



**REPORT FROM THE THIRD I-CARE MEETING
MARIAGERFJORD – REBILD, DENMARK
18 – 21 JUNE 2013**

'Just do it'

How to stimulate intergenerational practice in small villages?
How to acquire intergenerational competences?
Lifelong learning as the connector and stimulator of sustainable rural development.



Mariagerfjord Rural District Council
www.mariagerfjord.org

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WORKSHOP ON THE 19TH JUNE 2013

The workshop was conducted with the participation of about 30 international guests as well as local volunteers. The result of the workshops three group processes can be read below.

GROUP 1

THREE RECOMMENDATIONS

How to stimulate intergenerational practice in small villages?

1. Initiativ should come from the grassroot level (within the village)
2. Identify common interest for example development of the village (development plan), competition (card games, chess etc.) competences, infrastructure, fundraising / collecting money
3. Find the right speed for decision making – get compromises from both the young and the seniors

Life long learning as the connector and stimulator of sustainable rural development?

1. Changing our minds – who's urban and who's rural, acceptance to change, openmindedness
2. Reinvent our values
3. Reintroduce sustainability into education

GROUP 2

How to stimulate intergenerational practice in small villages?

1) What type of activities stimulates both the young and seniors?

- Cooking and dining together: The young and the elderly write a cookbook together. The elderly teach the young how to cook old fashioned food based on old recipes, and then the young serve the meal to the elderly
- A walk down memory lane: A long walk with grandparents and children or other seniors. They go for a walk through town, and show each other, which places they find important. It could be a GPS walk that none of the generations know how to work, and then they have to learn it together. They should do this, because it is important that the generations know each other.
- Lawnmower pull: Both young and seniors get together to help pulling the lawnmower.

2) Who should promote these types of activities?

- The village, the board of the village and volunteers. The activities should be promoted to reach all persons. Both online, and in paper. There must be a coordination of communication in order to reach the 'right' people.

3) How to bridge the gap between generations?

- Bridge the gap by learning to respect. E.g. through various activities. The young and the seniors should arrange activities together in stead of making the young take over just suddenly.

4) How do we overcome the presumptions about the other age group?

- Doing activities together leads to respect, which should overcome the presumptions.

THREE RECOMMENDATIONS

How to stimulate intergenerational practice in small villages?

- 1) The local boards must be excellent communicators, and be willing to invite young newcomers face to face. A general invitation in a newspaper or on FB is not enough.
- 2) The board needs to have special skill, so each person has a specific role. The young newcomers also have to feel that they have a special role or work task. There must be some sort of diversity in the board. If the board consists of both young and seniors, then it will be much easier to 'feel the mood' and communicate through the right channels.
- 3) Find out what kind of village your village is. Find the type of communication which better for your village. If the current type of communication does not work, then move on and communicate through other channels. Do not be afraid of trying something new. Cooperate with other villages, and be stronger in a joint venture.

GROUP 3

How to stimulate intergenerational practices in small villages?

Examples of suitable activities across generations:

- Sports weeks / festivals
- Musical events, dance etc.
- Computer activities where the young teach the seniors
- "Crafts" - Youth / children learn old craft activities from the seniors
- Cooking

Activities should be embedded in the cooperative sector. For instance in the village of Veddum young people have entered the board of the Assembly House, which is a brilliant example of activities across ages.

Often young people are afraid of being ridiculed. It's not trendy to participate in activities with seniors.

Barriers:

- It's hard to get young people/families to return to the rural areas. They feel that they'll have to give up on their network from their studies.
- Diversity in the "speed". Young people are in a gear other than the elderly.

An example from Denmark:

The Association "The Bridge" are working intergenerational by senior volunteers being mentors for vulnerable children and young people in relation to incorporating them into the club activities.

Competencies:

- There ought to be topics within education that gives children / young people the opportunity to seek out seniors for solving there assignments – f.ex. help with historical topics.
- Seniors can help as volunteer staff with for example homework, school meal programs, camps etc.
- Both generations should be open to each other and show respect and empathy.

It's about listening to each other and to bury the usual prejudices.

How to stimulate intergenerational practice in small villages?

Result of I-CARE group discussions on Thursday 20th June 2013

1. What about the 12-20 year old in the village?

Younger people within the range of 12 to 20 years old spend most of their time outside the villages. They are away for educations, sport and other leisure time activities and social contacts.

How can we build the bridge between youngsters in these age groups and elderly people in the villages?

- a) Start with good youth clubs in the rural area. For example in Flanders they created a place, where young people meet and in this way are stimulated to spend their time in their village.
- b) Stimulate mutual interests in each other's way of living (young and old). For example by asking the local sport clubs to invite seniors to come and watch the young play football and let the different age groups talk about the similarities and differences between sports in the old days and nowadays.
- c) Stimulate discourses between different age groups about what they can do for each other.
- d) Organise activities where young and seniors can do something together.
- e) Involvement: make young responsible for a part of the organisation of village activities. And make sure that there are adults to support them where necessary.
- f) Do not make anything more complex than necessary. Too many rules make things complicated and difficult. Instead focus on quick easy results.

