

MELTiC

HEALTH + WELLBEING FOR ALL

Manual Thinking®

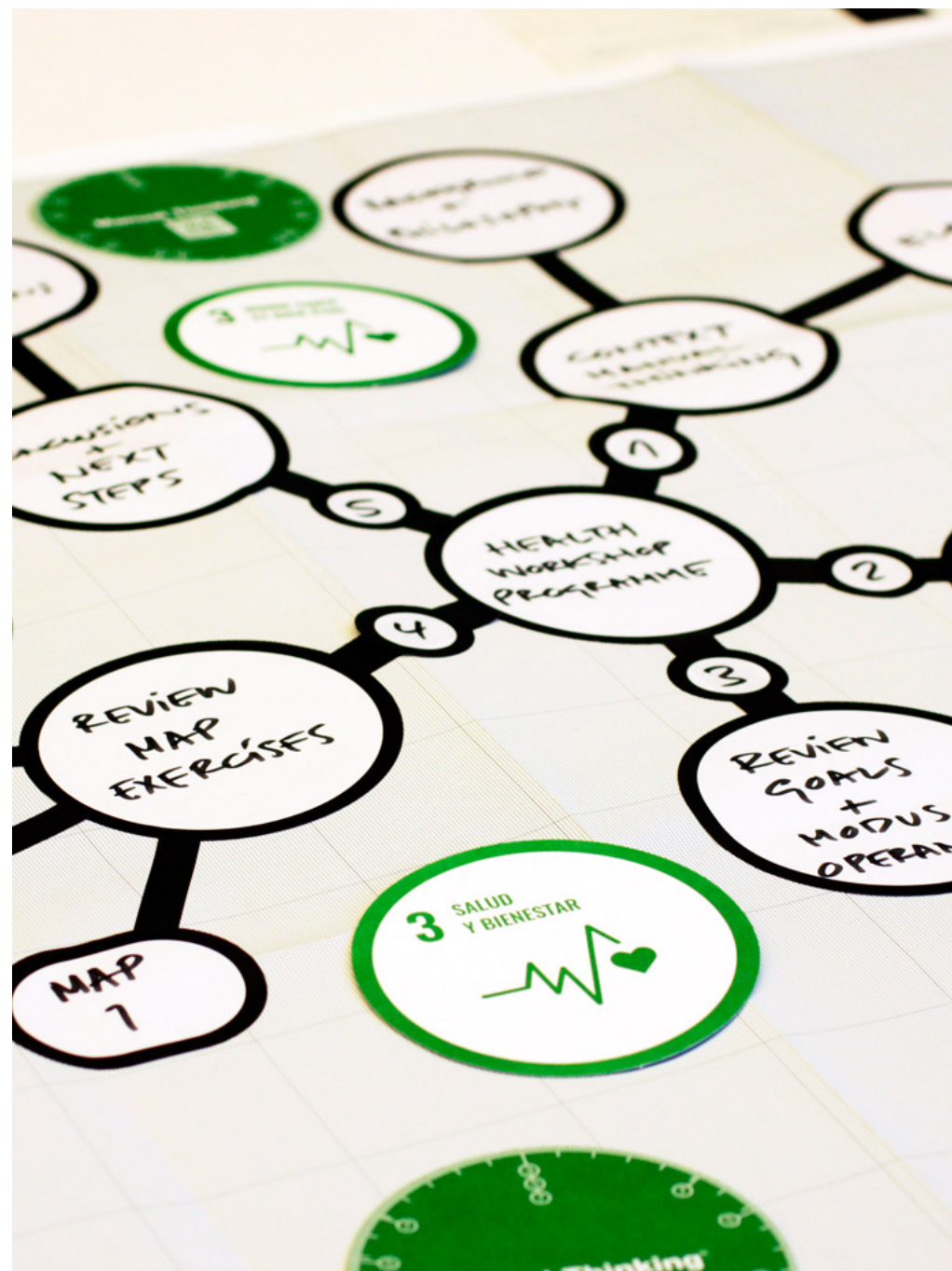
Meltic Workshop Dossier
August 2020 to February 2021



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

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About Meltic Workshop

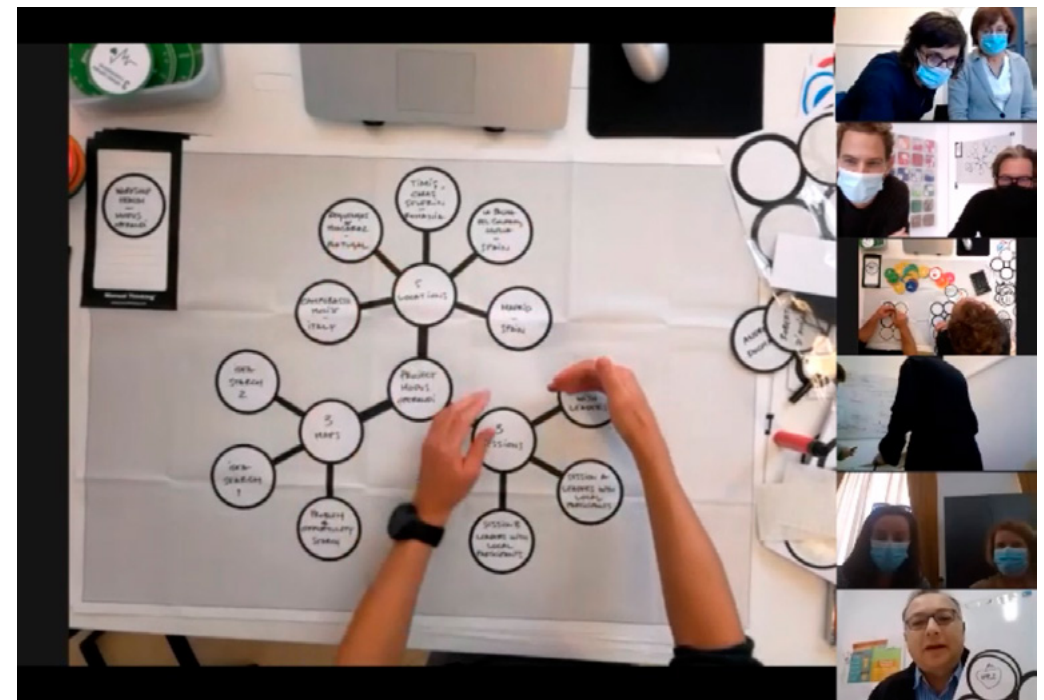
Originally conceived as a face to face encounter, the **Meltic Workshop** brings various European municipalities together to look for health and wellbeing related solutions for small and isolated communities.

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.



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 Municipality, Timis Torontal Barzava Association, Romania

www.timistorontalbarzava.ro

Gheorghe Duță

Larissa Duță

Oana Girba

Oana Lazăr

Tania Gabor



Comune di Mirabello Sannitico, 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

M^a José de Tena

www.isciii.es

Facilitation by:

Manual Thinking, Barcelona, Spain

www.manualthinking.com

Luki Huber

Gerrit Jan Veldman

IDEAS FOR
HEALTH + WELL BEING
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 Llékué 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 Brainstorm 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 CO₂ 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



ROMANIA
SESSION TEST
MAP 2

Manual Thinking
www.manualthinking.com



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 center 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 Note down what you imagine to reach the dreamed situation? What ideas and three possible ideas to different scales of implementation on the circular labels.

4 Ideas for patients, relative, health professionals, families, home, alimentation, etc.

5 Ideas for neighborhoods, companies, educational institutions, sports, leisure, etc.

6 Ideas for the environment, political, countries, migration, cultures, etc.

Manual Thinking

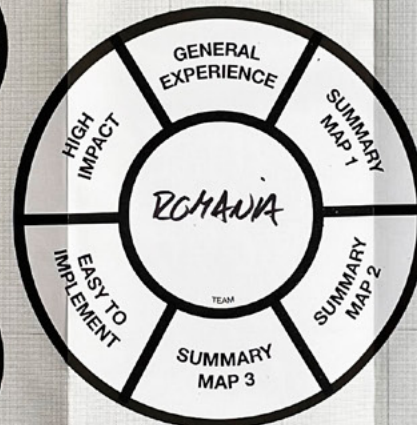


ROMANIA

SUMMARY MAP
22.12.2020

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www.manualthinking.com



3 PERSON
FACE TO FACE
+
ONLINE

45 HOURS
FOR EACH
MAP

CARE
&
ALIMENTATION

POOR
-
NO ACCESS
TO
CARE

ALREADY
LOWEST
FINANCIAL
RATE

NO
MEDICAL
VISITS
FOR
20-30 YEARS

LIMITED
ALIMENTATION
RESOURCES

OBSTACLES
LOW SANITARY
EDUCATION

PEOPLE
IN RURAL AREAS
DO NOT VISIT
DOCTORS

DREAMS
BETTER
FINANCIAL
SITUATION
FOR
HEALTHCARE

POOR
HEALTHCARE
+
INFRASTRUCTURE

HIGH
RATE:
TUBERCULOSIS
CANCER
HEART
DISEASE

6% BPI
SHOULD
GO TO
MEDICAL
SYSTEM

APPROACH
ALCOHOL
PROBLEM
WITH
TAXES

MEDICAL
SCREENING
CAMPAIGNS

MOBILE
MEDICAL
UNIT FOR
SCREENING

HIGH
INFEST
OF FAT
PIG MEAT

IMPROVEMENT
IN EDUCATION
TO CHILDREN

LACK
OF
PHYSICAL
ACTIVITY

BIO
FARMING
AS
OPPORTUNITY

FIRST
AID
TRAINING

BIO
FARMING

INTER-
GENERATIONAL
TEAM-
WORK

CREATING
WEB-MARKETS
FOR SELLING
FARMERS
PRODUCTS

VOLUNTARY
PROGRAMS

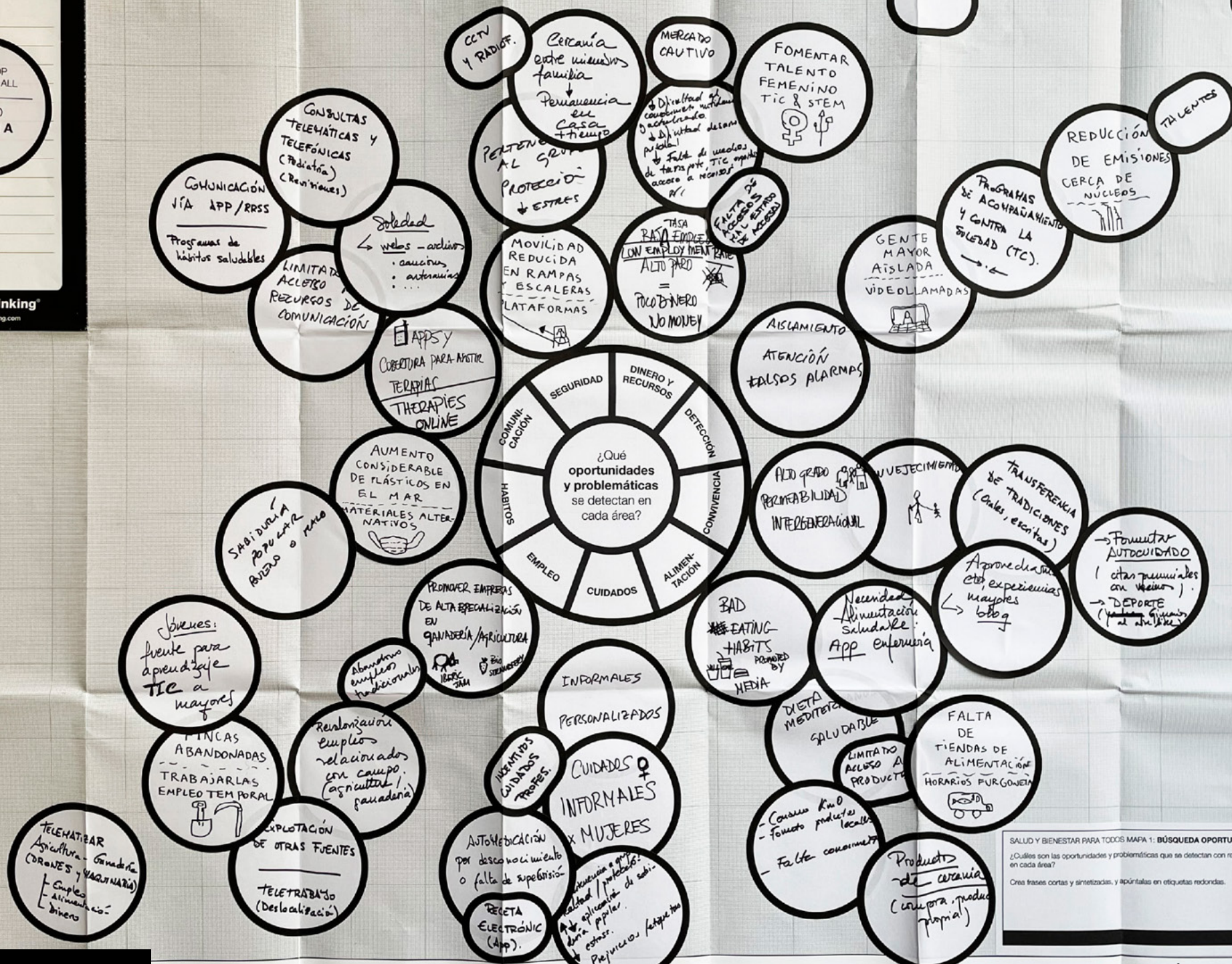
AFFRONT
UNFAIR
COMPETITION
WITH
SUPERMARKETS

