RISE

POLICY RECOMENDATIONS

FOREWORD

These Policy Recommendations are some of the outcomes from the discussions and workshops that were held during implementation of this project and came from participants themselves. From Here We Rise project is funded by the European Commission under the Citizens, Equality, Rights and Values (CERV) programme.

In mid-May 2020, most people found themselves in a country with closed borders, closed schools and businesses, and restricted freedom of movement. The Covid-19 pandemic was a social and an economic crisis just as much as it was a health one - its repercussions, severe and far reaching, are still being felt across the world. From school closures to devastated industries and millions of jobs lost, the social and economic costs of the pandemic are many and varied. The pandemic is threatening to widen inequalities everywhere, undermine progress on global poverty, clean energy and more. As for migration, respecting fundamental rights at borders was always a challenge in the EU. Migrants are dying at sea, facing violence and pushbacks at land borders, and overcrowding at reception centres. The pandemic fueled further discrimination, hate crime and hate speech towards minorities, particularly people with immigrant backgrounds and Roma.

On the other hand, the problem of disinformation proliferated to the detriment of democratic debate. The COVID-19 crisis unquestionably helped fuel the deluge of disinformation but if nothing else, it has also increased awareness of its potential harm. In this regard, we aim to use the current COVID-19 disinformation as an example to counter the general issue of disinformation and other forms of interference in the democratic debate. While enforcements of quarantines and lockdowns varied widely across jurisdictions, some governments deployed harsh measures, including security forces using repressive and violent tactics, to enforce strict rules1

Our activities included discussions with the vulnerable groups and gathering information from them regarding what they think could be improved in preparedness for future catastrophes such as the covid-29 pandemic. Thus these Policy Recommendations will be passed on to MEPS, Local Government and the EU. Participants were so delighted to be given a platform to air their thoughts and views in an open forum after the pandemic.

The project has the following objectives:

Undertaking a gender-based research study, analysing the social and economic effects on vulnerable groups;

Holding a series of debates and seminars, focusing on the curtailment of fundamental rights on vulnerable groups;

Raising awareness and actively counter disinformation, through campaigns, a publication and workshops focusing on media literacy.

The project is comprised of the following partner organisations from seven Member States:

- **Cross Culture International Foundation (CCIF) lead partner – Malta**
- **Check-in – Portugal**
- **Babes Bolyai University (UBB) – Romania**
- **Human Rights Youth Organisation (HRYO) – Italy**
- **Akademija Razvojnih Potencialov (ARM) – Slovenia**
- **Institute for Roma and Minorities (IRM) – Germany**
- **Adel Slovakia – Slovakia**

https://reliefweb.int/report/world/refugees-are-paying-highest-price-covid-19-pandemic

WORK PACKAGE 3: DEBATES FOCUSING ON FREEDOMS THAT HAVE BEEN CURTAILED

This work package had 4 different discussions, covering employment, education, harsh measures that restricted peoples' freedom and travel restrictions.

Debate 1: Lack of possibilities of working and associated unemployment.
This debate focused on people's lack of opportunities to work during the pandemic. The coronavirus outbreak that began in February 2020 sent shock waves globally pushing unemployment rate to near record highs and causing millions to leave the workforce. Years later full recovery for the labour market appears distant. Some were affected more than others, including women and migrants.

Recommendations:
- Provide support to people who have lost jobs or their businesses- figure out fair system.
- Government support: Governments should provide financial assistance, such as unemployment benefits and wage subsidies, to help individuals and businesses during a time of crisis. This can help to mitigate the impact of job losses and ensure that people are able to meet their basic needs.
- Job training programs:Governments and organizations can also invest in job training programs to help individuals develop new skills and transition into new industries. This can help to create new job opportunities and ensure that people have the skills they need to succeed in a changing job market.
- Support for small businesses: Small businesses have been particularly hard hit by the pandemic, and many have had to close their doors permanently. Governments should provide financial support and other resources to help small businesses stay afloat during such times.
- The pandemic has highlighted the potential of remote working. Expanding remote working opportunities can help to create new job opportunities and make it easier for people to work from home.
- Investing in essential industries: Governments can invest in essential industries, such as healthcare and education, which have continued to operate during the pandemic. This can help to create new job opportunities and ensure that these industries are able to meet the needs of the population.

