Youth in Action Program
Action 1 - Youth for Europe
Sub-Action 1.3 - Youth Democracy Projects

“ACTIVE INTERGENERATIONAL DIALOGUE FOR DEMOCRACY AROUND EUROPE”

A-idea PROJECT

Good Practices Guide on Intergenerational Dialogue and Healthy Aging

Youth Democracy Projects from January to July 2013

UNIONE DEI COMUNI DELLE VALLI JONICHE DEI PELORITANI

Partnership

- Unione Dei Comuni delle Valli Joniche dei Peloritani
- Associazione Culturale INCAS
- Concello de Santa Comba
- Asociación Cultural Cruceiro de Monte
- RAM Central Stara Planina
- Youth community for european initiatives
- Primăria Municipiului Arad
- Organizatia Studentilor din Arad
- Municipality of Crnomelj
- Youth center BIT
- Italy
- Spain
- Bulgaria
- Romania
- Slovenia
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YOUTH IN ACTION PROGRAMME 2007/2013

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GOOD PRACTICES GUIDE ON INTERGENERATIONAL DIALOGUE AND HEALTHY AGING
The project A-IDEA takes its origins from various measures that the Unione dei Comuni Delle Valli Joniche e dei Peloritani, in collaboration with the Youth Consult, has undertaken to foster the intergenerational dialogue and to pave the way for the active dialogue among young and not so young political decision makers towards problems about the active ageing. This project venture belong to the wider context of the active democracy with the purpose to foster the European collaboration and mobility. It is also strongly related to the past experience in European context of our institution that allows the young people of the Unione dei Comuni district to become aware of their role as active European citizen. Moreover, this rises the awareness that the problem about decisions at institutional level is related to the scarce engagement of the young people at the active and democratic life of the community and to the difficult dialogue between young people and public authorities.

Therefore, the project was born from a strong push of young people with the paramount purpose to make aware the young of their European citizenship through the active participation to the inner workings of the democratic management.

In the light of the demographic changes that have modified the distribution of the population in Europe, in particular in the east region and in the Euro's Mediterranean area, and in relation to the European Year for Active Ageing and Solidarity between Generations, the Unione dei Comuni e delle Valli Joniche e dei Peloritani in collaboration with the Youth Consult of the Union, promoted and realized the European Youth Project “A-IDEA”, during which young from different European countries took an active role in the EU democratic process.

Thanks to this project the young participants tried to give an impulse to the intergenerational dialogue in order to built a new active citizenship, based on the observances of the democratic rules and the active participation at local policy supported by the dialogue between young and political decision makers.

During the activities of this project, good practices in the field of the active ageing were displayed and exchanged, as for example, about the health, the new technologies, the solidarity between generations, social protection and employment for the over 50s.

About these topics the young and the adult, together with the person in charge of the political decisions discussed the models and the initiatives to undertake in this field.

I wish that the good practices that are collected in this handbook could be realized concretely in European local contexts, and could be the foundation for creating other similar initiatives, in order to built the future through the union and the dialogue between generations.
**Unione dei Comuni delle Valli Joniche dei Peloritani (Italy)**

L’Unione dei Comuni delle Valli Joniche dei Peloritani, founded on 20th May 2004, is composed of 12 Municipalities of the Messina region: Antillo, Casalvecchio Siculo, Forza d’Agrò, Furci Siculo, Limina, Mandanici, Pagliara, Roccafiorita, Roccalumera, Sant’Alessio Siculo, Santa Teresa di Riva e Savoca, with a population of about 26,000 inhabitants.

Among its main objectives, the Unione want to promote the social and economic development of its area and to evaluate the needs of the citizens in order to give answers for them. Therefore, the Unione is particularly active in the maximization of the financial, human and functional resources, supporting mainly a policy of promotion of social initiatives (in collaboration with both the institutions and the voluntary associations), believed to be essential activities for the improvement of the population life quality.

**Associazione Culturale INCAS (Italy)**

The cultural association INCAS was created to promote cultural events, in particular for young people. The majority of the members are young under 30s, that want to analyze and to confront with various problems of the society and of our town. Therefore, it organizes many meetings and debates. The members are daily engaged in voluntary actions. The activities for aged and/or marginalized people, disables and foreign communities, present in the territory, are considerable.

