



Mapping study on the intergenerational dimension of sport

*A report to the European
Commission*

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Mapping study on the intergenerational dimension of sport

Final Report to the European Commission

written by



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Executive Summary

The Directorate-General for Education, Youth, Sport and Culture (DG EAC) of the European Commission commissioned Ecorys in June 2020 to undertake a mapping review of projects and programmes fostering the intergenerational dimension of sport across the EU-27.

Background

According to the 2018 Eurobarometer results on physical inactivity nearly half of Europeans never exercise or play sport. Moreover, the frequency of exercise or sport tends to decrease with age: while the share of young people (aged 15-24) participating in sporting or physical activities remains quite high (62%), this proportion tends to decrease with people aged 25-39 (46%), and it is very low for the 40-54 (39%) and 55+ age groups (30%). Intergenerational sport can be seen as a key tool to promote not only active ageing but also social inclusion and community cohesion, as it combines two different key dimensions: health enhancing physical activity and intergenerational learning. Intergenerational learning activities can benefit both generations in creating personal bonds and eliminating stereotypes across generations, enhancing reciprocal learning and the motivation to learn and reducing social anxiety.

Aims and methodology

The key objective of this small-scale research study has been to collect knowledge on the intergenerational dimension of sport and identify good practice initiatives in this area. The study also aims to develop knowledge on the main benefits, barriers and facilitators to the intergenerational dimension of sport. The specific focus of the study has been participation in sporting activities for both old and young people, but it also looked at how volunteering, coaching or spectating in sport might contribute to promote the intergenerational dimension of sport. Finally, this study also considers the role of families in promoting participation and encouraging intergenerational transfer.

At the scoping stage of the study a rapid literature review and different scoping consultations was completed covering the subject of sport and intergenerational learning and transfer. The review covered policy and official policy documents, academic publications, papers, grey literature, evaluation reports and project guidelines and toolkits. The second element of the desk research was to undertake rapid reviews of available information and evidence on relevant programmes and projects implemented in all the EU countries. Within the limits of the resources available for the study, the desk-based research exercise identified 92 relevant initiatives. Finally, a number of programmes were examined in more depth through more detailed desk research and telephone interviews with programme managers. This resulted in fifteen case studies which provide good practice examples of intergenerational sport projects and programmes implemented at local, national or international level.

Key findings and lessons

The rapid literature review highlighted different benefits resulting from the participation in intergenerational sport activities. These benefits mainly relate to three different levels: mental and physical wellbeing, individual development and social wellbeing. In addition to this, intergenerational programmes and projects can also contribute to change attitudes and perceptions in both young and old people, thus decreasing negative stereotypes toward the other group and fostering social inclusion and community cohesion.

Barriers to participation in intergenerational sport activities are generally classified in terms of two distinct levels: structural and motivational barriers. Motivational barriers mainly relate to the negative stereotypes and perceptions between young and old people, or the specific cultural contexts in which family links might be less strong and elderly people feel more isolated. Structural barriers mainly relate to the lack of awareness on the benefits of intergenerational sport practices which results in a lack of available funds at the national level to design and implement intergenerational sport projects and programmes.

The review also highlighted specific participation facilitators that can be considered in the design and implementation of intergenerational sport projects and programmes. These include: promoting intergenerational friendship to develop trust, developing understanding and familiarity between the different age groups, proposing common goals, promoting collaboration between the groups and ensuring equality of opportunities to participate across all ages.

Following the literature review, the mapping review exercise identified 92 projects and programmes promoting the intergenerational dimension of sport in all the EU Member States. Through this mapping exercise the study identified a range of different approaches to developing relevant intergenerational programmes and projects. It emerged that the majority of the initiatives are aimed at increasing the overall level of participation in sport and physical activities or at promoting intergenerational learning through different types of activities, including sport. Moreover, the mapping exercise also demonstrated that the majority of programmes and projects are developed and implemented at local or regional level, while there was little evidence that relevant national grant programmes or policies exist.

The case study analysis, the mapping review in each EU Member States and the literature review have highlighted a number of key lessons that should be relevant to the funding, design and implementation of projects and programmes promoting the intergenerational dimension of sport. These key lessons can be summarised as follows:

- **Overall approaches and goals of programmes and projects:** the mapping review highlighted the cross-cutting nature of many intergenerational sport programmes and therefore the requirement to promote such programmes through collaborative approaches and partnerships between different government levels or ministries. Most of the national projects identified have been implemented through collaborations between ministries or national agencies for health, sport or education, in order to achieve different but interrelated goals.
- **Design of the programmes and projects:** the research has highlighted a number of principles that should be considered in designing effective activities. These include: developing mutually beneficial activities, ensuring that the expectations of both older and younger participants are taken into account, ensuring that the relationship between generations is fluid and one group is not prioritised over another, and ensuring the setting of common goals and shared purposes.
- **The role of dedicated professionals:** in order to engage older and young people it is highly important to focus on the expertise of different types of actors, such as sport trainers and coaches, but also teachers or social workers, for example when the projects and programmes are implemented in schools or care homes.

- The importance of **implementing initiatives in inclusive environments** and spaces where both older and younger people would feel comfortable participating in activities together.
- The importance of different **government levels** working effectively particularly by allowing scope for local partnerships to identify specific needs and to develop tailored provision that utilises the assets of their local areas, but also to provide opportunities to scale-up good practices and promising projects and programmes.
- The opportunity to create **transnational or national networks** including different types of sporting and intergenerational learning stakeholders (i.e. sport federations and national authorities, health institutes and public authorities, charities, grassroots associations, schools, care homes etc.) can contribute to increasing the intergenerational dimension of sport in Europe and increase the level of national funds dedicated to these specific programmes.
- The need to **systematically evaluate project and programme outcomes** in order to raise awareness of the benefits of intergenerational sport programmes. As also outlined by different consulted stakeholders, the lack of awareness at national level on the importance and relevance of intergenerational sport activities might prevent the inclusion of intergenerational learning practices in the field of sport in national strategic plans or grant programmes, thus also affecting the level of funding available for these types of activities.
- Finally, a **stronger awareness on the benefits of these programmes and projects** at the EU level might also contribute to encourage the promotion of grant programmes at national and local level. In particular, it was argued that using an opportunity such as the European Week of Sport and other events and information days to promote these activities can help relevant organisations as well as the general public to embrace such initiatives and facilitate links among the different policy-making levels.

1.0 Introduction

1.1 Introduction

Ecorys was commissioned by DG EAC of the European Commission in May 2020 to undertake a mapping analysis of the intergenerational dimension of sport. This is the study's final report.

1.2 Background of the study

This study was commissioned by DG EAC of the European Commission to support new initiatives in the field of "intergenerational sports". Its broad aim has been to collect knowledge on the intergenerational dimension of sport and identify good practice initiatives in this area.

In recent years there has been a growing interest in the intergenerational aspect of sport. The intergenerational dimension is not only limited to understanding how different generations can come together to promote sport participation, but also the ways through which intergenerational sporting activity can foster reciprocal processes of learning, respect, understanding and appreciation between generations. Moreover, scientific evidence already suggests how growing up in a family already involved in sport activities might increase the possibilities that children will become involved in sport. This study therefore also considers the role of families in promoting participation and encouraging intergenerational transfer.

By also considering that the number of older adults is steadily increasing in Europe, this study also focuses on how healthy lifestyles can be promoted through intergenerational activity. Finally, the study also takes into account the prominent role of sport in promoting social inclusion and social cohesion among different generations, and how sport can help to bridge intergenerational gaps through other social activities, such as volunteering and spectating in sport

1.3 Aims and objectives

In order to develop knowledge and collect evidence on the intergenerational dimension of sport, this study considers approaches and understandings of the intergenerational dimension of sport in different Member States. The study also aims to identify the main barriers and facilitators for the adoption and implementation of intergenerational sport-related activities for both young and old people.

The main aims of the study are as follows:

- Clearly defining the concepts and contexts at the base of the intergenerational dimension of sport, by also identifying the main benefits, barriers and facilitators to intergenerational sport practices and physical activity.
- Identifying EU level programmes that represent 'good practice' in encouraging the intergenerational dimension of sport.
- Identifying EU Member State level programmes that represent 'good practice' in encouraging the intergenerational dimension of sport.

1.4 Study method

At the scoping stage of the study a rapid literature review was completed covering the subject of sport and intergenerational learning and transfer. The review covered policy and official policy documents, academic publications, papers, grey literature, evaluation reports and project guidelines and toolkits.

Article databases searched were Google Scholar, BioMed Central, and PROSPERO and the organisations covered were Grey literature, policy papers and desk-based research were also included in the search. After screening abstracts and papers, the literature search resulted in 18 studies, publications or reports for inclusion that were deemed relevant to the search criteria and to the research topic.

In addition to the desk research, the scoping phase of the project was also aimed at gathering the feedback on promising practices promoting the intergenerational dimension of sport from relevant EU and national level stakeholders. The scoping consultations were also aimed at collecting the feedback of stakeholders on the main benefits of intergenerational sports, the main barriers and facilitators to promote participation in these types of programmes and projects. In this regard, eight scoping consultations were conducted during the initial phase of the project.

The second element of the desk research was to undertake a mapping review of available data and information and evidence on relevant programmes or projects in the different Member States. It was possible to complete a desk review of available evidence and information on intergenerational programmes and projects in all the EU countries. However, within the limits of the resources available for the study, the review could not systematically review all intergenerational sport or sport-related projects. The review therefore focused on identifying 3-4 relevant projects in each country.

The country mapping covered the following:

- Identifying EU Member State level programmes and projects that represent 'good practice' examples of the intergenerational dimension of sport;
- Identifying the project and programme objectives in order to develop a typology of approaches relating to the intergenerational theme
- Identifying financial support to support the development and implementation of projects focused on intergenerational sport and sport-related activities.

The country mapping to identify relevant programmes focusing on participation incorporated a rapid review of relevant websites including national sport ministries, national sport agencies and relevant non-governmental organisations. Over 90 relevant programmes were identified – details of all mapped programmes are provided in Annex III.

The main parameters of the programme and project searches covering the international, national, regional and local levels were as follows:

- Programmes and projects having a specific focus on increasing participation in sport of both older and young people;
- Programmes and projects promoting intergenerational learning through sport and sport-related activities;

- Programmes and projects promoting healthy lifestyles through intergenerational learning or through intergenerational sports activities;
- Programmes and projects promoting the role of parents and families in encouraging participation in sport;
- Identifying programmes that could potentially represent 'good practice' where there is evidence that the programmes have been effective in achieving intergenerational objectives (ideally more recent initiatives i.e. ongoing or completed within the last three years and those that have been subject to some degree of evaluation).

Finally, a number of programmes were examined in more depth through more detailed desk research. Due to the lack of evaluation evidences, in order to complete a few case studies, additional short interviews and written consultations were conducted with relevant project managers and stakeholders involved in the design and implementation of the selected programmes and projects. This resulted in 15 case studies which are presented in summary boxes in the findings chapter and in Annex I.

1.5 Report structure

The report is structured as follows:

- Section two elaborates on the strategic and policy context to the mapping review;
- Section three presents the key findings of the theoretical literature review;
- Section four provides an analysis of the country-level findings and presents the case study findings.
- Section five brings the analysis together and highlights some key conclusions from the analysis.

2.0 Intergenerational dimension of sport: strategic and policy context

2.1 Introduction

This chapter outlines the policy and strategic background for the mapping review. It also briefly highlights some key EU projects under the Erasmus+ programme that have not been included as case studies in this study. This section provides a broad introductory context to the research but is not intended to do justice to the range of policies, programmes and academic discussions that have direct relevance to the topic.

2.2 Policy context

This section considers how the intergenerational dimension of sport builds from a sport policy perspective that emphasises the need to increase levels of physical activity across different generations as well as the perspective that sport has an important role to play in supporting social cohesion and inclusion. It also builds on policies and initiatives that have highlighted the role and importance of intergenerational learning in a general sense.

The 2018 Eurobarometer results on physical inactivity in the EU showed that nearly half of Europeans never exercise or play sport, and the proportion has increased gradually in recent years.¹ The Eurobarometer results also show that the frequency of exercise or sport tends to decrease with age. According to the Eurobarometer respondents, the main reasons to practice sports are to improve their health and fitness, to relax or to have fun, while the main barriers to practising sports relate to the lack of time, lack of motivation or interest or because of physical disabilities or impairments. Physical activity is generally defined as 'any bodily movement produced by skeletal muscle that requires energy expenditure'.² It comprises activities as diverse as work, playing in school, carrying out household chores, transport from place to place (walking or cycling), and engaging in recreational pursuits (gardening, dancing, yoga, swimming, running, team sports etc.).³ While the participation rates in sport and / or physical activities is higher among 15-24 years old (62%), this proportion tend to decrease with people aged 25-39 (46%), and remains very low for the 40-54 (39%) and 55+ age groups (30%).

In 2010, the European Council concluded that sport should be used as a source of and a driver for active social inclusion.⁴ The European Commission Communication to "Develop the European Dimension in Sport" (2011) emphasises the role of sport in enhancing health and wellbeing. A recent European Commission study also highlighted the benefits of sport for older people but also the need to further develop intergenerational learning practices in the field of sport, due to the fact that sport is becoming an increasingly segregated activity.⁵

¹ European Commission (2018) Special Eurobarometer 472: Sport and Physical activity.

² WHO (2010) Global Recommendations on Physical Activity for Health.

³ WHO (2018) Global action plan on physical activity 2018-2030: more active people for a healthier world.

⁴ Council conclusion of 18 November 2010 on the role of sport as a source of and a driver for active social inclusion. 2010/C 326/04

⁵ European Commission (2012) Learning for Active Ageing and Intergenerational Learning: Final Report. Accessed from: http://publications.europa.eu/resource/cellar/c9f75907-13b8-488c-b60e-c84690666f17.0001.02/DOC_1

In this context, intergenerational sport can be seen as a key tool to promote active ageing, as it combines two different dimensions: health enhancing physical activities and intergenerational learning.

As also emphasised by the WHO, global ageing will put increased economic and social demands on all countries.⁶ At the same time, older people are precious and often ignored resources for our societies. The European Commission has recognised the importance of ageing challenges and designated 2012 as the European Year for Active Ageing and Solidarity between Generations.⁷ The main goal of this initiative was to facilitate the creation of an active ageing culture in Europe, based on a society for all ages, by also encouraging healthy ageing and active and independent living.⁸ A study for the European Commission also highlighted the pivotal role of sport in active and healthy ageing policies, as physical activity is associated with improved length and quality of life, as well as playing an important role in maintaining health and effective function in elderly people.⁹

Intergenerational learning activities are also regarded as important tools to promote active and healthy ageing, however it has been noted that they can also contribute to the positive development of younger people. There is limited EU level research on intergenerational issues however a publication from Eurostat emphasised how the “lack of contact and interactions may increase the risk of conflict between generations”.¹⁰ By presenting the results of the 2009 Flash Eurobarometer on intergenerational solidarity, Eurostat stressed the importance of facilitating interaction opportunities between old and young people. In this regard, approximately 60% of the surveyed EU population (aged 15 or more) reported that there are not enough opportunities for younger and older people to meet and work together in associations and local community initiatives.¹¹ The European Network of Intergenerational Learning (ENIL) defines intergenerational learning as a “learning partnership based on reciprocity and mutuality involving people of different ages where the generations work together to gain skills, values and knowledge”.¹² The EPAL platform stressed how intergenerational learning activities can benefit both generations in creating personal bonds and eliminating stereotypes across generations, enhancing reciprocal learning and the motivation to learn and reducing social anxiety.¹³

⁶ WHO (2002) Active Ageing: A policy framework. Accessed from: https://apps.who.int/iris/bitstream/handle/10665/67215/WHO_NMH_NPH_02.8.pdf;jsessionid=CBB184E0F6E57B8330BBD44A228B1E8E?sequence=1

⁷ Decision No 940/2011/EU of the European Parliament and of the Council of 14 September 2011 on the European Year for Active Ageing and Solidarity between Generations (2012). Accessed from: <https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=CELEX:32011D0940>

⁸ Ibid.

⁹ Swedish National Institute of Public Health. (2007). Healthy ageing: a challenge for Europe. Swedish National Institute of Public Health.

¹⁰ European Commission (2012) Active ageing and solidarity between generations – A statistical portrait of the European Union 2012. Accessed from: <https://ec.europa.eu/eurostat/documents/3217494/5740649/KS-EP-11-001-EN.PDF/1f0b25f8-3c86-4f40-9376-c737b54c5fcf>

¹¹ European Commission (2009), Flash Eurobarometer No. 269 – Intergenerational solidarity, as quoted in: European Commission (2012) Active ageing and solidarity between generations – A statistical portrait of the European Union 2012. Accessed from: <https://ec.europa.eu/eurostat/documents/3217494/5740649/KS-EP-11-001-EN.PDF/1f0b25f8-3c86-4f40-9376-c737b54c5fcf>

¹² European network for Intergenerational learning - What is IGL – Accessed from: www.enilnet.eu

¹³ EPAL (2017) Intergenerational Learning - Results from the European Network for Intergenerational Learning, ENIL. Accessed from: <https://epale.ec.europa.eu/en/blog/intergenerational-learning-results-european-network-intergenerational-learning-enil>

2.3 EU level programmes and initiatives

The European Commission’s policy priorities on sport include encouraging physical fitness and participation in physical activity amongst EU citizens as well as fostering a sense of social inclusion and integration through sport, particularly for marginalised groups such as senior citizens. At an EU level, the Commission promotes and funds initiatives which focus on participation in sport through its Erasmus+ programme, which supports education, training, youth and sport across the EU.

In particular, there have been a small number of projects (eight) funded by Erasmus+ in recent years which specifically focus on the intergenerational aspect of sport. Many of these centre around one-off events such Olympics4All and RecreaOlympics, or events which are held periodically throughout the lifetime of a programme, such as the three events held over an 18-month period for “Odysseia - Youth and Senior Integration Through Diverse Sport Events”. There is also a notable emphasis on traditional sports and games amongst related Erasmus+ projects, with a number of initiatives emphasising the importance of passing on traditional sports to the younger generation as a way to motivate older adults and overcome socialisation gaps between the generations. One example is Geo-Ludens, which focused on creating a tech tool to promote traditional games in a way that young people can relate to (see case study 7 in Annex I).

A number of notable Erasmus+ projects are listed in the table below, and further examples of Erasmus+ projects will be covered in more detail later on in the report.

Table 1: Notable Erasmus+ projects focusing on intergenerational sport

Name	Period	Description	Member state	E+ websites (including results)
Mini Recreation Olympic “RecreaOlympic”	2016-2017	Representatives of 6 countries ran a “RecreaOlympic Day” to encourage members of the local community to become more active. The Games promotes traditional national games made suitable for people of different ages and levels of fitness, and participants presented their experiences at conferences aimed at primary school teachers.	PL	https://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/#project/572830-EPP-1-2016-1-PL-SPO-SNCESE https://recreaolympic.wixsite.com/recreaolympic

Name	Period	Description	Member state	E+ websites (including results)
StreetMotions – “Street Motion and Emotion”	2017	StreetMotions aimed to promote physical activity among local communities. A traditional games and sports events was held in each partner country and a mobile app was created to promote activities offered by sports clubs. Senior citizens worked alongside young volunteers to design and run the events.	HR, IT, UK	https://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/#project/579891-EPP-1-2016-1-HR-SPO-SSCP
Sport Traditions Educate Players of New Europe	2018-2019	This project aims to share best practices of traditional sports and games associations and clubs, to promote inter-generational participation as well as promoting the importance of physical activity.	IT, CY, HY, PL, LT	https://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/#project/590818-EPP-1-2017-1-IT-SPO-SSCP http://www.steponeproject.eu/
Odyssea – Youth and Senior Integration through Diverse Sports Events	2019-2021	The main aim of this project is to promote intergenerational dialogue through sports events in local communities as a means to preventing social exclusion. Meetings and photography exhibitions in participating countries will help to disseminate the findings and promote active lifestyles.	PL, SI, LT	https://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/#project/603550-EPP-1-2018-1-PL-SPO-SSCP

3.0 Theoretical context

3.1 Introduction

At the scoping stage of the study a rapid literature review was completed aimed at developing the theoretical foundations for the research, by identifying and reviewing the main sources and existing evidence on the benefits, barriers and facilitators relating to the intergenerational dimension of sport. The literature review was based on a search and retrieval strategy involving rapid searches and a screening protocol (defining parameters for inclusion, such as publication date, geographical scope, language, study type and research themes). With the time and resources available for the study it has not been possible to do justice to the range of literature on the subject. The purpose has therefore been to highlight key themes relating to the intergenerational dimension of sport in order to inform the boundaries of the mapping exercise. In setting the scene for the review of good practice programmes and projects, this section also draws on perspectives from the stakeholder consultations carried out for the study.

3.2 General definition of intergenerational dimension of sport

Intergenerational activity has been defined as “social engagements and interactions, bringing together younger and older generations for a common purpose. They build on the strengths that different generations have to offer, nurture understanding and mutual respect, and challenge ageism”.¹⁴ However a universally agreed upon definition of intergenerational sport does not appear to exist in the literature. Building on the broad definition of intergenerational activity, our definition of intergenerational sport is any activity that engages both young and older generations in taking part in sport and physical activities at the same time, and which could include active participation as well as volunteering in sporting competitions, coaching and spectating.

3.3 Benefits of intergenerational sports and sport related activities

The rapid literature review exercise highlighted that, while there is a wide acceptance of the different benefits of sport and of intergenerational activities, there is little evidence on the main benefits of the intergenerational dimension of sport. However, a literature review document developed by the Youth Sport Trust Foundation based in the UK in the context of an intergenerational project, analyses the main literature findings relating to intergenerational activities in general that may be relevant when different generations are brought together in sport practices.¹⁵ The Youth Sport Trust review developed a list of key benefits, as shown in Table 2.

¹⁴ Generations working together (2018) Intergenerational activity – How to be part of it and why. Accessed from: <https://generationsworkingtogether.org/downloads/5bebf57b90d25-Intergenerational-Activity-Guide-2018-St-Monica-Trust.pdf>

¹⁵ Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

Table 2: Main benefits of intergenerational sports

Older people	Young people	Both
Enrich relationships / friendships	Reduce aging anxiety	Improve life satisfaction
Develop positive stereotypes / counteract negative stereotypes	Increased confidence in communicating with others	Build community and social cohesion
Improve physical wellbeing	Increasing learning motivation	Promote self-esteem
Develop skills and knowledge	Increased involvement in volunteering activities	Promote healthy ageing

Source: Youth Sport Trust, (2019) *Intergenerational project: desktop research*

Building on the main benefits identified by the Youth Sport Trust review, the review exercise has highlighted a wider set of benefits that intergenerational sport activities can bring. It has shown that intergenerational sport practices mainly provide benefits at three different levels and for both elderly and young people: personal health (mental and physical wellbeing), individual development (increased self-confidence, developing empathy, etc.) and social wellbeing (building community cohesion, enrich relationships, intergenerational transfer effect, etc.).

There is also a growing literature on the role of sport in promoting intergenerational learning and in bringing together different generations. These include developing positive stereotypes for other generations, counteracting negative stereotypes, increasing motivation in learning for younger people and contributing to the social inclusion of marginalised groups (elderly people, people with physical impairments, people from disadvantaged economic background, etc.).

Mental and physical wellbeing

There is a wide-ranging literature on the role of physical activity in enhancing the physical and mental wellbeing of different generations or specific age groups. A study conducted by Langhammer et al¹⁶, for example, shows that physical activity generally contributes to improvements in mental health, emotional and psychological wellbeing for both older and younger people. Research conducted by Hagell¹⁷ shows that exercise is also associated with better self-rated health and higher life satisfaction in adolescents, thus also reducing the risk of depression.

¹⁶ Langhammer, B., Bergland, A., & Rydwik, E. (2018) The importance of physical activity exercise among older people. BioMed research international. Accessed from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6304477/#B18>

¹⁷ Hagell A (2016) The connections between young people's mental health and sport participation: Scoping the evidence. Accessed from: <http://www.youngpeopleshealth.org.uk/wp-content/uploads/2016/11/AYPH-health-and-sport-review-Nov-2016.pdf>

Research conducted by Martins et al¹⁸ on a series of intergenerational activities found that such projects generally contribute to improvements in self-esteem and help to enrich the lives of both generations participating in the projects. Their research showed that the mental health benefits of intergenerational sports mainly relate to a higher sense of productivity in elderly people and a reaffirmation of value. Moreover, Santini et al,¹⁹ study found that involvement in intergenerational projects can help older people to build meaningful relationships with younger generations, thus also contributing to improving their sense of usefulness.

There is a wide acceptance in the academic literature of the physical benefits of sport practices for both elderly and young people. It is well documented that the physical benefits provided by sport activities for old people and young people mainly refer to reducing the risk of obesity and stress,²⁰ preventing disease, improving the immune system, and creating social links, hence also contributing to reduce the risk of depression in both groups.²¹

A larger number of physical benefits might also be noted for elderly people conducting physical exercise or practicing sports. According to the WHO,²² habitual physical activity represents a protective factor for non-communicable diseases such as cardiovascular disease, stroke, diabetes, and some types of cancer. In addition to this, physical exercise might also reduce the risk of falls, maintain muscle mass, decrease the levels of cholesterol and fight against osteoporosis.²³ Research conducted by Livingstone et al²⁴ also demonstrates that increased levels of physical activity can also contribute to more specific health benefits for older people, such as delaying the onset of dementia.

However, as outlined by the Youth Sport Trust review, there is limited specific evidence of the impact of intergenerational activities on physical wellbeing, with the evidence limited to analysis of the effects of specific initiatives. Santini et al's research on an intergenerational project implemented in an Italian nursing home, which is referred to in the YST review, found that older people taking part in intergenerational activities tend to forget their pains during the activities and reported an increased physical wellbeing after

¹⁸ Martins, T, et al., (2019) Intergenerational Programs Review: Study Design and Characteristics of Intervention, Outcomes, and Effectiveness, *Journal of Intergenerational Relationships*, as quoted in Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

¹⁹ Santini, S, et al., (2018) Intergenerational programs involving adolescents, institutionalised elderly and older volunteers. results from a pilot research action in Italy. *BioMed Research International*, as quoted in Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

²⁰ Pietiläinen, K. H., Kaprio, J., Borg, P., Plasqui, G., Yki-Järvinen, H., Kujala, U. M., & Rissanen, A. (2008). Physical inactivity and obesity: a vicious circle. *Obesity*, 16(2), 409-414. Accessed from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2249563/>

²¹ Langhammer, B., Bergland, A., & Rydwick, E. (2018). The importance of physical activity exercise among older people. *BioMed research international*. Accessed from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6304477/#B18>

²² World Health Organization. PA for health. More active people for a healthier world: draft global action plan on PA 2018- 2030. Accessed from: <https://www.who.int/ncds/prevention/physical-activity/global-action-plan-2018-2030/en/>

²³ Ibid.

