InterGenic

Supporting EU's twin transitions through intergenerational learning, exchanges of knowledge and joint actions

Intergenerational Best Practice eBook

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Intergenerational Best Practice eBook

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Foreword

This e-Book presents concrete examples and guidance for organizations and communities seeking to implement intergenerational joint actions in their local context. Seven Intergenerational joint actions are presented in this document which were developed as part of the InterGenic EU project implementations. Furthermore, this e-book it incorporates the methodological framework followed for the development of the joint actions, enabling the replication of this educational model across Europe.

This resource is a result of the collaborative work of the InterGenic project partnership which is comprised by eight Organisations and Institutions from seven different European countries:

- Universitat Jaume I of Castellón (Spain)
- University of Limassol (Cyprus)
- Innovation Education Lab (Romania)
- InterAktion – Verein für ein interkulturelles Zusammenleben (Austria)
- AGECARE (CYPRUS) LTD (Cyprus)
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- ODISEE (Belgium)

The InterGenic project is co-funded by the European Union and the ERASMUS+ programme in the field of adult education. The project runs over a duration of 24 months, from December 2023 to November 2025.

We hope this e- book inspires and supports you in implementing such collaborative and impactful actions among different generations at your local communities.

Introduction

About the InterGenic Project

The “InterGenic: Supporting EU's twin transitions through intergenerational learning, exchanges of knowledge and joint actions” project focuses on supporting the European Union's twin (digital and green) transition through intergenerational learning, knowledge exchange and joint actions.

The specific objectives of the project are to:

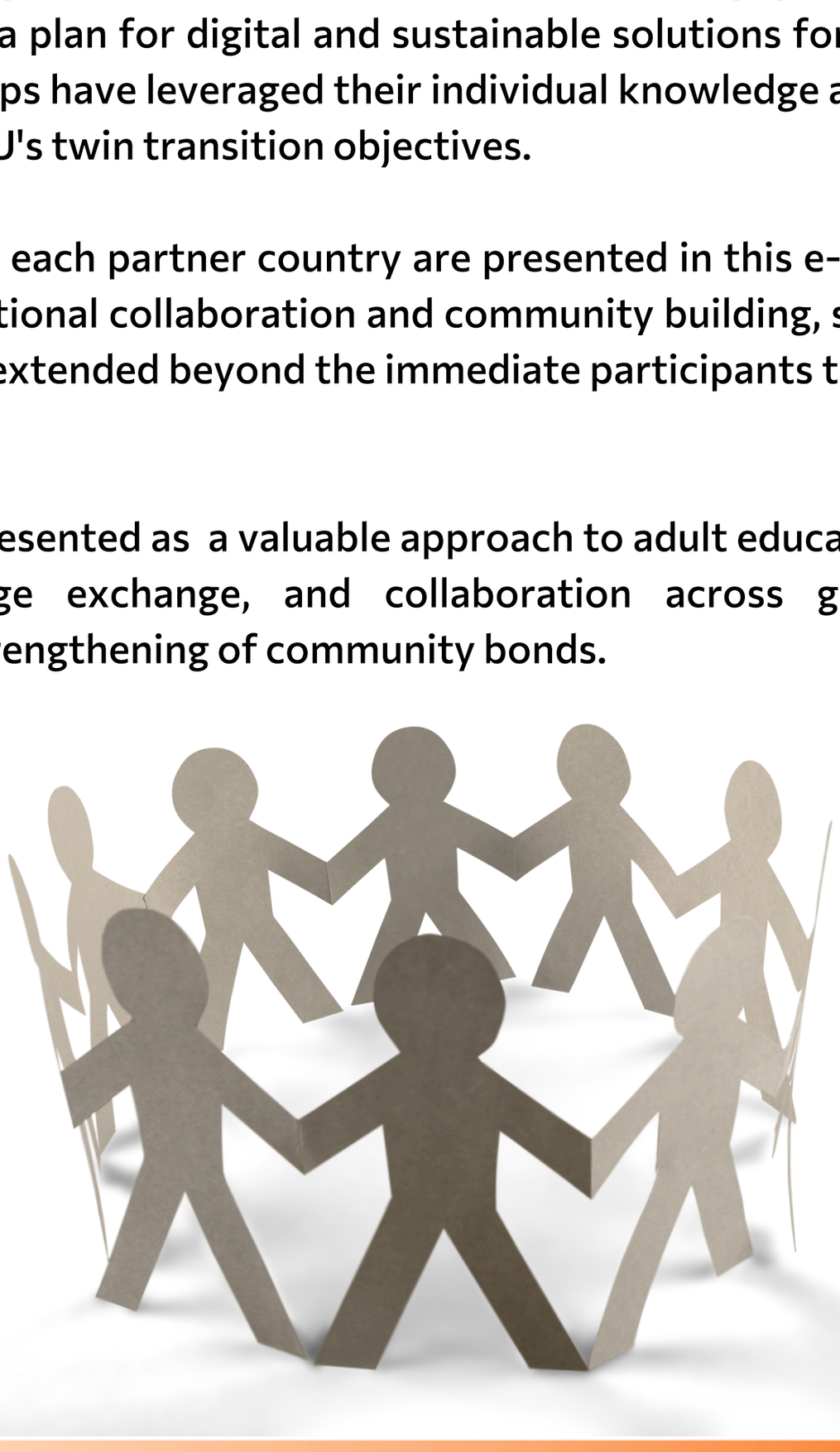
- Contribute to the EU’s digital policy strategy by supporting the capacity of youth across Europe to transfer their digital skills and knowledge to other generations.
- Contribute to the EU’s green transition policy aims by supporting the capacity of seniors across Europe to teach traditional sustainable practices to other generations.
- Develop and test an educational framework based on youth-seniors joint action, which will propose local solutions related to the EU’s twin transition.
- Raise awareness of the challenges and opportunities of transitioning to the future and bridge the socio-epistemic gap between generations.

