

I. REPORT FLOWCHART

Preamble. A brief introduction about the organization

Helix - Social Innovation Hub is an informal educational organisation dedicated to empowering young adults and fostering social transformation. Serving as a dynamic community, we bridge organisations, technology, research, innovators, and ideas to co-create impactful solutions for complex social challenges.

Our mission is to empower young adults through innovative methods, an entrepreneurial mindset, and self-development tools, fostering socially balanced, sustainable growth. In our collaborative Hub environment, we cultivate new concepts, dynamic partnerships, and innovative platforms to make a meaningful impact on society.

We open our doors to a collaborative co working community, breaking down silos between social organisations, technology, research, industry, academics, and innovators. By doing so, we catalyse social change through accelerators, start-ups, social enterprises, and robust collaboration.

Within our ecosystem of learning and innovation, we facilitate connections across people and stakeholders . Our community is a diverse tapestry of individuals and organisations, united by a common goal of creating positive social change. Guided by our main areas of focus, we are dedicated to:

- *Raising awareness and promoting entrepreneurship principles: Empowering individuals with the mindset and skills to drive innovation and economic growth.*
- *Expanding and elaborating on people's digital skills: Bridging the digital divide by equipping individuals with essential digital competencies for the modern world.*
- *Raising awareness regarding climate change and energy sustainability: Leveraging new technologies to address environmental challenges and promote sustainable practices.*
- *Implementing modern methods in the production of high-nutritional-value agricultural goods: Enhancing agricultural practices for improved nutrition and sustainable food production.*
- *Serving the values of democracy and fostering active participation: With a focus on youth and vulnerable social groups, we strive to promote democratic values and inclusivity.*
- *Implementing social innovation practices: As a means of growth and progress for both individuals and society, fostering innovation for positive societal impact.*
- *Advocating for gender equality: Promoting equal opportunities and rights for all, regardless of gender.*
- *Pursuing personal development as a means of achieving social change: Empowering individuals to drive personal growth for broader societal transformation.*
- *In the collaborative space of Helix - Social Innovation Hub, these focus areas serve as the guiding pillars for our collective efforts to make a lasting impact on the world around us.*

Strategically located in Karditsa, Thessaly, Greece, Helix is immersed in the local culture and connected to a global network of innovators. Our Hub serves as a catalyst for social

innovation, drawing inspiration from the bike-friendly city and its commitment to sustainable living.

Operating within a dynamic network of local groups, stakeholders, and SMEs, Helix is a cornerstone in the "ecosystem of cooperation and entrepreneurship." Based in Karditsa, we actively contribute to the development of common services such as education, start-up support, product promotion, and contemporary financial instruments (microfinance, contractual agriculture, procurement contracts, investment facilities, etc.).

As part of our long-term vision, Helix aims to evolve beyond its current cooperation and network level, envisioning a structured incubator. This incubator will serve as a space where local young adults are motivated to transform their ideas into socially balanced and innovative business models.

Chapter 1. Who are the activists?

In our survey, 53 people completed the questionnaire and below is presented the analysis of the profiles of the local activists that replied.

From the chart that follows, it is visible that the sample of the participants cover a very broad age range.

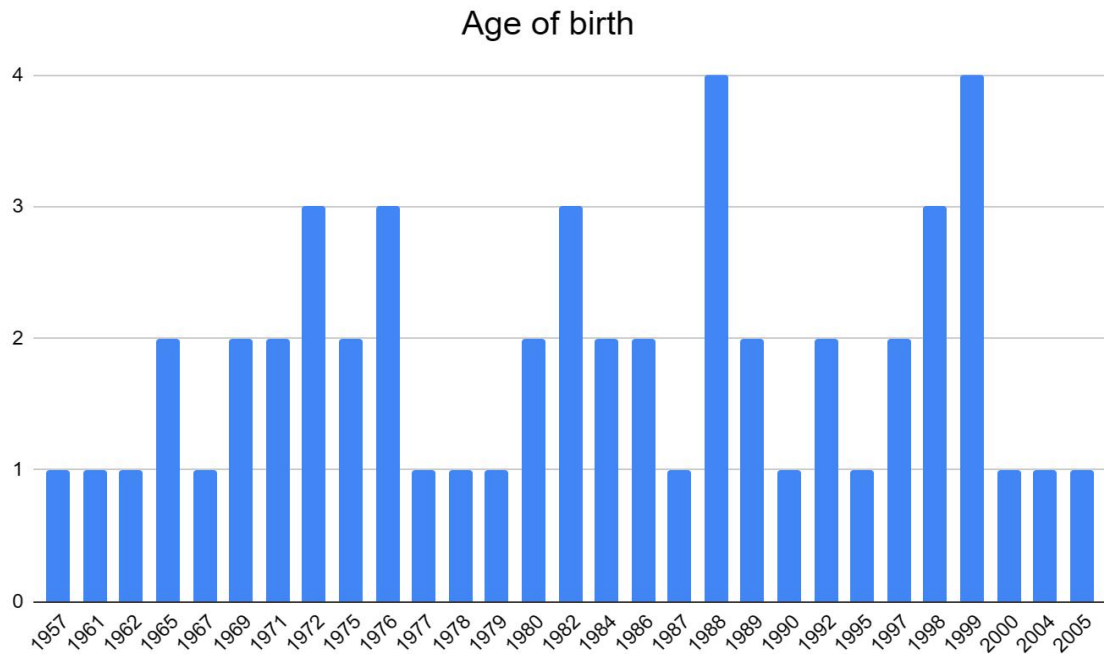


Chart 1 Age of birth

At the graph presented below is shown the gender balance between the participants..

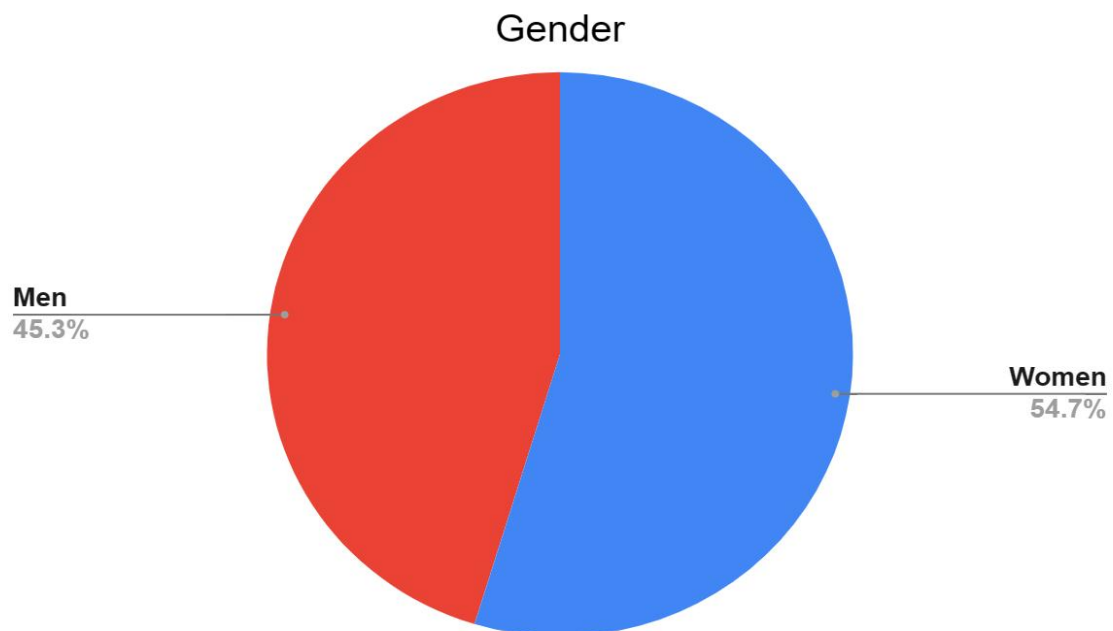


Chart 2 Gender

Παρακαλώ εισάγετε το φύλο σας:

53 responses

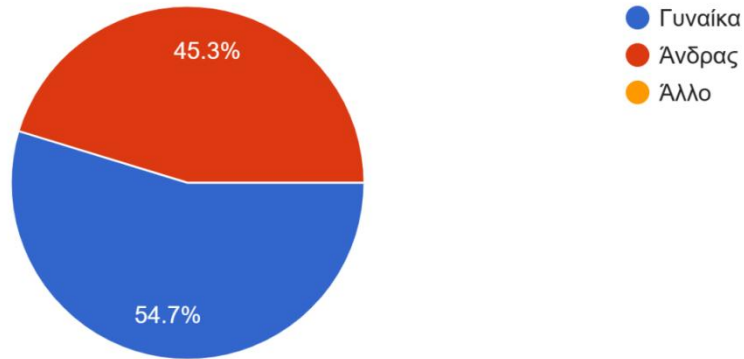


Chart 3 Please enter your gender (original form chart)

In the place of residence pie chart presented below, it is visible that the most participants are coming from a medium sized city (Karditsa) and the rest of results are balanced between countryside living (villages), small towns (mostly ones nearby to Karditsa), big and very big cities.

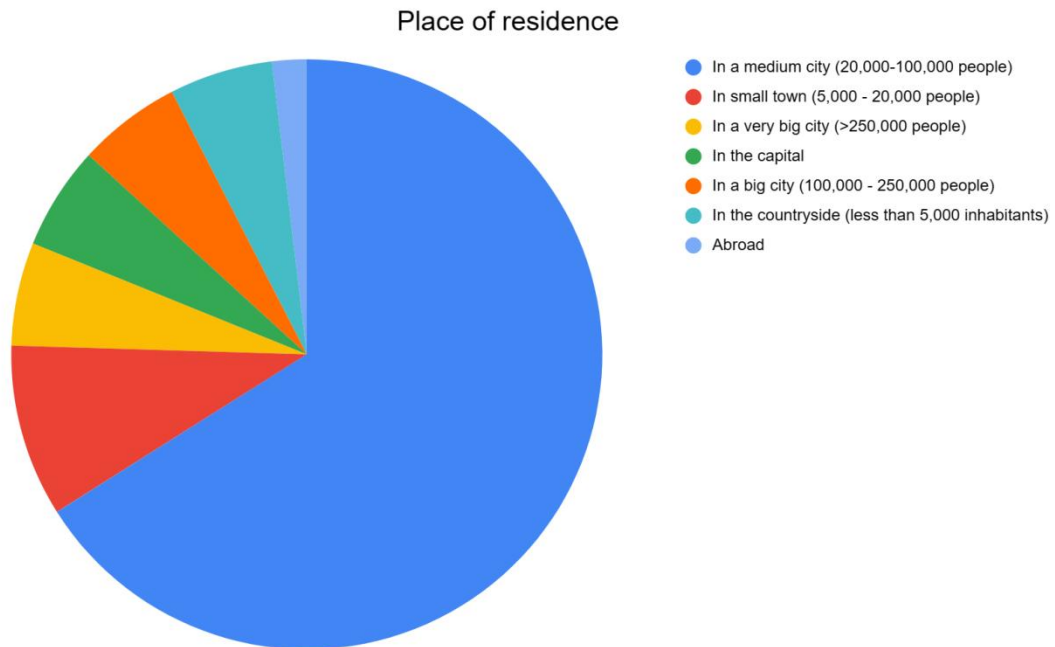


Chart 4 Place of residence

Επιλέξτε που ζείτε σήμερα:

53 responses



Chart 5 Choose where you are living today (original form chart)

At the following table, are presented in groups the replies of the last question of the survey. Is visible that all aspects of life were covered and by far most of the participants had a positive approach about themselves, even though there were a few, though serious negative statements.