²⁴ Livingstone, G., Sommerlad, A., Orgeta, V., Costafreda, S. G., Huntley, J., Ames, D., ... & Cohen-Mansfield, J. (2017) The lancet international commission on dementia prevention and care. *Lancet*. As quoted in: Langhammer, B., Bergland, A., & Rydwick, E. (2018). The importance of physical activity exercise among older people. *BioMed research international*. Accessed from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6304477/#B18>

taking part in these activities.²⁵ This finding seems also to be corroborated by the research conducted by McConnell and Naylor as also quoted in the Youth Sport Trust review.²⁶

Individual development

Historically, sport was considered important mostly for the individual development of young people. However, it is now being recognised that the potential for sport participation affects positive development throughout life.²⁷ In particular, sports participation in older people helps negotiate the ageing process, provides continued motivation for physical activity, and challenges age-related stereotypes.²⁸

Moreover, Baker et al, emphasised how sport activity can contribute to positive youth development through growth experiences.²⁹ They argue that by challenging their abilities, young people can experience positive growth in terms of basic skills, interpersonal relationships and teamwork. Finally, sport activities can contribute to teach something to children by giving them new skills, new attitudes and new ways of interacting with others.

The role of intergenerational learning is also considered important because of changes in economic, social and demographic trends.³⁰ Interactions between generations have become more limited because of an increase in age-segregated activities, such as providing youth clubs and sports which exclude older people and policy interventions that only target specific age groups.³¹ In this regard, intergenerational sport activities can also facilitate opportunities for learning. A review by the TOY Project Consortium,³² an international organisation promoting intergenerational learning, highlighted that older people provide a vital link with heritage, history and culture, thus promoting in young people a sense of identity and perspective. In addition to this, the life skills and experience developed during older people's lifetimes can support the way young people might adapt in today's rapidly changing society by providing a more active learning opportunity.³³

²⁵ Santini, S, et al., (2018) Intergenerational programs involving adolescents, institutionalised elderly and older volunteers. results from a pilot research action in Italy. BioMed Research International, as quoted in Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

²⁶ McConnell, J. & Naylor, P. (2016) Feasibility of an Intergenerational-Physical-Activity Leadership Intervention, Journal of Intergenerational Relationships, as quoted in Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

²⁷ Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

²⁸ Baker J, Fraser-Thomas J, Dionigi RA, Horton S., (2010) Sport participation and positive development in older persons. European Review of Aging and Physical Activity. Accessed from: <https://link.springer.com/article/10.1007/s11556-009-0054-9>

²⁹ Ibid.

³⁰ Hatton-Yeo, A. (2006) Intergenerational Programmes: an Introduction and Examples of Practice. Stoke-on-Trent: Beth Johnson Foundation., as quoted in European Commission (2012). Learning for Active Ageing and Intergenerational Learning: Final Report. Accessed from: http://publications.europa.eu/resource/ellar/c9f75907-13b8-488c-b60e-c84690666f17.0001.02/DOC_1

³¹ European Commission. (2013). Learning for Active Ageing and Intergenerational Learning: Final Report. Publications Office of the EU. Accessed from: http://publications.europa.eu/resource/ellar/c9f75907-13b8-488c-b60e-c84690666f17.0001.02/DOC_1

³² <http://www.toyproject.net/>

³³ TOY Project Consortium (2013) Together Old and Young: A Review of the Literature on Intergenerational Learning Involving Young Children and Older People. Accessed from: <http://www.toyproject.net/wp-content/uploads/2016/01/Summary-English.pdf>

Martins et al also described how the intergenerational projects reviewed had evidence of improved competencies such as reading, language, artistic skills among both the younger and older participants.³⁴ Finally, their review contributed to demonstrate how intergenerational projects might increase motivation to learn and improve their academic performances, while for the elderly people the projects contributed to increased cognitive functions.³⁵

Social outcomes

Sport is widely recognised as an activity fostering both social inclusion and active citizenship, and thus also promoting community development and sense of solidarity and equality. The Youth Sport Trust (YST) review also analyses how intergenerational activity can support social and community developments for younger and older people. For example, research undertaken by Santini et al,³⁶ as highlighted in the review, found that older people had a negative image of youth before engaging in an intergenerational activity, and that this perception was changed after their participation in the project. On the other hand, the research also showed that after participating in an intergenerational project, younger people developed empathy and mutual understanding with elderly people. In this regard, it can be argued that intergenerational sport practices can contribute to counteracting age negative stereotypes and facilitate the interactions between generations. As also highlighted by the YST review, further potential outcomes of intergenerational projects which are of higher relevance for older people are reduced loneliness and social isolation. These are both recognised as increasing issues in society but particularly amongst the older generation.

3.4 Family links and parental support for physical activity

Intergenerational sport activity can also be considered in terms of opportunities to create stronger family links through the joint participation in activities of family members particularly parents and their children. Parental support has been consistently and positively associated with increased physical activity in children. There has been consistent evidence that parental support helps to encourage the physical activity participation of children and young people.³⁷ Stefansen et al, emphasise the impact of the transfer effects from parents to their children in the context of intergenerational sport activities. In general, if parents have been active exercisers, then their children also become active exercisers.³⁸

³⁴ Martins, T, et al., (2019) Intergenerational Programs Review: Study Design and Characteristics of Intervention, Outcomes, and Effectiveness, Journal of Intergenerational Relationships, as quoted in Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

³⁵ Ibid.

³⁶ Santini, S, et al., (2018) Intergenerational programs involving adolescents, institutionalised elderly and older volunteers. results from a pilot research action in Italy. BioMed Research International, as quoted in Youth Sport Trust, (2019) Intergenerational project: desktop research. Accessed from: <https://www.youthsporttrust.org/system/files/Active%20Across%20Ages%20Literature%20Review.pdf>

³⁷ For example: Sallis J, Prochaska J, Taylor W. (2000) A review of correlates of physical activity of children and adolescents. Med Sci Sport Exerc. 2000;32(5):963-75.

³⁸ Stefansen, K., Smette, I., & Strandbu, Å. (2018) Understanding the increase in parents' involvement in organized youth sports. Sport, Education and Society, 23(2), 162-172. Accessed from: <https://www.tandfonline.com/doi/full/10.1080/13573322.2016.1150834>

Strandbu et al highlight how parents influence the sports-related lifestyles of their children in a number of ways³⁹ and specifically by (1) being role models, (2) introducing their children to sport, (3) encouraging them to take part in sport (4) providing transport and equipment and (5) by their mere interest in sport, manifested in joint activities and by making sport a topic of conversation in the family. Strandbu et al also highlight how the role of parents in supporting children to take part in sport may change as the child develops and particularly as they move into teenage years. Parents may also need to adapt their support approaches to respective needs of boys and girls. Moreover, while the involvement of parents in intergenerational sports might also enrich the parent-child relationship, there is also a risk that the parents' support is seen as an act of negative pressure on the children, hence also affecting the parents-children relationship.⁴⁰

3.5 Facilitators of intergenerational sport activities

This section provides an overview of the key principles, highlighted by research and evaluation, to consider when designing and delivering intergenerational projects, including principles that contribute to successful projects and the elements that hinder success and elements to consider.

Research conducted by Drury et al suggests that among the factors that facilitate the implementation of intergenerational sport activities, close contact is highlighted. Close contact should be based on regular activities and entail a certain level of self-disclosure (i.e. participants talking about their lives and past experiences - *individualisation*).⁴¹ However, it is important that self-disclosure is proportionate and that no party monopolises it (either the elderly or the younger participant). This element is closely related to *intergenerational friendships*. Friendships can be developed through buddy systems or some formalised dialogues or exchanges of opinions / stories. To facilitate these, ice-breaking sessions or pre-meetings could be organised. All these factors nurture relationships, develop trust, understanding and familiarity between the ages.⁴² Furthermore, intergenerational learning and transfer becomes more embedded the longer the relationship between older and younger individuals is permitted to develop, and so programmes which run over an extended time span are often more successful in achieving this goal than one-off events.⁴³

In terms of format, tasks that produce outcomes, are based on common goals and generally promote collaboration and organisation / planning are preferred. This can be a sport competition for example, where participants could be brought together to win or overcome a challenge. The skills of one group should not be favoured during the chosen task, and all generations have to feel equal and able to participate.⁴⁴ Moreover, programmes should respond to participant needs and be flexible enough to allow changes during the course of implementation following participants' feedback. By asking participants what they would like to get out of the programme at inception stage,

³⁹ Strandbu, A. Bakken, A. and Stefansen, K. (2019) The continued importance of family sport culture for sport participation during the teenage years Sport, Education and Society Volume 25, 2020 - Issue 8

⁴⁰ Ibid.

⁴¹ Drury, L., Abrams, D., & Swift, H. J., (2017) Making intergenerational connections: What are they, why do they matter and how to make more of them. Age UK. Accessed from: [https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review\(2017\).pdf?dtrk=true](https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review(2017).pdf?dtrk=true)

⁴² Ibid.

⁴³ Ibid.

⁴⁴ Ibid.

organisers can ensure their expectations will be met and that they are more likely to fully engage in the activities.

Stakeholders with the right knowledge and expertise in working with both old and young people should be engaged to deliver these programmes. Based on the collected evidence (see Chapter 4), these stakeholders usually include national / local sport organisations and federations and NGOs / charities dealing with the elderly. They have the combination of sports knowledge and a deep understanding of older people's needs, so are able to facilitate the adjustment of the programmes to individual and local contexts.

3.6 Barriers to intergenerational sport activities

This section summarises the main barriers related to intergenerational sport activities mapped through the literature review, case study analysis and interviews. It divides barriers into two groups: barriers which may pose issues for participants to engage and benefit from intergenerational activities and structural barriers linked to limited funding and organisational issues.

Motivational barriers to participation in intergenerational sport activities

The setting in which intergenerational activities take place is important for their successful implementation. For example, two programmes implemented in schools (sharing lunches⁴⁵ and shared learning⁴⁶) did not produce positive effects. The setting favoured young people (on the basis of their power, status, size), while the elderly group felt uncomfortable and not familiar with the environment. The reasoning behind this is that older people were outnumbered in schools and might have felt like they do not naturally belong to that setting. The sense of not belonging could have created anxiety when approaching young individuals and trying to establish contacts. On the other hand, young people might have felt reluctant to engage with the elderly due to peer pressure or prevailing norms stipulating that is not socially desirable to spend time with older people. Therefore, it is necessary to select a neutral place which both groups consider as a safe space (e.g. sport fields, parks, community centres etc). This could also reduce anxiety related to establishing new contacts.⁴⁷

Similarly, research has shown that environments such as retirements homes, nursing homes or hospitals do not contribute to successful implementation. In this type of environment, the elderly are associated with negative stereotypes (e.g. high-dependency, need for continuous care, physical weakness) which can result in increasing anxiety in

⁴⁵ Olejnik, A. B., & LaRue, A. A. (1981) Changes in adolescents' perceptions of the aged: the effects of intergenerational contact. *Educational Gerontology: An International Quarterly*, as quoted in Drury, L., Abrams, D., & Swift, H. J., (2017). Making intergenerational connections: What are they, why do they matter and how to make more of them. Age UK. Accessed from: [https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review\(2017\).pdf?dtrk=true](https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review(2017).pdf?dtrk=true)

⁴⁶ Auerbach, D. N., & Levenson Jr, R. L. (1977) Second impressions: Attitude change in college students toward the elderly. *The Gerontologist*, as quoted in Drury, L., Abrams, D., & Swift, H. J., (2017) Making intergenerational connections: What are they, why do they matter and how to make more of them. Age UK. Accessed from: [https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review\(2017\).pdf?dtrk=true](https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review(2017).pdf?dtrk=true)

⁴⁷ Ibid.

younger participants or create mental burdens.⁴⁸ The key is to find activities in which older people can still showcase their mental or physical abilities and fitness.

Communication towards the target group is also essential. Due to their age differences and the fact they have been socialised in distinct settings, age groups use different vocabulary and might attribute different meaning to the same words or expressions. In this sense, well-balanced communication appropriate both for older and younger generation is needed.

As highlighted in the stakeholder interviews for this study, in some countries (e.g. mostly prevalent in Northern Europe), older people are more isolated from their families. Following this, young people might not have a lot experience in spending time with their older relatives and have not been socialised around them, which could make them feel awkward or uncomfortable. This understanding of a local cultural context may help to properly design new projects and approaches fit for both older and younger potential participants. Finally, the project objectives and its promotions should be tailored to each targeted audience. For instance, *What are the pull factors attractive to each group, how can each group can be convinced to take part in it*, are some of the questions which have to be addressed.

Structural barriers to intergenerational sport activities

In parallel to barriers to participation, structural barriers have emerged during the different research stages. The availability of funds and limited financial support (see Chapter 4) to this type of programme constitute a significant barrier, as also emerged during the stakeholders' consultation phase. This is also linked with a lack of awareness of sport authorities when it comes to the importance and impacts of intergenerational projects. More specifically, there is a shortage of evidence on the impacts of intergenerational projects, especially within the context of sport and physical activity. The dissemination and promotion of project results could fill in the gaps and remove these barriers. It is also important to include the request for evaluation into delivery to build the literature base.

At EU level, a limited number of transitional networks focused on this issue has been observed. There are some intergenerational networks (mostly promoting intergenerational learning), and a wide variety of sport networks, but rarely a combination of both. EU, transitional and cross-border partnerships could be established fuelled by more EU funding, which will also increase the visibility of this type of programmes. In addition to this, transnational networks can also play a key role in raising awareness of the benefits of these programmes, as well as on the main barriers in implementing these projects in specific geographical contexts. Finally, these networks might also contribute to share good practice and learning outcomes emerging at local level across the EU.

According to interviewed stakeholders, some countries struggle with poor infrastructure and lack of equipment which hinder the quality of project activities. Due to specific needs of certain target groups (e.g. disability, medical conditions, reduced mobility), equipment and props have to be safe and adjusted to all participating. This is mainly ensured through appropriate level of financing, which is often absent, and compounded by difficulties in getting insurance for activities run with older people in some cases.

⁴⁸ Drury, L., Abrams, D., & Swift, H. J., (2017) Making intergenerational connections: What are they, why do they matter and how to make more of them. Age UK. Accessed from: [https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review\(2017\).pdf?dtrk=true](https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Making_Intergenerational_Connections-Evidence_Review(2017).pdf?dtrk=true)

3.7 Summary

This section has focused on the results of a review of literature sources covering the subject of intergenerational sport. The review covered academic publications, grey literature, desk-based research and articles. It should be stressed however that with the time and resources available for the study, only key sources have been considered and it has not been possible to do justice to the range of literature on the subject. The key themes to emerge can be summarised as follows:

- As a universally agreed upon definition of intergenerational sport does not appear to exist in the literature, we have developed a broad definition, namely that intergenerational sport concerns any activity that engages both young and older generations in taking part in sport and physical activities at the same time, and which could include active participation as well as volunteering in sporting competitions, coaching and spectating.
- There is evidence that intergenerational sport activity has positive benefits on the personal health of participants. In this regard, the intergenerational dimension of sport might contribute to the physical and mental wellbeing of both young and old people. The literature emphasises its potential to contribute to improvements in mental health, emotional and psychological wellbeing for both older and younger people. Moreover, sport activities for old and young people provide opportunities to reduce the risk of obesity and stress, to prevent diseases and to improve the immune system.
- The intergenerational dimension of sport can also have a strong impact on the individual development of young and old people, as it contributes to changing attitudes and perceptions and to developing skills and knowledge across both groups. Intergenerational sport activities can also contribute to improved competencies such as reading, language, artistic skills among both the younger and older participants. There is a wide range of evidence supporting the positive impact that sport can have on facilitating opportunities for learning and positive development for younger people. Intergenerational connections through sport can also contribute to a change in attitudes and a reduction in negative stereotypes held by both young and old people about each other which in turn can then have a positive effect on the social wellbeing of both young and old people. In this regard, it has been emphasised how intergenerational activities can foster both social inclusion and active citizenship, and thus also promote community development and sense of solidarity and equality.
- Intergenerational activities can also strengthen family links and create opportunities for joint participation in activities of family members, particularly parents and their children. There is evidence of the strong impact of the transfer effect from parents to their children in the context of intergenerational sport activities. In general, if parents have been active exercisers, then their children can also become active exercisers.
- The main barriers identified relate to both structural and motivational factors hindering intergenerational participation. Among the structural barriers it is important to mention the lack of national funds allocated to these types of activities and the lack of awareness of the benefits of these programmes and projects. Barriers to intergenerational participation mainly refer to the negative stereotypes and perceptions between young and old people, or also to specific cultural contexts in which family links might be less strong and elderly people feel more isolated.

- The literature review also highlighted the main factors and aspects facilitating the implementation of and participation in intergenerational sport activities. In particular, there is evidence of the need to design programmes and projects fostering intergenerational friendship to develop trust, understanding and familiarity between the ages. The activities should also be based on common goals and generally promote collaboration between the two groups, while the skills of one group should not be favoured during the chosen task, and all generations have to feel equal and able to participate.
- There is a lack of formal evaluation of intergenerational sport programmes and activities. The evidence base could be strengthened by addressing these knowledge gaps. Key principles to develop intergenerational sport programmes and projects need to be considered for successful intergenerational projects, such as the elements that contribute to project success and barriers that may inhibit success.

4.0 Good practice programmes

4.1 Introduction

This section provides an overview of the main findings of the country reviews with regard to good practice programmes. It particularly draws on evidence from the case studies which are presented as summaries in boxes. The full case studies are included in annex I. The review provides evidence on the ways in which the European Union, the Member States, the local or regional authorities and grassroots organisations fund and support intergenerational initiatives focusing on sporting activities. Specific intergenerational themes are examined with reference to the mapping review undertaken in all the EU countries and a selection of programmes that have been examined in more detail as case studies.

The primary aim of the mapping exercise was to find relevant project examples for each EU Member State however it was not intended to systematically review all of the projects in each country. As result of the mapping exercise, 92 relevant project examples were identified in all 27 EU countries.⁴⁹

The findings from the mapping review emphasised the prevalence of small-scale projects across Europe focusing on intergenerational sport activities. There was little evidence of large scale European or national programmes or projects aimed at fostering the intergenerational dimension of sport.

4.2 Fostering the intergenerational dimension of sport: main programme approaches and characteristics

This section provides an explanation of the main typologies of intervention in the field of intergenerational sport, by considering the main goals and geographical scope of the intergenerational programmes or projects identified through the mapping reviews.

As also outlined in section 3.0, the intergenerational dimension of sport covers a number of different types of approaches. As result of the mapping exercise, we have identified the following main typologies of goals achieved through intergenerational sport and sport-related activities:

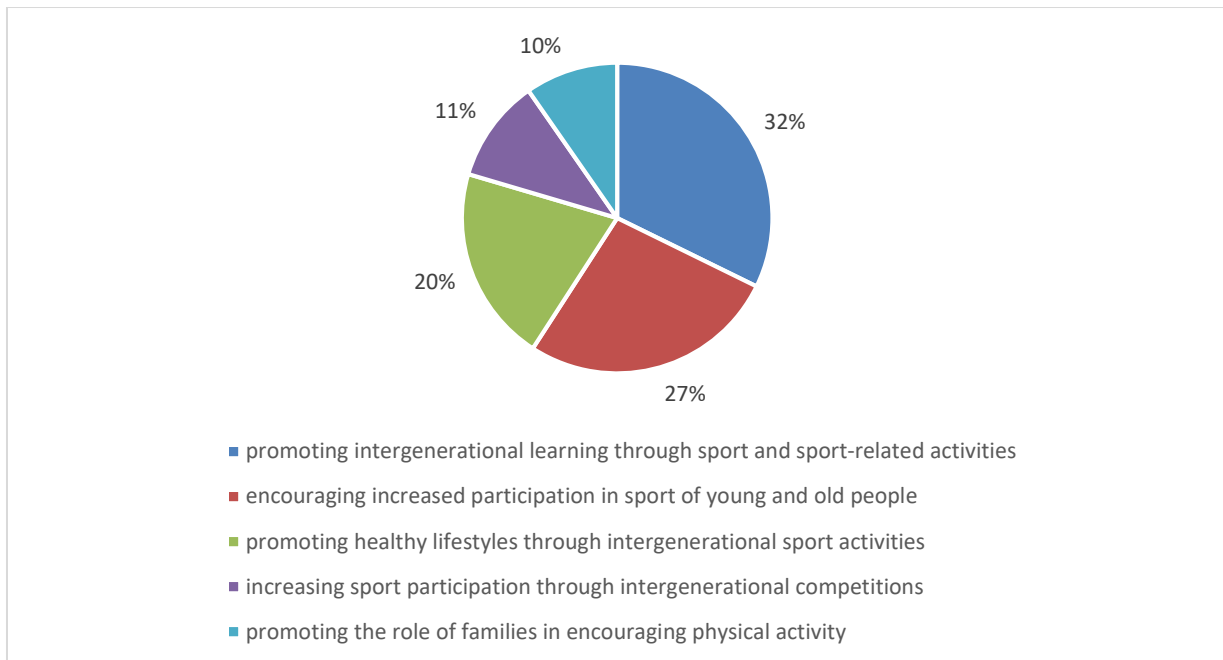
- ***promoting intergenerational learning through sport and sport-related activities***: the main goals of these projects are to bring together young and old people to promote mutual learning among different generations through sport or sport-related activities including to eradicate ageing stereotypes. While some programmes or projects might have a strong focus on sporting activities to achieve these goals, others may have a stronger focus on a range of different intergenerational learning activities (i.e. volunteering, workshops, storytelling, etc.) but also include some sport-related activities (i.e. gym classes, traditional games, etc.);

⁴⁹ The list of projects and programmes identified is presented in Annex III.

- **encouraging increased participation in sport of young and old people:** these projects aim to generally promote sporting activities for both young and old people by encompassing an intergenerational learning dimension. While encouraging participation in sporting activities, these projects are also aimed at encouraging mutual understanding and friendship between young and old people through playful games and sporting activities. However, the ultimate goal is often to foster the participation in sporting activities of elderly people to prevent sedentarism and / or to motivate young people in practising sport already in their early ages, by providing also them with adequate spaces and offering sporting activities for both generations, i.e. traditional games, fitness exercises, sport classes and workshops, etc.
- **promoting healthy lifestyles through intergenerational sport activities:** the main goal of these types of projects is to increase awareness among young and old people of the benefits of sporting activities to achieve healthy lifestyle, active ageing and in preventing diseases. These projects promote sporting activities for young and old people together, mainly to increase the motivation of elderly people in practicing physical activity with the support of young volunteers or in taking part in games and sporting activities with younger children and toddlers.
- **increasing sport participation through intergenerational competitions:** the organisation of sport festivals, intergenerational games or sporting competitions also represents another general type of intergenerational sport intervention in Europe. In particular, these projects stress the importance of fair competitions and good sportsmanship among different generations, in order to foster intergenerational learning, social inclusion and promote participation in sporting or physical activities.
- **promoting the role of families in encouraging physical activity:** these projects are mostly aimed bringing families together to participate in sport and sport-related activities. As also described in section 3.0, the role of families (including parental support) can be an important factor in facilitating sport and physical activity participation amongst young people.

As also outlined in the figure below, a large number of projects identified are specifically aimed at promoting intergenerational learning practices through sport and sport-related activities (32%) and at encouraging sport participation of young and old people in general (27%). In addition to this, approximately one out of five projects identified across the EU specifically aims to promote healthy lifestyles through intergenerational activities (20%). Only 10% of projects identified were aimed at promoting the role of families through intergenerational sport activities.

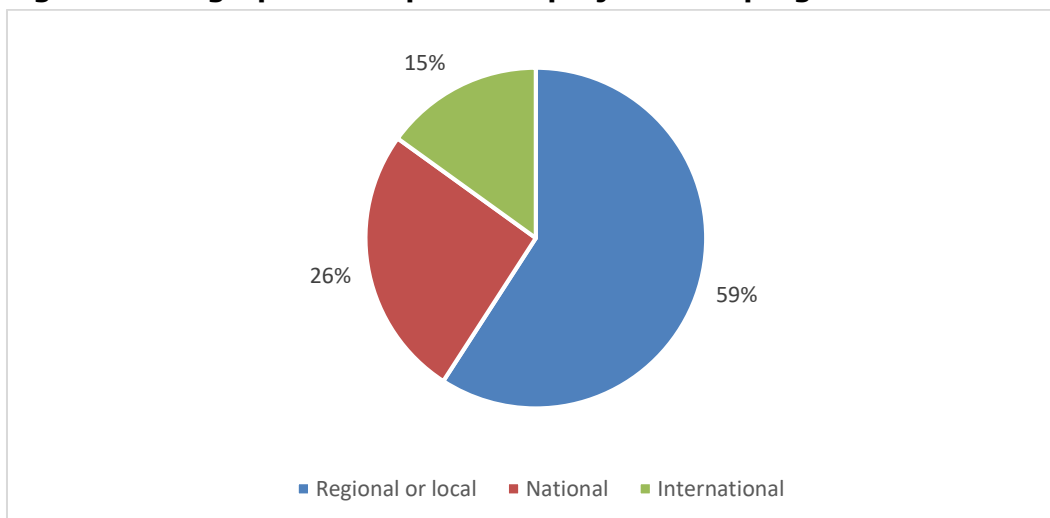
Figure 1: Typologies of main goals of the project and programmes identified



Source: Ecorys mapping review

The country mapping review showed that a majority of identified projects are implemented at a local or regional level (59%), while fewer identified projects are implemented at national (26%) or international (15%) level. Findings also demonstrated that very few countries have national programmes or grants in place aimed at fostering the intergenerational dimension of sport or at funding intergenerational sport and sport-related initiatives. Figure 2 illustrates the different geographical scopes of the projects identified through the mapping.

Figure 2: Geographical scope of the projects and programmes identified



Source: Ecorys mapping review of projects

The review of the national programmes or grants also showed that these are usually implemented in small EU countries, such as Austria, Belgium, Cyprus, Malta, Netherlands, Lithuania, Slovakia and Sweden, with the only exception of France, where two national programmes were aimed at organising sporting and sport-related competitions fostering intergenerational learning and at raising awareness on the benefits of physical activity.

