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## Perspektiven einsamer und nicht-einsamer Menschen auf Einsamkeit und soziale Einbindung

Symposium im Rahmen der Themenwoche "Gem/Einsamkeit" der VolkswagenStiftung

2.-4. Juli 2025 | Hannover







## Symposium im Rahmen der Themenwoche "Gem/Einsamkeit" der VolkswagenStiftung 2.–4. Juli 2025 | Hannover

Die Auseinandersetzung mit Einsamkeit ist eine zentrale gesellschaftliche Herausforderung. Das interdisziplinäre Symposium bringt führende Wissenschaftler:innen, Vertreter:innen aus Politik und Verwaltung sowie lokale Praktiker:innen und betroffene Personen zusammen. Ziel der Veranstaltung ist es, zentrale Themen der Einsamkeitsprävention und -linderung aus interdisziplinärer Perspektive zu diskutieren und innovative sozialraumorientierte Ansätze zu entwickeln.

Ein besonderer Fokus liegt auf der Überwindung von Informationsbarrieren sowie der Auseinandersetzung mit dem Gefühl der Einsamkeitsscham. Dabei werden nicht nur theoretische und praxisorientierte Perspektiven betrachtet, sondern auch Menschen mit Einsamkeitserfahrungen selbst zu Wort kommen. Dieser Dialog ist entscheidend, um die spezifischen Bedürfnisse und Perspektiven Betroffener in praxisorientierte Lösungsansätze einzubeziehen.

Das Symposium wird im Rahmen der Themenwoche "Gem/Einsamkeit" von der VolkswagenStiftung gefördert und umfasst in einem dreitägigen Programm Keynotes, moderierte Panels und Zukunftswerkstätten.

Die Ergebnisse des Symposiums, einschließlich der Stimmen der Betroffenen, werden in einem Open-Access-Tagungsband gebündelt, der einen nachhaltigen Beitrag zur wissenschaftlichen und praktischen Diskussion leisten soll und im Herbst 2026 im Beltz Juventa Verlag veröffentlicht wird.

Vorbereitet und durchgeführt wird das Symposium von Prof. Dr. Michael Noack, Hochschule Niederrhein, zusammen mit Dr. Petra Potz und Nils Scheffler, Projekt der Wüstenrot Stiftung "Einsamkeit. Neue Anforderungen an lebendige Quartiere".

Eine Teilnahme ist nur auf Einladung möglich.







## Symposium im Rahmen der Themenwoche "Gem/Einsamkeit" der VolkswagenStiftung 2.–4. Juli 2025 | Hannover

#### **Tagungsort**

Xplanatorium Schloss Herrenhausen Kongresszentrum, Herrenhäuser Str. 5, 30419 Hannover www.volkswagenstiftung.de

#### Anfahrt mit ÖPNV

Straßenbahn-Linien 4 und 5, Haltestelle: Herrenhäuser Gärten

#### **Organisation und Kontakt**

Alina Esch, Hochschule Niederrhein alina.esch@stud.hn.de

#### **Koordination des Symposiums**

Prof. Dr. Michael Noack, Hochschule Niederrhein michael.noack@hs-niederrhein.de www.hsnr.de/sozialwesen/personen/prof-dr-michael-noack

Dr. Petra Potz, location3 - Wissenstransfer potz@location3.de

Nils Scheffler, Urban Expert scheffler@urbanexpert.net www.quartier-einsamkeit.de







## Programm Mittwoch, 2. Juli 2025

09.00 – 12.00 Uhr	<b>Start der Themenwoche im Auditorium</b> Begrüßungskaffee & Kennenlernen Vorstellung der vier Symposien
12.00-13.00 Uhr	Gemeinsames Mittagessen im Festsaal
Themenfokus: E	insamkeit und Informationsbarrieren
13.00 – 13.30 Uhr	Registrierung und Begrüßung
13.30 – 15.00 Uhr	Keynotes: Einsamkeit und Informationsbarrieren Impulse (10 min) mit jeweils 10 min Diskussion Warum erreichen Informationen über einsamkeitsspezifische und einsamkeitsunspezifische Unterstützungsangebote viele sozial isolierte und/oder vereinsamte Menschen nicht?
	Impulse: Einsamkeit und Informationsbarrieren aus Betroffenenperspektive: Betroffene im Dialog
	aus kommunaler Perspektive: Gerhard Kalter, Stadt Mönchengladbach
	aus Praxisperspektive: Frank Jessen, IBIS-Institut, Duisburg
	aus wissenschaftlicher Perspektive: Prof. Dr. Johanna Muckenhuber, FH JOANNEUM Graz
15.00 – 15.15 Uhr	Kaffeepause
15.15 – 16.00 Uhr	Panel: Einsamkeit und Informationsbarrieren Im Panel findet ein moderativ begleiteter Austausch statt zwischen Wissenschaftler:innen, Akteur:innen aus Politik, Verwaltung und Stadtentwicklung, Angehörigen helfender bzw. psychosozialer Berufe





Zukunftswerkstatt.

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sowie Menschen, die sich einsam fühlen. Die Diskussionsergebnisse werden dokumentiert und dienen als Grundlage für die anschließende



## Programm Mittwoch, 2. Juli 2025

Themenfokus: Einsamkeit und Informationsbarrieren

### Diskussionsfragen Mit welchen Strategien zugehender und aufsuchender Arbeit können Menschen erreicht werden, die aufgrund ihrer Einsamkeit Hilfe suchen, aber nicht wissen, an welche Stellen sie sich wenden können? Welche Akteur:innen können Brücken in die Lebenswelten vereinsamter Menschen bauen? Welche Anlaufstellen und Orte braucht es, um das Einsamkeitsrisiko zu senken? 16.00 - 16.30 Uhr Pause 16.30 - 18.30 Uhr Zukunftswerkstatt Ziel der Zukunftswerkstatt ist es, interdisziplinär und praxisorientiert zu diskutieren, wie Informationsbarrieren überwunden werden können, um Wege aus der Einsamkeit zu eröffnen. Die Zukunftswerkstatt folgt den drei Phasen: Kritikphase: Analyse der Informationsbarrieren, die Menschen an der Teilnahme an sozialen Angeboten hindern Utopiephase: Entwicklung von Visionen und kreativen Ideen, um diese Barrieren zu überwinden **Realisierungsphase:** Erarbeitung konkreter Handlungsschritte, die zur Umsetzung der entwickelten Ideen beitragen können. Kleingruppen werden gebildet, um praktische Lösungen zu entwickeln.

18.30 Uhr Abendessen im Festsaal

22.00 Uhr Ende des 1. Tages







## Programm Donnerstag, 3. Juli 2025

Themenfokus: Einsamkeit und Scham

- 09.00 09.30 Uhr Begrüßungskaffee
- 09.30 11.00 Uhr Keynotes: Einsamkeit und Scham Impulse (10 min) mit jeweils 10 min Diskussion Welche Rolle spielen Kontaktgelegenheitsstrukturen beim Aufbau sozialer Kontakte für Menschen, die sich aufgrund ihrer Einsamkeit schämen?

Impulse: Einsamkeit und Scham... aus Betroffenenperspektive: Betroffene im Dialog

aus kommunaler Perspektive: Sabrina Janz, Stadt Dortmund

aus Praxisperspektive: Stefanie Bath, Fördererverein Heerstraße Nord e. V., Berlin

aus wissenschaftlicher Perspektive: Prof. Dr. Michael Noack, Hochschule Niederrhein

- 11:00 11.15 Uhr Pause
- **11.15 12.00 UhrPanel: Einsamkeit und Scham**<br/>Im Panel findet ein moderativ begleiteter Austausch statt zwischen<br/>Wissenschaftler:innen, Akteur:innen aus Politik, Verwaltung und<br/>Stadtentwicklung, Angehörigen helfender bzw. psychosozialer Berufe<br/>sowie Menschen, die sich einsam fühlen. Die Diskussionsergebnisse<br/>werden dokumentiert und dienen als Grundlage für die anschließende<br/>Zukunftswerkstatt.

#### Diskussionsfragen Welche Rolle spielen Kontaktgelegenheiten beim Aufbau sozialer Beziehungen für Menschen, die sich für ihre Einsamkeit schämen?







