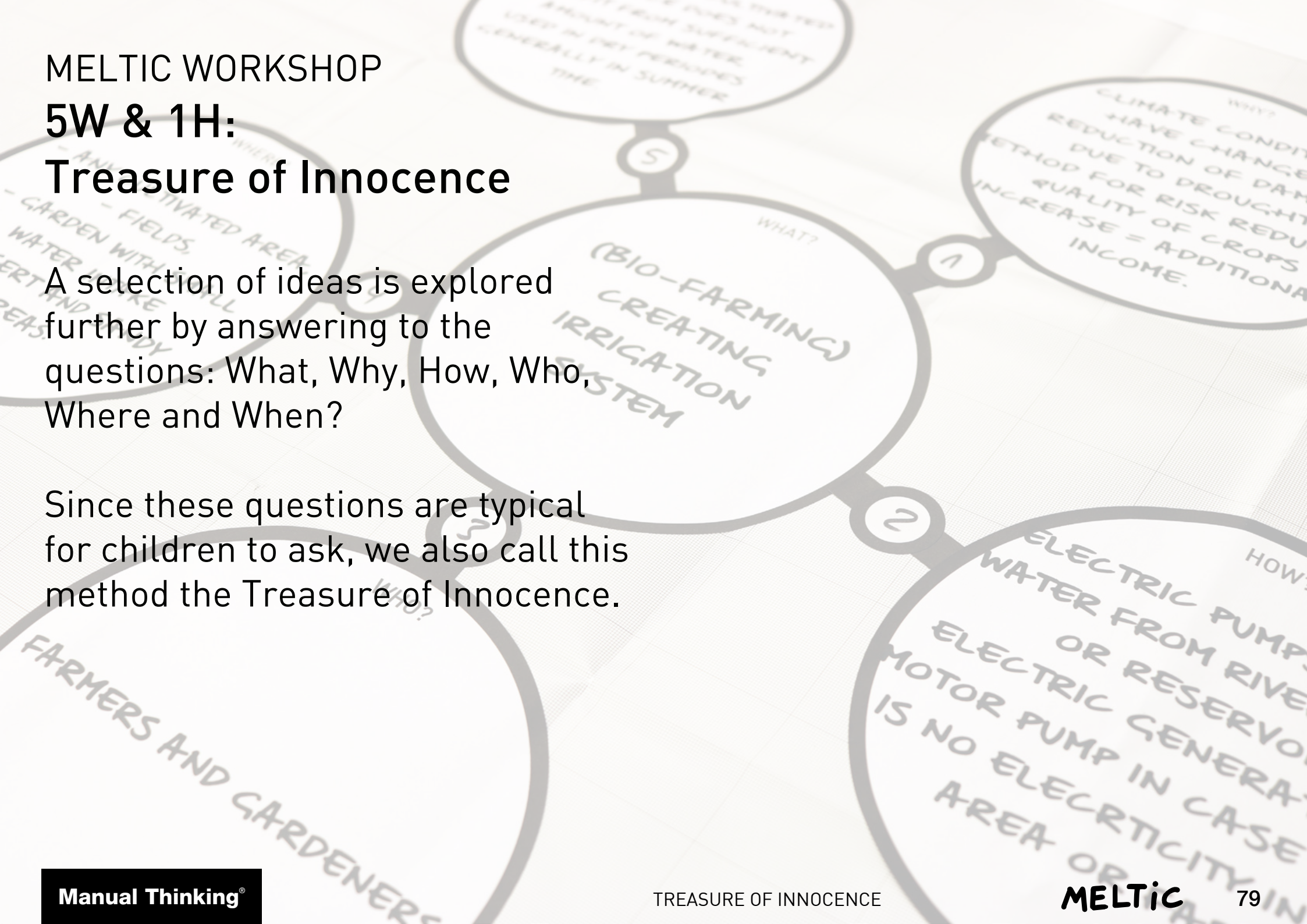

MELTIC
FINAL
MEETING
26.01.2021
LOCAL
IDEA
VOTES
Manual Thinking
www.manualthinking.com
MEDICAL CARAVANS
TOTAL VOTES 4
ANDREI
VICTORIA
COMBAT SELF MEDICATION
TOTAL VOTES 4
TANIA
SANITARY EDUCATION
TOTAL VOTES 4
FOOD + GENERATION
TOTAL VOTES 3
PLATFORM "BE A WOMAN"
TOTAL VOTES 3
ONLINE MEDICAL ASSISTANCE
TOTAL VOTES 2
LARISSA
PALMA DEL CONDADO
MADRID
TIMISOARA
REQUENA DE MONSARAZ

MELTIC WORKSHOP

5W & 1H:
Treasure of Innocence

A selection of ideas is explored further by answering to the questions: What, Why, How, Who, Where and When?

Since these questions are typical for children to ask, we also call this method the Treasure of Innocence.



