



Editorial

Trauma (and mental health) in times of COVID-19

Since the beginning of 2020, the COVID-19 pandemic has erupted into our lives. Although we cannot anticipate the full scale of its consequences, it is already clear the potential for trauma and its pernicious threat to the mental health of individuals and societies.

Initially, the imminent danger of serious illness or death for each one of us and our loved ones, confinement, and sudden changes in the ways we coexist in public or within the family were warning factors. Then, various unknowns started surrounding us in a disruptive manner – from the evolution of the virus to the duration of the crisis, from uncertainties in the education system to the feared exhaustion of the health service, from the danger of unemployment to individual and collective economic collapse. The drama, covering the entire world, hinders us from seeing reassuring perspectives of limits regarding time, geography, age group or socio-economic field, or foreseeing the processes of future reconstruction. These deep experiences of fear, of a serious threat to survival, of an abrupt and involuntary breakdown of the previous life path consistently substantiate a trauma diagnosis following a crisis, disaster or catastrophe.

Such a deep, potentially traumatic context and the implicit stalling of other mental health determinants – poverty, unemployment, family dysfunctionality, social exclusion or stigma – act as high-risk precipitators of the illness of individuals, families and societies. They can also seriously influence the way we look at ourselves, the world around us, and the future that awaits us. With no alternatives evident and an incapacity to adapt, a constant state of alert and the loss of hope tends to lead to a pattern of reassurance through risk behaviour, allowing suffering to set in, thus leading to a mental health deterioration.

It is therefore important, in a trauma context such as we live in today, that we focus on strategies that might in some way prevent and mitigate the illness of trauma. How can we stimulate adaptation, support and trust skills, both at an individual and at a collective level? How can we transform our experiences into tools of individual resilience, and into contributions to collective efforts of building a more solidary, healthy and integrating future?

Efficient responses are moulded in the cultural matrix of the affected person and the affected community. This is the basis that shapes the reading code of a traumatic experience and models the social support responses needed. In pandemic times, consistent forms of preventing the illness, of intervening post-trauma and of promoting mental health must be responses centred on the community. Solidary responses of civic intervention, bringing together the knowledge base of local communities with those of technical knowledge centres, opens new windows to understanding and intervention. Responses that stimulate personal and community strategies of prevention and overcoming illness. Responses that, taking on the transforming power of traumatic events throughout these times, stimulate opportunities for developing different futures.

Luísa Sales, Psychiatrist, Trauma Centre Coordinator

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Mundial em 2013



20 ANOS



The OPJ (Permanent Justice Observatory) is the national contractor of FRANET – the multidisciplinary research network of the European Union Agency for Fundamental Rights (FRA). Since 2019, the OPJ has been working on sociolegal research on several issues, aiming to contribute to FRA’s comparative analyses on the main challenges to fundamental rights, which has been published in several reports on: Anti-Muslim hatred; Legal aid in return procedures; Equal access to criminal justice for all victims of crimes against the individual; Discrimination on grounds of age and disability in employment; Severe labour exploitation and the Employers Sanction Directive; Long-term residence permits; and the impact on Fundamental Rights of the EU Directive on Terrorism. Aside from these reports, we highlight three additional ones: (a) The *National Contribution to Fundamental Rights Report 2020*, which analyses issues concerning equality and non-discrimination, racism and xenophobia, rights of Roma, migration and asylum, data protection, children’s rights, access to justice, rights of persons with disabilities and the application of the Charter of Fundamental Rights. (b) A study on the *Fundamental Rights Implications of COVID-19*, analysing the measures to contain the spread of COVID-19 and mitigate its impact on social life, education, work and the justice system; the efforts to limit the spread of the virus in older persons, persons with disabilities, Roma, detainees and homeless persons; and how tracing apps and other technologies to monitor the spread of COVID-19 can impact fundamental rights. (c) Concerning the study *Presumption of Innocence: Procedural Rights in Criminal Proceedings*, we underline two main conclusions: the marked dissonance between the legal framework and its practical implementation; and the negative impact of media exposure on the presumption of innocence of the defendants, namely in high-profile cases, revealing the lack of a transparent and ethical relationship between the judicial system and the media.

How to reorganize a vulnerable country?

The Observatory of Crises and Alternatives is analysing Portugal under the pandemic. This work analyses the problems and proposes alternatives. It assumes the radical nature of the vulnerabilities which have long been developing among us, highlighting those which have become even deeper. This is the subject of the *5th Annual Report*, which will be published as a book by the end of this year.

