



IGIFU:

Intergenerational Film Hub

Work Package 2: Case studies in Poland

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Akademia
Humanistyczno
Ekonomiczna
w Łodzi

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Consortium:



Akademia
Humanistyczno
Ekonomiczna
w Łodzi



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Introduction

WP2 aims to develop the **booklet** with intergenerational activities/ workshops, including methodology.

Booklet will contain:

1. **Toolkit** with:
 - a. **intergenerational activities**;
 - b. **user friendly digital tools** to be used during the activities with seniors;
 - c. **best practices** applied in partner countries;
 - d. **case studies** related to educators' experiences;
 - e. **TIPS section**.
2. **Pedagogical guidelines (methodology)** to follow while working with seniors and youth.

Case studies

Case studies along with TIPS section will relate to educators' experiences. To achieve this each partner will interview 2 educators. TIPS will be evaluated by the consortium in terms of their substantivity, and will base on the partners' experiences with the target groups.

Case studies can be provided with recording or podcasts from interviews with educators and seniors or at least have to be documented with photos.

Instructions

Each partner is assigned to provide **2 case studies** applied in their partner country. All in all there will be 14 case studies.

Below you can find a template. You need to **fill in the right column**. There are 8 key questions provided – **each answer should be between 500 and 1000 characters**.

Furthermore, on the first page of the document, please change the title into: **Work Package 2: Case studies in [country]** and change the **Author's logo** into your organization's one.

General guidelines

- ✓ Each partner is obliged to provide 2 case studies: one with a facilitator and one with a senior,
- ✓ An interview should be conducted at designated time and place,
- ✓ The two case studies will give a deeper insight into the perspectives of both parties involved,
- ✓ An interview should take up to 1 hour,
- ✓ An interview can be recorded with prior consent of an interviewee,
- ✓ An interview consent form has to be completed by an interviewee,
- ✓ An interview has to be conducted in accordance with GDPR regulations.

Questions – guidelines

When developing your questions, it is best to use open-ended questions, followed by probing for further elaboration. Always start with a general question and then proceed through more specific questions.

This process involves a subtle transition from general topics to an increasingly specific discussion of issues an interviewee will cover. The purpose of moving from the general to the specific is to help interviewees feel comfortable while obtaining an understanding of the true issues related to the topic area. The purpose is also to explore fully the nature of the attitudinal dynamics associated with the issues and to observe, firsthand, the language and emotions.

The list below defines the types of questions and statements you can use. These are only guidelines or suggestions, not specific questions you are obliged to ask:


- An **opening** question is an easy, factual question that prompts participants to start talking. For example, *"Tell us who you are and where you live"*,



- An **introductory** question is a general, non-threatening inquiry that opens up the discussion. For example, *“What kinds of programmes/ activities do you usually participate in?”*,
- A **transition** statement shifts the discussion from the general to the more specific: *“Take a few moments and think of the programme which brought you good memories and personal benefits”*,
- A **key** question focuses on the specific information that you need to gather: *“What was your greatest challenge while participating in an intergenerational programme?”*,
- An **ending** question concludes the discussion and captures any other thoughts not yet expressed: *“If you could change one thing about the content of the programme or your participation, what would it be?”* or *“Do you have any other advice for other seniors who would like to participate in similar ventures?”*.

Template

Case study 1 (facilitator)