The review of the international programmes and projects demonstrated that these have been mainly funded through the Erasmus+ programme grants and that they are generally aimed at promoting healthy lifestyles or at encouraging intergenerational learning in different countries, as also outlined in section 2.3.

Finally, as could be seen in the wide range of local and regional projects identified, the review highlighted that the majority of projects are mainly funded by local associations, foundations, companies or local level authorities and have quite a limited scope and length. In this regard, the majority of local or regional sport programmes identified are not systematically evaluated and data on the impact of these projects or programmes is usually not collected. The good practice research was therefore largely based on the review of basic monitoring data on the projects implemented, as well as grey literature (brochures, summary reports, etc.) and organisations' websites. Where available, we have also taken into account the feedback and views on the relevant projects that were provided by the stakeholders consulted during the case study research phase.

The following subsections provide relevant examples of projects and programmes identified and implemented at the local, regional, national or international levels.

4.2.1 Regional and local programmes fostering the intergenerational dimension of sport

As established earlier in the report, the majority of programmes and projects identified during the country mapping stage operated at a local and regional level. As such, many were organised and funded at a local or regional level, typically through council, municipal government or foundations. There is a large range of activity types, from one-off events to programmes which bring participants together as often as once a week, as well as involvement from organisers, who may be closely involved in running and coordinating activities or who may set up a framework for the local community to take advantage of as they please. Benefitting the local community, however, was central to all of the following initiatives, with the organisers keen to improve health, reduce social exclusion and strengthen ties between residents in order to offset some of the problems which ageing societies can present.

Encouraging increased participation in sport of young and older people at the local level

Many of the local initiatives that encourage increased participation for young and older people are funded by local authority and foundations seeking to increase grassroots participation in sport and physical activity. As such, a number of these programmes centred around providing a dedicated arena where people of all ages can be active. This is often in the form of outdoor exercise centres or modified playgrounds where the funding was used to create and promote facilities although in most cases structured sessions were not supported by funding. Germany in particular has embraced this type of exercise space, with *The Dietmar Hopp Foundation* donating funds for 19 cross-generational exercise and

meeting facilities to be built in the Rhine-Neckar metropolitan region⁵⁰, with the aim of motivating all ages to keep fit and maintain their personal health (see project 39 in Annex III). A similar type of facility, "SportPark Dielheim"⁵¹ (see project 40 in Annex III), opened in 2012 and offers local schools and organisations the ability to host events using the facilities, such as festivals and runs, as well as them being open to the general public.

Elsewhere, local programmes under this typology often take the form of sports days and festivals held infrequently with the aim of promoting sport amongst old and young people in the same setting. For example in Romania, the *Bucharest Municipality* organised a "Generations' Marathon"⁵² annually between 2005-2014, where mixed pairs of children and adults participated in a series of games (see project 79 in Annex III). Similarly, Lithuania holds an annual sports local festival, "Active Sports Vilnius"⁵³ (see project 61 in Annex III), where adults and children compete alongside each other in sports like orienteering and kayaking with the aim of encouraging participation and volunteering in sport.

Our interviews with stakeholders demonstrated how co-creating events alongside participants is key to their success, as doing so ensures maximum investment in the programme as well as participation within the events themselves. For example, one stakeholder warned against planning any event without input from participants first, emphasising that expectations of both older and younger participants are taken into account, to ensure that the relationship between the generations is fluid and one group are not prioritised over another. In line with this, Box 1 (case study 5 in Annex I) highlights a successful example of an intergenerational sports day which was organised and run by the children's council of a French municipality.

Box 1: French local programme

Sport pour Tous	
Lead organisation	La Commission « Sport pour tous » du Conseil municipal des enfants de la Ville de Roubaix
Key focus/objectives	<ul style="list-style-type: none"> Encouraging increased participation in sport of young and old people
Member State(s)	France
Period	June 2019
Programme funding	Ville de Roubaix Municipal Council
Internet link	https://www.roubaixxl.fr/sport-pour-tous-des-olympiades-intergenerationnelles-sensationnelles/
<p>This one-off, Olympic-inspired sports day was run on 19th June 2019 by the Municipal Children's Council of Roubaix, an initiative of the Municipal government which aims to inspire children's civic engagement by providing a space for them to design and run projects. In this case, the Council wanted to bring different generations together to demonstrate that sport is enjoyable and accessible for all. The project was largely funded by a "Projet d'Initiative Citoyenne" (PIC) grant secured by the Municipality and received support in its organisation from local sports services.</p>	

⁵⁰ Dietmar Hopp Foundation: <https://dietmar-hopp-stiftung.de/sport/alla-hopp-eine-aktion-19-anlagen-und-ganz-viel-bewegung-fuer-jung-und-alt>

⁵¹ The Municipality of Dielheim: <http://www.sportpark-dielheim.de/Projekt/ProjUebersicht/projuebersicht.html>

⁵² The Municipality of Bucharest: <https://www.amosnews.ro/crosul-generatiilor-din-sectorul-2-de-la-7-la-70-de-ani-2012-06-01>

⁵³ Ministry of Education, Science and Sports: <http://activefest.lt/>

During the event itself, 70 participants competed across mixed teams of children, adolescents, adults and seniors participated in a series of seven sports events adapted for each age group, from archery to table tennis. Events were interspersed with health and sport related quizzes to promote sports' wider benefits. The mix of team members allowed participants to socialise and meet new people of different ages and feedback was positive. As well as the participants, stakeholders including the Deputy Mayor of Roubaix participated on the day and benefitted from developing closer partnerships between local organisations and having a platform to promote sports in the local area.

Promoting intergenerational learning through sport and sport-related local activities

As mentioned earlier, the objective of the initiatives which promote intergenerational learning through sport are to break down any negative perceptions held against one generation by another and first and foremost to foster intergenerational solidarity. As such, many regional and local programmes identified were focused on bringing different generations together through a range of activities that include sport and physical activity without it being the primary focus. "Passing Time and Dreaming Mind"⁵⁴, an intergenerational summer camp held in Italy, is a good example of this (see project 52 in Annex III). During the summer of 2014, 57 children aged 3-9 visited a centre for older people each weekday to participate in a series of events with 25 seniors aged between 65-93. The organisers referenced the diminishing contact between generations as a motivating factor for the project, highlighting that children tend to spend more time with those their own age whilst older adults living in day care centres rarely see children. The summer camp therefore aimed to promote intergenerational relationships through fun activities, from arts and crafts to gardening, and day trips such as to a local farm and library. Sports such as football and swimming did feature amongst the activities, but the nature of activities were secondary to the primary focus of fostering intergenerational solidarity. As stakeholders were keen to point out, dialogue between different generations is crucial to removing any tension and misunderstanding, so the success of a programme depends on the process of developing intergenerational relationships rather than the specific activity or end result.

A similar initiative was held elsewhere in Italy in 2014, which again highlighted that coming together to participate in shared activities over a sustained period of time is a successful way of developing intergenerational relationships. Whilst quality time spent between different generations was the main motivator of "Anziani e Bambini insieme: i cinque sensi in gioco" (see case study 9 in Annex I), the programme was also successful in encouraging elderly participants to exercise because they did so in order to have fun with the children rather than for the sake of exercise in itself. The programme is also summarised in Box 2.

Box 2: Italian local programme

Anziani e Bambini insieme: i cinque sensi in gioco	
Lead organisation	Azienda Retesalute
Key focus/objectives	<ul style="list-style-type: none"> Promoting intergenerational learning through sport and sport-related activities
Member State(s)	Italy
Period	April – July 2014

⁵⁴ Azienda speciale ReteSalute:
http://retesalute.net/index.php?option=com_content&view=article&id=154&Itemid=227

Programme funding	TOY Consortium (funded by Erasmus+ and Open Society Foundation)
Internet link	http://www.retesalute.net/index.php?option=com_content&view=article&id=154&Itemid=227

In order to promote intergenerational relationships, overcome stereotypes and enhance solidarity among generations, the project aimed to bring together young people and seniors (over 80 years old) to share space, time and knowledge. In particular, young people and seniors, with the support of two practitioners took part in indoor and outdoor activities, including gym classes and traditional games. The project lasted for four months and culminated in a public event where participants could show their parents and relatives the intergenerational practices acquired during the project.

The participants involved emphasised how the project made them aware of the importance of spending joyful time with the other generation and learning from each other. In addition to this, elderly people noted how they would have probably not undertaken any physical exercise or taken part in games without the children. The inclusion of children in this project strongly contributed to motivate elderly people in challenging themselves and in learning how physical activity could improve their self-esteem.

Another aim of promoting intergenerational learning through sport and sport-related activities is to help create a legacy within the local area, which is referenced in the aims of a number of related programmes. As well as reducing isolation for older people, there is an emphasis on encouraging young people to develop roots in their local area to help build a sense of community and encourage them to remain in the area in the long-term, as typified by a youth volunteering project run in a rural French town with an ageing population⁵⁵ (see project 33 in Annex III). Elsewhere, a Hungarian village in the vicinity of Budapest is also concerned that migration of young residents, who tend to spend most of their time in neighbouring cities, will exacerbate the village's already-ageing population, so it facilitates a programme of sports and games in the area⁵⁶ in the hope of increasing a sense of social responsibility amongst younger residents (see project 44 in Annex III).

Whilst some of the programmes in this typology are one-off or infrequent events such as intergenerational marathons or Olympics, many have longer-term objectives due to their focus on building and sustaining positive relationships between different generations within the local community. A number of examples of projects which took place in nurseries or care homes over a longer-term period were found. For example, the members of a children's creche in France that is situated next to a care home and the residents of the care home join each other once a week to take part in physical activities including using parachutes and balloons⁵⁷ (see project 31 in Annex III). A more structured programme took place in Germany, where senior members of a local sports club ran "Kibaz" events (a circuit of different sports) in local kindergartens⁵⁸ (see project 37 in Annex III). Trainers

⁵⁵ European Solidarity Corps: <https://europa.eu/youth/solidarity/projects/details/#project/2019-1-FR02-ESC11-015689>

⁵⁶ European Solidarity Corps: <https://europa.eu/youth/solidarity/projects/details/#project/2019-3-HU01-ESC31-077510>

⁵⁷ Plif Plaf Plouf: <https://www.fondationcos.org/gym-douce-avec-les-enfants-de-la-creche-plif-plaf-plouf>

⁵⁸ Landessportbund Nord Rhein – Vestfalen: https://www.vibss.de/fileadmin/Vereinservice/Bewegt_AELTER_werden/Gute_Beispiele/Generationsuebergreifendes_KIBAZ-Haaner_TV.pdf

were awarded a “cross-generational children’s movement badge” for completing 10 different assignments over a period of months, ensuring a long-term commitment towards the children. The volunteers were often those without grandchildren of their own so the training scheme also provided a means of connecting them to younger generations which they may not have otherwise experienced.

Promoting healthy lifestyles through local intergenerational sport activities

The initiatives which focus on the health benefits of intergenerational sport are particularly likely to be funded by local government or local authorities as part of a bid to improve the health of the local community and reduce obesity. Often, these activities are arranged in a way that enables community members to fit exercise around their existing lifestyles. A good example of this is “Annual Holiday Family Sports Days”⁵⁹ in Denmark, which recognised that many senior citizens were unable to continue with their exercise classes in winter holidays due to childcare responsibilities, so *Sports in the Daytime* organise specific activities in which grandparents and grandchildren can co-participate, enabling seniors to stay fit whilst spending quality time with their family (see project 21 in Annex III). As the stakeholders who we interviewed pointed out, organising intergenerational events is a participatory process, and projects are more likely to succeed if organisers take into account participants’ expectations and limitations.

A notable example of a programme which aimed to promote the health benefits of exercise and reduce childhood obesity was “Shared Exercise” in Spain, as detailed in Box 3 (see case study 15 in Annex I). Whilst its main aim was to improve the health of the local community, the programme also succeeded in improving relationships between different generations in the community and tackled associated negative stereotypes.

Box 3: Spanish local programme

Shared Exercise	
Lead organisation	Madrid City Council (Madrid Salud)
Key focus/objectives	<ul style="list-style-type: none"> Promoting healthy lifestyles through intergenerational sport activities;
Member State(s)	Spain
Period	2007-2019
Programme funding	N/A
Internet link	https://www.madrid.es/portales/munimadrid/es/Inicio/Actualidad/Noticias/Mayores-y-escolares-hacen-deporte-juntos-al-aire-libre/?vgnextfmt=default&vgnextoid=6a9908896ab05510VgnVCM2000001f4a900aRCD&vgnnextchannel=a12149fa40ec9410VgnVCM100000171f5a0aRCD
<p>“Shared Exercise” is an initiative of the Madrid City Council organised within the action plan ‘promoting friendly cities with the elderly’⁶⁰. The initiative aims to promote intergenerational solidarity around the practice of physical exercise. “Shared Exercise” events are organised in different city districts bringing together old and young people. The events encompass different sports and activities are led by a physical education instructor.</p>	

⁵⁹ Idræt i Dagtimerne: <http://www.iidvejle.dk/forside/>

⁶⁰<https://www.madrid.es/portales/munimadrid/es/Inicio/Mayores/Madrid-ciudad-amigable-con-las-personas-mayores/?vgnextfmt=default&vgnextoid=aec7864956ba1510VgnVCM1000000b205a0aRCD&vgnnextchannel=c30b7dd3f7fe410VgnVCM1000000b205a0aRCD&idCapitulo=10049224>

The main objective is to facilitate communication among both generations to achieve individual and social benefits for both. In addition to this, the activity also contributes to raising awareness of healthy habits in a context of obesity prevention among children and adolescents.

The feedback collected by Madrid City Council shows that satisfaction rates among participants is high. In 2019, there was an average satisfaction of 9.5 out of 10⁶¹, also highlighting the health and mental benefits of the activities practiced with young people. Elderly people involved also emphasised how the activities contributed to them feeling more integrated and connected with the rest of society, whilst the project also contributed to change misconceptions about age in younger participations. Overall, the City Council reports the events are low-cost with many benefits for its participants and recommends its further expansion to other City districts in the future.

Indeed, the benefits of taking part in physical activity on intergenerational relationships appear to strengthen the longer a programme is running. As shown in Box 4, a similar initiative took place in Austria over a two-year period and involved children and seniors regularly participating in physical exercises together (see case study 1 in Annex I). As well as the associated health benefits, mutual understanding between the two generations noticeably increased and each age group was able to use its strengths to assist the other in completing the exercises.

Box 4: Austrian local programme

Moving Generations (Generationen bewegen)

Lead organisation	The Vienna Health Promotion (WiG)
Key focus/objectives	<ul style="list-style-type: none"> Promoting healthy lifestyles through intergenerational sport activities
Member State(s)	Austria
Period	September 2014 - December 2016
Programme funding	Financed by the Vienna Health Promotion (WiG)
Internet links	https://www.wig.or.at/Generationen%2520bewegen.1539.0.html

"Moving generations" (September 2014 - December 2016) is aimed at improving physical and mental well-being among young and old people by bringing these groups together in moto-pedagogical exercises. The project was led and financed by Wiener Gesundheitsförderung (WiG), an NGO in Vienna promoting healthy lifestyles and healthy living environments. Project participants were children between three and six years of age, and senior citizens living in nursing homes.

Through these exercises, participants were observed to be more active, communicative, and treating each other equally, regardless of age. For example, youngsters would help old people with the physical tasks, while older people came up with creative solutions to overcome physical or mental challenges proposed by the different exercises. By having young and old interact together in such a way, they learned from one another and began understanding each other better.

⁶¹ Programa Intergeneracional: Jornadas de Ejercicio Compartido (Dirección General de Mayores, 2019)

The project resulted in an increased intergenerational empathy and social cohesion, and seniors reported tangible health improvements from exercising more. A key strength of the project was its scientific evaluation led by scientists from the University of Vienna (Centre for medical statistics informatics and intelligent systems medical), and from Ferdinand Porsche (FernFH - Distance-Learning University of Applied Sciences) who were interested in understanding how intergenerational exercises can be successfully carried out and their impact.

Since initiatives under this type of activity aim to improve the general health of the community, some give as much focus to mental health as they do to physical health, with emphasis on intergenerational sport as a means to improving wellbeing and reducing social exclusion. Hosted in care homes in 2008-2010, the *Ministry of Health and Social Policy-Extremadura Government (SEPAD)* organised intergenerational chess tournaments with local chess clubs⁶² which aimed to maintain the neurological capacity of care home residents whilst integrating vulnerable younger adults such as unemployed youth or juvenile offenders, into society (see project 89 in Annex III). Elsewhere, “Nebud Sam” in the Czech Republic⁶³ aims to achieve a similar outcome in a reverse way, by pairing young volunteers with lonely elderly citizens who have been in hospital for a long period of time to help them re-integrate into society through activities such as going for walks together (see project 16 in Annex III).

Increasing sport participation through local intergenerational competitions

Whilst still operating at a local or regional level, the six examples of local or regional intergenerational competitions were on a slightly larger scale than other types of activities as they generally take the form of an organised event which is attended by a higher number of participants and even spectators. These may be one-off, such as “La Journée Intergénérationnelle” in France⁶⁴ which brought together over 200 children and seniors to compete in mixed teams across a number of novel sports from Zumba to lightsabre fights (see project 30 in Annex III). Other competitions are more established and held regularly, though infrequently, like “Outdoor Sydfyn” in Denmark⁶⁵ which is a weekend-long festival held in August each year where families compete alongside each other in a number of outdoor sports (see project 23 in Annex III). These initiatives help to overcome the perception that older generations are slower and therefore are unable to or do not wish to compete in sporting events, a myth which stakeholders were keen to dispel in the telephone interviews. They also seek to highlight the heterogeneity of older people and wide age range (of up to 40 years) and the fact that it is important to remember not to define older adults’ physical capability by their age, as it often depends on how fit they feel within themselves.

Some competitions, moreover, involve structured training and preparation in the lead up to the event, such as the “Dance Emergency” project in Poland⁶⁶ (see case study 12 in Annex I). Run by volunteers coordinated by *Seniors in Action*, senior citizens in Tychy are invited to attend a series of dance workshops over a period of 10 months working towards

⁶² Ministry of Health and Social Policy-Extremadura Government (SEPAD): <https://es.chessbase.com/post/i-torneo-intergeneracional-de-extremadura>

⁶³ Diakonie: <https://brno.diakonie.cz/poskytovane-sluzby/lide-s-dlouhodobym-dusevnim-onemocnenim/nebud-sam/>

⁶⁴ La Direction de la Jeunesse, Reims: <https://www.reims.fr/solidarite-sante-seniors/dispositifs-seniors/l-intergenerationnel/une-journee-de-partage-10176.html?L=208.html.html.html>

⁶⁵ Outdoor Sydfyn: <https://www.outdoorsydfyn.com/>

⁶⁶ Fundacja Internationaler Bund Polska: <https://seniorzywalczy.pl/tychy-uczen-i-mistrz-na-parkiecie/>

an intergenerational performance at the outdoor event "Seniorkiada". These types of events, which require preparation and which are a focus for participants over a long period of time, are successful in building relationships and adopting healthy habits, according to stakeholders. Instead, at its most successful "intergenerational learning needs to be continuous, held over time on a regular basis with a pedagogical plan behind it."

Box 5: Polish local programme

Dance Emergency	
Lead organisation	Seniors in Action
Key focus/objectives	<ul style="list-style-type: none"> Promoting healthy lifestyles through intergenerational sport activities Increasing sport participation through intergenerational competitions
Member State(s)	Poland
Period	2020
Programme funding	Polish-American Freedom Foundation (via Seniors in Action)
Internet link	https://seniorzywakcji.pl/pogotowie-taneczne/
<p>Over a period of 10 months, seniors from Tychy took part in a series of dance workshops, including ballroom dances, regional dances from across the world, as well as improvised and experimental forms of dance to encourage experimenting with movement and music. Participants were working towards specific performances in addition to the regular meetings, culminating in "Seniorkiada", an outdoor event in Tychy, where they present their new skills. They also put on a number of dance performances in the local community, including in local schools and community centres to spread joy to those who might be struggling in life.</p> <p>Seniors in Action wished to promote intergenerational learning, and, as with all their other projects, Dance Emergency was organised and led by an intergenerational partnership consisting of an instructor aged over 60, alongside a younger instructor aged under 35. As well as promoting healthy lifestyles amongst the elderly participants, the project demonstrated that the elderly can be leaders and creators of activities as well as participants in activities directed towards them.</p>	

Promoting the role of families in encouraging physical activity

Bringing together families seems to be an organic or secondary consequence of intergenerational sport initiatives, and only five local programmes sought to do so as their primary motive; rather participants could choose whether or not to take part as a family group. There are some private exercise classes and instructors which seek to fill this gap, however, such as *Fit Family* in France⁶⁷ (see Box 6 and project 28 in Annex III; not included as one of the case studies) who provide a space for the whole family to exercise together in order to reduce the impact of family members' competing commitments on their ability to all stay active.

⁶⁷ Fit Family: <https://www.fitfamily.fr/le-club/>

Box 6: A local programme from France

Fit Family	
Lead organisation	Fit Family
Key focus/objectives	To provide a space where the whole family can exercise at the same time, to reduce stress for families and ensure they have the chance to exercise.
Member State(s)	France
Period	Ongoing
Programme funding	Private
Internet link	https://www.fitfamily.fr/le-club/
<p>After realising that too much of families' time was spent escorting children between different activities, a couple in Southern France decided to open a private sports club to enable whole families to exercise together in the same space at the same time. They hoped this would bring families together and provide a chance for all family members to exercise. They also wanted to remove any barriers that parents sometimes feel around body image and fitness levels which can put them off joining a regular gym.</p> <p>The club runs a series of sports and programmes with qualified instructors, and has the ability to cater for all ages, from babies to the elderly. Some classes are for particular age groups and others are tailored towards whole families in Zumba, yoga and fitness. As well as sporting activities, the fitness club also runs a series of creative classes including circus skills and theatre in order to engage the whole family and develop familial relationships around an activity that all members of the family can enjoy.</p>	

Furthermore, there are some benevolent organisations which target families within community groups, such as *Génération lutte contact* in Northern France who aimed to improve access to sport and physical activity amongst women who often have fewer opportunities to participate in sport⁶⁸. Tailoring the programme to the area, which has a high incidence of single mums, the association facilitated sports events where women, who may otherwise struggle to juggle childcare and exercise, could participate alongside their children. Given the typical lack of male role models within family groups in the community, some of these events included "educational" boxing for children to interact with and learn from older men (see project 36 in Annex III).

4.2.2 National funded programmes fostering the intergenerational dimension of sport

The mapping review showed that there are very few programmes in Europe directly funded at a national level and focusing on the intergenerational dimension of sport. As outlined above (see section 4.2), only 26% of the projects identified are implemented at the national level, and most of the identified projects had a limited geographical scope, as they are mainly implemented at regional or local level. In this regard, as also outlined by different interviewees, the lack of national funds for intergenerational learning activities in general also explains why there are only a few national level intergenerational sport projects. As mentioned by one interviewee, the lack of national funded intergenerational

⁶⁸ Génération lute contact: <https://ceser.regioncentre.fr/files/live/sites/ceser/files/contributed/espace-public/Rapports/2015/rapport-benevolat-lelienentrelesages.pdf> (p52)

sports programmes can also be explained by the fact that national sport authorities do not perceive the inclusion of older people in sport as a priority for their programmes.

National programmes funded by public health authorities and associations

Some of the national programmes identified focusing on the intergenerational dimension of sport are directly funded by national health ministries (Bulgaria, Croatia), public health institutes (Finland,⁶⁹ Slovakia⁷⁰) or other public health and sport associations (Netherlands,⁷¹ Denmark⁷²). In particular, these programmes are mainly aimed at promoting healthy lifestyles through intergenerational sporting activities or at supporting active ageing policies. For example, a Bulgarian intergenerational project funded by the Health Ministry is implemented in the context of the National Program for Prevention of Chronic Non-communicable Diseases 2014-2020. Through the organisation of sporting activities and intergenerational competitions in different disciplines, the project aims to promote healthy lifestyle and nutrition. In addition to this, the project aims to raise awareness on the benefits of cooperation and teamwork between generations in order to preserve Bulgarian traditions, as well as on the importance of practising sport to prevent chronic non-communicable diseases.

The mapping review also identified a number of programmes focused on the role of families in intergenerational sport activities, based on the rationale that parents and grandparents have an important role in motivating younger people to increase their participation. Such projects can also encourage the participation in sporting and physical activity of parents and grandparents. For instance, a project developed in Denmark by a local association is now implemented at national level through the cooperation with different municipalities. The project aims to develop the concept of sport for families and aimed at directly involving parents in the sporting activities of their children. The association noted how parents often spend some time passively watching their children while they play sports and decided to design sporting activities tailored to the needs of both adults and children. In this context, the association and their partners organise sporting activities for both adults and children (between 2 and 12 years old) and with the involvement of young volunteers supporting elderly people practising different types of sporting activities (see case study 4).

Box 7: A national project from Denmark

Familieidræt	
Lead organisation	Familieidræt
Key focus/objectives	Emphasising the role of families in the intergenerational dimension of sport
Member State(s)	Denmark
Period	2010-ongoing
Programme funding	Membership fees, and municipal development funds (e.g. DKK 160,000 from a development pool in the City of Copenhagen).
Internet link	https://www.familieidraet.dk/cms/ShowContentPage.aspx?ContentPageID=1&AliasPageName=default.aspx

⁶⁹ Niilo Maki Institute: <https://en.nmi.fi/>

⁷⁰ Senior.sk: <https://www.senior.sk/>

⁷¹ National Elderly Fund: <https://www.ouderenfonds.nl/>

⁷² Familieidræt (Family Sport):

<https://www.familieidraet.dk/cms/ShowContentPage.aspx?ContentPageID=1&AliasPageName=default.aspx>

Familieidræt (Family sports) is a voluntary sports association in Denmark for families with children who want to participate in sports and exercise together. Memberships are 34 Eur. per person annually, including activities and events all year round, both on weekdays and on weekends, so families can participate in what suits them, when it suits them. The association's activities are for parents and children from 2-12 years of age. Familieidræt is non-profit, with all membership revenues directed towards covering costs such as the development of new activities, the training of instructors, advertising costs and marketing, insurance, administration, and other needs. Familieidræt is based in Frederiksberg, Vesterbro, Nørrebro and Amager Strand.

A key aspect of the association's success relates to the way in which the association adapts itself to the needs of the busy, modern-day family. The activities offered are wide-ranging and innovative with the aim to suit the needs of different families at different times, from traditional sports activities in sport halls, to activities in nature and urban spaces.