	Professional	Family	Activist	Educational	Social	Positive	Negative
1	employee	mother x2	photographer	diligent	woman x3	persistent in the goal	centralist
2	organization manager	partner	politician	lifelong learning	white	solidary x2	afraid for the future
3	scientist	daughter x3	building a better future for young people	student of Food Technology	straight	optimist x2	not comfortable with not having a Bachelor's degree yet
4	worker	sister	president of a union	student	film lover	perfectionist	cynical
5	unemployed, but by choice	divorced	socially active x2	want to go abroad for studies	Human	beloved	young man who doesn't know exactly what he wants
6	i do science		envision having a positive impact on society/leave an important work as a legacy for future generations	Schoolgirl	friend	helpful	troubled
7	want to go abroad for work		member of the iGEM Thessaly 2023 team		member of society x3	ambitious x2	under depression
8	working mother x2		young person who would like to see		free	dynamic x2	disappointed

			changes				
9			concerned about things for the future		citizen of the world	dreamer	need holidays
10			searching for better opportunities		person looking for his way	smart	want the right partners
11			responsible citizen		young	realist	difficult
12			have many interests		person	romantic	introvert
13			want a change		want a right person by my side	problem solver	
14			Spirit of change		myself	satisfied	
15			Support for others			lucky	
16			active citizen			sensitive	
17			seek social welfare			resourceful	
18						companionship	
19						lovable	
20						selfless	
21						The best	
22						Unique	
23						the one who always gets the job done	
24						young girl looking for what is best for her future	

Table 1 Quickly answer the question "who are you" 20 times

Chapter 2. The impact of the pandemic

Here is included an analysis of the answers to questions 21 to 28. We include which areas of the young activists' lives changed the most during and after the pandemic, whether their financial situation, contacts with people, ways of organizing their activities improved after the crisis (or not), and how they assess the level of apathy - in which environments they were most affected by these changes and in which they were not.

Question 21: Did your modus operandi change during the pandemic (quarantine and/or other restrictions)?

It is visible that 100% percent of the aspects of life were affected by changes (small or bigger) during the pandemic.

Άλλαξε ο τρόπος λειτουργίας σας ΚΑΤΑ ΤΗ ΔΙΑΡΚΕΙΑ της ΠΑΝΔΗΜΙΑΣ (καραντίνα και/ή άλλοι περιορισμοί); (Η απάντηση «Δεν ισχύει» αναφέρεται στην ασημαντότητα του αναφερόμενου τομέα για τη ζωή σας)

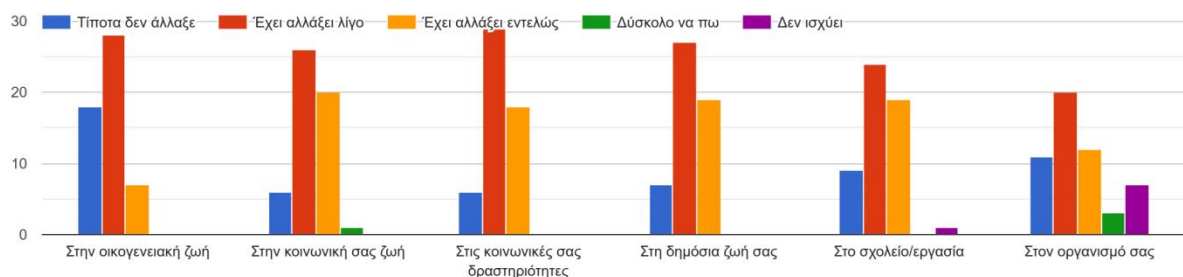


Chart 6 Did your modus operandi change during the pandemic (quarantine and/or other restrictions)?

Question 22: Has the way you operate changed after the pandemic (after restrictions were lifted)?

After the pandemic we can see that the changes continue to exist, even though on a smaller scale to all the categories.

Έχει αλλάξει ο τρόπος με τον οποίο λειτουργείτε ΜΕΤΑ την ΠΑΝΔΗΜΙΑ (μετά την άρση των περιορισμών); (Η απάντηση «Δεν ισχύει» αναφέρεται στην ασημαντότητα του αναφερόμενου τομέα για τη ζωή σας)

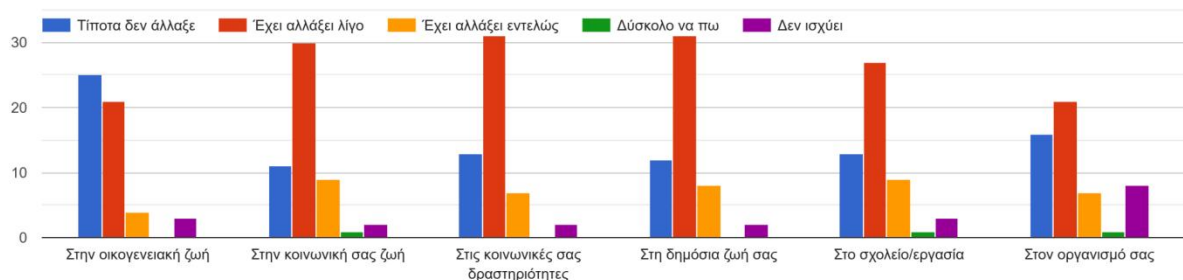


Chart 7 Has the way you operate changed after the pandemic (after restrictions were lifted)?

Question 23: How has your financial situation changed after the pandemic?

In order to help us extract more solid results from this question we will divide the answers in three groups. One having the positive answers (“Definitely for the better” + “A little bit better”), one with the negative ones (“Definitely for the worse” + “A little worse”) and third the neutral (“No change”)

Family life		
Positive	26	49.1%
Negative	12	22.6%
Neutral	15	28.3%

Family life: Here we see that almost 50% of the family financial situations changed for the better after the pandemic.

Social life		
Positive	21	39.6%
Negative	21	39.6%
Neutral	11	20.8%

Social life: In social life, the results are divided between positive and negative answers. The high percentage of the negative answers, shows that the economic situation was seriously affected by the covid period measures.

Social activities		
Positive	19	35.8%
Negative	24	45.3%
Neutral	10	18.9%

Social activities: The financials of social activities are visible that were even more affected by the pandemic and this continued to happen after the covid period in almost 50% of the cases.

Public life		
Positive	21	39.6%
Negative	19	35.8%
Neutral	13	24.5%

Public life: Public life economics, even though affected, seems to be an aspect that is more easy to recover from the pandemic period.

School/Work		
Positive	17	32.1%
Negative	18	34.0%
Neutral	18	34.0%

School/work: Education and work environments, even though affected a lot during the pandemic, after covid period seem to be relatively fast getting over.

Your organisation		
Positive	13	24.5%
Negative	16	30.2%
Neutral	24	45.3%

Your organisation: Organisations' economics seem to be the most flexible or durable aspect among the rest, with relatively neutral effects.

Πώς άλλαξε η ΟΙΚΟΝΟΜΙΚΗ σας ΚΑΤΑΣΤΑΣΗ μετά την πανδημία;

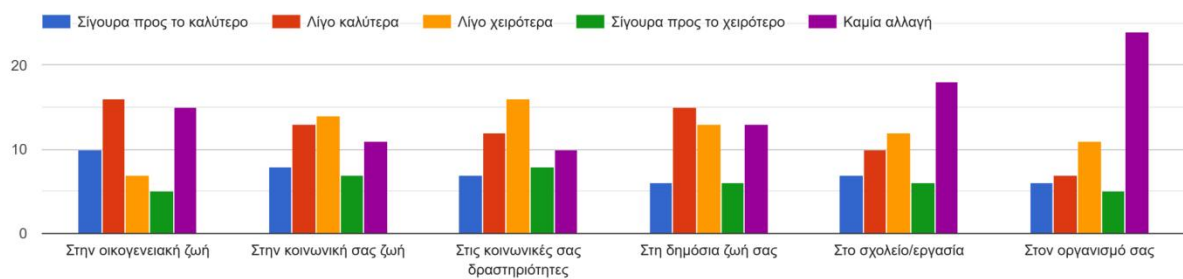


Chart 8 How has your financial situation changed after the pandemic?

Question 24: How has your ability to stay in touch changed since the pandemic? Here, it is obvious that after the pandemic people started immediately to come back in touch. Family, public and social life along with social activities are the ones recovered more, followed by school, work. Organisations seem to have been affected, but less than the other aspects of life.

Πώς άλλαξε η ικανότητά σας να διατηρείτε επαφές μετά την πανδημία;

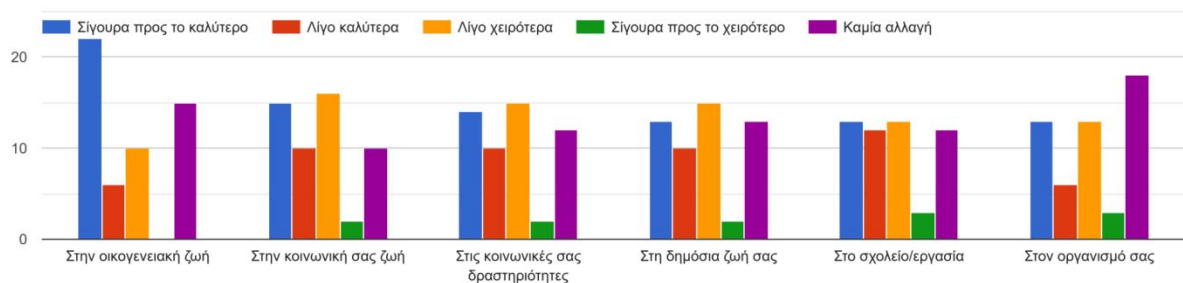


Chart 9 How has your ability to stay in touch changed since the pandemic?

Question 25: How have the ways of organizing your activities changed after the pandemic? In this question, it seems that the five first aspects (family life, social life, social activities, public life and school/work) are having similar and intense recovery (or changing) trends after the pandemic. On the other hand, the organisations seem to have more neutral changes.

Πώς άλλαξαν οι τρόποι οργάνωσης των δραστηριοτήτων σας μετά την πανδημία;

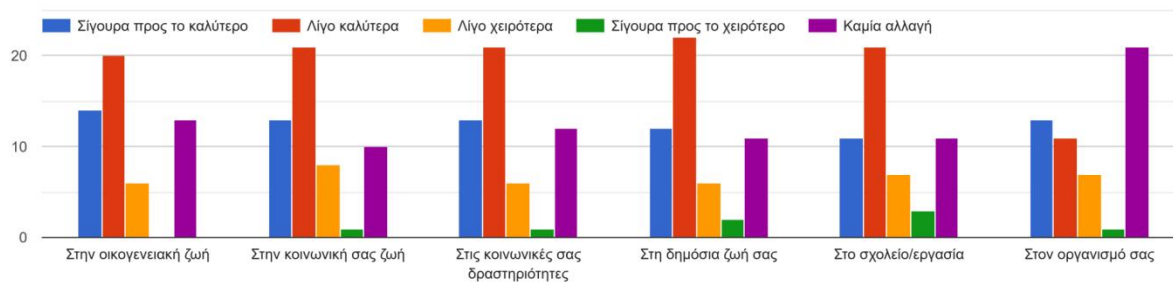


Chart 10 How have the ways of organizing your activities changed after the pandemic?

