



# TNM 2 BUDAPEST

18 & 19 SEPTEMBER 2019

*RESTORING  
DREAMS TO  
TACKLE  
LONELINESS*



## **Seven countries gathered to tackle loneliness**

The paradox of loneliness is that we share this together (...), loneliness is, like all negative emotions, a sparking desire, for connection with the other and especially with yourself."

While listening to a personal message spoken by one of our HVO-Querido colleagues, we opened our international Erasmus project meeting in Hungary last Wednesday. Seven countries together, all with a common challenge, tackling loneliness. In Amsterdam, 47% of people sometimes feel lonely, among HVO-Querido clients this percentage is even higher. This year we started an international project to tackle loneliness and join forces with 7 countries. A delegation from various organizations for homeless people from Spain, Macedonia, Hungary, Belgium, France, the Czech Republic and the Netherlands met in Budapest on 18 and 19 September. The meeting location was a flat where students and homeless people live, from the BZMSKI organization, the largest homeless organization in Hungary.

## **November: training in all countries**

In the past period, a lot of effort has been put into setting up and giving substance to the project. Each country has made various contributions for the joint training that will be offered in every country in November to at least 20 professionals. During the first international meeting in Amsterdam in January this year, we jointly determined 5 modules, including "upgrading self-esteem" and "upscaling social network". These modules have been prepared by all countries in recent months and merged into a training course during the meeting in Budapest. Various successes were also shared. For example, Macedonia has set up a Facebook page on the theme that is already being followed by 1300 people and where people are actively seeking help through chat messages

## **Awareness through research**

Progress has also been made in research conducted among care providers and clients in all countries. It is noticed that by conducting interviews with both groups, awareness is increased and the enthusiasm is strengthened to get started with this important theme of loneliness.



## **Tools on website**

The upcoming period of the project in each country will be dedicated to training the social workers and actively getting started with the clients participating in the project by offering them a route tailored to their personal wishes. Each country will also collect tools that are "Itcanalsobedifferent"-proof and will be shared via an international website.