During the years it has organized and taken part in many events with the purpose to promote the Ionian area and its traditions, paying particular attention to young life and its problems.

One of the main objectives is to develop, in an efficient and incisive way, a plan of actions to know the world of young people and to meet their needs and demands.

An important matter is to promote and cooperate with young and institutions in order to participate actively in political decisions related to their aims.

**Concello de Santa Comba (Spain)**

The municipality of Santa Comba, located on the west of A Coruña between Costa da Morte, Santiago de Compostela and the city of A Coruña. In this council, there are around 11,000 inhabitants with an important urban area. In Santa Comba, we have got an Youth Information Office which is highly connected with the youth, cultural and sport organizations that are displayed in our area by providing services through this office. From this point, youngsters can get all the information about the participation in the life of the community such as to register its own youth organization, get free access to information about scholarships, laboral market, grants, contests and leisure time activities. A part from this, we issue the “el carnet xove”, a card that is very useful for young people in order to get discounts in different services.

Recently, we have collaborated with a youth organization in order to implement youth forums with policy makers and youngsters in order to deal with different topics such as: entrepreneurship and youth employment, housing or European mobility.
**Asociación Cultural Cruceiro de Monte (Spain)**

The Cultural Organization Cruceiro de Monte is a rural entity that was created in 1998 by a group of citizens from Teo in Galicia, the north of Spain. The organization is oriented to provide leisure activities related to the protection and enhance of the traditional costumes, jobs and handcrafting for youngsters and seniors. Our most important area is the intergenerational dialogue that ensures the Galician heritage among the population.

Among the activities we organize we should highlight the chorus, the traditional handcrafting, music lessons or the sustainable workshops by using recycled materials. Lately we have entered in contact with European organizations strengthen the bonds between the citizens by raising competences in art and culture.

**Youth community for european initiatives (Bulgaria)**

Youth community for European initiatives (YCEI) is a nonprofit organization with focus on informal education for young people. The organization was created in 2011 in Sofia, Bulgaria. The main objectives of the association are support of young people in their process of personal development and education, promoting creativity and entrepreneurship, improving social, educational, (inter)cultural and other skills and competences, promoting the active citizenship.

Our main topics and activities are pointed to the environmental care, protection of intangible heritage, culture, habits and traditions; eco-culture, healthy life style; overcoming the communications in closed areas with social contacts in open Nature; preserving and saving the natural and cultural values, multicultural dialogue for saving the environment.

In this line of business association cooperates with similar organizations at home and abroad based on common goals and programs; Assists in establishing dialogue, exchange of information and experiences between young people and existing educational, governmental entities at the local, national and international level; develop, protect and implement youth projects and programs, include youth community, actively in the processes of decision-making at local, regional and national level; creates opportunities to support education, training and retraining of young people, providing information on scholarships, loans, opportunities for retraining, specialization and professional development at home and abroad, an exchange of good practices aimed at uniting the efforts to protect the interests of young people.

**Regional Association of Municipalities Central Stara Planina (Bulgaria)**

Regional Association of Municipalities "Central Stara planina" is a free-will association of local authorities. It was constituted as a non-governmental organization in November 1997 by 5 municipalities. Today the Association unites 15 mountain and semi-mountain municipalities, situated on 7800 sq. km on the northern slopes of Stara Planina Mountain with 350,000 inhabitants. The Municipalities are: Antonovo, Apriltsi, Gabrovo, Dryanovo, Elena, Letnitsa, Lovech, Lukovit, Sevlievo, Teteven, Troyan, Tryavna, Ugarchin and Yablanista.

From its establishment until now the Regional Association of Municipalities „Central Stara Planina” actively supports the local authorities, advocates their interest and contributes to the strengthening of the local governance in Bulgaria.
Primaria Municipiului Arad (Romania)
The municipality of Arad is the capital city of Arad County, historically situated in the region of Transylvania, that was belonged to Hungary till 1918, in Romania. There are 166,003 inhabitants. An important industrial center and transportation hub on the Mureș River, Arad is also the seat of a Romanian Orthodox archbishop and features two universities, a Romanian Orthodox theological seminary and a training school for teachers. It have one of the first music conservatories in Europe. The city has a population of 147,992, making it the 13th largest city in Romania. Arad is the third largest city in the western part of the country, behind Timișoara and Oradea.