MELTIC
FINAL
MEETING
26.01.2021
TREASURE
OF
INNOCENCE
I

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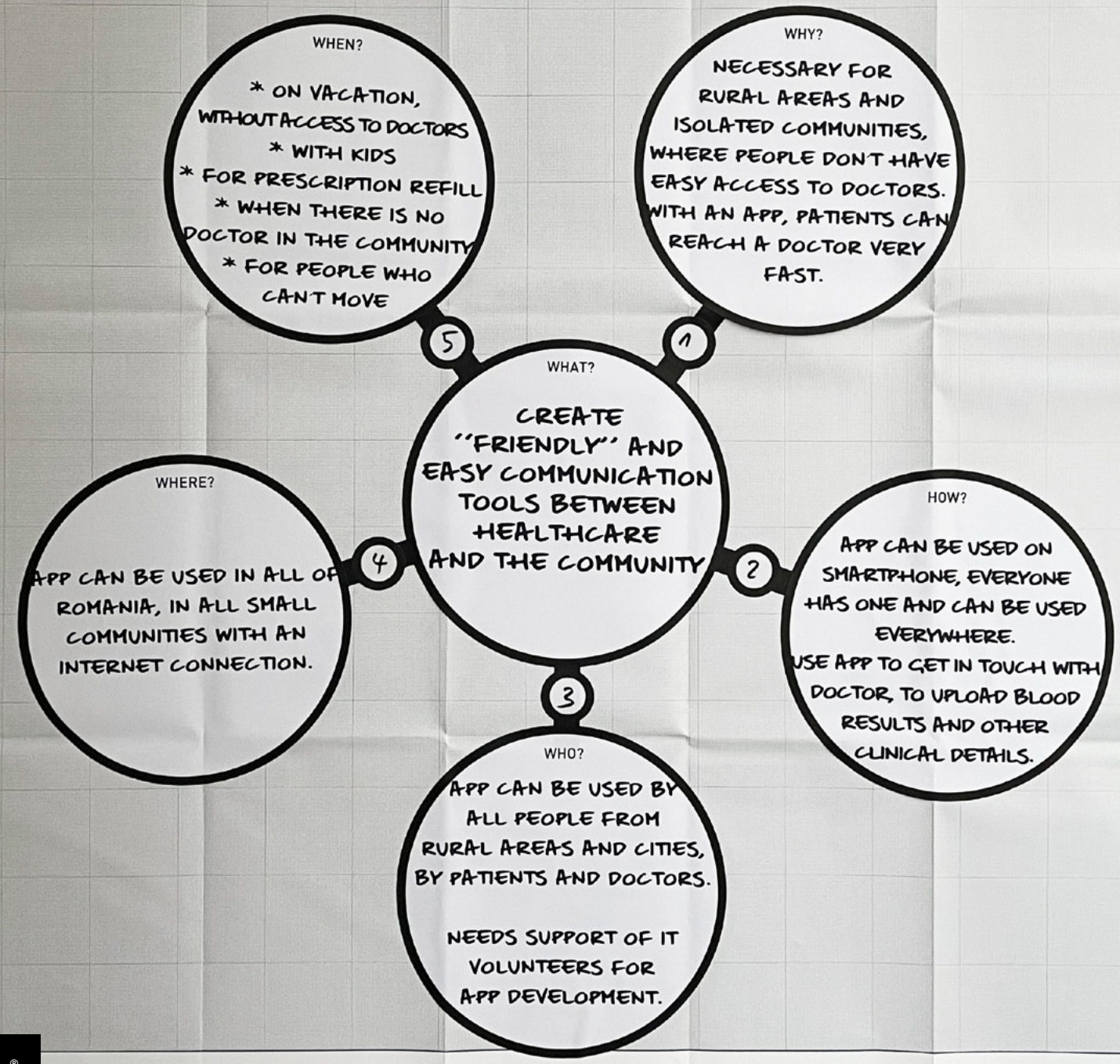

MELTIC
FINAL
MEETING
26.07.2021
TREASURE
OF
INNOCENCE
II

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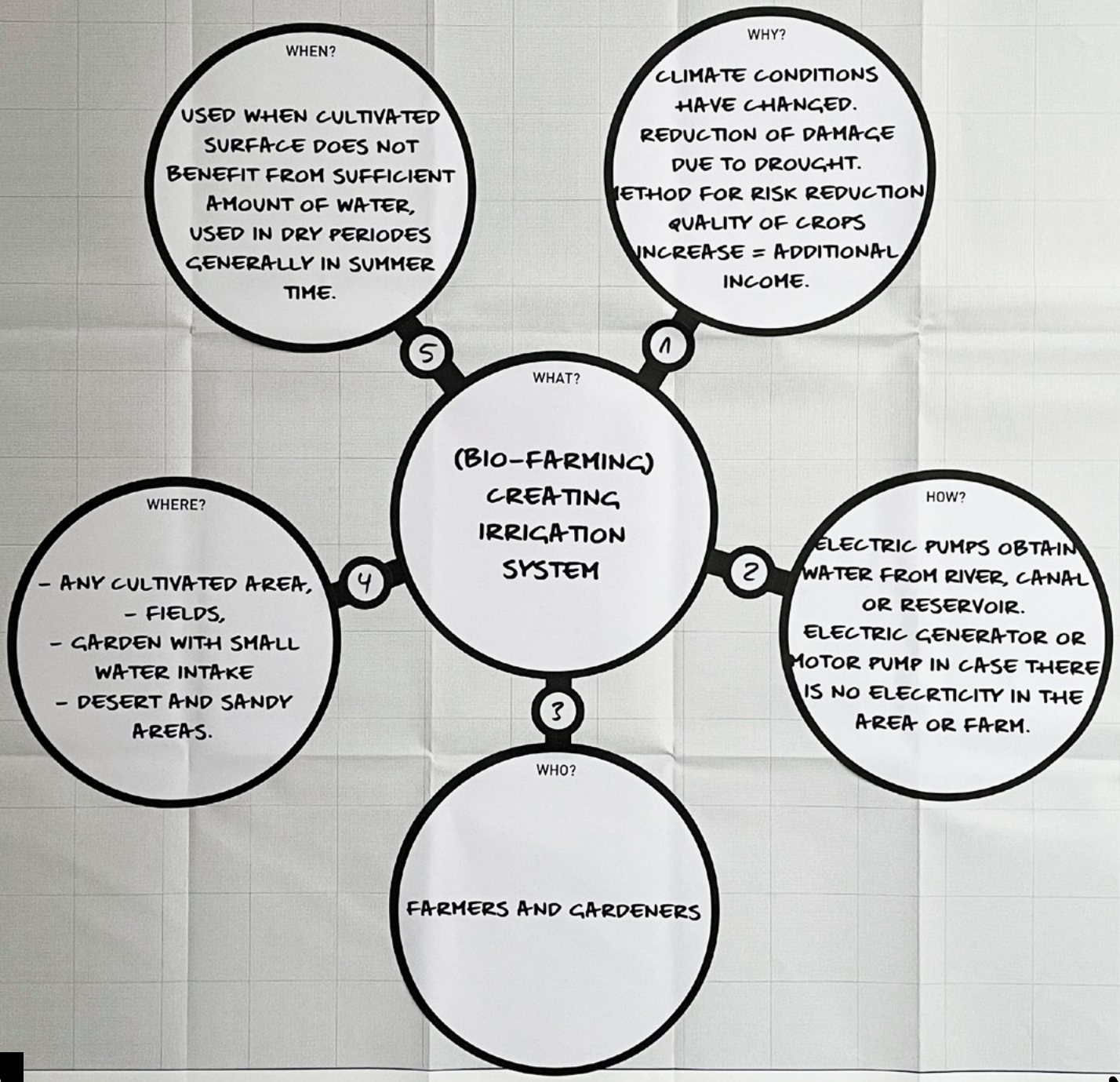

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FINAL
MEETING
26.01.2021
TREASURE
OF
INNOCENCE
III