The vulnerabilities are numerous and multi-scale. Over 15 chapters, we focus on vulnerabilities related to financial and macroeconomic issues, State functioning, social reproduction, inequalities, territory problems, productive system organization, social security, environment and family life.

We know that the unexpected and the radically new have altered everything and replaced these vulnerabilities on a newer and more complex level. Therefore, we propose the following: to reorganize a country crossed by many and diverse vulnerabilities by overcoming dependencies, correcting imbalances and fighting inequalities – and giving a solid space to public action, the role of the State, planning and the most solid aspects of society.

On the Observatory’s webpage (<https://ces.uc.pt/observatorios/crisalt/>) you can find an introduction of each chapter of the 5th Report, with small three-page texts developed consistently: identifying a problem and formulating an alternative.

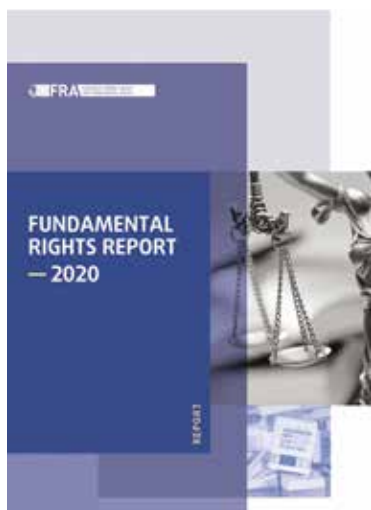


Photo by airfocus on Unsplash



Photo by June Admiraal on Unsplash



Photo by MichalParzuchowski on Unsplash

○ Snapshots

New projects

Title: Women and men in a pandemic. Work, income, living conditions

PI: Lina Coelho

Funding: FCT – Gender Research 4 COVID-19

Title: MEDIATIZED EU – Mediatized discourses on Europeanization and their representations in public perceptions

PI at CES: Maria Raquel Freire

Coordinator: Dublin City University

Funding: European Commission

Title: State of Europe’s fathers: A general overview of masculinities, fatherhood and caregiving

PI: Tatiana Moura

Funding: European United Left–Nordic Green Left

Title: KINDER – Tackling gender stereotypes in education and early childhood: Building a gender-responsive pedagogy in children’s education

PI: Tatiana Moura

Funding: European Commission – Rights and Equality Programme

Title: The pandemic and academia at home – impacts on teaching, research and career. A study on changes in the scientific system and higher education

PI: Virgínia Ferreira

Funding: FCT – Gender Research 4 COVID-19

MARA PIERI RECEIVES CONTROTEMPO AWARD

The Italian foundation CODICI – Ricerca e Intervento has just awarded Mara Pieri, a PhD candidate in the Human Rights in Contemporary Societies programme, the **Controtempo Award**. The award was attributed for her research “Chroniqueers. Time, care visibility in queer subjects with chronic illnesses”, where Mara Pieri, under the supervision of Bruno Sena Martins and Elia AG Arfini, aims to analyse life stories of a little-known segment of the population: young adults living in Italy and Portugal who identify themselves as LGBTQ+ (lesbians, gays, bisexuals, transgender, queer, other orientations) and who have chronic illness(es), trying to understand how their life intersects with chronic illnesses in everyday life, in visibility and in the creation of care networks.

CES offers **sound and visual records** of academic and scientific events which can be accessed through BibliotecaNorte|Sul (ces.uc.pt/biblioteca), Canal CES (saladeimprensa.ces.uc.pt) and Youtube (youtube.com/user/canalces).

○ CES presented



Archiving the Pandemic

During the lockdown, a CES team gathered opinion articles, videos, scientific articles, books and reports that contribute to understanding and reflection on relevant issues in the context of the world crisis triggered by COVID-19.

All information is available at www.ces.uc.pt/pt/agenda-noticias/arquivos-da-pandemia



Roundtable

Health with Art amid the Pandemic Challenge

June 5 to September 25, 2020

The international series “Health with Art amid the Pandemic Challenge”, co-organized between the Federal University of Southern Bahia (UFSB) and CES, kicked off as a fortnightly roundtable, bringing together researchers, artists, activists and social leaders, among other engaged citizens. These online meetings unfolded around a broad concept of well-being and good living, feeling and thinking about how the arts, in its multiple formats and applications, participate in the imagination and making of a more dignified world, where health is affirmed in all fields and dimensions that we call life, amid or beyond the pandemic. The roundtable was open to all who create, use, research or experience the arts, seeking many expressions and creative actions promoted by individuals, collectives and communities, among diverse people, cultures and places, bringing together countries and continents, sharing and learning. All presentations are available at www.youtube.com/user/canalces.



