"Having been Lebanese who grew up in the civil war and later went through several Israeli aggressions on my country, it was quite easy for me to anticipate the need for solidarity/relief work. This was a collective global crisis we were living and I knew from experience we will need each other.

After hearing the decision of the Belgian state to go on a light version of lockdown I quickly voiced my concerns on my FB profile for the need of a network through which people can stay connected, ask for help, offer help or just do entertainment. Lucia, an Italian friend of mine quickly responded with her agreement. Half an hour later we had a FB group created, Spreading solidarity-not the virus-Brussels".

"Both Lucia and I are firm believers in the idea that the only way out of this is via global solidarity so we insisted the group be multilingual and with very few rules. Since then we have done logistics/damage control such as posters offering neighbourhood elderly to go shopping or flyers on how to sterilise shopping items or campaigns to help women stuck in abusive domestic scenarios.

We also do politics, we do arts, we do general information and news from the world, and we sometimes simply do entertainment. We had loads of volunteers helping out with all kind of work such as translations or photoshopping or moderating. As always, when I do relief work, I come to the conclusion that the people care about each other more than the state cares for them".

" We just have to remember this solidarity feeling when there is no more crisis"

Join us to highlight 19 examples of how Citizens all across Europe are voluntarily acting to support vulnerable people during this crisis period!