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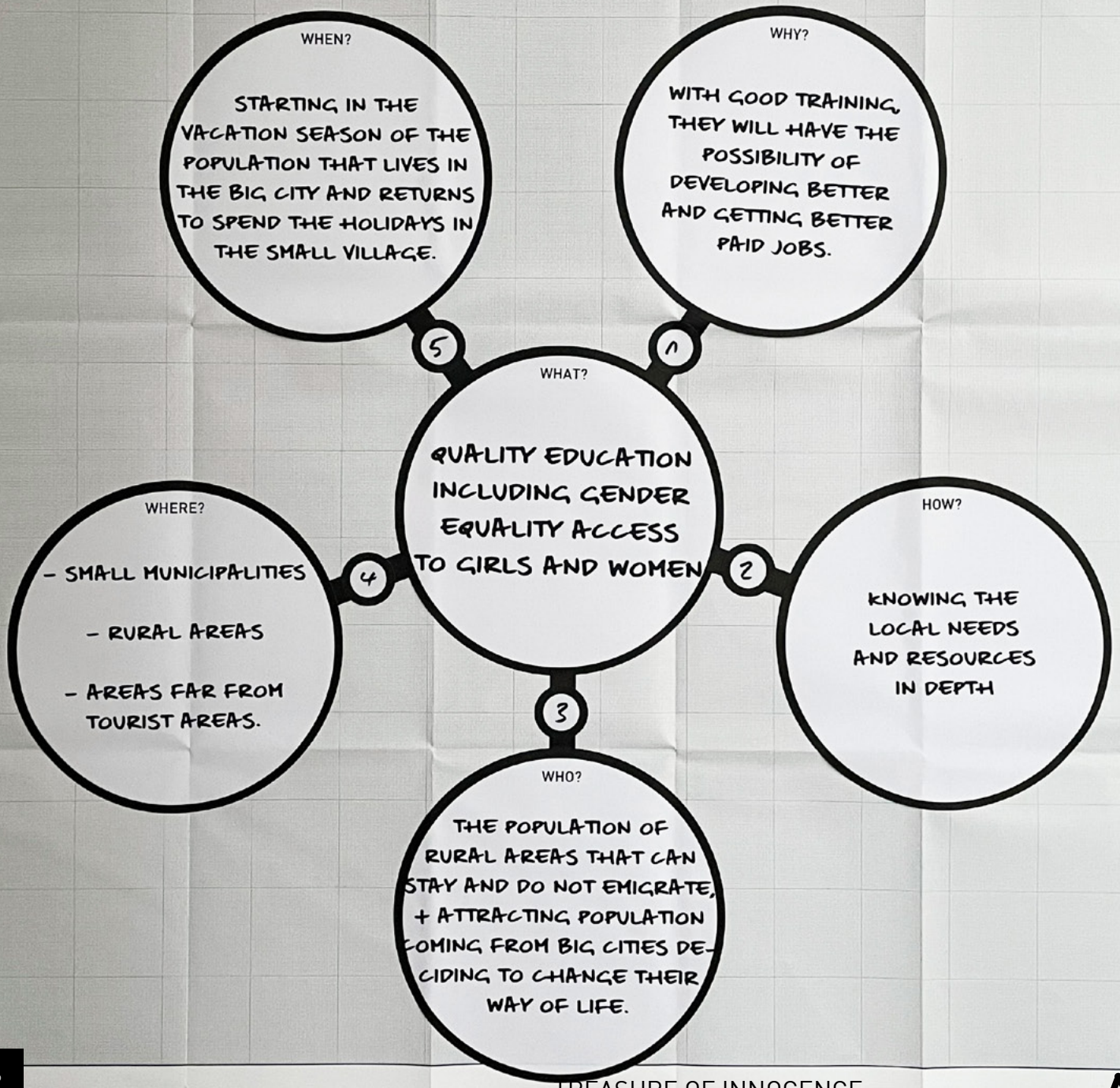

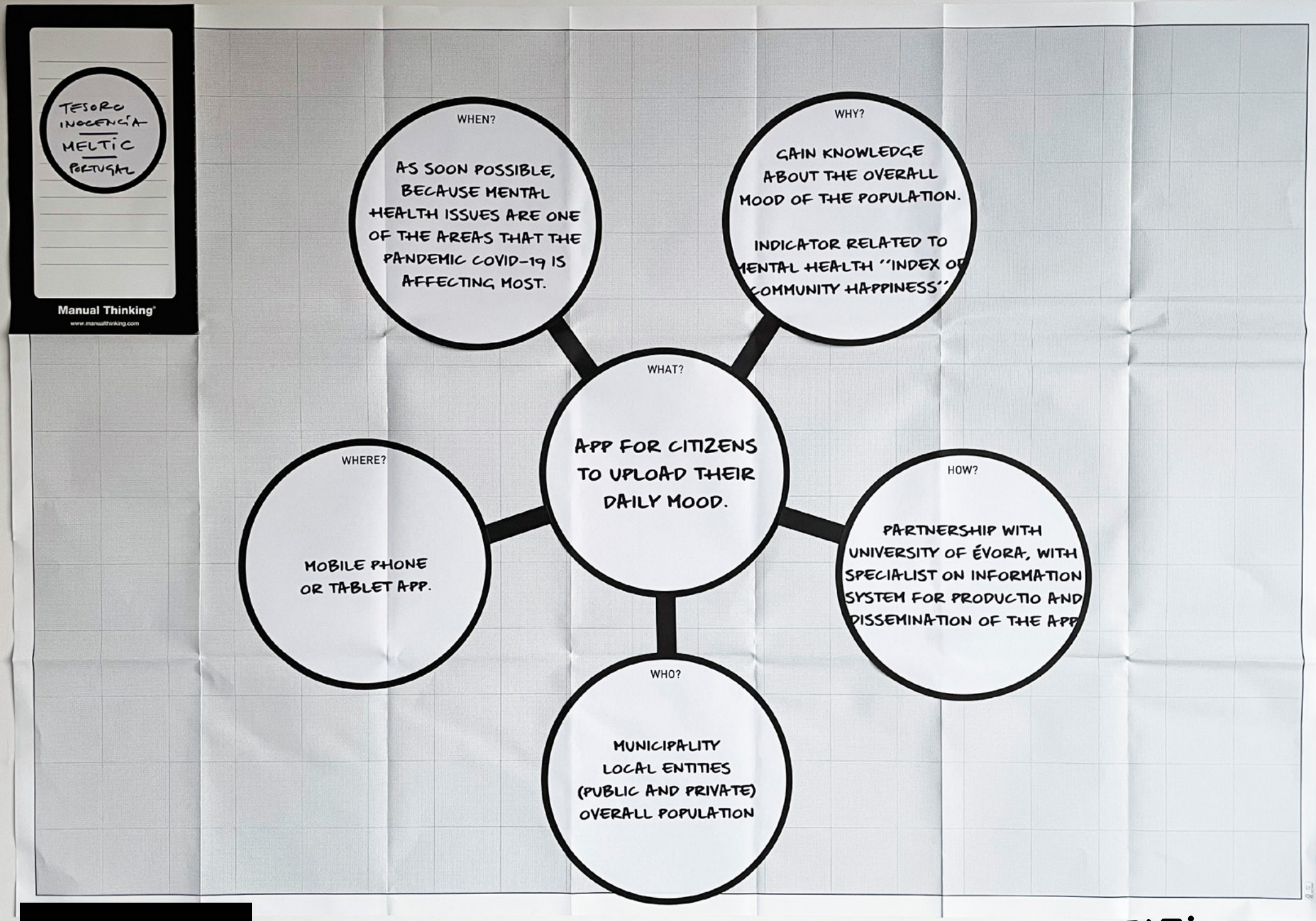
TESORO INOCENCIA
MELTIC
PORTUGAL
Manual Thinking
www.manualthinking.com
WHEN?
AS SOON POSSIBLE, BECAUSE MENTAL HEALTH ISSUES ARE ONE OF THE AREAS THAT THE PANDEMIC COVID-19 IS AFFECTING MOST.
WHY?
GAIN KNOWLEDGE ABOUT THE OVERALL MOOD OF THE POPULATION.
INDICATOR RELATED TO MENTAL HEALTH "INDEX OF COMMUNITY HAPPINESS"
WHAT?
APP FOR CITIZENS TO UPLOAD THEIR DAILY MOOD.
WHERE?
MOBILE PHONE OR TABLET APP.
HOW?
PARTNERSHIP WITH UNIVERSITY OF ÉVORA, WITH SPECIALIST ON INFORMATION SYSTEM FOR PRODUCTIO AND DISSEMINATION OF THE APP
WHO?
MUNICIPALITY
LOCAL ENTITIES
(PUBLIC AND PRIVATE)
OVERALL POPULATION

