



ΣΥΝΑΝΤΗΣΕΙΣ ΜΕ ΕΦΗΒΟΥΣ :

“ Τα συναισθήματα των εφήβων στην Covid εποχή”

Μια σειρά έξι (6) διαδικτυακών συναντήσεων για εφήβους και έφηβες

23/1 Ευτυχία -Αισιοδοξία

30/1 Ευαισθησία

13/2 Αυτοεκτίμηση

20/2 Θυμός

13/3 Άγχος-φοβία

20/3 Ανία-Απάθεια

Όλες οι συναντήσεις θα πραγματοποιούνται Σάββατο, 11:00-13:00

<https://us02web.zoom.us/j/82109269008?pwd=U3FpM3F0aDdtU2RPeWpQcUo2OEtsUT09>

Meeting ID: 821 0926 9008, Passcode: 262667

Ο σύνδεσμος θα ενεργοποιείται 15 λεπτά πριν από την έναρξη κάθε συνάντησης



International Education Day



Member of
the Global Network
of Learning Cities
[www.unesco.org/
learning-cities](http://www.unesco.org/learning-cities)

Zoom series

Municipality of Thessaloniki, a member city of the UNESCO Global Network for Learning Cities (GNLC) celebrates UN World Education Day and organizes

MEETINGS WITH TEENAGERS: "The feelings of teenagers in the Covid era"

A series of six (6) online meetings for teens

Municipality of Thessaloniki, a "Global Network of Learning Cities" of UNESCO city member since 2017, organizes these meetings on the occasion of the UN World Education Day which is celebrated on January 24. All high school students in the municipality are invited to participate in the meetings, to express their concerns and needs with the ultimate goal of achieving an emotional balance in this difficult period we are all going through.

During the the first meeting that will take place this Saturday, January 23, entitled "Do I really expect more good things to happen in the future?" will be discussed the relationship between optimism and the feeling of happiness. The meetings are scheduled to take place without registration, on the digital platform of ZOOM, on Saturday morning, 11.00-13.00, so as not to affect or be affected by any changes in the operation of schools on the following topics:

23/1: Do I really expect more good things to happen in the future? (Happiness-Optimism)

30/1: I want my room to be messy because it shows how I feel! I want to watch videos or sleep all day. I do not want to think! (Sensitivity)

13/2: I deserve what I am, with any shortcomings, any mistakes! (Self esteem)

20/2: I wish I was not so angry, but I am: my own defense mechanism (Anger)

13/3: The two aspects of my life: Intense anxiety, but also risky behavior. What is wrong with me? (Anxiety-fear)

20/3: I'm bored! Is there a functional side to monotony? (Boredom-Apathy)

To participate in the meetings, log in to the following link which will be activated 15 minutes before the start of each meeting

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