



Ecos da Alta

Hannah, Hillary, Nora, Nicodème and Gaspard

12.06.2025

Who we are



Why do some bonds fade, while others echo through time?





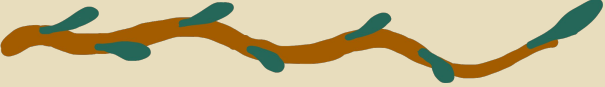
“Loneliness isn’t about the people not being there – it’s about not having a role anymore”

Reframing the problem



The power of iteration





Building Roots



The sessions



- 4 Elders
- 8 Youth
- Stories about alleyway games and neighbors who were like family
- Drawings that turned memories into art

Impact you can feel





The Exhibition

- On May 31st, at Quinta Alegre, the final product was exhibited.



Even sometimes you don't understand us, the only important things are health, family and love.

We are all equal.



What we learned...

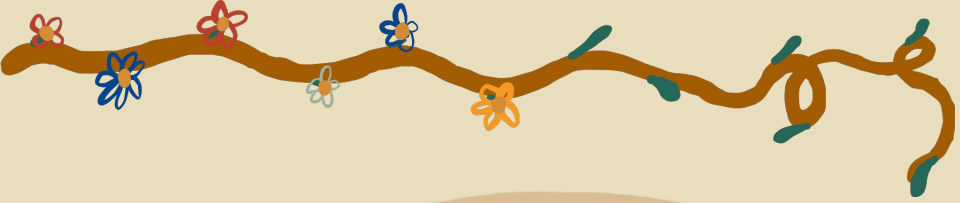
- We learned to slow down.
- We learned to listen.
- Stories don't need to be big to matter.



Change doesn't start with solving — it starts with seeing.

What we leave behind





The bigger the room, the further the echo travels



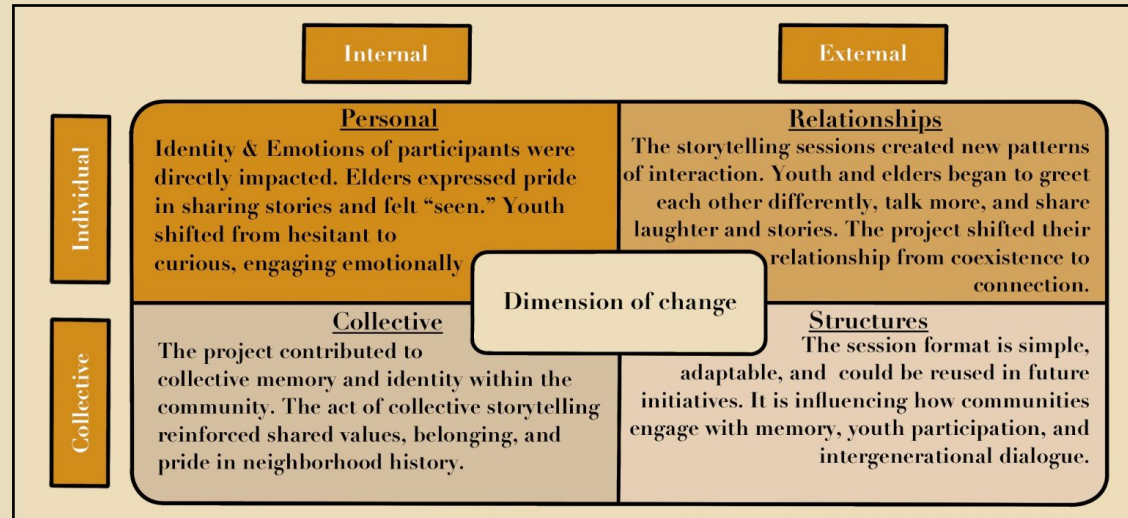
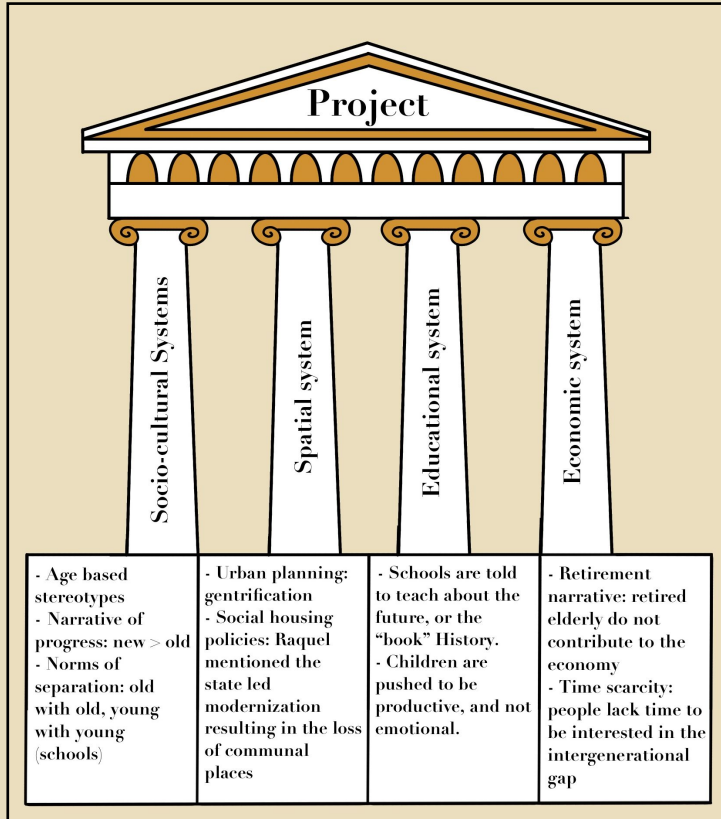
The end



All illustrations made by Nicodème



Additional material



Challenges

The challenges we faced and how we overcame them.

- **Stakeholders**
- **Language barrier**
- **Long-term planning**
- **Communication styles**

Lessons we Learnt

From this project we learn different valuable lessons.

- **Adaptation**
- **Collaboration**
- **Human-centred Design:**
- **Get to know Lisbon's communities and history**
- **The role of Associations**

What would we do differently?

- **Contact stakeholders earlier**
- **Long-term planning**
- **Fear of stakeholders**
- **Better briefing of participants prior to the sessions**

Adaptation

How did we adapt when things didn't go as planned.

- **Open communication**
- **Risk log**
- **Schedule**

Take away from the presentation

This presentation aims to show the project we have been working on all year. We wanted you to specially remember this key points:

- **Team Journey**
- **Storytelling**
- **Community**

Research

Secondary research:

- 30% of youth reported feelings of isolation due to urban pressures and digital lifestyles (EU, 2023)
- Elders often faced emotional displacement linked to the loss of work, family proximity, and neighborhood cohesion (Karger, 2021).
- The visit to Freguesia de Misericórdia show elders where struggling to adapt to touristy dense neighborhoods.
- GER-AÇÕES and Pedalar Sem Idade

Research

Primary research:

- Interviews with the elders: we began to understand loneliness as a symptom of deeper disconnection, rather than as the cause of the problem
- Interview with psychology teacher, Ana Maria.
 - Youth need autonomy
 - Elders need to be listened and seek purpose through telling their stories.
 - Both need to feel like they both gain and bring value.