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*Young Women's leadership for  
Collaborative Sustainable  
Communities*



# WOMEN'S VOICES ON SOCIAL MEDIA INTERNATIONAL REPORT

#WOMENTOWOMEN ON REELS



## HUNGARY



The challenges caused by COVID-19 have affected everyone, but I believe mostly women. Ever since the pandemic has started, we can all agree that our life turned completely over. All of our tasks now in lockdown have to be completed at the same place: at home.

We have to cook and do the dishes afterwards while working from home and taking care of our loved ones, and we all remember our Zoom get-togethers, when all of our friends joined with a glass of wine to have fun online right? Managing this for a longer period of time has a HUGE effect on our mental health, what for me caused stress-eating, and after a while, complete isolation from the outside world. Now, I am finally brave enough to talk about this, since WOMEN'S VOICES HAS TO BE HEARD!

#covid19 #bodypositive #mentalhealth #braveness  
#workfromhome #womenempowerment #womenhelpwomen



## HUNGARY



BOTH OF IT IS ME! Just because I am sharing my modelling photos, please do not assume, I am not a real human. I am also facing difficult challenges, hard times, several mental breakdowns, especially now during COVID. You might wouldn't think, but most of my time I'm like on the second picture, without makeup these days. Lot of you noticed I dissapeared for a short time, that was because my mother got infected with the virus. It was horrible, from all the fear and uncertainty I could barely got out of bed imagining the wors scenarios. Thank God, now she is better, and I can't wait for this pandemic to be over so I can finally hug her!

#isolation #depression #you\_are\_beautiful #covid19 #nomakeup  
#fear #uncertainty





## LUXEMBOURG



Here is an important message from the youngest of our members. It is not easy. During that nice weather you would like to meet friends, maybe go for a walk with grandma, and so on. Also for us educators it is not easypeasy. We are all sitting in the same boat! ♥

#stayhome #staysafe



GREECE

@metoogreece

1/8

## TO METOO ΑΛΛΑΖΕΙ ΤΟ ΧΩΡΟ ΕΡΓΑΣΙΑΣ

Η Ελλάδα γίνεται μία από τις πρώτες χώρες που προχωρά στην κύρωση της Σύμβασης 190 για την Αντιμετώπιση της Βίας και της Παρενόχλησης στην Εργασία.

#WeCo  
LEAD

**METOO CHANGES THE WORKPLACE**  
Greece becomes one of the first countries to ratify Convention 190 on violence and harassment at workplace.

The world of the workplace and its rules are changing. Everyone who spoke, the voices that were heard, the stories that were told, contributed to this change. The institutional framework on harassment at the workplace is being modernised, more fair, with more opportunities and respect for all.

#metoogr



## GREECE



Not in words & in wishes. In action. Some things may be above us but please do not underestimate the power of the unit. Don't underestimate yourself and how by changing your habits you can help. The two phrases I have as a life guide are firstly that to change the world we have to change ourselves and of course that the worst threat to the planet is the thought that someone other than us will save it. For climate change which we are clearly experiencing especially this year, what can we do from our home to give the planet a breather?

- \* Reduce waste \* Energy/water saving \* Shop local \*
- \* Go plant based \* Reduce food waste \* Plant trees\*

#Reduce #Reuse #Recycle #environment #zerowaste #climatecrisis  
#climateemergency #globalwarming #sustainability  
#circulareconomy #noplanetb #planetorplastic #unenvironment  
#wastemanagement #climatechange #oneplanet #plasticfreegreece  
#preciousplastic #recycle #banplasticbags #environment #Nature  
#Earth #SavethePlanet #ClimateAction