National programmes funded by sport authorities and associations

The evidence collected showed that only in a few countries are national sport authorities or national sport federations involved in the development and implementation of intergenerational sport projects (Austria,⁷³ Cyprus,⁷⁴ Ireland,⁷⁵ Lithuania⁷⁶, Malta⁷⁷, Portugal⁷⁸ and Sweden⁷⁹). These projects and programmes are mainly aimed at increasing the participation of both young and old people. In order to achieve this goal, such organisations have designed sport programmes tailored to the needs of both elderly and young people, thus providing facilities and trainers to overcome the different societal and physical barriers.

Such projects and programmes highlight the added value of intergenerational activities to overcome motivational barriers for elderly people. As also emphasised in section 2.0, the involvement of young people or younger relatives can encourage elderly people to undertake physical exercise through reduced ageing anxiety and social isolation, which contributes to a more positive attitude toward sport and physical activity. In particular, the evidences collected show how the involvement of young people might represent an important motivational factor for elderly people. As also described by a couple of stakeholders consulted, elderly people are usually more willing to play or practice sport if invited or encouraged by children rather than by other adult family members or social workers. For example, a programme implemented by the Maltese sporting authority (SportMalta) is generally aimed at providing opportunities to practice sports for everyone, but through including specific sub-programmes tailored to the needs of toddlers, parents and children together and to only adults (aged 26 or over). As outlined in the summary below and in the case study (see case study 11), this project demonstrates how national sports programmes can foster the intergenerational dimension of sport through specific and tailored sub-programmes addressing the needs of both young and elderly people by offering an inclusive approach to experience physical exercises and activities.

⁷³ Fit Sport Austria: <https://www.fitsportaustria.at/main.asp?VID=1&kat1=87&kat2=690>

⁷⁴ Cyprus Sport Organisation (CSO): <https://cyprussports.org/en/>

⁷⁵ Irish Football Association: <https://www.irishfa.com/>

⁷⁶ Lithuanian Association Sport for All: <http://www.sportasvisiems.lt/lt/pradzia.html>

⁷⁷ Sport Malta: <https://www.sportmalta.org.mt/>

⁷⁸ Portuguese Institute for Youth and Sports (IPDJ): <https://ipdj.gov.pt/>

⁷⁹ Riksidrottsförbundet (RF): Swedish Sport Confederation: <https://www.rf.se/>

Box 8: Maltese national programme

#OnTheMove	
Lead organisation	SportMalta
Key focus/objectives	<ul style="list-style-type: none"> Promoting healthy lifestyle through intergenerational sport activities Emphasising the role of families in intergenerational dimension of sport
Member State(s)	Malta
Period	2015 - ongoing
Programme funding	n/a
Internet link	https://www.sportmalta.org.mt/programmes/onthemove-skolasport
<p>The Maltese national programme #OnTheMove aims to increase the citizens' participation in sporting activities through an intergenerational approach and by emphasising the role of parents in promoting sports among youth. As part of this programme, parents and children are offered with the opportunity to practice different types of physical activity together, i.e. swimming, gymnastics, dance, etc. The programme #OnTheMove consists of different subprogrammes aimed at promoting healthier lifestyles among Maltese citizens. In this regard, the sub-programme Parent and Child aims to emphasise the role of parents and families in encouraging youth to practice sport and achieve a healthy lifestyle. The Parent and Child sub-programme promotes the idea that children can start practicing physical exercises from an early age, thus also giving them the opportunity to overcome simple challenges like running, jumping and balancing. In this context, the fact that a parent is present gives children more confidence to overcome these challenges. On the other hand, the active participation of parents also increases the willingness of children to practice sport in the future, due to the significant impact of intergenerational transfer between children and parents.</p>	

According to a few stakeholders consulted, the lack of programmes implemented at national level by national sport authorities or sport federations might be related to the fact that the benefits of intergenerational sport practices for both young and adults are not well known and only a few studies and project evaluation reports highlight the importance of intergenerational practices to overcome sport-related barriers (mainly mental and physical barriers) and to foster participation in sport from early ages. In this regard, it was pointed out that there is scope to share good practice examples across different Member States as well as international good practices.

National programmes funded by NGOs, charities or grassroots associations

The mapping review showed that different programmes and projects are also organised at a national level by charities or private foundations in collaboration with municipal authorities. These include events, competitions or festivals. A good example is the Lithuanian Sport For All Festival (see case study 10).⁸⁰ Another unique project focusing on the organisation of intergenerational competitions at the national level was organised by

⁸⁰ http://www.sportasvisiems.lt/lt/veikla/festivalis_sportas_visiems.html

the French Association 'Profession Sport Animation Jeunesse' (see project 32 in Annex III).⁸¹ The association held a photograph competition on the theme of "Rencontre intergénérationnelle autour de l'activité physique ou sportive" ("*Intergenerational meeting around physical or sports activity*")⁸², where winners could receive prizes of up to €1,000 in sporting materials. Photos had to include at least two people, one of whom is aged over 60 and the other of a younger generation, taking part in a physical activity together.

Beyond EU27, a good practice example of an intergenerational sport project aimed at fostering intergenerational learning practices and social inclusion of the elderly is currently being developed in the UK. The international charity association YouthSportTrust has developed the 'Active Across Ages' programme (see Box 8 below), aimed at improving the physical, mental and social wellbeing of participants, providing volunteering opportunities, developing employability skills and confidence to be physically active. This project was mainly developed to address age segregation issues in the UK and it is meant to provide older people in care homes with an opportunity to practice physical exercise with children from primary schools. The benefits of this project has been evaluated by Youth Sport Trust and are mainly relating to improved communication, leadership and teamwork skills for young people, and improved perception of younger people by the adults involved, as well as increased happiness and companionship feelings. The project also had a strong impact on the physical wellbeing of the participants, and in particular for elderly people, as they reported increased confidence in being physically active.

Box 9: Good practice example from outside the EU

Active Across Ages	
Lead organisation	YouthSportTrust
Key focus/objectives	<ul style="list-style-type: none"> encouraging increased participation in sport of young and old people. promoting intergenerational learning through sport and sport-related activities.
Country	UK
Period	2018 - ongoing
Programme funding	n/a
Internet link	https://www.youthsporttrust.org/active-across-ages
<p>The programme Active Across Ages has been implemented as pilot project in 10 primary, secondary and special schools in partnership with care homes, community groups and day centres. The key aims of Active Across Ages were to:</p> <ul style="list-style-type: none"> Facilitate social mixing to promote social wellbeing between young and older people. Enhance physical and mental wellbeing between young and older people Boost social action and social capital. Establish credible and impactful models of intergenerational activity for future use both in the UK and internationally. 	

⁸¹ This project has not been selected as a case study due to the lack of evaluation evidences.

⁸² <http://www.via28.asso.fr/agenda-a-la-une/concours-photo-intergenerationnel-regard-d-instant-sport-iris-du-26-avril-au-26-juin-2018-en-eure-et-loir>

In order to implement this programme, the collaboration of school teachers and young leaders (Active Buddy) has been crucial, as they worked with the older people's partners to understand what physical activities older adults would like to do and planned programmes of activities for both old and young to enjoy together. To share ideas and raise self-esteem both the young people and older adults have led activities such as boccia and new age curling and worked together to invent their own games.

The evaluation report of the project shows the good results achieved for both younger and older people:

- 94% of young people felt that their communication skills improved after being involved in the programme;
- 92% of young people felt that their teamwork skills improved after being involved in the programme;
- 87% of young people felt that their leadership skills improved after being involved in the programme;
- 95% of young people felt that they had a better view of older people after being involved in the programme;
- 84% of older people felt that their feelings of companionship improved after being involved in the programme
- 90% of older people felt that their perceptions of young people had improved after being involved in the programme
- 86% of older participants felt that their happiness levels had increased.

As result of this project, all 10 pilot schools and their older partners are intending to continue to work and play together beyond the life of the pilot as the benefits of taking part have been felt by all.

4.2.3 Cross-country programmes fostering the intergenerational dimension of sport

This section will examine programmes which the country reviews highlighted, which involve more than one EU Member State. The majority of the cross-EU programmes use intergenerational sport as a way of promoting intergenerational learning through cross-cultural and cross-generational exchange, and healthy lifestyles through raising awareness of the benefits of physical activity.

Most international programmes are funded by Erasmus+, whilst funding for other projects is sourced from a combination of not-for-profit organisations, volunteers and participants themselves.

In general, such projects tend to be larger in scope and longer in duration than those which operate at a local, regional or national level. The programmes either tend to operate at a regular time scale (e.g. annually) or work their way through a series of milestones or work packages over multiple years. In this way there are few standalone initiatives or events, with the only occurrence of this happening in a project which was funded and delivered in one particular Member State. Since international projects tend to operate on a larger scale and over a more extended time period, there is more evaluation evidence for these projects, and consequently they provide greater opportunities for more sustainable impacts.

Erasmus+ projects

The majority of cross-country programmes are funded by Erasmus+ and involve a number of EU Member States jointly participating in a series of activities run in parallel across participating nations. Half of these Erasmus+ project examples sought to promote intergenerational learning as their primary motive. Since the international element of these projects provides an arena for cultural exchange, a number of projects centred around the preservation and promotion of traditional sports and games as a way of bringing together different generations. A good example of this is was the project "Sport Together, Active Forever"⁸³ which aimed to reintroduce the traditional sports into the daily lives of people of all ages as a means of dealing with physical inactivity, social exclusion and the extinction of traditional sports and games. In Bulgaria, one of the participating countries, the project aimed to highlight that traditional sports like Bocce can be fun, cheap and effective, and are relevant to a wider audience than just elderly men (see case study 2 in Annex I).

As well as encouraging participants to be active by practising the games themselves, some of these initiatives focused on digitalising the games as a way to share them with the younger generation, and to facilitate intergenerational learning and transfer. For example "Geo-Ludens"⁸⁴, a project co-ordinated by a Spanish partner and run in Greece, Hungary and France, used new technologies to bring ancient sport and games to a younger audience (see case study 7 in Annex I). The project created an interactive European Map of Traditional Sports and Games which would enable people from all generations to find these sports and games in their area and country, and to provide information as to how they could get involved in them.

The primary focus of the other Erasmus+ funded projects was to promote a healthy lifestyle through intergenerational sport, and, unlike many of the other projects found in this mapping study, centred around the health of children more so than senior citizens. Addressing issues such as childhood obesity and inequality of access to sport, these projects included families of young people as well as stakeholders from the wider community, recognising that that children have a better chance to be healthy if the adults who surround them are equipped with the knowledge to support them with their nutrition and exercise choices. A good practise example of this was "On the Move", (see case study 3 in Annex I) as written with a focus on the lead country, Croatia.

Box 10: Erasmus+ international programme

On the Move	
Lead organisation	<i>Medjimurje County – Croatia (co-ordinator)</i>
Key focus/objectives	<ul style="list-style-type: none"> Promoting healthy lifestyles through intergenerational sport activities
Member State(s)	Croatia, Malta, Slovakia, United Kingdom, Portugal and Slovenia
Period	2016-2017
Programme funding	Erasmus +
Internet link	http://medjimurska-zupanija.hr/2017/08/30/rezultati-projekta-on-the-move-sufinanciranog-iz-programa-erasmus-sport/

⁸³ Erasmus+: <https://staf-project.eu/>

⁸⁴ Erasmus+: <http://geoludens.eu/about-project/>

ON THE MOVE aims to raise awareness of the importance of physical activity as the basis for healthy lifestyle by changing the habits of preschool children and their families. Young children aged 4-7 who are overweight or have a low level of activity took part in regular sporting activities as well as workshops on healthy nutrition and cooking for which they were joined by their parents. It was hoped that the combination of physical activity and balanced diet would be the most effective way to increase health and reduce obesity.

The project partnership consisted of seven organisations across six countries, and outputs including survey reports, video and written guides to exercise, sports programmes and a picture book were produced and translated, enabling results to be disseminated in other countries.

Many of the Erasmus+ project partners conducted research and evaluations alongside practical sporting events in a bid to strengthen wider understanding of the benefits of intergenerational learning and transfer through sport and, crucially, to form recommendations on best practice around sustainability and long-term behaviour change in senior citizens. A good example of this is the In Common Sports project originally held in Portugal, as shown in Box 11 below and case study 13 in Annex I. Throughout the project's lifespan of five years to date, a study ("Physical Fitness and Cognitive Performance of the Elderly - Competition as an Additional Motivation for Promoting an Active Lifestyle") has been carried out alongside the activities which has resulted in wider recommendations around motivators and facilitators for sustaining physical activity amongst senior citizens. This project is therefore a good example of sustainability; originally planned as a one-off event, its popularity amongst participants has led to the Games being repeated annually across five different nations and co-funded by local municipalities. Its impact has been demonstrable, with the promise of an enjoyable Olympics weekend inspiring senior citizens to train weekly throughout the year, embedding long term behaviour change.

Box 11: International intergenerational competitions

In Common Sports	
Lead organisation	Municipality of Vila Nova de Cerveira (PT)
Key focus/objectives	To promote grassroots sport in the elderly and vulnerable groups, and to develop, identify, promote and share good practices
Member State(s)	Portugal, Italy, Bulgaria, Hungary, Greece and Spain
Period	2018/2020
Programme funding	316,986 EUR (EU grant)
Internet link	http://www.olympics4all.eu/index.php
<p>As part of the In Common Sports Erasmus+ project, 15 Intergenerational Olympics events have been organised in five different countries. "Olympics 4 All" is an intergenerational sport competition which seeks to promote grassroots sport in elderly and vulnerable groups, alongside developing and promoting good practice. The competition is currently held across five European countries (Bulgaria, Hungary, Italy, Portugal and Spain) which are identified as having both ageing populations and low participation rates in sport.</p>	

A key aim of the project is also to inspire continuous practice of physical exercise in the elderly population and regular training is offered local senior citizens throughout the year. The project therefore aims to better understand the motivational factors behind this continuous practice as well as assess the impact of the “intergenerational Olympics” on the participants’ physical and mental health by carrying out a study based on the activity.

Other international projects

Outside of Erasmus+, funding for the other four European projects identified came from national and local governments, not-for-profit organisations, and private sports clubs. Their primary focus tends to be centred on encouraging increased participation in sport of young and old people, alongside promoting healthy lifestyles.

The programme funded by a not-for-profit organisation, The Generation Games⁸⁵, aimed to create a framework and supporting resources for individuals, groups and communities to use when developing initiatives in their local community. In this sense their scope and reach is international, though the programme does not have an agenda to implement the scheme in a particular country. Instead, the organisation shares a creative framework for local communities to organise their own Generation Games at no cost to them (see project 65 in Annex III). Generation Games seeks to promote the health benefits of physical activity and make a positive difference to the community and so encourages mixed generation teams to take part in events.

Elsewhere, project examples centred around a large-scale event, or series of events, which that nation is involved with in parallel to other countries are part of an international initiative. For example in Latvia, the Latvian Health Sport Week⁸⁶ encompasses a set of events held over a week, and though the organisers’ focus is national, the events are organised in the context of the European initiative MOVE Week⁸⁷ (see project 53 in Annex III). Similarly, Riga City Council, in conjunction with a local sports club, organised a series of events to coincide with the European Week of Sport⁸⁸, aiming to harness the momentum of a wider movement to inspire local citizens to become more active (see project 55 in Annex III).

4.3 Summary

The mapping review has identified a range of different approaches to developing relevant intergenerational programmes and projects. It has emerged that the majority of the programmes are aimed at increasing the overall level of participation in sport and physical activities or at promoting intergenerational learning through different types of activities, including sport. The country review exercise also demonstrated that the majority of programmes and projects are developed and implemented at local or regional level, while there was little evidence that national grant programmes or policies exist that are directly aimed at promoting the intergenerational dimension of sport.

⁸⁵ The International Generation Games Association: <https://www.generationgames.com/about/>

⁸⁶ Latvian Health Sport Week: <https://sportsvisiem.lv/uzmanibu-latvijas-veselibas-sporta-nedela-26-10-2020-01-11-2020/>

⁸⁷ MOVE Week: <https://moveweek.eu/>

⁸⁸ “Sporta diena Rīgas apkaimēs”: <https://www.facebook.com/events/mezciema-pamatskola/me%C5%BEciema-sporta-diena/343814366483737/>

The lack of dedicated funds at a national level for these types of projects could be generally considered one of the main factors hindering the development of intergenerational sports projects with a wider geographical scope. The lack of evidence on specific outcomes and impacts and dissemination activities on the benefits of intergenerational sport projects for both elderly and young people also represent a challenge for local organisations and sport stakeholders willing to implement more of this types of activities.

According to the results which emerged from the country reviews, the majority of programmes and projects identified are generally developed and implemented by local grassroots associations and NGOs, charities or city councils. Any learning and dissemination which does emerge, therefore, is limited in its reach, and awareness of these local initiatives is often low outside of the locality where they were implemented. Only a few identified programmes are implemented by national authorities or sport federations.

Finally, as also emerged from the literature review findings (section 3.0), the programmes and projects identified have also shown that intergenerational sports activities might strongly contribute to promote healthier lifestyles, build-up community cohesion, promote self-esteem and counteract ageing stereotypes for both elderly and young people. In addition to this, the project examples proposed in this chapter and in the case study annex (see Annex I) also showed the benefits of intergenerational sports in reducing segregation of elderly people and ageing anxiety for young people. Finally, the projects emphasising the role of families in intergenerational sports activities demonstrated how transfer effects might be beneficial to increase the participation of young people in sports, by also helping them in overcoming mental and physical barriers and in developing sporting skills and knowledge.

5.0 Key conclusions and lessons

This section summarises the main findings that emerged from the different research stages of this project and highlights some key lessons and recommendations to take into account to further promote the intergenerational dimension of sport.

5.1 Findings from the literature review

A rapid review of the literature has highlighted the main benefits of intergenerational sports, the role of families in fostering intergenerational sport practices, as well as the main barriers and facilitators to intergenerational sports. The review has described how participation in intergenerational sport activities contributes to benefits in terms of mental and physical wellbeing, individual development and social wellbeing.

By contributing to increased physical activity participation, intergenerational sport practices can contribute to health benefits such as the prevention of diseases, reduced risks of obesity and improved the immune systems of both young and old people. Such projects have also been shown to have a positive impact on mental health and emotional wellbeing. Intergenerational programmes and projects can also impact on positive youth development through growth experiences, such as teaching something to children by giving them new skills, new attitudes and new ways of interacting with others. Intergenerational sport activities can also contribute to changing attitudes and perceptions in both young and old people, thus addressing negative stereotypes and fostering social inclusion and community cohesion. Finally, intergenerational activities can also strengthen family links and create opportunities for joint participation in activities of family members, particularly parents and their children. In general, if parents have been active exercisers, then their children can also become active exercisers.

Barriers to participation in intergenerational projects and programmes relate to two main levels: motivational and structural barriers. Motivational barriers can include negative stereotypes and perceptions regarding other generations. While young people might feel reluctant to engage with older people due to peer pressure or prevailing norms stipulating that is not socially desirable to spend time with older people, older people can also have a negative perception of young people. Structural barriers mostly relate to the lack of awareness of the benefits of intergenerational sport projects and programmes, as well as the lack of funding available at national level.

The review has also highlighted specific factors and elements to consider when designing and implementing intergenerational programmes and projects. In particular, the literature review emphasised the importance of promoting activities that might contribute to developing intergenerational friendship among participants. In addition to sport practices, the intergenerational project and programmes should encourage participation in other activities, such as storytelling, dialogues or exchanges of opinions through ice-breaking sessions that can nurture relationships, develop trust, understanding and familiarity between the ages.

Other participation facilitators relate to the format and design of the programme or project implemented. In particular, it is considered that the tasks performed by both groups should be based on common goals and the promotion of collaboration. Moreover, programmes should respond to participant needs and be flexible enough to allow changes during the project implementation and following the feedback of participants and / or the stakeholders involved (volunteers, social workers, teachers, etc.).

5.2 Findings from the country reviews

The desk-based review to identify relevant programmes incorporated a rapid review of relevant websites including national sport, education and health ministries, national sport agencies or federations, and relevant NGOs, local associations, or charities. The searches also covered selected regional authorities. Examination of the above sources was supported by rapid web searches in various European languages focused on the various countries selected for review using relevant key word search terms to identify additional information. As also stated in section 1.3, this desk-based research was not aimed at systematically reviewing all the existing projects at EU level, but instead focusing on the 3-4 most promising and relevant projects and programmes in each Member State. Over 90 relevant programmes were identified.

The country mapping has identified a range of different types of relevant programmes, by assessing the primary and secondary goals achieved. The majority of the programmes and projects reviewed are aimed at generally increasing the participation in sport and physical activities of both old and young people through intergenerational learning-based activities. Other projects were instead mostly aimed at fostering intergenerational learning through sport or sport-related activities. Finally, other identified programmes and projects were primarily aimed at promoting healthy lifestyles and wellbeing for both target groups, while a few projects are mainly aimed at promoting intergenerational competitions or the role of families in encouraging participation in sports and physical activities.

The country mapping also highlighted that the majority of programmes and projects are designed and implemented at local or regional level by grassroots associations, NGOs or charities. For this reason, the geographical scope of these programmes and projects is generally limited and there is a lack of evaluation evidence on the projects and programmes implemented. The country mapping also highlighted that when projects are implemented at national level these are generally designed by national sport ministries or federations or by national health ministries and agencies. Only a limited number projects are designed and implemented as result of the collaboration and partnerships established by different national authorities. Finally, most of the international projects identified are funded through Erasmus+ grants and involve a number of EU Member States jointly participating in a series of activities run in parallel across participating countries.

5.3 Key lessons

The rapid literature review search, the scoping consultations, the mapping review and the detailed case study research have also highlighted a number of key lessons that should be relevant to the funding, design and implementation of programmes across the EU. The key lessons are listed as follows:

- **Overall approaches and goals of programmes and projects:** the mapping review highlighted the cross-cutting nature of many intergenerational sport programmes and therefore the requirement to promote such programmes through collaborative approaches and partnerships between different government levels or ministries. Most of the national projects identified have been implemented through collaborations between ministries or national agencies for health, sport or education, in order to achieve different but interrelated goals.

- **Design of the programmes and projects:** the literature review and case studies research highlighted the main principles to consider when designing intergenerational sport projects; in particular designing mutually beneficial activities, ensuring that the expectations of both older and younger participants are taken into account, ensuring that the relationship between generations is fluid and one group is not prioritised over another, and ensuring the setting of common goals and shared purposes.
- **The role of dedicated professionals:** the mapping review and case study research highlighted how in order to engage older and young people it is highly important to focus on the expertise of different types of actors, such as sport trainers and coaches, but also teachers or social workers, for example when the projects and programmes are implemented in schools or care homes.
- The importance of **implementing initiatives in inclusive environments** and spaces where both older and younger people would feel comfortable participating in activities together.
- The importance of different **government levels** working effectively particularly by allowing scope for local partnerships to identify specific needs and to develop tailored provision that utilises the assets of their local areas, but also to provide opportunities to scale-up good practices and promising projects and programmes.
- The opportunity to create **transnational or national networks** including different types of sporting and intergenerational learning stakeholders (i.e. sport federations and national authorities, health institutes and public authorities, charities, grassroots associations, schools, care homes etc.) might contribute to increase the intergenerational dimension of sport in Europe and increase the level of national funds dedicated to these specific programmes.
- The need to **systematically evaluate project and programme outcomes** in order to raise awareness of the benefits of intergenerational sport programmes. As also outlined by different consulted stakeholders, the lack of awareness at national level on the importance and relevance of intergenerational sport activities might prevent the inclusion of intergenerational learning practices in the field of sport in national strategic plans or grant programmes, thus also affecting the level of funding available for these types of activities.
- Finally, a **stronger awareness on the benefits of these programmes and projects** at the EU level might also contribute to encourage the promotion of grant programmes at national and local level. In particular, it was argued that using an opportunity such as the European Week of Sport and other events and information days to promote these activities can help relevant organisations as well as the general public to embrace such initiatives and facilitate links among the different policy-making levels.

6.0 Annexes

Annex I: Case studies

This annex provides an overview of 15 good practice examples of intergenerational sport programmes and projects. While some projects cover more than one country, as implemented at the international level, most of the projects included focus on initiatives implemented at national or regional and local levels.

Case study 1: Austria

Moving generations	
Lead organisation	The Vienna Health Promotion (WiG)
Key focus/objectives	Promoting healthy lifestyles through intergenerational sport activities
Member State(s)	Austria
Period	September 2014 - December 2016
Programme funding	Financed by the Vienna Health Promotion (WiG)
Internet links	https://www.wig.or.at/Generationen%2520bewegen.1539.0.html
<p>Aims and approaches</p> <p>"Moving generations" (September 2014 - December 2016) is aimed at improving physical and mental wellbeing among young and old people by bringing these groups together in moto-pedagogical exercises. The project was led and financed by Wiener Gesundheitsförderung (WiG), an NGO in Vienna promoting healthy lifestyles and healthy living environments.</p> <p>Project participants were children between three and six years of age, and senior citizens living in nursing and residential homes. The two groups came together to participate in one-hour long, game-like exercises involving, for example, creating artworks made of clothes hangers, and building towers made of plastic cups. Ahead of each exercise, participants were introduced to a common challenge and were required to find solutions and to collaborate. The playing participants were moving together which was conducive to physical and mental well-being, and to breaking age-barriers such as pre-held notions held about the other age-group.</p> <p>A key strength of the project was its scientific evaluation led on by scientists from the University of Vienna (Centre for medical statistics informatics and intelligent systems medical), and from Ferdinand Porsche FernFH (Distance-Learning University of Applied Sciences). The group of scientists were interested in understanding how intergenerational exercises can be successfully carried out and their impact.</p>	

Outcomes and learning points

The scientists conducted 18 group interviews with the children, seniors, parents and WiG representatives. A survey of 140 participants was also carried out, with the average ages of six and 86, each representing the two age-groups. The results of the evaluation demonstrated that nearly all of the participants were very satisfied. Both young and old reported the moto-pedagogical exercises and the associated intergenerational interaction to be new and exciting. The data also showed that the improved wellbeing and increased intergenerational interaction among those taking part was statistically significant. Notably, seniors reported tangible health improvements from exercising more, and that they had come across new languages and cultures. Among the youngsters, parents reported that their children had begun to greet elderly citizens more, took greater interest in their grandparents, and paid more attention to the use of wheelchairs and walkers.