MELTIC FINAL MEETING 26.01.2021 TREASURE OF INNOCENCE VI

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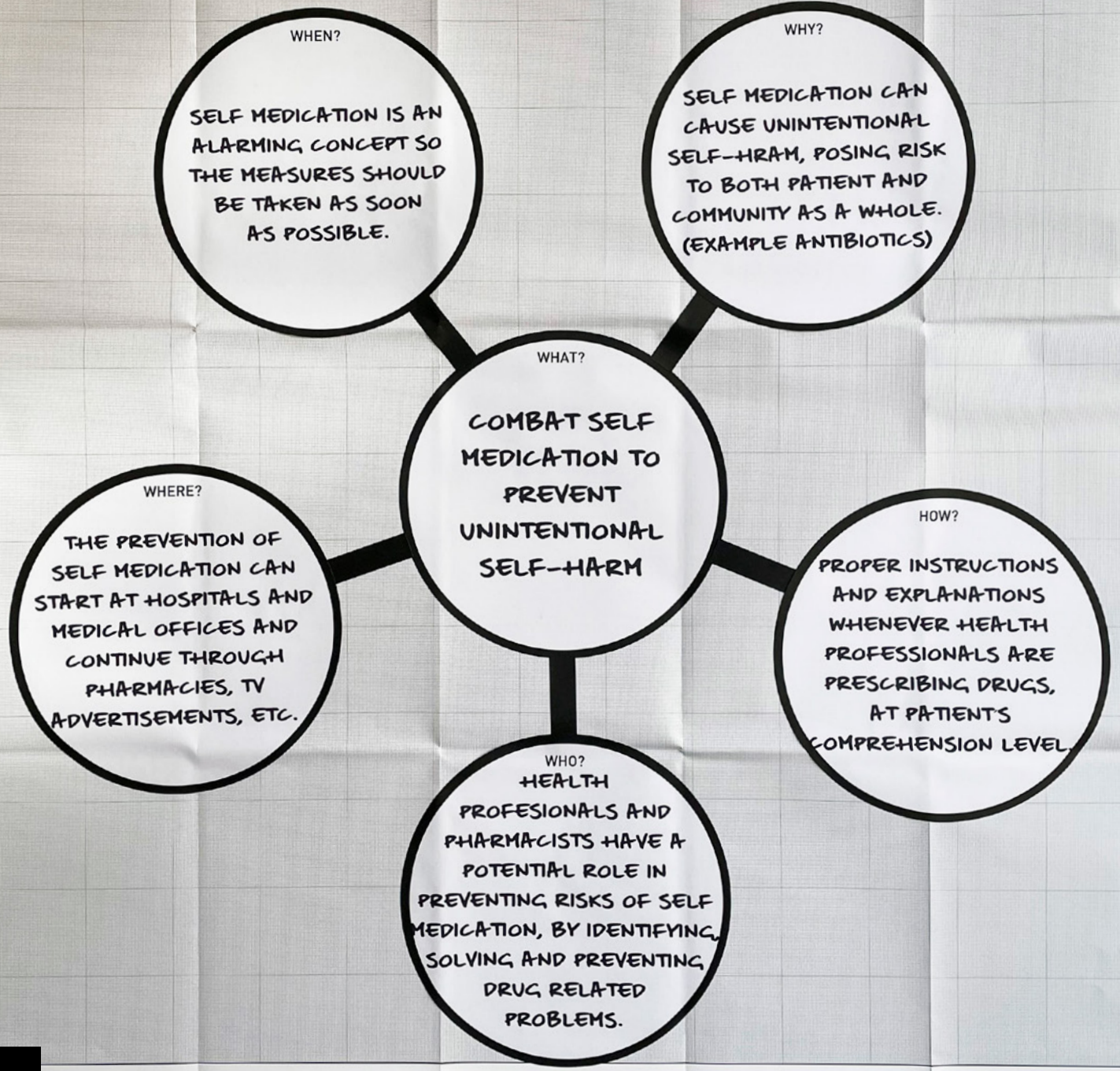