Organizatia Studentilor din Arad (Romania)
“Organizatia Studentilor din Arad” is a non governamental organization that works with the Youth in Action Programe since January 2007. We have developed a series of EVS projects (5 in total), youth exchanges and training courses. Until know we have developed projects il all actions of Youth in Action program eighter as coordinators or as partners. In this moment we are hosting 8 volunteers on a new EVS project during one year. Most of our members are volunteers that are spending a few days or hours each week in the office were they work togheter with us on new projects or initiatives. In the same time we established very good relations and parteneships with other organizations from our county or from other regions from Romania: ANTER, ANDCTR, EXPLORATOR, OTI and so on.

Municipality of Črnomelj (Slovenia)
The Municipality of Črnomelj is a municipality in southeastern Slovenia. The seat of the municipality is the town of Črnomelj. The municipality is at the heart of the area of White Carniola, the southeastern part of the traditional region of Lower Carniola. It is now included in the Southeast Slovenia statistical region. General activities: Administration of municipal property, facilitating economic development, creating the conditions for constructing housing, working to increase the fund for rented social housing, planning spatial development, constructing, maintaining and regulating local public roads and public ways, arranging and maintaining municipal mains water and power supply facilities, ensuring environmental protection and noise protection, promoting the development of sports and recreation, promoting social security services, creating the conditions for adult education, promoting cultural and artistic creativity, care for the cultural heritage, overseeing local events, organizing municipal regulation officials, maintaining order in the municipality, provide for fire safety, etc.
Youth center BIT (Slovenia)

Mladinski center BIT (MC BIT) – Youth center BIT (YC BIT) is situated in a small town, named Crnomelj (SE Slovenia). It was the first and youth center in Bela krajina region. It was established by the two most active youth associations in the area, Students’ Society ob Bela krajina and Youth Cultural Club. From the beginning, it has been run exclusively by the activists, younger than 30 years of age. Both the info office and the MKK club are situated in the old town center of Crnomelj.

Vision - To create a team, that will efficiently work towards fulfillment of young people’s needs and will consequently encourage youngsters to accept and identify with the values of organization.

Mission - Preparation and coordination of programmes and projects, that enable young people to spend their spare time in a creative way and also full their educational, expert, cultural, artistic and other needs.

Main objectives:
- To encourage active youth participation and European citizenship
- To inform youth about different topics
- To provide conditions, that will enable youngsters to spend their spare time in a creative way
- To deliver trainings for youth workers
- To promote voluntary work
- To raise awareness and reduce the consequences of delinquent behavior among youth
- To encourage self-initiatives and creativity of young people
- To maintain direct and open communication towards the local youth
- To promote political (participation in decision-making processes) and social youth participation
- To provide and support participation of local youth in international activities
Description and Objectives

The Project Youth and Democracy, titled Active Intergenerational Dialogue for Democracy Around Europe A-IDEA, was promoted by Unione dei Comuni delle Valli Joniche dei Peloritani (IT), with the involvement of partner from Italy, Spain, Slovenia, Bulgaria and Romania. The duration of the project was 6 months and it involved 50 young people belonging to 5 Municipality or Union of Municipality (Public Body) and 5 Organizations, actives in the field of youth policy.

The project was focused on European Year on Intergenerational Dialogue and Active Ageing for promoting the values of solidarity and interaction between generations, to grow up awareness of European consciousness and to strength the participation of young people to the decision-making processes at local, regional and European level by creating stronger bounds between the main actors of youth participation: young people, associations, civil society and public bodies, according to the principles of representative democracy.

The project was based on the concepts of “empowerment”, “non-formal learning” and “capacity building” addressed to young people, such an approach that could help them to feel more self-confident in order to act as "ambassadors" among their peers. A special attention was been paid to the involvement of young people with fewer opportunities.

Each activities has been characterized by debates on democracy and youth participation in political life.

