

The project « ACTAGE - Juniors for seniors active ageing » is funded with the support of the European Union under the Programme "Europe for Citizens"

Applicable to the Strand 2 – Measure 2.2 "Networks of Towns"

## Report of the event nr. 2 in Škofja Loka, Slovenia

**Participation:** The event involved 95 citizens, including 61 participants from municipality of Škofja Loka /Slovenia, 2 participants from the Bashkia Kruje /Albania, 3 participants from Stadtgemeinde Judenburg/Austria, 5 participants from Stadt Bad Kotzting/Germany, 3 participants from Bundorain/Ireland, 4 participants from Mesto Sušice/Czech Republic, 4 participants from Municipality of Rokiškis/Lithuania, 4 participants from Koszeg Varos/Hungary, 3 participants from Orasul Siret/Romania, 6 participants from Vereniging Meerssen/Netherlands

**Location / Dates:** The event took place in Škofja Loka (Slovenia), from 3/9/2020 to 5/9/2020

### Short description:

Event in Škofja Loka was focused on the solving of the challenge of the quality aging of seniors through workshops and exchange of experiences and good practices. Program was tailor made for the needs of four target groups: officials, teachers, students and seniors.

### Thursday, September 3rd:

The first day was dedicated to the arrival and accommodation of participants. The participants got to know the historical centre of Škofja Loka through guided tour and a visit to the cultural exhibition

opening. The day was concluded with welcome dinner which was an excellent opportunity for the introduction of traditional Slovenian cuisine, multicultural dialogue and bonding among participants.

#### **Friday, September 4th:**

On the second day detailed program of all future 5 events with the keynote “Challenges of aging in European towns” was introduced to participants. After the plenary introduction 4 parallel workshops for each target group (officials, teachers, students, seniors) were implemented. All four workshops were structured around key elements:

- Presentation of participants
- The aging situation in each town (numbers and trends)
- Key challenges you face
- Some best practices in addressing aging in your town

At the **Seniors` workshop** which took place at Public University premises speakers presented aging situation, main challenges and best practices in their towns together with the civil organizations dealing with elderly people. Participating cities sent their own materials and describe their view. These materials were presented and discussed on workshop.

At the **Official`s workshop** good practices in each municipal administration were highlighted such as establishment of senior council, senior coordinator, intergenerational buildings ect. Apart from good practices other possible solutions were identified such as Multigenerational playgrounds in the communities. One part of the workshop was dedicated to the identification of problems in the elderly homes in each municipality and to the new ideas how to introduce new activities for the seniors in the light of corona safety measures. The conclusion of the workshop was that many municipal administrations are facing the same problematic and it would be very beneficial for all towns involved if the official website of town network Douselage would have its own section with projects and ideas. So that other communities can refer to these best practice examples.

**The Teachers' workshop** dealt with topic of ageing situation, trends and local policies and practices in participating towns in the view of different target groups with the aim of getting familiar with different situations and challenges and existing practices in participating towns.

The facilitator invited all the participants to think over the following starting ice-breakers

1. Is it still true that only the elderly (teacher in formal education) can teach the youth or has this relationship changed?

2. Importance of senior involvement in non-formal education

3. What have we learnt from the corona epidemic situation, especially when older teachers had to learn how to use modern device to communicate with the young?

After the short exchange of opinions, the participants explained the situation in their local areas. In the continuation the following good practices were presented:

- projects that Gimnazija Škofja Loka carried out in the last few years dealing with the elderly
- the situation in Judenburg, Austria was presented, especially the way how the community communicates with the old peoples' homes in the area and the elderly (help given in shopping, commuting, volunteering...)
- the situation in the town Bad Koetzing, Germany was presented i.e. how they eliminated the obstacles on the streets in order to allow the elderly easier approach to the offices, bank. Examples of cooperation with the elderly and the positive outcomes on non-formal education in everyday life were stressed out.
- a mixture of volunteering and non-formal education approach with the collaboration between the youth and the elderly in Koszeg in Hungary was presented as a showcase example
- a teacher from University of Maribor, dr. Jože Gričar presented some of the examples from his own practise and pointed out the importance of collaboration between the youth and the elderly, especially through education (formal or non-formal).
- a Slovenian student presented her own practise through non-formal education with the elderly in the local area.

At the end of the discussion the facilitator showed also the presentations that other Douzelage cities (Sušice, Czech Republic, Bundoran, Northern Ireland, Meerssen, The Netherlands) have prepared:

Key conclusions of the of the workshop where that in terms of education there is always a possibility of communication, collaboration or participation between the seniors and the juniors, either through formal (institutional) or non-formal education. In this relation it's a win-win situation for the seniors and the juniors, (visits to kindergarten, workshops in schools; these has always proved to be a good practise of exchanging cultural heritage). Volunteering as a form of constant assistance has proved to be very helpful in many towns.

