

PROGRAM

Mobile Center for Intergenerational Integration

VOLUNTEERING

CONNECTS GENERATIONS



Scenario



Poznan-Oslo
2024-2025

NorSensus
MEDIAFORUM

VOLUNTEERING

CONNECTS GENERATIONS

WOLONTARIAT

ŁĄCZY POKOLENIA

FRIVILLIGHET

FORENER GENERASJONER



A partnership project implemented as part of the "Initiative for Intergenerational Cooperation - BeFORme" competition, financed by the Bilateral Cooperation Fund.

Iceland
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The document was prepared in 2024-2025 as part of the VOLUNTEERING CONNECTING GENERATIONS project implemented by:

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1. Introduction

Genesis of the idea for the Intergenerational Integration Center

The genesis of the creation of the concept of the Mobile Intergenerational Integration Center results from the fruitful cooperation of partners from Poland and Norway in the implementation of projects financed by the Norwegian and EEA Funds "We act for the climate!" (2022-2023) and " We turn on RO WASTE!" (2022-2024). While implementing projects aimed mainly at young people, we realized how great the needs related to strengthening intergenerational relations are. The idea for the project resulted from a simple conclusion - young people are increasingly moving away from their grandparents. We meet less and less often, family relationships are loosening. The rapidly changing world and the barriers of modern technologies do not help either. We also saw the potential for further cooperation and mutual learning from each other on the Poland-Norway line.

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Key element

The key element of the VOLUNTEERING CONNECTS GENERATIONS project is the implementation of the MOBILE CENTER FOR INTERGENERATIONAL INTEGRATION – one-day, 6-hour events divided into educational workshop modules and integration activities led by animators (games, shared meals, etc.).

Goals

The idea of the Mobile Centre for Intergenerational Integration was to create a new, interesting formula for joint integration meetings for people of different ages with an educational module developing mutual respect, empathy and understanding of diversity.

The event allows you to:

- getting to know each other better (customs, interests, style and lifestyle, limitations, dreams, experiences),
- intergenerational integration and integration within one's own age group,
- preliminary definition of the possible scope of further planned intergenerational initiatives so that they are adapted to the capabilities and interests of the members of the intergenerational group.

Let the participants speak

Below are some sample impressions of younger and older participants of the Mobile Center for Intergenerational Integration:

"Before meeting seniors, I had no idea that older people could be so nice"

"The classes brought us closer together. And it was great fun"

"Workshops with an old age suit for young people and classes for seniors with VR goggles imitating the activities of young people - allowed us to get to know each other better"

"What I liked most was the intergenerational game full of emotions and surprising conclusions about how much we have in common"

"We are very similar. More similar than I thought"

"At first, I was surprised at the senior home. I thought that seniors only sat in armchairs and knitted, that they were only locked up in their four walls. Of course not! The seniors from the senior home were open, smiling and happy!"

"We talked to seniors. We looked at the world through their eyes."

"For me it was a very nice experience to see what the future holds for us young people"

"We talked with the youth about what life was like in our generation and theirs. How we spent our childhood and how they spend it today in a completely different way. We also learned what the young dream of."

"With those goggles – God, what beautiful views! I'm enjoying it! I liked it!"

2. Details and forms of the event

Participants

The event takes place in a group format.

The average size of an intergenerational team can be at least 20 people, including at least 10 seniors over 65 years of age and at least 10 people under the age of 20.

Methods

- providing a multimedia presentation,
- discussion,
- explanation,
- audiovisual (films),
- gaining experiences and experiences through exercises in the old age suit
- methods programmed using a computer and VR glasses - a show combined with an experience,
- integration game CONNECTING GENERATIONS.

Materials and tools

- detailed description in the scenarios: VR workshop (for seniors), workshop on old age using the old age suit (for young people) and in the description of the integration game Connecting Generations .

Event forms

The event can take place in two forms:

1. OUTDOOR using tents
2. INDOOR in the rooms of a selected public building

As part of the OUTDOOR format, each Mobile Intergenerational Integration Center consists of two tents (with an area of at least 6 x 6 meters) and a set of foldable furniture (e.g. 24 chairs and 12 tables), which allows for the organization of classes for over 20 people at the same time. The large area of the tents allows for the creation of two independent training rooms, in which, in the initial part of the event, workshops for youth groups are held separately (innovative workshops for young people about old age in an old age suit) and separately for a group of seniors (innovative VR workshops showing the contemporary world of young people). Then both groups are connected in a common space (the tents are connected after removing the side walls) and integration classes are held using the intergenerational integration game CONNECTING GENERATIONS created as part of the project.

