# MELTIC WORKSHOP

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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.
Participants

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Workshop goal

IDEAS FOR HEALTH + WELLBEING SOLUTIONS FOR CITIZENS IN SMALL ISOLATED COMMUNITIES IN PUBLIC SPACES
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:
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 CO₂ emissions.
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
MAP FROM MADRID
MELTIC WORKSHOP
Maps from La Palma del Condado, Spain

Manual Thinking®

Maps from La Palma del Condado

Manual Thinking®
MELTIC WORKSHOP
Maps from
Reguengos de Monsaraz, Portugal
Manual Thinking

MAPS FROM REQUENGOS DE MONSARAZ

- PortuGal
- Summary Map
- 2.1 Session with 6 Persons

- Health Care Situation

- Translate Health Care Language
- Assistance to Mothers Online Platform
- Combat Self Medication
- Combat Loneliness
- App with Reliable Medical Info
- General Experience
- High Impact
- Easy to Implement
- Summary Map 1
- Summary Map 2
- Summary Map 3
MELTIC WORKSHOP
Maps from Barcelona, Spain
What opportunities and problems do you detect in each area?

- How to use environment as opportunity
- Water management
- Care
- Health pillar
- Good taste
- Accessible
- How to keep medical staff in rural areas
- How to use Mediterranean diet as opportunity
- Rich in nutrients
- Being people together
- Overweight problem
- Young generation leaving villages
- Inter-generational activities
- Care
- Security
- Money & resources
- Education
- Occupation
- Health
- Work
- Care
- Mobility
- Access
- Opportunities
- Etc.
- Etc.
- Etc.
- Etc.
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: Reguengez de Monsaraz 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.
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 getting 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/
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 funds 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 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 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 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.
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 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.

IDEA 13: Fomenting 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 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.

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.


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 efficaces = Programs for medical staff, building apartments, transport machines, purchase of medical devices.
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 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 3: Bad eating habits provided by media + 17. Partnerships for the goals =

Taxing junk food to counter obesity in all countries.

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.

IDEA 5: 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 6: There exists a social feeding centre (soup kitchen) + 13. Combat climate change =

Providing social feeding centers with aliments from the local farmers.

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.
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, privat, 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 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 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 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 hope-fully 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 better 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 better 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.
IDEA 1: ...NO POVERTY.

Care and Alimentation

IDEA 2: ...ZERO HUNGER.

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

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

IDEA 4: ...QUALITY EDUCATION

Improvement in education to children. Keeping talent in small villages

IDEA 5: ...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 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 CONSUMPTION 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.
3. Good Health and Well-being

3. Keep popular traditions known

31. Online platform managed by a multidisciplinary team to promote health care literacy

32. Collection and storage of rainwater for domestic consumption

28. European Network "Be a Woman": where there are no taboos or prohibited themes

29. Online platform for breastfeeding, for simplified and personalized use for new mothers

24. Creation of a "Start to Breastfeed" platform to support breastfeeding mothers.

5. Gender Equality

30. App for daily mood indication for analysis of the mental health status of the community

IDEAS BY FAMILIES

MEL Tic

Manual Thinking
1. Creation of electric ambulance

2. Medical caravans in communities, healthy lifestyle promotion involving doctors & pharmacists.

3. Good health and well-being

LOCAL HEALTHCARE & EDUCATION
3. Creation of a personalized online assistance service

4. Create "friendly" and easy communication tools between healthcare and community

5. Good health and well-being

6. Local app for health habits

7. Screening for health prevention

8. Programs, trainings & apps to learn how to use medication with medical guidance.

9. Combat self medication
5. Teach how to prevent deforestation, plant trees, use less and recycle more paper & cardboard.

12. RESPONSIBLE CONSUMPTION AND PRODUCTION

Volunteer programs, meetings and media commercials to collect trash from streets.
5 GENDER EQUALITY

Foment female talent. STEM disciplines

13. Improvement in education for children.

4. Quality Education
2 Zero Hunger

14 Food education. Life style improvement

15 Life on Land

Bringing generations together through food
8. Decent Work and Economic Growth

Lower taxes for bio products (to be affordable for everyone).

Creating websites to help farmers to sell their products.