Interview with a facilitator	
Brief biography of the facilitator (including experience working with seniors and length of service as a facilitator)	<p>Ewa Źochowska - painter, visual artist (collage, graphics, photography, installations, performance) and designer (graphics, interior design, murals and wall paintings). Graduate of the Academy of Fine Arts in Lodz (2002). Together with Natalia Anna Kalisz, she co-founded the brands Porqbane Meble and RZUĆ-MNIE-NA-ŚCIANA. President of the Art Yarn Foundation, cultural animator and organizer of art workshops and cultural events.</p> <p>Master of combining opposites and discovering the other bottom. She is a volcano of ideas and can make something out of nothing. She will listen to any story. He loves the noise of the urban jungle and the silence before the storm. She prefers cats to dogs because she only walks her own paths. At night she hunts for new inspirations, during the day she likes to bask in the sun. She has initiated many projects for children and seniors such as: POZA CZASEM - ARTISTIC RELAXATION ZONE FOR SENIORS // integration and art workshops with the participation of young people from the Youth Sociotherapy Center No. 3 in Lodz // PLACE: Dom Dziennego Pobytu dla Seniorów at 30 Grota Roweckiego Street, JESIENNE RÓŹE // integration and art project in retro style for seniors and their families // creative workshops // masked ball //. PLACE: View House of Culture in Lodz.</p>
Basic information about the senior (name - if allowed, gender, age)	<p>Dorota Grzegorzczuk - MA in classical philology, pedagogue, educator. For over 25 years an instructor at the Balucki Cultural Center / Municipal Zone of Culture in Lodz. Entertainer of concerts, special events , outdoor events, coordinator of the The Local Government University of the Third Age (SUIIIW), Tutor of SUIIIW Alumni and Supporters Club. Organizer of poetry evenings and meetings with authors. Trainer of the Integron Plus Foundation (trainings - online journalism, web safety, graphic design). Lecturer at the Social Academy of Sciences</p>
Photos of interviewees (if allowed)	

<p>Link to program/organization website with further information</p>	<p>(12) Samorządowy Uniwersytet III WIEKU Facebook (4) Klub Absolwentów i Sympatyków Samorządowego Uniwersytetu III Wieku Łódź Facebook</p>
<p>Question 1</p>	<p><i>What was the name and purpose of the program you participated in? What was the period of the program?</i></p> <p>The Local Government University of the Third Age (Samorządowy Uniwersytet Trzeciego Wieku) The purpose of SUIIIW was to broaden the knowledge of seniors on the principles of modern local government, the place and role of the citizen in co-determining the development of the city, opportunities for social participation and obtaining social support and assistance; There were many topics discussed related to hobbies, culture and social events in Łódź, such as contemporary culture and the directions of its development, opportunities for participation in culture and the role of culture in the functioning and maintenance of the mental, physical and social condition of seniors, as well as the principles of sustainable development and eco-life with respect for the Earth's resources. Participants had a lot of opportunities to get the knowledge to be active citizens, finding new passions and hobbies and to take part in many events across Łódź. The programme took place over two semesters - winter and summer ones. Classes were held twice a month.</p>
<p>Question 2</p>	<p><i>What kind of activities were/were you involved in? How many hours did the intergenerational program include? Did it include different thematic modules/sections?</i></p> <p>I participated in classes in handicraftsm Polish literature and photography. The project consisted of 4 separate modules and the whole project lasted 120 hours.</p>
<p>Question 3</p>	<p><i>What constituted the intergenerational dimension of this program?</i></p> <p>We met with elementary school children and talked about their passions and hobbies. It was fun and informative experience as we saw that seniors and youngsters can have similar interests. We also had activities conducted by students.</p>
<p>Question 4</p>	<p><i>What personal benefits has participation in the program brought you?</i></p> <p>It allowed me to develop my passion, enrich my existing knowledge, and broaden my horizons</p>
<p>Question 5</p>	<p><i>Have you noticed any change in your knowledge, skills or attitude? If yes, give examples (facilitator and senior perspective)</i></p> <p>Yes, it helped me a lot with enriching my knowledge and</p>

	developing my passions, most notably photography.
Question 6	<i>Can you define pitfalls and challenges during the program? If so, which ones?</i> There were no such
Question 7	<i>Did you use any digital tools during the class? If so, which ones?</i> Yes, I used computer with internet connection to work on photo processing.
Question 8	<i>What is your overall opinion about this program? Is there anything you would like to add that has been left unsaid, but may help other participants decide to participate in different projects / programs / initiatives in the future?</i> I am a very energetic and active person, so I hope I will participate in more great projects such as this one. I am very satisfied with the SUIIW project.