Throughout the exercises, participants were observed to be active, communicative, and supportive, treating each other equally regardless of age. For example, youngsters would help old people with their basic movements, while older people came up with creative solutions. By having young and old interact together in such a way, they learned from one another and began understanding each other better. As a result, the project resulted in increased intergenerational empathy and social cohesion.

A key learning that the project had to consider was participants' varied needs that had to be addressed. For example, some seniors had cognitive limitations, hearing difficulties or would feel insecure when children played wildly around them. Children, on the other hand, would sometimes have limited language knowledge due to an immigrant background. Solutions to overcome these challenges included limiting the number of the participants to 15 in order to allow instructors to be more capable of meeting the needs of the group. It was also helpful to have two instructors, one assigned for the elderly and another assigned for the youngsters. Finally, another important lesson learnt was the importance of allowing relationships to develop between young and old. To facilitate this, ensuring participation continuity was important and sessions were therefore hosted on a weekly basis.

An important success factor behind the project was listening to the participants and taking their feedback into account. Prior to the project a pilot was carried out, from which participant expectations were gathered and integrated into the project design. Additionally, participant input continuously contributed to developing the project throughout its course, which is believed to have led to the high-level of satisfaction that was revealed by the surveys.

Case study 2: Bulgaria, Croatia and Hungary

Bocce Together, Active Forever (BETTER)

Lead organisation	Rijeka Sports Association (RSS)- Croatia (Coordinator) Bulgarian Sports Development Association (BSDA) - Bulgaria (Partner)
Key focus/objectives	Promoting intergenerational learning through sport and sport-related activities
Member State(s)	Croatia, Bulgaria, Hungary
Period	January – December 2019
Programme funding	37,725 EUR (Erasmus+)
Internet links	https://rss.hr/better/ https://www.bulsport.bg/better_boccia.html

Aims and approaches

“Bocce Together, Active Forever” (BETTER) was coordinated in 2019 by the Rijeka Sports Association (RSS) from Croatia and three partners including the Bulgarian Sports Development Association (BSDA), Hope for Children from Hungary and the Associations for the Promotion of Active Citizenship (ECHO) from Croatia. Funded by the Sport Chapter of the Erasmus + Programme of the European Union, these organisations formed a “Small Collaborative Partnership”⁸⁹, and aspired to uphold key aims in the Erasmus+ Programme (Sports) guidelines such as: to encourage social inclusion and equal opportunities in sport; to promote traditional European sports and games; and to develop transnational networks in the field of sport.

The project addresses the issue of physical inactivity among young people, many of whom preferred to spend time in front of the computer rather than with friends and family or playing sports. It also addresses various forms of exclusion including financial barriers preventing people from participating in sports as well as perceptions that certain sports are only suitable for certain demographics, thus inhibiting participation across generations and genders.

BETTER’s main aim is to reintroduce the traditional sport of bocce in the daily life of people of all ages as a means of dealing with these challenges. The key objectives are to:

1. Bring opportunities for people of all ages to have fun and be active, therefore enhance their quality of life;
2. Attract a wide population, especially children and youngsters and prove that bocce is not only sport for elderly men;
3. Contribute to bridging the gap between generations and genders: bocce can be played by children and grandparents altogether, men and women;

⁸⁹ https://ec.europa.eu/programmes/erasmus-plus/programme-guide/part-b/three-key-actions/sport/small-collaborative-partnerships_en

4. Encourage social inclusion, intercultural dialogue, understanding, integration and respect for others through sport;
5. Promote the European heritage (traditional sports and games).

The project was divided into 4 Working Packages: Project Management, Development of a Bocce Training Module, Capacity Building Activities (workshops + tournaments) and Dissemination and Visibility. It was delivered in 3 stages between January- December 2019: 1) a transnational project meeting in March, 2) the development of a Bocce Training Module from March to June, 3) capacity building activities in September (in Bulgaria) and November (in Hungary). The outputs were advertised on the organisations' websites and social media and in the press.

Internal evaluation plans were drawn by RSS involving all project partners with the intention to produce a final report in 2020.

Outcomes and learning points

Representatives of all partner organizations met in Rijeka, Croatia between the 4th and 7th of March, where objectives and plans were discussed. By June, a "Bocce Training Module" containing theoretical and practical elements was successfully developed and disseminated, with certain contents including a "Bocce Methodology" made accessible on the organisations' websites⁹⁰. The module was used to deliver the capacity building activities.

On the 2nd of September in Sofia, Bulgaria, 20 sports coaches and social workers from the entire country received training from Croatian bocce experts. The requirements for participation included an equal distribution between age groups (under 30s, 30-50s and over 50s) and a 50:50 gender balance. The following day the participants applied their new skills in a tournament held in the city of Banya, where residents from a home for adults with mental disabilities took part. These activities were successful in fostering an intercultural and intergenerational transfer of knowledge and in creating an inclusive opportunity for all to have fun with this sport.

The second capacity building activity was held between the 27th and 29th of November in Budapest, Hungary. Coaches and social workers of varying age groups and genders from across the country were trained by Croatian bocce experts. A tournament was held for children between the ages of 11 and 12, including those from disadvantaged backgrounds, who had the opportunity to learn in a fun environment. This concluded another successful implementation of intercultural and intergenerational transfer of knowledge and skills, with a particular emphasis on engaging the youth.

Overall, the project was successful in fulfilling its main goal of reintroducing the traditional sport of bocce to people of all ages, highlighting that it is not just a sport for elderly men. While bridging the gap between generations and genders, it also encouraged social inclusion and equal opportunity in sport. By providing an opportunity for all participants to have fun and be active, it created a chance for them to enhance their quality of life.

⁹⁰ https://www.bulsport.bg/better_boccia/view.html?nid=23660

One of the main success factors of this project was the formation of the “Small Collaborative Partnership”. The creation of a transnational network fostered intercultural dialogue and this allowed for the transfer of knowledge and skills from Croatian bocce experts to Bulgaria and Hungary, where the sport is relatively unknown.

Another success factor was the approach taken to target participants. There were clear requirements to include participants of different age groups and genders in equal proportions. Targeting young children specifically for the second capacity building activity helped the project achieve its aim to address issues affecting young people in particular as well as its aim to create intergenerational engagement in the sport. The project also targeted groups likely to experience social and economic exclusion to encourage social inclusion and equal opportunity in sport.

One challenge for the project was the scale of its impact due to its size. While its geographic scope reaches across three EU states, only a relatively small number of people (officially recorded as 27 members of sports organizations) and partner organizations benefited directly.⁹¹ The development of the “Bocce Training Module” and the capacity building activities may mitigate this challenge to an extent as the knowledge and skills gained by the participants could be further applied and transferred to beneficiaries beyond the immediate reach of this project.

Another possible challenge concerns the long-term sustainability of BETTER’s objectives. As a one-off project, it cannot directly ensure or track the continuity of its goals, especially in terms of introducing bocce in people’s daily lives.

⁹¹ https://eacea.ec.europa.eu/sites/eacea-site/files/sport_compendium_2018.pdf

Case study 3: Croatia, Malta, Portugal, Slovakia, Slovenia and UK

ON the MOVE	
Lead organisation	<i>Medjimurje County – Croatia (co-ordinator)</i>
Key focus/objectives	Promoting healthy lifestyles through intergenerational sport activities
Member State(s)	Croatia, Malta, Slovakia, United Kingdom, Portugal and Slovenia
Period	2016-2017
Programme funding	462,572.55 EUR (Erasmus+)
Internet links	http://medjimurska-zupanija.hr/2017/08/30/rezultati-projekta-on-the-move-sufinanciranog-iz-programa-erasmus-sport/
<p>Aims and approaches</p> <p>ON THE MOVE aims to raise awareness of the importance of physical activity as the basis for healthy lifestyle. It aims to do this by changing the habits of preschool children and their families. Therefore, the main target groups are young children (aged between 4 and 7; primarily those who are overweight, obese or with low level of physical activity) who are introduced to regular sport activities.</p> <p>The activities are conducted both indoors and outdoors, while workshops with children and parents on healthy nutrition and cooking are organised on weekends. The rationale behind this initiative combines physical activity and balanced diet as the most effective way to increase general health, mental development and performance of children and reduce the risk of obesity.</p> <p>The project is implemented through pilot programmes in Croatia, Malta, Slovakia, United Kingdom, Portugal and Slovenia, and has been designed by experts in kinesiology, nutrition and health. The project partnership consists of seven organisations from six EU countries and it is a mix of public bodies with access to decision makers, educational and health institutions, sport organisations with experience in working with children and promoting grassroots sports to all generations, and organisations specialised in raising awareness about the importance of physical activity and healthy food and nutrition. The following organisations are involved: Malta (Foundation for the Promotion of Social Inclusion - FOPSIM), Portugal (City of Lousada), Slovakia (Gymnastics Centre Bratislava), Slovenia (Centre for Health and Development Murska Sobota), the United Kingdom (CVS for Broxbourne and East Herts) and Croatia ("Sports for All" and Međimurje county as lead partner).</p> <p>Erasmus+ is the main source of funding, with a contribution of EUR 462.572,55 during the length of the project (2016-2017).</p>	

Outcomes and learning points

A number of deliverables were produced under the different programmes run across the participating countries. Thanks to the range of deliverables produced, the project's results can be easily disseminated in other countries.

- Based on surveys conducted in all partner countries and sport measurements, a final report was produced.⁹²
- In Croatia, programmes in basic sports - athletics, gymnastics and swimming were developed;⁹³
- In Malta, a "Guide to future activities on improving physical activity and healthy eating as a healthy lifestyle" was developed;⁹⁴
- In Slovenia "A model for creating conditions for regular exercises of children (prone to obesity and overweight) in the local community" was published;⁹⁵
- A video guide with exercises for pre-schoolers was published⁹⁶. Also, a short documentary video on "On the move" project activities was prepared;⁹⁷
- A picture book on the topic of physical activity, health, balanced diet, friendship, helping and good relations with the environment entitled "Lucky's search for great powers"⁹⁸ was published. The picture book was also translated into English, Portuguese, Slovak and Slovenian and delivered to libraries, kindergartens, teacher training colleges, children's hospitals. It was presented at the 69th World Assembly of OMEP - World Organization for Preschool Education and the international conference in Opatija, Croatia on 22 June 2017.

The evaluation of the project was implemented through surveys targeting children and parents, and the data captured was used to design new project activities, enabling the programme to take into account feedback and evolve according to lessons learnt.

The project used tailored visuals and media promotion, such as logo, social media profiles, video tutorials, picture book, printed T-shirts, flag banners, certificates of attendance for participants which all contributed to project's successful implementation. Additional elements which enhanced project's success were transfer of experiences among partner organisations (partners met in an international workshop, had a study trip to Portugal and attended an additional coordination meeting in the UK), as well as its creative ideas and actions.

The most innovative element of the project was the inclusion and participation of whole families in joint events, where parents were thought how to be role models to their children, though no longitudinal evidence has been collected to assess the impact of families' participation in the programme.

⁹² http://medjimurska-zupanija.hr/wp-content/uploads/2017/08/Model_OnTheMove_FinalVersion.pdf

⁹³ <http://medjimurska-zupanija.hr/wp-content/uploads/2017/08/Working-programme-and-test.pdf>

⁹⁴ http://medjimurska-zupanija.hr/wp-content/uploads/2017/08/Guidelines_OnTheMove_Dis_FinalVersion.pdf

⁹⁵ http://medjimurska-zupanija.hr/wp-content/uploads/2017/08/Model_OnTheMove_FinalVersion.pdf

⁹⁶ <https://www.youtube.com/watch?v=dnvdWxUW120&t=41s> <https://www.youtube.com/watch?v=Mai6PS-e35g&app=desktop>

⁹⁷ <https://www.youtube.com/watch?v=ptBS00AEFvY&t=4s>.

⁹⁸ <http://medjimurska-zupanija.hr/wp-content/uploads/2017/08/Sreckova-potruga-za-velikim-mocima.pdf>

Case study 4: Denmark

Familieidræt	
Lead organisation	Familieidræt
Key focus/objectives	Emphasising the role of families in the intergenerational dimension of sport
Member State(s)	Denmark
Period	2010-ongoing
Programme funding	Membership fees, and municipal development funds (e.g. DKK 160,000 from a development pool in the City of Copenhagen).
Internet links	https://www.familieidraet.dk/cms/ShowContentPage.aspx?ContentPageID=1&AliasPageName=default.aspx
<p>Aims and approaches</p> <p>Familieidræt (Family sports) is a voluntary sports association in Denmark for families with children who want to participate in sports and exercise together. Familieidræt started in 2010 and was the first sports association in Denmark with activities aimed only at families with children. The association was founded on the observation that in most contexts' parents stand at the side-lines and watch passively while their children play sports - when instead, parents and children could have an hour of fun together by engaging in joint activities.</p> <p>To address this, Familieidræt offers memberships that gives access to a lot of fun, active and playful experiences that meet the demands of busy family lives. As a member of Familieidræt, families get access to a wide variety of regular and one-off activities and events throughout the year. Memberships are 34 Eur. per person annually, including activities and events all year round, both on weekdays and on weekends, so families can participate in what suits them, when it suits them. The association's activities are for parents and children from 2-12 years of age.</p> <p>To facilitate its flexible approach, the association offers a wide-range of activities aimed either at partaking in a particular sporting activity (e.g. football, handball, volleyball), helping families bond with each other and nature through organised outdoors activities and excursions, or helping parents address particular issues that their children might be facing.</p> <p>For example, as part of their membership in Familieidræt, families in Copenhagen have the opportunity to come to "Work-out days" in Fælledparken every Tuesday at 16.30-17.30 to participate in sport activities adapted to suit the whole family. The sports activities vary from ball sports, to other forms of training and include both activities that can be done together for each family and games that can be done by the whole group together.</p>	

The activities are best suited for children 3 years of age and up. By registering, families do not commit to participating every Tuesday, but a heads up if you're not participating is encouraged to ensure a rough overview of participation every week.⁹⁹

With regards to outdoor activities, Familieidræt also organises an "open Sunday" initiative on the weekends at Den Blå Foreningsby in Amager Strand, Copenhagen, providing families with the opportunity to play in the sand, make bonfires, watch sea creatures, participate in orientation competitions and similar activities.¹⁰⁰

Finally, with respect to helping families address specific issues that the children might be facing through sports, Familieidræt has joined forces with Frederiksberg Municipality to create offers for children with obesity problems, or children that are inactive or vulnerable for other reasons and therefore may have difficulty finding the right training offer. The idea is to create fun, physical exercises rooted in a sense of intergenerational support and community operating at a level at which everyone can participate. Jump4fun has been developed in a collaboration with the Obesity Outpatient Clinic at Nordsjællands Hospital's children and youth ward, Julemærkefonden and DGI Nordsjælland.

The coaches are specially equipped to work with the difficulties that overweight children and young people may face, and the instructors place special focus on motivation, self-confidence, body awareness and positivity, as well as motor skills.¹⁰¹ Activities include weekly training offers and food workshop for children and parents.

Familieidræt is non-profit, with all membership revenues directed towards covering costs such as the development of new activities, the training of instructors, advertising and marketing, insurance, administration, and other needs. Familieidræt is based in Frederiksberg, Vesterbro, Nørrebro and Amager Strand. The organisation collaborates with municipalities and associations for specific projects.

Outcomes and learning points

Familieidræt was founded in 2010 by two students at Copenhagen University. It started with one single intergenerational gymnastics team and developed over the course of a few years into an association with over 800 members by 2016, many different sports activities, and over 30 instructors.

From an organisational management perspective, a key aspect of the association's success is rooted in its balance between volunteering and professionalisation. While the association primarily still runs on a voluntary basis, a challenge faced has been ensuring that the association has sufficient resources, both in terms of funding and volunteers, to continue to meet rising demands. Familieidræt has responded pragmatically to this challenge by hiring a development consultant and focused on professionalizing and developing the association's communication, administration, structure, fundraising and activities. This has been key to ensuring that the association can continue to grow its membership base all the while meeting the increasing demands that come with its popularity. Development funds was also key to the development of the association. In its infancy, Familieidræt received DKK 160,000 from a development pool in the City of Copenhagen, and according to its two chairmen, such municipal funding has been absolutely crucial for the association to fulfil its ambitions.

⁹⁹ <https://www.familieidraet.dk/cms/ProfileEventEnrollment.aspx?EventID=6>

¹⁰⁰ <https://www.familieidraet.dk/cms/ProfileEventEnrollment.aspx?EventID=23>

¹⁰¹ <https://www.dgi.dk/jump4fun/foreningen/hvad-er-jump4fun>

Another key aspect of the association's success relates to the way in which the association adapts itself to the needs of the busy, modern-day family. The activities offered are wide-ranging and innovative with the aim to suit the needs of different families at different times, from traditional sports activities in sport halls, to activities in nature and urban spaces. Of particular importance is the flexibility offered by the association. Family sports have a constant focus on making it easy and manageable for families with children to attend their activities. Therefore, a theme usually runs in short cycles, e.g. for four months at a time, that suit the changing lives and habits of families with growing children. Attendance every week is not mandatory, even for weekly activities, and the association also puts a heavy emphasis on offering one-off activities for families that cannot attend activities on a regular or semi-regular basis. This allows families with hectic everyday lives to tailor their participation to what they are able to do.

Case study 5: France

Sport pour Tous

Lead organisation	La Commission « Sport pour tous » du Conseil municipal des enfants de la Ville de Roubaix
Key focus/objectives	Encouraging increased participation in sport of young and old people
Member State(s)	France
Period	June 2019
Programme funding	Ville de Roubaix Municipal Council
Internet links	https://www.roubaixxl.fr/sport-pour-tous-des-olympiades-intergenerationnelles-sensationnelles/

Aims and approaches

This one-off, Olympic-inspired sports day was run by the Municipal Children’s Council of Roubaix and sought to bring together different generations through sport and the positive values it promotes. The idea was formed and developed by the Children’s Council, which consists of elected primary-school aged councillors who live or attend school in Roubaix, a town in North West France. The Children’s Council is funded and coordinated by the Municipal government and aims to provide a space for children to exchange ideas and forward propositions which matter to them, ultimately promoting civic engagement through collective projects.

In this case, the “Sport for All” Commission within the Children’s Council organised an “Intergenerational Olympics”, a public event where mixed generation teams participated in a series of sports events, adapted for different age groups, as well as health and sport related quizzes. Through the event, the Children’s Council hoped to provide a chance for different generations to get together, integrate and enjoy the time shared together, whilst developing key citizenship skills, discovering new sports and promoting access to sport for all.

The project’s total budget was €467, which was largely funded by a “Projet d’Initiative Citoyenne” (PIC) grant secured by the Municipality. Whilst the planning and implementation was led by the Children’s Council, they received technical support from sports services within the town as well as donations from “souffle de Nord”, a regional not-for-profit organisation. Others within the Municipality were involved in the event itself, including the “Assemblée des Aînés” (the Assembly for Seniors) and the Deputy Mayor (who is in charge of sports in the Municipality). Other stakeholders included representatives from local Welfare Support Groups and a local walking group.

Outcomes and learning points

The “Intergenerational Olympics” event successfully took place on 19th June 2019, at a local sports centre (le complexe Oran-Delespaul). A total of seven different activities took place, from archery, to climbing, to table tennis, with each team spending ten minutes on each activity. Each event was tailored to the different generations to ensure a participatory approach and equality between different ages. Events were interspersed

by quizzes on sports and healthy lifestyles with a view to promoting some of the benefits of staying active.

A total of 70 participants joined in across 14 mixed age and gender teams. Each team's 5 members were made up of two children, an adolescent, an adult and a senior citizen. A number of stakeholders also joined in the activities, including members of the "Assemblée des Aînés" and the Deputy Mayor of Roubaix. The Children's Council undertook a proactive recruitment drive to attract other participants, including on social media and by creating posters shared in Welfare and Education Centres across the town, and an attendance of 70 participants for the first iteration of these Games was seen as a success by the organisers, particularly in light of the low budget allocated towards the Games.

The mix of team members allowed participants to socialise and meet new people of different ages, and a project summary written by the Municipality observes a positive level of support and empathy between teams and their members. As well as the participants, the stakeholders involved also benefitted from developing closer partnerships between local organisations, and by hosting the event the local sports centre were able to showcase the activities they offer to the wider community.

Feedback was positive, with one of the older participants (79), who is Head of the Echo Social Centre acknowledging the importance of the intergenerational aspect: "I came because it gives an example. The idea to mix generations is excellent!" For the young organisers, moreover, promoting sport and physical activity in their community was the main driving force behind their efforts, with one of the Children's Councillors remarking: "We love sport! Our goal is to encourage everyone to take part in it."

Whilst there were no concrete plans to repeat the event at the time, the ambition to do so is certainly felt by many of those involved, with the Councillor in charge of the Children's Council hoping to ride the wave of attendees' enthusiasm: "the fact that most participants start by saying 'the next time...' is an excellent sign". Indeed the Children's Council have a number of ideas of ways in which they would want to improve the games in future, including by adding more events and better adapting existing events, such as the bows used in the archery competition, to different generations.

Certainly, the retrospective write-up by the Municipality noted that the inability to test the events in situ before the Games meant that the timings and rules of certain events had to be reviewed in-session. However, the fact that sports coaches were on hand, and that different options for the running of each event had been considered beforehand, helped organisers to carry this out with minimum disruption and the flexibility of event organisers ended up being an important success factor of the Games.

An additional challenge to organisers was the fact that a number of participants dropped out at the last minute, though fortunately the Social Centres brought along additional spare players who could act as replacements. It was important to ensure that the replacements were in the same age bracket to avoid certain generations dominating proceedings, and perhaps if the Games were to become more established in future it could give participants the confidence to fulfil their intention to take part. Despite the desire of organisers and attendees to repeat the event, however, there is no evidence of a successive occasion since the Games in July 2019, quite possibly due to the coronavirus pandemic.

Case study 6: Germany

Sen-Ki Projekt	
Lead organisation	The TSGSeckenheim eV
Key focus/objectives	Encouraging increased participation in sport of young and old people
Member State(s)	Germany
Period	2016
Programme funding	20 000 euros sports club donation received by the Dietmar Hopp Foundation.
Internet links	http://www.seckenheim-im-blickpunkt.de/foerderpreis-der-dietmar-hopp-stiftung-fuer-sen-ki-projekt-der-tsg/
<p>Aims and approach</p> <p>The sport club TSGSeckenheim, based in Mannheim, Germany, was founded in 2005 and since then it has organised sporting activities in different disciplines and through 14 different departments, focusing on different age groups and programmes. Among the disciplines taught in this sport club there are more popular sports (football, basketball, tennis, etc.) but also other sports and types of physical exercises such as aikido, taekwondo, yoga, Zumba and pilates. In addition to this, the sport club offers grants and subsidies to families with disadvantaged economic background to promote social inclusion through sport.</p> <p>The multi-sport and fitness club TSGSeckenheim recognised that three out of four among their nearly 3000 members were below 18 or above 60 years of age. Instead of organising separate sessions for each age group, the sport club creatively invented a new form of intergenerational exercise – SEN-Ki (Senioren-Kinder). The concept aimed at making young and old to do sport together, while meeting the needs of each age-group, and leveraging the benefits of intergenerational interaction. Accordingly, a SEN-Ki session brings 25 seniors and children together for one-hour each Friday afternoon.</p> <p>As part of this project, both groups warm up side by side to music with gymnastic exercises and a dance choreography. The class is then divided up as the children go play, and the seniors go to the gym where they strengthen their muscles and motoric skills. Lastly, the participants come together again to repeat the dance choreography, and to finally relieve the body and mind with stretching and relaxation exercises.</p>	
<p>Outcomes and learning points</p> <p>Soon after its launch, SEN-Ki received a significant interest from the members of the sport club who wished to join the new intergenerational sessions. Recognising this success and the strong added value behind the SEN-Ki concept, TSGSeckenheim became the first of 20 clubs to be rewarded with 20,000 euros by the Dietmar Hopp Foundation as part of their anniversary campaign 'Sportverein' (sports club). The donation was used to purchase new training equipment and to improve accessibility within the sports facility. For example, a mobile stair lift was purchased which allows disabled persons to participate in the sports activities, including SEN-Ki where everyone is welcome.</p>	

The Dietmar Hopp Foundation decided to award the SEN-Ki project as it mainly addresses the needs of both young and older people willing to practice sport or physical activities and learn from each other at the same time. The Foundation also stressed how the focus of these types of project can only benefit the wider community, as the main objective is having fun together by practicing sport in a playful and joyful environment, without any previous knowledge or sporting skills being required, thus strongly contributing to encourage sport practices among the selected target groups.

One of the success factors of this project relates to the design of the initiative and its stated goal to address specific issues relating to active ageing and segregation of elderly people. In particular, the project was developed due to the need to address the changing demographic of our society, which also represents an issue for sport clubs. In this regard, intergenerational sport practices as the one promoted by the SEN-Ki project contribute to promote sport practices among older people and to encourage more young people in taking part in sporting and physical activity.

Case study 7: Greece, Spain

Geo-ludens	
Lead organisation	Fundacion Universidad San Jorge – Spain (Co-ordinator) Kapodistrian University of Athens (NKUA) – Greece (Partner)
Key focus/objectives	Promoting intergenerational learning through sport and sport-related activities
Member State(s)	Greece (focus), Spain, France, Hungary
Period	January 2017 – June 2018
Programme funding	58,576.44 EUR (Erasmus+)
Internet links	http://geoludens.eu
<p>Aims and approaches</p> <p>Geo-ludens is an initiative promoting European Traditional Sports and Games (TSGs) with an intergenerational and inclusive perspective. The lead organisation of the project was the University of San Jorge in Zaragoza, Spain, along with partners National and Kapodistrian University of Athens (NKUA) in Greece, the European Traditional Sports and Games Association (AEJeST) in France, and the Baranta Traditional Hungarian Martial Arts Association of Hungary. Geo-ludens was implemented between the 1st of January 2017 and the 30th of June 2018, while it received an EU grant of 58,576.44 EUR through Erasmus+ to carry out its activities.</p> <p>The project utilises newer technologies and tools to bring ancient sport and games to a younger audience. The main activity of the project was to create an interactive European Map of Traditional Sports and Games¹⁰² which would enable people from all generations to find such sports and games in their area and country, and to engage in relevant activities.</p> <p>The four partners collected data regarding TSGs across Europe through an online questionnaire they designed and disseminated. An interactive map was then created which contained activities that fulfilled the following eligibility criteria: 1) Generationally transmitted (at least 3 generations); 2) played in a community (not on a family or little group); and 3) Being respectful of human and animal rights. An external partner (Tempo Finito -a company with experience in sports technologies) was subcontracted to create the interactive tool, as well as the logo and webpage for Geo-ludens.</p> <p>The interactive map tool now contains the GPS location of each TSG, while each activity is also linked to a separate webpage where the user can find further information. Each webpage contains the rules of the sport or game, its objective and its benefits, the history and origin of the activity, as well as its potential connections to a specific event or festivity in the region. Users can easily search the map and find a sport or game they are interested in, learn more about it and search the area for relevant activities.</p>	

¹⁰² <http://geoludens.eu/home/>

The main objective of this tool is to reach, educate and engage younger people with older traditions through “their own language” (“visual, mobile, and interactive”). The project emphasises the importance of physical activity and social inclusion in sports, while it also promotes intergenerational learning as parents and grandparents are encouraged to play sports they might know from their childhood along with newer generations that are now engaging in a new activity.