- Governments must set aside disaster funds that will be released immediately to help the vulnerable in times of a crisis such as Covid-19 pandemic.
- All crucial service providers and government agencies as well as NGOs must be fully trained in disaster preparedness so as not to be caught unawares.
- Information issued from authorities must also be translated into other languages so that no migrants are left out or excluded from receiving the information due to language barriers.
- Employers must also be proactive and have policies in place so as to act swiftly, create flexible plans, communicate clearly, lead with compassion and empathy in times of a crisis and disaster.
- Income supplements from the government must also cover the vulnerable in the society who are unable to sustain themselves during a crisis.
- Governments should form task forces that will assess needs in the community especially those who are vulnerable so as to reduce anxiety, panic attacks and mental health issues.
- Strengthening Support Systems: Recognize the crucial need for mental health support during difficult times. Create comprehensive mental health programs and to lessen emotions of loneliness, sorrow, and depression brought by the lack of job opportunities
- Additionally, it is advised that governments and authorities work with businesses to develop job possibilities and incentives for employing those who have been out of work owing to the pandemic.
- It is also advised to set up mentorship programs that can help people with their job searches and offer advice for professional progression.
- Providing financial aid and resources, such as unemployment benefits and financial assistance programs, for people who are struggling with unemployment and income loss should also be taken into consideration.
- Put in place state supported programs for professional development, financial support to basic products, controlled access to services, transparency in accessing resources, vulnerable people having continuous observation of having and maintaining jobs, attention given to people without any work experiences and still needing an income, facilitated process and reduced time for employment.

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- Support for affected individuals and businesses: Governments should provide financial and other support for individuals and businesses affected by the measures, such as unemployment benefits, small business loans, and rent subsidies.
- Support for affected individuals and businesses: Governments should provide financial and other supportfor individuals and businesses affectedby the measures, such as unemployment benefits, small business loans, and rent subsidies.

Overall, effectively addressing the lack of possibilities of working and associated unemployment during the pandemic could require a more coordinated effort from governments, organizations, and individuals. By implementing these recommendations and working together, it may be possible to mitigate the impact of the pandemic on the job market and help individuals and businesses to weather this difficult time.

Debate 2: Lack of educational opportunity.

The lack of opportunities for education during Covid -19 crisis were associated with the closure of schools. It is essential to note that the pandemic and related prolonged school disruptions had and will continue to have a profound impact on the lives and learning of students.The discourse also focused both on the closure and re-opening of schools, colleges and universities, and what implications it had for the children/students, their families, and other informal education agents, like youth clubs, sports clubs and activity clubs that children and possibly also older people attend.

Recommendations:
- adapt the educational curriculum for online teaching- alternatively, set the teaching material from individual subjects so that it is also suitablefor teaching in the onlinespace
- hire more counselors/someone at school with whom the student can talk to (even if only online).
- to find a solutionfor online education for peoplefrom disadvantaged families some who could not afford the necessary tools for online learning.
- to train teachers to be able to explain the curriculum online
- development of a unified crisis plan, which would contain precise guidelines valid throughout the Member States for the teaching process in times of crisisnot only pandemic, but also war conflict, naturaldisasters, etc.
- In Slovakia, for the Students doing last year in high school the final exam was cancelled, according to the recommendations of some students, it was not a good move and they should have been held but in a modified regime.
- create crisis teams at individual schools with the participation of students, or parents, to create a centralcrisis staff at the levelof the government-ministries
- introduce new subjects into the teaching process, focused on mental health, personality development, volunteering, charitable activities
- Investmentin technology: Governments and organizations can invest in technology infrastructure, such as internet access and devices, to ensure that all studentshave access to remote learning.
- Teacher training: Teachers may need additional training and support to effectively teach in a remote learning environment. Governments and organizations can provide training and resources to help teachers adapt to remote learning and ensure that students receive quality education.