15. Life on Land

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

21. Fix population by providing communications and transport infrastructures

22. Infrastructure for rural areas. Technology, communications and transport infrastructures

15. Life on land
15. LIFE ON LAND

23. Grants to realize simple, modular constructions with environmentally friendly materials.

24. Preserve local heritage by recording elder people's stories about traditions & local craft.

25. Architecture & art students volunteer programs to help restore & preserve traditional villages.

26. Meetings and volunteering actions between generations, partners, companies, schools, associations.

27. Encourage people from rural areas to make use of solar energy.

IDEAS BY FAMILIES
Creation of a "How to breastfeed" platform to support breastfeeding mothers.

Online platform for breastfeeding, for simplified and personalized use for new mothers.

European Network "Be a Woman", where there are no taboos or prohibited themes.
3 **Salud y Bienestar**

- **30** App for daily mood indication for analysis of the mental health status of the community.

- **31** Online platform managed by a multidisciplinary team to promote health care literacy

- **31** App for citizens to upload their daily mood to measure the mood of the population
Collection and storage of rainwater for domestic consumption

Keep popular traditions known

15 LIFE ON LAND
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 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.
Create "friendly" and easy communication tools between healthcare and the community

WHEN?
- On vacation, without access to doctors
- With kids
- For prescription refill
- When there is no doctor in the community
- For people who can't move

WHAT?
- App can be used in all small communities with an internet connection.

WHERE?
- App can be used by all people from rural areas and cities, by patients and doctors.
- Needs support of IT volunteers for app development.

WHO?

HOW?
- App can be used on smartphone, everyone has one and can be used everywhere.
- Use app to get in touch with doctor, to upload blood results and other clinical details.

WHY?
- Necessary for rural areas and isolated communities, where people don't have easy access to doctors.
- With an app, patients can reach a doctor very fast.

TREASURE OF INNOCENCE
When? Used when cultivated surface does not benefit from sufficient amount of water, used in dry periods generally in summer time.

Why? Climate conditions have changed. Reduction of damage due to drought. Method for risk reduction quality of crops increase = additional income.

What? (Bio-farming) Creating irrigation system

Where? - Any cultivated area, - fields, - garden with small water intake - desert and sandy areas.

How? Electric pumps obtain water from river, canal or reservoir. Electric generator or motor pump in case there is no electricity in the area or farm.

Who? Farmers and gardeners
TREASURE OF INNOCENCE

WHAT?
QUALITY EDUCATION INCLUDING GENDER EQUALITY ACCESS TO GIRLS AND WOMEN

WHEN?
STARTING IN THE VACATION SEASON OF THE POPULATION THAT LIVES IN THE BIG CITY AND RETURNS TO SPEND THE HOLIDAYS IN THE SMALL VILLAGE.

WHERE?
- SMALL MUNICIPALITIES
  - RURAL AREAS
  - AREAS FAR FROM TOURIST AREAS.

WHO?
The population of rural areas that can stay and do not emigrate, attracting population coming from big cities deciding to change their way of life.

WHY?
WITH GOOD TRAINING, THEY WILL HAVE THE POSSIBILITY OF DEVELOPING BETTER AND GETTING BETTER PAID JOBS.

HOW?
KNOWING THE LOCAL NEEDS AND RESOURCES IN DEPTH.
APP FOR CITIZENS TO UPLOAD THEIR DAILY MOOD.

WHAT?

AS SOON AS 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".

HOW?

PARTNERSHIP WITH UNIVERSITY OF ÉVORA, WITH SPECIALIST ON INFORMATION SYSTEM FOR PRODUCTIVE AND DISSEMINATION OF THE APP.

WHO?

MUNICIPALITY LOCAL ENTITIES (PUBLIC AND PRIVATE) OVERALL POPULATION.

WHERE?

MOBILE PHONE OR TABLET APP.
SELF MEDICATION IS AN ALARMING CONCEPT SO THE MEASURES SHOULD BE TAKEN AS SOON AS POSSIBLE.

WHEN?

SELF MEDICATION CAN CAUSE UNINTENTIONAL SELF-HARM, POSING RISK TO BOTH PATIENT AND COMMUNITY AS A WHOLE. (EXAMPLE ANTIBIOTICS)

WHY?

THE PREVENTION OF SELF MEDICATION CAN START AT HOSPITALS AND MEDICAL OFFICES AND CONTINUE THROUGH PHARMACIES, TV ADVERTISEMENTS, ETC.

WHERE?

COMBAT SELF MEDICATION TO PREVENT UNINTENTIONAL SELF-HARM

WHAT?