CREATOUR: Creative Tourism Destination Development in Small Cities and Rural Areas (www.creatour.pt) was a multidisciplinary research-and-application project to understand the issues and potential of creative tourism in small cities and rural contexts in Portugal. Interlinking culture, tourism and local development perspectives and methodologies, the project catalysed and researched creative tourism development across the Algarve, Alentejo, Centro and Norte regions.



The CREATOUR project (November 2016 to June 2020) was an ambitious experiment involving five research centres and 30 researchers – from CES, University of Coimbra (coord.); Lab2PT, University of Minho; CIDEHUS, University of Évora; CIEO, University of Algarve; and DINÂMIA'CET, ISCTE - Instituto Universitário de Lisboa – working with 40 selected ‘pilot’ organizations, including not-for-profit art and cultural associations, entrepreneurs, municipalities, local and regional development associations, and a few partnerships created for the project. The project was funded by the Portuguese Foundation for Science and Technology (FCT/MEC) through national funds and was cofunded by FEDER through the Joint Activities Programme of COMPETE 2020 and the Regional Operational Programmes of Lisbon and Algarve.

Guided by both research and application objectives, CREATOUR promoted an integrated approach – crossing regions, disciplines, sectors and organizational types – with the imperative to bridge research and practice made central to the project. Three strategic dimensions to foster research–practice collaboration were employed:

1. *Developing spaces for ongoing knowledge exchange*, fostering informal discussion, learning and knowledge-building, in which researchers and participating organizations developed relationships and opportunities to interweave complementary types of knowledge;
2. *Enabling practitioners to take on the role of co-researcher*, involving participating organizations in research tasks and knowledge co-creation, and changing the norms of researcher–participant relations; and
3. *Fostering researchers’ close attention to the application side of the project*, requiring researchers to attend carefully to ‘application’ and ‘implementation’ as an integral part of the overall project and, potentially, to act beyond usual research roles.

Within this framework, the diversity of perspectives among CREATOUR participants fostered knowledge exchanges, provided important learning moments and sparked new ways of understanding and interpreting developments. Through this collaborative approach, we found that insights from front-line experiences are invaluable to advance knowledge about development strategies for creative tourism in smaller places, to better understand the dynamics of creative tourism as a field of practice, and to foster culturally sensitive and place-based initiatives that benefit both local communities and visitors.



CREATOUR pilot workshops and activities

We learned that creative tourism development outside large cities is feasible, but challenges of distributed geography and the diversity of small-scale initiatives require significant attention to capacity-building, training and mentorship; dedicated resources for collective marketing; and time to deepen knowledge networking and develop partnerships. We also found that creative tourism has significant potential for inspiring new ideas for revitalizing local culture and heritage resources, reimagining community self-representation for tourism, and providing social, cultural and economic added value for smaller places.



m in small cities and rural areas in research-and-application approach

Creative tourism

CREATOUR's approach to creative tourism has four key dimensions: active participation, creative self-expression, learning and community engagement. Underlying these elements is *place* – including geographic, cultural and social specificities – which serves as a source of inspiration to design distinctive creative tourism offers with local resonance and meaning.



COOLWOOL, in Covilhã

Creative tourism provides a new lens on the value of local cultures and identities and can provide regenerative options for local traditions. It offers an active way of both preserving and extending traditional arts and crafts and, more broadly, cultural heritage. It can connect a wide variety of cultural/creative agents, entrepreneurs and “memory-keepers” with tourism. It holds the potential to attract travellers to places they might not otherwise visit.



VIC // Aveiro Arts House, in Aveiro

In the wake of the COVID-19 pandemic, creative tourism can be a seed for broader sets of activities. The small-scale nature of the workshops and activities offered is well suited to small group interactions. Creative tourism can provide valuable tourism options for smaller places if initiatives are developed with an eye to accentuating the quality of life for local residents, maintaining local control and designing for local benefit.