- Flexibility and accommodations: Schools and universities can provide flexible schedules and accommodations for students who may be facing additional challenges during the pandemic, such as those with disabilities or those who need to care for family members.
- Addressing educational inequalities: Governments and organizations can work to address educational inequalities by providing additional resources and support to students from disadvantaged backgrounds.
- Investmentin public education: The pandemic has highlighted the importance of public education and the need for greaterinvestment in education systems. Governments can invest in public education to ensure that all students have access to quality education, regardless of their background.
- Online teaching and learning to be a resource for teachers and students as part of the curricula going forward.
- Facilitators and teachers to be given training on handling online lessons so as to be able to engage and motivate all types of learners.
- Free psychological counselling should be provided by governments for those who were affected mentally and psychologically by Covid-19 pandemic.
- Schools, colleges and universities should adapt quickly in terms of syllabuses, as most of these learning institutions didn't change anything but just went with the flow and this had a great impact especially for those whose training had an element of work exposure as this has ripple effects on the society – imagine being attended to by a nurse who never practiced on an actual patient.
- Support families with technological equipment, who can't afford to prepare themselves and give them computers, internet access, microphones, etc. To have an opportunity to blend in and have an access to the education in the restriction period.
- During the debate participants expressed discomfort during the covid, especially in relation to the psychological effect of online learning. The youngsters felt abandoned and without opportunities for socialization and sharing of the knowledge.
- Participants suffered at school from a lack of psychological support and felt abandoned to themselves and their problems, specifically during learning online at home.
- ·No one should be left out, and all students should be provided with the same learning tools. This may mean providing different services according to different needs.

- Rebuilding student engagement should be a priority for teachers, especially for immigrant children, as it is essential for both their academic and emotional well-being.
- Lessons should incorporate real-world applications to make them more participatory and captivating for pupils.
- To ensure students' academic performance and general wellbeing, it is essential to engage with them, listen to what they have to say, and address their needs.
- For the youth: organise after school activities with other students, present Erasmus+ and European commission programs to show what possibilities they have and make them feel more superior in their new living place to feel less anxious and unwelcome.
- Enhancing Equal Opportunity: Recognize and address the societal injustices that the pandemic has made worse. Take action to ensure that everyone has an equal opportunity to succeed, regardless of their socioeconomic background. Initiatives to close the digital divide, guarantee access to high-quality education, and advance equal employment opportunities are included in this.
- During a pandemic, it is critical to provide interactive and engaging learning experiences. Online lessons can become boring and incorporating hands-on activities and educational games can help students stay engaged and learn more effectively.
- Encourage the development of creativity and skills: it's critical to keep encouraging the development of creativity and skills. Offering courses in art, music, computing, or other at-home creative endeavours is one way to do this.
- Professional development for teachers to work in online settings, supporting access to technology and equipment, possible mobile teams to support access to education and information, better online networking for children and teachers,
- Development of easy to understand platforms and applications, improved internet services, online educational programs in various languages,
- Possibility to adapt content and evaluation, second-chance programs for those who could not attend and abandoned school, increased number of programs for isolated communities, improved inclusion of vulnerable people, attention given to well-being, but also to mental health of children and students.

Overall, addressing the lack of educational opportunities during the pandemic could require a better coordinated effort from governments, organizations, and educators. By implementing these recommendations and working together, it may be possible to ensure that all students have access to quality education during this challenging time.

Debate 3: Harsh measures that restrict people's freedom.

During the COVID-19 pandemic some countries executed harsh measures against people protesting against Covid -19 restrictions. These debates were focused on exploring if the measures to curb the pandemic were abused to undermine democracy and put people who disagreed with the state including human rights activists and certain journalists with voices that dissented with those of governments under pressure. The pandemic began with many countries suppressing information, silencing whistleblowers and violating freedom of expression and the right to health. These inequalities highlighted how far countries are from meeting human right of their citizens. The debates emphasized the importance of balancing public health and safety with individual freedoms and human rights.

