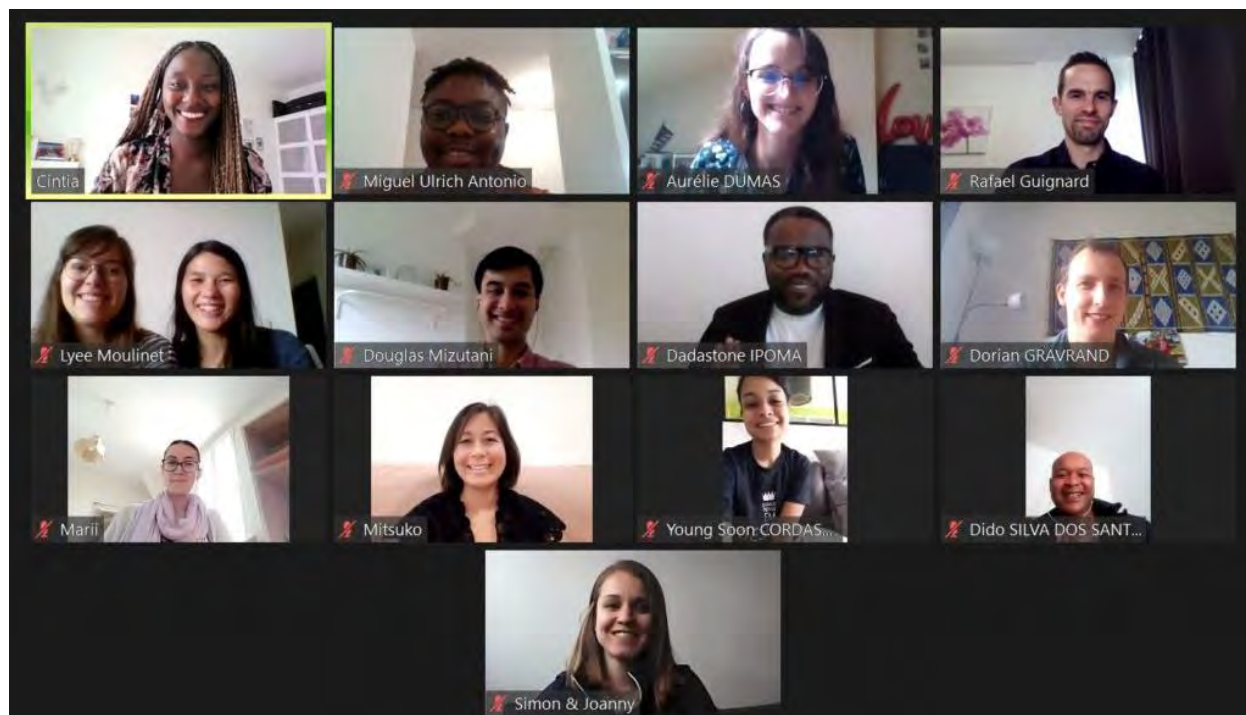


## IAYSP France's Zoom Event: Together Let's Fight Against Loneliness

David Perry  
May 1, 2021



On May 1st, 2021, IAYSP France organized a zoom event with the theme "Together let's fight against loneliness". In the context of the COVID-19 pandemic, well-being, employment and access to education have become the main concerns of young people aged 18 to 25. The pandemic disproportionately affected young adults (ages 18-29) when it came to mental health and stability.

Despite these challenging circumstances, young people continued to contribute in small and large ways to the well-being of one another, centering around our key values of Responsibility, Integrity, Service and Empathy (RISE).

Following this, we put together a dynamic panel of three young people. Rafaël Guignard (certified coach in Personal Development, founder of the 'Family Harmony Coaching and Peace Starts With Me Academy'), Dadastone Ipoma (research engineer in biological and medical engineering, with experience working for more than 17 years in research laboratories of infectious diseases in DRC, in Belgium at the Europe clinic and in France at the IHU Marseille) and Aurélie Dumas (Hospital Service Agent in a retirement home and trainee in art therapy since June 2020).

The panelists answered questions aimed at analyzing the problem of loneliness linked to the Covid pandemic and then proposed solutions.

Each panelist also gave a presentation on tools/ projects to fight against loneliness. Rafaël Guignard presented on lifestyle during the pandemic.

Aurélie Dumas spoke about art therapy, leading participants through a small practical exercise.

Dadastone Ipoma took the opportunity to present an upcoming IAYSP - France project. Distributing food and hygiene kits to students in need on May 29th 2021 in Paris. We hope that this will be a great experience for both beneficiaries and participants!



ASSOCIATION DES JEUNES ÉTUDIANTS POUR LA PAIX  
(IAJEP)

# ENSEMBLE CONTRE LA SOLITUDE !

Des panélistes, jeunes et inspirants répondront à des questions liées au bien-être chez les jeunes



Dadastone IPOMA



Aurélie DUMAS



Rafaël GUIGNARD

1er mai 2021

14H (CET) SUR  
ZOOM

Enregistrez-vous  
avant le 30 avril !

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