

Report on the outcomes of a presentation and participation in a Dissemination Conference¹

Action number: CA23113 – CliMent (Climate change impacts on mental health in Europe)

Grantee name: Sanae Okamoto (Universiteit Maastricht / United Nations University – MERIT)

Conference Details

Conference title: 16th International Balkan Education and Science Congress

Conference web-page: <https://ibescongress.com/>

Conference venue²: Trakya University, Edirne, Türkiye

Conference start and end date: 15/10/2025 - 17/10/2025

Accepted oral contribution details

Title of the presentation: **Teaching Climate Change Beyond Facts: Pioneering Pedagogies, Mental Health and Science-Policy Interfaces (Panel Session title)**

Co-authors: Sertaç Arabacıoğlu, Elif Ülker-Demirel, Nidhi Nagabhatla (All members are WG4 members of CliMent)

Other details of the presentation: specify here any additional details related to the contribution (e.g. title of the session / track of the conference programme in which the contribution is accepted)

This is an **in-person panel session (oral presentation)**, with interaction with the other panellists and audience. The grantee acted as a session moderator as well as an oral presentation speaker, and **promoted COST CliMent throughout the session (please see the session agenda below)**. One of the panelists (Please note there has been a change in the panelist line-up: Jane Spiteri withdrew in September, and a new panelist, Elif Ülker-Demirel, has been added.)

The conference is **an international event with high academic and professional standing** that is organized by multiple academic institutions (main organizer: Trakya University, Türkiye, Co-organizer: Trakia University – Stara Zagora (Bulgaria); University of Ss Cyril and Methodius – Skopje (R.N. Macedonia) University of Zagreb – Zagreb (Croatia) University of Ioannina (Greece) University of Kragujevac (Serbia) University of Prishtina (Kosovo))

Thus, the level and potential of the conference to facilitate dissemination and visibility of the COST Action including opportunities for networking, collaboration, and knowledge transfer is significantly high.

¹ This report is submitted by the grantee to the Action MC for approval and for claiming payment of the awarded grant. The Grant Awarding Coordinator coordinates the evaluation of this report on behalf of the Action MC and instructs the GH for payment of the Grant.

² For an online conference, specify virtual participation; for hybrid conferences, specify whether it is an in-person or virtual participation.

Session Abstract:

Session agenda and contents:

0. Introduction

Dr. Sanae Okamoto (Session moderator and Panelist/Oral presentation speaker)

- The contents and agenda of the session
- Emphasizing the purpose of the panel and introducing the COST Action
- Information about COST Action CA23113 – CliMent (Climate change impacts on mental health in Europe)

1. General perspective on Climate Change and Local Connection

Dr. Elif Ülker-Demirel

Title: *When Climate Change and Overcrowding Hit Home: What Happens When Places Can't Breathe? (10 min)*

- The lived impacts of climate change and tourism pressure in fragile tourism-dependent destinations
- Impact of climate-induced stressors and tourism-related overcrowding on community well-being, sense of belonging, and quality of life

2. Perspectives from Behavioural Science, Sustainability, Mental Health (10 min)

Dr. Sanae Okamoto

Title: *Climate Resilience: Behavioural Insights for Human and Planetary Well-being*

- The effects of climate change on individual and societal psychology
- Strategies to enhance resilience through behavioural science approaches

3. Education Perspective (10 min)

Assoc. Prof. Dr. Sertaç Arabacıoğlu

Title: *The Role of Science Education in Climate Change Education and Resilience Building*

- The transformative role of science education in climate change education
- The Green STEM approach in enhancing student and teacher awareness

Building resilience in educational settings

4. Policy and Practice Perspective (10 min)

Prof. Dr. Nidhi Nagabhatla

Title: *Policy Making and Good Practices for Climate Resilience and Mental Health*

- Awareness and good practices at the policy level
- Strengthening the mental health component in climate resilience policies
- Examples of good practices

5. Panel Discussion and Q&A (10–15 min)

Moderator: Dr. Sanae Okamoto

- Brief reflections on common themes
- Questions from participants
- Virtual festival ideas from Dr. Emrah Oğuzhan (CliMent WG4 member)
- Closing with the promotion of CliMent (with sharing the QR code on the screen to suggest joining COST CliMent)

Outcome of the conference participation

Description of the outcome of the conference presentation, including contacts made and potential for future collaborations.

(max. 500 word)

Applicant enters max. 500 word summary here.