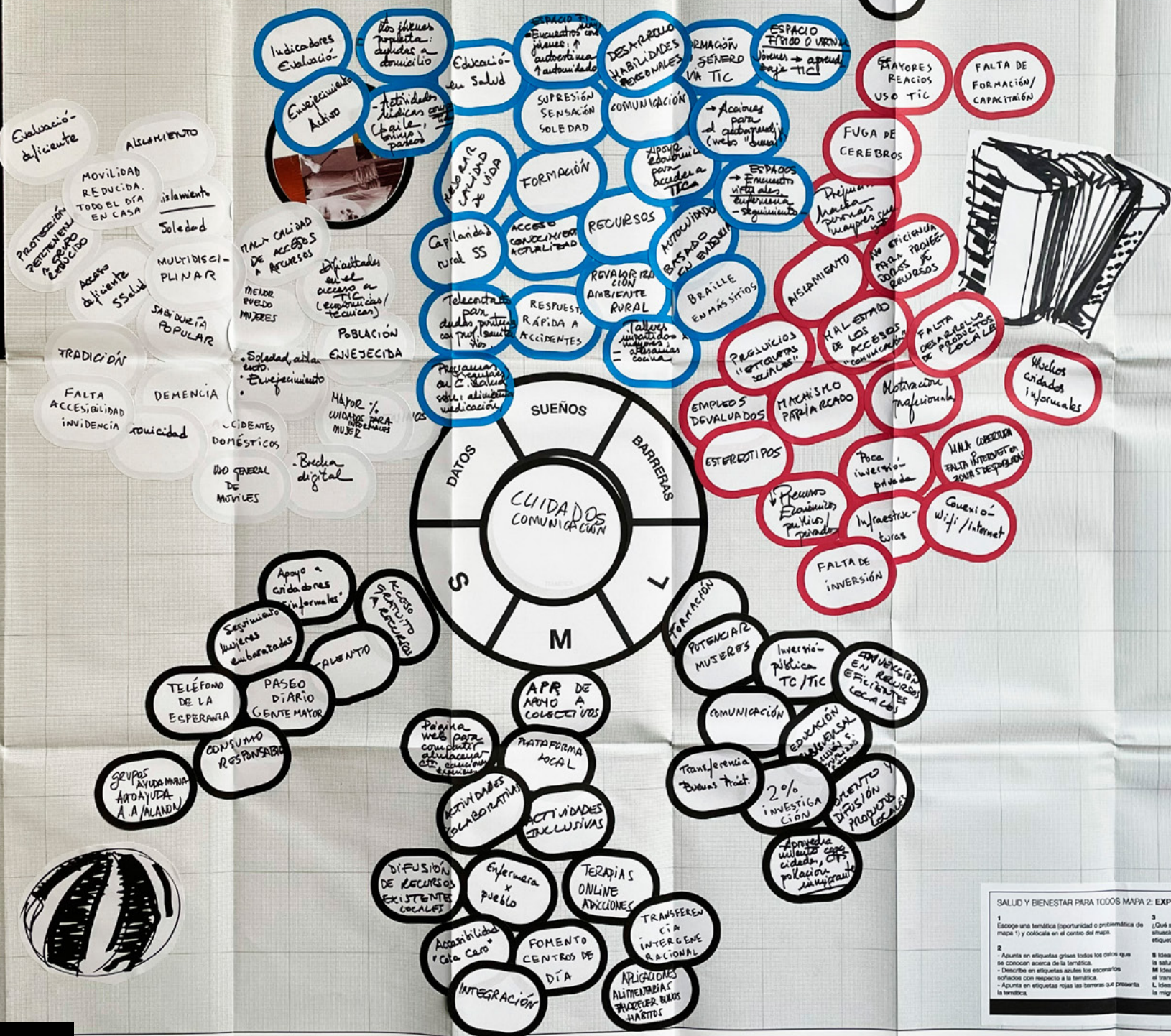
FOMENT
MEDICAL
PREVENTIVE
EDUCATION

MELTIC WORKSHOP

Maps from Madrid, Spain



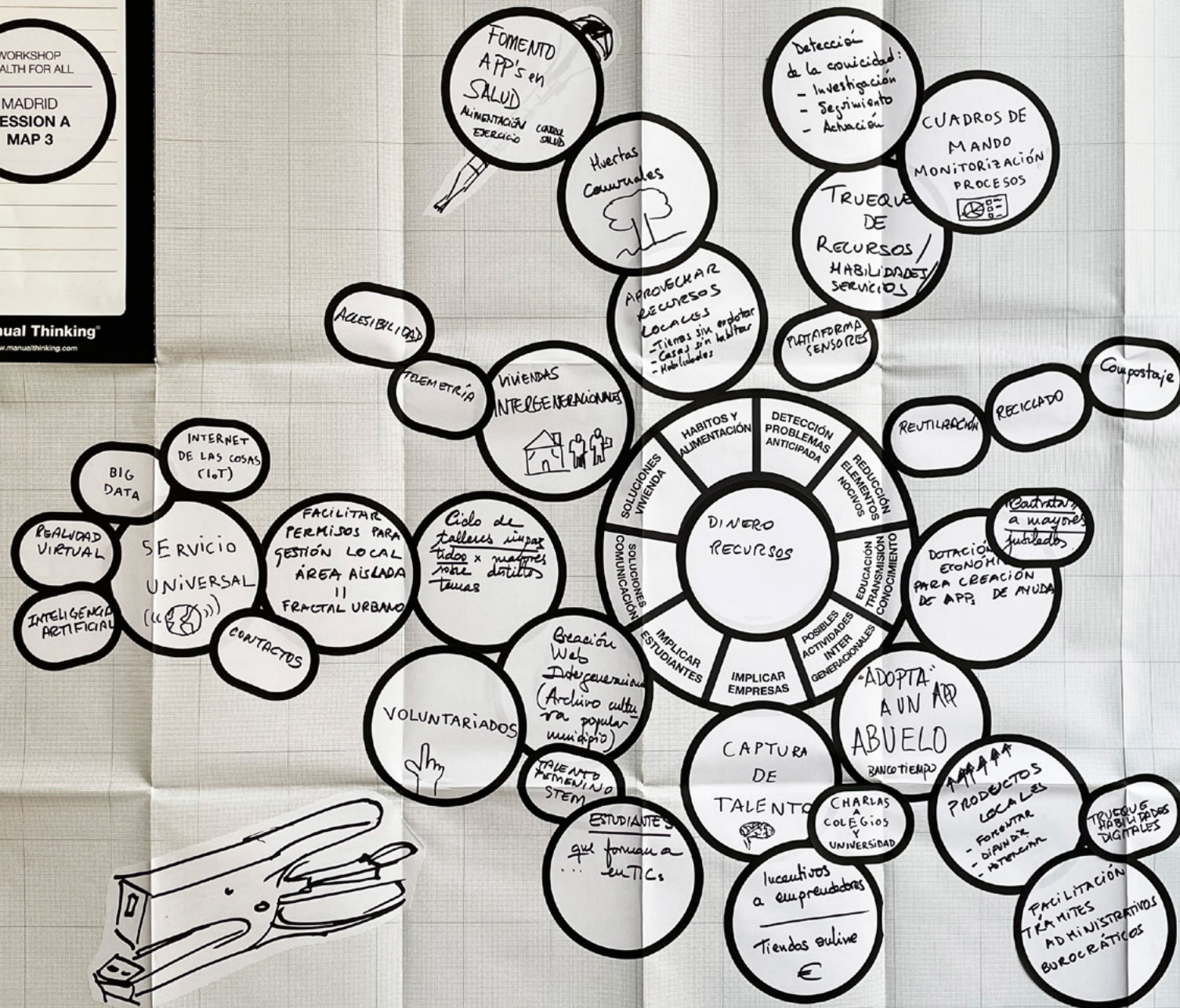




SALUD Y BIENESTAR PARA TODOS MAPA 2: EXPLORACIÓN ÁREA BÚSQUEDA

1. Escoge una temática (oportunidad o problemática de mapa 1) y cócala 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 sociales con respecto a la temática.
 - Apunta en etiquetas rojas las barreras que presenta la temática.
3. ¿Qué soluciones te imaginas para llegar a la situación soñada? Apunta/dibuja posibles ideas en etiquetas rojizas para diferentes escalas:
 - Ideas para pacientes, parientes, profesionales de la salud, familias, el hogar, la alimentación, etc.
 - Ideas para barrios, empresas, la educación, el transporte, el deporte, ocio, etc.
 - Ideas para el medioambiente, la política, países, la migración, culturas, etc.

Manual Thinking



SALUD Y BIENESTAR PARA TODOS MAPA 3: CHECKLIST BÚSQUEDA IDEAS

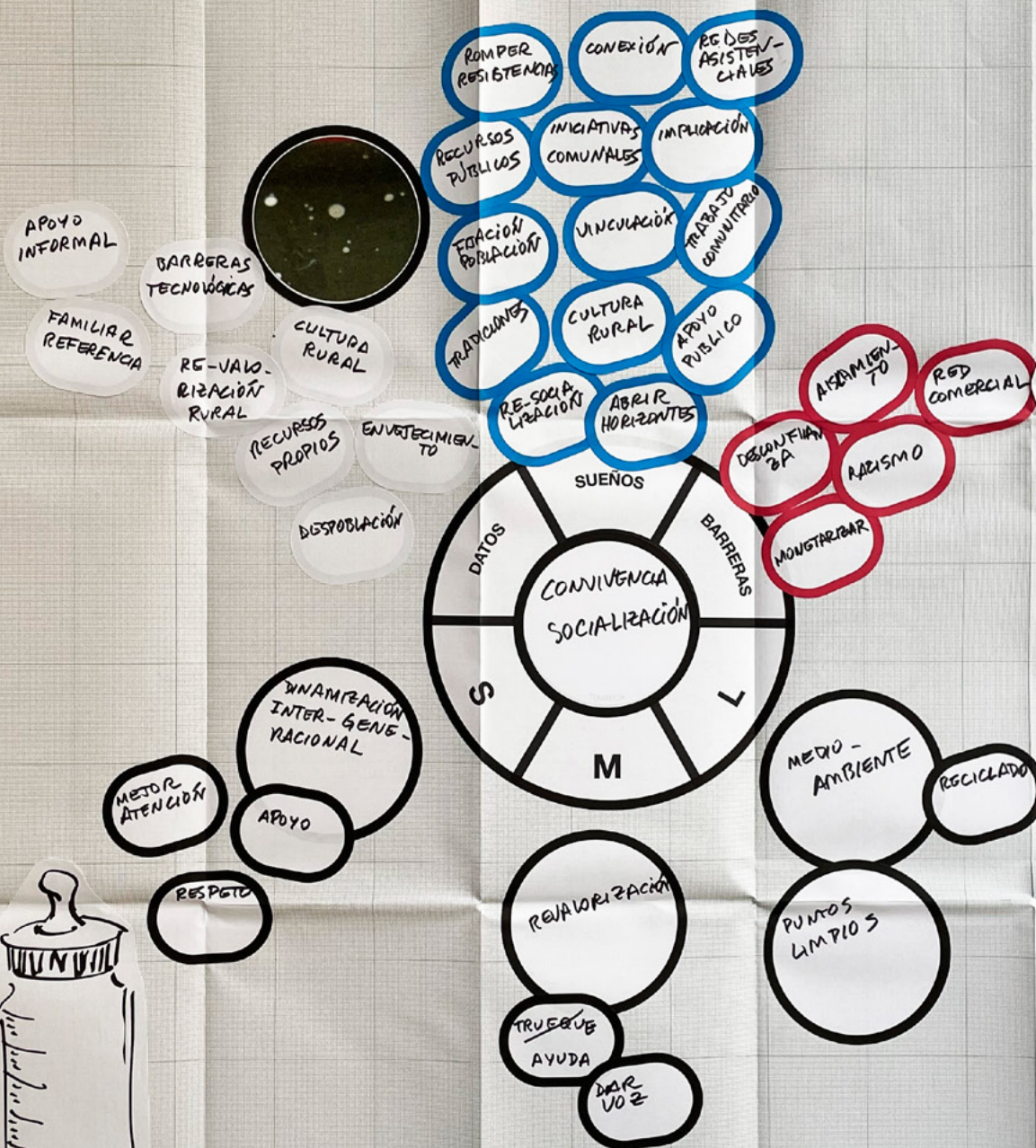
Coloca una temática (oportunidad o problemática de mapa 1) en el centro del mapa.

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

Apunta y dibuja las ideas en etiquetas redondas.

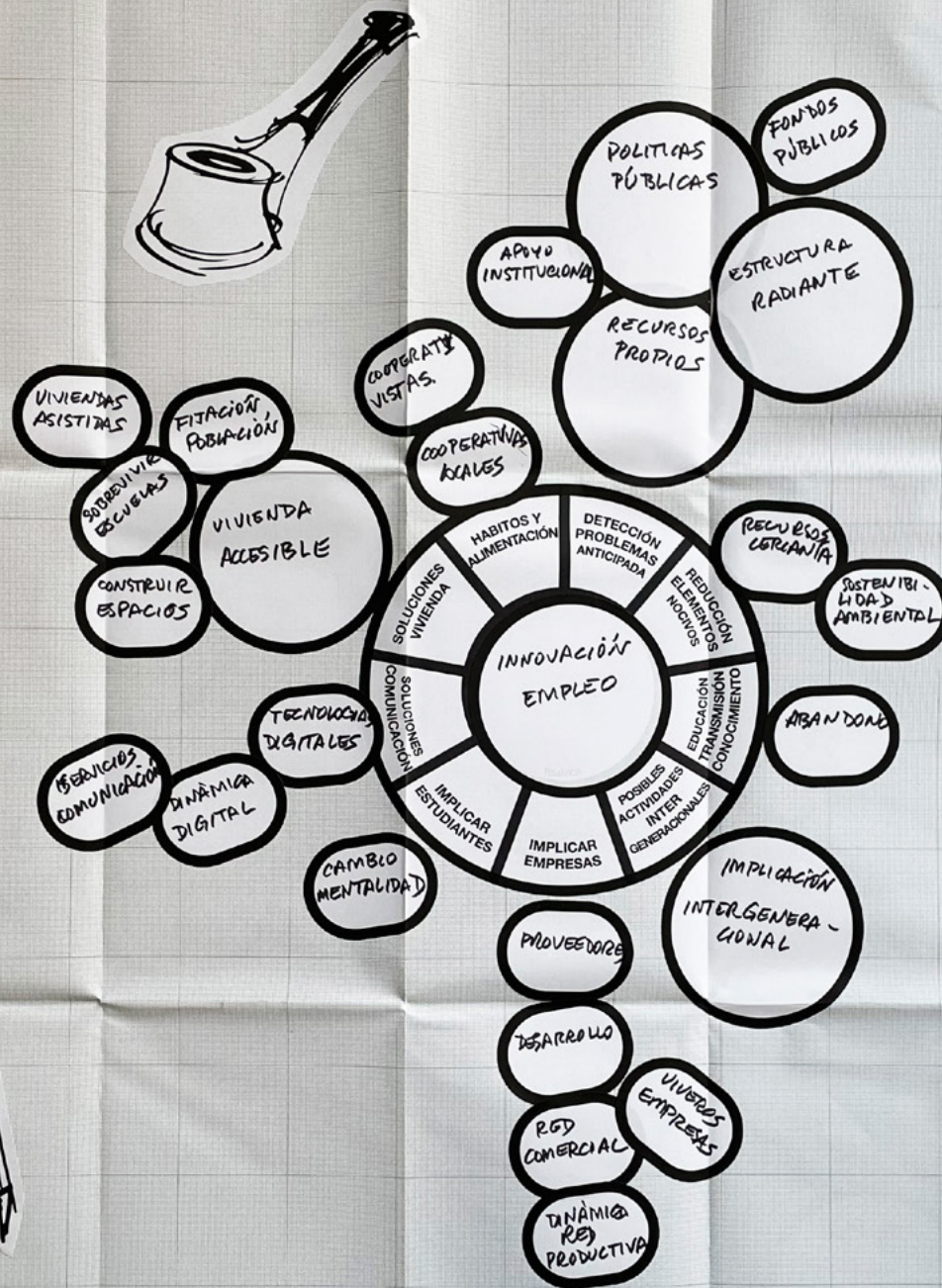
Repite el ejercicio con una temática central distinta para encontrar más ideas.

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



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 temáticas que presenta la temática.
3. ¿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.



