



22nd April 2022- Newsletter

Best Friends against ageism project

31/12/2020 - 30/12/2022

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What is the project about?

"Best Friends" is a EU-funded project with 6 organisations from 6 countries: UK, Latvia, France, Austria, Greece and Italy.

The number of older people living on their own is expected to increase as a consequence of the demographic change in European Societies.

BEST FRIENDS focuses exactly on this factor and aims to break the isolation and exclusion of older people in our communities, by developing an innovative curriculum / toolkit and collecting inventive games that promote intergenerational communication and learning.

Short Term Staff Training:

From 5th - 7th April 2022, 11 participants from UK, Latvia, Austria, Greece, France and Italy took part in training in Plymouth, UK.

During the training the participants took part in theoretical and practical training on the following topics:

Learning at different ages

Ageism and stereotyping

The concepts of Intergenerational Learning

Intergenerational learning

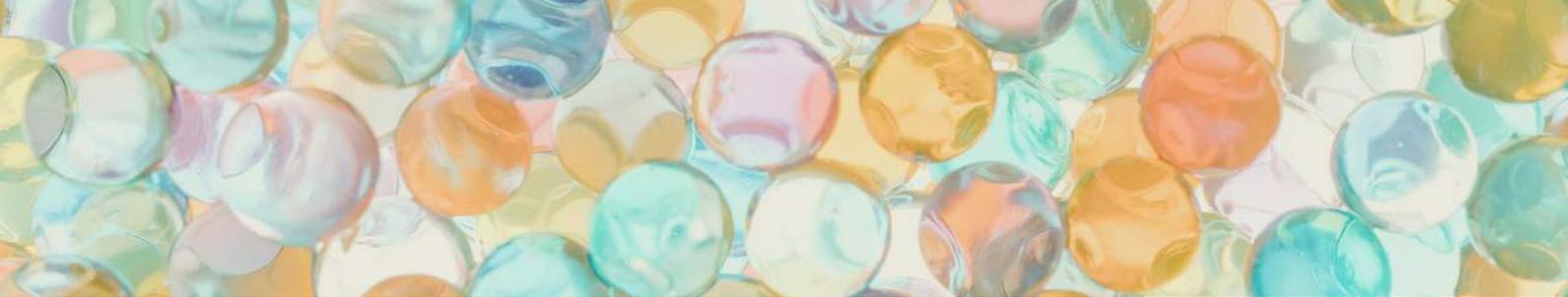
How to plan and implement and intergenerational learning activity

How to facilitate Intergenerational learning activities.

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The aim of the training was to strengthen the skills and competences of care workers and social workers with regards to Intergenerational Learning.

During the training, the participants also shared and exchanged practices, knowledge, skills and expertise on ways of delivering Intergenerational Learning programs for older adults and young children.

At the end of the training the participants gained the following knowledge:

- Familiarity with the BEST FRIENDS course structure and the interactive course environment -
- Understood the concept of intergenerational learning -
- Understood how children and older adults learn -
- Be able to outline the benefits of bringing different generations together -Realise how intergenerational learning can be applied within a wide range of contexts and settings -
- Understood concepts of marginalisation and stereotyping in relation to young children and older people -
- Understood the contribution of intergenerational learning to social inclusion -
- learned the BEST FRIENDS approach and training program -
- Can now plan and take steps towards implementing an intergenerational learning activity involving young children and older people -
- Be familiar with some tools and techniques used to facilitate BEST FRIENDS intergenerational learning TOOLKIT -
- Can Identify conditions for successful implementation of intergenerational learning work and possible challenges -
- Can Identify skills and competences for intergenerational learning work

Participant Feedback

"very interesting and informative"

"Practical and useful learning activities"

Interesting to see real implemented activities"

"Really dynamic and helpful to understand learning at different ages and how to promote it"





Participant Feedback

"Really interesting and helpful to understand ageism and how to fight it"

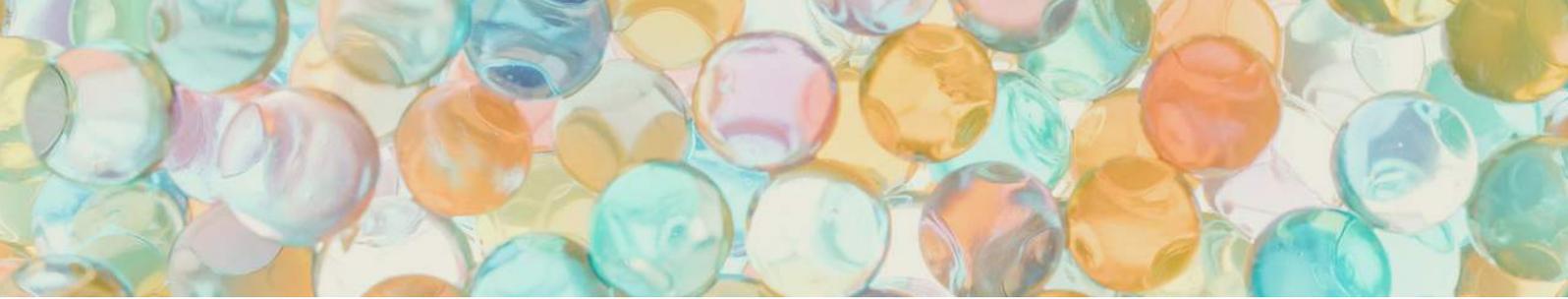


"Really interesting and helpful to understand the needs and goals we should plan for, before implementing a Learning Intergenerational Activity"

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