The panel session and my oral presentation achieved its primary goal of providing an interdisciplinary framework for addressing climate change impacts and successfully served as a significant dissemination and networking platform for COST Action CA23113-CliMent.

The grantee, Sanae Okamoto, moderated the entire panel session, and gave an oral presentation as a panellist, and ensured the introduction included a deliberate emphasis on CliMent's purpose and scope.

The core outcome of the panel was the successful synthesis of critical insights from four distinct yet interconnected disciplinary perspectives, and established a holistic narrative on climate resilience:

1. Local Community well-being: Dr. Ulker-Demirel, delivered the outcome of grounding the discussion in local lived experience. It established a crucial link between climate-induced stressors, tourism-related overcrowding, and their direct impacts on community well-being, sense of belonging, and quality of life in fragile destinations and their communities. This highlighted the necessity of integrating social and psychological dimensions into local climate adaptation planning.
2. Behavioural Science and Resilience: The grantee, Sanae Okamoto, presented and achieved the outcome of translating psychological theory into practical action. The discussion explored the effects of climate change on individual and societal well-being and presented behavioural science approaches as a mechanism to enhance resilience. This provided a foundational understanding of how to move from climate awareness to effective pro-environmental behavioural change.
3. Education and Green Pedagogy: Dr. Arabacıoğlu, shared the insights of framing science education as a transformative tool. The Green STEM approach was shared as essential for equipping students and teachers with the awareness and skills necessary for climate action, advocating for resilience to be explicitly built into educational curricula.
4. Policy and Practice Interface: Dr. Nagabhatla share her insights to strengthen the crucial science-policy connection. She raised awareness of current policy good practices and underscored the need for explicitly integrating the mental health component into broader climate resilience policies, providing concrete examples for policy-level advocacy.

Based on the above shared insights, the panellists further discussed to synthesize and engage the common threads of the distinct topics and solidified the consensus on the urgent need for transdisciplinary collaboration. Furthermore, ideas for developing virtual festival were suggested by one of the WG4 audience, Dr. Oğuzhan. The session successfully concluded by creating an effective, high-level opportunity for networking and a direct call to action for attendees to join CliMent. This promotion and communication of CliMent was done by sharing the scopes and ambitions about CliMent in the introduction segment of the panel session, and at the last, I included a closing promotion slide and the sharing of a QR code of CliMent to encourage new engagement and collaboration. Throughout my presentation, CliMent logo was used in every single slide (please refer to the slide file on e-COST). Thus, this panel session as well as my presentation alongside with other WG4 members' presentation significantly will enhance the CliMent COST Action's potential for future collaboration.

The session was very well-received, and several audiences, including bachelor, Master, and PhD students came to me to congratulate the session's quality, and shared their interests in joining CliMent.

I have also made several contacts for future collaboration: Some of the key contacts were Dr. Emrah Oguzhan, Trakya University, Türkiye, Ms. Eleftheria Tsusciouri, University of Ioannia, and Experimental Primary School, Greece, and Ozgür Akas, General Coordinator, TED Edirne College, Edirne, Türkiye.

The panelist team and Dr. Oguzhan from Trakiya University discussed the future collaboration plan, and possible a proposal submission to one of the Turkish national grant schemes: Tübitak (<https://tubitak.gov.tr/en>).

Acknowledgement of inclusion of necessary supporting documents to claim the grant

I confirm that the following documents have been uploaded on e-COST as an integral part of this report:

- the certificate of conference attendance.

I have uploaded the relevant document on the e-COST

- the programme of the conference or book of abstracts / proceedings indicating the oral presentation of the grantee.

Note 1: Please also see the conference program screenshot uploaded and the below. My session was scheduled on 16th October, 10:45-11:35, at Balkan Congress Center, Balkan Congress Hall, Turkeya University. (<https://ibes.congress.gen.tr/en/program>)

Note2: Although I requested the conference organizers to add a fourth panelist to reflect the final line-up, the conference program only shows three (including myself) and misses the fourth.

The segment of the online conference program screenshots:

Cost Panel - Balkan Congress Hall

Thursday, 16 October / 10:45 - 11:35 Oral Abstract Session Event Venue: **Balkan Congress Center** Moderator: **Dr. Sanae Okamoto**

- Teaching Climate Change Beyond Facts: Pioneering Pedagogies, Mental Health and Science-Policy Interfaces**

Sertaç Arabacıoğlu (TR), Sanae Okamoto, Nidhi Nagabhatla

- copy of the given presentation.

I have uploaded the relevant document on the e-COST