



C.H.A.N.G.E.R.S. - 2.0

Methodology Development on Knowledge Transfer

Work Package 3 - Activity 2: Methodology development for teaching on sustainable and green household topics seniors from transgenerational aspect



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Project Summary

C.H.A.N.G.E.R.S.-2.0 is an Erasmus+ project that aims to develop targeted training materials for rural seniors to improve their access to adult learning opportunities on specific topics which can help them fight against climate change and energy poverty, and contribute to sustainability such as energy efficiency, sustainability households and adaptation to climate change. In particular, the project addresses:

- senior citizens (65+) in rural areas and in general, since they often fall out from the scope of the available training opportunities by living in the countryside or having lower IT skills,
- further multiplier agents who can directly reach out to seniors, such as NGOs and other organizations working with senior citizens especially in rural areas, staff members of local and regional municipalities, and adult educators in general, and
- younger generations in terms of transgenerational learning.



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Aim of the C.H.A.N.G.E.R.S.-2.0 project

The main objective of C.H.A.N.G.E.R.S.- 2.0 is to develop targeted training materials for educators teaching rural seniors in order to improve adult learning opportunities on specific environmental topics; which can help them mitigate climate change and energy poverty, while contributing to sustainability. Work Package 3 includes guidelines for:

- **WP3 Activity 1:** *Methodology development for teaching on sustainable and green household topics seniors locally.*
- **WP3 Activity 2:** *Methodology development for teaching on sustainable and green household topics seniors from transgenerational aspect*

The purpose of the present document is to provide and valorise useful teaching material on sustainable and green household topics related to WP3-A2.

Aim of these Methodology Guidelines

WP3 Activity 1: *Methodology development for teaching on sustainable and green household topics seniors locally* contributes to the whole project objective by establishing a solid methodology for the development and usage of the training material and toolkits on sustainable and green household topics.

WP3 Activity 2: *Methodology development for teaching on sustainable and green household topics seniors from transgenerational aspect* focuses on transgenerational co-education, i.e., how children/grandchildren/neighbours can help seniors in the green and sustainable topics in a form of co-education.

The final result of the two methodologies is compiled in two reports, including the following chapters:

- Learning objectives
- Recommended curriculum
- Methodology for the use of the Trainers' Modules
- Intergenerational Activities

Next Stop: C.H.A.N.G.E.R.S.-2.0 Training Materials and Toolkits

Following the Methodology Development on Knowledge Transfer, the project:

- provides **training material** covering green, energy-efficient, sustainable and climate change topics specifically adapted to the needs of seniors.
- offers two sets of **toolkits** including additional information and supporting tools in line with the two methodological approaches, such as tips and tricks and supporting ideas for organizing local events with the training material and a set of family games.

Check our Work Package 4 outputs on the **[project website](https://changers2.eu/results/)** to find the related documents: <https://changers2.eu/results/>

Work Package 3 Activity 2:
Methodology development for teaching on
sustainable and green household topics seniors
from transgenerational aspect



Intergenerational Activities



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Clarifying the Concept:

According to Lima and Giglio (2007) intergenerational relationships are interactions that occur between individuals of different generations, that is, individuals at different stages of life, different contexts, historical, social and cultural events that determine their trajectories and lifestyles, which when they meet exchange experiences and content, contributing to mutual growth and development (Martins, 2013).



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Clarifying the Concept:

In common sense, when talking about intergenerational relationships, it is common to associate with relationships between the elderly and children. However, this type of relationship refers to any reciprocal relationship, which takes place between different generations, what distinguishes a generation is education and identical sociocultural flows, that influence values, beliefs, habits and way of being (Marques, 2012).



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Clarifying the Concept of Intergenerationality:

In this sense, intergenerationality is a principle that promotes equality between generations, makes it possible to change mentalities and favors citizenship, which must be facilitator of inclusion, social solidarity and well-being of people, and intergenerational solidarity understands the need for relationships between generations, harmonious and productive (Martins, 2013)



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Why it is important to join seniors and youth in rural environment discussing sustainability and green topics?