SALUD Y BIENESTAR PARA TODOS MAPA 3: CHECKLIST BÚSQUEDA IDEAS

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

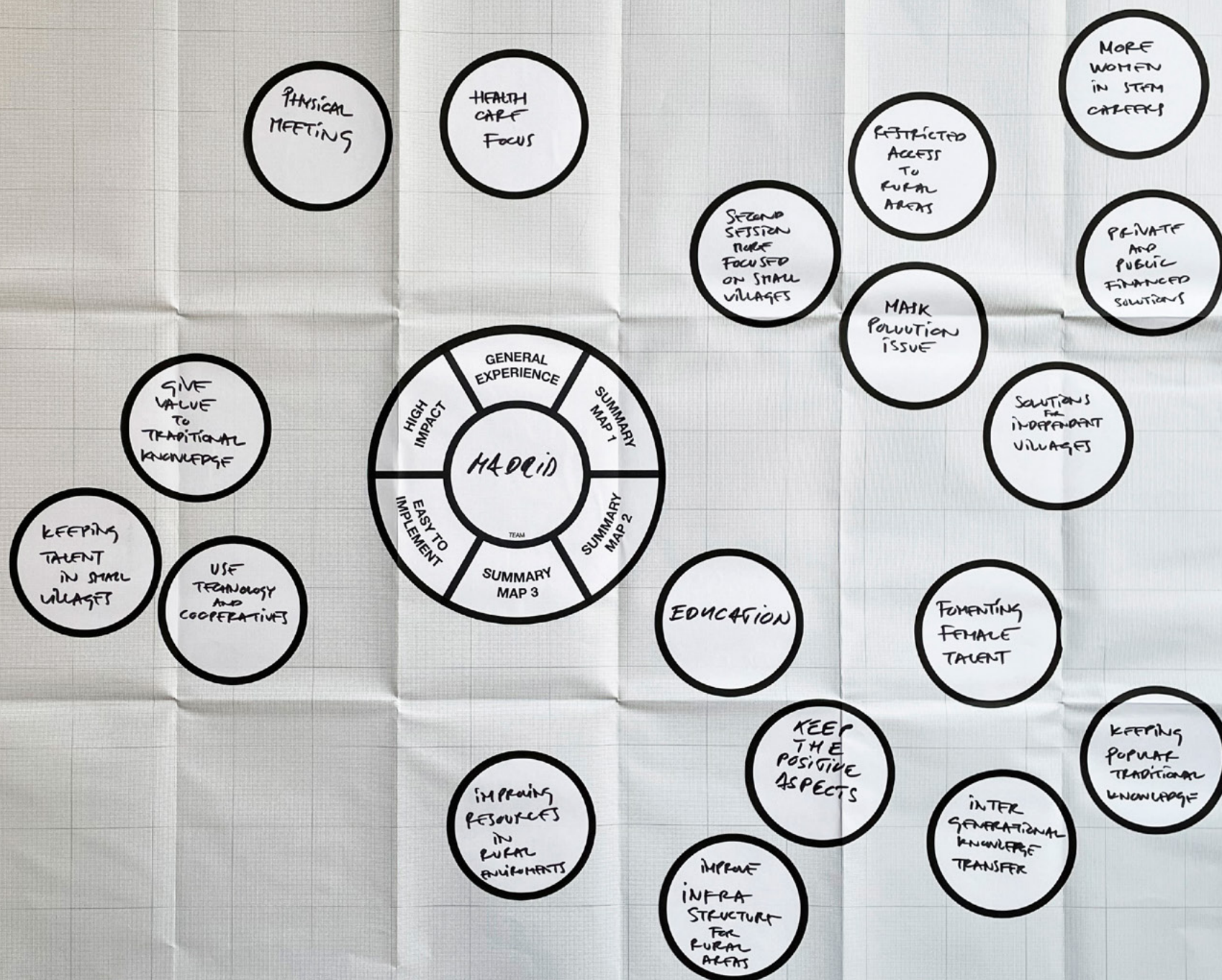
¿Qué ideas y soluciones se surgen en cada área de búsqueda?

Apunta y dibuja las ideas en etiquetas redondas.

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

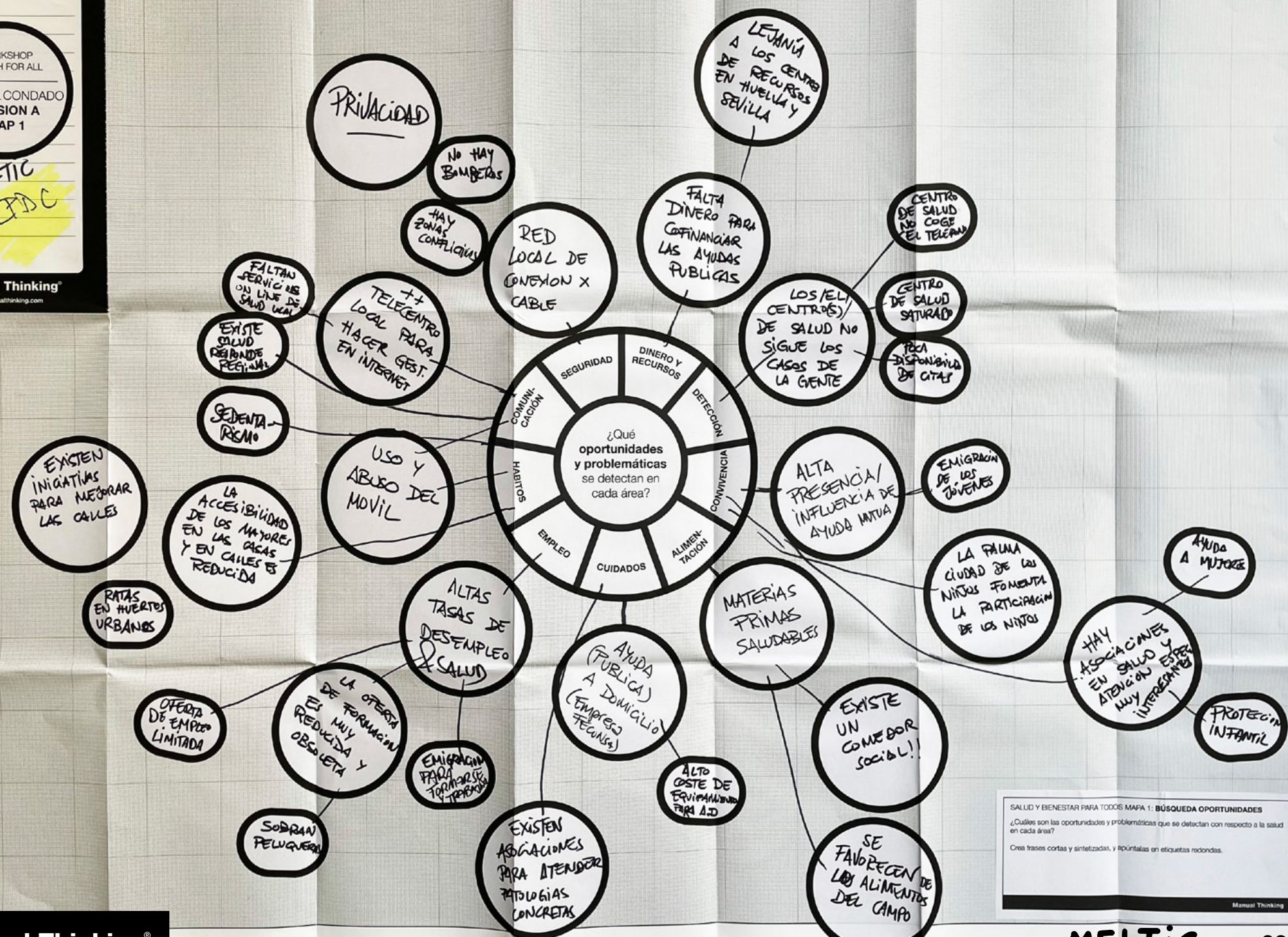
MADRID
SUMMARY MAP
22.12.2020

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MELTIC
ALISC



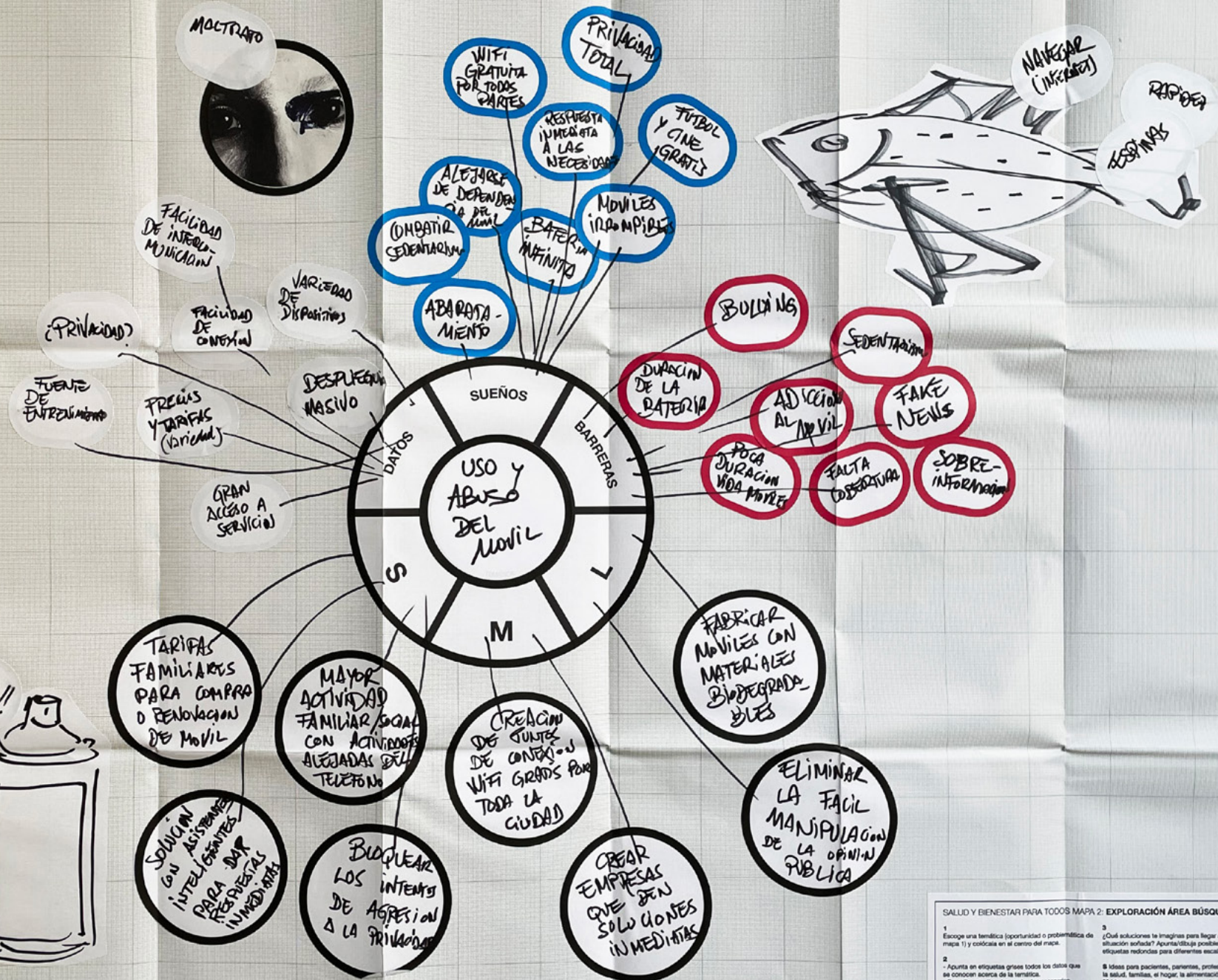
SALUD Y BIENESTAR PARA TODOS MAPA 1: BÚSQUEDA OPORTUNIDADES
¿Cuáles son las oportunidades y problemáticas que se detectan con respecto a la salud en cada área?
Crea frases cortas y sintetizadas, y apúntalas en etiquetas redondas.

WORKSHOP
HEALTH FOR ALL

PALMA DEL CONDADO
SESSION A
MAP 2

ALPDC

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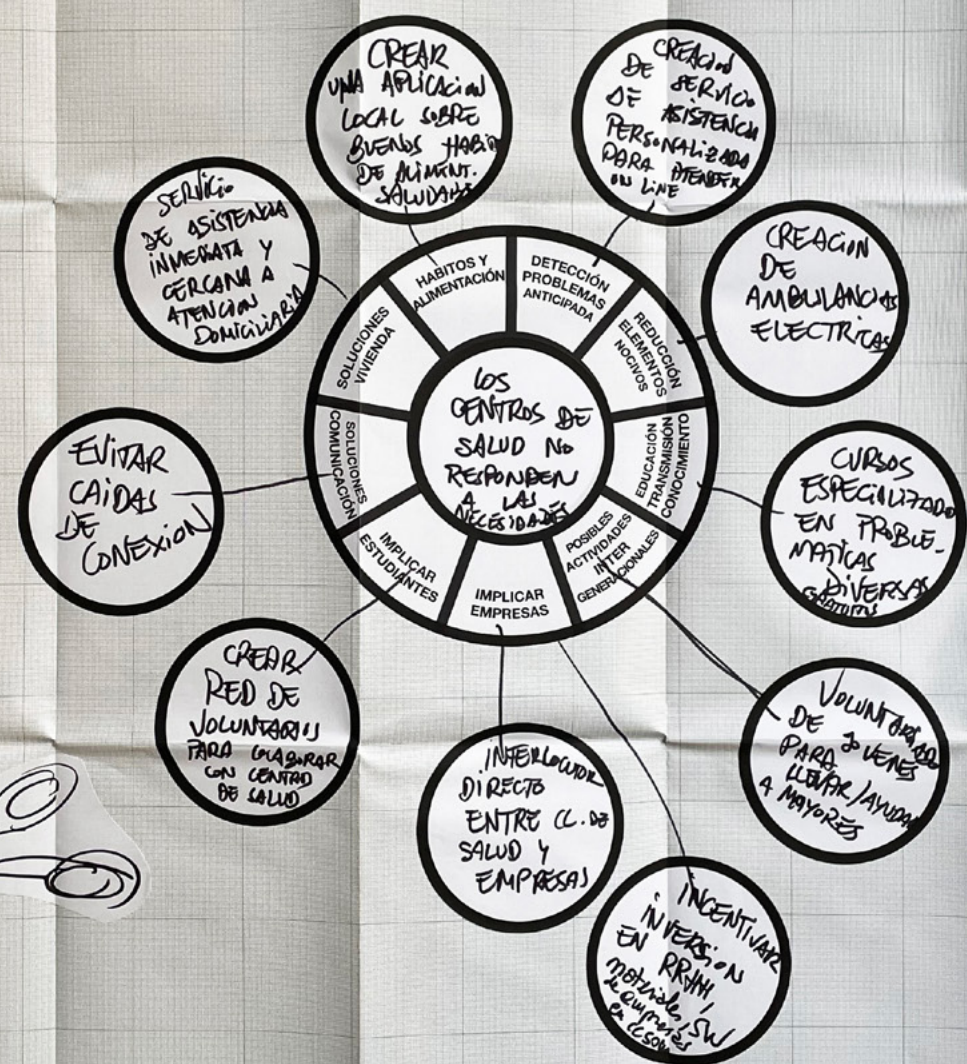
SALUD Y BIENESTAR PARA TODOS MAPA 2: EXPLORACIÓN ÁREA BÚSQUEDA

1. Escoge una temática (oportunidad o problemática de tu mapa 1) y codifícala 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 posibles con respecto a la temática. Apunta en etiquetas rojas las temáticas que presenta la temática.
3. ¿Qué soluciones te imaginas para llegar a la situación soñada? Apunta/dibuja posibles ideas en etiquetas redondas para diferentes escalas:
 - Ideas para pacientes, pacientes, profesionales de la salud, familias, el hogar, la alimentación, etc.
 - Ideas para barrios, empresas, la educación, el transporte, el deporte, ocio, etc.
 - Ideas para el medioambiente, la política, países, la migración, culturas, etc.

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ALPDC

IDEAS
INCENDIARIAS!



ECLIPSE!

VER LUGAR
DENTRO DE
LAS CERCAS



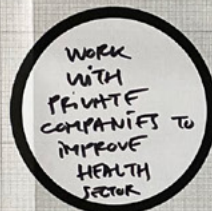
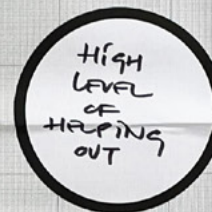
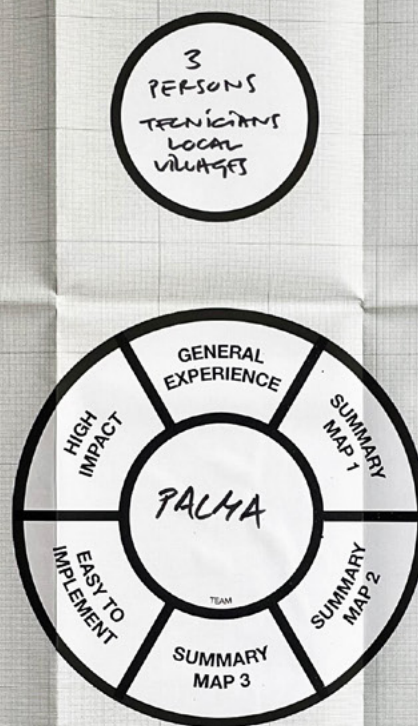
ES
FAS!