MELTIC
FINAL
MEETING
26.01.2021
TREASURE
OF
INNOCENCE
VII

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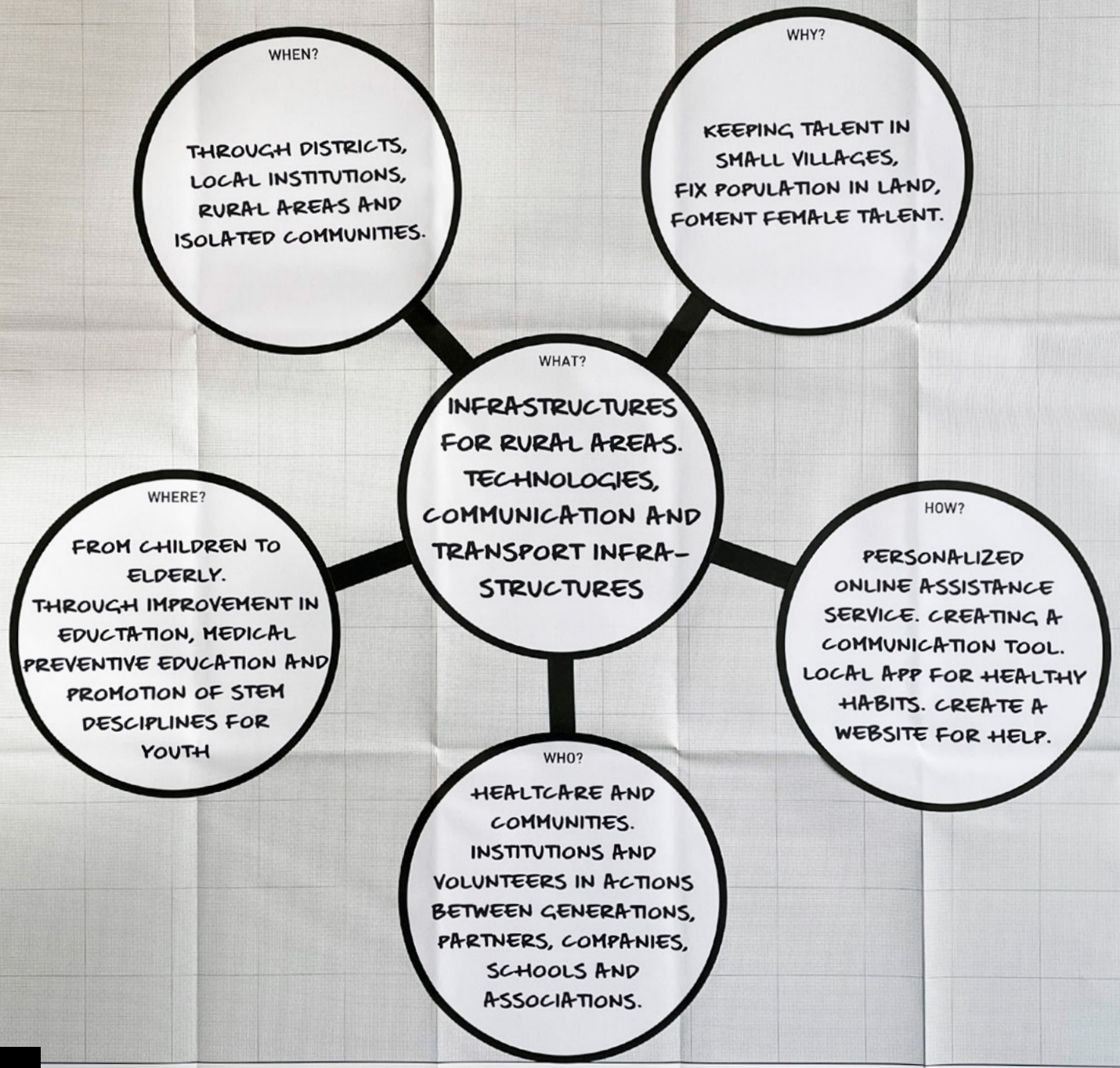

MELTIC FINAL MEETING 26.01.2021 TREASURE OF INNOCENCE VIII

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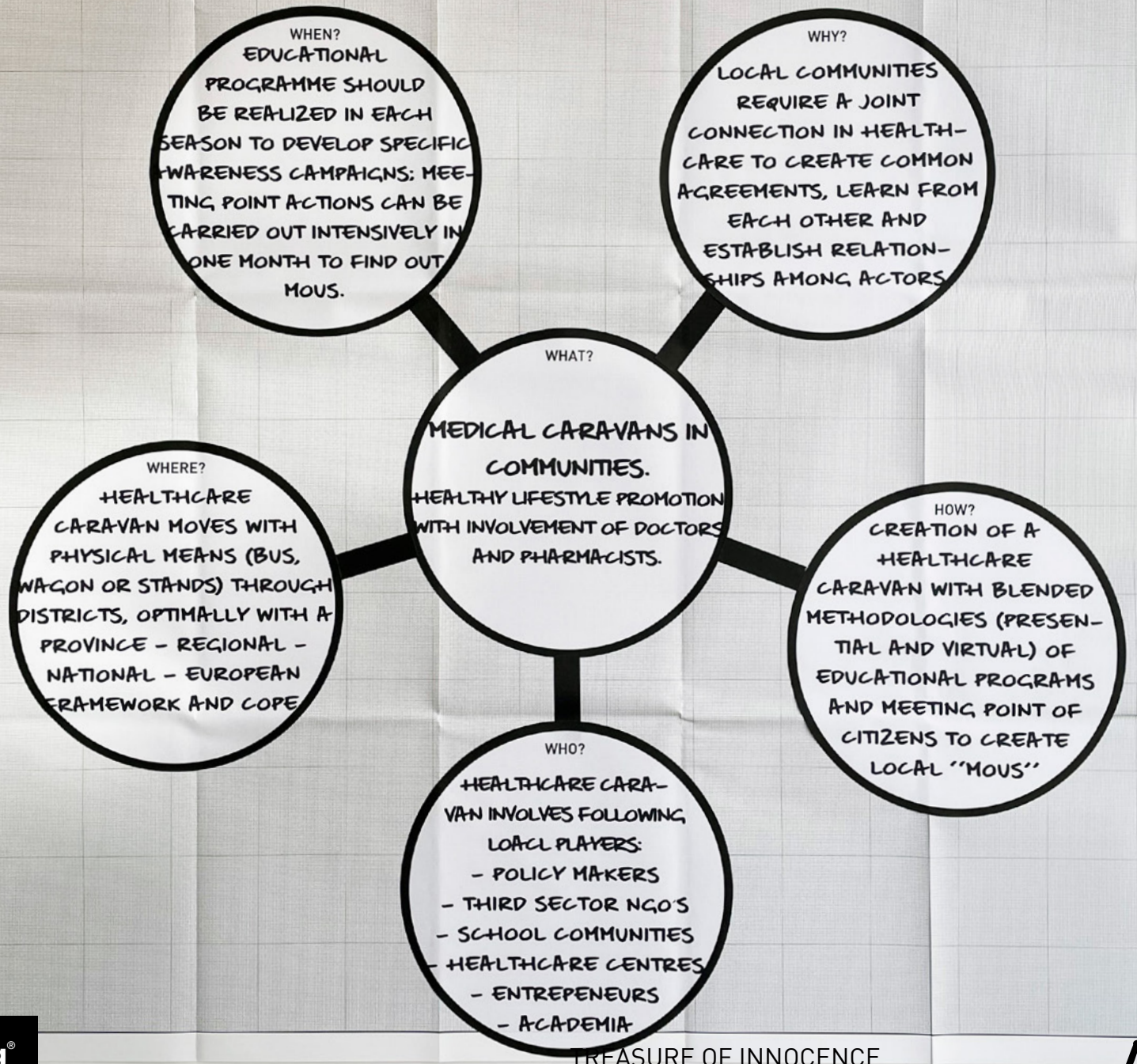
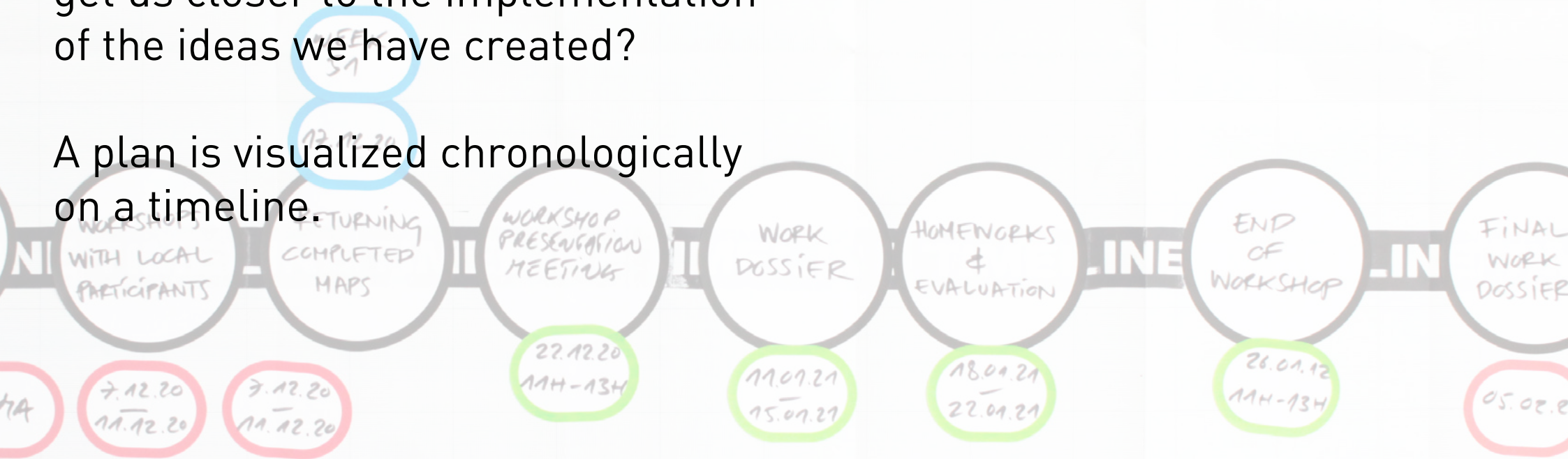