Next steps

The CREATOUR project catalyzed a network of creative tourism developers who locally conceived, designed, tested and implemented offers in small cities and rural areas across the country, while being connected nationally. It also served as a grounded initiative to develop a research agenda for creative tourism in Portugal. To date, efforts to continue both research and practice include:

- **CREATOUR trademark registration** (Portugal and EU);
- **Action Plan 2020-2023** to consolidate and broaden the CREATOUR network and to offer specialized training and networking;
- **CREATOUR Azores** (2019-2022), a project coordinated by the Azores Tourism Observatory and the University of the Azores, with CES as consultant;
- **CREATOUR International**, launched in June 2020, an informal network to further knowledge exchange and capacity-building among creative tourism researchers and small-scale practitioners internationally;
- **H2020 project proposal** (CATALYST: Capacitation, Empowerment, and Governance – Local Development through Community-based Cultural and Creative Tourism) to catalyze a European extension of CREATOUR, focusing on smaller places, with 12 partners from EU and non-EU countries.



CREATOUR Idealabs

CES team: Nancy Duxbury (PI), Sílvia Silva, Fiona Bakas, Tiago Vinagre de Castro, Cláudia Carvalho, Lorena Sancho Querol, Paulo Peixoto, Carlos Fortuna.



Deconfined Talks

June – November 2020

Online events

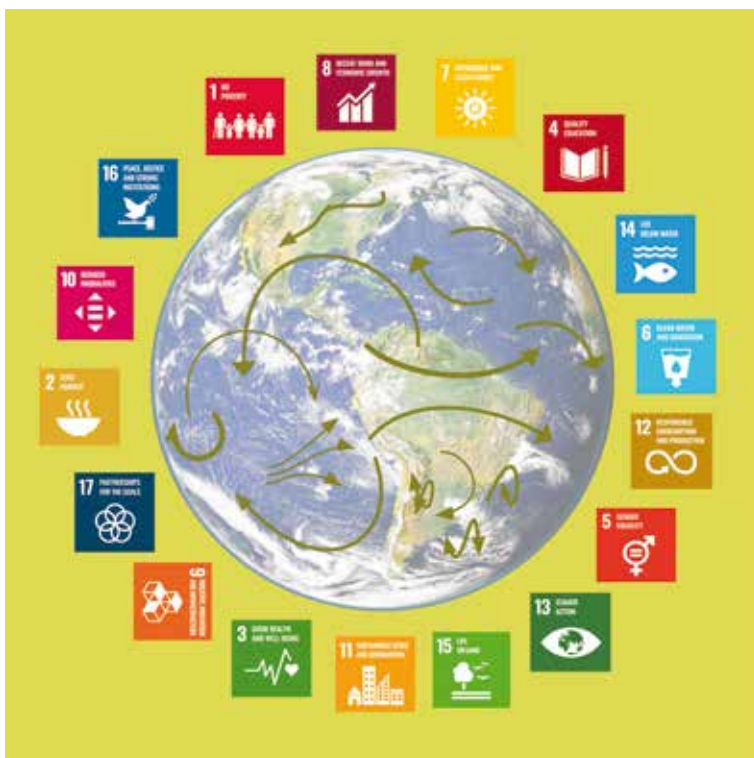
This online seminar series has focused on the pandemic, its implications on the multiple dimensions that concern the CES community, among other topics worth discussing in the current context. The seminars take place every Tuesday at 4:00 pm between June and November 2020.

CES Winter School

Sustainable development, complexity and change: Thinking and practices for the SDGs and other objectives

14–18 December 2020, 11:00 am – 6:00 pm (GMT)

Online



This Winter School is based on a logic of deep interdisciplinarity, oriented towards promoting productive, collaborative, critical and creative dialogues between different disciplines and modes of thinking, between theory and research and the practices that “in the real world” enact and realize, critique or present alternative or complementary proposals to the Sustainable Development Goals (SDGs).

Being a part of the international political agenda since 1987, the notion of sustainable development is considered a global mark towards an awareness of the need for a new paradigm for development, and guiding policies aimed at respecting the interrelation between economic growth, social inclusion and environmental protection as cornerstones for individual and collective well-being.

This Winter School aims to stimulate discussion around the SDGs, guided by critical, alternative and complementary views. We invite academics, activists, intervenors, educators and anyone else who is interested in participating in co-constructing new ways of thinking and action to inform the pursuit of sustainable and desirable alternatives for humanity. A variety of creative techniques and mediums will be used to support rich interactions and dialogues amongst the participants and the co-evolution and co-construction of new ideas.

