



# How to Maintain Good Spirits and Health in Conditions of Long-term Self-isolation

*As part of the project "Professionalization of adult education centers in Belarus", supported by DVV International*

Smorgon, Belarus, 2020

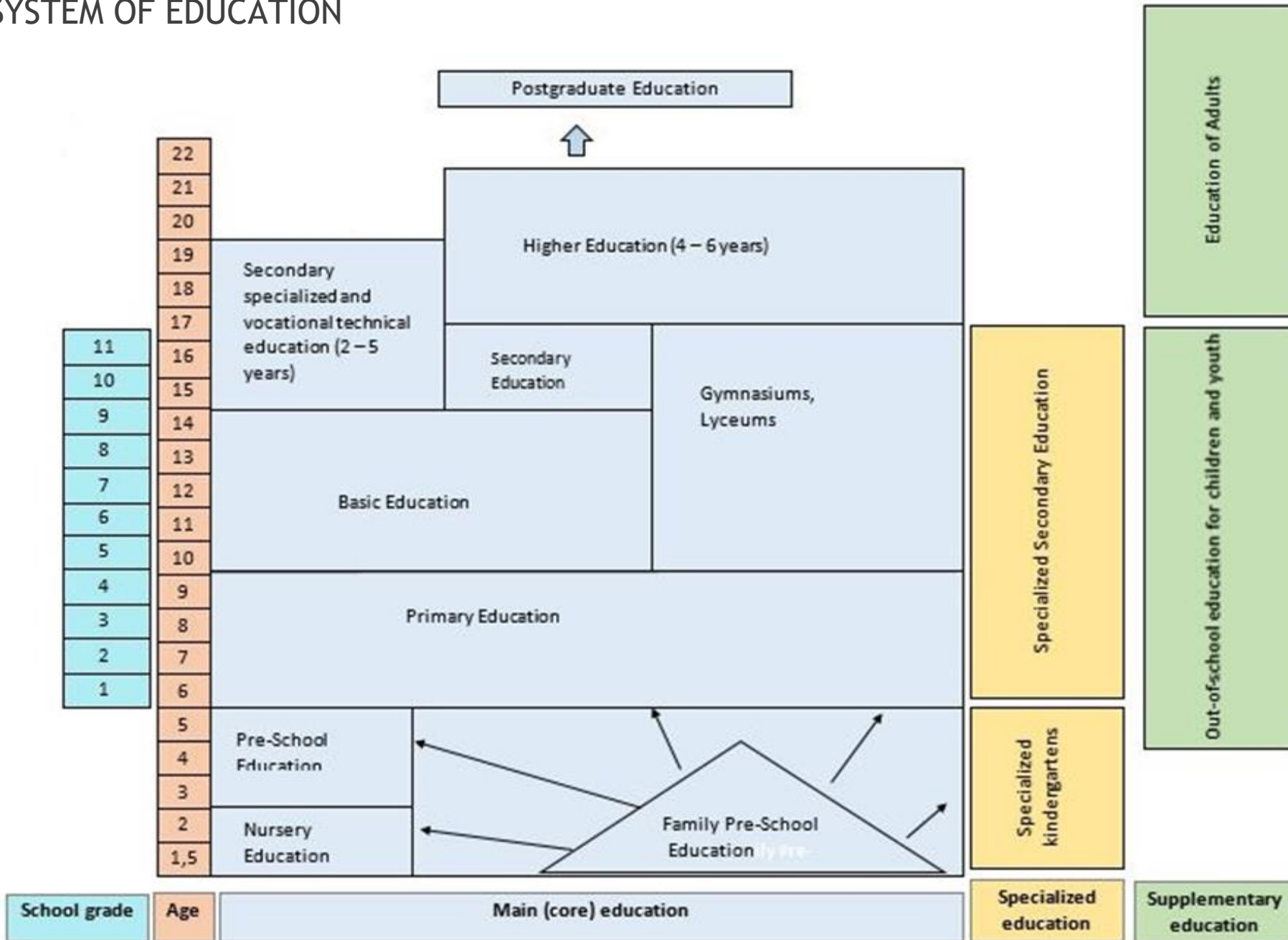


# General Information about the Republic of Belarus



	Population in million	Freedom Index	House Score:	HDI	Per capita income	Poverty Rate (in %)	Illiteracy Rate (in%)
Republic of Belarus	9,5	Aggregate 19/100 (0=Least Free, 100=Most Free)		0,817	6678,5 USD	0,7 %	0,4%

► SYSTEM OF EDUCATION



# Demographics of Belarus

- ▶ Population 9 413 446
- ▶ 77.5 % of the population is urban
- ▶ The median age is 40.3 years
- ▶ 27% of the population is retired