Question 26: How has the level of general apathy and mood deterioration changed since the pandemic?

Results in this question present a relative uniformity among them, except once again the organisations, who seem to have the most “no change” replies.

Beyond the uniformity, from the answers we can read that the general apathy and mood deterioration level has in most cases changed more or less to the better or at last to “a little worse”.

Πώς άλλαξε το επίπεδο της γενικής απάθειας και της επιδείνωσης της διάθεσης μετά την πανδημία;

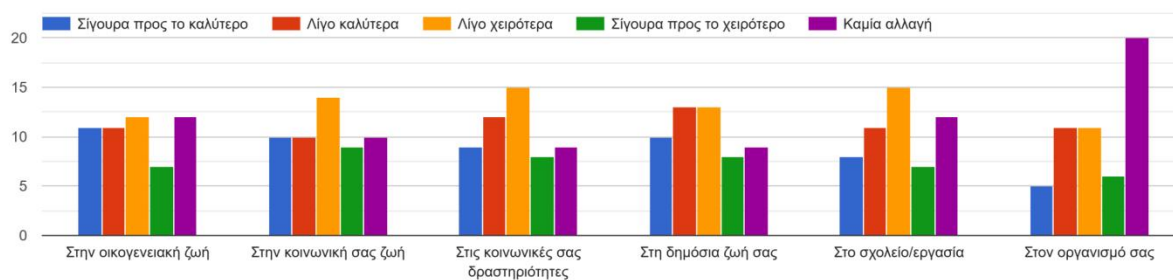


Chart 11 How has the level of general apathy and mood deterioration changed since the pandemic?

Chapter 3. The most important social issues (local, national, global)

Here, we describe the answers to question 13. Which of the issues turned out to be the most important on a global scale, and which - from a local perspective? We try to divide our survey group by gender or place of residence. Perhaps there are social problems that are more important for women than for men, or bigger from the perspective of rural residents than from the perspective of people living in the capital city.

Question 13: Which of the following problems do you consider to be the most important today and where?

The majority of greeks, indeed, consider the country's overall educational system problematic and this is reflected in the replies of the first two following issues (Educational system, Education as an institution), where we can see that the replies are very similar. The answers are not a matter of gender or place of residence, as almost all the participants share the same perspective.

Which of the following problems do you consider to be the most important today and where?

Educational system (the way education is organized)

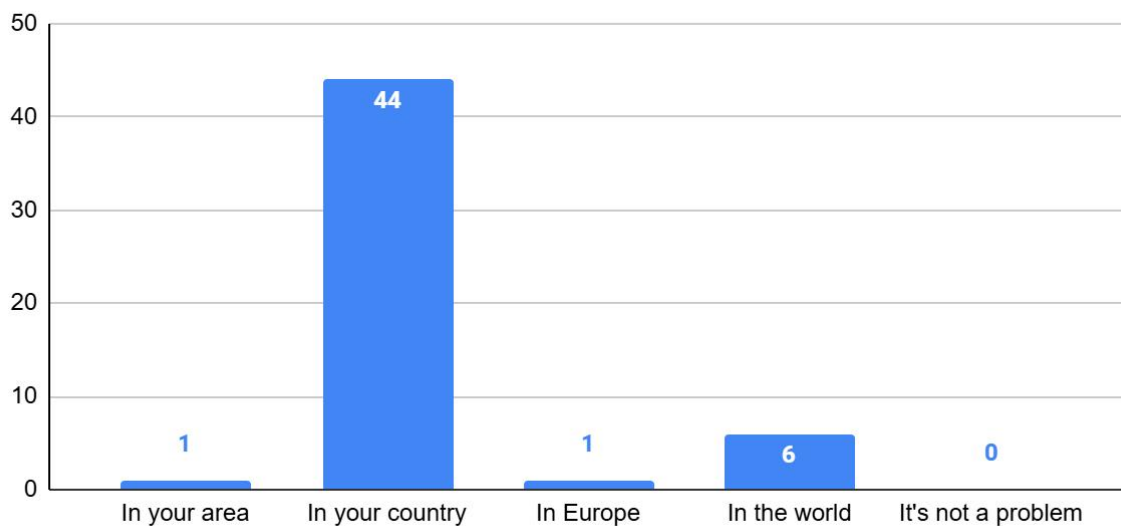


Chart 12 Which of the following problems do you consider to be the most important today and where - Educational system

Which of the following problems do you consider to be the most important today and where?

Education as an institution (issues related to the core curriculum, time scales, teacher salaries, etc.)

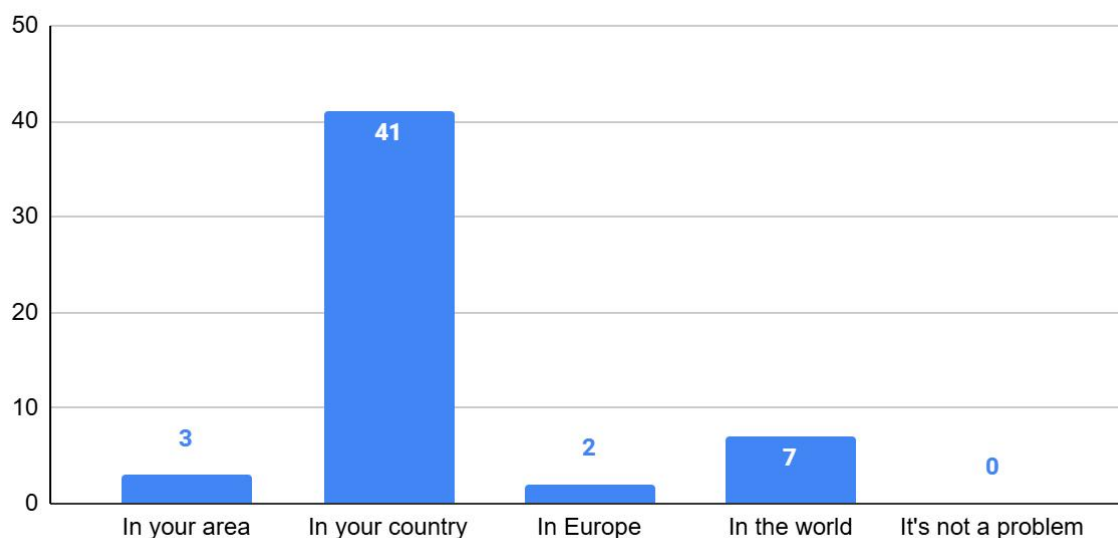


Chart 13 Which of the following problems do you consider to be the most important today and where - Educational as an institution

The same pattern is presented on the following two issues related to participation and activism (Low participation of citizens in society, Low social activity among young people). Most answers identify the problem of participation as one strongly related to our country but also a global issue.

Greeks have a better opinion regarding the rest of Europe in general and this is shown in this issue as well.

After an analysis done among the participants, we conclude that there is no strong relation with the gender or the place of residence to their answers on both questions.

Which of the following problems do you consider to be the most important today and where?

Low participation of citizens in society

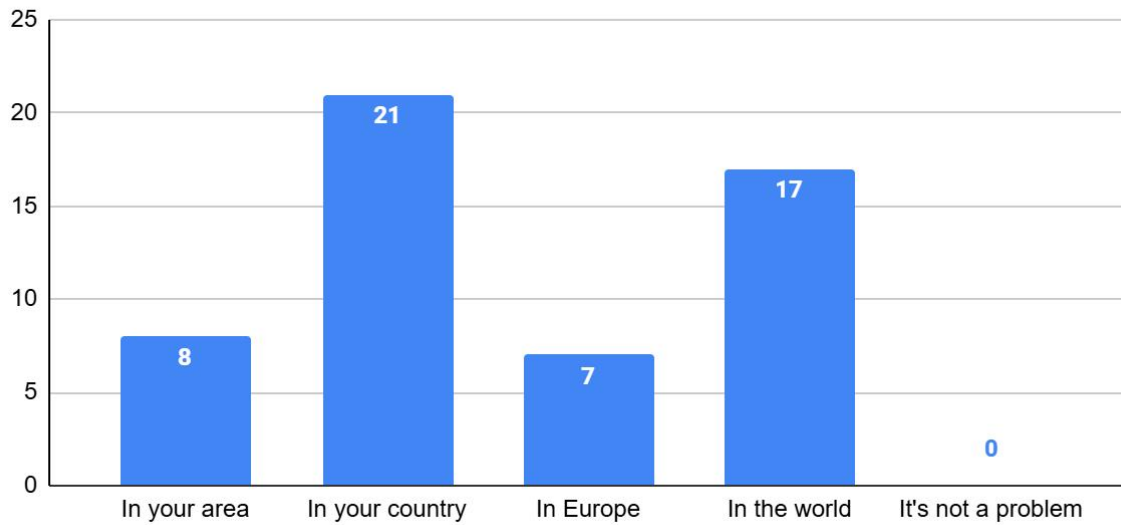


Chart 14 Which of the following problems do you consider to be the most important today and where - Low participation of citizens in society

Which of the following problems do you consider to be the most important today and where?

Low participation of citizens in society

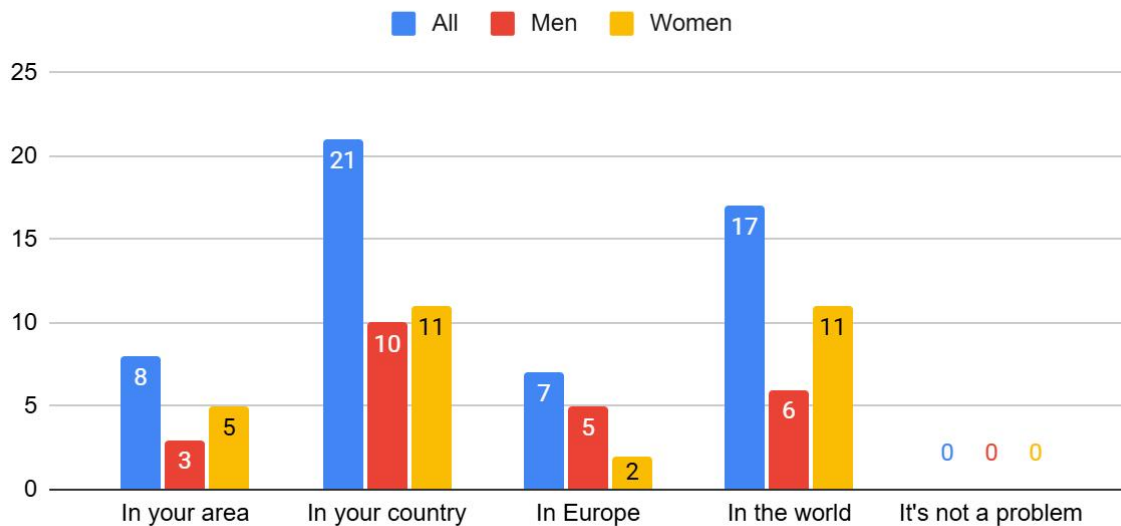


Chart 15 Which of the following problems do you consider to be the most important today and where - Low participation of citizens in society (by gender)

Which of the following problems do you consider to be the most important today and where?