As part of the INDOOR form, the aforementioned VR workshops (for seniors) and workshops on old age using the old age suit (for young people) take place in separate rooms of a

building, e.g. a public utility facility, such as a school, a community center, a social welfare home. And then we combine these groups in one larger room to implement the intergenerational integration game **CONNECTING GENERATIONS**.

Additional descriptions can be found in the scenarios: VR workshop (for seniors), workshop on old age using the old age suit (for young people) and in the description of the integration game **Connecting Generations**.

The advantage of the **OUTDOOR** form is the independence of building accessibility, the more informal, picnic-like nature of the event and contact with nature.

In turn, the benefits of organising an **INDOOR** event include: independence from weather conditions and season, greater thermal comfort for participants, better technical possibilities (use of electricity and the Internet), and fewer organisational needs (due to the lack of the need to set up tents or provide an outdoor toilet).

In both forms, however, the event can be carried out in full accordance with the presented program.

Duration

The event lasts approximately 6 hours.

However, the event can also be implemented as a shorter event – according to the possibilities and needs, with the proviso that it is not recommended to shorten the implementation time of the workshops for young people in old age suits and the VR workshops for seniors.

Event Program

EVENT PROGRAM – MOBILE CENTER FOR INTERGENERATIONAL INTEGRATION	
15 minutes	INTRODUCTION
120 minutes	WORKSHOPS for older youth in the old age suit (tent or room no. 1)
120 minutes	VR WORKSHOPS for seniors (tent or room no. 2)
15 minutes	BREAK (during the break, combining tents into one common space or combining groups in one room of the building)
120 minutes	INTEGRATION of both groups using the game CONNECTING GENERATIONS
30 minutes	A JOINT MEAL
60 minutes	Introduction to the topic of INTERGENERATIONAL VOLUNTEERING CAMPAIGNS (which are planned to be implemented by intergenerational groups within the project – immediately after the event) and SUMMARY OF THE EVENT

3. Organizational notes

Below are some tips and organizational comments for those interested in implementing the Mobile Intergenerational Integration Center as part of our intergenerational activities model:

- **Controlling the situation and providing support to animators**

The event is led by at least 4 animators.

In addition, at least 1 person is required for organizational purposes before the event, whose task will be to: determine the location and provide the necessary support from the institution where the event is organized (e.g. school, community center, social welfare home), order the necessary materials for workshop purposes (e.g. paper, pens, markers), order food products and materials to be used during breaks (e.g. eco cups and plates, napkins, cold and hot drinks, cookies and snacks, catering), order additional attractions aimed at activating and integrating participants (e.g. photo gate, joint photo session, artistic show, magic show, etc.), coordinate the people responsible for photo and filming the event.

People running the event (animators) should constantly monitor the well-being of participants. When reporting any problems – you should respond appropriately to maintain the comfort of participants.

- **Adjusting the pace, taking into account the health status and possible fears of participants**

Participants of senior age may need more time to get used to VR technology or the rules of the integration game. It is worth providing all participants with adequate time for introductions and learning the rules. If some of the participants feel discomfort with VR technology or the old age suit, they should not be forced to perform all the activities during the workshops. However, you can try to offer them another alternative type of participation, among others, in order to familiarize them with the feelings and experiences of other participants.

- **Let's encourage social interactions**

During the VR workshop (for seniors), the workshop on old age using the old age suit (for young people), during the integration game Connecting Generations and during shared meals, let's encourage participants to share their impressions with other participants and refer to their own experiences. The form can be changed depending on the possibilities and number of participants. This gives an opportunity to build relationships and exchange experiences.

- **Technical support**

It is worth being prepared for difficulties resulting from technical issues. It is worth having someone on site who will be able to help with technical problems related to computer equipment, VR goggles, old age suit, etc.

- **Internet access and electricity supply**

During the workshops, it is necessary to provide internet access (e.g. wireless) and electricity supply (computer equipment, VR goggles)

- **Access to toilet**

Due to the relatively long duration of the event, it is necessary to provide access to a toilet. In the OUTDOOR option - a portable toilet type toi toi or providing a toilet in a nearby public building (e.g. school, social welfare home, community center). In the INDOOR option - we provide the possibility of using the toilet in the selected building where the event is organized.

- **Additional attractions during the event**

- **PHOTO GATES** – at two intergenerational events as part of the project, we implemented integration in the form of a photo gate – and it worked very well for us. Intergenerational groups had a lot of fun and integrated. We passed on links to the videos to teachers and seniors, which turned out to be an excellent souvenir from intergenerational activities.

NOTE: a more detailed description can be found in the scenarios: VR workshop (for seniors), workshop on old age using the old age suit (for young people) and in the description of the integration game CONNECTING GENERATIONS.

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