- Intergenerational Knowledge Transfer
- Holistic Perspective
- Community Engagement
- Bridging the Generation Gap
- Capacity- Building
- Sustainable Rural Development



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Intergenerational Knowledge Transfer

Seniors often possess traditional knowledge, wisdom, and experience that have been passed down through generations. By joining them with youth, this valuable knowledge can be shared and preserved, ensuring its continuity and relevance in addressing sustainability challenges in rural areas.



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Holistic Perspective

Seniors and youth bring different perspectives to the table. Seniors offer historical context, insights into traditional practices, and lessons learned from past experiences. Youth, on the other hand, brings fresh ideas, technological expertise, and a deep understanding of contemporary challenges. By combining these perspectives, a more holistic and comprehensive approach to sustainability and green development can be achieved.



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Community Engagement

Rural communities often face unique sustainability challenges, such as agriculture, water management, renewable energy, and land use. Involving seniors and youth in discussions and decision-making processes empowers the community as a whole. It ensures that solutions are locally informed, relevant, and reflective of the community's needs, aspirations, and values.



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Bridging the Generation Gap

In rural areas, there can sometimes be a divide between generations due to differences in lifestyle, values, and opportunities. By creating opportunities for seniors and youth to come together, discussions around sustainability and green topics can bridge this generation gap, foster understanding, and promote intergenerational cooperation and collaboration.



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Capacity- Building

Joining seniors and youth in discussions on sustainability and green development can serve as a platform for capacity-building. Seniors can share their knowledge and experiences with youth, empowering them to become future leaders and change agents in their communities. Simultaneously, youth can contribute their skills, energy, and innovative ideas to inspire seniors and drive positive change.



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Sustainable Rural Development

By involving both seniors and youth, rural communities can develop sustainable solutions that take into account the needs and aspirations of all stakeholders. This participatory approach enhances the likelihood of long-term success, as it ensures ownership, inclusivity, and a sense of shared responsibility among community members and Intergenerational Solidarity - Engaging seniors and youth in sustainability discussions fosters intergenerational solidarity and mutual respect.



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Some key components used in the methodology for this project:

- Interdisciplinary Approach
- Experiential Learning
- Collaborative Learning
- Intergenerational Dialogue
- Project-based Learning
- Mentoring and Peer Learning
- Incorporation of Technology
- Long-term Engagement



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Interdisciplinary Approach

The activities incorporates various disciplines such as environmental science, social sciences, and education to provide a comprehensive understanding of sustainability and green topics.



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Experiential Learning

Participants engage in hands-on activities, field visits, and practical exercises that allow them to experience and apply sustainable practices in real-world settings directly.



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Collaborative Learning

The activities carried out foster collaboration and knowledge-sharing among participants from different generations, encouraging them to work together in order to find innovative solutions and exchange experiences.



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Intergenerational Dialogue

The activities create a space for open dialogues and exchange of ideas between participants of different ages, promoting mutual understanding, respect, and learning between generations.



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Project-based Learning

Participants work on collaborative projects that address specific environmental challenges in their communities, promoting active participation and knowledge-sharing in green topics.



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Mentoring and Peer Learning

The training incorporates mentoring programmes where experienced individuals guide and support younger participants, creating opportunities for intergenerational mentorship and knowledge transfer.



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Incorporation of Technology

Training utilizes digital tools and platforms to enhance learning and engagement, enabling participants to access online resources, share information, and collaborate virtually.



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Long-term Engagement

The training aims to foster long-term engagement and commitment to sustainability by providing ongoing support, networking opportunities, and further resources in the long-term.



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Seniors can play a vital role in working with young people on matters related to sustainability and green topics. Here are some formal ways in which seniors can collaborate with young individuals:

- Knowledge Sharing
- Interdisciplinary Collaboration
- Mentorship
- Interactions and Dialogue
- Volunteer and Community Engagement
- Advocacy and Policy Influence
- Bridging the Generation Gap



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Knowledge Sharing

Seniors can share their wealth of knowledge and experiences in sustainable practices and environmental conservation with younger generations. This can be done through informal conversations, storytelling, workshops, or mentoring programs, etc.