The project during its implementation established links between young people and senior citizens for the mutual exchange of knowledge, facilitated by mentoring programmes. In addition, joint initiatives were developed, following a collaborative process, to showcase the importance and positive outcomes an intergenerational exchange can have in the European societies.

For supporting the creation of such intergenerational initiatives, the project engaged youth and seniors and supported them in developing a plan for digital and sustainable solutions for their local communities. These intergenerational groups have leveraged their individual knowledge and skills to address local needs in alignment with the EU's twin transition objectives.

The intergenerational actions developed in each partner country are presented in this e-book, in an effort to promote the value of intergenerational collaboration and community building, showcasing that the benefits from such actions can be extended beyond the immediate participants to the wider community.

Furthermore, intergenerational action is presented as a valuable approach to adult education and as such fosters mutual respect, knowledge exchange, and collaboration across generations, contributing to personal growth and the strengthening of community bonds.



Intergenerational Action Methodology as educational model

Intergenerational action is a process that intentionally brings together people from different generations- seniors and youth- to interact, learn from each other, and establish relationships in order to create an action that both can benefit from.

This process is grounded in the theory of lifelong learning, which asserts that individuals can continuously adapt to emerging challenges, foster personal growth, and make meaningful contributions to society across all stages of life. Through this lens, intergenerational action creates a dynamic learning environment based on shared experiences, skills, perspectives, and knowledge.

Beyond strengthening community and group bonds, intergenerational action fosters social innovation by leveraging the diverse knowledge, creativity, and resources that each generation brings (Hughes et al., 2013). Understanding how intergenerational action can be utilized as a structured methodology provides guidance to ensure that both youth and seniors are meaningfully engaged, empowered, and able to contribute to local community development.

An intergenerational methodology emphasises on structured engagement and equality among participants, rather than a one-way transmission of knowledge from older to younger or vice-versa. Systematic reviews of intergenerational exchange programmes highlight that when older and younger people collaborate as equal partners, mutual learning, empowerment, and community cohesion are most effectively achieved. Facilitator-supported dialogue, reflective learning, and co-creation are key elements in ensuring that such initiatives go beyond interaction to achieve genuine educational and social impact.

As part of the **InterGenic** project, the intergenerational action methodology adopted, fostered collaboration, mutual learning, and co-creation of solutions among participants. This approach aligned with the specific objectives of the EU's twin transition, particularly in promoting sustainability and digitalization. The methodology served as a model for developing future intergenerational programmes, ensuring that both youth and seniors actively enhanced their skills, shared knowledge, and contributed to innovative and inclusive solutions addressing societal challenges within their communities.

Local Intergenerational Actions for Twin Transition

The Intergenerational Action for twin transition- green and digital- was implemented in each partner country during February- August 2025.

More than 140 participants took part in this activity transnationally. Youth (18-30 years old) and seniors (55+ years old) from each partner country formed an intergenerational group and participated in a series of sessions; working together to ideate, design, and partially develop local solutions that address the EU's twin transition.

The purpose of the intergenerational groups across the participating countries was to foster meaningful collaboration between youth and seniors through structured, inclusive, and creative activities. Each national group aimed to build bridges between generations by encouraging mutual learning, sharing of knowledge and values, and co-creation of sustainable and digital solutions to real community needs.
The implementation format varied, with the number of meetings and the setting of the sessions being decided in agreement with the participants in each partner country.

During the sessions the following principles were adopted across the partnership in order to have uniformity and be inclusive:

- Involve both youth and seniors equally in the preparation of the intergenerational action.
- Ensure efficient and appropriate guidance of all participants.
- Encourage the creation of a personal bond between youth and seniors.
- Sustain an interactive and collaborative working environment.
- Maintain a common vision in each session.
- Promote the visibility of the project.

A Facilitators' Handbook derived also from the partnership to guide practitioners through the process of fostering effective intergenerational actions, aligning with both the EU's green and digital transition goals.

Combining a set of methodologies, like the participatory, co-creation, visual, and hackathon-themed based methodologies, facilitators supported participants from different generations (youth and seniors) to effectively collaborate in problem-solving and create sustainable and digital solutions for their communities or groups. Clear steps were outlined in this handbook to empower facilitators' role in nurturing communication and collaboration, enabling participants coming from different generations to bring their unique perspectives, know-how and skills into the development process of meaningful outcomes and actions. Moreover, the evaluation process, was an integral part of the process for refining the solutions and ensuring the success of future implementations.

Apart from the traditional form of evaluating the implementations and actions, a transnational online meeting was integrated in the evaluation process so that representatives from each partner country's intergenerational group present their idea and receive feedback from other participants to finalise their ideas.

The local intergenerational actions developed and presented below as best practices are understood as an extension of both lifelong and intergenerational learning, emphasizing in the active collaboration between both, youth and seniors, and addressing shared social, environmental, and community challenges.

A Mobile Application to improve Waste Management and increase Citizen Engagement

Best Practice coordinated by Universitat Jaume I - UJI (Spain)

Best practice title

A Mobile Application to improve Waste Management and increase Citizen Engagement

Context and Objective

The Spanish intergenerational group, identified and categorized issues across social, environmental, and economic themes, highlighting challenges such as public transport inefficiencies, digital barriers in healthcare, littering, plastic use, and inadequate recycling systems. In response to growing environmental challenges and the need for more efficient waste management; the improvement of citizen participation and behavioural change were set as key priorities for the city of Castellón de la Plana. The most voted solution among stakeholders was the design of a mobile application to improve waste management, promote recycling, and enhance overall city cleanliness, taking into consideration the user-friendly element for seniors to be able to effectively use it.

The main objective of this initiative is to foster active citizen engagement and raise awareness of sustainable practices through digital tools that combine accessibility, information transparency, and motivation strategies such as gamification and public feedback.