Recommendations:

- The rules and restrictions should be easy to follow for everyone, not only for more privileged   groups.
- Giving the same punishment for breaking the rules to those who have prepared them. Do notuse a different measurement.
- Bring justice if police abuse their power or acting disproportionate to the situation. Condemn and punish hate speech, conspiracy, and racism.
- Clear communication: Governments and health organizations can provide clear communication about the reasons for and the expected duration of measures, as well as guidelines for how to comply with them.
- Data transparency: Governments can provide transparent data about the effectiveness of measures in controlling the spread of the virus, and adjust measures accordingly based on the latest scientific evidence.
- Focus on equity: Governments can ensure that measures do not disproportionately affect vulnerable populations, and work to address underlying disparities in health outcomes and access to resources.
- Protectionof civil liberties: Governments should ensure that measuresare necessary, proportionate, and time-limited, and do not unnecessarily restrict civil liberties.
- In order to avoid overwhelming the healthcare system in the case of a future pandemic, governments should stockpile crucial supplies. Medical gear, PPE, and necessary other supplies.

- Access to healthy food options, as many people may turn to unhealthy meals as a coping method during challenging times.
- Children should be given the chance to participate in physical activity, such as through safe outdoor sports or fitness programs.
- During the pandemic, comfort and emotional support could be found from pets. Pet stores should be supported and supplied so that pet owners can continue to offer proper care for their pets.
- A lot of young people now experience depression and anxiety as a result of the pandemic, which has had a negative impact on mental health. To assist people in overcoming the difficulties brought on by the pandemic, it's critical to offer emotional support, such as counseling services or a secure environment in which to express feelings.
- Some participants believed that the pandemic-related measures adopted in Germany in December 2021 were too harsh and compromised their personal liberties. As a result, authorities should take into consideration developing measures that strike a balance between public health and individual freedoms.
- Future actions should be constantly reviewed and evaluated to make sure they continue to be reasonable, proportionate, and efficient in stopping pandemics while placing the fewest possible constraints on people's rights.
- Authorities should give assistance to impacted people and companies a high priority while imposing stringent regulations during a pandemic to lessen the negative effects of the restrictions.

The debates on the use of harsh measures during the COVID-19 pandemic highlighted the complexity of the issue and the different perspectives on how best to handle the crisis. While some participants believed that harsh measures were necessary to protect public health, others argued that such measures were causing harm to people's mental health and well-being, and that fundamental rights were being ignored and violated.

Overall, addressing concerns about harsh measuresthat restrict people'sfreedom during the pandemic would require a balanced and evidence-based approach that prioritizes public health while also protecting individual rights and freedoms. By implementing these recommendations and working together, it could be possible to find a way to control the spread of the virus while minimizing the negativeimpacts on individuals and society.

Debate 4: Closed Borders and Travel Restrictions.

Closed borders are always traumatic to those wishing to travel for whatever reason. Travel restrictions have been implemented previously, although to a more limited extent. Complete border closures restricted access to all non citizens at international borders, restricting access to people from specific countries or closing some – but not all – of their land and sea borders. This has had implications for refugees, asylum seekers, students, migrant workers, pilgrims, travelers, domestic workers, textile merchants and migrants who had travelled abroad and found themselves stranded and destitute at airports, at or between land border entry points, and at sea without means to return to their home country.

Recommendation:

- To create a system of justice in case of abuse of police power
- Respecting human rights and reservemore money for humanitarian help
- Ensure safe and clean environment for asylum seekers with the available interpreter, counsellor, psychologist ensure decentconditions for asylumseekers and immigrants
- Free therapy
- To inform and not spreadand incite fear
- Coordinated approach: Countries should coordinate their response to the pandemic and share information and resources to ensure that measures are effective and consistent.
- Evidence-based decision-making: Decisions around border closures and travel restrictions should be based on the best available scientific evidence, and should be regularly reviewed and adjusted as new evidence emerges.
- Targeted measures: Measures should be targeted to the specific risks and circumstances of each country, taking into account factors such as the prevalence of the virus, the capacity of the health system, and the economic and social impacts of the measures.
- Alternative approaches: Countries should consider alternative approaches to border closures and travel restrictions, such as testing and quarantine measures, that may be less restrictive while still effectively controlling the spread of the virus.
- Countries should invest more in healthcare and pay healthcare professionals better wages and salaries so as to avoid scenarios in which pandemics spiral out of control, resulting in restrictions.