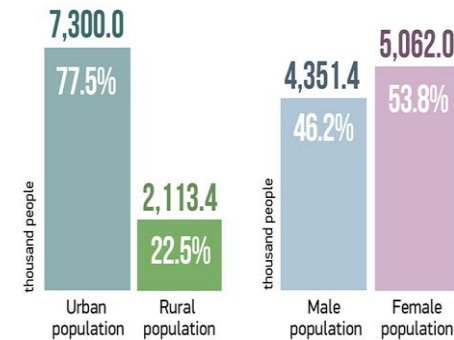
## BELARUS POPULATION

According to the 2019 population census, Belarus' population amounted to 9,413.4 thousand people.

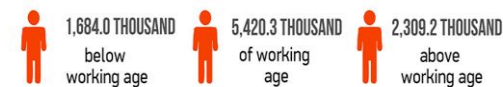
Population size (beginning of the year, thousand people)



Number of residents per region (thousand people)\*



Age composition



# Smorgon

Grodno region, located 120 km from Minsk

Population - 36 300 thousand people

Senior citizens - over 7,000







# Public charity organization Smorgon Initiative

- ▶ The number of members of the Smorgon Initiative for 01.01.2020 years is 25 people.
- ▶ Organization age - 4 years
- ▶ Mission: awakening the initiative for a decent life



# How to Maintain Good Spirits and Health in Conditions of Long-term Self-isolation



**The goal of the initiative is to teach online at least 100 elderly people how to maintain vigilance or mental health in conditions of prolonged self-isolation.**

*To conduct 5 courses (10 classes), the Zoom platform and self-viewing webinars were used by those participants who did not have the Zoom program.*

*For effective communication between experts, initiative staff and participants, groups were created in Viber, electronic mail was used.*

**Online workshop "Fundamentals of Learning Older People Online" for initiative staff and invited experts organizing training sessions.**

*The event helped understand how online learning for older people differs from the usual face-to-face format*

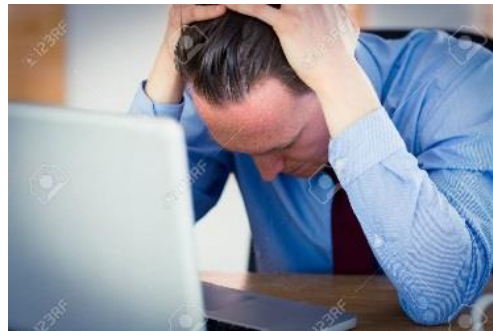




## Course "How to Maintain Spirit Vigor and Health in Prolonged Self - Isolation", 2 classes.

*Participants learned how our psyche can respond painfully to stress, and how to maintain their mental health during a period of forced isolation and a change in their usual lifestyle.*

*At the request of participants, a new programme has been developed to continue classes after the completion of the initiative.*



## Course "Secrets of Longevity", 2 classes.

*The classes were practical-oriented. At the first lesson, participants got acquainted with elements of joint gymnastics, and at the second lesson, participants were offered self-massage.*

*At the request of participants, a new programme has been developed to continue classes after the completion of the initiative.*



## Course "Online travel to museums of the world", 2 classes.

*The expert introduced the participants to many possible resources (sites), which allow not only to visit the museum, country or Mars, but also how to "go" through the halls, city streets, look from different sides at the travel object, how to use the translator, how to order a tour.*



## Course "Secrets of floriculture", 2 classes.

*The group members learned about the types of floral decoration, about regular-style florals: curbs, flower beds and modular flower beds; about landscape floral compositions and about the features of floral design. The group members suggested visiting the winter garden - the greenhouse at the Polytechnic Lyceum in the near future , meeting in the offline format. They decided when this can be done to exchange seeds, plant seedlings. Two more classes on how to take care of indoor plants and how to grow environmentally friendly products in their gardens are going to be organized.*



## Course "Preparing our favorite recipes", 2 classes.

*The lesson was practical. The expert introduced the audience to the basics of functional nutrition through a demonstration of the preparation of vegetable stew with meat and on the example of the classic recipe "Chahohbili" using products containing a wide range of bioflavonoids.*

*Class in the group continues now*





**A working meeting of experts and staff of the initiative to analyze online experience.**

**Conclusions:**

**Initiative rated as successful**

- **Clear structure: preparatory work (formation of groups), classes, working meeting on the results.**
- **Professionalism of experts**
- **Good feedback from members**
- **Sustainability. Both participants and experts generated new ideas for continuation of the initiative after its completion.**

