

# Loneliness and Isolation

## Then and Now

This salon is going to be dealing with loneliness and Isolation. The holocaust created extreme situations of isolation, social distancing and forced solitude, much greater than we have to deal with these days.

In order to survive, kids, teenagers and adults were forced to hide in utter isolation, some of them for the entire duration of the war.

Even today, regardless of the coronavirus, loneliness is a day to day occurrence for many of the survivors and the elderly.

### ► First part:

We want to begin our discussion with the following testimony

<https://youtu.be/MCTfWeNyK04> -

The story of Ziggi Shipper, the inspiring story of the teen who survived the Holocaust.

### ► Second part:

In this part we will read poems and sing songs about the topic

“And now I was lonelier, I supposed, than anyone else in the world. Even Defoe's creation, Robinson Crusoe, the prototype of the ideal solitary, could hope to meet another human being. Crusoe cheered himself by thinking that such a thing could happen any day, and it kept him going. But if any of the people now around me came near I would need to run for it and hide in mortal terror. I had to be alone, entirely alone, if I wanted to live.”

— Władysław Szpilman, *The Pianist: The Extraordinary Story of One Man's Survival in Warsaw, 1939–45*

<https://youtu.be/8FB9GYkIT3E> - Sound of silence

### ► Third part:

In the third stage, we will discuss the topic and hear what the participants think. Keeping in mind that there are various ways to reach the soul of each guest in the event.

#### Possible questions to further the discussion:

- ◆ Can you imagine your life in total isolation?
- ◆ Does life without community have real value? If so, what is it?
- ◆ Can we compare loneliness in the 21st century to loneliness during the Holocaust?
- ◆ How should we, as a society, react to situations of hardships and trauma?
- ◆ Is there something we can do to help people who feel lonely?
- ◆ I would add a question that is relevant to today and the Corona Virus....