- Clear and consistent communication is necessary to inform people, especially regarding vaccines, to achieve herd immunity and lift travel restrictions.
- Governments should refrain from implementing coercive measures that restrict people's freedom of movement. Instead, laws should be made to safeguard both individual freedoms and the public's health.
- In cases where travel restrictions are necessary, governments should move rapidly to repatriate people who have become stranded in other countries in order to minimize situations in which persons are stranded for long periods of time.
- Support the airlines/buses/trains companies that got a major negative impact on COVID-19 period to make them offer more flexible and cheaper deals, discounts for travelers.
- It is not good to witness scenes of boats with migrants stopped for months at sea using the health emergency as an excuse.
- it is not good to witness scenes of human rights violations as a response to covid19 prevention.
- Moreover, it is recommended that governments avoid using forceful methods that limit the movement of individuals and instead focus on creating laws that protect both personal liberties and public health.
- If travel restrictions are deemed necessary, governments should act quickly to bring back those who are stuck in other countries to prevent long periods of stranded individuals.
- Participants described how travel restrictions have exacerbated their financial hardship as well as their levels of anxiety, despair, and stress.
- Governments and authorities should think about putting in place safeguards that
- The EU to support more international projects, internships, business trips in schools, universities and working places to bring back traveling without restrictions and make people enjoy discovering new places and adapt to the different cultures while doing their jobs or studies.
- Within the recommendations of the students, they stated that it is the first discussion regarding COVID after the pandemic and it was good that they had the chance to process and reflect on the implications. They mentioned as recommendations a better understanding of the implications of pandemic and improved strategies to support people, travelling for medical reasons as there were hospitals which closed their doors for people from abroad. Restrictions in travelling is against the rights of the citizens, people with disabilities with medical conditions were also affected, especially if they remained in a foreign country,

but they hopefully were supported by citizens of that country. Another recommendation was a better control of news and distributed information. Border closure is seen as a well-intended health measure, but it backfired, based on the fear of not seeing family. Also, there was a recommendation of supporting immigrants and refugees who found themselves in the major difficulty of reaching adequate support services and counselling. Mobile teams, with the possibility also of psychological counselling were noted.

Overall, addressing concerns about closed borders and travel restrictions during a pandemic could require a better coordinated and evidence-based approach that balances public health concerns with economic and social impacts. By implementing these recommendations and working together, it may be possible to find a way to control the spread of the virus while minimizing the negative impacts on individuals and society.

WORK PACKAGE 4: FUNDAMENTAL RIGHTS SEMINARS

The seminars focused solely on how the COVID-19 crisis affected one's Fundamental rights. Such measures inadvertently affected people's livelihoods and security, their access to health care (not only for COVID-19), to food, water and sanitation, work, education – as well as to leisure. The work package had two seminars focusing on Access to information and Gender Inequalities.

Access to information Seminars

The COVID-19 pandemic highlighted the heightened importance of information in times of crisis. Access to accurate and timely information helps people make safe choices, for themselves and their families, with governments having a corresponding obligation to disseminate widely public interest information and to address disinformation. Access to information also promotes accountability regarding the highly impactful decisions governments make during emergencies. During a health crisis such as this, accurate information can help save lives, meaning that timely access to information can be a matter of life and death.

Recommandations:

- In times of crisis mass media should find the balance between good news and bad news.
- Mass media could also provide educative content during the crisis time, or provide a content which people could use, or entertain them more (they could add to the TV programs one hour of exercise, or cooking a meal together with the TV- many people were sitting in front of the TV anyway)
- The government should have a team which will in the times of pandemic stop the fake news- fake websites and take over the control of the news spread on social media.
- The government should have the right to block disinformation websites.
- People in school and in every company should have a seminar or workshop or any kind of compulsory education focused on disinformation.
- ·ensuring access to reliable and accurate information during the Covid-19 crisis is crucial in order to help individuals make informed decisions about their health and safety, as well as to support evidence-based decision-making by policymakers.