Low participation of citizens in society

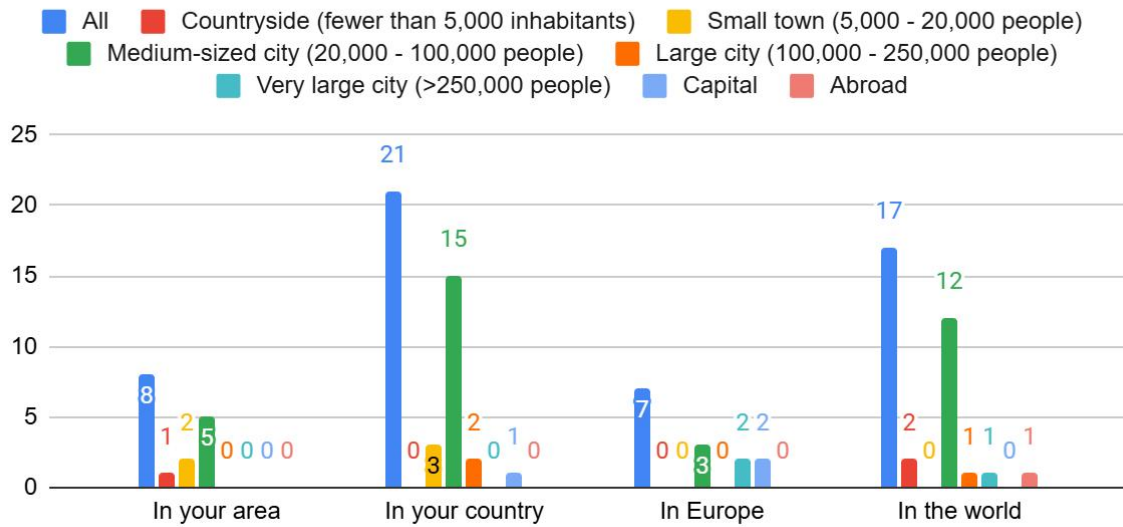


Chart 16 Which of the following problems do you consider to be the most important today and where - Low participation of citizens in society (by place of residence)

Which of the following problems do you consider to be the most important today and where?

Low social activity among young people

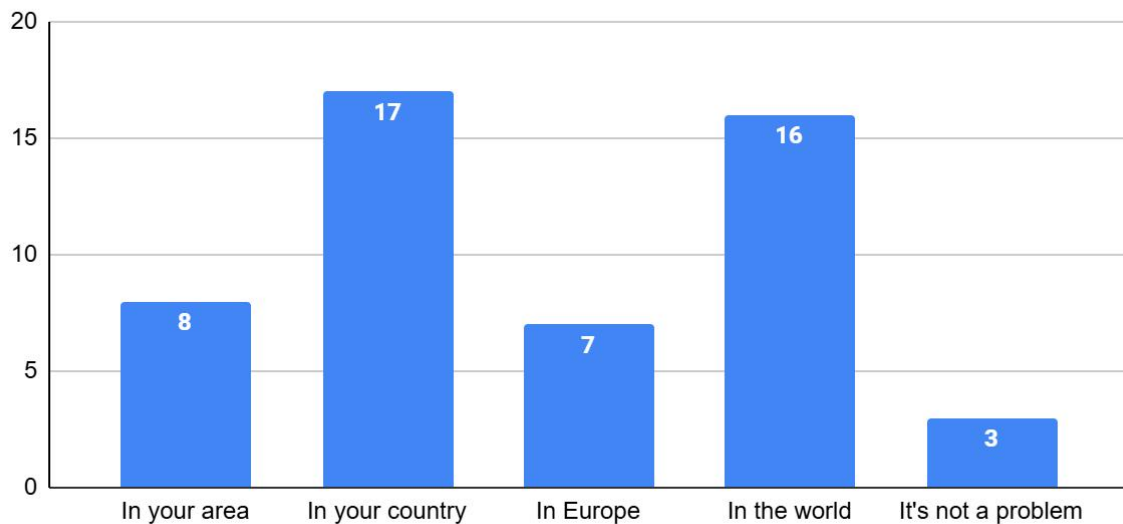


Chart 17 Which of the following problems do you consider to be the most important today and where - Low social activity among young people

Which of the following problems do you consider to be the most important today and where?

Low social activity among young people

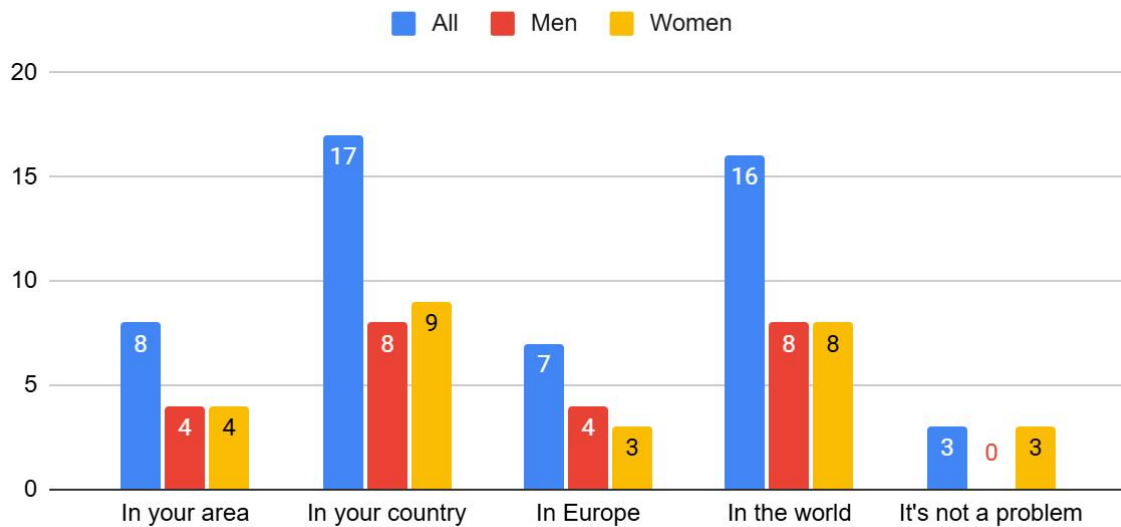


Chart 18 Which of the following problems do you consider to be the most important today and where - Low social activity among young people (by gender)

Environmental problems, Poverty and Social inequalities are three global issues, as considered from most of the participants after analysing their answers. Our country and Europe are also in the frame of the following problems. Analysing the answers regarding the gender or place of residence is showing that men coming from medium sized cities, consider that all three problems are a bit more intense in their country and women coming from the same places give a bit more attention to the global effect of the issues.

Which of the following problems do you consider to be the most important today and where?

Environmental problems

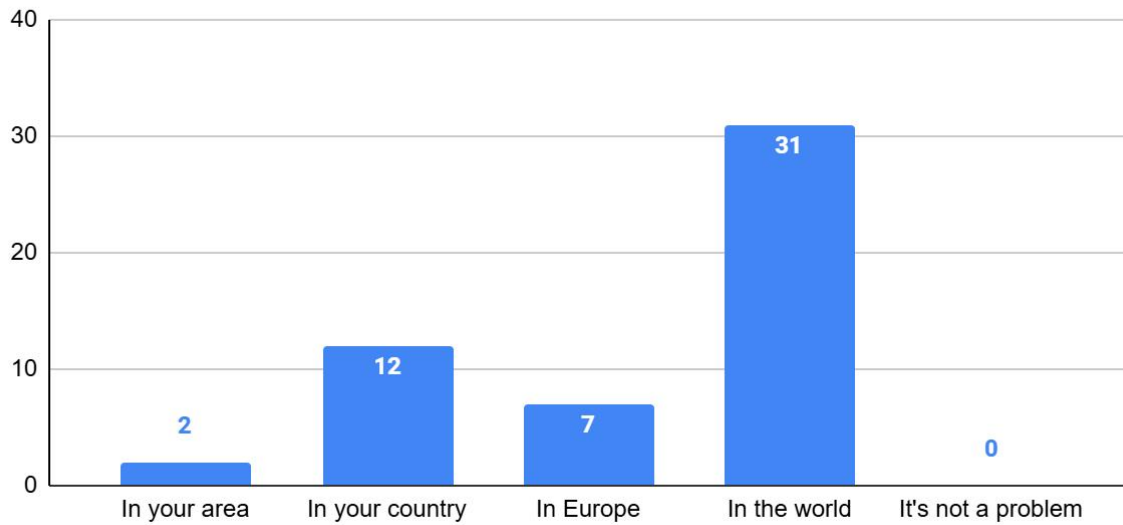


Chart 19 Which of the following problems do you consider to be the most important today and where - Environmental problems

Which of the following problems do you consider to be the most important today and where?

Environmental problems

■ All ■ Men ■ Women

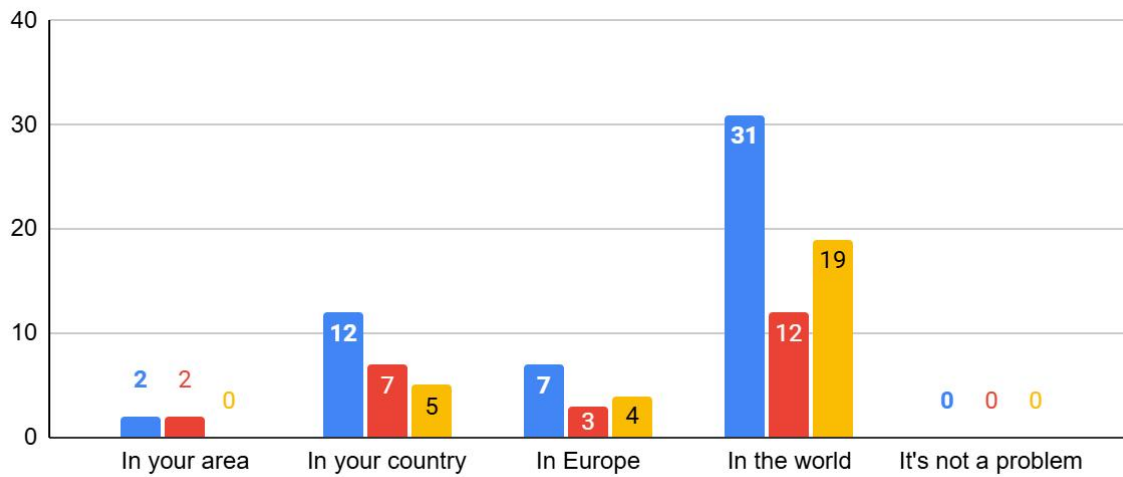


Chart 20 Which of the following problems do you consider to be the most important today and where - Environmental problems (by gender)

Which of the following problems do you consider to be the most important today and where?