CORTAR
PROBLEMAS
DE RAIT

SALUD Y BIENESTAR PARA TODOS MAPA 3: CHECKLIST BÚSQUEDA IDEAS
Coloca una temática (oportunidad o problemática de mapa 1) en el centro del mapa.
Coloca ideas y soluciones que surgen en cada área de búsqueda.
Apunta y revisa las ideas en etiquetas redondas.
Repite el ejercicio con una temática central distinta para encontrar más ideas.



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MELTIC WORKSHOP

Maps from Reguengos de Monsaraz, Portugal



WORKSHOP
HEALTH FOR ALL

PORTUGAL SESSION A MAP 3

23 Dec. 2020

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INCREASE THE
CAPACITY OF RESERVE
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

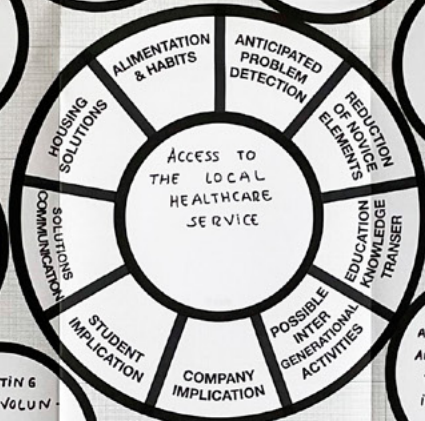
INCREASE THE
NUMBER
OF HOME HEALTH
SUPPORT TEAMS

PROMOTING
YOUTH VOLUN-
TEERING
AMONG THE
COMMUNITIES

INVOLVING
COMPANIES WITHIN
THEIR
SOCIAL RESPONSAB-
ILITY

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

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



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

REQUALIFICATION
WORKS IN THE
HEALTH CENTER
BUILDING

IDENTIFY MENIAL
HEALTH ISSUES IN ADVANCE
THROUGH EASY-TO-USE
TOOLS BY THE
COMMUNITY

IMPROVING THE
PUBLIC TRANSPORT NET-
WORK AND LOCAL MO-
BILITY POLICIES FOR
EASIER ACCESS TO
HEALTH EQUIPMENT

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

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

ACQUISITION
OF MORE
COMPLEMENTARY
MEANS OF DIAGNOSIS



DIGITAL
HEALTH LITERACY
PROMOTION
PLATFORM

CREATION OF
A VIRTUAL AND
INTERNATIONAL
FRIENDLY COMMUNITY
TO COMBAT PHYSICAL
DISTANCING AND
SOCIAL ISOLA-
TION



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.

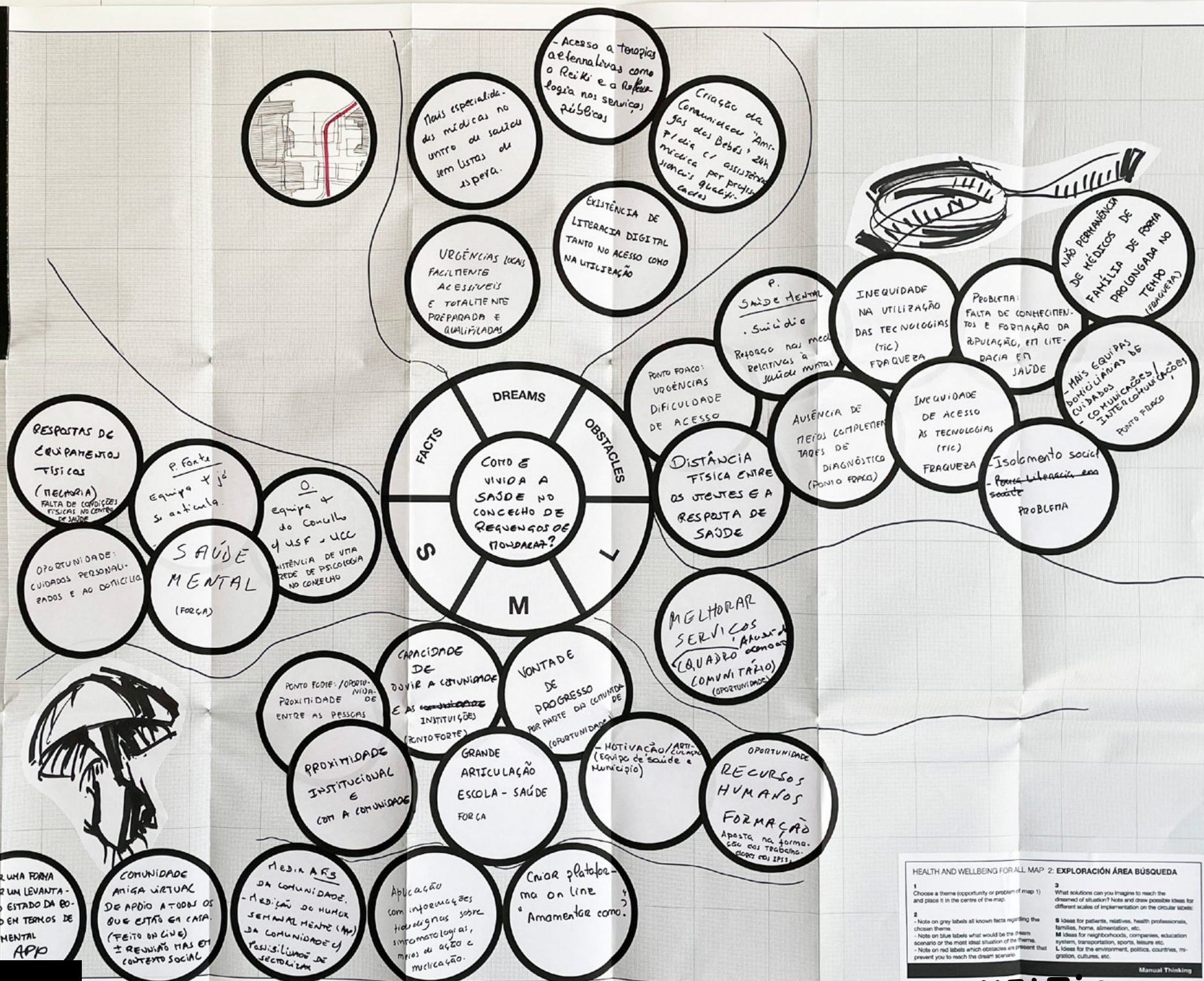
Repeat the exercise with different central themes to find more ideas.

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17/ Dez 2020

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IDEIAS

HEALTH AND WELLBEING FOR ALL MAP 2: EXPLORACIÓN ÁREA BUSQUEDA

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, administration, etc.
- M Ideas for neighborhoods, companies, education system, transportation, sports, leisure etc.
- L Ideas for the environment, politics, countries, migration, cultures, etc.

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17 Dec. 2020

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OTHER AREAS:
PHYSIOTHERAPY,
ORAL HEALTH,
PSYCHOLOGY, SOCIAL
WORK, DENTIST

HEALTH
PROTECTION:
VACCINATION

SPECIFIC CON-
SULTATIONS:
FAMILY PLANNING,
MATERNAL HEALTH,
CHILD HEALTH AND
PSYCHOLOGY

COMPLEMENTARY
TEAMS OF DIAG-
NOSIS AND THERAPY:
CLINICAL
ANALYSIS

SPECIALTY
CONSULTATIONS:
GENERAL AND
FAMILY MEDICINE AND PSYCHOLOGY

THE MUNICIPALITY HAS A HEALTH
CENTER, A BIRTHING
UNIT, A NURSING, AN ASSOCIATION OF MIDWIVES
AND A PHARMACY

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

THE MUNICIPALITY SHOWS
A STRONG SPORTS
DYNAMIC

14 NURSES
FOR EVERY
1000 INHABITANTS

THERE IS A
MARKED AGING
OF THE COUNTY'S
POPULATION, WITH
AN AGING INDEX
OF 146.2%

0.9 DOCTORS
FOR EVERY
1000 INHABITANTS

REINFORCEMENT
OF MENTAL
HEALTHCARE
MEASURES

EXISTENCE
OF A PSYCHOLOGY
ASSISTANCE
NETWORK

IMPROVEMENT
OF THE PHYSICAL
CONDITIONS AND
EQUIPMENT OF THE
HEALTH CENTER

ARTICULATION
BETWEEN
HEALTHCARE
TEAMS

OPPORTUNITY
FOR PERSONALIZED
AND AT HOME HEALTHCARE



TECHNOLOGICAL
IDEAS:

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

CREATION OF
AN APP TO UPLOAD
HUMAN 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 FRIENDS
COMMUNITY" TO SUPPORT
EVERYONE,
EVEN AT HOME

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



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 SPECIALTIES 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-PERSISTENCE OF FAMILY
DOCTORS FOR AN
EXTENDED PERIOD
OF TIME

IMPROVING
SERVICES THROUGH
ACCESS TO THE
COMMUNITY FRONT
WORK

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 PUBLIC AND
SOCIAL SOLIDARITY
INSTITUTIONS

ARTICULATION
BETWEEN HEALTHCARE
TEAMS AND
SCHOOLS, MUNICIPALITIES
AND OTHER ASSOCIATIONS

HEALTH AND WELLBEING FOR ALL MAP 2: EXPLORACIÓN ÁREA BÚSQUEDA

- Choose a theme (opportunity or problem of map 1) and place it in the centre of the map.
- 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.
- What solutions can you imagine to reach the dreamed situation? Note and draw possible ideas for different scales of implementation on the circular labels.
 - Ideas for patients, relatives, health professionals, families, home, alimentation, etc.
 - Ideas for neighborhoods, companies, education system, transportation, sports, leisure etc.
 - Ideas for the environment, politics, countries, migration, cultures, etc.

Manual Thinking

PORTUGAL
SUMMARY MAP
22.12.2020

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24
SESSION
WITH
6 PERSONS

HEALTH
CARE
SITUATION

TRANSLATE
'HEALTH
CARE'
LANGUAGE

ASSISTANCE
TO MOTHERS
ONLINE
PLATFORM

COMBAT
SELF
MEDICATION



MENTAL
HEALTH CARE
APP

COMBAT
LONELINESS

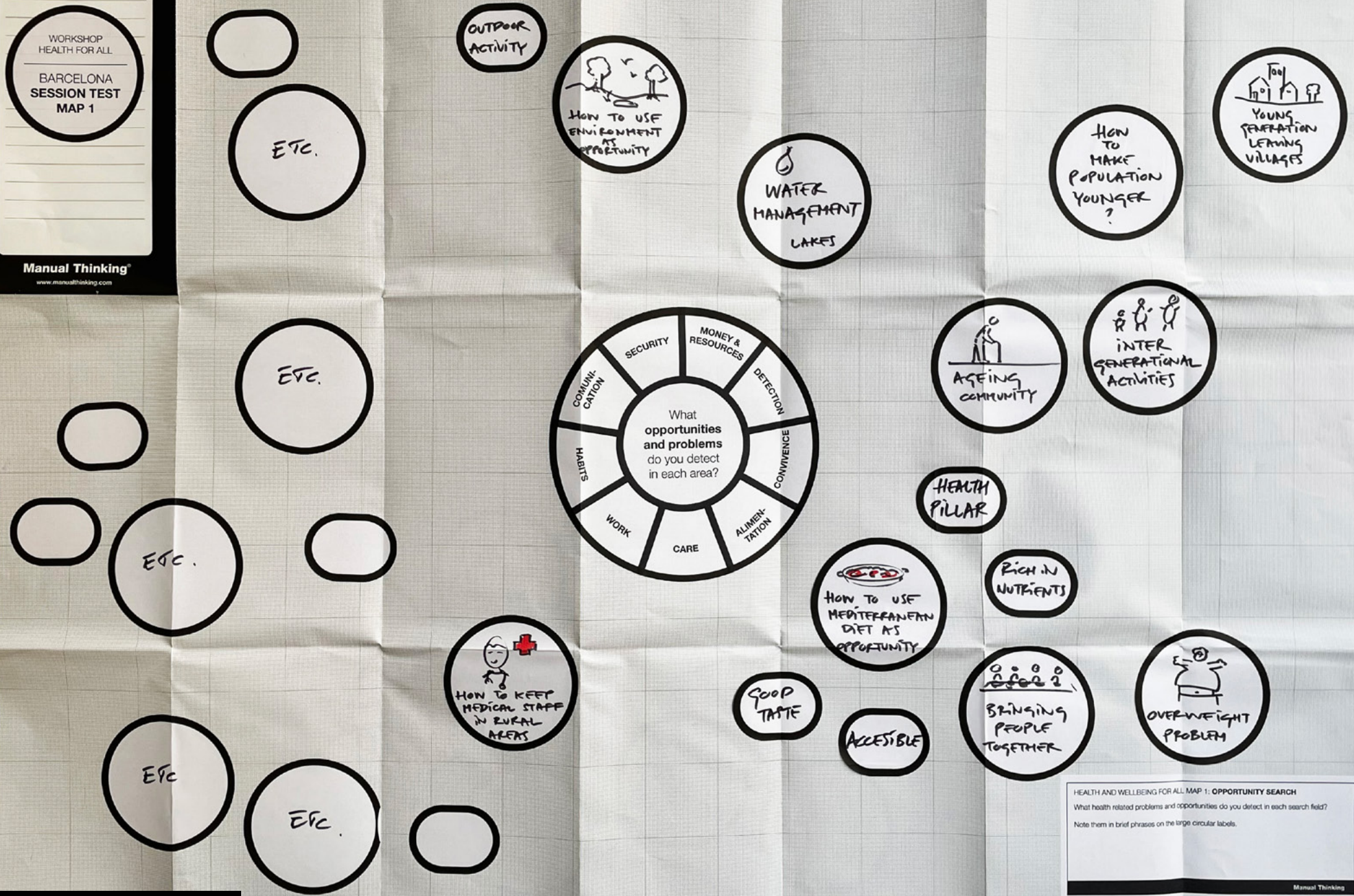
APP
WITH
RELIABLE
MEDICAL
INFO



MELTIC WORKSHOP

Maps from Barcelona, Spain

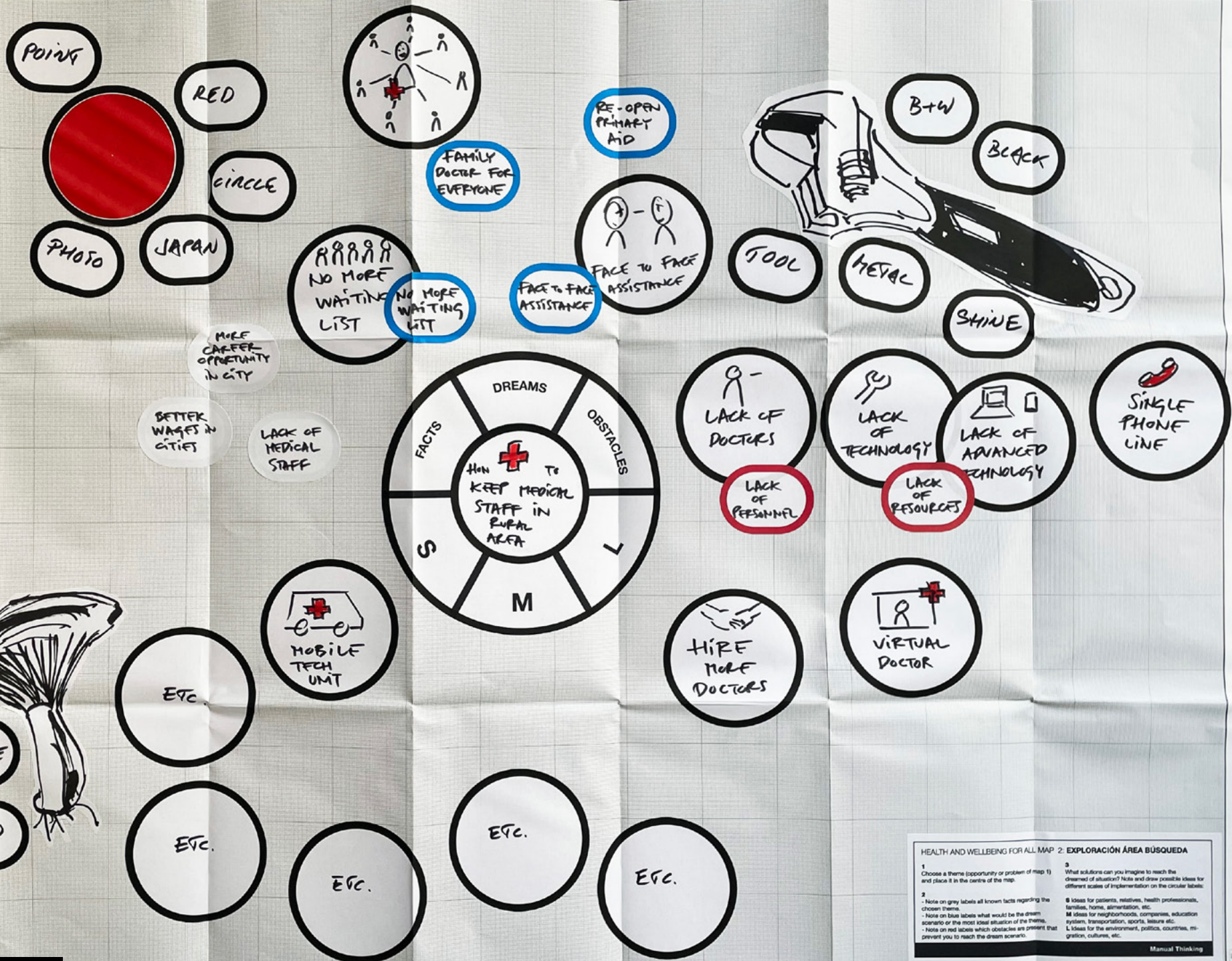




WORKSHOP
HEALTH FOR ALL

BARCELONA
SESSION TEST
MAP 2

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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 systems, transportation, sports, leisure etc.
L Ideas for the environment, politics, countries, migration, cultures, etc.