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Interdisciplinary Collaboration

Seniors can collaborate with young people from diverse backgrounds, such as environmental science, engineering, social sciences, and education, to combine their expertise and develop innovative solutions to environmental challenges.



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Mentorship

Seniors can serve as mentors to younger individuals who are interested in pursuing careers or projects related to sustainability and green topics. They can provide guidance, support, and advice based on their own experiences.



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Interactions and Dialogue

Seniors can engage in intergenerational dialogue with young people, creating spaces for open discussions, debates, and the exchange of ideas on sustainability and green topics. This dialogue promotes mutual understanding, respect, and learning between generations.



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Volunteer and Community Engagement

Seniors can actively participate in community initiatives and organizations focused on sustainability and green topics. By volunteering their time and expertise, they can work alongside young individuals on projects and activities that promote environmental education and sustainable practices.



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Advocacy and Policy Influence

Seniors can use their life experiences, networks, and credibility to advocate for sustainable policies and practices. They can collaborate with young activists and organizations to raise the awareness about environmental issues and push for positive change at local, national, and even international levels.



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Bridging the Generation Gap

Seniors can help bridge the generation gap by fostering understanding and appreciation between different age groups. They can facilitate intergenerational activities, events, and workshops that encourage cooperation, empathy, and shared decision-making.



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Here are some examples of tools and games that can facilitate intergenerational engagement in a more informal setting:

- Memory Games
- Board Games and Card Games
- Storytelling Activities
- Arts and Crafts
- Outdoor Adventures
- Cooking and Baking
- Puzzles and Brain Teasers
- Music and Dance



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Memory Games

Play memory games together, such as matching pairs or trivia games that challenge participants to recall events, facts, or personal memories. This promotes cognitive stimulation and encourages intergenerational bonding through shared experiences.



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Board Games and Card Games

Engage in board games or card games that are suitable for different age groups. Classics like chess, Scrabble, Uno, or card games like Rummy or Go Fish can provide enjoyable and interactive experiences that bridge generational gaps and promote friendly competition.



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Storytelling Activities

Encourage grandparents and grandchildren to share stories with each other. This can involve storytelling sessions where grandparents recount their childhood experiences, family history, or cultural traditions. Likewise, grandchildren can share their own stories, experiences, or imaginative tales, fostering mutual understanding and strengthening the bond between generations.



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Arts and Crafts

Engage in arts and crafts activities that allow grandparents and grandchildren to create something together. This can include painting, drawing, knitting, or making handmade crafts. Such activities promote creativity, mutual learning, and the exchange of skills and knowledge between generations.



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Outdoor Adventures

Plan outdoor adventures that encourage physical activity and exploration. This can involve nature walks, gardening, birdwatching, or organizing picnics. These activities provide opportunities for shared experiences, fostering a sense of connection with nature and promoting active lifestyles.



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Cooking and Baking

Involve grandparents and grandchildren in cooking or baking sessions. They can prepare family recipes together, share cooking tips, or experiment with new dishes. This not only promotes intergenerational bonding but also helps pass down culinary traditions and skills, and allows all to discuss sustainability.



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Puzzles and Brain Teasers

Solve puzzles or brain teasers as a group activity. This can include jigsaw puzzles, crossword puzzles, or riddles. Such activities stimulate cognitive abilities, encourage teamwork, and provide opportunities for grandparents and grandchildren to support each other.



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Music and Dance

Engage in music and dance activities that span different generations. This can involve listening to and discussing music from different eras, teaching traditional dances, or even learning to play musical instruments together. Music and dance promote self-expression, creativity, and cultural appreciation.



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Here are some examples of activities that seniors and youth can engage in together in a rural environment to discuss sustainability and green topics:

- Community Garden
- Workshops on Energy Efficiency and Renewables
- Nature Walks and Conservation
- Recycling and Waste Management Initiatives
- Traditional Crafts and Skills
- Water Conservation Campaigns
- Environmental Art and Murals
- Storytelling and Oral Histories



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Community Garden

Establish a community garden where seniors and youth can work side by side to grow organic produce. This activity promotes sustainable agriculture practices, knowledge sharing about gardening techniques, and the importance of locally sourced food.