Conclusion: Events for young and seniors are great social glue for the rural area. Look for the people who are capable of mobilising and stimulating a group of volunteers for the organisation of activities.

2. Special institutions in the rural area

We have heard of three different kind of special institutions in this part of rural Denmark. For example the institutions for alcohol and drug addicts. What is the story behind these facilities and what is the impact on the rural communities?

One of the reasons these facilities can be found in rural part of Denmark is the combinations between a quite village atmosphere without any temptations and on the other side the relatively low prices of the buildings. On one hand these institutions provide work and income for locals shops, but on the other hand the impact on the local communities should not be underestimated.

3. Good ideas and inspiration

Thanks to the field visits, presentations and meetings, these two days in Denmark many 'good ideas' are exchanged. Some of them will be mentioned here. From all the 'good ideas' a separate essay will be made by the Dutch.

Summary of good practices:

- playground for all ages
- kitchen in the village hall which can also be used for meals with friends and family
- the school and local farmers arrange that children with special needs can come and work on the farm
- the example where the local sports took initiative to facilitate a kindergarten was very inspiring
- organise a walk around the village where locals tell about what they know about the history of the village.
- Create a niche: a local shop can specialize on organic food in order to attract customers from nearby villages.
- Entrepreneurship in the rural area creates a win-win situation. Local people generate an income and the economic situation of the area is improved.
- Children's day-care is very well organised and of high quality in Denmark.
- In the Netherlands for two generations ago it was a good tradition that young people in the village did tasks for a small fee. For example mowing the lawn. Reintroduction of this tradition can be a good idea in order to help the elderly.

4. Do we need funds for social activities?

The absence of money should not be a barrier: if you have a good idea – just do it! Often good plans generate money if necessary. And often social events do not need to cost a lot of money. Also you can decide whether attendants should pay a fee to make the event break-even.

It is important with a place where people can meet. Besides that it is important to acknowledge that if you are situated in the rural areas and would like to go somewhere transportation is often costly.

Germany talked about setting up a local NGO fund which supports all kinds of activities. This foundation has self-control in regards of how to generate and how to spend the money. In this way it is also possible to earn some money for the organisation e.g. by selling calendars (Catalunya). Some of these kind of organisations are subsidised by the (local) government and have a foundation, which can support rural development activities (Denmark, Germany and the Netherlands).

5. A village as entrepreneur

A new way of approaching voluntary work is the semi-volunteer; those people who have a key role in the village or those who spend so much time doing voluntary work, that they can get paid.

6. Specific ways to approach the process

Set up a framework to allow intergenerational practices in small villages. Communication is an important tool: think like young people to attract the young people. Youth clubs can be the key when given a responsibility in communication between young and seniors. Projects that focus on intergenerational working like I-care stimulate volunteers and professionals to develop and implement new ways of contacts and interaction between young and seniors.

PROJECT AGREEMENTS AND OTHER ISSUES

<u>GENERAL</u>	<u>WHO</u>	<u>WHEN</u>
<ul style="list-style-type: none"> • Jorgen presents the dilemma, that we don't have a common language • Heinz Jürgen is saying that his colleagues are learning English • Kuen – hard to find people speaking English in Belgium 		
Conclusion: Staff participants must speak English – Learners preferable too but are optional – always inform ahead about special language needs		
<u>GUIDE</u>		
Janneke presented different types of guides. In general we have to decide the balance between images and text. There is an English version and a version in the national language.		
There is an accept from all partners to make a guide. We need lots of focus on the outcome. Must be relevant for years to be a success.		
Conclusion: We will communicate the I-care project through a bookmark, a guide, the leaflet and the website	Janneke makes a frame + use an example from the Netherlands (with the blue guide as inspiration) Marta sends inspiration to Janneke	Hungarian meeting
<u>WEBSITE</u>		
The website works good. However we need to take initiative to “renovate” and renew it.	Marta and Jørgen	August
<u>LEAFLET</u>		
Sentence about outcome and national flags need to be added.	Jørgen	ASAP
<u>PROJECT MEETING IN HUNGARY</u>		
The subjects are: What are the educational needs of senior citizens and how to respond to these needs? How can social media contribute to sustainable wellbeing of the elderly in small villages?		
Hungary ask if it is possible to postpone the visit 1 day. From the 23rd until the 26th.	Every country returns with an answer to Katalin.	Before 5 th of July
Flight options: Budapest no later than 14.00 + bus to Balaton lake		
Draft of the program for the Hungarian meeting	Katalin	A month before the meeting at the latest
<u>LAST MEETING IN BELGIUM</u>		
Kuen suggest the 19th until 23rd May – with 2 days of visits and 1 day of evaluation etc.	Will be finally verified in Hungary	
<u>EVALUATION</u>		
Keep <ul style="list-style-type: none"> • The friendly atmosphere • At the final meeting collect the inspiration from the meeting • Use the Netherlands booklet (good idea – Description – application to local situation) 		

- Spacious program

Renew

- Let different groups start with different questions

Stop

- The themes were a bit ambitious (not too many questions)
- Long days – at least not too long...