Manual Thinking

WORKSHOP
HEALTH FOR ALL

BARCELONA
SESSION TEST
MAP 3

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BRINGING
GENERATIONS
TOGETHER
THROUGH
FOOD

HOW TO DETECT
LONELY ELDERLY
POPULATION

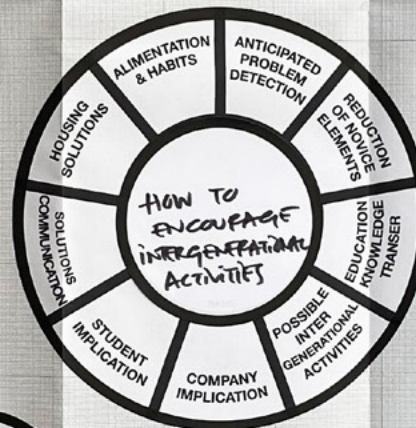
INTER
GENERATIONAL
CO-HOUSING

SCHOOL
OF
PASSIONS

SCHOOL
WITH
PATIENTS

SHARING
NETWORK

ADAPT HOUSING
SITUATION
FOR MOBILITY



COOKING
KNOWLEDGE
TRANSFER



LEARN FROM
OLDER
POPULATION

LEARN TO
LIVE WITHOUT
PLASTIC

USE
TECHNOLOGY
FOR
I-G ACTIVITY

FISHING
YOUNG & OLD

FOOD

INTER
GENERATIONAL
CHOIRS

PROMOTE
ACTIVITIES
FOR YOUNG
AND OLD

AGRICULTURE
KNOWLEDGE
TRANSFER

RE-LIVE
TRADITIONAL
GAMES

FISHING

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.

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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



[illegible]

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.

FOMENT
MEDICAL
PREVENTIVE
tion

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



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 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/>



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).

Romanian blouse



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 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 =

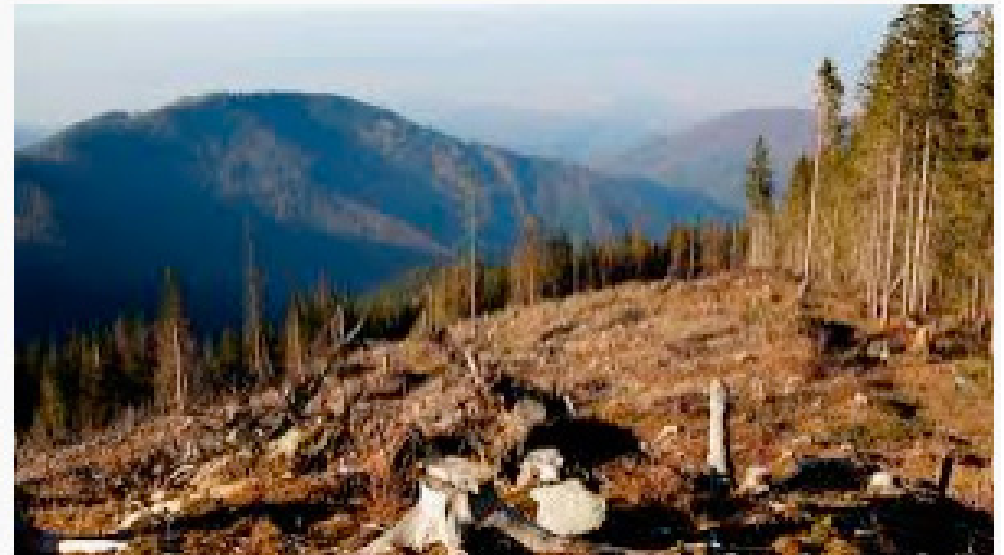
Subsidies (grants) for young people, achievement of simple, modular constructions with environmentally friendly materials. For this constructions it should be used Low-Cost, Renewable Local Materials, Set Up Solar Panels for less electricity and water costs (Minimizing resource wastage).

IDEA 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 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).



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

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

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 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) Peace, justice et institution efficaces =

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 10: Mental healthcare app + 5. Gender equality =

Creating group supports for women who suffered of domestic abuse.

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 14: Environmental sustainability + Life below water =

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

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

Schools can create planting trees activities.

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 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, private, 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 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 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 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 Algueva 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 9: ...INDUSTRY, INNOVATION AND INFRASTRUCTURE

Infrastructure for rural areas. Technology

IDEA 11: ...SUSTAINABLE CITIES AND COMMUNITIES

Intergenerational teamwork. Keeping popular traditional knowledge. Support microfarms

IDEA 13: ...CLIMATE ACTION

Agriculture traditional knowledge

IDEA 15: ... PARTNERSHIP FOR THE GOALS

Private and public financed solutions. Youth volunteering among the communities

IDEA 8: ...DECENT WORK AND ECONOMIC GROWTH

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

IDEA 10: ...REDUCED INEQUALITIES

More opportunities. Affordable housing

IDEA 12: ...RESPONSIBLE COMSUMPTION AND PRODUCTION

Cooperatives and technologies for creating web-markets

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

Public initiatives. Transfer of traditions.

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**

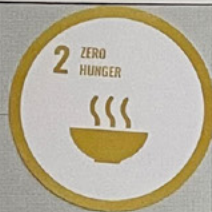
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2 ZERO HUNGER



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).

7f

Volunteer programs in schools to evolve interest for agriculture among young people.

16

Creating websites to help farmers to sell their products

15 LIFE ON LAND



24

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

23

Attempts to realize simple, modular constructions with environmentally friendly materials.

25

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



15 LIFE ON LAND



25

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

26

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

17 PARTNERSHIPS FOR THE GOALS



7 AFFORDABLE AND CLEAN ENERGY



19

Keeping talent in small villages

10

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



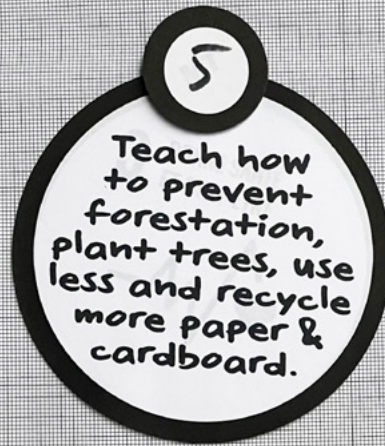
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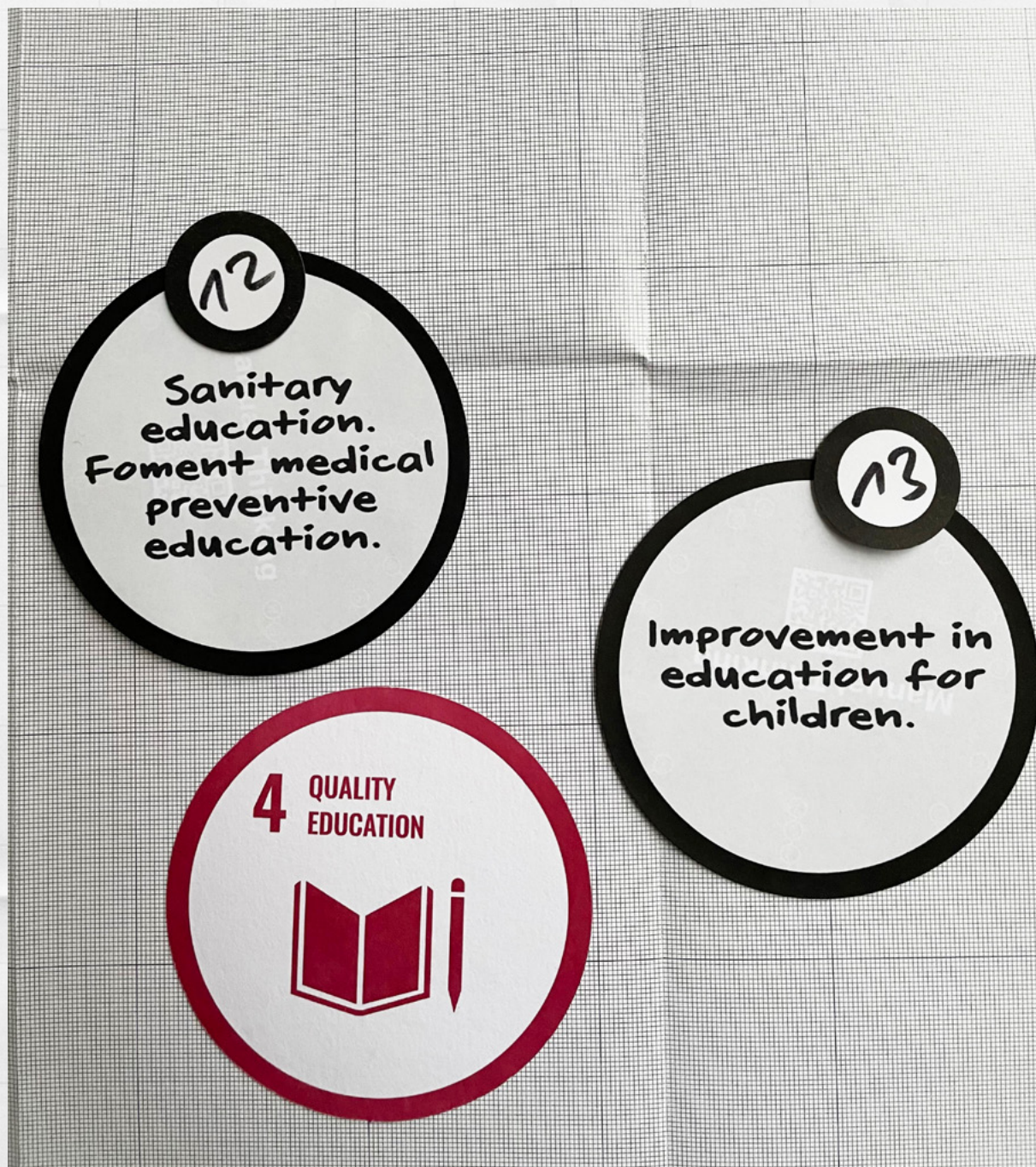


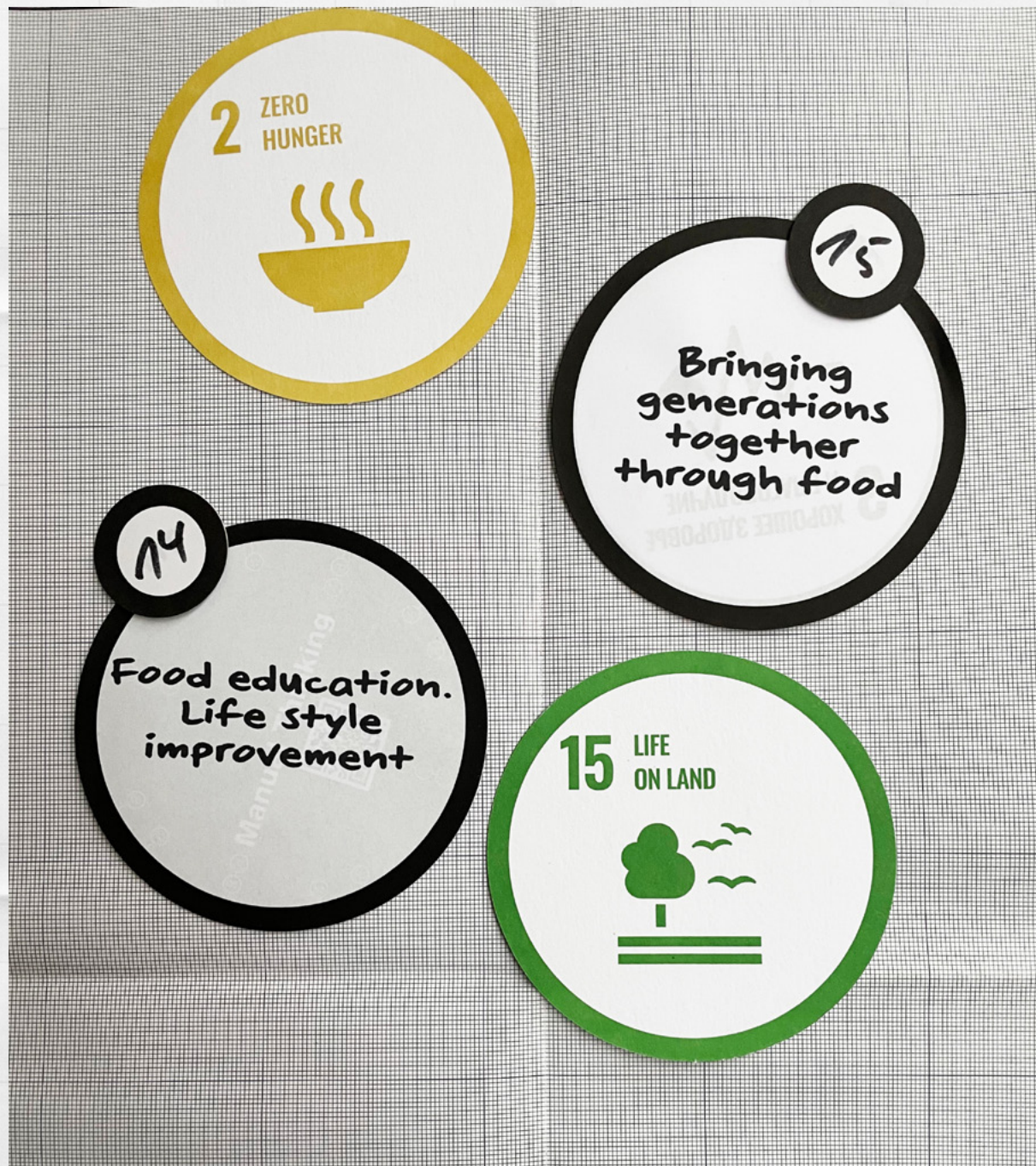












8 DECENT WORK AND
ECONOMIC GROWTH



17

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

78

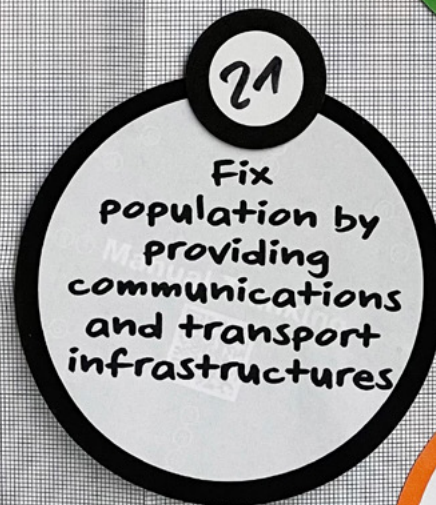
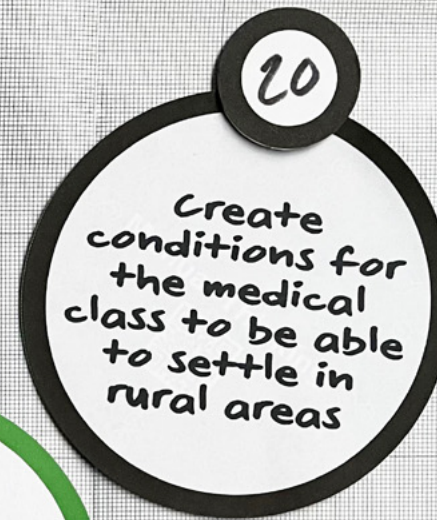
Volunteer
programs
in schools to
evolve interest
for agriculture
among young
people.