The **Students workshop** was focused on solving 2 key challenges and providing some fresh ideas in order to bridge the gap between youth and elderly.

Key challenge 1: Seniors and Juniors are active, have a lot of different options – but not together with other generations. The main question is: How can we solve this situation?

Solution: Thanks to a lot of good ideas and best practice examples in our European partner cities, we focused on what every city can do. The main solution was in the national and international volunteering of the young people. The dynamics, obstacles and opportunities of volunteering were thoroughly discussed throughout the workshop. Also the new European Union initiative for youth volunteering, European Solidarity Corps programme was presented.

Key challenge 2:

Problem: Young people don't want to join – they have to realize they can gain something from the work with seniors. How can we bring juniors and seniors together without forcing someone to do it?

Solutions: Best-practice examples were presented such as (Photography Course, Computer Course, Common Living) and further ideas were identified such as sport activities and other hobbies

After the workshops the participants got familiarized with good practice example by the visit of the local intergenerational centre and the visit to the elderly home which was facilitated at the outside premises due to the coronavirus restrictions.

At the afternoon plenary sessions conclusions of each workshop were presented to all participants and also to the team members which weren't able to attend the event through the means of live online streaming.

Last part of the agenda was dedicated to the introduction of the next event in Judenburg.

### **Saturday, September 5th:**

The last day of the event was dedicated to introduction of Slovenian cultural heritage through visitation of the arts and crafts marketplace followed by the departure of participants.

## Junior for Seniors

### Active ageing

### Workshop: Officials

Participants: Jernej Tavcar (Škofja Loka), Wolfgang Kerscher (Bad Kötzting), Thorsten Wohleser (Judenburg)

The requirements for towns are currently under the sign of Corona and the associated even more difficult situation of financing the projects. In the course of this workshop, projects of the communities in question were highlighted and discussed.

#### Relevant projects and ideas:

**Senior Council:** Pensioners have the opportunity to submit applications to the communities that have to be dealt with by the respective committees.

**Elderly Homes:** Rising costs, a lack of manpower and changes in the age structure pose major problems for the communities. The question arises what's better: state or private.

**Senior Coordinator:** There should be ONE contact person who should serve as a one-shop-stop for the retirees. These persons should bundle the leisure activities, funding opportunities, support and so on.

**Connection between old and young:** One possibility of inter-generation is that elderly homes and kindergartens are housed in one building. This enables both old to learn from young and young from old.

**Intergenerational Buildings:** Apart from mandatory facilities greater attention should also be paid on the question how to bring several generations (associations, institutions, leisure facilities) into one environment.

**Ideas in elderly homes:** Due to Corona our towns had the same problems. To take away the loneliness of the residents, e.g. the following projects are implemented: secured visitor centers, therapy dogs, adapted animations

**Barrier-free community:** A separate brochure with implemented projects on the subject of "barrier-free" was published, which also sets out the goals and projects for the coming years.

**Active in the park:** Multigenerational playgrounds in the communities

**Other Ideas:** Game evenings and increased cooperation with the senior clubs.

**Conclusios:**

It is important for communities to be familiar with the various types of fundings. Depending on the administrative level, this turns out to be very different and complicated from country to country.

Many congregations have the same problems; it would be an idea that the Douzelage website will get its own section with projects and ideas. So that other communities can refer to these best practice examples.

Report prepared by Group manager Thorsten Wohleser



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Group TEACHERS

2<sup>nd</sup> event in Škofja Loka, 4. - 5. 9. 2020

### **Juniors for Seniors - Active Ageing Report on Teachers' Workshop**

Friday, September 4, 2020, 11.15 am – 12.45am, report at 4.30 pm, Škofja Loka Municipality

**Topic:** Ageing situation, trends and local policies and practices in participating towns in the view of different target groups

**Aim:** getting familiar with different situations and challenges and existing practices in participating towns

**Facilitator:** Jože Bogataj, prof.

#### **Participants:**

- Agatha Kertscher, Bad Goetzting; Germany ex teacher
- Katarina Hofke, Bad Goetzting, Germany, a student
- Ilona Berger, Judenburg, Austria, public sector
- Vera Nora Darabont, Koszeg, Hungary, a student
- Dr. Jože Gričar, Ljubljana, University of Maribor, a teacher
- Ema Nunar Škofja Loka, Slovenia, a student
- Ana Prevc Megušar, prof. Škofja Loka, Slovenia, a teacher

**The facilitator invited all the participants to think over the following starting ice-breakers**

1. Education has always (since pre-historic times) been understood as passing the knowledge/experience/skills from one (usually older) generation to another (usually younger). Let us think over the times and find out the existing practises in a modern society. Is it still true that only the elderly (teacher in formal education) can teach the youth or has this relationship changed?
2. As teachers we know that everyday practise has proved that non-formal education is getting more and more important and that knowledge/skills/experiences may be gained in any situation, not only in classrooms. In this respect seniors may be of a great help when speaking of non-formal (i.e. non-institutional) education.
3. In March this year we had to lock down the schools all over the world due to corona virus and started to teach on line, using the different gadgets and applications in order to communicate with our pupils and students. What have we learnt from the corona epidemic situation, especially when older teachers had to learn how to use modern device to communicate with the young?