Outcomes and learning points

Geo-ludens has now identified 34 Traditional Sports and Games across 16 countries in Europe. 12 of the TSGs are located in Greece, across the regions of Attica, the Peloponnese, and Macedonia.

The Greek project team conducted several promotion and dissemination activities within Greece to raise awareness about the project and to engage young people to use the interactive tool. Dissemination began from the National and Kapodistrian University of Athens (NKUA), a university with over 40,000 undergraduate students, 14,200 postgraduate students, and 8,800 Ph.D. candidates. The tool was shared with students and staff, and uploaded in over 10 websites (including the main university website)¹⁰³, social media, networks and databases. Geo-ludens was also presented at the School of Physical Education and Sport Science of the NKUA, where students were shown how to use the tool with their smartphones through the website and Facebook.

The project team estimated that over 3,450 people in Greece were reached to date that can be counted, in addition to all those reached through the dissemination activities which could not be counted or estimated.

Promotion and dissemination were also carried out in the remaining three partner countries, and specifically in Spain where the lead organisation was based. The project team conducted activities in schools where students participated in TSGs and using the tool, while the project also appeared in a Sport and Society special program on Aragonese Television. Geo-ludens was included in the Aragonese scientific repository under Physical Education Pedagogy and Social Sciences, while it also appeared on an Innovative Teaching Seminar where teachers, professors, school administrators and other stakeholders discussed innovative educational methodologies and using interactive tools such as Geo-ludens in cross-curricular and project-based learning .

In the final meeting of the project, which took place in Athens, Greece, the partners concluded that combining traditional sports and games with new technologies has been very positive as it facilitates engagement with younger generations. However, the project faced a few challenges with translating several cultural aspects of the games, which caused a slight delay in populating the map but was shortly resolved and dissemination activities in Greece resumed.

It is worth noting that since the end of the project there has been no further data or evidence that shows the impact of Geo-ludens in Greece. The project has not been evaluated hence there is no further estimate of people reached or other information on the uptake of the tech tool and its impact on young people. It is also unclear whether the interactive map is still being updated with more TSGs, or if there are any further dissemination or promotional activities to ensure the continued engagement of young people, questioning the sustainability of the project.

¹⁰³ <https://en.uoa.gr/>

Case study 8: Ireland

Intergenerational PEACE III Project

Lead organisation	Monaghan County Council
Key focus/objectives	Promoting intergenerational learning through sport and sport-related activities
Member State(s)	Ireland
Period	2011-2012
Programme funding	EU PEACE III Programme
Internet links	https://www.ageaction.ie/sites/default/files/attachments/mapping_report_november_2012_web.pdf

Aims and approaches

As part of the EU's PEACE III Programme in the border regions of Ireland and Northern Ireland, Monaghan County Council coordinated five separate projects within the county which aimed to engage older and young people in a series of five interconnected peace building projects. The projects, which ran over a 10-month period between 2011-2012, aimed to address issues of sectarianism, racism, and prejudice through a range of activities.

In particular, the projects aimed to make peace building relevant to young people in the area who often are less aware of the legacy of the conflict between the two nations and how it continues to affect them. In doing so, the projects brought together young and old residents and hoped to increase trust and tolerance between them. As well as theatre and storytelling, projects focused on using sports to break down these barriers, from walking groups to intergenerational boxing, which helped bring people together from different generations as well as different walks of life in order to overcome existing prejudices.

Participants across the county's projects ranged from age 11-72 and included people from the minority faith and ethnic minority communities; people displaced from Northern Ireland and their families; former combatants as well as people who served in the armed and security services along the border. Steering groups in each town helped to identify participants from local schools, clubs, churches, and community organisations.

These projects formed part of Monaghan's Peace and Reconciliation Action Plan which seeks to build positive relationships at a local level. To help achieve this goal, the Monaghan PEACE III Partnership established a sub-committee of the Monaghan County Development Board made up of individuals from the agencies and organisations represented on this Board, along with some local community representatives. The initiative secured €7m in EU funding which it used to support a number of local community-based projects within the county.

The PEACE III Programme is an EU initiative which follows the success of two previous programmes (PEACE I and PEACE II) dating back to as early as 1995. In continuing the key objectives of these previous PEACE Programmes, the PEACE III Programme prioritises reconciling communities, contributing to a shared society, and providing technical assistance. In total, the PEACE III Programme successfully delivered 213 projects across Northern Ireland and the Border Region of Ireland between 2007-2015 addressing themes such as Building Positive Relations at the Local Level; Acknowledging and Dealing with the Past; Creating Shared Public Space; and Key Institutions Developed for a Shared Society.

The Programme recognises the power of sport in building these positive relationships in the community, and physical activity was the centre of a number of its projects. One such example is Football for All — ‘Looking Back to Move Forward’ which also used sport to promote peace, as well as other events such as intergenerational storytelling workshops.

From the Programme outset, the establishment of a Monitoring and Evaluation Working Group (MEWG) provided specialist advice to the PEACE III, alongside other measures tracking equality and economic impact. The overall PEACE III Programme was evaluated, using pre- and post-questionnaires as well as focus groups to help create an evaluation report and case studies . It was hoped that individual communities would continue local projects once funding ended thanks to their own drive and commitment.

Outcomes and learning points

Each of the five participating towns within the county ran different events, from an intergenerational boxing academy, to walking tours and oral history workshops. All projects ran continuously over the Programme’s 10-month lifespan and participants met weekly irrespective of wider challenges that may have impacted on the political peace process. External facilitators were recruited to deliver the sessions, who in turn were supported by Monaghan County Council. The continuity of each project was important in developing relationships and ensuring the local community benefitted from the meaningful change that the projects brought about. This was demonstrated in a post-project attitudinal survey¹⁰⁴ (conducted in 2014-15) which found that PEACE III projects changed behaviour, improved trust and tolerance, and rekindled hope through memories and legacies of the past.

Overall, in Monaghan and elsewhere, the PEACE III project was also successful thanks to its local authority led partnerships which gave local people the autonomy to develop and implement local plans that promoted peace and reconciliation within their areas. Indeed, demonstration of active partnerships was a requirement for programme funding, and local authorities were required to work with social partners to develop strategic responses to local needs in a way which promoted the independence of social partners. In this way, the projects helped to engage local people in discussion and dialogue, as well as being instrumental in developing the leadership skills of local authority elected members and community leaders.

¹⁰⁴https://www.seupb.eu/sites/default/files/styles/file_entity_browser_thumbnail/public/PEACE%20Content%20Type/PEACE_III_Attitudinal_Survey_2014_2015.pdf

This reflects the programme's emphasis on sustainability and building peace in the long-term, as projects were selected for funding on the basis of their potential to increase institutional capacity for peace building, and as such they engaged with organisations including trade unions, universities and the criminal justice system.

The evaluation report states that no significant problems were encountered during the Programme period (2007-2015), though it does refer to the risk which the financial crisis in 2008 posed towards funding projects, which ultimately were largely unaffected due to cooperation between government departments and local authorities.

Building on the success of the projects in Monaghan and beyond, the EU has subsequently funded a PEACE IV Programme, where new projects such as 'Sport Uniting Communities'¹⁰⁵ run by the Irish FA, Ulster Rugby and Ulster GAA (the Governing Bodies of Northern Ireland's three most popular sports), seek to use sport to bring together divided communities. This continuation of funding will enable communities to embed peace and intergenerational dialogue amongst their residents and help to ensure the sustainability of past PEACE Programmes.

¹⁰⁵ <https://www.irishfa.com/irish-fa-foundation/community-volunteering/sport-uniting-communities>

Case study 9: Italy

Anziani e Bambini insieme: i cinque sensi in gioco	
Lead organisation	Azienda Retesalute
Key focus/objectives	Promoting intergenerational learning through sport and sport-related activities
Member State(s)	Italy
Period	April – July 2014
Programme funding	TOY Consortium (funded by Erasmus+ and Open Society Foundation)
Internet links	http://www.retesalute.net/index.php?option=com_content&view=article&id=154&Itemid=227
<p>Aims and approaches</p> <p>The project Anziani e Bambini insieme: i cinque sensi in gioco (i.e. Together old and young: the 5 senses at play) was coordinated by a local organisation, ReteSalute, in collaboration with a nursery school and a nursing home based in the province of Lecco, in the north of Italy. The organisation ReteSalute supports socially disadvantaged groups in collaboration with 25 different municipalities in the province of Lecco. This project was presented as a pilot action of the international project TOY – Together Old and Young people, which aims to promote intergenerational learning and create new possibilities for older adults and young children to learn together and benefit from each other’s company.</p> <p>The TOY consortium was initially funded by the Erasmus+ and subsequently continued to work thanks to funds from other associations, such as the Open Society Foundation. The TOY Project also aimed to demonstrate the benefits of intergenerational activities and sport-related activities for both young and old people, thus including the mutual understanding, improved feelings of wellbeing, decreased loneliness and satisfaction from sharing knowledge and experience with children as well as enhanced social cohesion.</p> <p>In order to promote intergenerational relationships, overcome stereotypes and enhance solidarity among generations, this pilot action of the TOY project specifically aimed to bring together young people and seniors (over 80 years old) to share space, time and knowledge. In particular, young people and seniors, with the support of two practitioners took part in indoor and outdoor activities, including gym classes and traditional games. The project lasted for four months and culminated in a public event where participants could show to their parents and relatives the intergenerational practices acquired during the project period.</p>	
<p>Outcomes and learning points</p> <p>The contribution of a wider network of stakeholders involved in the TOY consortium, which created a network of stakeholders promoting intergenerational learning, was essential to the definition of the programme and to the dissemination of its results.</p>	

In particular, before developing the specific action taking place in the north of Italy, the leading organisation in collaboration with the TOY consortium and other local stakeholders conducted research on the main practices in the field of intergenerational learning and intergenerational activities to assess the existing relationships between old and young people in their local context. Following this research phase, a capacity building activity was also implemented to provide facilitators and relevant employees with the necessary skills to implement the project.

In this regard, a workshop was organised in collaboration with a social cooperative, UNIONCOOP, which had recently implemented the project "ABI - Anziani e bambini insieme" (Together old and young). The project was aimed at improving the relationship between old and young people through different intergenerational learning activities (painting, cooking, gardening, etc.). As result of the research and capacity building phases, a toolkit was developed to help other associations who are part of the TOY consortium to develop intergenerational programmes.

The pilot action Anziani e Bambini insieme: i cinque sensi in gioco proved to be quite successful as demonstrated by the feedback received by all the participants involved, which included five young people and five old people. Positive feedback was also collected from the children's parents. The participants involved emphasised how the project made them aware of the importance of spending joyful time with the other group and learning from each other. In addition to this, older people noted how they would have probably not undertaken any physical exercise or taken part in games without the children. The inclusion of children in this project strongly contributed to motivating older people in challenging themselves and in learning how physical activity could improve their self-esteem.

Finally, following this project, the organisation ReteSalute decided to implement another intergenerational programme involving a higher number of young people and older people. By adopting the same approach used for the project Anziani e Bambini insieme: i cinque sensi in gioco, the organisation increased the number of intergenerational activities offered to participants and the initial target group (25 seniors from another nursing home and 57 pupils). While the focus of this project was mainly on non-sport related intergenerational activities (e.g. cooking, boardgames, painting, etc.), the organisation also offered participants the opportunity to practice sports, such as football and swimming.

Case study 10: Lithuania

Festival 'Sport for all'	
Lead organisation	Lithuanian association 'Sport for all'
Key focus/objectives	<ul style="list-style-type: none"> Increasing sport participation through intergenerational competitions Promoting healthy lifestyles through intergenerational sport activities
Member State(s)	Lithuania
Period	1991 – ongoing
Programme funding	Public funding
Internet links	http://www.sportasvisiems.lt/lt/veikla/renginiai/programa_sportas_visiems_2020
Aims and approaches	
<p>The Lithuanian association 'Sport for all' unites more than 500 sport clubs and organisations that promote wellbeing among people of all ages through physical and recreational activities and sport events. Since 1991, the association has implemented a three-day annual festival "Sport for all" where amateur athletes, families and sport enthusiasts can choose from more than 70 different sport activities or attend wellbeing/sport-related lectures. The festival organisers aim to promote a healthier lifestyle among people of all age groups.</p> <p>Traditionally, for the past 29 years, the festival has been organised in the seaside city Palanga where participants can participate in activities either individually or in teams. Most of the sport activities include mixed age groups except from some team sports such as basketball, football, volleyball which divide participants by age and gender. The festival starts with informative lectures, followed by the opening procession of all registered participants. Over the next two days, participants can choose from a variety of sporting activities, including morning exercises, yoga, running and dancing competitions. Activities are organised by different sport clubs and organisations, and new and unique sports are included each year; for example, wall climbing, horseshoe throwing, grass golf and Petanque have been included in this year's programme.</p> <p>The festival is organised by the 'Sport for all' association with support from the Palanga municipality. The Sport Support fund is the main funding provider, and their contributions mean that participants only need to pay a one-euro symbolic participation fee. Accommodation and travel costs are covered by the sport clubs or organisations that athletes represent or must be covered by the participants themselves. There is no evaluation of the festival available and no feedback from participants is collected, however, athletes can share their views and opinions on social media.</p>	

Outcomes and learning points

Each year the festival attracts thousands of participants from Lithuania and abroad. In 2019, more than 5,000 unique participants attended the event, counting overall almost 15,000 sport enthusiasts. In 2020, the festival was moved from May to September due to coronavirus pandemic, however more than 3,000 unique participants attended the rearranged festival. The event is a unique opportunity for the amateur sport athletes and enthusiasts of different ages to meet, share their passion for different types of sporting activities and compete with each other. Traditionally, the festival begins with the opening procession of all registered participants which establishes a relationship between them. Therefore, many athletes, particularly women from dance groups, first attend the event as children and keep returning each year until adulthood.

The activities are spread out over 53 competition areas throughout the city which allows indoor/outdoor sports to be arranged on a necessary surface and with sufficient equipment, e.g. a basketball court or a football field. All the activities are prepared and safeguarded by almost 200 professional trainers, judges and organisers to ensure safety and quality of the programme.

The organisers also aim to increase knowledge of physical and mental wellbeing among the participants through lectures. The programme is designed to suit everyone irrespective of their fitness level and encourages entire families or individuals to join. Flexibility in the registration procedure even allows bystanders to sign up for the event one hour before it begins. The seaside location of the festival also attracts tourists or visitors who came to enjoy the beach over the weekend.

In recent years, the festival has become more popular, leading to an increase in sporting activities - from 32 in 2011 - to more than 70 in 2019, organised by 41 different sport clubs, associations and federations. After each festival, organisers reflect on the programme and suggest improvements, whilst organisers attend regular training seminars and include new activities every year. The organisational design of the festival enables various sport clubs and organisations to promote their sports among the public and increase people's interest in new and less popular sport activities in Lithuania.

The festival 'Sport for all' is a unique event which allows all sport enthusiasts to practice sports together, despite their age or gender. However, the ongoing national sport reform creates uncertainties for the continuation of the festival due to its non-commercial nature. The festival organisers also struggle to secure annual funding of the event in advance which hinders its planning of the event, which affects all involved parties including sport organisations that organise the events and amateur athletes.

Case study 11: Malta

#OnTheMove	
Lead organisation	SportMalta
Key focus/objectives	<ul style="list-style-type: none"> Promoting healthy lifestyle through intergenerational sport activities Emphasising the role of families in intergenerational dimension of sport
Member State(s)	Malta
Period	2015 - ongoing
Programme funding	SportMalta
Internet links	https://www.sportmalta.org.mt/programmes/onthemove-skolasport

Aims and approaches

The Maltese national programme #OnTheMove aims to increase the citizens' participation in sporting activities through an intergenerational approach and by emphasising the role of parents in promoting sports among youth. The programme was initially developed in 2015 as part of the SkolaSport campaign: a sport programme aimed to at fostering sport practices in schools. The Maltese authorities decided to design this campaign to foster physical activities among their citizens and encourage them to be more active and achieve a healthier lifestyle.

Due to the success of this pilot campaign, the Maltese governmental sport body (SportMalta) decided to develop and implement a national programme running from October to May in schools throughout the country with the participation of parents in the so-called Parent and Child sub-programme. The Parent and Child sub-programme is open to young children from 6 months up to 3 years, where they can experience playful sport activities with their parents. This programme invites parents to join the session and learn ways how to keep young children motivated and engaged in physical activity. The sport activities are offered at a reduced cost that might vary according to the discipline.

The programme is funded by SportMalta, an agency under the responsibility of the Parliamentary Secretary for Youths, Sports and Voluntary Organisations within the Ministry for Education and Employment. SportMalta's core purpose is to inspire Maltese citizens and transform the nation through sport. In addition to governmental funds, a sponsorship agreement was reached with Kellogg's to expand the geographical scope of the programme. In order to implement this programme, SportMalta collaborates with different public and private sport venues, as well as with several schools and colleges.

Outcomes and learning points

As part of the programme #OnTheMove, parents and children are offered the opportunity to practice different types of physical activity together, i.e. swimming, gymnastics, dance, etc. The programme #OnTheMove consists of different subprogrammes aimed at promoting healthier lifestyles among Maltese citizens. In this regard, the sub-programme Parent and Child aims to emphasise the role of parents and families in encouraging youth to practice sport and achieve a healthy lifestyle.

This participatory approach contributes to build confidence amongst pre-school children, since they are supported by both trainers and parents. The Parent and Child programme also promote the idea that children can start practicing physical exercises already from an early age, thus also giving them the opportunity to overcome simple challenges like running, jumping and balancing. In this context, the fact that a parent is present gives kids more confidence to overcome these challenges. On the other hand, the active participation of parents also increases the willingness of children to practice sport in the future, due to the significant impact of intergenerational transfer practices between children and parents.

In addition to this intergenerational sub-programme, the Adult programme is specifically designed for everyone older than 17 and with the specific aim to encourage parents in particular, but also the general public, to take up an activity at least once a week. The programme is flexible enough to embrace all abilities, from beginners to confident athletes. As part of this sub-programme, young people can practice sport or physical activity with adults and elderly people in different disciplines, such as HIIT (High Intensity Interval Training), Fit Mix, Pilates, Yoga, Salsa Fitness, Aerobics, Swimming, Zero to 5k running.

Following the pilot phase, and due to its popularity, #OnTheMove is now offered in 15 different venues on the island, offering the possibility to practice sport both indoors and outdoors. It is estimated that on average 5,000 people take part in the programme every year. Due to the high demand for the different sub-programmes offered by #OnTheMove, the sub-programme #OnTheMove – Summer was also developed to offer opportunities to practice sport also during summer periods. Finally, the programme #OnTheMove – Academies offer talented athletes with the possibility to train more frequently with the aim to compete in national competitions in different disciplines, such as triathlon, basketball, horseracing, gymnastics, volleyball, handball, synchronised swimming, and badminton.

Among the factors that contributed to the success of this programme, it is noteworthy to mention the participatory approach offered by the Parent and Child sub-programme, but also the high number of sport disciplines offered, thus enabling a strong participation of people of all ages and with different sporting habits.

Case study 12: Poland

Dance Emergency	
Lead organisation	Seniors in Action
Key focus/objectives	<ul style="list-style-type: none"> Promoting healthy lifestyles through intergenerational sport activities Increasing sport participation through intergenerational competitions
Member State(s)	Poland
Period	2020
Programme funding	Polish-American Freedom Foundation (via Seniors in Action)
Internet links	https://seniorzywakcji.pl/pogotowie-taneczne/
<p>Aims and approaches</p> <p>The "Dance Emergency" project was implemented in the Polish city of Tychy in the province of Silesian between September 2019-June 2020. Over a period of 10 months, seniors from Tychy took part in a series of dance workshops, including ballroom dances, regional dances from across the world, as well as improvised and experimental forms of dance to encourage experimenting with movement and music.</p> <p>Workshops were led by two instructors, one older and one younger, in keeping with the project's intergenerational focus, and any interested senior citizens could take part, regardless of whether they have had any previous experience of dancing.</p> <p>"Dance Emergency" was one of several Polish projects supported during a similar timeframe by Seniors in Action, who offer funding and training each year to successful applicants who want to run programmes to help keep senior citizens active. Seniors in Action want to encourage senior citizens to make the most of their retirement, be proud of their age and not give up on their interests. As well as promoting healthy lifestyles amongst the elderly, Seniors in Action wish to promote intergenerational learning and transfer by deliberately seeking out partnerships of over 60s to lead initiatives, alongside younger instructors aged under 35.</p> <p>Set up to respond to the challenges of an ageing society, Seniors in Action aims to break down stereotypes and show that the elderly can be leaders and creators of activities as well as participants in activities directed towards them. They understand the value of intergenerational transfer, and their approach helps older citizens understand the modern world better by spending time with young people, as well as helping young people gain knowledge and experience that can only be gained by spending extensive periods of time together.</p> <p>The Society for Creative Initiatives have been running Seniors in Action since 2008, supporting the implementation of nearly 300 local projects organised by over 60 leaders and intergenerational partnerships. It is funded by the Polish-American Freedom Foundation, who aim to encourage development of local communities, particularly in rural areas and small towns.</p>	

Whilst there is no specific evaluation evidence for “Dance Emergency”, Seniors in Action publishes “good practice” intergenerational scenarios from successful projects on their website, to help guide future initiatives as well as inspire individuals to implement their own small-scale activities at home.

Outcomes and learning points

During the 10 months of workshops, “Dance Emergency” participants were working towards specific performances in addition to the regular meetings, providing a focus and encouraging a slightly more competitive edge. At the culmination of each year’s Seniors in Actions projects, participants are invited to “Senioriada”, an outdoor event in Tychy, where they present their new skills. In this case, “Dance Emergency” participants put on an intergenerational musical performance in the hope of being crowned winner in the amateur dance competition.

As well as the intergenerational competition, seniors also performed dance routines in local nurseries and schools to celebrate “Grandma’s and Grandpa’s Day” by showcasing the intergenerational nature of the programme. In addition, “Dance Emergency” participants have been invited to put on performances in aid centres and institutions in Tychy and the surrounding areas in the hope they will bring joy to the lives of people who may be struggling in life, boosting morale in the community.

“Dance Emergency”, like other Seniors in Action projects, ran for 10 months in order to give instructors space to implement ideas properly and allow programmes to make a difference in the local community. This longevity has been a key ingredient of the programme’s success over the years, where a dedicated tutor supports those delivering each initiative throughout the 10 months, keeping in regular contact. Prior to each project starting, Seniors in Action also run training sessions with programme instructors to help develop their ideas and review the project just after it has begun. These sessions also offer support with facilitating intergenerational dialogue and making the most out of the partnership between the different generations. Though “Dance Emergency” has not yet been evaluated, Seniors in Action collect direct feedback from participants across a range of their programmes by telephone. Participants report that they like the partnership approach which gives project instructors the independence to lead their chosen initiatives, as well as the fact that the organisation maintain close links to the instructors who can report the challenges they face in implementing projects and seek help and advice.

Across the feedback which Seniors in Action collect, the older instructors often reported feeling more confident, spreading their newfound knowledge and enthusiasm to their peers. Younger instructors, on the other hand, report their perspectives changing towards elderly people, emphasising that they have learnt a lot and are better listeners. For participants, the projects they are involved with help to develop their physical health and self-esteem and they become more tolerant and understanding towards others which improves their relationships outside of the programme too. They often discover new hobbies and passions and their participation in the programmes can often lead to larger-scale social activities, with some even describing their participation in projects as life changing. “Dance Emergency” is just one of the programmes run by Seniors in Action to inspire older citizens to become active, and another such example is “Tandem” , organised by a recent graduate and library worker in a town in Southern Poland. By encouraging seniors to recollect childhood memories of riding their bicycles, it aims to rekindle a shared enthusiasm for cycling, inspiring seniors to cycle more as well as promoting safety on the roads.

Case study 13: Portugal, Italy, Spain, Bulgaria, Hungary, Greece

In common sports	
Lead organisation	Municipality of Vila Nova de Cerveira – Portugal (Co-ordinator)
Key focus/objectives	<ul style="list-style-type: none"> increasing sport participation through intergenerational competitions promoting healthy lifestyles through intergenerational sport activities
Member State(s)	Portugal, Italy, Bulgaria, Hungary, Greece and Spain
Period	2018/2020
Programme funding	316,986 EUR (Erasmus+)
Internet links	http://www.olympics4all.eu/index.php
<p>Aims and approaches</p> <p>The Portuguese municipality of Vila Nova de Cerveira is the leading organisation of an Erasmus+ funded project aimed at fostering the participation in sport of elderly people by organising intergenerational competitions in different countries. The project In Common Sports -Intergenerational Competition as Motivation For Sport And Healthy Lifestyle Of Senior Citizens 2018 - 2020 is a collaborative partnership bringing together five European countries and six organizations: Municipality of Vila Nova de Cerveira (Portugal), Municipality of Cesena (Italy), Viana do Castelo Polytechnic Institute (Portugal), University of Vigo (Spain), municipality of Trikala (Greece), Aksakovo Municipality (Bulgaria) and Zoldpont Association (Hungary).</p> <p>The project aims to assess and continue the good practices which emerged from the implementation of another Erasmus+ project lead by the Portuguese municipality, Intergenerational Olympics. This project, concluded in 2016, aimed to promote intergenerational sport practices through the organisation of inclusive sporting competitions, thus reaching participants aged 60 or more and young NEETs aged 18 to 30. The organisation of intergenerational competitions continued under the In Common Project, with Intergenerational Olympics events being organised in Portugal, Italy, Bulgaria, Hungary and Spain.</p> <p>Each year, around 500 senior participants take part across 15 “Intergenerational Olympics” in a series of different sporting events, bringing together people of a similar age in the community as well as local sports, youth, volunteering, and social organisations. Whilst the Olympics themselves are held just once a year, a key aim of the project is to inspire continuous practice of physical exercise in the elderly population and regular training is offered local senior citizens throughout the year. The project therefore aims to better understand the motivational factors behind this continuous practice as well as assess the impact of the “intergenerational Olympics” on the participants’ physical and mental health by carrying out a study (“Physical Fitness and Cognitive Performance of the Elderly - Competition as an Additional Motivation for Promoting an Active Lifestyle”) based on the activity.</p>	

Outcomes and learning points

Across participating countries, the Olympics involves six different competitions: four which are kept consistent across participating countries, and the option for 2 additional games which are traditional in the regions involved. Sports are adapted for different age groups to ensure maximum participation, enabling the different ages to compete on a level playing field as far as possible.