16

Creating
websites to help
farmers to sell
their products

15 LIFE
ON LAND







28

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

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

29

online
platform for
breastfeeding,
for simplified
and personal-
ized use for
new mothers

5 GENDER
EQUALITY



3 SALUD
Y BIENESTAR



online
platform
managed by a
multidisciplinary
team to
promote health
care literacy

31

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



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.

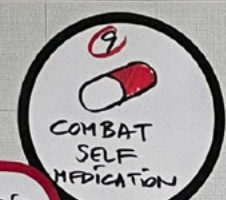
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LOCAL
IDEA
VOTES

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TOTAL
VOTES
4

ANDRÉS



TOTAL
VOTES
4

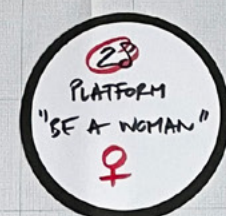
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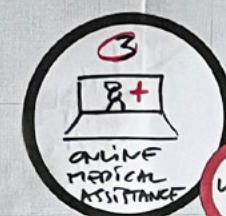
TOTAL
VOTES
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TOTAL
VOTES
3



TOTAL
VOTES
3



TOTAL
VOTES
2

LAFISSA



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5W & 1H:

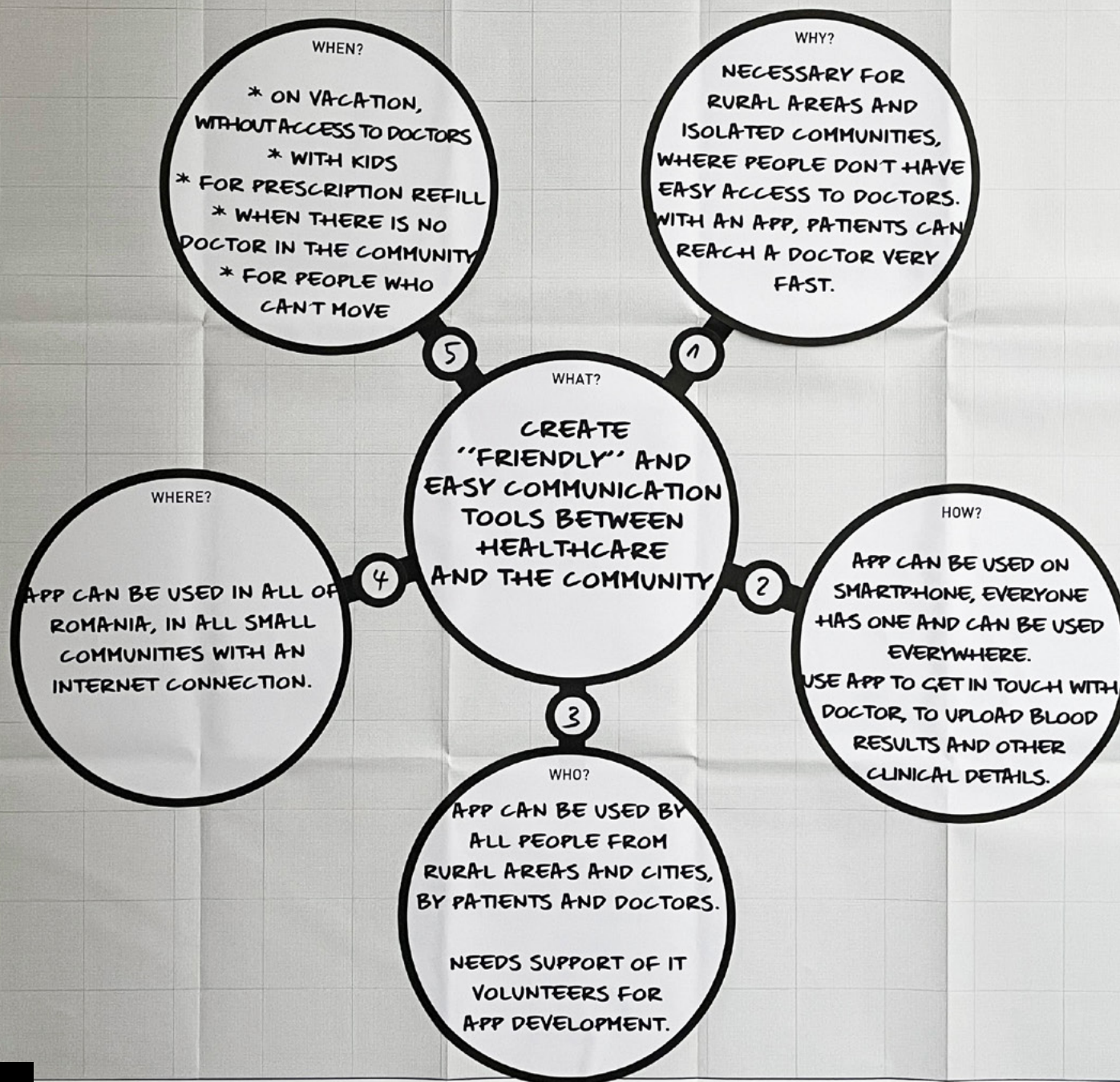
Treasure of Innocence

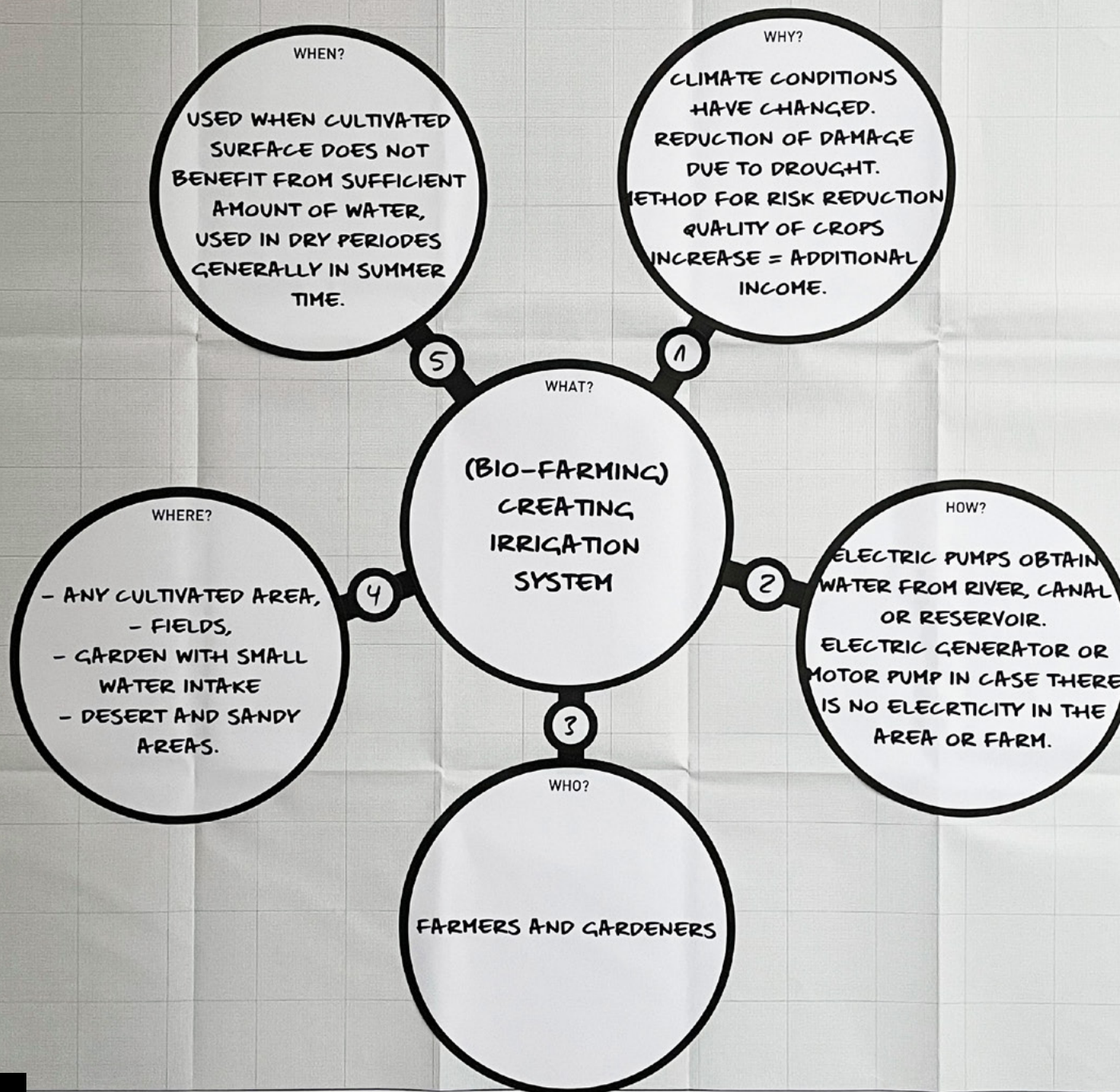
A selection of ideas is explored further by answering to the questions: What, Why, How, Who, Where and When?

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

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OF
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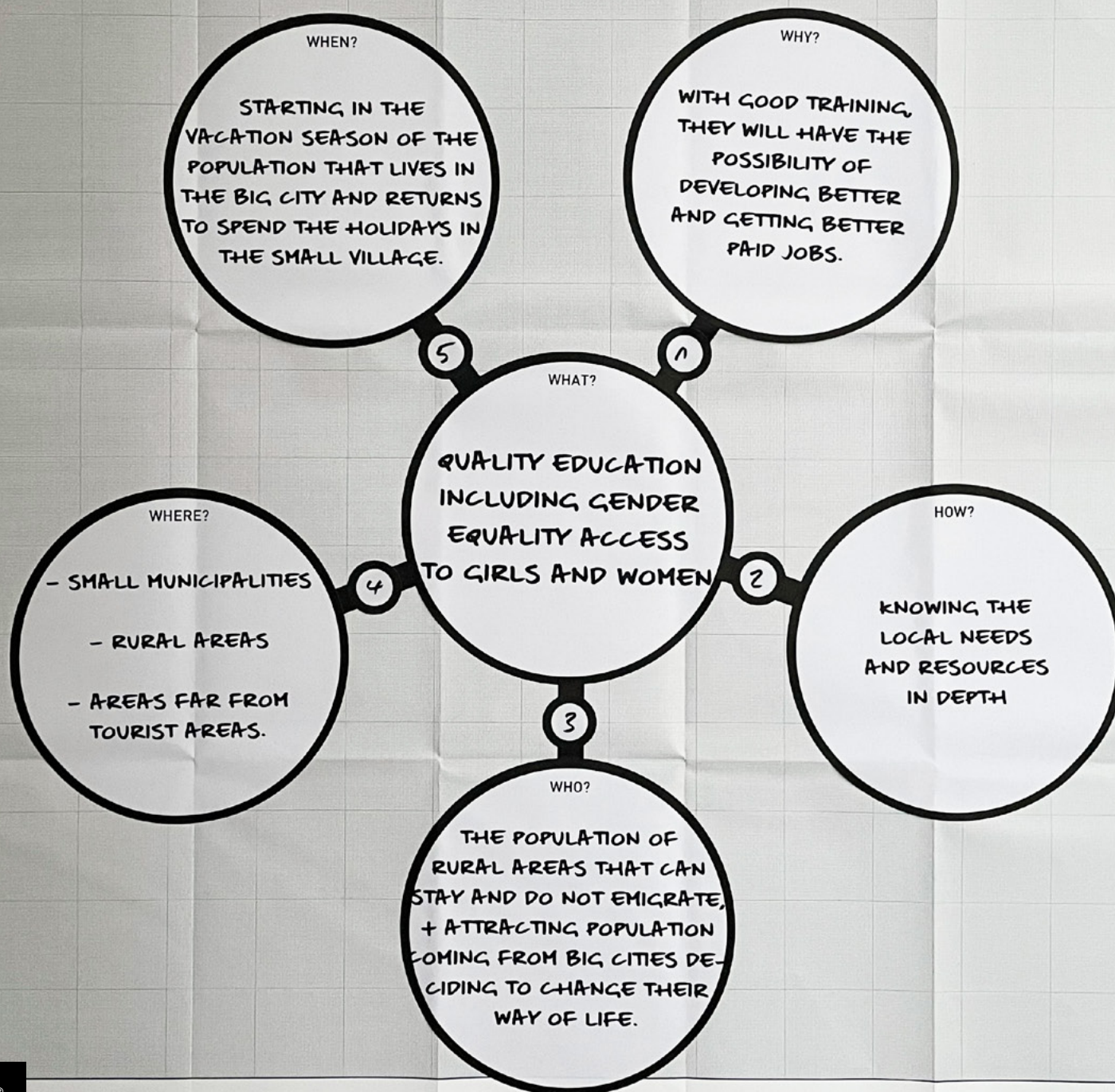
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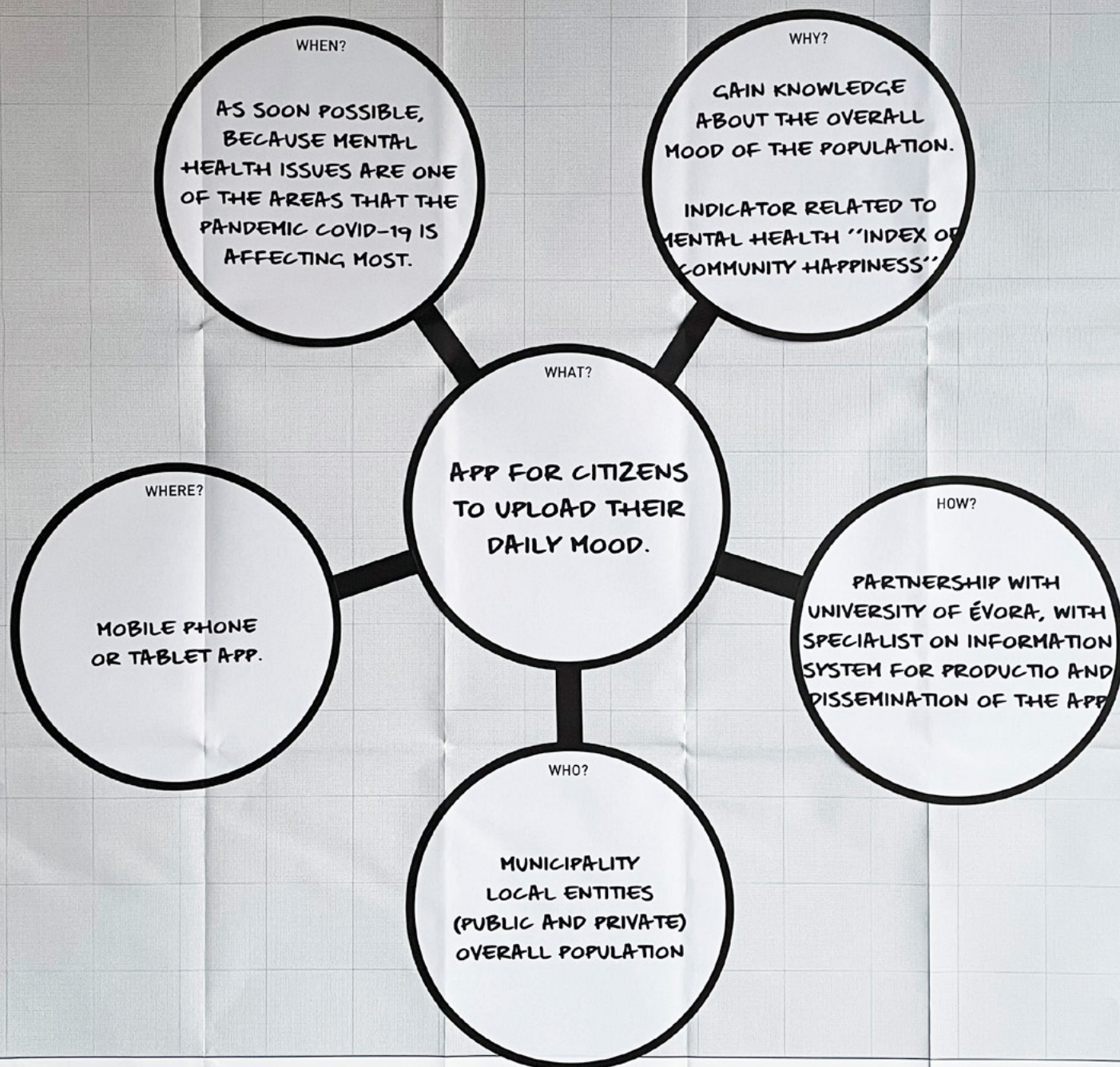