Program for the I-care visit to Denmark – 18th to 21st of June 2013

Tuesday 18 June 2013

16.00 to 17:00	Guests arriving
17.00 to 18.30	Welcome and short introduction to program The chairman of the Committee for Culture and Leisure, Mariagerfjord Municipality Jørgen Pontoppidan welcomes the international guests to Denmark
19.00	Dinner at Rold St. Inn

Wednesday 19 June 2013

08:00 to 09:00	Breakfast in Rold St. Inn
09:00 to 10:00	Coordinators Meeting / walk in the woods for the learners and others
10:00 to 12:30	Visit to Rørbæk and Ll. Rørbæk where we will visit the two villages community centres and local shop.
12:30 to 13:30	Lunch
13:30 to 14:00	Driving to Døstrup Community center
14.00 to 17.00	Workshop for invited guests (Rural Council, Nordjyske Assembly Houses and locals) + international guests. Program will follow.
17:00 to 18:00	Recreation time for a walk in the nearby park or networking
18:00 to 20:30	Dinner in the Døstrup community center for the workshop participants
20.30 to 21.30	Return to hotel – on our way back to the hotel we'll pass the harbour town Hobro and main city in Mariagerfjord Municipality

Thursday 20 June 2013

08:00 to 09:00	Breakfast in Rold St. Inn
09:00 to 09:30	Departure Nørholm village
09:30 to 11:45	Visiting the village Nørholm – their new community center and village store run by volunteers
11:45 to 12:30	Departure to Hørby
12:30 to 14:00	Lunch at Kim Knudsen
14:00 to 15:30	Project meeting for everybody – program will follow
15.30 to 16.30	Coffee, networking and games
16.30 to 18.00	Coordinators' meeting
18.00 to 19.00	Departure for the hotel and leisure time
19.00 to ?	Dinner and networking

Friday 21 June 2013

08:00 to 09:00	Breakfast in Rold St. Inn
09.00 -	Departure home

SHORT DESCRIPTION OF THE STUDY VISITS

Wednesday 19th June 2013

After a coordinators meeting we drove to Rørbæk in the southern part of Rebild Municipality. In Rørbæk we visited the Community Center, where the chairman told about the history and activities. The Community Center is financed by a small amount from Rebild Municipality, membership fee and Bingo.

We then visited Rørbæk Football Club that by voluntary workers only has built a kinder garden. The Football Club rents out the facilities to the Municipality.

Finally we visited and heard about the local shop. About 3-4 years ago it was a Coop, but they closed it. Rørbæk citizens then mobilised the whole village and fundraised about EURO 33.000 for maintain a shop locally. They established a board that hired a manager to establish a SPAR shop.

After Rørbæk we visited Ll. Rørbæk Community Center, which is situated in the old school building from 1907. The school closed in 1962 but local people establish an association and run the building today as the local Community Center.



After lunch we went to Døstrup to participate in the I-care workshop together with about 14 Danish volunteers. See the report of the workshop in the enclosed document.

Døstrup is a very active village. In a break many participants used the opportunity to go for a walk through Døstrup, where they visited a watchtower with a beautiful view over the lake and the local playground with shelters.

After dinner on our way back to the hotel we drove along the beautiful Mariager Fjord to the small fisherman village Stinesminde.

Thursday 20th June 2013

Today we visited the village of Nørholm in the northern part of Himmerland (close to Aalborg). In Nørholm we visited the newly built Community Center, where the chairman and his colleagues told us about the village and the building of the Community Center. The Community Center is situated in the center of the village and replaced the old Community Center. The town wanted to establish the new Community Center outside the village near the school, but they weren't allowed.

The Community Center was hence built in the center of the village. The new building is very popular and often in use all weekend. The result is that the neighbours experience a lot of noise. As a consequence the Community Center has subsequently built sound barriers all around the house.

We also visited the local voluntary based shop with focus on organic food and products. The shop also had a small area for social interaction and networking☺.



After Nørholm we drove to Kim Knudsens private home in Hørby east of Hobro and Mariager Fjord. After lunch we conducted a common meeting (see the resume somewhere else in the report). While the coordinators met the others were offered to go and see either a local Danish organic farm or some historical sights.

PARTICIPANTS LIST

Belgium

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Catalunya

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