PROPER INSTRUCTIONS AND EXPLANATIONS WHENEVER HEALTH PROFESSIONALS ARE PRESCRIBING DRUGS, AT PATIENTS COMPREHENSION LEVEL

HOW?

WHO?

HEALTH PROFESSIONALS AND PHARMACISTS HAVE A POTENTIAL ROLE IN PREVENTING RISKS OF SELF MEDICATION, BY IDENTIFYING, SOLVING, AND PREVENTING DRUG-RELATED PROBLEMS.
TREASURE OF INNOCENCE

WHAT?
INFRASTRUCTURES FOR RURAL AREAS, TECHNOLOGIES, COMMUNICATION AND TRANSPORT INFRASTRUCTURES

WHY?
KEEPING TALENT IN SMALL VILLAGES, FIX POPULATION IN LAND, FOMENT FEMALE TALENT.

WHERE?
FROM CHILDREN TO ELDERLY, THROUGH IMPROVEMENT IN EDUCATION, MEDICAL PREVENTIVE EDUCATION AND PROMOTION OF STEM DISCIPLINES FOR YOUTH.

WHEN?
THROUGH DISTRICTS, LOCAL INSTITUTIONS, RURAL AREAS AND ISOLATED COMMUNITIES.

HOW?
PERSONALIZED ONLINE ASSISTANCE SERVICE, CREATING A COMMUNICATION TOOL, LOCAL APP FOR HEALTHY HABITS, CREATE A WEBSITE FOR HELP.

WHO?
HEALTHCARE AND COMMUNITIES, INSTITUTIONS AND VOLUNTEERS IN ACTIONS BETWEEN GENERATIONS, PARTNERS, COMPANIES, SCHOOLS AND ASSOCIATIONS.
MEDICAL CARAVANS IN COMMUNITIES.
Healthy lifestyle promotion with involvement of doctors and pharmacists.

WHERE?
Healthcare caravan moves with physical means (bus, wagon or stands) through districts, optimally with a province - regional - national - European framework and scope.

WHEN?
Educational programme should be realized in each season to develop specific awareness campaigns. Meeting point actions can be carried out intensively in one month to find out mous.

WHY?
Local communities require a joint connection in healthcare to create common agreements. Learn from each other and establish relationships among actors.

WHAT?
Creation of a healthcare caravan with blended methodologies (presidential and virtual) of educational programs and meeting point of citizens to create local "mous."

WHO?
Healthcare caravan involves following local players: - policy makers - third sector NGOs - school communities - healthcare centres - entrepreneurs - academia.
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.
Various ideas

Timeline
Deta, Romania

- **Tree planting projects**
  - Annually
  - Annual deadline

- **Launch medical projects**
  - 2023
  - Cross-border cooperation programs with the Republic of Serbia, Hungary, probably at their launch, which is not known, probably starting in 2023.

- **Irrigation system programs**
  - 2024
  - Prerogative of entrepreneurs, will help them access certain programs, deadline 2024.
Reguenges de Monsaraz, Portugal

**Timeline**

- **March 2021**: Creation of a multidisciplinary team.
- **March/April 2021**: Development of a Project document.
- **May-August 2021**: Presentation of the project to possible partners.
- **September 2021**: Implementation of the project.
- **September 2022**: Dissemination and promotion of the app.
- **From September 2022**: Monitoring the results.
- **From September 2022**: Taking action if mental health issues are detected.

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

**YEAR 1**

**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)

**YEAR 2**

**12 MONTHS**
Implementation of Methodology for Healthcare Caravan Development in Communities

**4 SEASONS EDUCATIONAL AND AWARENESS CAMPAIGNS**

**1 WEEK EACH SEASON**

**MEETING POINT FOR LOCAL CONSENSUS AND MOU**

**4 WEEKS LAST MONTH**
Timeline
Madrid, Spain

INFRASTRUCTURES FOR RURAL AREAS
Technologies, Communications and Transport Infrastructures

YEAR 1

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

YEAR 2

12 MONTHS
Follow-up, feedback and readjustments in communities

4 SEASONS EDUCATIONAL AND AWARENESS CAMPAIGNS
1 WEEK EACH SEASON
4 WEEKS LAST MONTH

Meeting point for local consensus about results achieved
The last assignments are also filtered through a wordcloud application, in order to visualize the keywords of the created content.
Wordcloud: Favourite Ideas

people, support, use, cre, ation, help, daily, education, programs, communities, health, medical, medication, volunteer, volunteering, online, areas, self, reduction, support, re, turn.
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

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