MELTIC WORKSHOP

Timeline

What are the next steps to take to get us closer to the implementation of the ideas we have created?

A plan is visualized chronologically on a timeline.



Timeline

Deta, Romania

Various ideas

Annually the local administrations plant trees together with the schools, annual deadline.

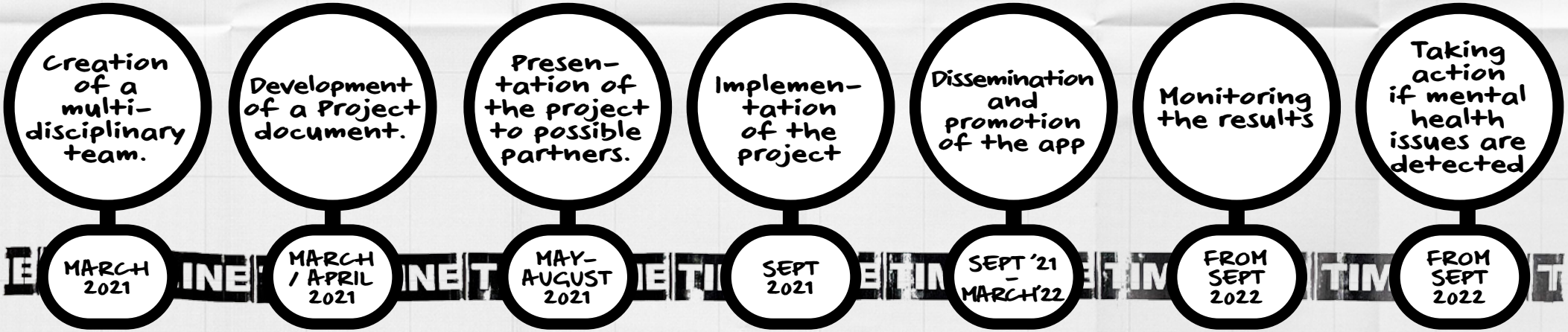
In the medical part, we intend to implement projects through cross-border cooperation programs with the Republic of Serbia, Hungary, probably at their launch, which is not known, probably starting in 2023.

Irrigation systems are the prerogative of entrepreneurs, we will help them access certain programs, deadline 2024

Timeline

Reguenges de Monsaraz, Portugal

App to upload humour status, daily, to analyse Mental Health of a Community



This team should have psychologists, psychiatrists, nurses, education experts, project development experts and people from different ages and genders. The goal is to create a team of experts with different ways of thinking and different opinions about things, so that the ideas will be innovative and richer.

The development of a project to implement this idea is very important.

This project would determinate all the steps necessary, all the people that should be involved and indicate specific dates and timespan for all the project actions.

University of Évora would be a really strong partner because it has specialists on information systems for production of the app, as well as psychologists (teachers and students).

The app would be developed by the multidisciplinary team and the technology experts from University of Évora.

First step would be the definition of the parameters for evaluating humor status that would be a part of the app. Then, with these parameters, it would be possible to proceed to the creation of the app itself.

This is probably the most important step. It is really important to promote the app among the community, because if people do not use it, there is no use. The app should be promoted and the objectives and importance of the project should be known by the people.

Partnerships between the project members and the local health center and schools should be developed to help the dissemination of the project.

The monitoring phase should include an evaluation of the success of the app (the number of people that joined) as well as the accomplishment of the ultimate objective, monitoring the mental health of the community using the humor status upload.