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OF
INNOCENCE
III

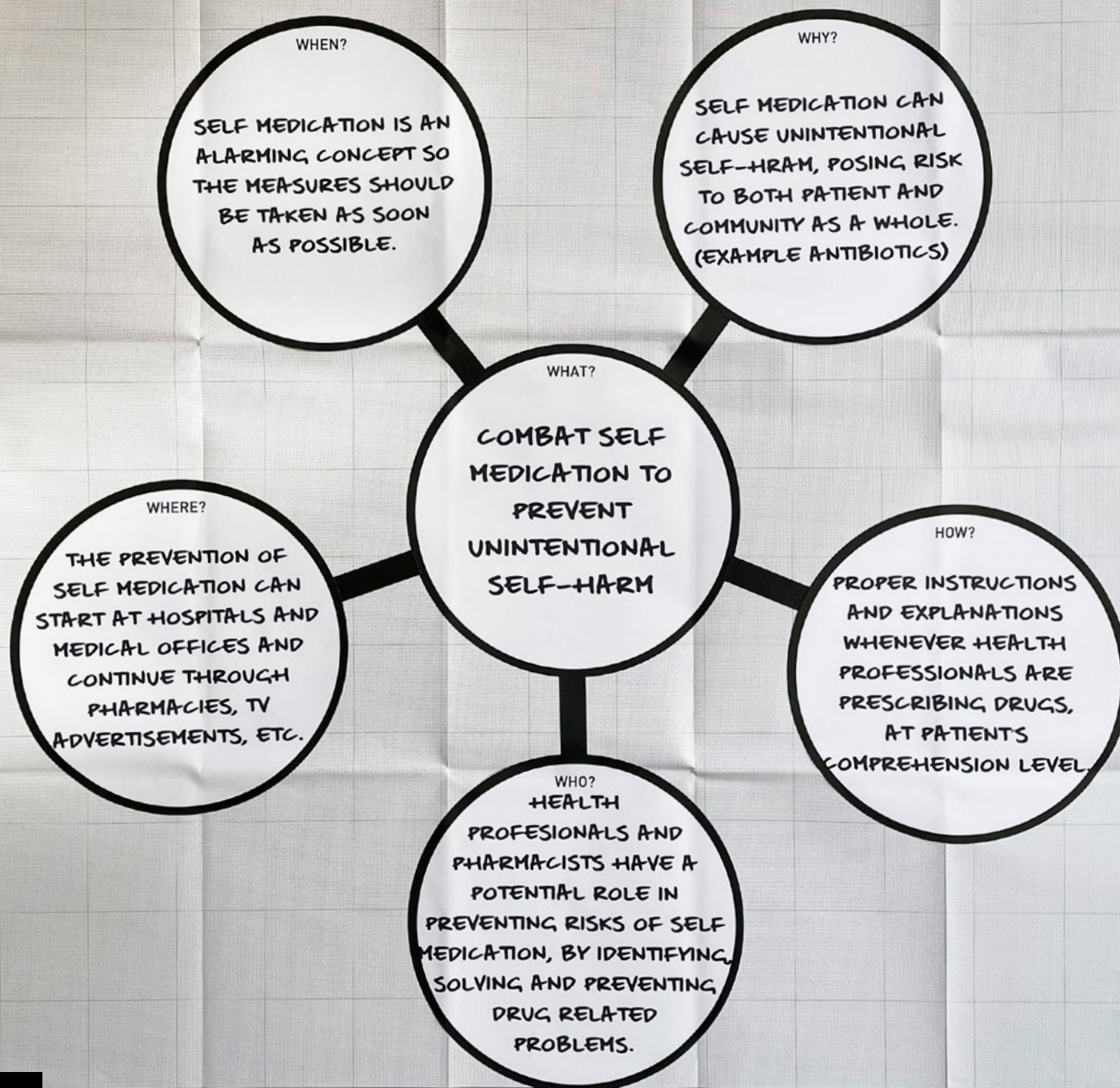
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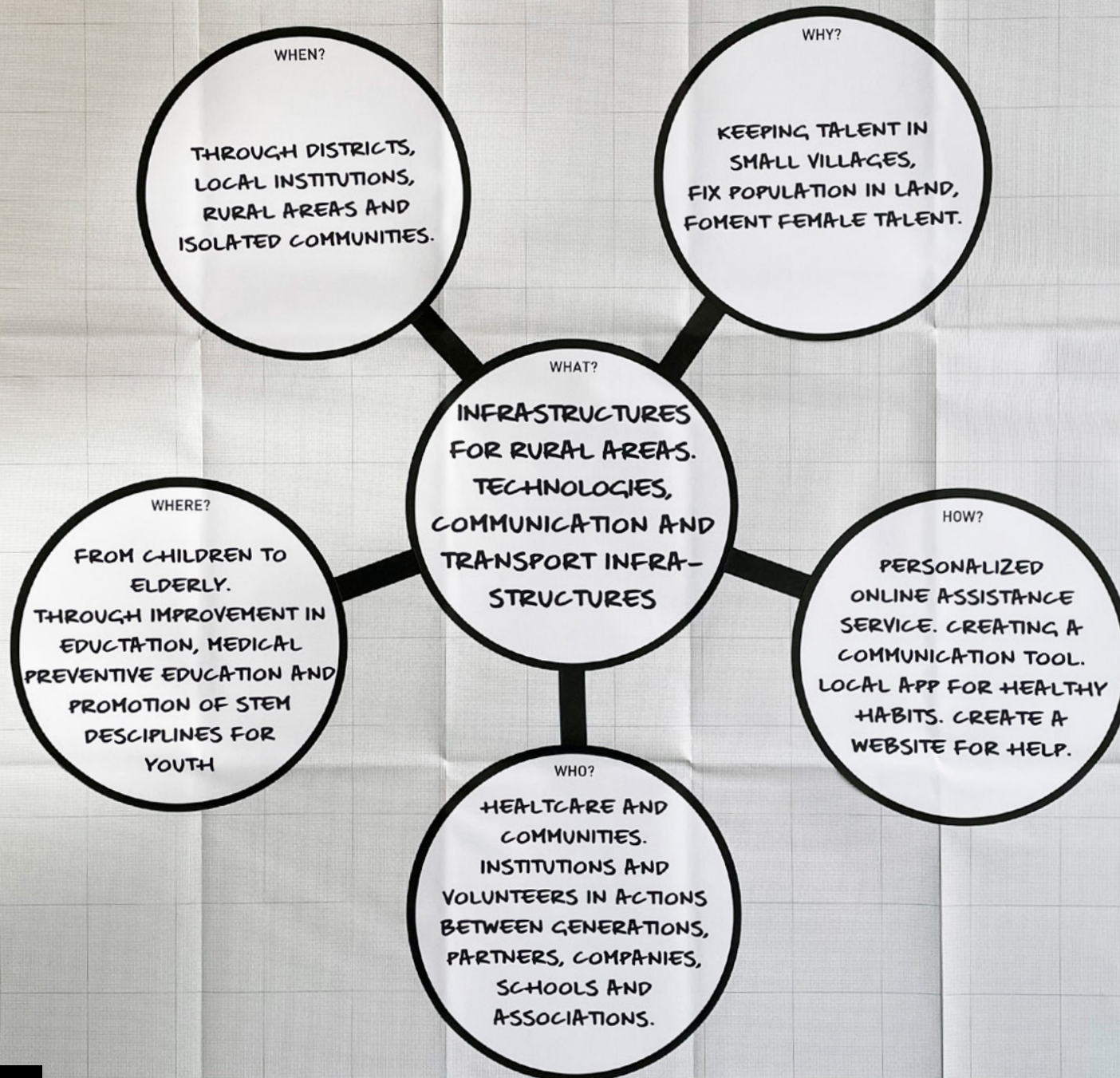
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OF
INNOCENCE
VI

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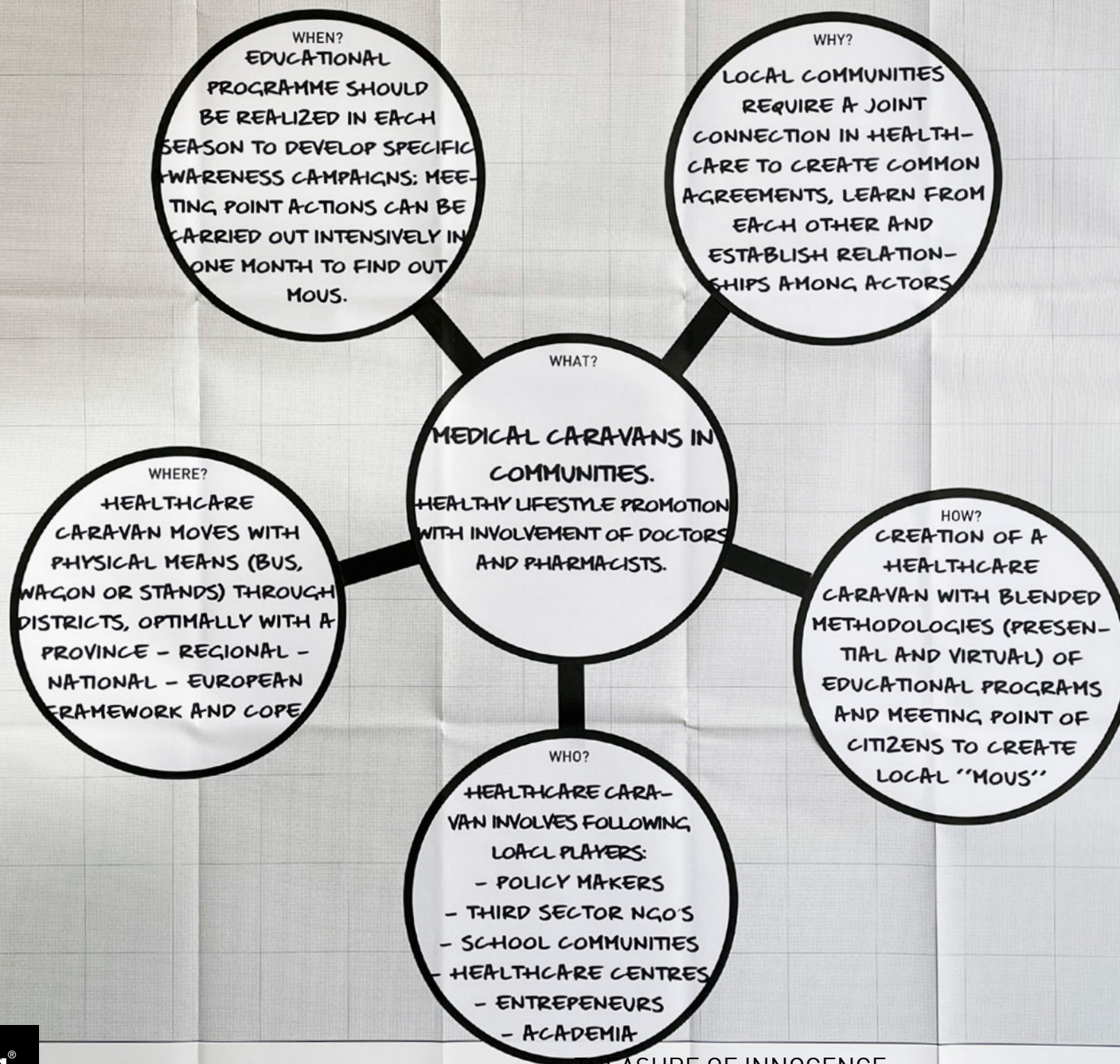
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OF
INNOCENCE
VII

