



**IGIFU:**

**Intergenerational Film Hub**

**Work Package 2: Case studies in The Netherlands**

**Author:**



Grant agreement	2022-1-PL01-KA220-ADU-000089217
Programme	Erasmus+
Key action	Cooperation among organisations and institutions
Action	Cooperation partnerships in adult education
Project acronym	IGIFU
Project title	Intergenerational Film Hub
Project starting date	01/09/2022
Project duration	24 months
Project end date	31/08/2024

#### Consortium:



Akademia  
Humanistyczno  
Ekonomiczna  
w Łodzi



## Contents

Contents	3
Introduction	4
Case studies	4
Healthy Lifestyle / Food & Cooking	5
Case study 1 (facilitator)	5
Case study 2 (senior)	8

## 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.

## Healthy Lifestyle / Food & Cooking

### Case study 1 (facilitator)

<b>Interview with a facilitator</b>	
<b>Short bio of a facilitator (incl. experience in work with seniors and seniority as a facilitator)</b>	I am working in The Hague together with the municipality and The Hague University of Applied Sciences on the different programs that support the implementation of projects and social initiatives that continuously add to our 'Age Friendly' city.
<b>Basic information about a senior (name – when allowed, sex, age)</b>	Female
<b>Photos of interviewees (if allowed)</b>	Not allowed
<b>Link to the programme / organization website with further information</b>	<a href="https://extranet.who.int/agefriendlyworld/wp-content/uploads/2015/03/Unofficial-translation-Actieprogramma-Seniorvriendelijk-Den-Haag-2020-2022-en-GB.pdf">https://extranet.who.int/agefriendlyworld/wp-content/uploads/2015/03/Unofficial-translation-Actieprogramma-Seniorvriendelijk-Den-Haag-2020-2022-en-GB.pdf</a>
<b>Question 1</b>	<p><i>What was the name and purpose of the programme you participated in? What was the programme implementation period?</i></p> <p><i>Already almost 10 years ago, The Hague joined the 'Age Friendly' city network as the first Dutch city. The implementation of an age-friendly environment has already been a priority for many years. With the Covid-19 outbreak, the stimulating and facilitating of social participation and healthy lifestyle was further taken as priority points of improvement.</i></p>
<b>Question 2</b>	<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>

	<i>I worked on promoting the Hague as an age-friendly city through various European initiatives.</i>
<b>Question 3</b>	<p><i>What constituted an intergenerational dimension of this programme?</i></p> <p>We involved all kinds of stakeholders in various initiatives. This was great also when we collaborated with YesDelft, who develops software for seniors. They are a young community of developers who had to understand the needs of the seniors. During the pandemic, we worked on many initiatives which enhanced the digital abilities of the elderly citizens.</p>
<b>Question 4</b>	<p><i>What personal benefits did your participation in the programme bring you?</i></p> <p>It allowed me to see how beneficial is to put together youth and seniors when there is a common goal. They really learned a lot of different skills from each other and were able to collaborate well. There needs to be more of these initiatives.</p>
<b>Question 5</b>	<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 learned that due to our international population living in the Hague, the levels of digital capabilities not only vary per generation and age group, but also varies in terms of nationality. Some immigrants were less familiar with digital tools than other. This is an important factor to take into consideration when developing new initiatives and providing training intergenerationally.</p>
<b>Question 6</b>	<p><i>Can you define any pitfalls and challenges during the programme? If yes, what were they?</i></p> <p>I think we need more time to work together. There are a lot of initiatives but due to time constraints we cannot always manage to do everything we want to do.</p>
<b>Question 7</b>	<p><i>Did you use any digital tools during the classes? If yes, which ones?</i></p> <p><i>During the pandemic we saw that there was much more motivation for seniors to become familiar with e-mail, video calling and online shopping and searching. We developed</i></p>



	<p><i>different classes on how to use e-mail and how to do online shopping. The younger generations were happy to support the facilitation and when they were able to, also provide demonstrations in person on how to use certain apps.</i></p>
<p><b>Question 8</b></p>	<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 think this programme is great and more cities around the Netherlands need to work towards becoming age-friendly cities.</p>

## Case study 2 (senior)

Interview with a senior	
<b>Short bio of a facilitator (incl. experience in work with seniors and seniority as a facilitator)</b>	A Dutch national, who used to work in a multinational company and now is already retired since recently.
<b>Basic information about a senior (name – when allowed, sex, age)</b>	Dirk, Male, 67
<b>Photos of interviewees (if allowed)</b>	Not allowed
<b>Link to the programme / organization website with further information</b>	<a href="https://www.nationalefietsprojecten.nl/">https://www.nationalefietsprojecten.nl/</a>
<b>Question 1</b>	<p><i>What was the name and purpose of the programme you participated in? What was the programme implementation period?</i></p> <p>While I was at my employer we were provided with a discount on bikes. This is under the 'National bike project' which is still active to date. This project offers employees to purchase a bicycle tax-free and is incredible as we in the Netherlands cycle a lot. I still cycle also to visit my children and grandchildren around 20km. It was difficult to me at this age to continue using the regular bicycle, so I wanted to purchase an e-bicycle. This programme allowed me to do this while still receiving a benefit. It is a very health-driven initiative for every generation in the workforce.</p>
<b>Question 2</b>	<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>This programme was very interesting and involved multiple people. From the start I was in touch with the HR department for more information and they are young people there. They supported me with obtaining the necessary information I needed. With the buddy program at work, I was paired up with a colleague and the colleague offered to go with me to a location to choose the bicycle. My colleague is a bit younger than me. He helped me choose a bike at a local store and on location there were all kinds of people who explained to me information about the project. It was interesting to hear information from different people and how they saw this initiative.</p>
<p><b>Question 3</b></p>	<p><i>What constituted an intergenerational dimension of this programme?</i></p> <p>The information provision on the programme from different people belonging to different generations and how it was perceived by them. Also that people from different generations were part of my experience of purchasing a bike under this project.</p>
<p><b>Question 4</b></p>	<p><i>What personal benefits did your participation in the programme bring you?</i></p> <p>I learned the different perspectives on participating in this project from different people and of course, should not forget to mention the discount I got on the money side. After I went into retirement this bicycle is still in use and helps me live a healthy life.</p>
<p><b>Question 5</b></p>	<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>Yes. I was not informed of this project until the younger people at the company told me about this tax benefit. It was really nice to hear from them, 'saving money' while still trying to exercise before and after work.</p>
<p><b>Question 6</b></p>	<p><i>Can you define any pitfalls and challenges during the programme? If yes, what were they?</i></p> <p>Perhaps it was difficult for me to grasp the whole concept around the programme and how it exactly works. It took me</p>

	<p>some time to get a proper understanding on how it works. But a lot of the people I spoke with helped me understand.</p>
<b>Question 7</b>	<p><i>Did you use any digital tools during the classes? If yes, which ones?</i></p> <p>During the information session, we used Zoom. They also showed us the website of the project and showed us how to find the nearest store that participates in this programme. I think those were the digital tools that we used.</p>
<b>Question 8</b>	<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 think this programme is great, but they should not limit it only to employers who have signed up for it. I think every company in the Netherlands and around the world where biking is well facilitated in terms of country infrastructure should enable all citizens to participate in such projects to stimulate them live a healthy lifestyle. In addition, I think that their website needs to be a bit more user friendly. It is a bit of puzzling to get around it and find the information that you are looking for.</p>