**After the short exchanging opinions the participants explained the situation in their local areas where they came from.**

Škofja Loka, Slovenia, Ana Prevc Megušar and Jože Bogataj (see power point presentation):

- Presenting few projects that Gimnazija Škofja Loka carried out in the last few years dealing with the elderly: Symbioses projects were launched in 2011 and the young had the opportunity to teach the elderly how to use a computer (sending an e mail and browsing google); later in 2016 the Symbioses project started to launch physical exercises to be performed in collaboration with the elderly, and recently this project has launched the idea how the young can teach the elderly use the tablets and smart phones.
- On the other side the elderly can be very informative when speaking of cultural heritage. Students from Škofja Loka Grammar school visited the old people 's home in the town and recorded /filmed the elderly telling a poem or a song from their youth. In that way they presented the local heritage and later on some of the most precious examples were printed in the book.
- Gimnazija has ran a MEPI project (Duke of Edinburg Award) since 2004. Many students participate in the project and one of the four disciplines they have to so is to be a volunteer. That is why Škofja Loka Grammar school has a lot of volunteers and a lot of voluntary work has been done in the past year in the local society. (In the corona times this work has stopped).
- During the national and international exchanges of students: a part of the programme has always been a workshop of modelling the ginger bread. A local craftsman is invited to school and she

Judenburg, Austria, Ilona Berger reports (see the power point presentation)

- Illona Berger presented the situation in Judenburg, especially the way how the community communicates with the old peoples' homes in the area and the elderly (help given in shopping, commuting, volunteering...)

Bad Koetzting, Germany Agatha Kertscher (see the power point presentation)

- She explained the present situation in the town i.e. how they eliminated the obstacles on the streets in order to allow the elderly easier approach to the offices, bank... Further on as a former teacher she told us some examples of cooperation with the elderly but finds education system very rigid. That is why she believes in non-formal education.

Bad Koetzting, Germany Katarina Hofke

- Katarina pointed out the positive outcomes on non-formal education in everyday life.

Koszeg, Hungary Vera Nora Darabont, a student (see power point presentation)

- She presented the situation in Koszeg in Hungary. A mixture of volunteering and non-formal education approach with the collaboration between the youth and the elderly.

Ljubljana, University of Maribor, dr. Jože Gričar, a teacher

- As a respected lecturer he presented some of the examples from his own practise and pointed out the importance of collaboration between the youth and the elderly, especially through education (formal or non-formal). And that is the reason he would introduce a new title to the schools that participate and collaborate with the seniors, following the existing "Age-Friendly University" global network" to "Age Friendly Secondary School".

Emma Nunar Škofja Loka, Slovenia, a student

- Ema Nunar presented her own practise through non-formal education with the elderly in the local area.

**At the end of the discussion the facilitator showed also the presentations that other Douzelage cities have prepared:**

Sušice, Czech Republic, Bundoran, Northern Ireland, Meerssen, The Netherlands.

**Outlines of the workshop:**

- Speaking of education, we agreed there is always a possibility of communication, collaboration or participation between the seniors and the juniors, either through formal (institutional) or non-formal education.
- In this relation both, the seniors and the juniors, profit – it is a win-win situation. (visits to kindergarten, workshops in schools: these has always proved to be a good practise of exchanging cultural heritage.
- Volunteering as a form of constant assistance has proved to be very helpful in many towns.
- As Mr Gričar said: We're in the same boat. And we all need to help each other. We'll all survive.

Jože Bogataj, facilitator



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Group STUDENTS

2<sup>nd</sup> event in Škofja Loka, 4. - 5. 9. 2020

### Key challenge 1:

Seniors and Juniors are active, have a lot of different options – but not together with other generations. The main question is: How can we solve this situation?

Thanks to a lot of good ideas and best practice examples in our European partner cities, we focused things every city can do.

#### Volunteering

A volunteer is a person who wants to help other people without force or payments to them. This does not have to be a person from another country. Because of our European project, we want to combine the idea of get in contact with other Europeans and the idea of “Juniors for Seniors”. And that is why we’ll focus on examples with volunteers from other European countries in the following examples.