Poverty

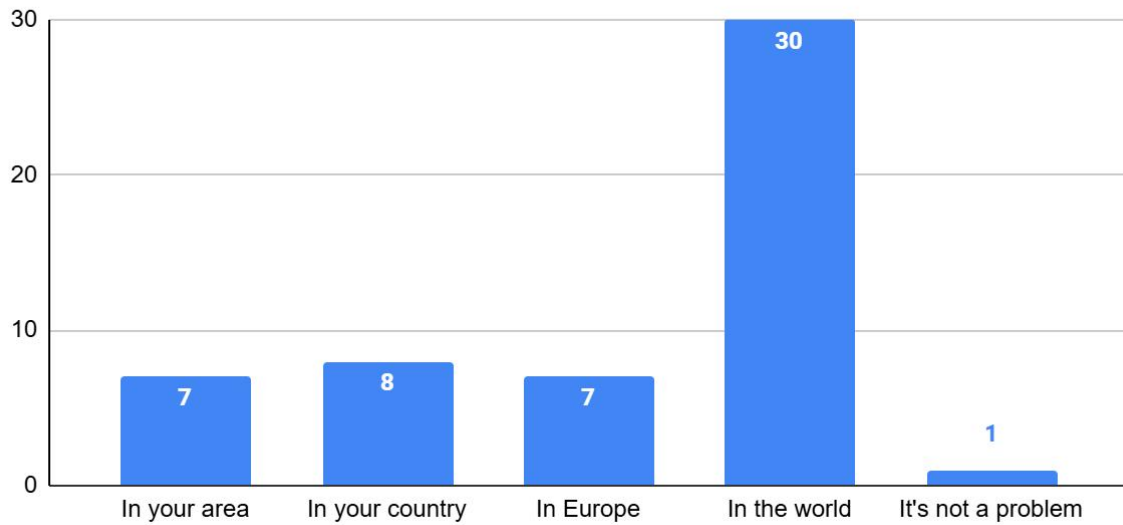


Chart 21 Which of the following problems do you consider to be the most important today and where - Poverty

Which of the following problems do you consider to be the most important today and where?

Poverty

■ All ■ Men ■ Women

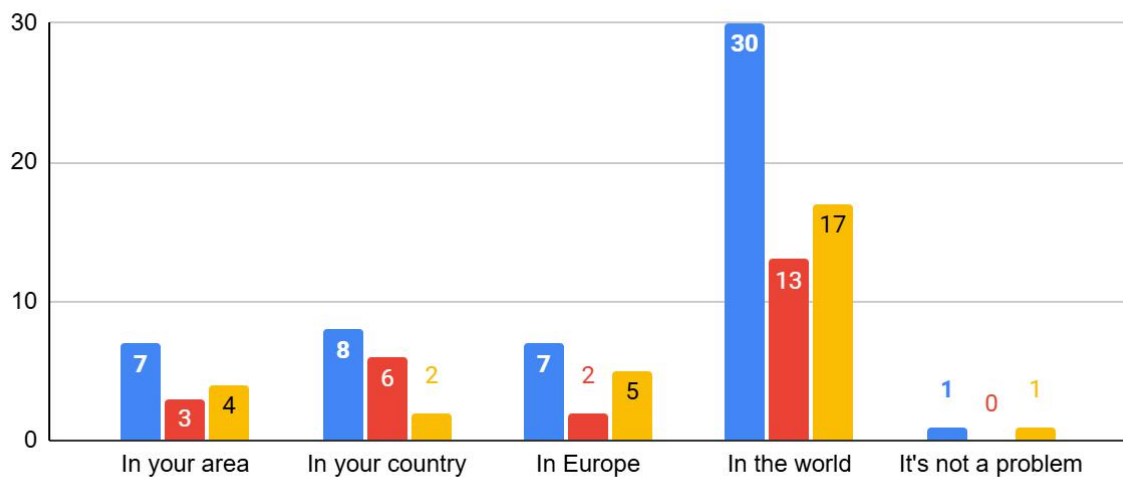


Chart 22 Which of the following problems do you consider to be the most important today and where - Poverty (by gender)

Which of the following problems do you consider to be the most important today and where?

Social inequalities

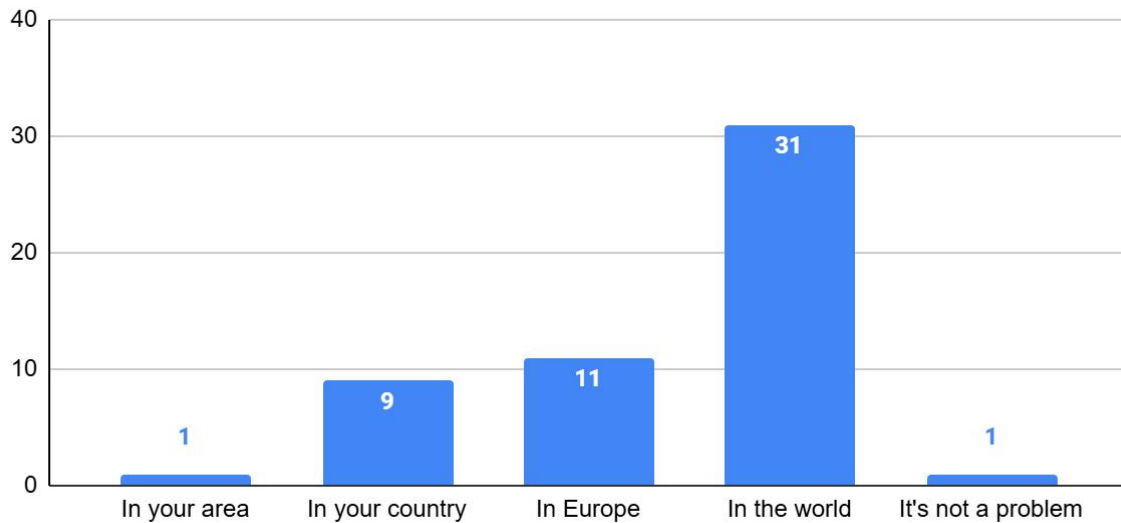


Chart 23 Which of the following problems do you consider to be the most important today and where - Social inequalities

Which of the following problems do you consider to be the most important today and where?

Social inequalities

■ All ■ Men ■ Women

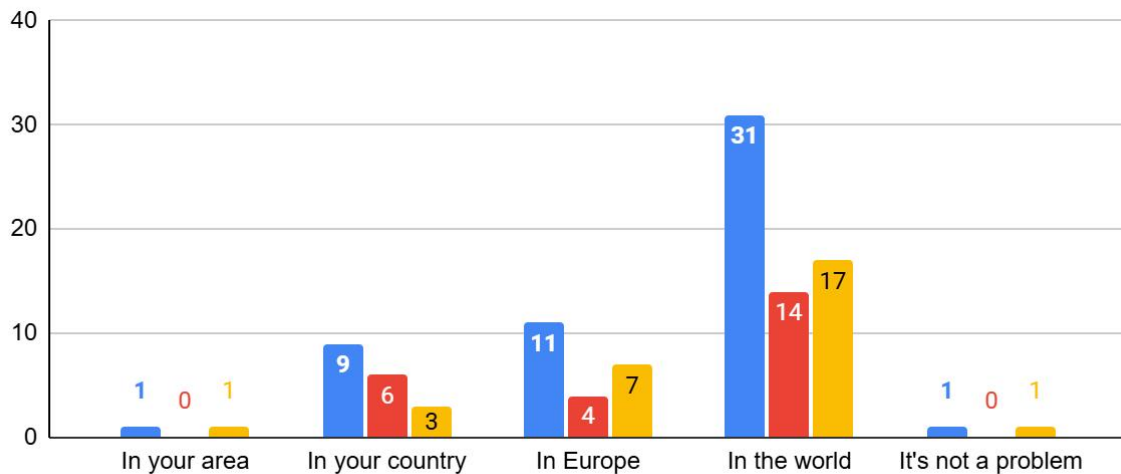


Chart 24 Which of the following problems do you consider to be the most important today and where - Social inequalities (by gender)

Unlike the previous charts, the answers on the issue of “Barriers to growth opportunities” show that the participants consider it an important problem, primarily in their country (Greece) and secondary a global one.

Which of the following problems do you consider to be the most important today and where?

Barriers to growth opportunities

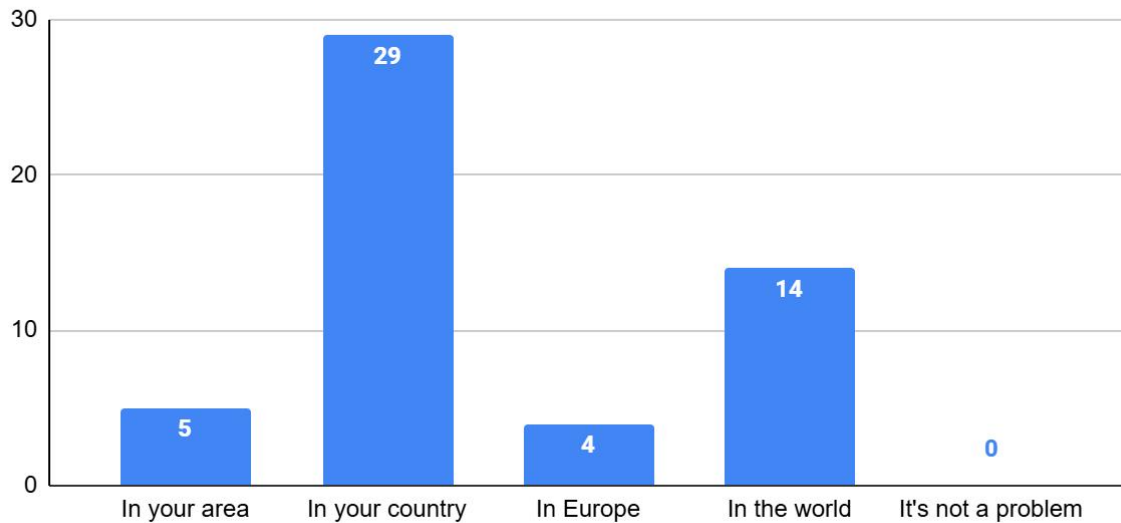


Chart 25 Which of the following problems do you consider to be the most important today and where - Barriers to growth opportunities

Political divisions are considered a strong and existing global and national problem according to the participants of the review. Interesting is the fact that, likely to the previous question, local and european effects of the issue are not regarded as important.

Which of the following problems do you consider to be the most important today and where?