The project designed a regular planning actions to be implemented. During the preparatory phase, in each country was organized 2 Days of Intergenerational Dialogue, in which was elaborated proposal to the decision making, discussed in plenary during the meeting in May 2013 and exchange of abilities and skills between generation.

In May 2013, from 20th to 25th, it have been scheduled the week of the activities, that have taken place in Santa Teresa di Riva (IT), characterized by: conferences, round table, case studies, question time, interactive workshop, project work, meetings between young people and decision-makers or experts in the field of participation in democratic process, simulation of the democratic institutions and Press Conferences.

The end result is the development of a series of initiatives and proposals that were submitted to policy makers and responsible for decisions in the field of youth policy. It was previous the elaboration, development and dissemination of good practices in the field of youth and democratic participation, trough an European Guide of Best Practices on the topics.

Objectives of the project:

. Promote the intergenerational dialogue between young and adult people in a european slant, aiming at tolerance, solidarity among generations and respect to diversity.
. Guarantee the participation of young people with less opportunities, ensuring un equal distribution among genres.
. Support young people to develop the intercultural dialogue and the mutual understanding through the reinforcement of the fundamental values such as the human rights and the struggle to poverty and marginalization.

. Foster the comprehension of cultural diversity and the understanding of the common fundamental values, improving the mutual tolerance and the respect among young of different European backgrounds.

. Make young people active and aware of subject matters such as democracy, individual rights and civil liberties and to give them the opportunity to acquire competences for an active participation and for the improving of the communication skills in a multiethnic context.

. Encourage the participation of young people in democratic life in Europe, strengthening their mobility.

. Promote the active participation of young people at the social life of their own community, inciting the interaction among participants in order to avoid passive listening.

. Give the participants the possibility to face new and unknown situations, learning and putting into practice their abilities to adapt in a context different from their daily one, in order to create new and exciting friendship and interpersonal relations. Thus, they feel as an active part through the collaboration for a common mission and a shared aim, in order to enhance and to have a feeling of belonging that makes them useful and active socially.

**Specific objectives:**

. Promote an organized dialogue between young and elderly people through an active method, in way of the young and not so young can find a common field to foster the intercultural education.

. Supply the possibility to create an European model which faces the challenge of an ageing population as an opportunity to develop the active participation, in order to open the possibility to young people and to the organizations of civil society to participate at the construction of the EU future.

. Establish a long term cooperation among persons specialized in young policies in the context of the European Year for Active Ageing and Solidarity between Generations.

. Establish the foundations for a society that identifies the channels of a democratic communication, directing its efforts to positive changes. Encourage young people to analyze matters of local policy, guaranteeing their participation at the decision processes with a creative attitude.

. Supply a forum platform among young, adult and political supervisors in order to discuss relevant European matters like the ageing and the intergenerational dialogue with the aim to give suggestions and to exchange good practices.

. Promote and foster the sense of community and belonging as among young as among adult.

. Create a web of relations at a communitarian level where the young can express themselves becoming the authors and the protagonists of their future.

. Call to adult society to the needs and problems of the young world.
Promote local initiatives with a particular attention to the themes related to this project.
Develop communicative skills and relations within the adult world, promoting actions that pay their attention to the intergenerational dialogue.
The Programme is addressed to Young people and Youth workers aged between 13 and 30, active in youth work or youth organizations legally resident in one of the Programme or Partner Countries.

Youth in Action Programme general Objectives:
- promote young people’s active citizenship
- develop solidarity and promote tolerance among young people
- foster mutual understanding between young people in different countries
- contribute to developing the quality of support systems for youth activities and the capabilities of civil society organizations in the youth field
- promote European cooperation in the youth field.