Description of the Practice

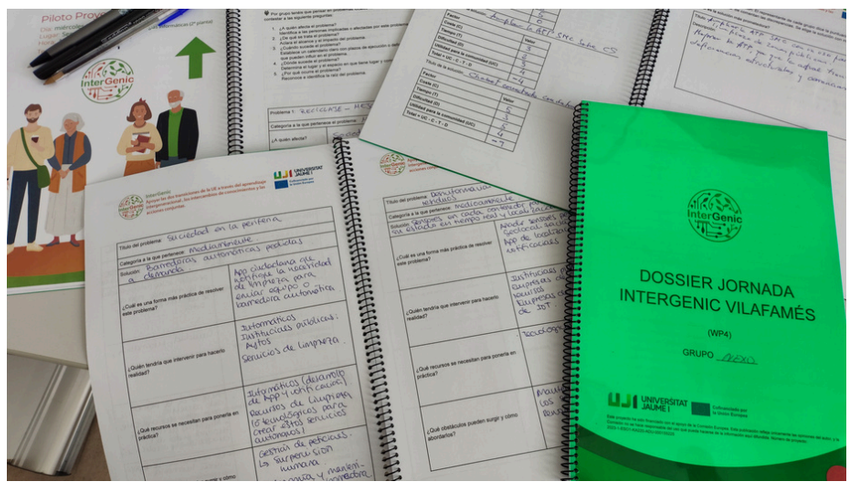
The proposed mobile application serves as an innovative digital platform that connects residents with local waste management services. It is designed to operate both as a standalone solution and as a component integrated into existing municipal platforms. The application was digitally designed and modified in Figma by seniors with the help of the young people and the project facilitators. The design was based on the sketches initially developed on paper.

The application includes the following main features:

- Public Information Hub: A section offering detailed information on mobile eco-park schedules, recycling procedures, and local environmental policies.
- Incident Reporting Tool: A function that allows citizens to report issues related to city cleanliness, waste bins, or improper waste disposal directly to municipal authorities.
- Reward and Gamification System: A points-based mechanism encouraging recycling behaviour. Users earn points—redeemable for benefits such as tax discounts—by recycling at designated stations using QR code validation.

Methodology

The development process was participatory, engaging both youth and senior citizens in co-design activities and decision-making. This inclusive approach ensured that the application's design met the needs and preferences of diverse user groups, while also strengthening intergenerational collaboration and digital inclusion. In addition to using the facilitators' handbook as a guide for the sessions, a dossier was provided to record the responses of all the working groups. This way, each group had a document that they used as a guide and record of the process. An added advantage of this dossier was that it later helped the facilitators to analyse the responses shared for each step and create a very accurate and comprehensive final report.



Outcomes and Expected Impact

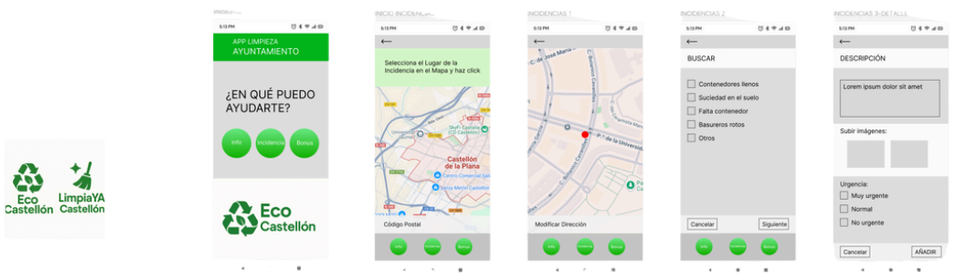
The development and implementation of this mobile application is expected to:

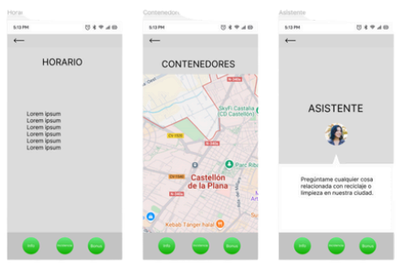
- Increase citizen awareness and knowledge on waste management practices.
- Optimise municipal waste collection processes through real-time data and citizen feedback.
- Promote positive behavioural change through incentives and gamified participation.
- Strengthen collaboration between citizens and local authorities, fostering a shared sense of responsibility for urban cleanliness.

Transferability and Sustainability

This best practice demonstrates how digital solutions can effectively support sustainable waste management and civic engagement. The model can be replicated in other municipalities, with adaptations to local infrastructures, policies, and incentive schemes.

The long-term sustainability of the mobile application can be supported by formal presentations to municipal authorities to encourage integration into the city's waste management strategy. Awareness campaigns can be launched to promote citizen engagement and ensure consistent community participation. The app's green functions, such as recycling rewards, incident reporting, and clear guidance on eco-practices, are embedded within a user-friendly and accessible digital interface, ensuring inclusion, ease of use, and long-term adoption across different age groups.





A Digital Platform for Local Trade, Skills Exchange, and Green Mobility
Best Practice coordinated by InterAktion (Austria)

Best practice title
A Digital Platform for Local Trade, Skills Exchange, and Green Mobility

Context and Objective
The Austrian intergenerational group identified the need to address the environmental and health impacts of ultra-processed foods and the lack of sustainable food access for young people in urban settings. Senior citizens expressed interest in sharing traditional skills and homegrown products, while youth sought new opportunities to engage in community-oriented and sustainable activities.
To address these needs, the intergenerational team proposed a multi-purpose digital platform, available both as a mobile application and a website. The platform aims to encourage mutual support, skills exchange, and local commerce, while promoting environmentally friendly logistics and mobility solutions.

Description of the Practice
The proposed platform functions as a community-driven marketplace and exchange hub, designed to be simple, inclusive, and accessible to users of all ages.
Its main features include:

- Skills and Support Exchange: Seniors can post requests such as “help needed in the garden in exchange for food or goods,” creating opportunities for collaboration between generations.
- Local Product Marketplace: Users can sell or offer homemade and homegrown products, supporting small-scale and sustainable local trade.
- Notification System: Members receive timely alerts when new offers or requests are posted, allowing quick responses and effective coordination.
- Alignment with Green Mobility: Notifications also help users plan eco-friendly transport or delivery options, encouraging sustainable local logistics.