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INNOCENCE
VIII

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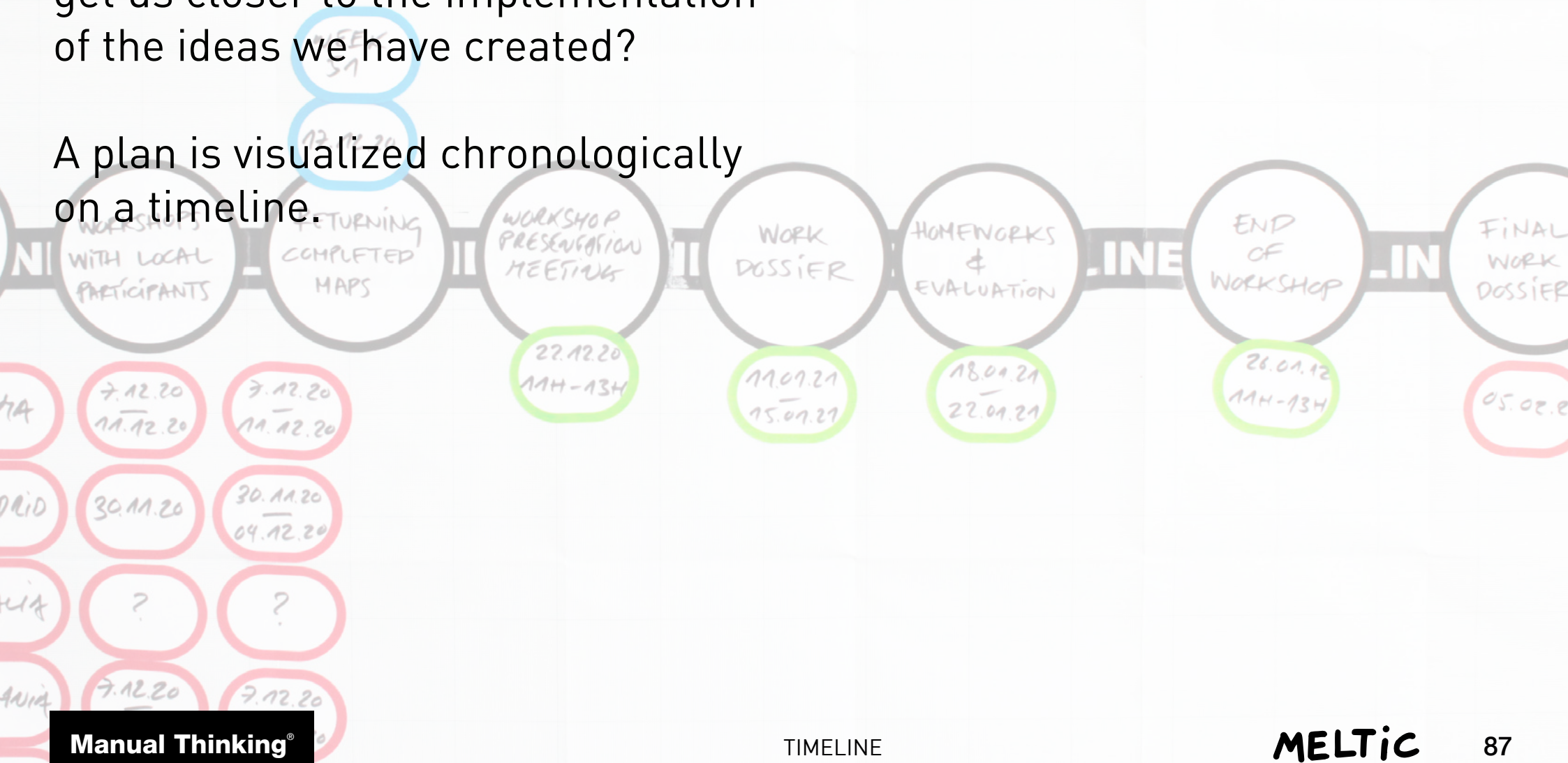


MELTIC WORKSHOP

Timeline

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

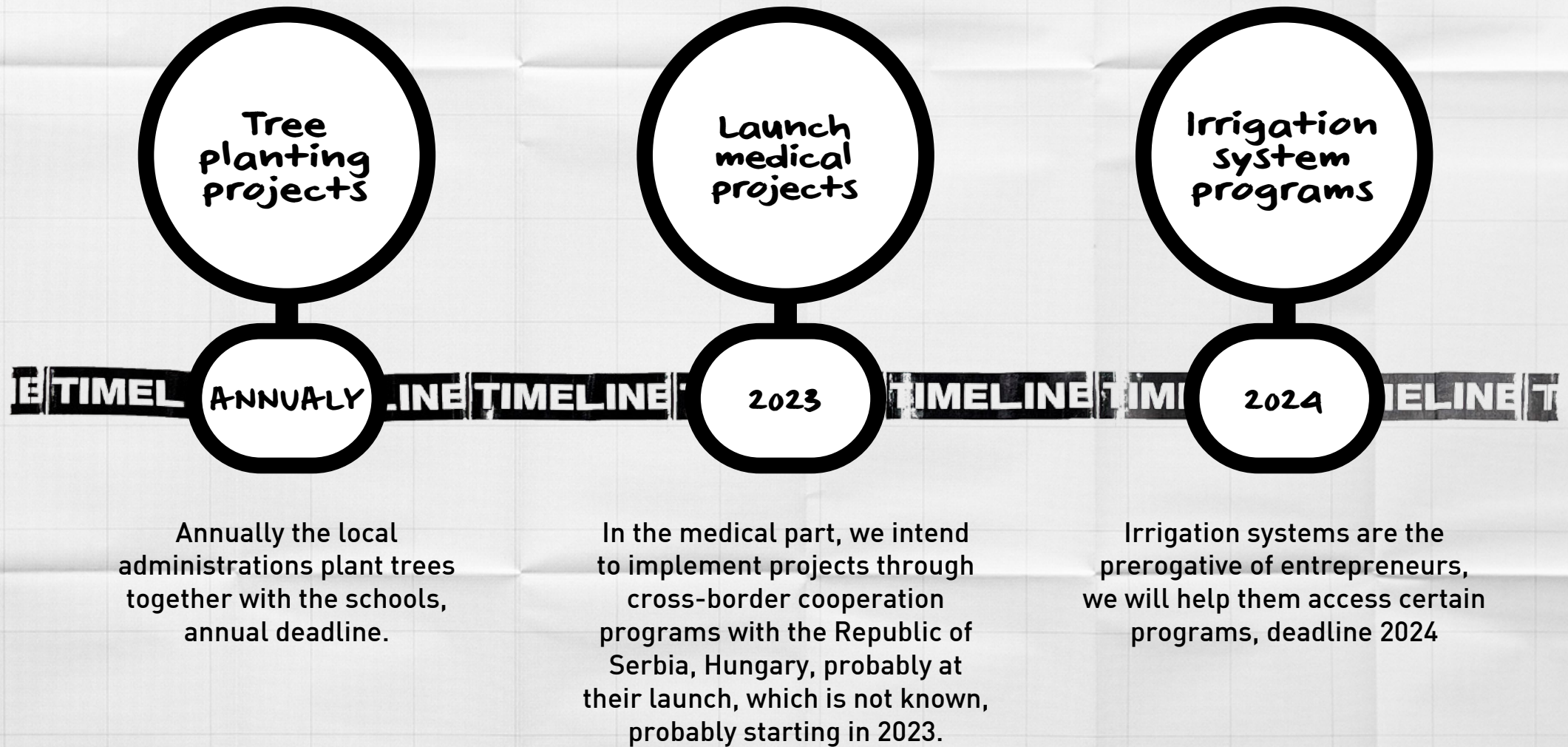
A plan is visualized chronologically on a timeline.



Timeline

Deta, Romania

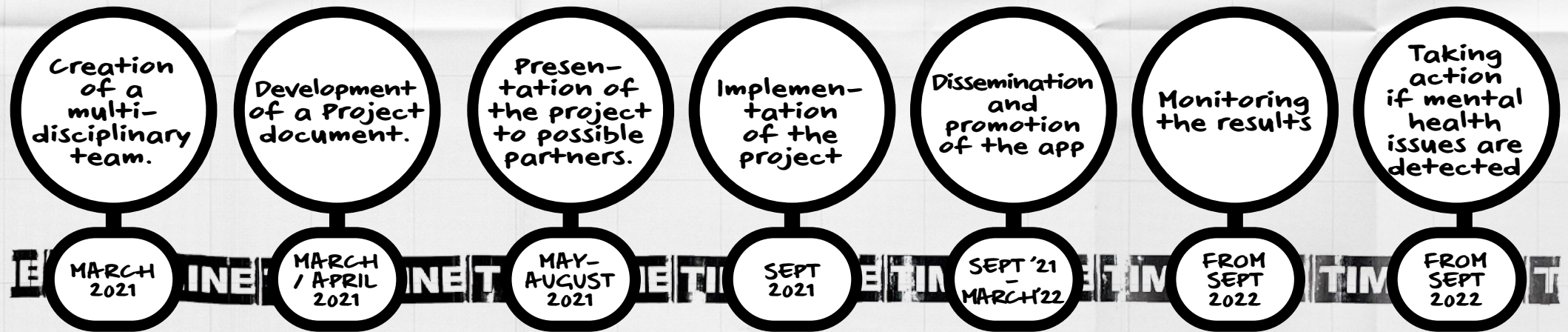
Various ideas



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 determine 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

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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

IMPLEMENTATION OF
METHODOLOGY FOR
HEALTHCARE CARAVAN
DEVELOPMENT IN
COMMUNITIES

1 WEEK EACH SEASON

4 SEASONS EDUCATIONAL AND AWARENESS CAMPAIGNS

4 WEEKS LAST MONTH

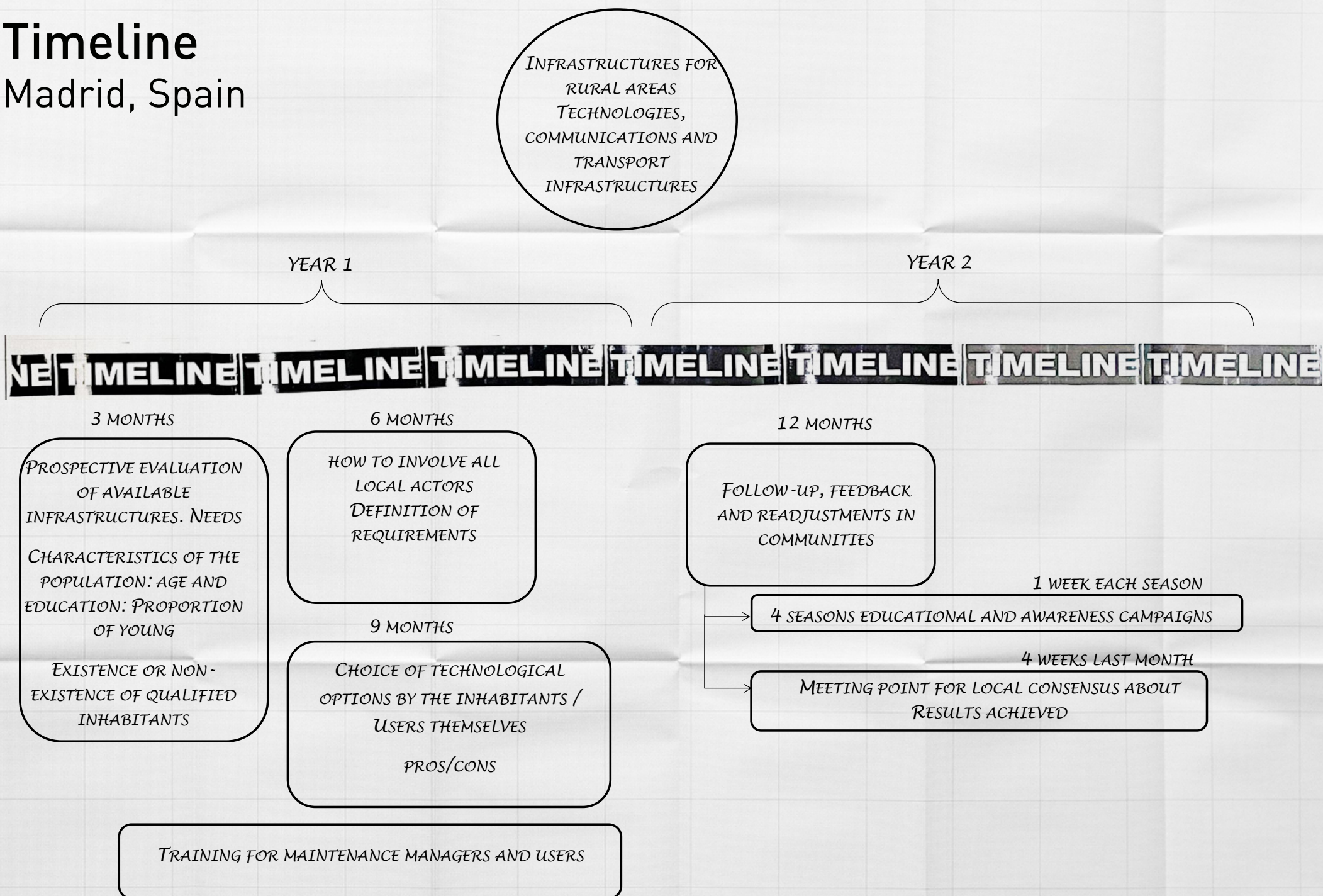
MEETING POINT FOR LOCAL CONSENSUS AND MOU

12 MONTHS

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

Timeline

Madrid, Spain



MELTIC WORKSHOP

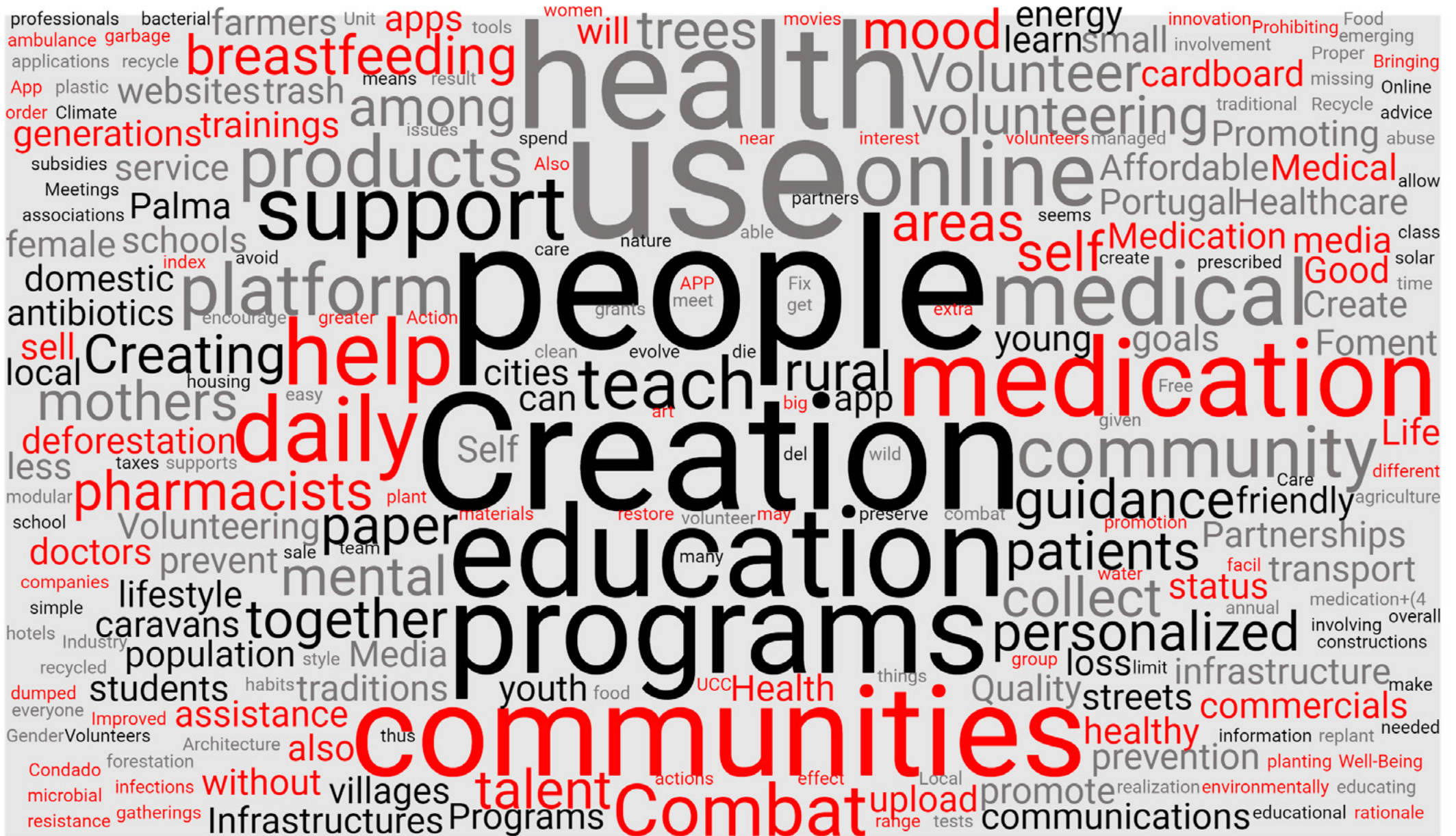
Wordclouds

The last assignments 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



[illegible]

[illegible]

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

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