## Programm Donnerstag, 3. Juli 2025 Themenfokus: Einsamkeit und Scham

Wie können Menschen, die aufgrund anderer Themen psychosoziale Unterstützung erhalten, auch in Bezug auf Einsamkeit unterstützt werden, ohne sie als "einsam" zu etikettieren?

Wie kann die Ausstattung eines Quartiers dazu beitragen, niederschwellige Gelegenheiten zum zwanglosen Gespräch, zur sozialen Interaktion und Teilhabe zu schaffen?

#### 12.00 – 13.00 Uhr Gemeinsames Mittagessen im Festsaal

13.00 – 15.00 UhrZukunftswerkstatt<br/>Die Zukunftswerkstatt soll die Frage behandeln: Wie können Wege<br/>aus der Einsamkeit unter Berücksichtigung von Einsamkeitsscham<br/>gestaltet werden?

#### Die Zukunftswerkstatt folgt den drei Phasen:

Kritikphase: Fokussiert auf einsamkeitsbedingte Scham und deren Ursachen

**Utopiephase:** Entwicklung kreativer Ideen, um Scham zu überwinden und Einsamkeit zu lindern

Realisierungsphase: Erarbeitung konkreter Umsetzungsmöglichkeiten in Kleingruppen

- 15.00 15.30 Uhr Kaffeepause
- 15.30 16.00 Uhr Erstes Resümee Ausblick für das World Café am Folgetag
- 16.00 18.00 Uhr Rahmenprogramm der vier Symposien im Auditorium
- 18.00 Uhr Abendessen im Festsaal
- 22.00 Uhr Ende des 2. Tages







## Programm Freitag, 4. Juli 2025 World Café: Organisation der Ergebnissicherung

- 08.30 09.00 Uhr Begrüßungskaffee
- 09.00 11.30 Uhr World Café Das World Café dient dazu, einen gemeinschaftlichen Dialog zu fördern, Wissen auszutauschen und neue Ideen zu entwickeln. Hier besprechen die Teilnehmenden, welche Ergebnisse des Symposiums in die Ergebnissicherung in der Publikation aufgenommen werden sollen.

An zwei Thementischen werden die folgenden Fragen erörtert:

Welche Aspekte, die in den Panels diskutiert wurden, sollten im Tagungsband dokumentiert werden?

Welche Lösungsideen aus der Zukunftswerkstatt sollten unbedingt Eingang in die Dokumentation finden?

11.30 – 12.00 Uhr Abschlussreflektion
12.00 – 13.00 Uhr Bericht aus den vier Symposien im Auditorium
13.00 Uhr Mittagessen im Festsaal
14.30 Uhr Ende der Themenwoche und Abreise













## Theme Week: Fostering connection in existential phases of life: How do we enhance death and grief literacy, 2-4 July 2025



You will stay at: Grand Palace Hotel, Lavesstraße 77, 30159 Hannover



Venue: Xplanatorium Kongresszentrum, Herrenhäuser Str. 5, 30419 Hannover

Day 1	July 2, 2025
	<ul> <li>8.30 am: Coffee and Registration</li> <li>9.30 am: Auditorium: Official start of all Theme weeks by the Volkswagen-Stiftung</li> <li>1.00 pm: Official start of "our" Theme Week</li> <li>End: 5.00 pm</li> <li>6.00 pm: Dinner</li> </ul>
Day 2	July 3, 2025
	9.00 am: Plenum
	End: 5.00 pm
	6.00 pm: Dinner
Day 3	July 4, 2025
	9.00 am: Plenum 2.30 pm: End of Theme Week and departure
<b>C</b>	ontact Person: Anna Wolf, +49 1575 0122975 Kerstin Kremeike, +49 177 490 52 27







## **OVERVIEW**

Time	Wednesday, 2.7.2025	Thursday, 3.7.2025	Friday, 4.7.2025	
8:30	Desistration and setting	Arrival and coffee	Arrival and coffee	
9:00	Registration and coffee	Discussion and Talk on "Experiences of loss,	Results tour, Talks: "Cultural and Gender	
9:30		grief and loneliness", Els van Wijngaarden	Diversity and the Experience of Loneliness at	
10:00		Coffee break	the End of Life", Lilith Raza "Digitalization vs. loneliness at the end of life"; David Blum	
	Official start of the Theme week with all four symposia funded by the Volkswagen-	Needs assessment in small groups		
10:30	Stiftung		Coffee break	
11:00		Fishbowl discussion on concepts and strategies	Plenum on Analysis of results	
11:30				
12:00			Closing meeting with all symposia funded by the	
12:30	Lunch	Lunch	Volkswagen-Stiftung	
13:00		Talks:"Compassionate communities and loneliness at		
13:30	Welcome and introduction of symposium	the end-of-life", Allan Kellehear; "Death and Grief Literacy in Practice", Kerrie Noonan	Lunch	
14:00				
14:30		Workshop:	Departure	
15:00	World Café on dealing with loneliness in the context of serious illness and at the end	Death Literacy in Action by Kerrie Noonan		
15:30	of life	Coffee break & a stroll trough the park		
16:00	Coffee break			
16:30	Plenum Discussion of strategies and concepts Talk "Loneliness and desire to	Afternoon program with all symposia funded by the Volkswagen-Stiftung		
17:30	die in severe illness", Raymond Voltz	Volkewagon Ounding		
18:00				
18:30	Dinner	Dinner		
19:00				







## PROGRAM

Symposium 02.-04. July 2025 - XPlanatorium Herrenhausen, Hanover

PLEASE NOTE: In two theme weeks in June and July 2025, the Volkswagen Foundation is funding eight symposia that examine the topic of loneliness from a holistic, interdisciplinary and intersectional perspective.

In addition to ours, three other symposia will take place during the second theme week. Within our agenda you will see some programme units that will be held together with all the symposia taking place at the same time, which we have marked in yellow.

Wednesday, 2.7.2025	Theme of the day: The impact of loneliness in the context of serious illness and at the end of life	
8.30 am	Registration and Coffee	
9.30 am	Auditorium: Official start of the Theme week by the Volkswagen-Stiftung	
12.00 pm	Lunch	
1.00 pm	Plenum	
2.30 pm	<ul> <li>World Café</li> <li>Alternating small groups</li> <li>Discussion of various aspects of dealing with loneliness in the context of serious illness and at the end of life</li> </ul>	
4.00 pm	Coffee break	
4.15 pm	<ul> <li>Plenum</li> <li>Discussion of strategies and concepts for the clustered needs</li> <li>Presentation "Loneliness and desire to die in severe illness", Raymond Voltz, Professor and Director at the Department of Palliative Medicine, University Hospital Cologne, Germany</li> </ul>	
6.00 pm	Dinner	

Thursday, 3.7.2025	Theme of the morning: The experience of loneliness in the context of grief
9.00 am	<ul> <li>Plenum</li> <li>Discussion of experiences</li> <li>Presentation "Experiences of loss, grief and loneliness", Els van Wijngaarden, PhD, Professor at Radboud University Medical Centre, Netherlands</li> </ul>
10.00 am	Coffee break
10.15 am	Needs assessment in small groups
11.00 am	<ul><li>Plenum</li><li>Fishbowl discussion on concepts and strategies</li></ul>
12.00 pm	Lunch







Thursday, 3.7.2025	Theme of the afternoon: From solitude to solidarity	
1.00 pm	<ul> <li>Plenum</li> <li>Presentation: "Compassionate communities and loneliness at the end-of-life", Allan Kellehear, Professor for Health &amp; Social Care, Department of Social Work, Education and Community Wellbeing, Northumbria University, Newcastle, UK</li> <li>Presentation: "Death and Grief Literacy in Practice: Fostering Social Connection and Collective Action", Kerrie Noonan, Director of Research at Western NSW Local Health, District and Professor at the Palliative Care Public Health Unit of La Trobe University, Australia</li> </ul>	
2.15 pm	Workshop: Death Literacy in Action by Kerrie Noonan	
3.30 pm	Coffee break & a stroll trough the park	
4.00 pm	Afternoon program with all symposia funded by the Volkswagen-Stiftung	
6.00 pm	Dinner	

Friday, 4.7.2025	Theme of the morning: Linking results of the workshops, deriving research questions and political demands for more solidarity in existential phases of life		
9.00 am	Plenum		
	Results tour / mind mapping: "What have we gathered so far?"		
	<ul> <li>Presentation: "Living Between Borders: Cultural and Gender Diversity and the Experience of Loneliness at the End of Life – A Perspective from a Trans Woman from Punjab, Pakistan"; Lilith Raza, Specialist consultant and project manager, LSVD<sup>+</sup> - Queer Diversity Association, Germany</li> </ul>		
	• Presentation: "Digitalization vs. loneliness at the end of life"; <b>David Blum</b> MD PhD, Professor UZH, Head of Palliative Care, University Hospital (USZ) and City Hospital Zurich (STZ), Switzerland		
10.30 am	Coffee break		
10.45 am	Plenum		
	Analysis of results: Recap of all the workshops in a nutshell closing round		
12.00 pm	Closing meeting with all symposia funded by the Volkswagen-Stiftung		
1.00 pm	Lunch		
2.30 pm	End of theme week and departure		







## PARTICIPANTS IN ALPHABETICAL ORDER

Prof. Dr. **Julian Abel** became a consultant in palliative care 2001, working initially at a district general hospital and a hospice. He focussed on building compassionate communities around people at end of life, running projects at local, regional and national levels. He is an international keynote speaker and has published regularly on models of public health palliative care. He and Professor Allan Kellehear are the editors of the Oxford Textbook of Public Health Palliative Care.