For initial testing, the team suggested launching a pilot version through a Facebook group, allowing the community to explore the idea, gather feedback, and refine functionalities before developing a full application and website.

Methodology
The action was designed through active intergenerational collaboration, bringing together youth and senior participants who jointly defined the platform’s purpose and structure. This approach ensured that digital accessibility, usability, and community relevance were addressed from the outset. The process also served as a learning experience in digital literacy and co-creation across generations.

Outcomes and Expected Impact

The initiative is expected to generate several positive outcomes:

- Strengthen intergenerational cooperation through shared economic and social activities.
- Increase digital participation among seniors through accessible technology.
- Improvement of local, small-scale economic exchanges based on mutual benefit and trust.
- Reduction of transport needs and environmental impact through localised trade and coordination.
- Enhancement of community resilience by linking social cohesion with sustainable mobility and production and improve local economic interaction and social cohesion between generations.

Transferability and Sustainability

The concept is highly transferable to other European contexts, particularly in small towns and rural areas where local trade and intergenerational exchange are essential for community vitality. The use of existing social media platforms for testing makes the model low-cost and adaptable.
Long-term sustainability would depend on continued user engagement, local authority support, and integration with broader green mobility policies.

Intergenerational Hackathon for Inclusive Innovation in Health Care
Best Practice coordinated by ODISEE (Belgium)

Best practice title

Intergenerational Hackathon for Inclusive Innovation in Health Care

Context and Objective

The Belgian intergenerational group was formed as part of the ODISEE institution practice of 'Hackathon'. Thus, the hackathon format itself ensured intergenerational engagement by involving students, teachers, experts, and professionals of different ages. The diversity of the participants allowed natural collaboration across generations, and the group dynamics were supported by facilitators throughout the process.

During the Hackathon, the teams focused on exploring how co-creation and digital innovation could address the everyday challenges faced by older adults while fostering collaboration across generations. Belgium's ageing population, combined with rapid digitalisation, highlighted the need for solutions that balance technological innovation with inclusiveness and usability.

Description of the Practice

The Hackathon served as a structured innovation process combining creativity, technology, and empathy. Participants from various backgrounds, including young University students, professionals in the health care, and senior citizens, collaborated in teams to design and prototype solutions to real-life challenges affecting older adults.

A total of 48 innovative ideas were generated, demonstrating the potential of intergenerational collaboration in digital and social innovation. Among them, two winning solutions were selected for their strong practical impact and intergenerational value.

Specifically, the ideas entailed:

- A people-oriented behavioural support system for elderly residents in care centres. This approach uses environmental nudging techniques and simple tools like RFID wristbands, to create more respectful and supportive dementia-care environments. The focus is on inclusiveness, comfort, and feasibility for elderly users.
- A technology-assisted phone system for older adults. A system that can help older people to communicate more easily and effectively with healthcare providers. This solution suggests a hybrid approach to hospital contact, combining chatbots with human follow-up, recognising both the potential and limits of digital tools for older adults.

All ideas and outcomes were documented and shared with local stakeholders, fostering opportunities for further development and potential integration into healthcare and social systems.

Methodology

The hackathon engaged participants of all ages in a collaborative environment that valued equality, creativity, and lived experience. Seniors contributed practical insights based on daily challenges, while young students provided digital and design expertise. This structure fostered mutual learning, respect, and innovation through diversity. Stakeholders from healthcare institutions, technology partners, and community organisations were also involved, ensuring that proposed solutions were relevant, realistic, and grounded in current societal needs.

Outcomes and Expected Impact

The Hackathon demonstrated measurable outcomes in both innovation and social impact such as:

- Generation of multiple, documented solution concepts.
- Strengthening collaboration between young and older participants, enhancing mutual understanding.
- Increasing awareness among institutions on the importance of designing responsible, age-friendly technologies and practices.
- Establishment of a framework for future participatory innovation events.

The hackathon model itself proved to be a replicable tool for civic engagement and co-design, bridging generational and technological divides.

Transferability and Sustainability

The Hackathon practice represents a transferable model of intergenerational innovation, adaptable to other thematic areas or regions. It can be replicated by local authorities, universities, or NGOs seeking to promote inclusive design processes.

Its sustainability lies in its flexibility as hackathons can be scaled up or down depending on local capacity; and outcomes can feed directly into municipal or healthcare innovation strategies. Continued documentation, mentoring, and stakeholder involvement ensure that promising ideas progress beyond the event stage.

Intergenerational Sustainability Center

Best Practice coordinated by University of Limassol and Materia Group (Cyprus)

Best practice title

Intergenerational Sustainability Center

Context and Objective

The Cypriot intergenerational group was formed by residents of the community of Lympia in Nicosia, bringing together youth and seniors to co-design a shared solution addressing the challenge of educational interaction and sustainable living. Through collaborative discussions and joint activities, participants combined their experiences, ideas, and needs to develop an inclusive proposal that reflects the community's aspirations for strengthened intergenerational connections and more sustainable daily practices.

The Intergenerational Sustainability Center emerged as a synthesis of five smaller ideas co-developed during participatory group sessions:

1. Creation of a youth center for learning, socialising, and skill-building.
2. Establishment of a sustainability café (kafeneion) offering workshops, cultural events, and opportunities for intergenerational exchange.
3. Development of a green outdoor space for environmental education and community activities.
4. Implementation of a safe pedestrian and bicycle path to encourage green transport and active living.
5. A village-wide sustainability plan including composting, recycling hubs, and training programs for eco-friendly practices.

By integrating these elements, the group envisioned a single community initiative that combines environmental responsibility, digital inclusion, and social cohesion.

Description of the Practice

The proposed community Sustainability Center will transform an underused building into a multifunctional community hub for sustainable learning and action.

Key features of the Center include:

- Educational and Training Areas: Spaces for workshops, lectures, and digital skills sessions focused on recycling, energy efficiency, and responsible consumption.
- Recycling and Composting Stations: Dedicated areas to promote hands-on environmental practices and community participation.
- Digital Tools for Coordination: An online calendar for scheduling events, and social media platforms for communication, outreach, and promotion of local initiatives.