The majority of team members are senior citizens, and each team includes a younger person (usually who is seeking to become a sports coach in the future), thus ensuring interaction and socialising between different generations. As well as providing an opportunity for different generations to socialise, therefore, the Games is an important chance to combat negative stereotypes of older people and pass on traditions, such as traditional sports and games. Including young people is also crucial in combatting an ageing and vulnerable society, as they will learn about the difficulties which older citizens might face when participating in sport and how to best tailor sports programmes to this age group in future. Each year the Games is hosted in a different municipality and participants stay on site, replicating the set-up of an Olympic Village. In the Games' first year, travel, food and accommodation was funded by Erasmus+ but since then has been financed by each municipality. This was largely due to participants' enthusiasm for repeating the event, demonstrating the success of the project. Given that the annual spectacle helps to motivate older people to stay physically active throughout the year, the municipalities have been willing to maintain the level of original funding, and hope to continue to do so beyond 2020 when funding from Erasmus+ is likely to end completely.

In addition to this, the project was designed to also ensure the participation of local complementary organisations, such as social, voluntary, youth and sports associations. To date, over 80 local organisations have been involved in the Intergenerational Olympics. The collaboration with partners and grassroots associations in the different countries also contributed to the successfulness of the sporting activities organised, due to their social links and professional expertise in sporting or intergenerational activities.

Moreover, the dissemination activities and the study carried out in the context of this Erasmus+ project also contributed to raise awareness on the benefits of intergenerational sports activities on the health-related changes of physical fitness and on the self-perception of health in the aged population. In addition to the study, the project also aims to develop a toolkit including guidelines and best practices for motivating elderly people in participating in sport activities and its impact on achieving healthier lifestyles. The Municipality of Vila Nova de Cerveira's previous experience of implementing the Intergenerational Olympics played a crucial role for the organisation of the intergenerational competitions and sport activities. The enthusiastic participation of elderly people in the Intergenerational Olympics events in 2018 can also be considered as a success factor of this project, as demonstrated by the fact that the municipalities and organisations involved decided to organise more intergenerational competitions during 2019.

The main difficulty in implementing the project was the withdrawal of a partner committed to participate. This setback was, to some extent, offset by the higher participation rates from the other countries. However, this was not always the case, and another difficulty of the project was coordinating with localities from certain countries to encourage the participation of elderly citizens, revealing inexperience in projects of this size.

Case study 14: Romania

National week of Sport for all (Saptamana nationala a sportului pentru toti)	
Lead organisation	Romanian Federation of Sport for All (FRST)
Key focus/objectives	Encouraging increased participation in sport of young and old people
Member State(s)	Romania
Period	2015-2020
Programme funding	Co-financed by the EU through the Erasmus+ programme and the Ministry of Youth and Sports in Romania
Internet links	https://beactiveromania.eu/
Aims and approaches	
<p>The programme aims to raise awareness regarding the benefits of participating in sports and physical activities and promote the role of sport in supporting social inclusion. Initiated by the European Commission under the slogan #BeActive, the events are organised at the national level by the Romanian Federation of Sport for All (FRST), recognised by the Ministry of Youth and Sports as the main organisation in charge of coordinating sporting activities for health, education and recreational purposes throughout the country, as well as the County Level Associations of Sport for All.</p> <p>The organised events are for everyone, regardless of age, background or physical condition. The week brings together individuals, public authorities, the sports movement, civil society organisations and the private sector. Although sport and physical activity make a significant contribution to health and wellbeing, only 23% of children and adolescents and 30% of adults and older people in Romania engage in sufficient levels of physical activity as recommended by the WHO . Similar worrying trends were observed at the European level where 59% of citizens do not exercise or play sports.</p> <p>The National Week of Sport for All, co-financed through the Erasmus+ programme, is part of the wider European Week of Sport initiative aiming to address the socio-economic and health-related implications of the lack of physical activity. At the EU level, the series of initiatives are planned to engage 100 million people from all Member States in regular sports activities.</p> <p>The national event was structured into four thematic days accompanied by festive and promotional activities, namely sport in the educational environment, sport at work, outdoor sports and sport in clubs and fitness centres. The 2020 edition of the programme also aimed to raise awareness among students about the many benefits of outdoor activity in the current conditions of the COVID-19 pandemic, to improve the health of schoolchildren and adults, to promote physical education, sports curricula and social inclusion by developing the necessary competences among students. There were activities organised in 22 counties in accordance with the legislation regarding the COVID-19 pandemic. The flagship activity of the event, #BeActive Night, took place in Bucharest on the 26th of September with various activities being carried out, including dance and karate demonstrations, cycling, athletics, games etc., while respecting social distancing.</p>	

Outcomes and learning points

The event has managed to attract an increasing number of participants and volunteers since it started. In the first edition of the National Week of Sports for All, there were 20,000 people and 1,500 volunteers taking part in the activities promoting sport and physical activities in more than 27 counties of Romania. In comparison, the 2019 event managed to bring together no more than 35,000 people of all ages taking part in around 200 sporting events throughout the country. The highest level of engagement, however, was reached in 2017 when 76,000 people participated in the activities.

The event was able to reach people of all ages, from primary and secondary children, high school students as well as adults and older people currently in care homes. For instance, in 2020 the Community Care Foundation from Piatra Neamt organised a workout session targeting its senior citizens in order to promote the health benefits of physical movement, especially during the COVID-19 pandemic. The event took place respecting the rules and national legislation in terms of social distancing. Other activities organised were in the form of festivals of dance, hiking, volleyball competitions, football, rugby, chess, exercise for the elderly, climbing, archery, sport shooting, tennis, swimming, gymnastics and fitness and aerobics classes.

The National Week of Sport for All initiative is expected to continue in the following years as part of the wider European Week of Sport programme promoting an active lifestyle in all EU countries, boosting physical and mental health and supporting social inclusion.

Case study 15: Spain

Lead organisation	Madrid City Council (Madrid Salud)
Key focus/objectives	Promoting healthy lifestyles through intergenerational sport activities.
Member State(s)	Spain
Period	2007-2019
Programme funding	N/A
Internet links	https://www.madrid.es/portales/munimadrid/es/Inicio/Actualidad/Noticias/Mayores-y-escolares-hacen-deporte-juntos-al-aire-libre/?vgnnextfmt=default&vgnextoid=6a9908896ab05510VgnVCM2000001f4a900aRCRD&vgnnextchannel=a12149fa40ec9410VgnVCM100000171f5a0aRCRD

Aims and approaches

"Shared Exercise" is an initiative of the Madrid City Council organised annually since 2007. The initiative falls under a series of measures within the City Council's intergenerational program. Overall, the programme aims to facilitate the integration of the elderly population into social activities within its neighbourhood districts in order to promote intergenerational solidarity and physical activity. The "Shared Exercise" initiative consists of a series of annual outdoor intergenerational events organised at a local level throughout several of Madrid's city districts. The activities are aimed at school children around 10 years of age and people over 60 years of age, thus bringing together young and old to interact through physical exercise, facilitating communication between generations. Through this initiative, schoolchildren and the elderly meet to break down the generational barriers that may exist between them and, in turn, realise the importance of physical exercise for both age groups. In addition to this, the activities also contribute to raising awareness of healthy habits in the context of obesity prevention among children and adolescents.

The intergenerational "Shared Exercise" events are organised by the Madrid City Council Directorate General for the Elderly and Social Services in collaboration with the General Directorate of Education and Youth, social services of the city districts and directors of the participating schools. The latest Shared Exercise" events are funded within the 903 m EUR budget for the action plan 'Madrid, friendly city with the elderly 2017-2019' .

The Madrid City Council conducts an annual report after each "Shared Exercise" event based on participants' feedback surveys. The results of the activities are then promoted by the City Council Directorate General for the Elderly and Social Services through a dedicated Facebook page "madridmayores". In recent years, the results have also been promoted by local media outlets. Some of the events are organised to coincide with international awareness days such as the European day of Intergenerational Solidarity and World Health Day, further raising awareness of the "Shared Exercise" events and the issues they promote.

Outcomes and learning points

The “Shared Exercise” intergenerational events have a duration of one hour and are carried out in public parks or city squares. The events are led by instructors licensed in physical education. During the events, different activities take place under the slogan “moving is taking care” (“moverse es cuidarse”), including exercises, popular games and awareness raising activities. Participants receive a white cap or t-shirt with the slogan to wear during the activities, creating a sense of community as well as providing a souvenir of the day’s activities. The events start with a welcome activity involving a walking route that allows participants to begin talking and getting to know each other. After the ice breaker, the instructor motivates people to warm up before the physical exercises in order to prevent injuries. In addition, some of the activities involve educating participants of healthy eating habits through games, information panels and individual assessments.

Participation in the “Shared Exercise” events has been steadily increasing over the years. The number of events taking place more than doubled from 2014 to 2019. In 2019, there were fifteen events organised which saw over 400 older people and nearly 450 school children participate. In former years, similar numbers of people participated .

Feedback is gathered from all participants by the Madrid City Council, including the elderly, young, and instructors (i.e. physical education and schoolteachers), and results show that satisfaction rates among participants are high. In 2019, there was an average satisfaction of 9.5 out of 10 . Overall, feedback from all types of participants highlight positive aspects of the initiative aligned with the activity’s main goals (promoting intergenerational relationships, promoting benefits of physical exercise, and changing perceptions about age stereotypes).

Testimonials from the elderly group over the years consistently highlight the health and mental benefits of the activities practiced with young people. They also report that the activities help them feel more integrated and connected with the rest of society, and importantly, they become more aware that age is not an impediment to do physical activity alongside younger people, and it makes them feel better. Meanwhile, feedback from young people shows that the activities have a positive impact in changing their misconceptions about age. Testimonials from the young participants often report not having been aware that older people could do such activities prior to the event.

The events have been running consistently over many years and are seen to contribute to the aims of the Madrid City Council’s intergenerational programme. The Madrid City Council reports that the activities provide an enriching experience for all participants. Moreover, they also highlight the events are low-cost given that they are organised in public spaces, and they recommend to further extend the programme to other city districts.

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Annex III: List of programmes from country review

The table provides information on programmes and projects fostering the intergenerational dimension of sport. The methodology was based on a rapid review approach and therefore is not regarded as exhaustive.

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
1	Austria	Fit Sport Austria GmbH	50 Tage Bewegung	The initiative aims to attract sport organisations, clubs or similar to offer free of charge sport activities to all age groups to promote sports. In 2019, more than 2.657 activities were performed as part of this initiative, including activities for all age groups.	n/a	https://www.gemeinsambewegen.at/main.asp?VID=1&kat1=94&kat2=666
2	Austria	ASKÖ, ASVÖ and SPORTUNION	Bewegt im Park	From June to September, over 500 free exercise courses are offered throughout Austria - from tai chi to e-mountain biking, from basketball to zumba. No matter whether young or old, sporty or not - under the guidance of experienced sports trainers, sports can be practiced in public spaces or simply tried out.	n/a	https://www.bewegt-im-park.at/
3	Austria	Vienna Health Promotion (WiG)	Generationen bewegen	Senior citizens and kindergarten children carried out weekly exercises together. Moving Generations" was aimed at kindergarten children between the ages of three and six, as well as seniors living in nursing homes. From February 2015 to May 2015, the AKMÖ tested specially developed motopedagogical exercises.	n/a	https://www.wig.or.at/Generationen%2520bewegen.1539.0.html
4	Austria	The Vienna Health Promotion (WiG)	Klein und Groß - Bewegt und Gesund	"Small and Big - Moving and Healthy" is a project for intergenerational exercise promotion among children between the ages of three and six and people from the age of 60. The project consists of four steps that focus on exercise-oriented health promotion. It is provided by Vienna Health Promotion in nine districts of Vienna between January 2020 and December 2022.	n/a	https://www.wig.or.at/Klein%20&%20Gro%C3%9F.2554.0.html#parent=altern
5	Belgium	FUTURE ASBL	Moov'ti	Moov'ti are family fitness workshops which are run in different locations across Belgium. Families can book regular (e.g. weekly) slots and the sessions are designed for different generations to come together to exercise as a family in a fun setting.	n/a	https://www.moovti.be/index

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
6	Belgium	Parrain-ami	"Let's do lunch"	A voluntary relationship between a child (aged under 12) or young person (aged 13-18) and adult (over 25), which connects the two generations and provides them with a setting to meet. Typically, the young person lives in a difficult family situation and has a limited social network. The choice of activities is left to the sponsors and young people. The activity is above all an opportunity to meet and relax, to create a link over time. There are many possibilities for activities, including practicing a sporting activity.	n/a	http://www.parrain-ami.org/
7	Bulgaria	Karin Dom	Intergenerational bridge - sport corner for adults	The aim of the project was to build a playground adapted for adults in the park of Karin Dom, which would encourage the interaction between children and adults and improve the physical, emotional, and social condition of the elderly.	n/a	https://karindom.org/
8	Bulgaria	Bulgarian Sports Federation for Children Deprived of Parental Care	Sport for all project. Activity 4 - volunteering in sports: be active, be happy	This activity focused on the participation of young people and adults who are interested in sports volunteering in workshops and trainings. As part of the activity people aged 18 to 65 were trained in organising sport events.	n/a	http://bulgariansportfederation.eu/en/
9	Bulgaria	Ministry of Health	National Program for Prevention of Chronic Noncommunicable Diseases 2014-2020	This programme includes interactive activities to limit health risk factors, which include sporting events - competitions and tournaments in football, basketball and other sports; tourist and eco hikes; role games; debates and discussions; cooperation and teamwork between generations in order to preserve Bulgarian traditions.	n/a	http://www.strategy.bg/StrategicDocuments/View.aspx?lang=bg-BG&Id=861
10	Bulgaria	Association for the Development of Bulgarian Sport (ARBS)	Bocce together, active forever	The project "Bocce together, active forever" aims to introduce the traditional sport of bocce in the daily life of people of all ages as a means of dealing with social challenges - including coping with physical inactivity. Aim of the project was to promote the traditional sport of bocce and prove that bocce is not just a sport for the elderly and men.	EUR 37.725,00	https://www.bulsport.bg/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
11	Croatia	Croatian Institute for Public Health	Volunteers in the park	The project "Volunteers in the Park" is designed to promote healthy lifestyles, prosocial behaviour and social integration of children, young people and adults in the community. By providing psychosocial support through structurally organised leisure activities, the objective is to promote intergenerational socialisation and solidarity in a safe and healthy environment, such as parks and children's playgrounds.	EUR 404.034 (85% covered by ESF)	https://javno-zdravlje.hr/projekt-volonteri-u-parku-za-zdravije-provedenje-slobodnog-vremena-u-parku/
12	Croatia	Medjimurje County	ON the MOVE	ON THE MOVE aims to raise awareness of the need for physical activity as the basis of healthy lifestyle by changing habits of preschool children and their families. It combines physical activity and balanced diet as the most effective way to increase general health, mental development and performance in children and reduce the risk of obesity.	EUR 462.572,55 (EU 80%)	http://medjimurskazonupanija.hr/2017/08/30/rezultati-projekta-on-the-move-sufinanciranog-iz-programa-erasmus-sport/
13	Cyprus	Cyprus Sport Organisation (CSO)	Sport for all (AGO)	The Programme aims to engage citizens in a healthy lifestyle by practicing all types of sport - focused on children but inclusive to all ages. There are 300 sports centres in Cyprus and 80 skilled PE teachers that deliver the programme to approx. 10,000 participants of all ages.	n/a	https://cyprussports.org/en/activities/national-programs/sports-for-all.html
14	Czech Republic	Mezi nami	Innovative education in the field of intergenerational cooperation support	The project brought together 5 organizations across Europe to create a tool (Activity register), to develop and share their activities in the field of intergenerational cooperation support with various social/age group and including sporting activities.	n/a	http://intergenerational.eu/
15	Czech Republic	Mezigen-erační a dobrovolnické centrum TOTEM, z.s.	Sousedé Plus	Sousedé Plus is an intergenerational membership club which consist of people living in the same area/city/village who are willing to help each other. Each member presents how they can contribute to wellbeing of others and in the same time, what assistance they need themselves. The currency is one hour of their time. The local clubs are also organising intergenerational and sport-related events throughout the year. Currently, there are 36 clubs in Czechia.	n/a	http://www.sousedepius.cz/projekt

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
16	Czech Republic	Diakonie	Nebud sam	This is a volunteering programme connecting volunteers with lonely people who are in hospital for long time/very often these are elderly people. The volunteers come to meet patients regularly and do leisure activities together (such as sports, walking in a park etc.)	n/a	https://brno.diakonie.cz/poskytovane-sluzby/lide-s-dlouhodobym-dusevnim-onemocnenim/nebud-sam/
17	Czech Republic	Prague city	Sports games for elderly people	Prague 22 organised a sports day for elderly people, there were 9 different sports disciplines, more than 50 participants. The event was prepared in collaboration with local school and children/young people were the volunteers and helped elderly people during the day.	n/a	https://www.praha22.cz/urad/rovne-prilezitosti/podpora-senioru-a-mezigeneracni-spoluprace/mezigeneracni-akce/seniori-v-akci-5-rocnik-byl-opet-mezigeneracni-3289cs.html
18	Czech Republic	Domov sociálních služeb Meziboří	Intergenerational sports day	House for seniors in Mezibori organised together with the local pre-school an intergenerational sports day. Elderly people and children were engaged in sports activities and enjoyed the day together.	n/a	https://ddmezibori.cz/wp/mezigeneracni-sportovni-dopoledne-2/
19	Czech Republic	Základní škola a mateřská škola Morávka (school)	Společná cesta za zdravím	The project 'Common path to healthy lifestyle' integrates all age groups together (school children, people with disabilities and elderly people). In 2013/2014, the school organised events and activities for all participants to engage in healthy lifestyle, sports, and build connections between different groups of people.	EUR 5.739,05	https://osf.cz/projekty/spolecna-cesta-za-zdravim/
20	Denmark	Folkevirke	Folkevirke's camp for Grandparents and Grandchildren	Every year, Folkevirke arranges a generational reunion - a rewarding gathering for grandparents and their grandchildren. Throughout this week grandparents and grandchildren meet and share a variety of activities (physical activities, cooking, cleaning, trips, etc.).	n/a	http://www.folkevirke.dk/aktiviteter/bedstefora-eldreboerneboernejre/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
21	Denmark	Idræt i Dagtimerne (Sports in the daytime)	Annual Holiday Family Sports Days	Sports in the daytime traditionally organises family days during annual school holidays (e.g. autumn or winter breaks), where the generations exercise together. This includes organising specific activities for grandparents and grandchildren to exercise together at a local sports hall.	n/a	http://www.iidvejle.dk/forside/
22	Denmark	Familieidræt (Family Sports)	Familieidræt	Familieidræt (Family sports) is a voluntary sports association in Denmark for families with children who want to go to sports together, try out fun activities and be together as a family in a nice and different way. Family sports started in 2010 and was the first sports association in Denmark with activities aimed only at families with children.	n/a	https://www.familieidraet.dk/cms/ShowContentPage.aspx?ContentPageID=1&AliasPageName=default.aspx
23	Denmark	Outdoor Sydfyn	Outdoor Sydfyn - A sports festival for the whole family	With 30 different activities over a weekend, the festival Outdoor Sydfyn offers a holistic experience for families. Common to all the activities is that they take place outdoors and without fixed facilities. With a wide range of activities for both children and adults, the whole family can participate in Outdoor Sydfyn and bond over a weekend spent active and together.	DKK 1.300.000	https://www.outdoorsydfyn.com/
24	Denmark	Toms (chocolate manufacturer) and the Danish Sports Confederation	Toms Guldpulje (Tom's Gold Pool)	Tom's Gold Pool provides financial support specifically to sports associations that want to create a better framework for family sports across generations. It can be both through new initiatives and existing activities. Family sports can be many things and are arranged differently from association to association. As such, Toms Gold Pool also has a project website where interested associations can find inspiration for different types of initiatives that they can kick-start in order to foster sports for families and communities across generations.	DKK 1.000.000 annually, which is distributed in grants up to DKK 20,000.	https://www.dif.dk/da/forening/vaerktoejer/tomsguldpulje
25	Estonia	Folkit	Seiklejate vennaskond	With the support of elderly people, young people learned traditional dances from different countries (EE, RO, IT, EL, PL).	EUR 163.40	n/a

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
26	Finland	Nilo Maki Instituutti	Promoting networking among generations	The project was developed to promote the wellbeing of children and adolescents through sport and intergenerational activities by supporting the everyday life of families with children. The project's main goal was to put intergenerational relationships in place through a mentoring model supporting the development of the young people.	n/a	http://www.menon.org/wp-content/uploads/2012/11/final-report.pdf
27	Finland	Iisveden koulu	The joy of sports and healthy living	The project featured 3 jointly planned sports competitions, learning and teaching workshops, video conferences, project days, class trips and presentations at the schools. The students of each school learned traditional / cultural games from their families and prepared them so that they were tried and continued to play in all schools.	EUR 94,560	http://www.thejoyofsportsandhealthyliving.wordpress.com
28	France	Fit Family	Fit Family	A number of family exercise sessions are available to attend, ran by a qualified instrutor, in yoga, zumba, circuit training.	n/a	https://www.fitfamily.fr/le-club/
29	France	Gateball France	Gateball	A gentle sport for all ages involving hitting a ball through a series of narrow gates around a small, level pitch.	n/a	https://www.gateballfrance.com/
30	France	La Direction de la Jeunesse, Reims	La Journée Intergénérationnelle	More than 200 people of different ages joined to take part in a number of different activities. The morning consisted of arts and crafts, then after lunch the participants joined to practice novel sports e.g. zumba, coconut shy, light fights which catered to all abilities.	n/a	https://www.reims.fr/solidarite-sante-seniors/dispositifs-seniors/l-intergenerationnel/une-journee-de-partage-10176.html?L=208.html.html
31	France	Plif Plaf Plouf	Plif Plaf Plouf creche	The Plif Plaf Plouf children's creche in Marseille is situated next to a care home and join elderly and young people together in different activities. Once a week they engage in physical activities together, using balloons or parachutes for example, or sometimes the older residents position obstacles for the younger children to negotiate.	n/a	https://www.fondationcos.org/gym-douce-avec-les-enfants-de-la-creche-plif-plaf-plouf