Doctoral Programmes

- Cities and Urban Cultures
- Democracy in the Twenty-first Century
- Discourses: Culture, History and Society
- Political Economy: Interdisciplinary Ph.D.
- Feminist Studies
- Governance, Knowledge and Innovation
- Human Rights in Contemporary Societies
- International Politics and Conflict Resolution
- Heritages of Portuguese Influence
- Post-Colonialisms and Global Citizenship
- Labour Relations, Social Inequalities and Trade Unionism
- Territory, Risk and Public Policies

Why choose CES?

The Centre for Social Studies offers an internationalized, dynamic and interdisciplinary academic environment, combining advanced training with world class research in the areas of Social Sciences and Humanities. This research rests on innovative epistemologies and methodologies, critical thinking, an analysis committed to rendering visible asymmetric power relations, as in the case of North|South relations, and the development of strong relationships linking science with society.

World Class Research and Training

- The scientific merit of CES and its researchers is internationally recognized.
- Every doctoral programme in which CES collaborates is offered in conjunction with the University of Coimbra, one of the most prestigious Portuguese universities.
- The programmes offered combine themed seminars with research periods, in order to ensure that students acquire solid theoretical as well as methodological skills.
- The lecturing staff comprises lecturers and researchers widely experienced in teaching and in conceptual and empirical work, with concrete knowledge of the different dynamics analysed and integrated in world-class international networks.

Post-Doctoral Research



Ana Guardiã
PhD in History, ICS / ISCTE / Católica University / University of Évora, Portugal
Project: ECHOES – European Colonial Heritage Modalities in Entangled Cities



Cristina Sofia dos Reis Santos
PhD in Psychology, Universidad de Extremadura, Spain
Project: Alterações Climáticas e Saúde Pública

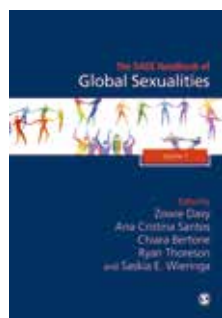
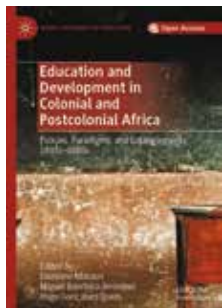
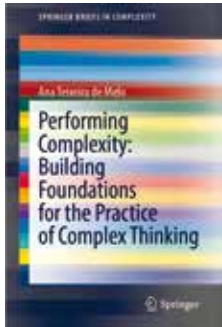


Sabrina Colares Nogueira
PhD in Law, Pontifícia Universidade Católica de Minas Gerais, Brazil
Project: Supercapitalismo, precariado e movimentos sociais: possíveis caminhos para o reconhecimento sociolaboral



Sara Yaneth Fernández Moreno
PhD in Collective Health, Universidad Autónoma Metropolitana, México
Project: Violencias basadas en género en la educación superior: políticas de equidad de género para su erradicación y prevención en Colombia

Publications



Revista Crítica de Ciências Sociais

www.ces.uc.pt/rccs
Issue No. 121

Alteridad: la reinención de la paz en las Relaciones Internacionales
Elizabete Sanches Rocha and Tchella Fernandes Maso

Juventude e controle social: a Operação Verão no Rio de Janeiro através do olhar de agentes de segurança
Laura Squillace

Autonomía indígena en disputa: entre la reconstitución comunitaria y la tutela estatal. La experiencia guaraní de Huacaya en Bolivia
Pabel Camilo López Flores and Gaya Makaran

A tributação progressiva dos rendimentos de capital
Frederico Cantante

Dossier
“Memória, justiça e poder: desafios contemporâneos”
Edited by Rogério Ferreira de Souza

Memória, justiça e poder: desafios contemporâneos. Uma introdução
Rogério Ferreira de Souza

O retorno do pesadelo: um estudo sobre a luta da memória contra o esquecimento
Myrian Sepúlveda dos Santos

A Comissão da Verdade no Brasil: a luta pela memória em uma democracia fragilizada
Celia Regina do Nascimento de Paula and Fernando Antonio da Costa Vieira

Educación para la autonomía: inventarios de la memoria en el contexto del giro a la ultraderecha en Brasil
Menara Guizardi

O movimento feminista e de mulheres na Argentina: perspectivas pós-colonial e socialista
Danilla Aguiar and Gonzalo Rojas



Credits

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cescontexto
<http://www.ces.uc.pt/publicacoes/cescontexto>

CEScontexto – Debates

No. 26 – June 2020
1º Encontro de Investigação “Salvaguarda em Desenvolvimento”