The Center will operate both as a welcoming venue for informal gatherings, discussions, and intergenerational exchange, and as a space for encouraging collaboration, continuous learning, and environmental stewardship across generations.

Methodology

The design and vision of the Center resulted from collaborative, intergenerational group work involving youth and senior citizens from Lympia. Participants jointly shaped the proposal through structured workshops and field visits that encouraged creativity, shared responsibility, and community ownership.

This co-design approach ensured that the Center's concept reflects real local needs while empowering all generations to contribute their perspectives and skills. The inclusive process also strengthened community ties and demonstrated the value of shared leadership in sustainable development.

Outcomes and Expected Impact

The Intergenerational Sustainability Center is expected to generate long-term benefits for Lympia and its residents by:

- Strengthening intergenerational collaboration and community cohesion.
- Enhancing digital literacy through training and online participation.
- Increasing environmental awareness and promoting sustainable lifestyles.
- Transforming an underused local space into a dynamic center for learning, creativity, and social inclusion.

Ultimately, the Center aims to become a catalyst for change, inspiring residents to adopt environmentally responsible habits and fostering a shared sense of purpose and progress in their community.

Transferability and Sustainability

This best practice is highly transferable to other communities seeking to combine sustainability, education, and intergenerational exchange. The model demonstrates how underutilized community spaces can be repurposed into multifunctional hubs for learning and collaboration.

Sustainability of the initiative is supported by a detailed timeline agreed upon during the action, outlining the steps for its establishment and long-term operation. A representative committee has been formed to oversee planning, funding, and coordination, ensuring structured management and ongoing community involvement. A meeting with the deputy mayor has already taken place to secure the Center's inclusion in the municipality's upcoming action plan, reinforcing institutional support. The Center's multifunctional spaces, educational programmes, and digital communication tools will further ensure continuous engagement, intergenerational learning, and environmental stewardship within the community of Lympia.

Overall, the practice's sustainability depends though on continuous community engagement, local authorities support, and partnerships with educational and environmental organisations. By integrating social, environmental, and digital dimensions, the Center provides a practical and replicable framework for local sustainability and inclusion.

“2 Generations-1 Plate”: A channel promoting Healthy and Sustainable Eating through Intergenerational Collaboration
Best Practice coordinated by DYEKO (Greece)

Best practice title

“2 Generations-1 Plate” (2G1P): A channel promoting Healthy and Sustainable Eating through Intergenerational Collaboration

Context and Objective

The Greek intergenerational group initially identified two priority areas for creating meaningful local impact: water management and medical wellness and nutrition. During the early stages, participants collaborated to outline practical household strategies for reducing water waste, including more efficient toilet use, mindful daily water consumption, and awareness-raising about water as a shared community resource.

As the action progressed, the group collectively decided to focus more deeply on the theme of Medical Wellness and Nutrition, recognising its relevance to both physical and mental health as well as its strong link to Greece’s Mediterranean cultural heritage. This theme provided an ideal opportunity to combine seniors’ traditional knowledge with the digital and creative skills of younger participants, resulting in the co-creation of a Healthy Traditional Mediterranean Diet Guide, which will be promoted through online tools to support broader community outreach.

Description of the Practice

Through the sessions and intergenerational collaboration, the practice led to the creation of a YouTube channel titled “2 Generations–1 Plate” (2G1P), dedicated to promoting healthy and sustainable eating habits through the lens of the Traditional Mediterranean Diet.

Co-developed by youth and senior participants, the channel features:

- Traditional Recipes and Stories: Seniors are to share authentic Mediterranean recipes along with cultural stories connected to family traditions, seasonal customs, and regional heritage.
- Healthy and Sustainable Eating Tips: The videos are to highlight the use of local and seasonal ingredients, raising awareness about the nutritional and environmental benefits of the traditional Mediterranean diet.
- Digital Production and Communication: Youth participants take the lead in filming, editing, and promoting the content through social media, ensuring professional presentation and wider outreach.

The channel acts both as a tool for cultural preservation and as a modern educational resource for audiences interested in balanced nutrition and sustainability. Through 2G1P, food becomes a point of connection between generations, fostering creativity, mutual learning, and healthier lifestyles rooted in local heritage.

Methodology

The co-design process involved active collaboration between youth and seniors throughout all stages of project development. Seniors contributed their culinary experience, traditional knowledge, and personal narratives, while youth participants applied their digital expertise to transform these inputs into engaging, high-quality online content.

Workshops fostered mutual learning and respect, showing how technology can bridge generational divides and give new life to cultural traditions. The process also strengthened participants’ sense of community and shared identity through creative, purpose-driven teamwork.

Outcomes and Expected Impact

The “2 Generations–1 Plate” initiative is expected to produce several long-term benefits:

- Promotion of healthy lifestyles, encouraging balanced nutrition and mindful eating through traditional Mediterranean practices.
- Cultural preservation through the recording and sharing of traditional recipes, stories, and customs for future generations.
- Digital empowerment by enhancing the technological and communication skills of participants, particularly seniors.
- Sustainability awareness as it focuses on demonstrating how food choices influence environmental sustainability through local and seasonal consumption.