**Marte Fleur Antonides** is a Dutch PhD candidate at Radboud University Medical Centre in the Netherlands. Trained as a medical doctor and care ethicist, her research focuses on end-of-life decision-making processes and euthanasia. She is particularly fascinated by the relational aspects of these complex choices.

Prof. Dr. **David Blum** is certified in Internal Medicine and Oncology and is a specialist in Palliative care. He worked at the European Palliative Research Center in Trondheim Norway, the Cicely Saunders Institute London, UK and the University Clinic Eppendorf, Hamburg Germany. Since 2019 he is Assistant Professor for Palliative Care at USZ/UZH Zurich. His research encompasses symptom assessment and digitalization, drug repurposing, and early integration of palliative care.

Prof. Dr. **Luc Deliens**, PhD, is a sociologist and professor of palliative care research at the Vrije Universiteit Brussel and founding director of the End-of-Life Care Research Group in Belgium. He is president of Public Health Palliative Care International (PHPCI), the leading international professional association on public health palliative care.

Dr. **Thomas Dojan** holds degrees in philosophy (PhD) and psychology (MS) and is certified as a trained psycho-oncologist by the German Cancer Society (DKG). He has worked as research fellow at the University Hospital in Cologne in Germany where he contributed to qualitative and mixed-methods health service research with a focus on dealing with the desire to die in palliative and hospice care. His other research interests include phenomenology, psychoanalysis and the medical humanities.

Dr. phil. **Axel Doll** is a specialized oncology/palliative care nurse and lecturer for palliative care education (nursing, medical students, multiprof.) more than 20 years, now in the University Hospital Cologne, Germany. His research focus is on patient and family education in palliative (home) care. As a member of a EAPC Taskforce, he developed recommendations to foster a LGBT+ inclusive Palliative Care and works with peers on the implementation in Germany. The LGBTIQ\* Community has a significant higher risk for loneliness.

Dr. **Franziska Ecker**, originally from Austria, is a physician in training for internal medicine at the Department of Palliative Care of the Medical University of Vienna and a PhD candidate in the field of mental health. She holds diplomas in psychosomatic medicine and palliative care and is currently completing further training in psychotherapeutic medicine. Her work focuses on holistic and psychodynamically informed approaches to end-of-life care.

**Kristin Fellbaum** has been teaching and conducting research at the Institute for Rehabilitation Sciences at Humboldt University Berlin since 2017. Her research focuses on palliative care for people with intellectual disabilities and on children and youth with life-limiting illnesses. Further information about her work can be found on her website: <a href="http://www.kristin-fellbaum.de">www.kristin-fellbaum.de</a>.

**Annika Fritzsche** is a project manager for events and public relations at the Department of Palliative Medicine at the University Hospital Cologne. She holds a M.A. in cultural, linguistic and media studies. As coordinator of the high school project "Endlich. Umgang mit Sterben, Tod und Trauer" she is part of







the German Hospice and Palliative Care Association's Work Group "Learning Hospice" and the Caring Community Work Group "Children and Teenagers". Originally from Kempen, a small town near the German-Dutch border, she experienced living in many places in and outside Germany before finding a true home in Cologne.

PD Dr. **Franziska Herbst** is a German social anthropologist and the Head of the research department of the Institute for General Practice and Palliative Care at Hannover Medical School. Her primary research focus is qualitative and mixed-methods health services research with informal caregivers in end-of-life situations. She acts as a spokesperson for the Research Working Group and for the Humanities and Social Sciences professions Section of the German Society for Palliative Medicine (DGP).

**Jala El Jazairi** is juriste and human rights expert focusing on Migrants and woman issues. Originally from Syria came to Germany in 2014 and since contributed in the Integration, intercultural dialogue and mutual understanding. Since 2021 she works as a coordinator for the intercultural opening in Palliative and hospice Care in Unionhilfswerk -Berlin fostering connections between diverse communities, creating platforms for exchange and collaboration. Promoting through the support different projects for equal access to the health system and advocating for diversity specially for migrants facing uncurable illnesses and at the end of life.

**Melanie Joshi** is a registered nurse, holds a Master's degree in Latin American Studies and Social Sciences, is a doctoral candidate in the Interdisciplinary Public Health Sciences and works in Palliative Care Research with focus on qualitative methods at the Center for Palliative Medicine, University Hospital Cologne.

**Allan Kellehear** OBE is a medical and public health sociologist and Professor of End-of-Life Care at Northumbria University in Newcastle-upon-Tyne, UK. He is widely recognized as founder of the international public health (health promotion) approach in palliative care, also known as the compassionate community movement.

**Markus Keller** graduated in social pedagogy and economics and lives in the Netherlands. His German company realises projects to support the labour market and social integration of long-term unemployed individuals, particularly refugee women. The projects use theatre pedagogy as a central methodological approach and are also carried out tailored for people with physical or mental impairments, for people with language support needs and for single mothers. In addition, Markus Keller advises municipal organisations as well as executives in public institutions and the private sector.

**Susanne Klie** is a long-term experienced nurse and palliative care specialist in outpatient care, research assistant, and coordinator of volunteers in hospice services at the Department of Palliative Medicine, University Medical Center Göttingen in Germany. Since 2023 she coordinates the "Caring Community Göttingen", a hospice and palliative care network spanning both the city of Göttingen and the rural area around it (funded by local authorities and health insurance) that aims to support the community in the care for severely ill and dying people.

Dr. **Aniela Knoblich** (she/her) is a self-employed funeral speaker, grief counselor, dementia-sensitive music facilitator, and diversity expert. A literary scholar and teacher by training, she gained her PhD with a book-length study on the reception of ancient Greek and Latin literature in contemporary German poetry, taught German and Latin in secondary education, and worked as head of the gender and diversity office at the University of Freiburg. Besides her work on grief, she is currently employed as an expert on gender-sensitive personnel development with the City of Karlsruhe. She lives in Freiburg im Breisgau.







PD Dr. **Kerstin Kremeike** is a trained physiotherapist, social and health scientist. She leads a research group at the Centre for Palliative Medicine at the University Hospital Cologne in Germany. Her qualitative and mixed-methods health services research focuses on dealing with the desire to die, dying in hospital, and death and grief literacy in the society. Dr. Kremeike is a spokesperson for the specialist group 'Last Year of Life' at the German Network for Health Services Research (DNVF), and a board member of the German Association of Palliative Medicine (DGP).

Dr. **Carolien van Leussen** is a researcher at Radboud University Medical Center in Nijmegen, the Netherlands. She is a PhD candidate in the research group 'Meaning and Ethics at the End of Life'. Her research focuses on how end-of-life care is shaped through interactions between professionals, patients, and their close ones, both at home and in the hospital.

**Mareike Löbberding**, M.Sc., is a health services researcher and registered nurse. She works as a research associate in the Department of Palliative Medicine at the University Hospital of Cologne. She is interested in the development and evaluation of complex interventions with a focus on participatory methods and the improvement of health care for people with serious illnesses and their relatives.