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Workshops on Energy Efficiency and Renewables

Organize workshops on energy efficiency and conservation. Seniors can share their experiences in sustainable energy practices, while youth can contribute their knowledge on renewable energy technologies. Participants can learn, inter alia, about energy-saving habits, solar panels, energy-efficient appliances, and the benefits of reducing energy consumption.





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Nature Walks and Conservation

Arrange nature walks or guided hikes in local natural areas. Seniors can provide insights into the history and biodiversity of the region, while youth can highlight the importance of conservation and environmental protection. Participants can engage in discussions on preserving ecosystems, wildlife habitats, and the role of sustainable tourism.

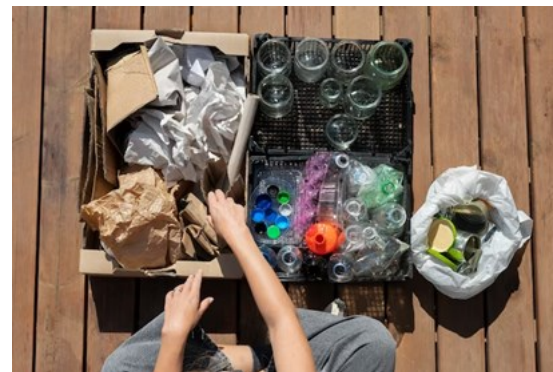




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Recycling and Waste Management Initiatives

Collaborate on recycling and waste management projects. Seniors can share their understanding of traditional waste reduction practices, while youth can contribute their knowledge of modern recycling techniques. Together, they can organize recycling drives, implement composting programs, and educate the community on waste reduction strategies.





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Traditional Crafts and Skills

Encourage seniors to share their traditional crafts and skills related to sustainable practices. This can include activities like weaving, pottery, basket-making, or woodworking using local and eco-friendly materials. Youth can learn from seniors, preserving cultural heritage while exploring sustainable production methods.





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Water Conservation Campaigns

Develop campaigns on water conservation and management. Seniors can discuss traditional water-saving techniques and local water sources, while youth can introduce modern water-saving technologies. Together, they can organize workshops, create educational materials, and promote responsible water usage in the community.





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Environmental Art and Murals

Collaborate on creating environmental art and murals in public spaces. Seniors can contribute their artistic skills and knowledge of traditional art forms, while youth can bring in contemporary techniques and themes related to sustainability. The art pieces can serve as visual reminders of the importance of protecting the environment.





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Storytelling and Oral Histories

Facilitate storytelling sessions where seniors can share oral histories related to sustainability and the rural environment. Youth can document and record these stories, preserving them for future generations. This activity helps transmit traditional knowledge, values, and the wisdom of the past.





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Due to our transgenerational approach, besides trainings, the activities carried out with seniors allow us to cover a variety of tools and materials to promote effective knowledge-sharing, engagement and collaboration among different generations. Here are some examples:

- Resource Guides
- Educational Materials
- Storytelling and Oral History Collection
- Recognition and Celebration



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Resource Guides

Search for comprehensive resource guides that provide information, guidelines, and practical tips related to the project's focus areas. These materials can serve as references for participants of all ages, offering a shared knowledge base and promoting consistent understanding and application of concepts.



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Educational Materials

Search for educational materials such as brochures, pamphlets, infographics, or videos that simplify complex concepts and present them in an accessible and engaging manner. These materials can be constructed together for awareness-raising, education, and promoting sustainable practices among all generations.



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Storytelling and Oral History Collection

Encourage the collection and sharing of personal stories, memories, and experiences related to the project's themes. This can be done through interviews, oral history recordings, or storytelling sessions. These narratives help foster understanding, empathy, and intergenerational connections, allowing participants to learn from one another's experiences.



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Recognition and Celebration

Develop mechanisms to recognize and celebrate the contributions of participants from different generations, on the events that they had participated. This can include certificates, awards, public acknowledgments, or celebratory events. Recognizing the efforts and achievements of participants reinforces their engagement and motivates continued involvement in the green training.

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