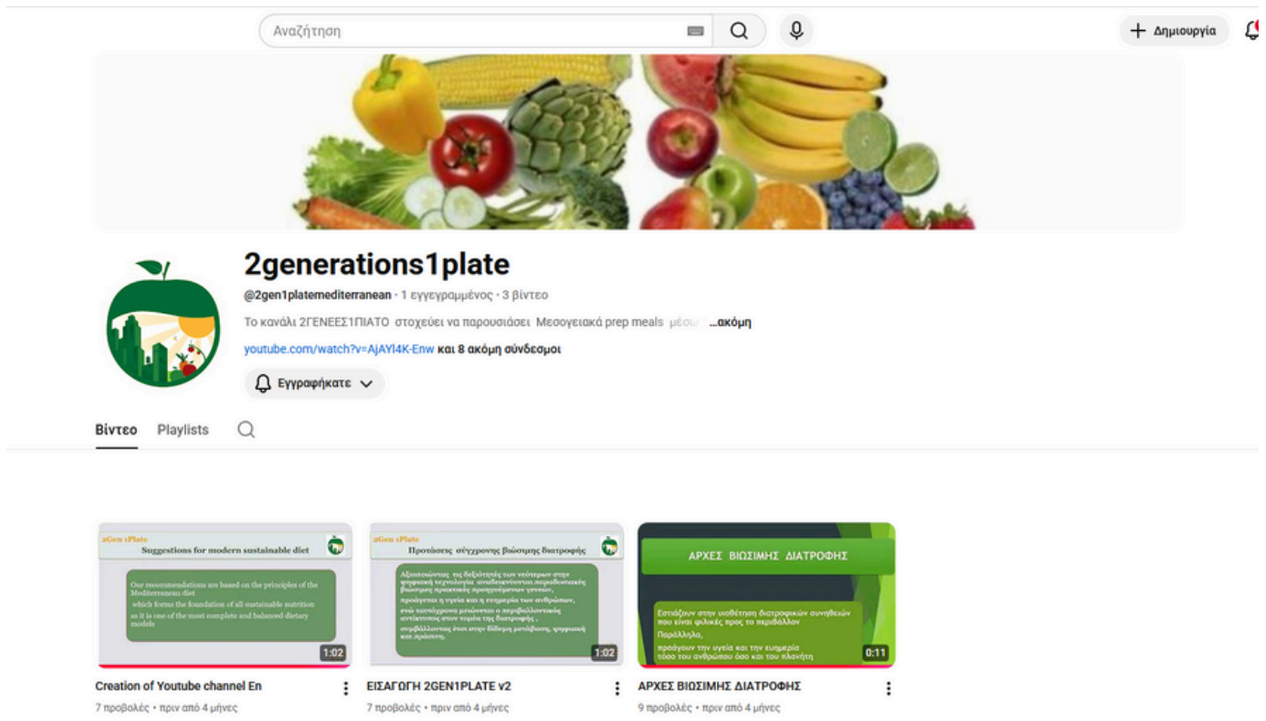
This practice effectively integrates traditional food culture into a modern communication tool for wellness and sustainability education.

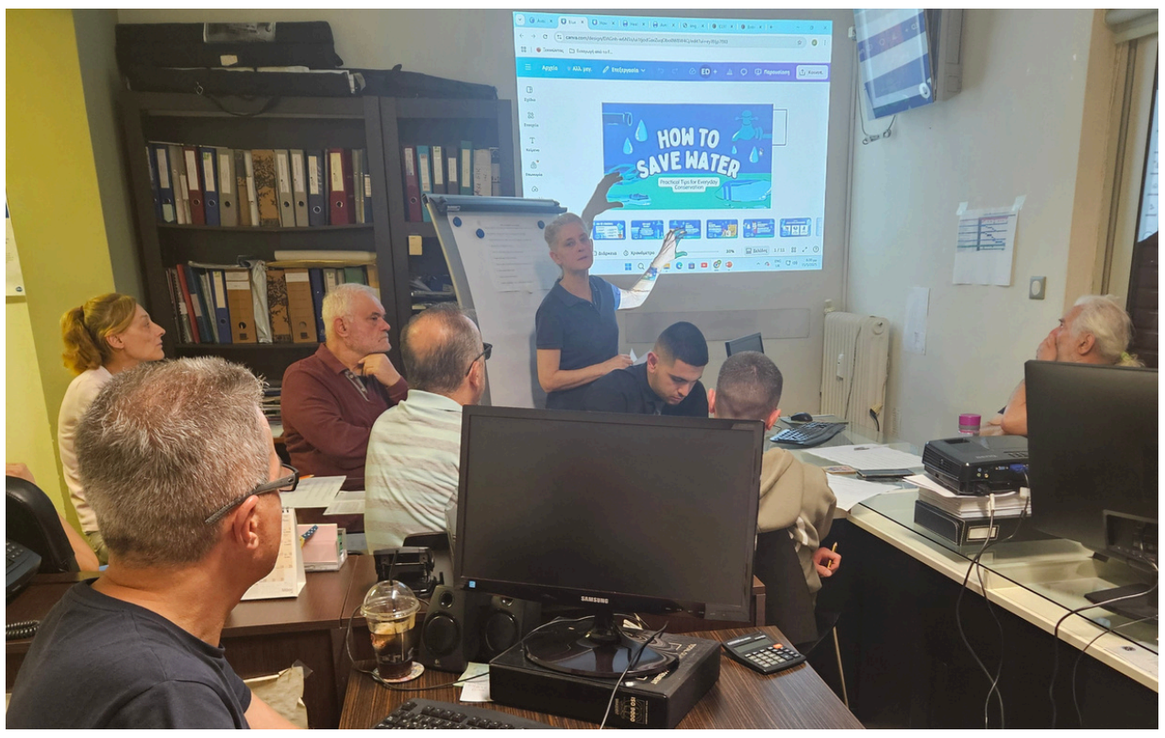
Transferability and Sustainability

This best practice is highly transferable to other regions seeking to combine cultural heritage, digital innovation, and intergenerational learning. The idea of an online channel can easily be adapted to different thematic areas, such as traditional crafts, local history, or environmental awareness, using accessible and cost-effective digital platforms.

In Greece, the team plans to integrate the Mediterranean Diet and sustainability guide into local community activities and continue promoting it through the “2 Generations–1 Plate” (2G1P) YouTube channel. A public demonstration event is also planned to engage wider audiences and strengthen community participation. To further increase outreach and visibility, the team is considering collaborating with local influencers who can help amplify the message and support the channel’s ongoing impact.

The long-term sustainability of the practice relies on continued content production, active public engagement, and the development of partnerships with schools, cultural institutions, and wellness organisations.