Case study 2 (senior)

Interview with a senior	
Short bio of a facilitator (incl. experience in work with seniors and seniority as a facilitator)	<p>Ewa Źochowska - painter, visual artist (collage, graphics, photography, installations, performance) and designer (graphics, interior design, murals and wall paintings). Graduate of the Academy of Fine Arts in Lodz (2002). Together with Natalia Anna Kalisz, she co-founded the brands Porqbane Meble and RZUĆ-MNIE-NA-ŚCIANA. President of the Art Yarn Foundation, cultural animator and organizer of art workshops and cultural events.</p> <p>Master of combining opposites and discovering the other bottom. She is a volcano of ideas and can make something out of nothing. She will listen to any story. He loves the noise of the urban jungle and the silence before the storm. She prefers cats to dogs because she only walks her own paths. At night she hunts for new inspirations, during the day she likes to bask in the sun. She has initiated many projects for children and seniors such as: POZA CZASEM - ARTISTIC RELAXATION ZONE FOR SENIORS // integration and art workshops with the participation of young people from the Youth Sociotherapy Center No. 3 in Lodz // PLACE: Dom Dziennego Pobytu dla Seniorów at 30 Grota Roweckiego Street, JESIENNE RÓŻE // integration and art project in retro style for seniors and their families // creative</p>

	workshops // masked ball //. PLACE: View House of Culture in Lodz.
Basic information about a senior (name – when allowed, sex, age)	Stefania, female, age 67
Photos of interviewees (if allowed)	-
Link to the programme / organization website with further information	https://przedzialniasztuki.pl/category/projekty-artystyczno-spoeczne/
Question 1	<p><i>What was the name and purpose of the programme you participated in? What was the programme implementation period?</i></p> <p>ARTbulans - ZONE OF INTENSIVE ARTISTIC THERAPY was a series of 8 multidisciplinary outdoor workshops conducted by a qualified team of Łódź-based specialists in the field of for artistic intensive therapy: Aleksandra Chciuk, Agnieszka Furtak, Sebastian Kularski Se Bo, Adam Lewartowski, Anna Niewiadomska Milczarek, Tomek Ogrodowczyk, Ewa Żochowska.</p> <p>The workshop aimed to integrate youth and seniors in joint movement (dance), breathing, music, creative activities. The workshop was prepared on the basis of diagnosis of interests, hobbies, passions of seniors and high school students. The creators of the project wanted to integrate both age groups through joint activities and exchange of experiences</p>
Question 2	<p><i>What kind of activities did you do/ were you involved in? How many hours did the intergenerational programme include? Did it contain different modules/ thematic sections?</i></p> <p>I participated in a 2-hours movement workshop and an outdoor breathing workshop. This is my passion, and physical activity is my hobby. Then I participated in music classes and creative and dance classes at the University of Humanities and Economics in Lodz. Each module lasted 30 minutes.</p>
Question 3	<p><i>What constituted an intergenerational dimension of this programme?</i></p> <p>Our project included children in the outdoor part and high</p>

	school students in the second part of the project. We performed the tasks together.
Question 4	<p><i>What personal benefits did your participation in the programme bring you?</i></p> <p>I've learned the importance of movement and proper breathing for health, I've incorporated daily breathing exercises into my habits, I try to eat healthy and be physically active. Thanks to that I discovered my new passion – dancing. I go to dance classes once a month and participate in creative activities. Participation in the project has done me a lot of good</p>
Question 5	<p><i>Did you notice any change in your knowledge, skills or attitudes? If yes, give the examples (a facilitator's and a senior's perspective)</i></p> <p>I've met wonderful people, developed my skills and can develop my passions. I have a new hobby - dancing.</p>
Question 6	<p><i>Can you define any pitfalls and challenges during the programme? If yes, what were they?</i></p> <p>It is difficult to bring seniors and youth together in one activity and sometimes bad weather interferes with outdoor activities. However, there were no bigger difficulties in this project.</p>
Question 7	<p><i>Did you use any digital tools during the classes? If yes, which ones?</i></p> <p>We did not use digital devices during the class</p>
Question 8	<p><i>What is your general opinion about this programme? Would you like to add anything that was unsaid, but may help other participants decide on participation in different projects/ programmes/ initiatives in the future?</i></p> <p>I am thrilled with this project, I had a great time, learned new skills and developed my passions. I met wonderful people and I'm still in touch with them today, we meet for walks and dances, as these are our passions now and it gives us a sense of fulfillment. I recommend to everyone such intergenerational projects based on hobbies and interests</p>