Structure of the Youth in Action Programme
- Action 1 - Youth for Europe
- Action 2 - European Voluntary Service
- Action 3 - Youth in the World
- Action 4 - Youth Support Systems
- Action 5 - Support for European cooperation in the youth field

Permanent priorities:
- European citizenship
- Participation of young people
- Cultural diversity
- Inclusion of young people with fewer opportunities

Annual priorities 2013
In addition to the above-mentioned permanent priorities, annual priorities may be fixed for the Youth in Action Programme and communicated on the Commission, Executive Agency and National Agencies' websites.
For 2013, the annual priorities are the following:
- projects proposing awareness-raising activities about EU Citizenship and the rights that go with it, in the context of the European Year of Citizens
- projects aimed at encouraging participation in the 2014 European elections, thus enabling young people to behave as active, informed citizens
- projects aimed at promoting young people’s commitment towards a more inclusive growth, and notably:
- projects tackling the issue of youth unemployment as well as projects aimed at stimulating unemployed young people's mobility and active participation in society. A strong priority will be placed throughout the Actions of the Programme to ensuring access to unemployed young people to all the opportunities that it offers
- projects addressing the issue of poverty and marginalization and encouraging young people's awareness and commitment to tackling these issues for a more inclusive society. In this context, special emphasis shall be placed in particular on the inclusion of young migrants, disabled young people, and where relevant Roma youth
- projects stimulating young people’s spirit of initiative, creativity and entrepreneurship, employability, in particular through youth initiatives
- projects promoting healthy behaviors, in particular through the promotion of the practice of outdoor activities and grassroots sport, as a means to promote healthy lifestyles as well as to foster social inclusion and the active participation of young people in society

**Deadline**
The application must be submitted for the deadline corresponding to the start date of the project. For projects submitted to a National Agency there are three application deadlines per year:
1 February
1 May
1 October

**Eligible promoters**
A non-profit or non-governmental organization
A local, regional public body
An informal group of young people
A body active at European level in the youth field (ENGO), having member branches in at least 8 Programme Countries
An international governmental non-profit organization
A profit-making organization organizing an event in the area of youth, sport or culture
Legally established in one of the Programme or Partner Countries
Summary of the Scheduled Activities

Advanced Planning Visit from 24th to 27th February 2013 took part 1 Delegates from each organization involved.

Local Activities
Days of the Intergenerational Dialogue were organized in two different periods and at the same time in all the territories of the partnership through debates, round tables, presentations, proposals, surveys, considerations among young, adult, youth association, experts, managers of social services and youth policies, and citizen interested in the project.
The aim of these is to concretize proposals about the themes of the project, based on needs identified at local level and analyzed and discussed during the week of activities, when each partner brought the proposals elaborated by the participants and, together, they transferred them from the local context into the European debate and dialogue.

1st Intergenerational Dialogue Day

Focus on:
1st Part
Structured Dialogue – Simulation of Participated Democracy – Presentation and elaboration of proposals to the Decision Makers.
- Meeting at the Municipalities of the Partnership: explanation of the activities that will take place, services offered to citizens with special reference to Young and Elderly
- Simulation of a City Council Meeting/ Union of Municipalities with the participation of Youth and Adults
- Intergenerational Debate and Discussion between groups:
  • Healthy Aging, What future for older people in Europe? Young people, the elders of the Future.
  • Global Wellness: Learning for Long Life.
  • Use of ICT and the Occupational Outlook. Different ages at work
  • Elderly, young people and the Information Society
- Preparation of proposals and Sharing Results

2nd Part
Promotion of Intergenerational Learning and comparison between Generation
The Promotion of Intergenerational Dialogue Transfer between Generations
Intercultural Activities - workshop
2nd Intergenerational Dialogue Day
Activities and Themes: Solidarity between Generation, Volunteering and Social Inclusion

Focus on:
1st Part
Structured Dialogue – Simulation of Participated Democracy– Presentation and elaboration of proposals to the Decision Makers.
- Visits to the facilities of Social Services and Volunteering: Illustration of the activities, services rendered and initiatives to support.
- Participation in a work meeting
- Debate and Discussion intergenerational between groups:
  • Building a more inclusive Europe - The importance of socialization for Intergenerational Dialogue
  • e-inclusion policies for active aging
  • The voluntary and active participation of Elders and Youth
- Preparation of proposals and Sharing Results