“Local Bites”: A mobile application connecting communities through sustainable food and intergenerational digital innovation
Best Practice coordinated by Eurospeak (Ireland)

Best practice title
“Local Bites”: A mobile application connecting communities through sustainable food and intergenerational digital innovation

Context and Objective
The Irish intergenerational group focused on strengthening sustainable local food systems and improving digital inclusion, particularly for senior residents. Many seniors were interested in accessing local produce but faced challenges navigating standard online platforms.
The group aimed to create a practical, user-friendly solution that bridges the gap between digital tools, community needs, and sustainable consumption. The result is a mobile application prototype, titled “Local Bites”, designed to connect local food producers with consumers while promoting sustainable consumption and supporting local economies. The app focuses on bridging digital tools, community needs, and intergenerational collaboration, ensuring accessibility for all age groups.

Description of the Practice
The “Local Bites” application prototype is designed to connect local consumers with nearby food producers while promoting environmentally conscious practices.
Key features include:

- Farm Profiles: Detailed information about local producers and available seasonal produce.
- Senior-Friendly Interface: Large buttons, simplified navigation, and accessibility-focused design.
- Order and Payment Options: Call-to-order functionality and cash payments to accommodate users with limited digital literacy.

The prototype was designed using digital design tools such as Canva and Figma, including the creation of a logo, sample home screen, and delivery schedule template.

Methodology
The co-creation process followed during this action, involved intergenerational collaboration, with seniors contributing insights on accessibility, usability, and local preferences, while youth participants led digital design and technical development.
To accommodate varying levels of digital literacy, the team proposed a practical rollout strategy, initially testing the concept through familiar platforms such as WhatsApp and Facebook. This stepwise approach ensured community engagement and allowed for gradual adoption.

Outcomes and Expected Impact

The “Local Bites” initiative is expected to deliver multiple benefits like:

- Enhancing access to local food, supporting sustainable consumption by connecting consumers to local producers.
- Providing seniors with a user-friendly platform and bridging technology gaps.
- Encouraging environmentally responsible purchasing behaviours and support for local economies.

Transferability and Sustainability

This best practice is highly transferable to other regions seeking to strengthen local food systems while fostering intergenerational collaboration and digital inclusion. It provides a replicable model for communities aiming to combine technology, sustainability, and social engagement, demonstrating the value of piloting familiar platforms before implementing fully digital solutions.
In Ireland, the team plans to secure backing from local councils and community organisations to further develop their farm-to-door app. Future steps include applying for local or EU funding and establishing a cooperative delivery model involving both seniors and youth, ensuring sustained intergenerational collaboration, digital participation, and long-term impact on local food systems.
The sustainability of the initiative depends on ongoing community engagement, continued support for local producers, and the adaptability of the application to local needs and varying levels of technological readiness.

Bridging Generations through Community Workshops

Best Practice coordinated by InnoEduLab (Romania)

Best practice title

Bridging Generations through Community Workshops

Context and Objective

The Romanian intergenerational group identified a gap in intergenerational connection, digital literacy, and practical skills transfer within local communities. Seniors often face barriers to digital participation, while youth lack access to elder knowledge and practical life skills.
To address this, the team focused on creating continuous, community-based learning experiences that encourage collaboration, trust, and shared knowledge. These activities aim to enhance soft skills such as empathy, emotional regulation, and communication, while also integrating green and digital practices.

Description of the Practice

This action was centred on intergenerational meetups and workshops, combining structured and informal learning opportunities.
Key components include:

- Hands-on Micro-Workshops: Focused on digital skills, sustainability practices, crafting, and communication, these sessions promote practical skill development across generations.
- Regular Meetups: Conducted in familiar community spaces, these gatherings encourage participation, reduce barriers, and build trust between youth and seniors.
- Cultural and Social Events: Shared activities such as cooking sessions, movie nights, and neighbourhood walks foster relational learning and cultural exchange.
- Integration of Green and Digital Practices: Participants explored environmentally sustainable behaviours and digital literacy, combining the dual focus of sustainability and technology.

These activities are designed for long-term engagement, allowing intergenerational relationships to develop beyond the project timeline and promoting lasting community impact.

Methodology

Workshops and meetups were co-designed by youth and senior participants, ensuring relevance, accessibility, and mutual benefit. Seniors contributed life experience, traditional knowledge, and mentoring, while youth brought digital skills, creativity, and organisational support.
The design process prioritised:

- Accessible venues and scheduling to maximise participation;
- Practical, interactive content that combines learning with real-life application;
- Activities that integrate both green practices and digital literacy.

This collaborative approach strengthened intergenerational relationships, enhanced learning outcomes, and empowered participants to actively contribute to their community.

Outcomes and Expected Impact

The initiative is expected to have multiple benefits like:

- Enhancing intergenerational communication and collaboration by building empathy, emotional intelligence, and trust between generations.
- Increasing digital literacy, practical skills, and knowledge of sustainable practices.
- Encouraging the development and implementation of shared experiences and active participation in local life.
- Promoting environmentally conscious actions and the positive use of digital tools.
- Demonstrating the value of lifelong learning and engagement for all ages.

Transferability and Sustainability

This best practice is highly transferable to other regions aiming to strengthen intergenerational learning, community cohesion, and skills development. The flexible, community-centered model can be adapted to diverse cultural, social, and technological contexts.

In Romania, the workshop-based approach continues through a dedicated digital group chat, maintaining communication, planning future sessions, and promoting knowledge-sharing focused on sustainable living and social inclusion. Overall, the practice's sustainability depends on ongoing participant engagement, accessible venues, and strong local partnerships, ensuring that both digital and green practices remain integrated into long-term intergenerational learning strategies.

Lessons Learned

The InterGenic project through its implementations and feedback received, demonstrated that intergenerational action is a highly effective educational methodology, expanding participants' understanding from simple interaction or support between age groups to a richer model of mutual learning, collaboration, and shared problem-solving.