Timeline

La Palma del Condado, Spain

MEDICAL CARAVANS IN COMMUNITIES, HEALTHY LIFESTYLE PROMOTION WITH INVOLVEMENT OF DOCTORS, PHARMACIST

YEAR 1

YEAR 2

3 MONTHS

CREATION OF METHODOLOGY FOR HEALTHCARE CARAVAN DEVELOPMENT IN COMMUNITIES: HEALTHY LIFESTYLE PROMOTION PROGRAM, HOW TO INVOLVE ALL LOCAL ACTORS (DOCTORS, PHARMACIST, SCHOOLS, ACADEMIA)

3 MONTHS

PRESENTATION OF THE IDEA AND METHOD TO LOCAL COMMUNITY ACTORS, AND REFINEMENT OF METHODOLOGY

6 MONTHS

CAMPAIGN FOR PRIVATE SPONSORSHIP OF THE HEALTHCARE CARAVAN WITH FOUNDERS AT LOCAL, PROVINCE, REGIONAL AND NATIONAL

12 MONTHS

EUROPEAN PROPOSAL WRITE UP FOR YEARLY CALLS OF ERASMUS + (KA2 OR KA3 PROJECT) OR EU FOR CITIZENS (NETWORK OF TOWNS)

12 MONTHS

IMPLEMENTATION OF METHODOLOGY FOR HEALTHCARE CARAVAN DEVELOPMENT IN COMMUNITIES

1 WEEK EACH SEASON

4 SEASONS EDUCATIONAL AND AWARENESS CAMPAIGNS

4 WEEKS LAST MONTH

MEETING POINT FOR LOCAL CONSENSUS AND MOU

Timeline

Madrid, Spain

INFRASTRUCTURES FOR RURAL AREAS TECHNOLOGIES, COMMUNICATIONS AND TRANSPORT INFRASTRUCTURES

YEAR 1

YEAR 2

3 MONTHS

PROSPECTIVE EVALUATION OF AVAILABLE INFRASTRUCTURES. NEEDS

CHARACTERISTICS OF THE POPULATION: AGE AND EDUCATION: PROPORTION OF YOUNG

EXISTENCE OR NON-EXISTENCE OF QUALIFIED INHABITANTS

6 MONTHS

HOW TO INVOLVE ALL LOCAL ACTORS DEFINITION OF REQUIREMENTS

9 MONTHS

CHOICE OF TECHNOLOGICAL OPTIONS BY THE INHABITANTS / USERS THEMSELVES

PROS/CONS

TRAINING FOR MAINTENANCE MANAGERS AND USERS

12 MONTHS

FOLLOW-UP, FEEDBACK AND READJUSTMENTS IN COMMUNITIES

1 WEEK EACH SEASON

4 SEASONS EDUCATIONAL AND AWARENESS CAMPAIGNS

4 WEEKS LAST MONTH

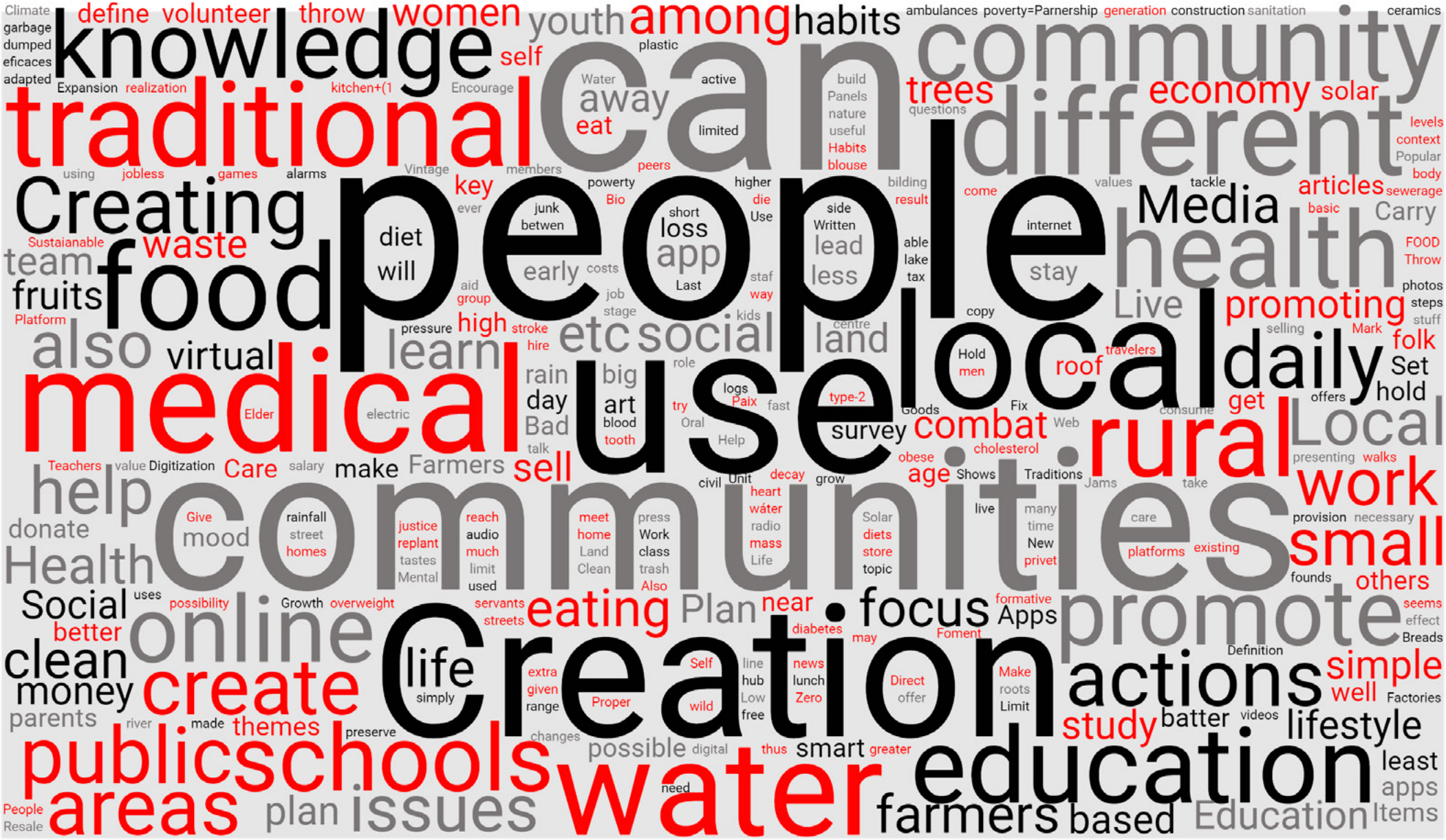
MEETING POINT FOR LOCAL CONSENSUS ABOUT RESULTS ACHIEVED