Political divisions

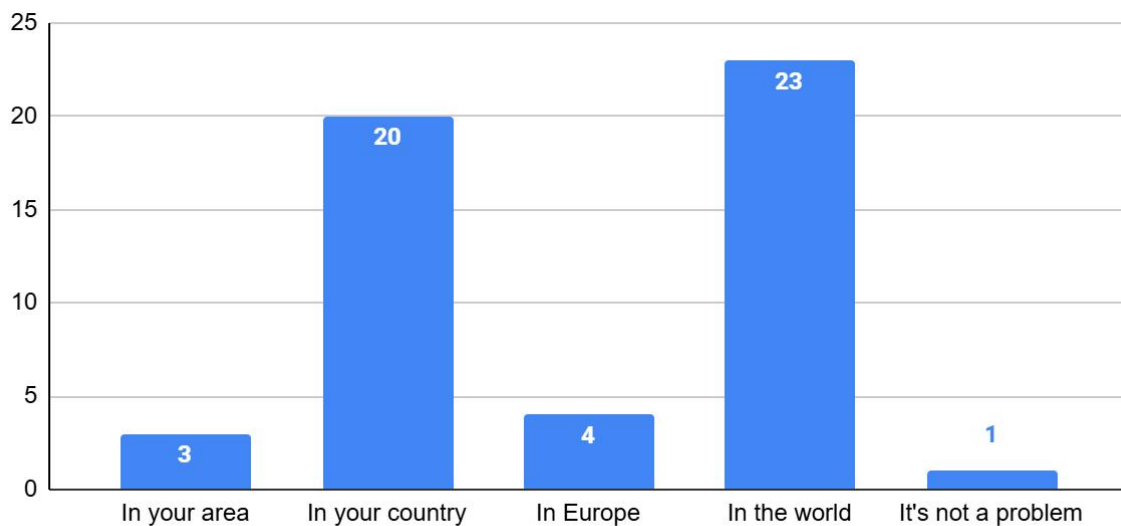


Chart 26 Which of the following problems do you consider to be the most important today and where - Political divisions

As expected from the analysis of former issues (environment, poverty, social inequalities), Consumerism and Crisis of values are considered as another global problems, followed by Europe on the answers.

Which of the following problems do you consider to be the most important today and where?

Consumerism

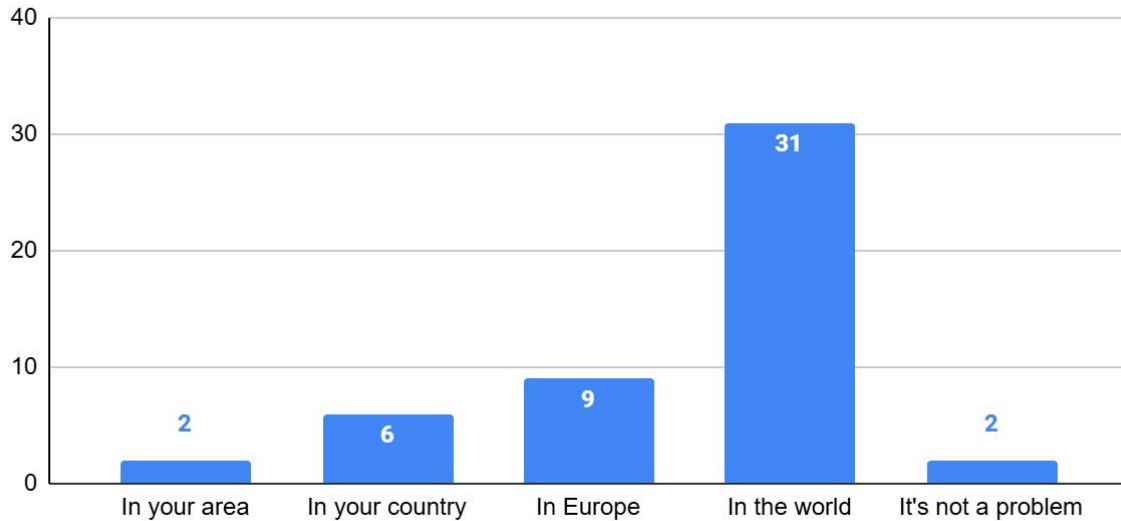


Chart 27 Which of the following problems do you consider to be the most important today and where - Consumerism

Which of the following problems do you consider to be the most important today and where?

Crisis of values

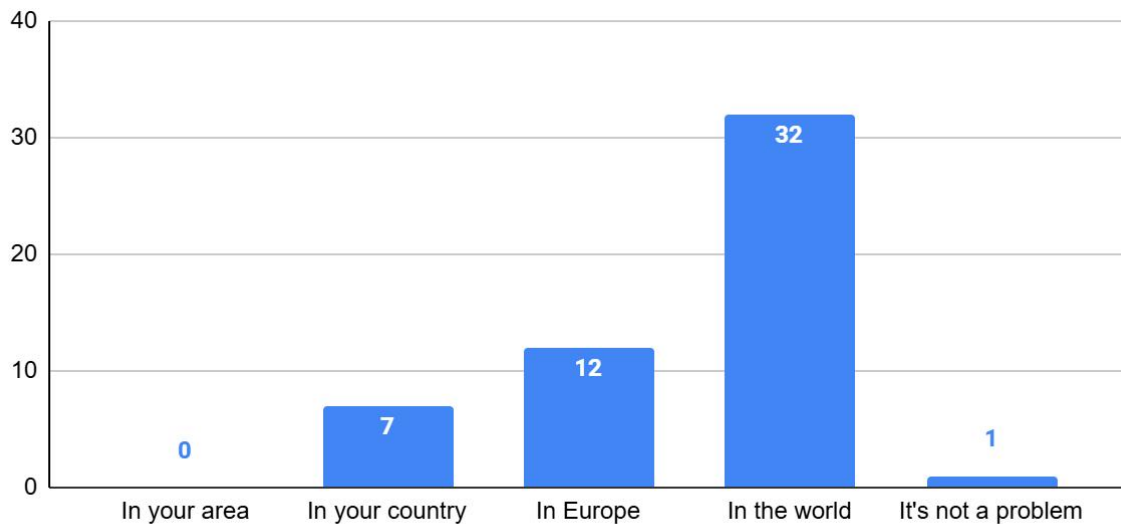


Chart 28 Which of the following problems do you consider to be the most important today and where - Crisis of values

Ποια από τα παρακάτω προβλήματα θεωρείτε ότι είναι σήμερα τα σημαντικότερα και που;

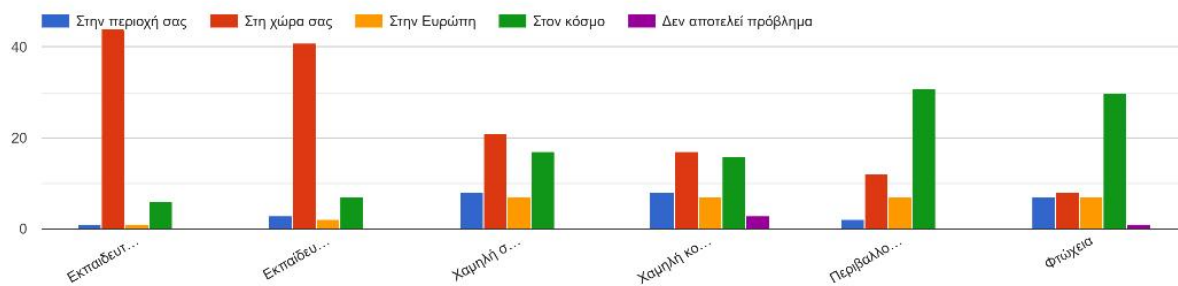


Chart 29 Which of the following problems do you consider to be the most important today and where (original form chart 1/2)

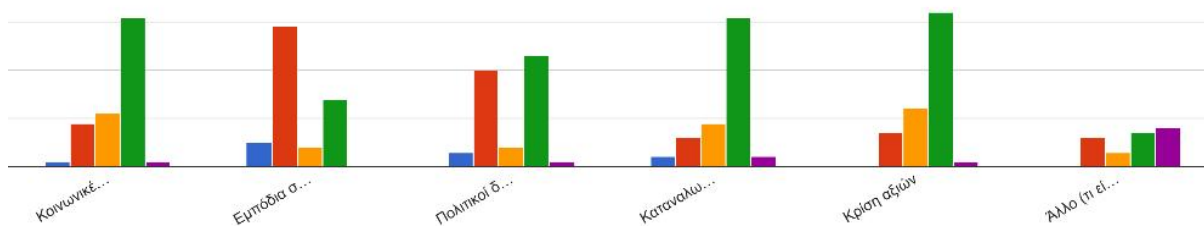


Chart 30 Which of the following problems do you consider to be the most important today and where (original form chart 2/2)

Chapter 4. A sense of impact that youth activists feel on those issues

At this chapter we analyze answers to questions 14 - 18 and the sense of impact that the young feel about solving the most important social problems in terms of the scale at which they operate. Which problems can they solve in their local area and which problems are they ready to solve on a global scale? We try to compare these results to the contents of the previous chapter. Do the young feel that they can influence the challenges that are most important to them?

Do you think you personally can help solve any of these problems?

Regarding the former issues from a personal perspective is giving both similarities and differences on the answers results.

The answers on the two first issues (Educational system and Education as an institution) are showing that the participants of the survey strongly believe that they can take part in the process of resolving them firstly at national and secondary at local level. Obviously, this is “translated” on the power of their vote, both on local and national elections.

At all the rest of the issues asked about, (Low participation of citizens in society, Low social activity among young people, Environmental problems, Poverty, Social inequalities, Barriers to growth opportunities, Political divisions, Consumerism and Crisis of values) the answers follow a more or less similar pattern, this of a stronger belief that the participants have the power to solve the problems first at a local scale and second at national level.

Those results show an encouraging willingness of participation on facing at the front line, the most major issues that challenge people on their everyday life.

Πιστεύετε ότι ΕΣΕΙΣ ΠΡΟΣΩΠΙΚΑ μπορείτε να συμβάλλετε στην επίλυση οποιουδήποτε από αυτά τα προβλήματα:

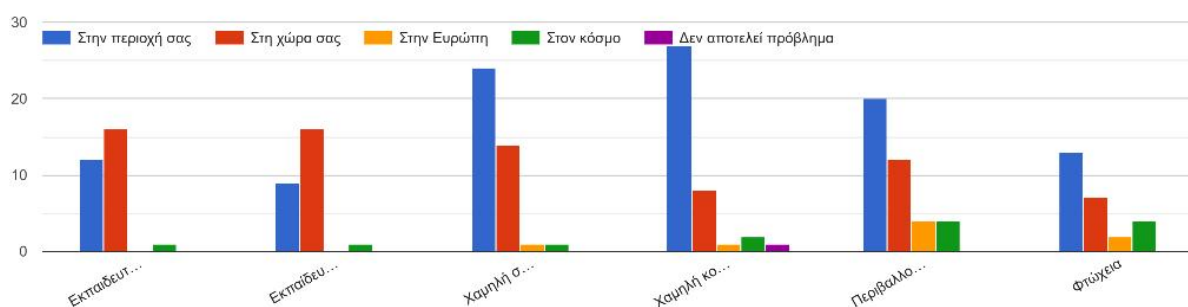


Chart 31 Do you think you personally can help solve any of these problems? - Educational system, Education as an institution, Low participation of citizens in society, Low social activity among young people, Environmental problems, Poverty (original form chart 1/2)

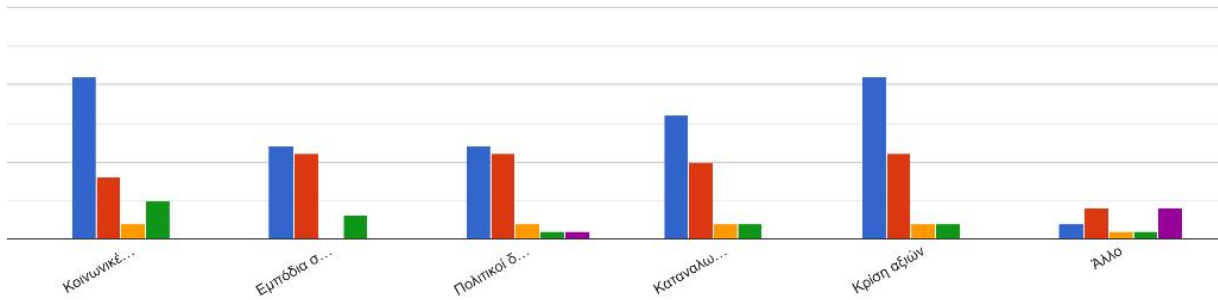


Chart 32 Do you think you personally can help solve any of these problems? - Social inequalities, Barriers to growth opportunities, Political divisions, Consumerism and Crisis of values (original form chart 2/2)

On the other hand, when moving to the level of actual activism the results are not so strong as before. Half of the participants feel that they have a medium influence on the issues asked about and only at a local scale.