Across all participating countries, both, youth and seniors expressed increased willingness to interact with people from different age groups in the future. Many described the experience as enriching and expressed interest in staying involved in similar activities. Several even reported changes in their attitudes and interests, such as in Greece, where participants shifted from listing primarily entertainment-based hobbies to engaging in activities like recycling and resource awareness, indicating a deeper engagement with community and sustainability themes.

LEARNING
is a
CONTINUOUS
LIFESTYLE

Participants also provided valuable suggestions on what intergenerational action should include. Common ideas were practical and creative activities like cooking, gardening, storytelling, volunteering, cultural events, and games. here was a consistent emphasis on experiences that allow both youth and seniors to contribute equally and learn from one another, ensuring mutual respect, empowerment, and knowledge exchange.

While some challenges, such as differences in communication styles and mindset, were initially noted (e.g., in Belgium and Cyprus), participants reported that these obstacles were effectively overcome during implementation. Also, increased confidence, curiosity, and motivation to continue engaging with both their local communities and wider societal issues it was reported.

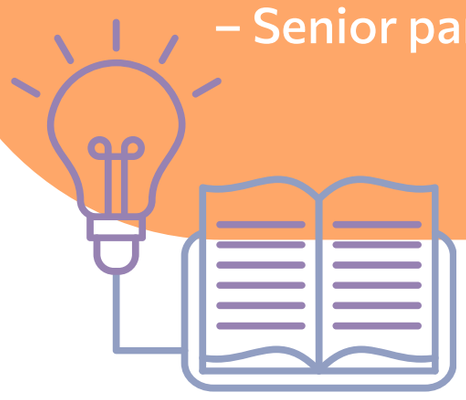
Facilitators noted that adult learning was most effective when rooted in real-life contexts, allowing seniors to share traditional knowledge and life experience while youth contributed digital skills and innovative approaches.

These reflections are further echoed in the testimonies of participants.

“Everything was perfect – I learned more than I expected, and the atmosphere made it truly enjoyable to work together.”
– Senior participant, Spain

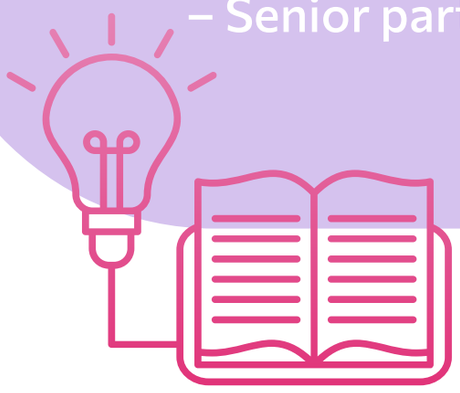
“The open-ended nature of the hackathon encouraged creativity and autonomy in problem-solving.”
– Youth participant, Belgium

“The relationship with young people has been very positive. I felt included and respected for my experience, and I hope we continue the meetings.”
– Senior participant, Cyprus



“The sessions were highly enriching and instructive. Working together with seniors taught me patience, empathy, and the value of shared knowledge.”
– Youth participant, Ireland

“I felt empowered using technology to connect internationally, and it boosted my confidence. Sharing ideas across cultures was very exciting.”
– Senior participant, Romania



“I wish I could participate in more programmes with you – it was inspiring to see how youth and seniors can collaborate on real-life solutions.”
– Senior participant, Greece

“Language barriers and cultural differences were addressed carefully, and we all felt included in the learning process.”
– Facilitator, Austria

Further Exploitation of Best Practices

The intergenerational actions implemented across the partner countries provide a strong foundation for continued learning, community engagement, and sustainable development.

In Spain, the waste management app can be scaled to other municipalities, combining citizen participation, gamified incentives, and environmental awareness campaigns to foster active community engagement.

Austria's green-focused digital marketplace and skills-exchange platform can be further explored by expanding its reach to additional regions, piloting new eco-friendly services, and strengthening intergenerational collaboration in local trade.

In Belgium, the intergenerational hackathon methodology can be embedded in other educational and community programs, promoting lifelong learning, digital inclusion, and environmentally conscious practices.

Cyprus' Intergenerational Sustainability Center provides a replicable model for multifunctional community hubs, which can be adapted in other municipalities to combine education, digital engagement, and environmental learning.

Similarly, Greece's Mediterranean Diet guide and "2 Generations–1 Plate" digital initiative can be extended to additional regions, integrating local cultural practices, healthy eating, and sustainability education through accessible digital channels.

In Ireland, the "Local Bites" app model can be further developed by incorporating additional local producers, expanding cooperative delivery networks, and applying the stepwise rollout strategy to other communities aiming to strengthen local food economies while promoting intergenerational learning.

Finally, Romania's workshop-based approach can continue evolving through digital communication tools, scaling hands-on activities such as gardening, cooking, and cultural events to new communities, ensuring ongoing engagement, intergenerational skills transfer, and the promotion of sustainable behaviors.

Overall, these initiatives demonstrate the potential for long-term sustainability and transferability. Future exploration should focus on expanding geographic reach, deepening digital and green literacy, and reinforcing intergenerational collaboration to create resilient, inclusive, and environmentally conscious communities.

FUTURE READY

Conclusion

The InterGenic project's intergenerational actions have demonstrated the powerful potential of structured collaboration between youth and seniors to foster mutual learning, social inclusion, and community engagement.

Across all partner countries, participants not only developed a deeper understanding of intergenerational action as a methodology but also applied their skills to create practical, locally relevant solutions addressing sustainability, digital inclusion, and cultural exchange.

The project highlighted that combining traditional knowledge with innovative approaches, particularly in green and digital practices, enables meaningful problem-solving while strengthening empathy, communication, and lifelong learning.

The experiences collected through workshops, hackathons, and community actions, confirm that intergenerational collaboration can be a transformative educational approach, bridging generational gaps, promoting active citizenship, and supporting sustainable community development.

The InterGenic project consortium expresses their gratitude for using this e-book and hopes that you found it useful and that it inspires meaningful intergenerational collaborations.

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