2nd Part
Promotion of Intergenerational Learning and comparison between Generation
Intercultural Activities – workshop
The Adults teach:
- Lessons of History: were experienced the most important moments in the history of their country.
Week of Activities in Italy – Venue Sant’Alessio Siculo
Period of Activities from 20th to 25th May 2013
5 delegates for each Organizations took part in the activities, in total 50 participants.
The proposals discussed were given to the decision makers and experts who work in the field of the Themes of the Project.
In that occasion young had the possibility to present their works made at local level, in the territory they were from, and in cooperation with the adult and elderly people. They also compared them with the works of the participants of the other countries.
During the meeting they were organized conferences, round tables, simulations of council sessions of the Unione dei Comuni and the Assemblea Regionale, studies, questions times, project works, debates and discussions; workshops managed with interactive works; evaluations, analysis, re-elaborations and sharing of the outcomes; icebreaker activities; socialized games; press conferences; group works and workshops.

Dissemination and Valorization of the results
Realization of the Day Dissemination and Valorization of the results.
Meeting in the territories of the partnership.
During the preparatory meetings, occurred in the different territories of the partnership, various activities between young and elderly people were organized. The works and the outcomes of these activities were presented, discussed and proposed to decision makers of the territories involved and particularly, during this week of activities in Sicily, a comparison among the various experiences was realized in order to make concrete proposals and good practices to present to the political decision makers.

To follow, there are some initiatives undertaken in the territories of the partnerships and some proposals enhanced by political decision makers.

**Ancient crafts : a new future**
The idea of this initiative is to learn to younger looking at the crafts with the same gaze of elderly people and to utilize techniques that, compared to the technology progress, are obsolete.
The objectives of this initiative are various:
- Create greater cohesion between young and elderly people.
- Recover the ancient crafts dying out or doomed to disappear.
- Recover the historical and cultural heritage through the traditions and the ancient crafts.

**Cook the typical recipes of the popular traditions**
Today, the young are much more detached from the food habits of traditional cooking, since they have preferred the fast and junk food to the typical dishes. Therefore, their closeness to the traditional culinary, including also to the culinary techniques, in the course of time it will be forgotten. The aim of this initiative is to recover the culinary traditions as well as to learn young to prefer healthy foods.

**Elder craftsmen**
In this moment of economic decrease, the revival of the old crafts and artisans, seems to be a solution for the crisis. That means to learn cooking, to repair the broken and unusable things, avoiding to buy new ones that can affect the family budget.

**Generations on the move**
For an healthy ageing, one of the main suggestions is to keep in form with physical activities, in particular walking. This activity made aware elderly people and young of promoting a common path of physical activities en plain air to foster a well-being ageing.
The struggle against senile dementia
One of the problems that mainly afflicts elderly people is the gradual loss of cognitive abilities, often caused by the senile dementia. To this end it is launched a debate to develop manual techniques that help elderly people to do daily actions without running any risks. This activity makes aware the young of a particular thematic: as the time go by, people could run the risk of degenerative diseases of the nervous system that make small daily actions more and more difficult.

The tree of generations in comparison
This activity was characterized by the comparison between the elderly people's games and the new technological games utilized by young. It was undertaken a confrontation between the tradition of popular games, lots of they were outdoor games that create sharing moments among children and the possibility of experiencing the local context reality, while young prefer the video-games and the interactive games that create isolation and cut them off from reality.

Surfing without losing the route
The 30% of people who utilize the web, are about 40 and 70 years old. The main difficulty is to discern the huge quantity of information they can find, in particular for people over 60s. The main objective of this activity was to improve the surfing ability among people over 60s, establishing the main parameters in which internet can be used for real needs and practical necessities.

Breaking the generational barriers
Some of the greater difficulties of the elderly people world are the architectural barriers, not only for disables but also for the others.

Digitizing our life
Young people utilize by now massively the new technologies to communicate, often ignoring the direct dialogue with other individuals and locking themselves in a sort of cybernetic isolation. On the contrary, elderly people feel the need to communicate in a more direct way. This interesting initiative allowed young to learn elderly people to utilize the web as a mean of communication in order to overcome the loneliness.
"This project has been funded with the support of European Commission, DG Education and Culture, Youth in Action Programme 2007/2013. The author is solely responsible for this publication and the Commission declines any responsibility for any use which may be made of the information it contains"