**Agata Malenda**, MD, PhD is a physician specializing in internal medicine, hematology, and palliative care, with extensive experience in supporting patients at the end of life. She is also a board member of Institute of the Good Death Foundation and is actively involved in medical education and interdisciplinary research, with a particular focus on ethical dilemmas, communication, and the well-being of healthcare professionals. At the symposium, she will contribute insights from her clinical work and qualitative research on end-of-life care in Poland.

Dr. **Clément Meier** completed a PhD in the Humanities and Social Sciences of Medicine and Health at the University of Lausanne. In 2024, he began working as a Postdoctoral Researcher at the Faculty of Business and Economics at the University of Lausanne. His interests lie in public health, with a focus on health literacy related to end-of-life issues and their association with end-of-life care decision-making and planning in the older population.

Mr. **Saif Mohammed** is a public health and palliative care professional based in Kerala, India. He was the first State Project Manager for Palliative Care under the National Health Mission in Kerala. He currently serves as a consultant and faculty member at the WHO Collaborating Centre at the Institute of Palliative Medicine, leading capacity-building efforts across low- and middle-income countries. Saif is actively engaged in advancing death literacy and leads the International Bereavement Companionship Program, developed by IPM WHO CC in collaboration with the Death Literacy Institute, Australia.

**Daniela Mruck** works for the Legal Health Insurance and concludes contracts with Institutes of Hospice Care. She is passionate about the further Development of Palliative Care.

**Bianca Neumann**, MRes, PhD Candidate, is Clinical Director of Grief and Bereavement at Sue Ryder. As psychologist, she leads the charity's online and in person grief and bereavement services, which provide around 11,000 counselling sessions each year to people in the UK. She is completing a PhD in palliative care at Lancaster University, has published research in the field, and has completed an international fellowship in palliative care. Bianca is a member candidate of the International Work Group on Death, Dying and Bereavement and contributes to the National Bereavement Alliance's Specialist task force. She is a regular voice in the media, having spoken in various radio interviews and written articles read by millions. Bianca is a leading advocate for grief literacy and public health approaches to bereavement, including Sue Ryder's Grief Kind initiative.







Dr. **Kerrie Noonan** is a clinical psychologist, social researcher, and educator specialising in public health palliative care. With 30 years of experience, her work explores the social and cultural dimensions of caregiving, dying, death, and grief, focusing on formal and informal caregiving, end-of-life care, and how individuals and communities develop death and grief literacy. Kerrie is based in Australia.

Dr. **Christian Ntizimira**, a pioneer of palliative care in Rwanda and acclaimed as the leading African author of the SAFARI Concept, is internationally recognized for integrating the Ubuntu philosophy and socio-cultural values into compassionate healthcare. Based in Kigali, Rwanda, he has transformed the narrative of serious illness care by advocating for dignity, humanity, and community-centered approaches. Deeply rooted in African traditions, his work bridges global best practices with local realities, promoting sustainable, culturally appropriate palliative care. Through research, education, and policy influence, Dr. Ntizimira is redefining how life, suffering, and death are honored across diverse settings in Africa and beyond.

As managing director, **Karin Ohler** takes care of (almost) everything at Caring Community Cologne, a project that strengthens Cologne residents on the topics of serious illness, dying, death and grief. She studied communication sciences and has many years of experience in digital start-ups and public relations. Every day, the Cologne native is driven by the question: What kind of society do we want to live in, and how can we better deal with existential crises?

Dr. **Bert Quintiens** is a post-doctoral researcher at the Vrije Universiteit Brussel (Belgium). His research interests revolve around public health approaches to the end of life, with an emphasis on Compassionate Communities and co-creative approaches. He is the coordinator of the Compassionate Communities Center of Expertise and general secretary of Public Health Palliative Care International (PHPCI).

**Lilith Raza**: Specialist consultant on "Projekt Fluchtgrund: queer-Queer Refugees Deutschland," queer activist. Since 2015, she has been campaigning for the rights of LGBTIQ\* refugees in Germany. She has rendered outstanding services to the common good. She is also a certified online consultant, advisor, and empowerment trainer.

**David Roth** is funeral director and death educator at the funeral home Pütz-Roth (<u>www.puetz-roth.de</u>), he has a diploma in business administration, studied at Mount Ida College in Boston and is a trained Myroagoge. Additional trainings and internships led him around the world. Born in Bergisch Gladbach and practioning in the Cologne area. He is passionate about death and grief literacy and engages in many public projects to normalize the experience of death, dying and bereavement and to facilitate a living mourning culture.

Dr\* **Joh Sarre** (yo, they) holds a PhD in Social Anthropology, with a focus that included, i.a., Muslim burial practices in Kenya. Joh has lived and worked in Austria, Kenya, Nepal, the Netherlands, Tanzania, and Uganda, before returning to their hometown of Freiburg, Germany, a few years ago. Since then, Joh has been working independently as a lecturer, coach, and trainer, offering workshops and trainings on academic writing, diversity and queer topics. Yo keeps flirting with the idea of getting into research again and is interested in trans\*/queer experiences with the end of life. More about Dr\* Joh Sarre: www.joh-sarre.de

Dr. **Sven Schwabe** is a health care researcher at the Institute for General Practice and Palliative Care at Hannover Medical School, Germany. He holds a PhD in sociology, is specialising in inter-professional cooperation in hospice and palliative care and currently explores the practice of suicide assistance in Germany. He is also curious about the development of artificial intelligence in palliative care.







Prof. Dr. **Francis Seeck is** a Professor of Social Work with a focus on democratic and human rights education at TH Nuremberg. Their research centers on classism, democratic education, gender and queer studies, diversity, and human rights-based social work. They hold an PhD in Cultural Anthropology and published several books, including the manifesto "Access Denied" (2022) and "Classism and Social Work" (2024).

Dr. **Nele Stadtbäumer** is a psychologist and CEO of grievy, the market leader in digital grief support. She specializes in developing innovative approaches to psychological support for individuals experiencing loss and bereavement. Her expertise combines psychological knowledge with digital technologies to provide accessible and contemporary assistance to people during difficult life transitions.

Andreas von Stedman is a German publisher and managing director of Velbrueck GmbH.

Dr. **Steven Vanderstichelen** is a post-doctoral researcher working at the End-of-Life Care Research Group at Vrije Universiteit Brussel (VUB) & Ghent University. His main research interests and ambitions are to further develop knowledge and insights into volunteering in palliative care, the role of volunteers in facilitating access to care, community engagement, participatory research and the development of compassionate community models in end-of-life care.

PD Dr. Dr. **Julia Strupp** is a health and social scientist and a health services researcher specialising in palliative care. Her areas of expertise include implementing innovative health and social interventions, and conducting comprehensive assessments of care quality from the perspectives of patients, relatives, and healthcare professionals. She also identifies regional care deficits to inform targeted improvements. Dr Strupp employs a variety of research methods, integrating qualitative and quantitative approaches and utilising both primary and secondary data sources. She leads a research team on advancing health services research in palliative care.

**Thessa Thölking** is a Dutch-German PhD candidate at the Radboud University Medical Center (Nijmegen, The Netherlands). Her current research is a longitudinal, multiperspective qualitative study on end-of-life decision making of older adults with multimorbidity. With a background in medicine and care ethics, her interests lie in existential topics regarding ageing and dying.

Prof. Dr. **Raymond Voltz** has held the Chair of Palliative Medicine at Cologne University Hospital since 2004 and is Director of the Center for Palliative Medicine. He is on the steering board of the German National Palliative Care Guideline, chairs the Palliative and Hospice network Cologne and sits on the steering board of Caring Community Cologne. His scientific work focuses on the further development and evaluation of palliative care structures, the desire to die and the dying phase, palliative care in neurological diseases and neurological symptoms in palliative care.

Dr. **Els van Wijngaarden** is a care ethicist and associate professor in Meaning and Ethics at the End of Life at Radboud University Medical Center in Nijmegen, the Netherlands. She holds a degree in Religious Studies with a specialisation in Existential Counselling and Health Chaplaincy in Organisations. Her PhD focused the experiences of relatively healthy older people with a strong wish for a self-directed death and was awarded the prestigious Research Prize 2017 of the Praemium Erasmianum Foundation. Her ongoing research focuses on ethical and existential questions surrounding death and dying in old age, particularly the role of choice and control and the socio-cultural dynamics shaping contemporary experiences of ageing and dying.