- One of the challenges during the Covid-19 crisis has been the spread of misinformation and fake news. This can create confusion and panic among the public, and can lead to people making decisions that are not based on scientific evidence. To address this challenge, it is important for governments, health organizations, and other reliable sources to provide clear, accurate, and up-to-date information to the public.

- One approach to ensuring reliable information is to rely on trusted sources, such as the World Health Organization (WHO) and national health organizations. These organizations have a wealth of expertise and experience in responding to public health crises, and are able to provide accurate information about the latest developments in the Covid-19 pandemic.

- Another approach to ensuring the reliability of information is to promote critical thinking and media literacy. Individuals can be taught to evaluate sources of information, check for biases, and identify misinformation. This can be particularly important in situations where fake news is widespread.

- In addition, governments and health organizations can use social media and other digital platforms to communicate directly with the public. This can help to counteract fake news and ensure that accurate information is disseminated widely.

- Finally, it is important to recognize that ensuring access to real information is an ongoing process. As the Covid-19 pandemic evolves and new information becomes available, it is important to continue to provide clear, accurate, and up-to-date information to the public. This requires collaboration and coordination among various stakeholders, including health organizations, governments, and media outlets, in order to promote a culture of transparency and trustworthiness.

- Request the Italian government to open the participation of the Disciplinary Council, meaning more journalists can join in as well as increase their level of transparency. Thus, with this action avoid elitisms inside the council and reserved for just some as happens nowadays. Moreover, we consider the creation of this kind of Councils at the EU level, in order to create an organism independent from governments to deal with fake news and disinformation in mass media.

- Thus, if disinformation and fake news cannot be completely be done away with, people have to be trained on how to critique news. Therefore, it seems important to raise awareness on how to read the news, where to search for information and how to control the veracity of an information written on a post or an article.

- That is why we think it would be important to include the education on how to inform oneself in primary schools and highschools. Seminars and training should also be organized to sensitize adults about the issue of fake news and help them to learn how to properly inform themselves.
- Another issue mentioned during this seminar about disinformation and fake news is the creation of intermediates between journalists and the original source of information. Indeed, if in the past the journalists had direct access to the scenes of the event they wanted to write one they now have a very restricted one. The experts invited for this seminar explained that a special unit has been created inside the police which is in charge of the communication of information to the journalists. This means that the journalists are being told what happened by these special cops but they can not see or control the information by themselves. These intermediaries create a first bias on the diffusion of information and might participate in the creation of fake news on some occasion.
- Therefore, to tackle the issue of disinformation another recommendation to the Italian government would be to reduce these intermediaries and to ask for a complete transparency of their communication.
- Campaigns for public education and awareness should be launched to help individuals understand the significance of adhering to the regulations and to allay their anxieties and worries about how they would affect personal freedoms.

Gender Inequalities

While the COVID-19 crisis affected everyone, women and girls faced specific and often disproportionate economic, health, and social risks due to deeply entrenched inequalities, social norms, and unequal power relations

Recommendations:
- Women should have more support centers and someone to talk to about their mental health, someone who can help them in case of spousal abuse.
- The government should also prepare a plan for the crisis like this especially for single mothers whose needs were overlooked as a result leaving the women in limbo with multiple needs.