## GREECE



This is what our lives look like... As if someone made our lives a tangle... We lost our people, jobs, friends, opportunities and putted our lives on standby indefinitely... New routines, more difficult ones, life in zoom, relationships in zoom and our minds elsewhere. . Every time I want to complain about what is happening to me, about the new reality, about the difficulty of life nowadays, I think of my friend who recently lost her father due to Covid-19. . one of the countless victims there have been in the last year.. and I feel weird complaining, when I think about the victims. As difficult and scary as my daily life seems.. I don't know if we are getting out of this.. I don't know if we will ever get back to how we were in February 2020. . surely returning back to normal lives will show us a chaos that the pandemic left behind... losses, unemployment, psychological and physical health effects, stress... I hope we survive as we have survived the last year... because every time we prove how strong we are as human beings... and the truth is that the courage and strength that we have shown in the last year are very often pushed aside due to the daily difficulties... that's what I just wanted to say... a big bravo to each and every one of us.. that we still exist ♥ and of course unlimited gratitude and a big thank you to those who have been working all this time so that we can survive too..

#yperoxesgynaikes



ITALY



Odiano Greta Thunberg  
perché hanno paura



Greta Thunberg scares conspiracists because she does not speak of an invisible, hidden global power, against which we must limit ourselves to complaining and snarling, comfortably at the keyboard.

She talks about a visible global power, pathetic and deceitful, which is our civic responsibility to fight with everything we've got.





ITALY

25 NOVEMBRE

## Emergenza

LA CHIAMANO COSÌ.

They call it an emergency.

And yet it does not seem to me that anyone is alarmed  
by the umpteenth case of femicide.

They call it an emergency but I don't see any concern  
when women denounce. Emergency is something you  
cannot control.

Can we say the same about gender-based violence?  
Let's call it fatigue. Let's call it fatigue saving women's  
lives from a system we are conniving with.

ISWEDEN



“Good girl” - International Women’s Day. Let yourself not be so damn good and obedient all the time!! Let go of things, make mistakes, get angry, be happy for stupid things, don’t clean, don’t cook healthy food, skip your training, and choose yourself above all other people sometimes.

#internationalwomensday



## ISWEDEN



Soon it is Christmas. It is time to break the world's most dangerous tradition: men's violence against women. In the past Christmas times, me and Izabelle Aman have tried to be there in the nights for women who needed to tell their stories. In the pictures, there are stories of women and how they have been during Christmas, or better - how some men behaved themselves during Christmas. We have to realise how common and urgent the psychological, physical and sexual violence is against women. In Sweden and across the world. Women DIE while we sit and watch. Everyone has to ACT now! Politicians and private individuals. Everyday that passes in which we don't do anything to diminish inequality is a betrayal against these women.

#gömdakvinnor = "hidden women" and it is an expression for all the thousands of women who are forced to live with a fake identity

#nuräckerdet = 'now it is enough'

#kvinnostrejk = "women on strike"





## SWEDEN



Atilla Yoldas  
@AtillaYoldas

När ska vi sluta konstatera  
#InteAllaMän och börja  
diskutera varför det nästan  
alltid är män?

Siffrorna uppdateras, men  
överrepresentationen  
kvarstår:

11:38 · 31 juli 21 · Twitter for Android

When are we going to stop considering the #notallmen  
discourse and start to have discussions about why it is  
almost always men?

(...)

We often get stuck in the conversation claiming that  
“not all men...” commit these crimes and that it is only a  
small part of the men in society. Can we put this aside  
for a bit and start talking about why those who commit  
crimes are almost always men? And what can we as men  
do to prevent this?

#frånenkilletillennannan = 'from a guy to another'

#snubbarförsamtycke = 'men for consent'

#stoppamachokulturen = 'stop the macho culture'



## LUXEMBOURG



Face-masks don't have to be boring Bring on the colour and fun in this sad and weird time. What colour or pattern is your favourite mask? Get inspired and make your own mask in your favourite style.

#facemaskfashion #covid19luxembourg #yellowlove



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FORMATION ET SENSIBILISATION  
DE LUXEMBOURG

szubjektív  
értékek  
alapítvány

COMM'ON



cesie  
the world is only one creature



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