Dr. **Birgit Weihrauch** is a physician, specialized in social medicine and a former State Secretary with 25 years of experience in health politics. She was chair oft the German Hospice and Palliative Care Association (DHPV) from 2006-2012 and one of the initiators of the Charter for the Care of the critically III and the Dying in Germany. Since 2016 she has been actively engaged in different initiatives on the community level in Cologne, also as one oft he initiators of Caring Community Cologne.







### PRACTICAL INFORMATION

#### TICKETS FOR LOCAL TRANPORT

We have purchased special tickets that can be used on the local busses and metro on the three conference days (July 2 to July 4). You will receive the tickets upon checking in at the hotel.

#### REIMBURSMENT OF TRAVEL COSTS

To get your travel costs reimbursed, please email the completed reimbursement form together with your tickets and other documentation (e.g., boarding passes, receipts) to: <u>anna.wolf@uk-koeln.de</u> (deadline: July 31).

#### TEAM MEMBERS

Chair: Kerstin Kremeike and Julia Strupp

Facilitator: Bianca Neumann

Administration and general support: Anna Wolf

#### <u>CONTACT</u>

For general inquiries regarding the symposium, please contact us at <u>kerstin.kremeike@uk-koeln.de</u> and <u>anna.wolf@uk-koeln.de</u>.







# SO LONELY!

Symposium on Loneliness in Childhood, Adolescence and Young Adulthood

Welcome Information for Participants

## Hannover (Germany) July 2 to July 4, 2025

Kindly note that the program is subject to minor changes

#### Contents

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## Welcome Message

Dear attendees of the symposium "SO LONELY! Understanding, Identifying, and Addressing Loneliness in Children, Adolescents, and Young Adults",

#### It is a great pleasure to welcome and host you!

Our symposium will be part of a thematic week on loneliness from July 2 to July 4, 2025, which is funded by the Volkswagen Foundation. International experts from research and practice will come together to connect and to shed light on loneliness from a holistic, interdisciplinary and intersectional perspective.

The overarching goal of our symposium is to understand loneliness during childhood, adolescence and young adulthood life stages that are often characterized by changes in social relations and identity construction. Our intention is to explore loneliness among young people through various academic and practical lenses and to reflect on how we can translate this understanding into adequate, age-sensitive prevention and intervention strategies.

By offering various possibilities for interdisciplinary exchange and international cooperations, we are aiming for an establishment of a strong and lasting network for investigation and prevention of loneliness in this age-group.

We look forward to an event filled with meaningful conversations, new perspectives, and mutual learning. Let us come together to challenge assumptions, generate new ideas, and work towards a future in which loneliness in young people is better understood, addressed, and prevented.

We hope that you will have a wonderful, stimulating, and fun time immersing yourself into the topic of loneliness among children, adolescents and young adults.

Warm regards, Susanne Buecker



## **Sponsoring**

This Symposium would not have been possible without the generous support from the Volkswagen Foundation.

Further, we thank the Bergedorf-Bille Stiftung for providing the photos for the exhibition.

We are very grateful for their contributions!

## **General Information on Germany and Hannover**



**Currency**: Euro (EUR) Information for participants from the UK: Money can be exchanged for euros in bureaux de change. This is normally subject to exchange fees.



**Power outlets:** 230V, plug types C/F (standard in EU)



**Emergency number:** 112 (EU-wide)



Tourism: https://www.visit-hannover.com



**Luggage:** The hotel (description below) has a staffed cloakroom in the basement, where jackets and luggage can be dropped off at any time throughout all three days.

## **Locations & Accommodation**

#### Hotel

You will be staying at the InterCity Hotel Hannover.

The hotel has already been paid for no further payment is required. Please check in at reception under your name. The rooms are reserved.

The booking covers three nights, from July 1 to July 4, 2025, with checkout on July 4.

Rooms are equipped with a desk, fridge, flat-screen TV, and free WiFi. Bathrooms include a shower, hairdryer, and make-up mirror. Breakfast is included.

The hotel is centrally located within walking distance of supermarkets, banks, restaurants, and public transport (bus, tram, and S-Bahn).

With your congress ticket, you can take the U4 or U5 directly to Herrenhausen Palace where the symposium takes place (details below).

Please note that there are two different InterCity Hotels in Hannover. Our hotel is located at the address mentioned below.

#### InterCity Hotel Hannover

Rosenstraße 1	Check-in: 3 p.m.
30159 Hannover	Check-out: 12 p.m.

#### Symposium

The Symposium will take place at "Herrenhausen Palace Conference and Congress Center". Herrenhausen Palace was rebuilt in 2012 as one of the most prestigious event venues in Europe. It has state-of-the-art event technology, exquisite cuisine and a magnificent garden where you are welcome to spend your breaks. For further information, please visit the website <u>https://schloss-herrenhausen.de</u>

Herrenhausen Palace Congress Center ("Schloss Herrenhausen")

Herrenhäuser Straße 5 30419 Hannover <u>info@schloss-herrenhausen.de</u>

## **Transportation**

#### **Congress ticket**

Upon check-in at the hotel, all participants will receive a congress ticket for the use of all public transportation in Hannover.

Please note that if you are not staying at the Intercity Hotel and, unless otherwise agreed, require a congress ticket, the organizing team will provide it to you on the first day of the event. Any transportation costs incurred up to that point will also be eligible for reimbursement.

#### How do I get to the hotel?

#### Via plane



The nearest airport is Hannover Airport (HAJ), which is located in Langenhagen. From there you can get easily to Hannover Main Station via the S5 as you can see in the picture.

From the Main Station you can walk to the hotel within 5 minutes. The way is described in the picture below.

Via train

From the Hannover Main Station you can walk to the Intercity Hotel.





#### Via car

There are following chargeable parking options located nearby the hotel. Name: Parking spaces: Fees: Address:

"Rosenquartier" 150 19€/24h Andreaestraße 4, 30159 Hannover

#### How do I get to Herrenhausen Palace?

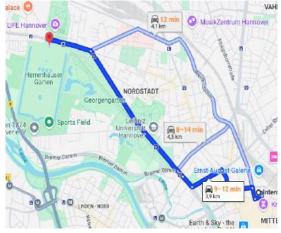
Via Subway The symposium venue can be reached within 16 minutes from the hotel by underground lines 4 and 5.

Rosenstraße 1, 30159 Hannover Walk	Rosenstraße 1, 30159 Hannover
Walk	- connect
	2 Walk
✓ About 6 min, 400 m	✓ About 6 min, 400 m
Kröpcke	O Kröpcke
5 Hannover Stöcken	4 Garbsen
7 min (6 stops)	A 7 min (6 stops)
Steintpr	Steintor
Königsworther Platz	Königsworther Platz
Leibniz Universität	Leibniz Universität
Schneiderberg/Wilhelm-Busch-Museum	Schneiderberg/Wilhelm-Busch-Museum
Appelstraße	<ul> <li>Appelstraße</li> </ul>
Service run by üstra	Service run by listra
Herrenhäuser Gärten	O Herrenhäuser Gärten
Walk	Walk
✓ About 3 min, 210 m	← About 3 min, 210 m
Schloss Herrenhausen	Schloss Herrenhausen
Schloss Herrenhausen Herrenhäuser Str. 5, 30419 Hannover	<ul> <li>Schloss Herrenhausen</li> <li>Herrenhäuser Str. 5, 30419 Hannow</li> </ul>



Schloss Herrenhausen is 10 minutes away by car via Nienburgerstraße.

You can park at the parking Lot "Herrenhäuser Gärten" at Alte Herrenhäuser Str., 30167 Hannover.



## Food & Catering

#### Breakfast

Breakfast is included and will be served at the hotel.



#### Lunch and Dinner

Lunch and dinner are included and are served at Herrenhausen Palace. Lunch and dinner will include vegetarian and vegan options. The times can be found in the program.



Please inform us of any special dietary requirements or allergies at your earliest convenience via mail (Susanne.Buecker@uni-wh.de; cc at Stefanie.Hessels@ruhr-uni-bochum.de).

## **Reimbursement Information**

You are required to retain all payment receipts (e.g., credit card statements, PayPal confirmations) and invoices related to your expenses.

You have received a form via e-mail that needs to be **filled out and returned to us together with all corresponding invoices and payment receipts**. Both are required for reimbursement!