- Providing economic support for women: Governments should provide financial support to women who have lost their jobs or had their income reduced during the pandemic. This support can take the form of cash transfers, unemployment benefits, or grants for small businesses. Governments should also provide tax credits or incentives to companies that implement gender-sensitive policies.
- Addressing the digital divide: With many activities and services moving online during the pandemic, it is important to address the digital divide that disproportionately affects women. This can include providing affordable or free internet access, ensuring that online resources are accessible and user-friendly, and providing training and support for digital literacy.
- Promoting women's leadership: Women's voices and experiences must be represented in decision-making processes during the pandemic. Governments and other stakeholders can promote women's leadership by appointing women to decision-making positions, involving women's organizations in policy development, and providing training and support for women's leadership.
- Addressing gender-based violence: Governments and other stakeholders can take steps to prevent and respond to gender-based violence during pandemics. This can include increasing funding for support services, implementing policies to prevent violence and protect women's rights, and providing alternative housing options for women who are experiencing violence.
- Addressing the care burden: To address the increased care burden on women during the pandemic, governments and other stakeholders can provide support for caregiving, such as flexible work arrangements, paid parental leave, and subsidies for childcare services.
- Collecting gender-disaggregated data: Governments and other stakeholders should collect and analyze gender-disaggregated data to better understand the gendered impacts of the pandemic and develop effective policies and interventions.
- In conclusion, addressing gender inequalities during the Covid-19 crisis requires a multi-faceted approach that involves promoting economic support for women, addressing the digital divide, promoting women's leadership, addressing gender-based violence, addressing the care burden, and collecting gender-disaggregated data. By implementing these solutions, governments and other stakeholders can work towards a more equitable and gender-sensitive response to the pandemic.
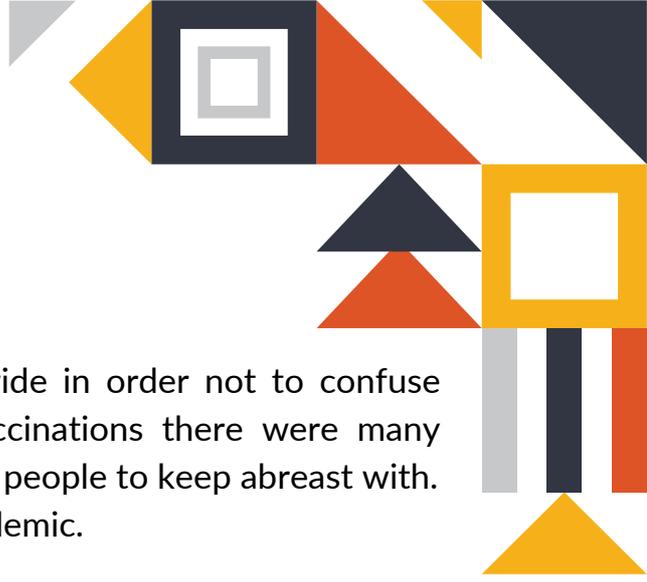
- Rules and regulations should be the same world wide in order not to confuse citizens for example on travel restrictions and vaccinations there were many different rules and regulations that it was difficult for people to keep abreast with.
- Medications to be free for all if its related to the pandemic.
- Governments to guard against big pharma
- More resources should be invested in science and research to prevent future global catastrophes.
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- Fundamental human rights should be respected for all regardless of their social status.
- Governmental founding/ assistance concerning computers, tablet, training , internet connection.
- Psychological support for people who were affected mentally by the situation
- Continuing teaching using traditional and modern methods as well (using it tools) in class (both face to face and virtual learning methods)
- Free counseling for couples to try to find a balance in domestic environment during such a crisis like Covid -19 pandemic.
- Hire more medical specialists, create online appointments to take care of all people that need any medical help
- Offer fstudents and adults in their working space psychological talks and treatments for those who need or think that is necessary for them to stabilize mental health and avoid any other serious illnesses.
- Support from institutions, governments and other public agents to solve the problems women face while conciliation between working and care/household tasks and motherhood.
- The creation of policies that allow women to conciliate without affecting their rights to achieve higher management positions. No discrimination in the workplace based on gender or family situation by creating and implementing, both in the private and the public sector, actions to control a balance of women and men and reserving a percentage of women with children or people under their responsibility.
- Obstetric violence considers not only gender inequality but also violence against women. Therefore, our proposal is to create awareness inside the hospitals, the staff and the professionals working in this field to protect women's decisions on how to give birth so they can accompany women and protect their rights while having birth, or while they have any other medical intervention.

The discussions emphasized how disparities during the pandemic, particularly in employment, mental health care, and education, have gotten worse. It is advised to improve equal opportunities, boost mental health support networks, improve literacy, and fight racism and discrimination in order to address these issues. These actions will help create a society that is more resilient and inclusive.