When scaling up levels (country, Europe and world) the answers follow a decreasing influence percentage, that shows the weakness people feel in front of those problems.

The former result becomes even more disappointing when taking into consideration that this survey includes mostly participants that are already more or less active at a local, national or higher level.

Πόσο αισθάνεστε ότι είστε σε θέση να συμβάλλετε στην επίλυση των προβλημάτων που εντοπίσατε στις προηγούμενες ερωτήσεις; (ΣΤΗΝ ΠΕΡΙΟΧΗ ΣΑΣ)

53 responses

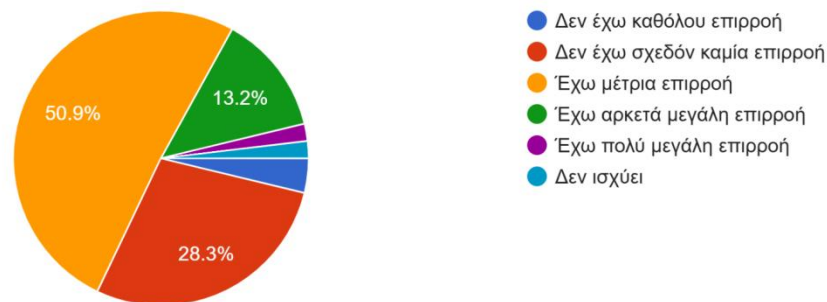


Chart 33 How much do you feel you are able to contribute to solving the problems you identified in the previous questions? (in your area)

Πόσο αισθάνεστε ότι είστε σε θέση να συμβάλλετε στην επίλυση των προβλημάτων που εντοπίσατε στις προηγούμενες ερωτήσεις; (ΣΤΗ ΧΩΡΑ ΣΑΣ)

53 responses

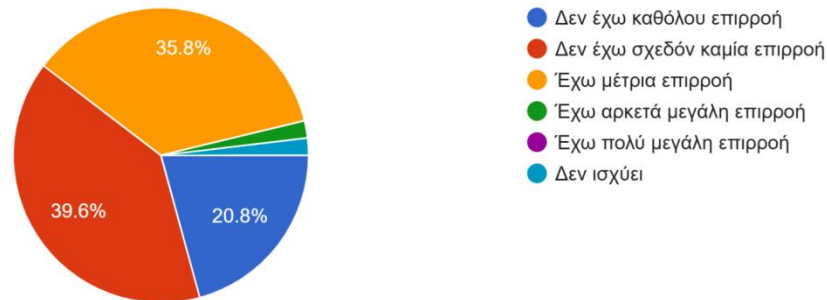


Chart 34 How much do you feel you are able to contribute to solving the problems you identified in the previous questions? (in your country)

Πόσο αισθάνεστε ότι είστε σε θέση να συμβάλλετε στην επίλυση των προβλημάτων που εντοπίσατε στις προηγούμενες ερωτήσεις; (ΣΤΗΝ ΕΥΡΩΠΗ)

53 responses

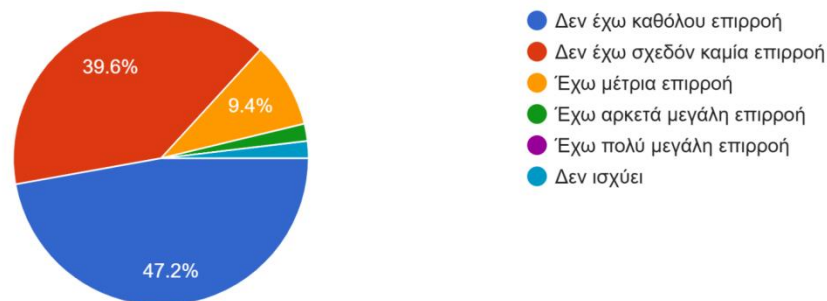


Chart 35 How much do you feel you are able to contribute to solving the problems you identified in the previous questions? (in Europe)

Πόσο αισθάνεστε ότι είστε σε θέση να συμβάλλετε στην επίλυση των προβλημάτων που εντοπίσατε στις προηγούμενες ερωτήσεις; (ΣΤΟΝ ΚΟΣΜΟ)

53 responses

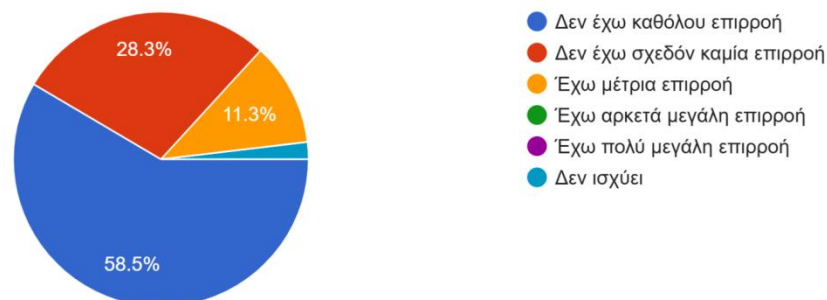


Chart 36 How much do you feel you are able to contribute to solving the problems you identified in the previous questions? (in the world)

Chapter 5. Obstacles to social activism

At this chapter we analyze the answers to question 20 and try to interpret them. This one is quite straightforward. We feel free to add our input about the reality of youth activism in our country and the way it corresponds with the answers.

Question 20: What do you think is the obstacle to the public activities of people like you (socially active)?

On the following table and charts, we are going to present the major obstacles, as considered by the participants of the review.

All of the posed obstacles are existing and serious against the social activism of young people. Top ones are considered the lack of financial resources, the lack of interest on behalf of the state and local authorities in the young people and their problems, the lack of knowledge on how to act, the lack of interest in the problems in the community and the lack of professional support.

The straightforward analysis reflects the reality regarding the public activity in Greece and shows that despite the existence of knowledge about the actual problems, young people need more financial support as well as to be seriously included in the decision making processes of their community.

What, in your opinion, is the obstacle to the public activities of people like you (socially active)			
A/N		Yes	No
1	Lack of financial resources for actions	38	9
2	Lack of interest in the problems of young people from the state authorities	36	10
3	Lack of interest in young people from local authorities	34	11
4	Lack of knowledge about how to act	28	15
5	Lack of interest in the problems of young people in my community	23	19
6	Lack of professional support	23	15
7	Apathy in my community	22	20
8	My interests	17	22
9	Internal problems of the organization	17	20
10	My mental characteristics	11	27
11	Conflicts in my environment	10	26
12	My physical features	3	33

What, in your opinion, is the obstacle to the public activities of people like you (socially active)

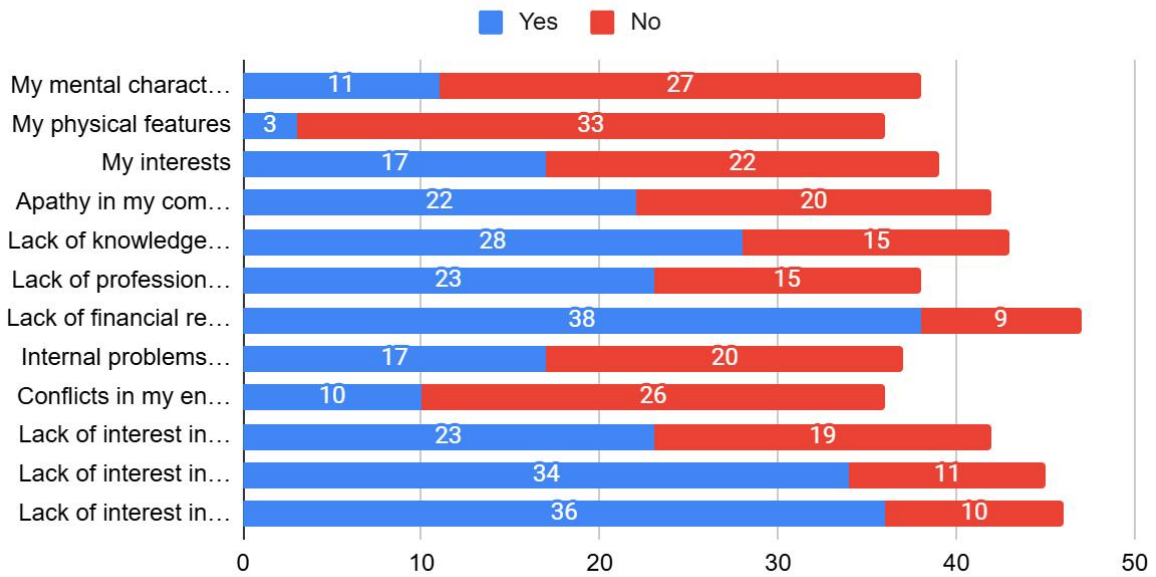


Chart 37 What, in your opinion, is the obstacle to the public activities of people like you (socially active) - Yes/No

What, in your opinion, is the obstacle to the public activities of people like you (socially active)

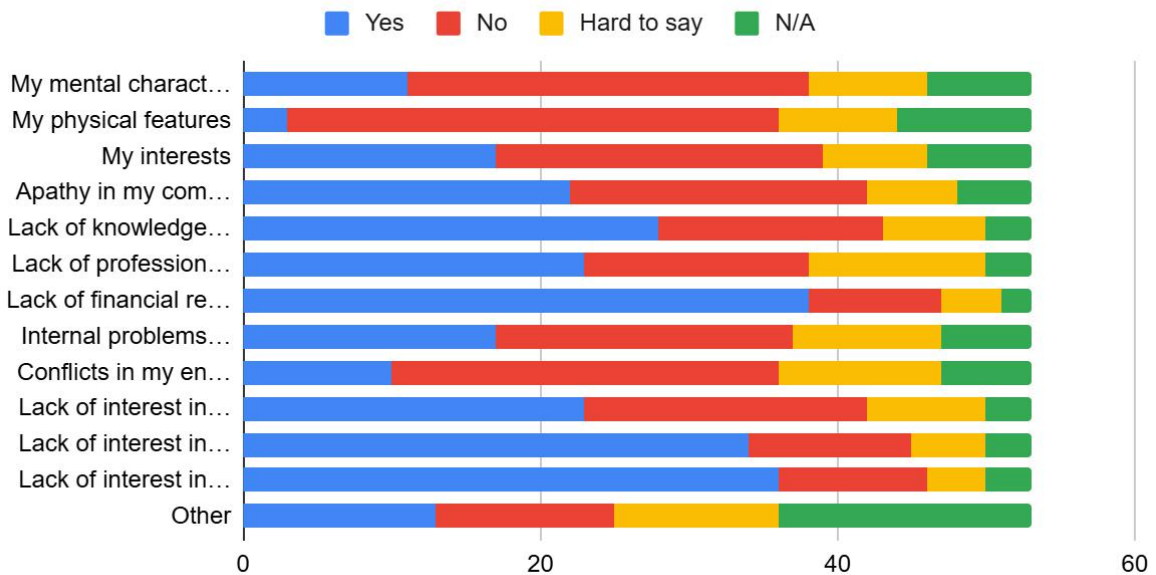


Chart 38 What, in your opinion, is the obstacle to the public activities of people like you (socially active) - All answers