Please make sure to e-mail the completed form and all supporting documents to madelaine.schmitt@uni-wh.de by July 15, 2025, so that we can ensure timely reimbursement for everyone.

Reimbursement will be processed by **Witten/Herdecke University**, funded through the project budget of the **Volkswagen Foundation**.

Please also remember that **the hotel has already been paid for**, therefore no payment is required at the hotel.



## Program

Our symposium is designed to explore a wide range of current issues related to loneliness in childhood, adolescence, and early adulthood. Each day will focus on different topics and offer a variety of session formats.

While leading experts in the field have put together a compelling program, your active participation is what will truly bring it to life. We warmly invite you to engage

ask questions, share your perspectives, and take part in the discussions. The symposium is intended to be a meaningful, enjoyable, and intellectually stimulating experience. It will thrive on your input and your openness to explore ideas together with others.

There will also be many opportunities for informal exchanges during shared lunches, coffee breaks, and evening events.

In addition to our thematic sessions, several joint sessions are planned as part of a shared framework program, organized in collaboration with three other symposia taking place at the same time at Herrenhausen Palace. These cross-symposium events are designed to foster interdisciplinary dialogue and provide space for exchange across different research areas and practical fields. These shared sessions are clearly marked in the program.

The three parallel symposia address the following topics:

**Perspectives of Lonely and Non-Lonely People on Loneliness and Social Inclusion** (Prof. Dr. Michael Noack, Niederrhein University of Applied Sciences)

## Loneliness in Existential Life Situations: How Can We Strengthen Competence in Dealing with Death, Dying, and Grief?

(Priv.-Doz. Dr. Kerstin Kremeike & Priv.-Doz. Dr. Dr. Julia Strupp, University Hospital Cologne)

#### Prejudice and Stigma as Shared Markers Across Vulnerable Groups Migration, Mental Health, and Aging

(Dr. Alma-Sophia Merscher, LMU Munich)

These collaborations aim to broaden perspectives and strengthen our shared understanding of loneliness across the lifespan and social contexts.

## **Course Formats**

#### **Panel Discussions**

In our panel discussions, we bring together experts from academia, practice, and policy to explore important topics from multiple perspectives. Guided by a moderator but kept conversational by design, panelists exchange views, respond to focused questions, and engage in dialogue with one another. The result is a dynamic and thought-provoking discussion that highlights diverse insights and opinions. This format allows for a deeper dive into complex issues and always includes time for questions from the audience.

#### **Research Presentations**

In our research presentations session, scholars share insights from their current studies in a compact format. These talks typically cover the background, methods, key findings, and practical implications of a specific project and they're followed by a short Q&A. Research presentations are a core part of our event: they offer a great opportunity to learn about new developments, exchange ideas, and receive constructive feedback.

#### **Important Note for Presenters**

To help things run smoothly, please:

- (if available) bring your presentation on a USB stick to the venue
- email us your PowerPoint file at least two days before the event: <u>Susanne.Buecker@uni-wh.de</u>, please copy <u>Stefanie.Hessels@ruhr-uni-bochum.de</u> (in CC)

#### **Round Table Discussions and Flash Summaries**

In our round table discussions, you'll have the chance to dive into key topics in a small-group setting that's all about dialogue and exchange. Instead of formal presentations, the focus is on conversation: participants bring in their own perspectives, ask questions, and brainstorm ideas together. Each discussion is guided by a moderator or expert who helps keep things flowing and encourages everyone to contribute. These sessions are ideal for exploring complex issues, testing new ideas, and learning from one another in an open, collaborative space.

#### **Important Note for Participants**

To get the most out of these interactive sessions, please keep in mind:

- You're welcome to join the discussion topic that interests you most
- Feel free to think ahead about which topic you'd like to take part in

After the round tables, we'll share short flash summaries (around 5 minutes) to highlight the key takeaways from each discussion. These quick recaps will be presented in the plenary so that everyone can benefit from what was discussed in the smaller groups. Flash summaries help capture the main points, connect ideas across sessions, and keep the energy and focus of the event going strong.

#### **Poster Session**

Our poster session is a great chance to explore current research in a relaxed, interactive setting. Researchers present their projects visually on posters that highlight key aspects like background, methods, results, and takeaways. As you move through the session, you can stop by any poster, ask questions, and dive into one-on-one conversations with the presenters. It's a great format for getting detailed feedback, sparking new ideas, and connecting with others in your field.

#### **Important Note for Poster Presenters**

Please keep in mind:

- Make sure your poster fits the required dimensions (45.27 x 57.08 inches [115 x 145 cm], aligned vertically).
- Posters must be printed in advance and brought with you to the venue.

#### Keynotes

Our three keynote lectures will provide space for unique insights into loneliness among children, adolescents, and young adults and in-depth reflection by distinguished experts in this field. These talks will set the stage for the symposium by highlighting historical and current research findings and personal reflections on how loneliness has been understood over time. They will explore connections between youth loneliness and political, practical, and research perspectives, as well as the role of physical and social environments. Innovative approaches and technologies for addressing loneliness will also be discussed, providing a forwardlooking foundation for interdisciplinary exchange.

#### **Important Note for Keynote Presenters**

To help things run smoothly, please:

- (if available) bring your presentation on a USB stick to the venue
- email us your PowerPoint file at least two days before the event: <u>Susanne.Buecker@uni-wh.de</u>, please copy <u>Stefanie.Hessels@ruhr-uni-bochum.de</u> (in CC)

# TIMETABLE

TIME	WEDNESDAY	THURSDAY	FRIDAY
before 9 AM	Breakfast	Breakfast	Breakfast
9.00 AM	9.00AM-9.30AM Check-in	9.00AM-10.15AM	9.00AM-10.15AM
9.30 AM	9.30AM-10.30AM	Keynote 2	Keynote 3
10.00 AM	Welcome Ceremony	10.15AM-10.30AM Coffee Break	10.15AM-10.30AM Coffee Break
10.30 AM			
11.00 AM	10.30AM-12.00PM Introduction	10.30AM-12.00PM Panel Discussion 2	10.30AM-12.00PM Poster Session
11.30 AM			
12.00 PM	12.00PM-1.00PM	12.00PM-1.00PM	12.00PM-1.00PM
12.30 PM	Lunch	Lunch	Summary
1.00 PM	1.00PM-1.30PM Opening	1.00PM-2.00PM	1.00PM Lunch
1.30 PM	1.30PM-2.45PM	Research Presentation	
2.00 PM	Keynote 1	2.00PM-2.15PM Coffee Break	
2.30 PM	2.45PM-3.15PM Coffee Break	2.15PM-3.30PM	
3.00 PM		Roundtable Discussion	
3.30 PM	3.15PM-4.45PM Panel Discussion 1	3.30PM-4.00PM Flash Summary	
4.00 PM			
4.30 PM	4.45PM-5.15PM Break	4.15PM-6.00PM Creative Market of	
5.00 PM		Opportunities	
5.30 PM	5.15PM-7PM Film & Photo Gallery		
6.00 PM		6.00 PM Dinner	
6.30 PM			
7.00 PM	7.00PM Dinner		

## Symposium on Loneliness in Childhood, Adolescence and Young Adulthood

### Wednesday, July 2, 2025

#### Check-in

9.00 AM 9.30 AM

Check-in at Herrenhausen Palace

Here you can pick up your name badge, which gives you free entry to the Herrenhausen Gardens.

Welcome Ceremony\*

Auditorium

9.30 AM 10.30 AM

Official Welcome Ceremony and Interactive Get Together

#### Introduction\*

10.30 AM 12.00 PM

Introduction to all Symposia

Keynote I: "Global Perspectives on Loneliness" Prof. Dr. Shuyan Liu (Charité Berlin)

Keynote II: "Social inequality and loneliness" Prof. Dr. Francis Seek (Technische Hochschule Nürnberg)

Lunch

Ballroom

12.00 PM 1.00 PM

1.00 PM 1.30 PM

Opening of the "So Lonely" Symposium

Introduction to the Topic and Objectives of the Symposium

Prof. Dr. Susanne Bücker (University Witten/Herdecke)

Keynote 1

Room SR4

#### 1.30 PM 2.45 PM

Keynote 1: "History of Research on Loneliness in Children and Adolescents (1983 2025): Some Personal Reflections"



**Prof. Dr. Luc Goossens** Faculty of Psychology and Educational Sciences KU Leuven Belgium

Abstract: In this keynote, I will reflect on the history of research on loneliness in children and adolescents during the last four decades. I will describe the general evolution of the field and the different research questions that were addressed during this entire period using my own work in Leuven as an example. In so doing, I will sketch the long and winding road that I travelled as I came to focus increasingly on the topic of loneliness in my career as a researcher and I will explain why I am still fascinated by that topic to this very day. It is my hope that this account of my personal journey can inspire a new generation of researchers in the early phases of their careers as they break new ground in research on loneliness in children and adolescents and address the many questions that remain unresolved in that area of enquiry.