MELTIC WORKSHOP

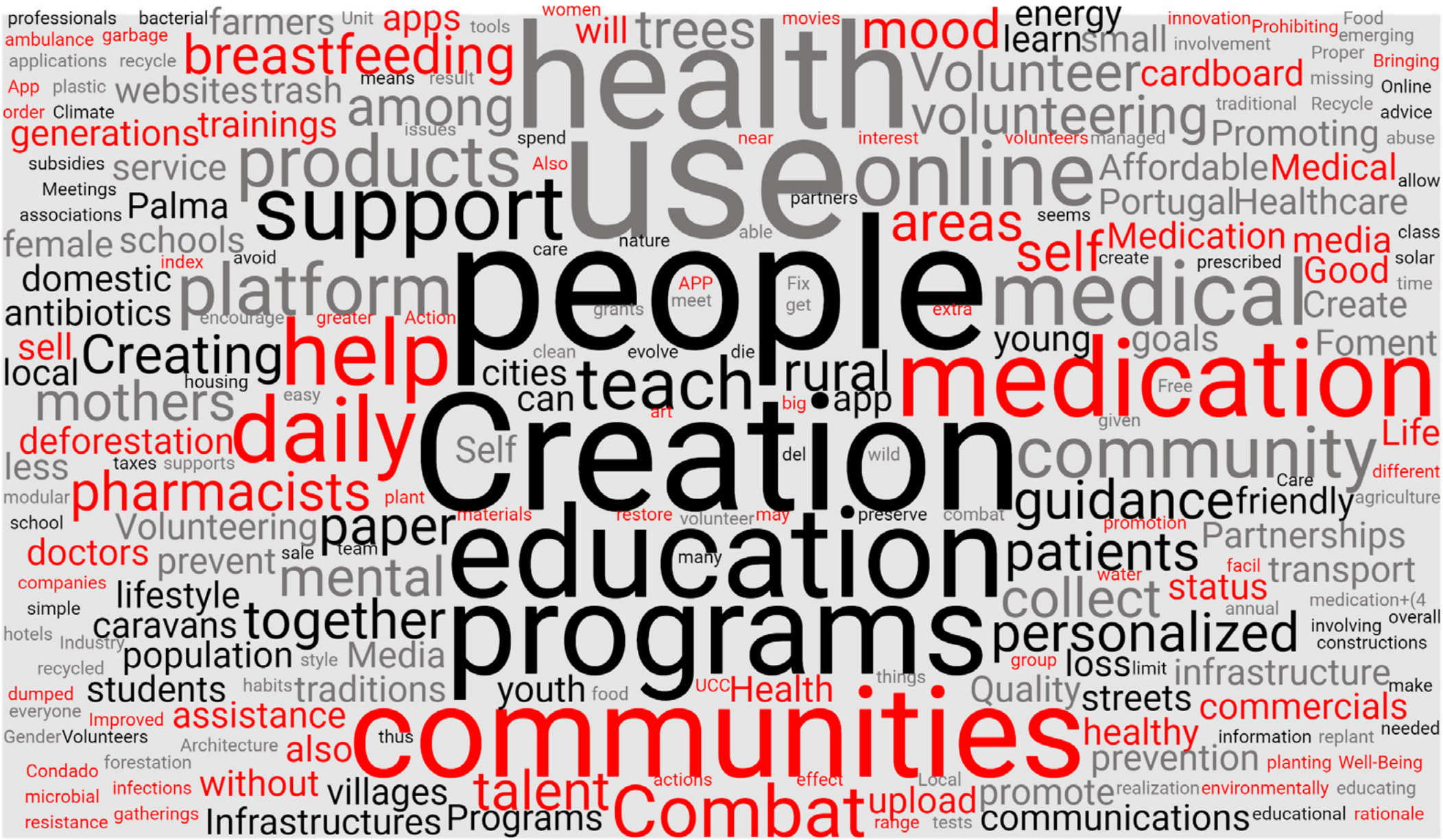
Wordclouds

The last assignements are also filtered through a wordcloud application, in order to visualize the keywords of the created content.

Wordcloud: SDG Idea Pairing



Wordcloud: Favourite Ideas



Wordcloud: Treasure of Innocence

Wordcloud: All assignments

Wordcloud: Complete Workshop

people
areas
local
health
rural
medical
lack
use
water
platform
young
among
can
also
access
support
women
healthcare
Create
help
public
daily
food
schools
care
sell
aid
Free
diet
Use
paper
centre
staff
self
will
spend
team
Mental
state
sanitary
Equipped
Meetings
course
Decent
Aging
waiting
Mobile
reducing
cities
ICT
Foment
simplified
service
abuse
Missing
resources
caravans
economic
in-house
teams
streets
humour
talent
traditional
create
Support
tourism
drought
knowledge
village
lacking
simple
replant
markets
systems
blood
promote
nutrition
distribution
immediate
homes
buildings
feeding
hotels
photos
teach
home
Health
encourage
doctors
phone
Online
issues
citizens
easily
violence
high
STEM
need
point
restore
disease
gender
awareness
online
social
family
clean
small
app
training
patients
Traditional
opportunity
self-care
disciplines
University
farms
Focus
Equity
elders
values
drones
Local
cancer
Sustainable
waste
jobs
index
Talent
groups
emergency
source
sports
treatment
money
means
offers
Reducing
benefits
Youth
result
stage
Care
elder
Make
drugs
thus
media
choose
made
offices
train
another
Food
stay
away
overall
get
rates
urban
aid
sell
live
Live
Rural
hire
radio
old
Life
via
Low
Zero
make
solar
Apps
High
fruits
Free
older
Great
pump
Use
APP
diet
Less
App
Évora
aging
canteens
general
Periodical
mood
destruction
centre
preserve
districts
tourist
paper
done
Elder
plan
theme
Privacy
interest
every
area
Items
Small
Adopt
Biases
Eating
Direct
daily
team
land
free
given
near
TV
Fix
Set
way
die
etc
take
art
risk
costs
big
girls
eat
apps
Also
may
lead
field
start
easy
risks
one
fully
much
hygiene
everywhere
Mental
state
sanitary
selling
Equipped
Meetings
course
Decent
Aging
waiting
Mobile
reducing
cities
Foment
simplified
service
abuse
Missing
virtual
tools
Help
avoid
Raise
craft
stop
trash
study
folk
limit
periods
give
season
articles
circular
habitat
Prevent
throw
higher
qualitative
positions
Preserve
specific
impact
measurement
Woman
suffered
good
city
Bad
keep
role
Plan
Gender
taxes
age
needed
rain
loss
level
harvesting
lack
day
ideas
founds
trees
farmers
focus
less
heart
kind
Ease
job
bad
listen
line
extra
well
news
solutions
data
know
roof
skills
aged
early
pacient
store
others
seniors
allow
poverty
range
entities
order
Lies
helping
Unit
fast
tablet
Recycle
favor
nature
web
garden
define
donate
parents
People
running
main
goals
history
Materials
touch
Fake
Work
Stem
effect
Patient
Jobs
mous
dumped
Self
Climate
bacterial
Live
Rural
due
list

Thank you!

We hope you have enjoyed the Meltic Workshop.
We would like to thank all the participants for their hard work!

We hope to meet you in the future,
in one of your municipalities.

Best regards,

Luki Huber
Gerrit Jan Veldman

MELTiC

HEALTH + WELLBEING FOR ALL

Manual Thinking®

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