Ποιο είναι, κατά τη γνώμη σας, το εμπόδιο στις δημόσιες δραστηριότητες ανθρώπων σαν εσάς (κοινωνικά ενεργών);

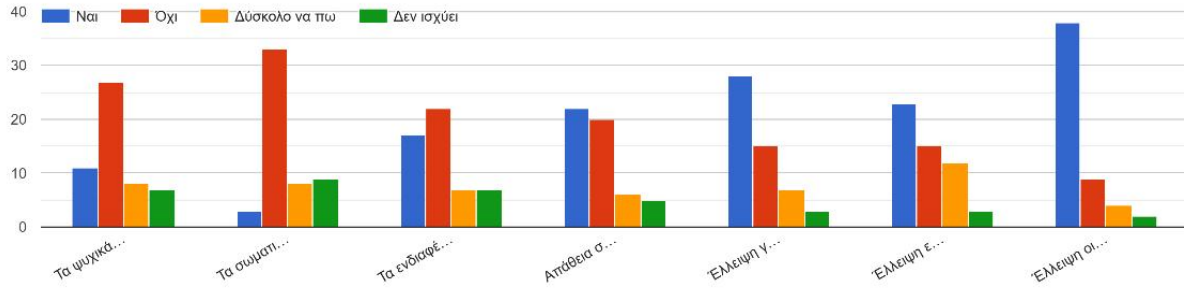


Chart 39 What, in your opinion, is the obstacle to the public activities of people like you (socially active) - My mental characteristics, My physical features, My interests, Apathy in my community, Lack of knowledge about how to act, Lack of professional support, Lack of financial resources for actions (original form chart 1/2)

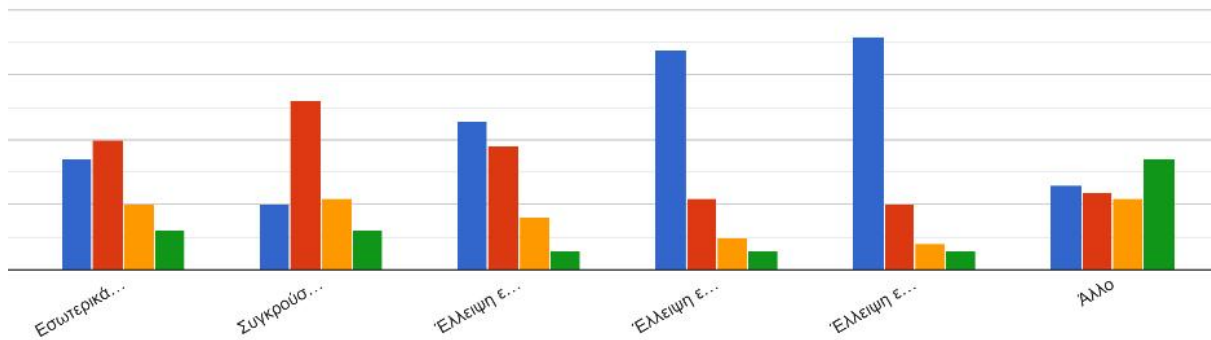


Chart 40 What, in your opinion, is the obstacle to the public activities of people like you (socially active) - Internal problems of the organization, Conflicts in my environment, Lack of interest in the problems of young people in my community, Lack of interest in young people from local authorities, Lack of interest in the problems of young people from the state authorities (original form chart 2/2)

Chapter 6. Support received

Finally, we analyze the answers to question 19. We try to divide our survey group by gender, age, place of residence, or look for other correlations. Describe at least two major groups from which the young receive support, and one from which they cannot expect it.

Question 19: Do you feel supported (have someone to count on) in everything you do in life?

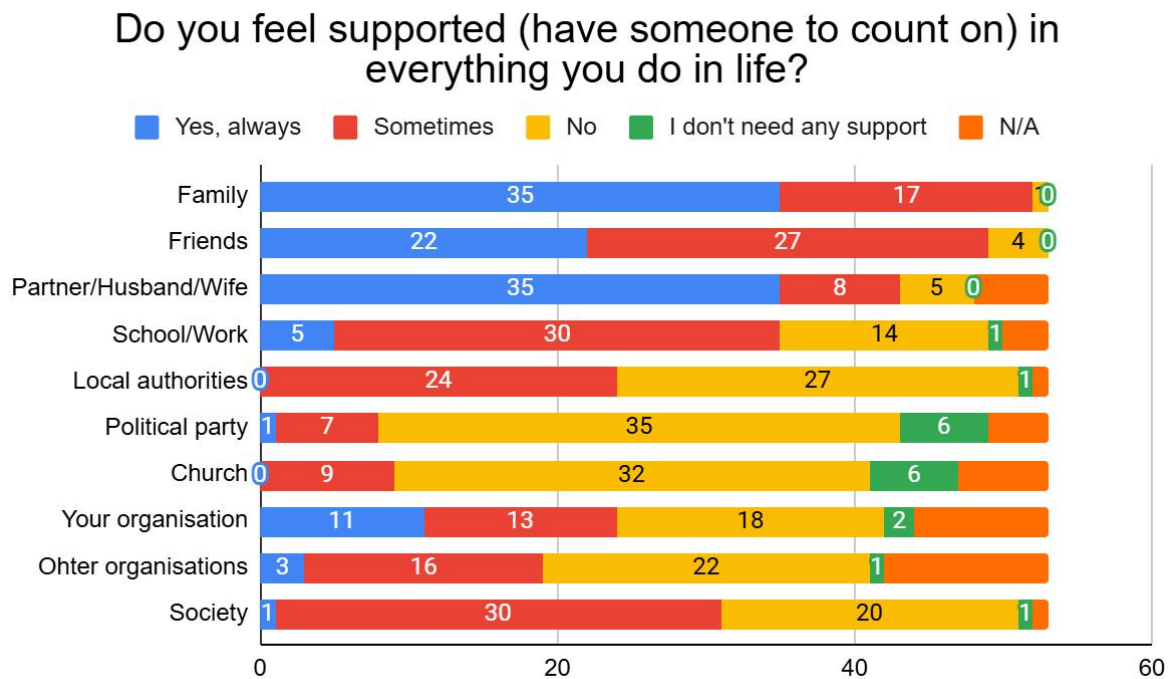


Chart 41 Do you feel supported (have someone to count on) in everything you do in life?

From the results shown at the chart above, it very visible that in our case, Family as a whole as well as family members (partners etc) are the most ones to count on and feel supported by. Friends follow with a very high rate. School, work and society also have a positive feel in the potential support.

On the other hand, local authorities (even though they have a quite positive mark), political parties and church are the worst to count on, according to the participants of the survey.

The results, confirm once more the type of the greek society, which despite the modernisation and the changes made daily, remains still a family based one.

Αισθάνεστε ότι σας υποστηρίζουν (έχετε κάποιον να υπολογίζετε), σε ό,τι κάνετε στη ζωή σας;

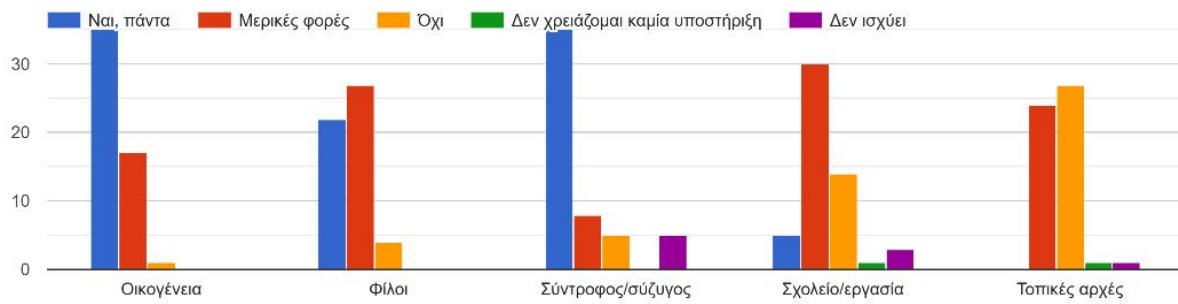


Chart 42 Do you feel supported (have someone to count on) in everything you do in life? (original form chart 1/2)

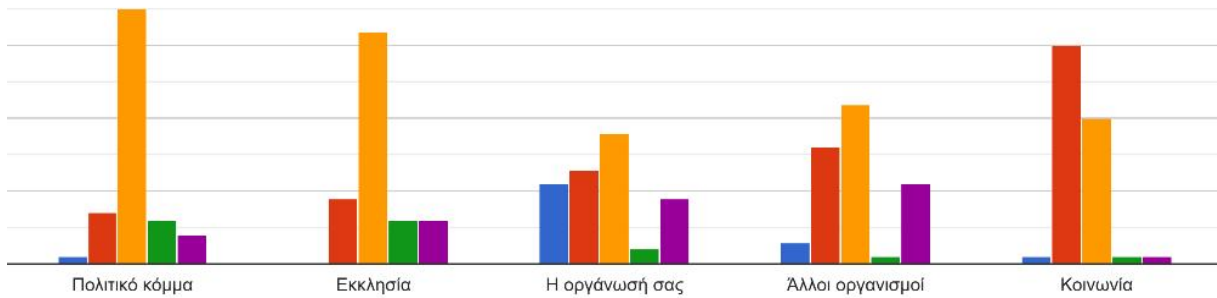


Chart 43 Do you feel supported (have someone to count on) in everything you do in life? (original form chart 1/2)

Ending. **Conclusions**

Through a very broad age range of 53 social activists, we conclude to an interesting range of responses, showing the impact that pandemic brought to all issues of social life, work and organisations' activities. However negative was the impact on the financials of social and business activities, at the same time, the restrictions affected positively the family life, bringing the family members closer in many cases and bringing up the families' supportive role in everyday life.

Regardless of the changes in life caused by the pandemic period, there are some serious existing obstacles against the social activism, as presented in the survey, the lack of financial resources for actions, the state/authorities lack of interest in the problems of young people and the lack of interest in young people from local authorities.

Finally, we clearly extract an encouraging willingness of participation and activism in local and national level on facing at the front line, the most major issues that challenge people on their everyday life.