#### **Coffee Break**

#### 2.45 PM 3.15 PM

Opportunity for Informal Exchange

Panel Discussion 1 Room SR4

#### 3.15 PM 4.45 PM

Panel Discussion 1: "Prevention and Intervention Strategies for Children, Adolescents and Young Adults" (moderated by Prof. Dr. Susanne Buecker)

Panelists: Prof. Dr. Jennifer Lau Dr. Anton Käll Dr. Elizabeth Casabianca Berit Köhler Sina Breitenbruch-Tiedtke Carolin Giffhorn

#### Break

4.45 PM 5.15 PM

#### Film Presentation & Walk-In Photo Gallery

Room SR4

#### 5.15 PM 7.00 PM

Presentation of a Film Project on the topic of Loneliness in adolescents by Katharina Pohlen and Malin Böker (University of Applied Sciences Bremerhaven) and a Walk-In Photo Gallery (Bergedorf-Bille-Foundation) as part of a photo competition called "Loneliness 2024" for children and adolescents, followed by the opportunity for a moderated discussion

#### *Movie description:*

What does loneliness actually look like in everyday life?

With an exclusive first look at our documentary-in-progress, we invite you to step into the lives of two individuals who know what it means to feel alone in very different ways. As a young group of students, we aim to break the silence surrounding the growing issue of loneliness through our documentary. It's a feeling everyone encounters at some point, yet it manifests differently for each of us. Our project explores these diverse experiences and sheds light on the hidden struggles of those affected. Especially for Gen Z, living in a world of endless digital connection, yet longing for something real, loneliness takes on new shapes. By sharing personal stories, we want to create space for empathy and spark honest conversations about mental health, isolation, and the need for human connection.

#### Description of the Walk-In Photo Gallery

In an era shaped by social media, where public displays of friendships and followers are often treated as status symbols, loneliness is rarely seen as "cool" and is often stigmatized. To raise awareness and challenge this stigma, a photo competition in 2024 for young people aged 10 to 30 was launched, in collaboration with the Bergedorf-Bille Foundation and the Schiffszimmerer Cooperative. Nearly 100 photographs were submitted, with over 50 participants sharing their personal perspectives on loneliness and their individual coping strategies through visual storytelling. A jury selected 20 outstanding photos, which are now part of this traveling exhibition that moves through the district and beyond. The project builds a meaningful bridge between research and practice by combining scientific knowledge with creative expression and civic engagement.

Dinner

Ballroom

#### 7.00 PM

#### Legend

All events marked with a star (\*) are part of the joint program. These sessions offer the opportunity to connect with participants from the other loneliness-related symposia.

## Symposium on Loneliness in Childhood, Adolescence and Young Adulthood

## Thursday, July 3, 2025

Keynote 2 Roo

Room SR4

9.00 AM 10.15 AM

Keynote 2: "Addressing Youth Loneliness: Insights from Policy, Practice, and Research"



**Prof. Dr. Pamela Qualter** Manchester Institute of Education University of Manchester UK

Abstract: Loneliness among children and adolescents presents a pressing public health concern, given its profound implications for mental health, well-being, and long-term life outcomes, including academic achievement and future employability. This keynote presentation critically explores governmental and policy-driven responses to youth loneliness, focusing on national strategies and policy frameworks designed to enhance social connectedness. Pamela will evaluate the effectiveness of existing interventions aimed at alleviating loneliness among young people, while also highlighting key gaps in the evidence base particularly the need for developmentally appropriate measurement tools and culturally responsive approaches that reflect the diverse experiences of children and adolescents. By synthesizing policy analysis, intervention evidence, and research priorities, this presentation proposes a holistic and strategic framework for addressing loneliness in youth populations.

#### **Coffee Break**

10.15 AM 10.30 AM

Panel Discussion 2 Room SR4

10.30 AM 12.00 PM

"Digitalization and Loneliness Among Children, Adolescents, and Young Adults" (moderated by Isabel Werdin)

Panelists: Dr. Rebecca Nowland Juliane Pougin Dr. Aike Horstmann Dr. Hannes Krause Prof. Dr. Dirk Pesch

12.00 PM 1.00 PM

#### **Research Presentation & Discussion**

Room SR4

#### 1.00 PM 2.00 PM

1. "The developmental course of loneliness in adolescence: Implications for health, educational attainment and psychosocial functioning" *Timothy Matthews (presenter)* 

Abstract: Many young people will experience loneliness temporarily at some point, but for some it becomes a persistent problem, with potential implications for future mental and physical health. This talk presents findings on patterns of stability and change in loneliness during adolescence, using data from a UK population-representative birth cohort. Loneliness was assessed when participants were aged 12 and 18, and showed modest stability across these ages. Participants were classified according to their developmental profiles of loneliness across adolescence: 'never lonely', 'chronic', 'remitted' and 'new-onset'. These groups were compared in terms of their mental and physical health, health-related lifestyle behaviours, and socioeconomic outcomes age 18, as well as risk factors earlier in life. The findings

highlight important considerations for the prevention and reduction of loneliness in both early and late adolescence.

2. "Loneliness and Mental Health Across Family Constellations: A Longitudinal Study of a Growing Burden"

Sabine Diabaté (presenter), Pauline Kleinschlömer, Lisa Kriechel, Leonie Kleinschrot, Elizabeth Mohr, and Helena Ludwig-Walz

Abstract: Loneliness is a growing public health concern linked to poor mental health, yet its development across family constellations remains understudied. This study examines changes in loneliness and its association with depressed and anxious moods among German adults aged 18 49, using three waves (2021 2024) of the Family Demography Panel Study (FReDA). Weighted means and regressions were calculated across five family constellations. Among 15,994 respondents, 36% reported loneliness in 2024, highest among single parents and singles without children. Loneliness declined slightly from 2021 to 2023, then plateaued. Depressed mood increased modestly, while anxious mood remained stable. Loneliness was strongly associated with both outcomes, especially depressed mood, with associations strengthening over time across all constellations. Findings highlight the relevance of family context in wellbeing and the need for family-sensitive health interventions.

#### 3. "Loneliness in the School Environment" Raphael Schütz (presenter) and Ludwig Bilz

**Abstract:** The school setting offers important opportunities for social interaction. However, its role in contributing to loneliness has been underexplored, especially in Germany. Therefore, this study examines school-related factors linked to loneliness. Data from 6,475 students (grades 5, 7, and 9) from the 2022 German Health Behaviour in School-Aged Children (HBSC) study were analysed. Loneliness was measured using the UCLA scale; analyses included chi-square tests, t-tests, and logistic regressions. II.8% of students reported loneliness. It was more common among girls, gender-diverse, and older students. Low school satisfaction, high school stress, and low student and teacher support were significantly associated with loneliness. No differences were found by school type. Results highlight the relevance of schoolrelated factors in loneliness. Reducing stress and enhancing school support could serve as preventive approaches. 4. "The Relations Between Subtypes of Loneliness, Depressive Symptoms, and Life Satisfaction in Early Adolescence in Indonesia: Exploring the Moderating Role of Parenting and Peer Social Support"

Laila Qodariah (presenter), Ron H. J. Scholte, Asteria Devy Kumalasari, and Maaike Verhagen

Abstract: Loneliness in early adolescence is linked to poor well-being, including higher depressive symptoms and lower life satisfaction. This study examined how maternal and paternal strength-based and unsupportive parenting, along with peer social support, moderated the effects of social and emotional loneliness on depressive symptoms and life satisfaction among 761 Indonesian adolescents (54.3% girls, M = 12.68, SD = 0.43). Results showed that unsupportive parenting intensified the impact of social loneliness in family relationships on depressive symptoms. Peer social support buffered the effects of both loneliness subtypes in peer contexts on depressive symptoms. Strength-based parenting showed no moderating effects, and no significant findings emerged for life satisfaction. These findings underscore the need to differentiate subtypes and relational contexts of loneliness and provide rare insights into the role of paternal parenting in adolescent mental health in Indonesia.