The main goal of international volunteers is to get in contact with people from other countries, learn new perspectives and inspiration for their own life in the future. Most of the time people are volunteering in other countries after High School or during a semester at University.

People who want to volunteer must choose between a lot of different styles of volunteering. We discussed with young people in Škofja Loka who are working with children in Slovenia for one year as volunteers from other European countries. They said that they know people who are working together with seniors in other countries. But no one knows someone who is working with seniors and juniors

Our solution to solve the problem is:

Why not combining working with children and seniors? With new programs and ideas, volunteers could give positive impacts on living together in every city. Especially people from other countries could give new and positive impact to the people in the country where they start their voluntary because of their native country and projects people do there. They also have the perspective of an outside person and could see where the real problems are (organization, potential etc.).

Thanks to this viewpoint and the function of a volunteer, these people could start new programs, realize new ideas and organize events where juniors work together with seniors.

#### Volunteering as a chance

To realize our solution, the municipality, schools, and clubs have to advertise the advantages of being a volunteer.

Therefore we pointed out the main benefits to start a volunteer year in another European (partner-) city:

- Good for yourself
  - lots of impressions
  - you learn a lot from others
  - get in contact with new people
  - learn how to live in an area you don't know
  - learn a new language
  - learning a new culture means opening your horizon
  - learn what the European idea is about
- Good for Curriculum Vitae
- Your gaining important working experience

Problems to solve:

The main problem which can occur is, that it can be hard to find people with a certain level of 'professional' knowledge in some situations. Which means that working together with children or seniors with special constraints (for example very old seniors with illnesses) need volunteers with special qualification.

At least, people from other European countries should speak English and should be willing to learn the language where they live and work.

### **Key challenge 2:**

**Problem: Young people don't want to join – they have to realize they can gain something from the work with seniors.**

How can we bring juniors and seniors together without forcing someone to do it?

A connection can be made through common interests or hobbies!

It is important to make both sides see the point: Learning from each other!

Best-practice examples:

- Photography Course
- Computer Course
- Common Living

Further ideas:

- Sport activities
- All possible hobbies (Theatre, playing Instruments)

Sometimes it is hard to bring people together because of our way of thinking (“this is something for young people – what should I do there?”)

Idea: Go with juniors to a place where seniors are!

For example: Bowling.

Another best practice example: <https://lowvelder.co.za/608958/ball-steel-fun-appeal/>

Report prepared by Group manager Julian Preidl

## Workshop Report

Seniors` workshop took place at Public University premises.

Due to COVID-19 situation not all the participants from Europe were able to be present at this event.

18 participants participated in the workshop. Participants were from project team and guests from associations from Škofja Loka.

Speakers presented aging situation, main challenges and best practices in their towns together with the civil organizations which deal with elder people.

Participating cities sent their own materials and describe their view. We presented and discussed these materials on workshop.

On afternoon plenary session we discuss some topic with remotely connected team members.

### Seniors` workshop findings

Current situation:

- Age structure: seniors' population is between 16% and 33%
- Share of people old over 65 years in the total population is increasing
- Different services and care for elder people are led by government (public organizations) and civil organizations
- Many projects for elderly people are currently running and many are already finished successfully
- Cities and organizations expected more funding
- Costs for care and services are constantly rising
- Lack of appropriate housing for elder people
- Too many seniors are not included in any service/care
- Technology influence on seniors' life
- Juniors are not included sufficiently into elder's care
- Effect of COVID-19 epidemic to elder population

Key challenges:

- To improve lifestyle of elder people
- Offer new programmes oriented to elder people
- Well organized institutional care and voluntary work

- To promote inclusion of more seniors into offered programmes
- Proper share between public and civil institutions
- Linking of public and civil institutions and social enterprises
- More old people`s homes, sheltered housing, a day-care centres
- Grant more living communities and popularize them
- A support to elder people to stay at home longer
- Building of a common community intergenerational living
- Inclusion of more seniors in service/care, omit discrimination on ground of age
- Support elder people to new technologies
- Adequate founding of programs, more money is needed; funds should be shared between state and civil organizations
- Make better possibilities against COVID-19

Best practices:

- Successful projects and services: town without barriers, pedestrian and cycling paths, transportation projects, gather together events, learning & knowledge transfer for seniors, library and reading for seniors, charity, sporting & recreation, creative workshops, student and children visiting seniors ...
- Various solution for elder people housing (own homes, elderly homes, retirement homes, care farms, meal delivery ...)
- WMO - responsibilities in the area of care and welfare are devoted from the Central Government to the municipalities [Meerssen, NL]
- Youngsters are obliged to serve in civil institutions before they graduate [Hungary]

Report prepared by Group Manager Igor Medič