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### **GOOD PRACTICES IN INTERGENERATIONAL VOLUNTEERING**

We strongly believe intergenerational learning is a way of bridging people in any community, gathering different age perspectives and creating a common ground for collaboration, for self as well as social innovation.

While intergenerational volunteering is not a traditional type of volunteering and its history is still a short one, there are already models to be found in the partner countries and valuable lessons to be learned. During the time of their implementation some of the identified benefits of intergenerational practice are:

- Greater understanding between the 2 age groups;
- Improved relationships between generations;
- Increased feeling of enjoyment and also the confidence in others is stimulated;
- Improvement in the health status of older persons;
- Reduced loneliness;
- New sense and goal for the seniors;
- Improved skills for young people (communication skills, social skills etc.);
- Improved self-esteem for youth;
- Increase in the sense of belonging to a community for the individuals involved;
- Enhanced cohesion, improved policies and a diversification of volunteering activities – for the community.

## OUR PROJECT'S FIRST OUTCOME, THE E-BOOK 'VOLUNTEERING IN THE CZECH REPUBLIC, IRELAND, ITALY AND ROMANIA - AN INTERGENERATIONAL APPROACH', SETS THE GROUNDWORK FOR ALL ORGANIZATIONS THAT WANT TO DEVELOP AN INTERGENERATIONAL VOLUNTEERING PROGRAMME.

In our E-Book, we start by providing an overview of the volunteering field in the four countries. We have explored how volunteering manifests, what the laws governing this type of activity state, what is the infrastructure for volunteering, the relevant financial aspects and any other characteristic relevant in the volunteering landscape. Only by getting acquainted with the status quo can we start to develop an effective, applicable and relevant methodology for an intergenerational training program for volunteering.

In the second chapter, the focus of our research, we discover experiences of organizations who have already implemented intergenerational volunteering. There are valuable lessons to be learned from the benefits and the challenges others experienced, as well as the processes or methods that proved to be successful for an intergenerational project.

We go on arguing for intergenerational volunteering as a viable option to solving many of our societies' very pressing issues, varying from the risks of unemployment, poverty, exclusion for the youth to the risk of isolation, lack of occupation and depression for the senior citizens. Finally, in the last chapter we introduce Creative Drama, a method that we believe in when it comes to training individuals in intergenerational volunteering, in our strive to provide all the information and tools to anyone interested in implementing an intergenerational volunteering program.

You will be able to find out more about this innovative method in our next Newsletter.

The E-Book 'Volunteering in The Czech Republic, Ireland, Italy and Romania - an Intergenerational Approach' will be downloadable from the CREA.T.Y.V. project website: [www.creatyv.eu](http://www.creatyv.eu)

## STEPS IN THE IMPLEMENTATION OF CREA.T.Y.V. PROJECT

- Our project is moving forward in elaborating the Intergenerational Training Programme in the field of volunteering, using creative drama. The Gaiety School of Acting (Ireland), as creative partner, will design this innovative training programme which will be implemented in The Czech Republic, Italy and Romania, bringing together disadvantaged young people and seniors volunteers with the aim of social inclusion and working for community.
- In the period 9-10 November 2017, the Second Transnational Meeting of partners took place in Prague, The Czech Republic. The partnership discussed the structure of the training programme and also the framework of its piloting, including the selection phase of both target group (young people aged 18-25 years old) and seniors volunteers.



- The next event in our project will be the Training of Trainers, in Dublin, Ireland, on 29th January – 2nd February 2018, when trainers from Habilitas, ANS, Pro Vobis and EUDA will be trained by GSA in implementing the Intergenerational Training Programme in the field volunteering, using creative drama tools. This will offer us a common methodology for piloting the programme in national contexts afterwards.

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