#### **Coffee Break**

2.00 PM 2.15 PM

#### **Roundtable Discussions**

Room SR4, BRDT, Bar 1.OG, AUD

#### 2.15 PM 3.30 PM

*Important note:* All participants are kindly asked to return to the plenary after the coffee break, where they will be assigned to the roundtable topics.

Interactive Discussions on Four Different Topics (Parallel Sessions in different rooms).

You can indicate your preferred topic via the link to the online survey that was sent by email to all participants ahead of the symposium or the QR code below. We will do our best to consider your preference.

- Topic 1: Risk Factors of Loneliness in Youth (Lead: Prof. Dr.Pamela Qualter)
- Topic 2: Strategies to Address Research Desiderata on Loneliness in Youth (Lead: Dr. Marlies Maes)
- Topic 3: Loneliness and Democracy (Lead: Dr. Alexander Langenkamp)

• Topic 4: Loneliness in the Context of Migration (Lead: Prof. Dr. Keming Yang)



Flash Summary

Room SR4

#### 3.30 PM 4.00 PM

Flash Summary of the Roundtable Discussions in Plenary (moderated by Isabel Werdin)

#### **Creative Market of Opportunities\***

#### 4.15 PM 6.00 PM

You are free to choose which activity you would like to attend during this program slot. One of the available options is the Research Speed Dating which is organized by us and described below.

<ul> <li>"Voices of Loneliness" Flashpodcast (Enya Elstner)</li> <li>4.15 PM First Interview</li> </ul>	Auditorium
<ul> <li>4.15 PM First Interview</li> <li>4:35 PM Second Interview</li> <li>4:55 PM Third Interview</li> </ul>	
<ul> <li>Research Speed Dating (Susanne Bücker)         <ul> <li>4:15 PM First Round</li> <li>4:45 PM Second Round</li> </ul> </li> </ul>	<b>SR 4</b>
• Singing to tackle Loneliness (Étienne Devigne)	SR2
<ul> <li>"Place-based activities against loneliness" - Einsamkeit und Quartier /</li> </ul>	SR 5&6
Film Project and Discussion in German Language (Michael Noack & Petra Potz)	

• Keynote "Creative Interventions for Loneliness" (Feifei Bu)

#### Auditorium

• Start: 5:30 PM

#### **Description of the Research Speed Dating:**

Join us for an engaging academic speed-dating event, where researchers can connect through a series of guided and timed conversations. This format encourages interdisciplinary exchange, sparks collaboration and offers a dynamic way to share ideas, interests, and research projects in a casual, time-efficient setting. After three speed-dating rounds, participants can continue networking through our "I offer I seek" board, where you can post your skills, needs, or collaboration ideas to find your perfect research-match.

#### Dinner

6.00 PM

## Symposium on Loneliness in Childhood, Adolescence and Young Adulthood

## Friday, July 4, 2025

#### Keynote 3

Room SR4

#### 9.00 AM 10.15 AM

Keynote 3: "Understanding social and physical environmental influences on loneliness among young adults: Innovative approaches and technologies"



**Prof. Dr. Astrid Kemperman** Built Environment Institute Eindhoven University of Technology Netherlands

Abstract: Loneliness occurs in all age groups, but recent findings indicate that loneliness is particularly concerning among young people. Young adults are in a transition from adolescence into adulthood and face several life events and changing environments such as changing school, starting work, and moving homes, which impact their daily life and activities. However, little is known about their feelings of loneliness during these daily activities. In addition, traditional loneliness measures may not fully capture the daily experiences of young adults, limiting the effectiveness of interventions. The experience sampling method captures real-time data on individuals' activities and interactions with public spaces, revealing how these environmental settings influence state loneliness and well-being. Virtual reality offers a complementary approach, allowing young adults to engage with simulated public space scenarios designed to promote positive emotions and social interaction. These controlled environments allow researchers to study how specific spatial configurations impact feelings of loneliness. The findings of these approaches can inform the design of environments that promote social cohesion, shared experiences, and emotional well-being, ultimately reducing loneliness among young adults.

#### **Coffee Break**

10.15 AM 10.30 AM

**Poster Session** 

Room SR4

#### 10.30 AM 12.00 PM

Drik Pesch and Malik Qirtas
 Passive Sensing to Detect Loneliness Indicators

 Lauren Burke, Julie Christiansen, Mathias Lasgaa

2. Lauren Burke, Julie Christiansen, Mathias Lasgaard, Ola Demkowicz, Lily Verity, Jennifer Y. F. Lau, and Pamela Qualter. Interventions to Reduce Loneliness in Children and Adolescents: A Systematic Review and Meta-Analysis with Narrative Synthesis of Study-Level Characteristics

#### 3. Aike Horstmann

Bridging the Gap with Technology? How Social Robots May Help Young Adults Combat Loneliness

4. Vanessa Wenig, Laura Pilz González, Christiane Stock, and Katherina Heinrichs

There is a lot of Pressure now to Find Your Friends for Life – A Qualitative Study on Loneliness in University Students

- 5. Max Supke, Kurt Hahlweg, Ann-Katrin Job, and Wolfgang Schulz Long-Term Patterns and Risk Factors of Loneliness in Young Adults: Findings from an 18-Year Longitudinal Study in Germany
- 6. Susanne Buecker, Stefanie Heßels, and Marlies Maes German Translation, Adaptation, and Validation of a Multidimensional Measure of Loneliness for Children and Adolescents (German LACA-R)
- 7. Noëmi Seewer, Andrej Skoko, Anton Käll, Gerhard Andersson, Maike Luhmann, Thomas Berger, and Tobias Krieger Short- and Long-Term Effects of an Internet-based Cognitive Behavioural Intervention to Alleviate Loneliness – Results of a Randomised Controlled Trial
- 8. Keming Yang

Intersectional Groups Most Vulnerable to Chronic Loneliness among Young People in England: Results from Active Lives Surveys (2022-23)

- Kimberly Petersen, Katie Gathercole, and Fiona Harrand Connected While Apart: The Role of Learning Communities for Children Out of School due to Medical Needs
- 10. Yixuan Zheng, Charlotte Bagnall, Caroline Bond, Elizabeth Birchinall, and Pamela Qualter

Teachers' Perspectives on Loneliness Among Children and Adolescents: A Qualitative Analysis of Interviews with Teachers from England and Mainland China

11. Jeroen F. Uleman, Maartje Luijten, Wilson F. Abdo, Jana Vyrastekova, Andreas Gerhardus, Jakob Runge, Naja Hulvej Rod, and Maaike Verhagen Triangulation for causal loop diagrams: constructing biopsychosocial models using group model building, literature review, and causal discovery to understand loneliness

12. Anton Käll, Tom Cawthorne, Sophie Bennett, Gerhard Andersson and Roz Shafran.

A Pilot of Cognitive Behavioral Therapy for Loneliness in Young People

- 13. Anne Neuber and Susanne Buecker What Do You Do When You Feel Lonely? - Emotion Regulation Strategies and Their Links to Peer- and Parent-Related Loneliness
- 14. a) Maike Luhmann, Bernd Schäfer and Ricarda Steinmayr (presented by Anja Langness [Bertelsmann Foundation])

A comparison of youth loneliness in Europe 2024

b) Leonie Schwichtenberg, Karenina Schröder and Michael Seberich (presented by Anja Langness [Bertelsmann Foundation])

Young and Lonely – International perspectives for a new field of political action

15. Lisa Hasenbein, Anne Berngruber and Christine Steiner Growing up lonely? Risk factors and correlates of loneliness among adolescents and young adults in Germany

16. Marlies Maes

Loneliness, When and How Does it Become Harmful? Ideas and Outcomes From the Lorentz Workshop (May 2025)

#### **Important Note for Poster Presenters:**

Please put up your poster by the number that is listed here for you. For example: Dirk Pesch/Malik Qirtas Poster display board 1



12.00 PM 1.00 PM

Brief Summary of all Symposia from the Thematic Week

Lunch

Ballroom

From 1.00 PM

End of the Symposium

Please note that minor changes to the program may occur during the symposium.

## Contacts



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