

# PAGES

## AN INTERGENERATIONAL PROGRAMME TOWARDS ALL AGES

### CONSULTATION SESSIONS



1

#### Rationale

Organization of consultation sessions with young and old people to collect ideas for 10 activities that combat ageism.



2

#### Aim of the activities

- Bring young and old persons together
- Take place in public spaces in the community
- Use creativity and cultural assets from the local community
- Promote the fight against age discrimination



3

#### 166 participants

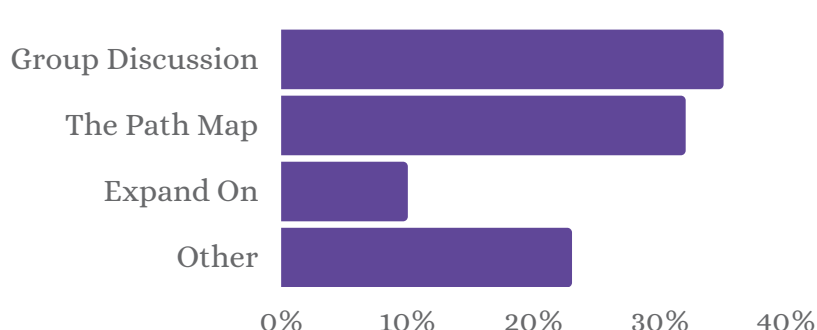
18 to 94 years old, from: Austria, Denmark, Germany, Portugal, Romania, Turkey

face to face & online, in 2022



4

#### Techniques used



5

#### Types of activities collected

They consist of educational activities, wellbeing practices, storytelling and exchanges of stories, volunteering, arts & traditional crafts, using technology, outdoors activities and sports.



6

#### Suggestions for community spaces

Libraries, parks, restaurants/cafes, cultural venues, religious spaces, educational building, municipality facilities, community centres, local associations, etc.



### OTHER INSIGHTS

- Participants are looking for opportunities to learn from one another, for activities covering multiple interests, for intimate or friendly settings and for help to break the ice.
- It is also important for the activities to be accessible in terms of language, physical ability, costs and distance.
- Overall, intergenerational activities should promote diversity, independence, dignity and responsibility.