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
32	France	L'association Profession Sport Animation Jeunesse	Concours photo "intergénérationnel : regard d'instant sport (iris)"	The Association held a photograph competition on the theme of "Rencontre intergénérationnelle autour de l'activité physique ou sportive", where winners could receive prizes of up to €1,000 in sporting materials. Photos must include at least two people, one of whom is aged over 60 and the other of a younger generation, taking part in a physical activity.	n/a	http://www.via28.asso.fr/agenda-a-la-une/concours-photo-intergenerationnel-regard-d-instant-sport-iris-du-26-avril-au-26-juin-2018-en-eure-et-loir
33	France	Franças de Dordogne	Art, culture and sport to enhance rural areas	The association of Francas de Dordogne supports the municipality of Montferrand-du-Périgord to host young European volunteers. The volunteers will use local leisure and sport facilities to organise activities which facilitate intercultural and intergenerational exchange. The hope is to reduce isolation in the older community and enable the small youth population to socialise in the hope they will be more likely to live and thrive in the ageing and rural area.	n/a	https://europa.eu/youth/solidarity/projects/details/#project/2019-1-FR02-ESC11-015689
34	France	Maison de quartier du Pavement - Mayenne	Fit Park	A collaborative project to build a "FitPark", in which residents contributed their ideas as to what it should be like, with the goal to provide a free meeting space for the public to keep fit together or even hold mini competitions.	n/a	https://www.senacs.fr/action/show/2055
35	France	Municipal Children's Council	Intergenerational Sports Day	The Municipal Children's Council ("Sport for All") of Oran-Delespaul organised an Intergenerational Sports Day which included 70 participants across 7 events. Imagined in the form of an Olympiad, the sporting event invited participants to go through 7 workshops: target shooting, acrosport, basket shooting, climbing, racket relay, archery and table tennis. At each workshop, a health / sport quiz question was used to earn points. The teams consisted of 5 players: 2 children, 1 teenager, 1 adult and 1 elder. In total: 14 teams, so 70 participants (28 children, 14 teenagers, 14 adults and 14 seniors).	n/a	https://www.roubaixxl.fr/sport-pour-tous-des-olympiades-intergenerationnelles-sensationnelles/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
36	France	Génération lutte contact	n/a	In an urban area of Orléans, the "Génération lutte contact" association tried to improve access to sport and physical activity amongst women who often have fewer opportunities to participate in sport. The association facilitated fun sports events and outings which appealed to all, but particularly for women to participate alongside their children and to make exercise a family affair. These activities included: four parent-child sessions per week in a gym, sports days in three different locations in the city, "educational" boxing for children to learn from older men, and family outings.	n/a	https://ceser.regioncentre.fr/files/live/sites/ceser/files/contributed/espace-public/Rapports/2015/rapport-benevolat-lelienentrelesages.pdf (p52)
37	Germany	Landessportbund Nord Rhein - Vestfalen	Generationsübergreifendes Kinderbewegungsbzeichen (Cross-generational Children movement badge)	The project allows seniors to volunteer and engage with children, particularly for those, who do not have children or grandchildren. A senior sport group (15 people) of the club is offered with training opportunities to run physical activities sessions targeting children.	n/a	https://www.vibss.de/fileadmin/Vereinservice/Bewegt_AELTER_werden/Gute_Beispiele/Generationsuebergreifendes_KIBAZ-Haaner_TV.pdf
38	Germany	The TSGSeckenheim eV	Sen-Ki-Projekt	Around 25 seniors and children warm up to music with gymnastic exercises and simple dance choreography. The group is then divided up: the children romp, while the seniors do a targeted muscle training, adapted to your needs. Finally, all participants repeat the choreography together and relieve the body and mind with stretching and relaxation exercises.	N/A	https://dietmar-hoppstiftung.de/aktuelles-stiftung/2016/sportverein-generationen-in-mannheim/ ; https://www.20-sportverein.de/sportverein-generationen-in-mannheim/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
39	Germany	19 communes in the Region Rhein-Neckar	Eine Aktion, 19 Anlagen und ganz viel Bewegung für Jung und Alt	Through this joint action, a total of 191 companies have made their contribution to transforming the 215,990 square meters of grounds into innovative exercise areas for young and old. The sporting facilities are open all year round and for free to all to do exercises.	EUR 45.000.000	http://allahopp.de/startseite/ https://dietmar-hoppstiftung.de/sport/allahopp-eine-aktion-19-anlagen-und-ganz-viel-bewegung-fuer-jung-und-alt
40	Germany	Dielheim community	Bewegung und Begegnung der Generationen	This municipality created a sports park with three areas: "Sport & Games", "Leisure Time" and "Education" for all generations to do and learn sports together. The SportPark is an open and centrally located open-air park, where sport and leisure activities can be found for young and old.	n/a	http://www.sportpark-dielheim.de/Projekt/projekt.html
41	Greece	Elaiones Summer Camp	Elaiones Summer Camp	A summer camp for both young and elderly people focused on sports, learning and socialising through everyday creative activities. The camp is a good example of intergenerational learning as it involves young and old people coming together in many sports, games and other activities. The camp activities usually involve kids of all ages and also adults to form teams in sports and games.	n/a	https://www.eleonescamp.gr/%CE%B4%CF%81%CE%B1%CF%83%CF%84%CE%B7%CF%81%CE%B9%CF%8C%CF%84%CE%B7%CF%84%CE%B5%CF%82/at hlitismos
42	Greece	Regeneration & Progress (A&P), Sports Excellence	Sports Paths	Sports Paths aims to reach people of all ages (stronger focus on younger ages) in remote islands of Greece and engage people in sports they would otherwise not have a chance to experience. Since 2015 the programme has reached 27 remote islands and more than 4,000 people.	n/a	https://www.randp.gr/athlitika-monopatia/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
43	Greece	Kapodistrian University of Athens (Greece)	Geo-ludens	Creating a tech tool to promote European Traditional Sports and Games from an intergenerational and inclusive perspective is a project that has combined ancient sport and games with newest technologies in order to approach European Traditional Sport and Games (TSGs) to the youth, in their own language (visual, mobile and interactive). The project also developed a European map of traditional sports where people can find 23 sports across 14 countries of Europe as well as information on the history and rules of the sport. In Greece, the project reached at least 3,450 people.	EUR 58.576,44	https://ec.europa.eu/prgrammes/erasmus-plus/projects/eplus-project-details/#project/579689-EPP-1-2016-1-ES-SPO-SSCP http://geoludens.eu
44	Hungary	Young people from Magyaralmás ("fiatal-ma")	Apple Coast	Many young people in Magyaralmás spend their time in neighbouring cities and there are not many local community initiatives. Outside of school, the sports community is one of the only ways in which young people can socialise. With the involvement of the young people and parents, the project provide tools (sports equipment, community building games) and community programs based on real needs to empower the local community, to encourage active participation between young people and the village residents.	EUR 6.888	https://europa.eu/youth/solidarity/projects/details/#project/2019-3-HU01-ESC31-077510
45	Hungary	Európa Ifjúsága Egyesület (Youth of Europe Association)	Build it up	The project is based on youth leisure activities, the importance of sport, a healthy lifestyle, cultural diversity and foreign languages. The community space caters for every generation, thus also fostering intergenerational solidarity through programs, focusing on the promotion of diversity, multilingualism, intercultural understanding, mutual acceptance, and active social engagement.	EUR 33.160 EUR	https://europa.eu/youth/solidarity/projects/details/#project/2020-1-HU01-ESC11-078605
46	Ireland	TOY Consortium	Outdoor yoga / exercise classes	Outdoor yoga/ exercise classes in the grounds of Odinswood (day care centre). The classes were held in August. The organisation adopts an intergenerational approach to foster participation in outdoor activities of both young and elderly people.	n/a	http://www.toyproject.net/news/intergenerational-learning-covid-19-dublin/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
47	Ireland	Monaghan County Council	Intergenerational PEACE III Project	This programme has been designed to reach out to the five main settlements in the county and engage older and young people in a series of five interconnected peace building projects. It will address issues of sectarianism, racism and prejudice through a range of different media including arts and theatre, storytelling, genealogy, traditional skills and sports to name but some.	n/a	https://www.ageaction.ie/sites/default/files/attachments/mapping_report_november_2012_web.pdf
48	Ireland	Irish Football Association	Football for All	The Football for All project uses football as a hook to promote peace and reconciliation as well as reduce sectarianism and racism with those involved in the sport. It does this by building the capacity of football clubs, fans and communities to address tackle these issues head on.	EU funding of £511.000	https://www.seupb.eu/sites/default/files/Past%20Programmes/PIII_ProjectCaseStudy_FootballforAll.pdf
49	Ireland	Claresford Park	Sports Hub	Clarisford Park is as an all-inclusive community sports facility set in 10ha of open grassland and mature woodland on the banks of the River Shannon in Killaloe, Co. Clare. The Hub coordinator works with clubs and organisations in the area to deliver a range of programmes and activities to the community. Funding from the Hub is also used to subsidise classes in order to make them more affordable to the community. The park is home to a Soccer Club, Rugby Club, GAA, Athletics Club and a Scouts Group.	Funded by Clare Sports Partnership and Sport Ireland	http://clarisfordpark.ie/sportshub/
50	Italy	Azienda speciale ReteSalute	Anziani e bambini insieme: i 5 sensi in gioco	During May and June 2014, toddlers (two and three-year-olds) from the Asilo Nido Casa Vincenza nursery and five seniors (80 years+) from the Laser Day Care Centre came together to share space, time and knowledge. With support from two practitioners, the children and seniors took part in activities, both outdoors and indoors, which joined them in common purpose and playfully stimulated the senses. Activities such as gardening, cooking, painting, gym classes and game play proved hugely popular with everyone. Jointly they had time to build strong relationships and feel at ease in each other's company. The pilot action ended with a public event on 30th July – an opportunity to share the benefits of IG practice with a wider group of children, parents, older people and their families.	n/a	http://retesalute.net/index.php?option=com_content&view=article&id=154&Itemid=227

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
51	Italy	Tavola rotonda - Magnalonga	The mini Workshop	Every year, a cycling tour of Rome, called the Magnalonga is organised to raise awareness of sustainable mobility, environmental issues and healthy eating. This provided the incentive for a group of active senior volunteers to share their enthusiasm for cycling, and their bike maintenance skills, with groups of young children from the 3rd grade of the Istituto Comprensivo Alberto Manzi School.	n/a	n/a
52	Italy	Azienda speciale ReteSalute	Passing Time and Dreaming Mind: Intergenerational Summer Recreation Centre	During the summer of 2014 the Hotel Adda, a centre for older people, hosted an intergenerational summer 'camp' for 25 seniors aged 65 to 93 years-old and 57 children aged 3 to 9. The children came every week day from 8.30 to 17.00.	n/a	http://retesalute.net/index.php?option=com_content&view=article&id=154&Itemid=227
53	Latvia	Latvijas Tautas sporta asociācija (Latvian Sport for All Association)	Latvijas Veselības sporta nedēļa (Latvian Health sport week)	Annual 'week' (a set of events) organised in the context of the global initiative MOVE Week and bringing together elderly and young people to practice sport and engage in healthy lifestyles.	EUR 40,000	https://sportsvisiem.lv/uzmanibu-latvijas-veselibas-sporta-nedela-26-10-2020-01-11-2020/
54	Latvia	Olimpiskais centrs "Limbaži" (Olympic Centre 'Limbaži')	'Family Sports Day'	The beach volleyball tournament takes place already for the 15th year and the running race for the fifth year in a row. The is part of a 'Family Sports Day:" Mom, Dad - let's do sports!' that provides possibilities for families to engage in sports together.	n/a	https://oclimbazi.lv/2020/08/21/vasaras-izskana-gaidami-vairaki-sportiski-pasakumi-visai-gimenei/
55	Latvia	Biedrība Sporta klubs "SportLat" (Association Sports Club 'SportLat')	Mežciema Sporta diena (Mežciems Sports Day)	A day of sport organised in the framework of the initiative 'Sports Day in the vicinity of Riga' targeting participants of all ages.	n/a	https://www.facebook.com/events/mezciema-pamatskola/me%C5%B7Eciema-sporta-diena/343814366483737/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
56	Latvia	Latvijas Nacionālais kultūras centrs (Latvian National Cultural Centre)	XVI Dance Festival (XVI Deju svētki)	The Latvian Song and Dance Festival is held every five years and is an important part of country's culture. Aside being one of the largest amateur choral event (with around 40,000 participants) it also includes a (folk) Dance festival. While the Dance festival is mostly considered a cultural event, it is also a competition between various amateur dance collectives in Latvia and around the world. It has an important intergenerational dimension as these collectives unite amateur dancers of different ages. While the physical activity dimension of the Festival is rarely, if ever considered, the participating collectives train for years to be a part of the Festival.	NA (grant for the organisation of the Song and Dance Festival is set aside in the State budget)	https://likumi.lv/doc.php?id=111203
57	Lithuania	Lithuanian association 'Sport for all' in collaboration with the municipalities	Lithuanian municipality sport games	Since 2000, the games are organised in 3 rounds at the local, regional and national level. Everyone older than 20 years old can participate. No professional athletes are allowed. There are various sport activities, including active (basketball) and passive (chess tournaments) sport forms.	N/A	http://www.sportasvisiems.lt/lt/veikla/seniuniju_sporto_zaidynes.html
58	Lithuania	Lithuanian association 'Sport for all'	Festival 'Sport for all' (Festivalis „Sportas visiems“)	Festival "Sport for All" is an annual festival of sport enthusiasts that has been taking place for 22 years, organised by the Lithuanian Association "Sport for All". Every year, several thousand non-professional athletes and sports enthusiasts take part in the festival located in Palanga (a seaside city). The festival program is tailored to everyone according to their hobbies and physical capacity: from soothing yoga, beach exercises, arm wrestling to street basketball, beach volleyball and other competitions.	Funded by the association (total amount not published)	http://www.sportasvisiems.lt/lt/veikla/festivalis_sportas_visiems.html
59	Lithuania	Baltic Walking Association	Walkers Festival of Lithuania	An international two-day intergenerational hiking trip in Lithuania, which takes place every year in Jurbarkas on the first weekend of August. This is the main qualifying hike in Lithuania, out of the current 10 qualifying hikes organised by the Pedestrian Hiking Association. During the trip, participants can choose to finish any of the four classic distances offered on each day of the event, according to their personal capacity.	N/A	http://www.pza.lt/?page_id=310&lang=lt_LT

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
60	Lithuania	Klaipeda Athletics Academy (VšĮ Klaipėdos lengvosios atletikos akademija)	Mass competitions - physically active society (Masinės varžybos - fiziškai aktyvi visuomenė)	Mass competition - physically active society' is a sport project implemented by Klaipeda Athletics Academy and Klaipeda City Runners Sport Club "Marathon", which aims to attract as many participants as possible to the competitions, regardless of their age, physical fitness, etc., at the same time ensuring a high level of such competitions, mainly related to the accuracy of the result recording. Organisations with many years of cooperation have set an ambitious goal to ensure mass community involvement in sports competitions held throughout the year, thus meeting the need for physical activity not only in Western Lithuania, but also in the entire country, contributing to a healthy and physically active society and positive attitude to a healthy lifestyle. The project funds an eco marathon which happens for ten years biannually and attracts all people despite their age.	EUR 41.873 (2019 budget)	https://sites.google.com/site/maratonastiming/renginiai/2018/ekomaratonas---ruduo-2019
61	Lithuania	Public institution 'Ideas group' (Idėjų grupė)	Active Fest Vilnius (Sportas visiems: Aktyvus laisvalaikio ir sporto šventė)	The one-day festival includes triathlon, free kayak swim. Moreover, children and adults can participate in orienteering games - to overcome the orienteering route on foot.	EUR 46.940	http://activefest.lt/
62	Luxembourg	Ministère des Sports	La Nuit du Sport	The idea of the "Nuit du Sport" (Night of Sport) is to give young and old people the opportunity to discover new sporting disciplines and to experience physical and sporting activities together by also raising awareness on the benefits of a healthy lifestyle. The activities offered during the "Night of Sport" are organized on site by the municipalities in collaboration with sports associations, youth centers, municipal services or other structures in a welcoming, sporting and festive setting.	n/a	https://nuitdusport.lu/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
63	Malta	Sport Malta	#Onthemove	#OnTheMove offers a dynamic programme in over 50 different sports in over 10 localities in Malta and Gozo. The programme runs throughout the year and is open from babies of 6 months up to adulthood. The popular programme "Parent and Child" is open to young children from 6 months up to 3 years and invites parents to join the session. This programme is offered in swimming, SportsFUN and gymnastics. During most of the children's sessions, adults are invited to support their children and join in the fun by taking part in the adult activity class held concurrently with the children's activity.	n/a	https://www.sportmalta.org.mt/programmes/onthemove-skolasport
64	Malta	Valletta 2018's Cultural Programme	Darba waħda	The project aims to bring together elderly people who are independent and still active in their community together with children aged between nine and 12 years old over a creative platform doing fun activities like drama, storytelling, games and exercises, music, arts and crafts. The name of the project 'Darba waħda...' means 'once upon a time...' and represents the beginning of a story which unfolds as the workshops get underway.	n/a	https://epale.ec.europa.eu/en/blog/intergenerational-workshops-malta-learning-tool-young-and-elderly
65	Netherlands	Het Nationaal Ouderenfonds (National Elderly Fond)	Oldstars - De Deerde Half	Many elderly people want to work out at the sports club, but cannot (anymore), for example because there is not enough suitable offer. That is why the National Elderly Fund, in collaboration with the Friends Lottery and Eredivisie, introduced walking football in 2013 in the Netherlands.	n/a	https://oldstars.nl/over-oldstars/
66	Netherlands	Generation Games	Generation Games Amsterdam	The Generation Games is a sport for all event, for people of all ages. Organized by and for the local community, as a do-it-yourself event. Mixed teams of various generations participate, regardless age, fitness level and abilities. The event is about generations sharing and learning from each other.	n/a	https://www.generationgames.com/organisation/

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67	Netherlands	Association Sports and Municipalities (VSG)	Buurt Sports Coach (Neighborhood sports coaches)	Neighborhood sports coaches are people responsible for stimulating sports, exercise and / or participation in culture for all inhabitants of all ages and all backgrounds of a particular neighbourhood in a Dutch city. The promotion of intergenerational exchange, inclusive sports and healthy lifestyles are at the core of this programme.	EUR 50.000	https://sportindebuurt.nl/praktijkvoorbeelden/
68	Poland	Fundacja Internationale r Bund Polska	Pogotowie Taneczne	The "Dance Emergency Service" project was carried out in the city of Tychy in the Silesian Province in 2019. Through the help of dance masters, both senior and younger people, this project aims to foster intergenerational practices through physical activity in order to promote healthier lifestyles among its participants.	Approx. 12,000 PLN	https://seniorzywacji.pl/pogotowie-taneczne/ https://seniorzywacji.pl/english/
69	Poland	Fundacja Internationale r Bund Polska	Tychy – „Uczeń i mistrz na parkiecie”	The main goal of the "Pupil and master on the dance floor" project was physical and social activation through dance. During the project, seniors took part in a series of dance workshops. With the participation of young people, they learnt ballroom and folk dance.	Approx. 12,000 PLN	https://seniorzywacji.pl/tychy-uczen-i-mistrz-na-parkiecie/
70	Poland	Foundation Internationale r Bund Polska	Tandem	The "Dance Emergency" project was implemented in the Polish city of Tychy in the province of Silesian between September 2019-June 2020. Over a period of 10 months, seniors from Tychy took part in a series of dance workshops, including ballroom dances, regional dances from across the world, as well as improvised and experimental forms of dance to encourage experimenting with movement and music.	n/a	https://seniorzywacji.pl/pogotowie-taneczne/
71	Poland	Kraina Nafty	„Starość też radość, a młodość trwa wiecznie”	The project was aimed at organising intergenerational activities and workshops on developing specific physical exercises for seniors in collaboration with young volunteers. The project consisted of a series of theoretical activities related to health promotion, medicine, sports activities strengthening physical condition and walking marches.	n/a	http://senior.gov.pl/katalog_dobrych_praktyk/srona/15

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
72	Poland	Europejskie Stowarzyszenie Promocji Aktywności Ruchowej 50+	Seniorada	National intergenerational recreational picnics for the elderly and families with children, including several outdoor physical activities and exercises.	PLN 30.000	https://glosseniora.pl/2019/06/18/seniorada-2019/
73	Poland	Sport Life Fundacja Promocji I Rozwoju Sportu	I Międzypokoleniowa integracja sportowa	Sportive event: tournament of games and sports activities for all the family.	PLN 20 000	https://www.facebook.com/SportLifeOrg/posts/749839082070984
74	Portugal	Municipality of Salvaterra de Magos	Encontro Desportivo Intergeracional	During Spring 2017, the Municipality of Salvaterra de Magos promoted a series of intergenerational sports activities aimed at bringing young and senior citizens together around an open and free of charge sport environment, offering opportunities to take part in different sport disciplines and games.	n/a	https://www.cm-salvaterrademagos.pt/informacoes/eventos/item/2020-clds-3g-salvaterra-de-magos-promove-encontro-desportivo-intergeracional
75	Portugal	Faculdade de Desporto da Universidade do Porto (FADEUP)	Mais ativos, mais vividos"	Launched for the first time in 1997, the "Most Active, Most Lively" program aims to promote health and the maintenance of a healthy lifestyle among the elderly population of the Metropolitan Area of Porto. During the classes monitored by FADEUP students - all of them specialized technicians attending the Exercise and Health option of the Degree in Sports Sciences, the Masters in Physical Activity for the Elderly and the PhD in Physical Activity and Health, under the supervision of the Exercise and Health Office of the Faculty - include regular sports practice, in an informal, recreational and intergenerational environment.	n/a	https://sigarra.up.pt/faceup/pt/noticias_geral.ver_noticia?p_nr=17112 /// https://noticias.up.pt/faceup-comemora-20-anos-do-programa-mais-ativos-mais-vividos/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
76	Portugal	Municipality of Lisbon	Olisipiadas	The Olisipiadas, which combine the identity of the city (Olisipo - Lisbon in old Greek) and the spirit of the Olympics, consists of a competition in 13 official sports and 4 adapted sports. The Olisipiadas are aimed at promoting sports and healthy lifestyles to children and young people aged from 5 to 15yo but have a strong intergenerational component as well, with parents being allowed to participate with their kids in specific sports such as Athletics, Swimming, Table Tennis and Chess.	n/a	https://olisipiadas.esport.com.pt/
77	Portugal	Portuguese Institute for Youth and Sports (IPDJ)	Sports for All programme	This programme is a structural measure that defines a set of objectives and goals to be achieved in the context of "Sport for All", taking as its vision a more active population, adopting healthy lifestyles that promote an improvement in health, quality of life and well-being for all the population. Its mission is based on pillars aimed at the promotion and development of sport, education for and through sport and the promotion of health.	n/a	https://ipdj.gov.pt/programa-nacional-desporto-para-todos
78	Portugal	Municipality of Vila Nova de Cerveira	Intergenerational Olympics	As part of the In Common Sports Erasmus+ project, 15 Intergenerational Olympics events have been organised in five different countries. "Olympics 4 All" is an intergenerational sport competition which seeks to promote grassroots sport in elderly and vulnerable groups, alongside developing and promoting good practice.	EUR 316.986	http://www.olympics4all.eu/index.php
79	Romania	Ministry of Labour and Social Protection	Bridge between Generations (Punte intre generatii)	The project was developed in 2012, the European Year for Active Ageing and Solidarity between generations. The events facilitated the engagement between children and older people through recreational activities, competitions, such as basketball and badminton. The first edition was organised on the 24th of July in Bucharest, with a second edition taking place on the 29th of September.	n/a	http://www.mmuncii.ro/j33/index.php/ro/comunicare/comunicate-de-presa/2425-ministrul-muncii-mariana-campeanu-va-participa-la-cea-de-a-doua-editie-a-proiectului-intitulat-punte-intre-generatii-eveniment-public-dedicat-petrecerii-timpului-liber-intre-nepoti-si-

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
						bunici-care-se-va-desfasura-in-parcul-herastrau-in-data-de-29-septembri
80	Romania	Bucharest Municipal Hall Sector 2	Generations' Marathon (Crosul generatiilor)	The Marathon celebrated the European day of Solidarity between generations inviting people of all ages to join the race and related sport events. Mixed pairs of young and old, children and adults participated in the marathon and games.	RON 65,000 RON (2013 budget)	https://www.amosnews.ro/crosul-generatiilor-din-sectorul-2-de-la-7-la-70-de-ani-2012-06-01
81	Romania	Romanian Sports for All Federation (FRSPT)	National week of Sport for all (Saptamana nationala a sportului pentru toti)	The Romanian Sports for All Federation organises every year a series of events marking the European Sports Week in Romania, an event which is co-financed by the Erasmus + programme of the European Union and the Ministry of Youth and Sports. In the Capital and in over 20 counties of the country take place about 200 sports events, attended by no less than 35,000 people of all ages.	n/a	https://beactiveromania.eu/
82	Romania	Municipal City Hall Alba Iulia and Alba Country Directorate for Sports and Youth	Marathon of Union (Crosul Unirii)	The marathon has reached its 51 st edition in 2019 and has been engaging hundreds of participants of all ages every year.	n/a	n/a
83	Slovakia	Senior.sk	Sports games day (Kalvárske olympijské hry)	Aim of the project is to organise an intergenerational sports day which brings together people of all ages to play sports and enjoy the day together.	n/a	https://www.senior.sk/16-kalvarske-olympijske-hry-v-nitre/#prettyPhoto
84	Slovakia	MC Drobec – materské centrum	Bedminton – bezpečný šport pre všetkých/Badminton - safe sport for everyone	The project is focused on sport activities (badminton) for families, children, and elderly people. Through their involvement in mixed teams, the aim of the project is also to foster the links between different generations.	EUR 2.300	http://www.nds.sk/vsetky-clanky/aktuality/podporime-21-projektov-temou-bezpecneho-sportovania/

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
85	Slovakia	Regionálne kultúrne centrum v Prievidzi	Hornonitrianske folklórne slávnosti	This project represents the oldest cultural festival in Slovakia, bringing together all generations to dance together traditional folk dances.	n/a	http://www.rkcpd.sk/hornonitrianske-folklorne-slavnosti/o-slavnostiach.html?page_id=9579
86	Slovenia	Institute for Sports and Recreation Domžale	Intergenerational visit	This project offers hiking opportunities for all the ages. It is led by local sport coaches who teach additional exercises and how to overcome specific challenges on the trails (climbing, etc.).	n/a	https://www.zavod-sport-domzale.si/novica/184089
87	Slovenia	Brezice Municipality	Sports for healthy aging	The main project objective is to support the European Week of Sport label and to contribute with its activities to higher public awareness that is crucial in terms of health and wellbeing and make sport and exercise part of their daily lives. As part of the project, the municipality promotes voluntary activities in sport, new opportunities for elderly and raise awareness on the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all.	EUR 239.498,18 (EU grants 80%)	https://www.facebook.com/pg/SportsForHealthyAging/about/?ref=page_internal
88	Spain	Red Cross Spain	I Olimpiadas Intergeneracionales deportivas	Activities included sports games, such as ball games, basketball with a parachute, and popular traditional games such as three in a row. The initiative aimed to deconstruct labels and beliefs associated with age and to break down all kinds of barriers so to increase communication between young and old.	n/a	http://www.cruzroja.es/principal/web/majadahonda-las-rozas/i-olimpiadas-intergeneracionales-en-majadahonda
89	Spain	Zaragoza City Council	Active Aging Program,	The programme Active Ageing of the Zaragoza City Council promotes healthy and sporting habits for the elderly and children. The event includes games, sports and talks, and guided walks with the collaboration of the Aragonese Mountain Federation who has a dedicated programme to stimulate walking for the elderly ('Zaragoza Anda').	n/a	https://www.heraldo.es/noticias/salud/2017/12/11/zaragoza-promocionara-los-habitos-deportivos-para-las-personas-mayores-1213127-2261131.html

Nr	Country	Lead organisation	Name of the programme	Description and key objectives	Funding information	Link to website
90	Spain	Ministry of Health and Social Policy-Extremadura Government (SEPAD)	Healthy Chess (Extremadura, Spain)	It is a project sponsored by the Ministry of Health, and organised by different Spanish Chess Clubs. The project is organised through a team of pedagogical staff and psychologists. Initially the chess tournaments were addressed to the SEPAD Network of Senior Centers. Later, in 2010 it incorporated an intergenerational approach with groups at risk under the slogan "checkmate social exclusion". The direct beneficiaries are 400 elderly and 100 young people.	n/a	https://es.chessbase.com/post/i-torneo-intergeneracional-de-extremadura
91	Spain	Madrid City Council (Madrid Salud)	Intergenerational programme (Madrid, Spain)	"Shared Exercise" is an initiative of the Madrid City Council. The initiative aims to promote intergenerational solidarity around the practice of physical exercise. "Shared Exercise" events are organised in different city districts bringing together old and young people. The events encompass different sports and activities are led by a physical education instructor. The main objective is to facilitate communication among both generations to achieve individual and social benefits for both. In addition to this, the activity also contributes to raising awareness of healthy habits in a context of obesity prevention among children and adolescents.	n/a	https://www.madrid.es/portales/munimadrid/es/Inicio/Actualidad/Noticias/Mayores-y-escolares-hacen-deporte-juntos-al-aire-libre/?vgnextfmt=default&vgnextoid=6a9908896ab05510VgnVCM2000001f4a900aRCRD&vgnextchannel=a12149fa40ec9410VgnVCM100000171f5a0aRCRD
92	Sweden	County council in Skåne	Senior Sport School	A school includes 25 participants and lasts for twelve weeks with scheduled activities twice per week in collaboration with young volunteers and trainers. Once a week the participants get a chance to try a sport or form of exercise that is offered by the local sports club and at the second occasion there is a theoretical lesson in health.	n/a	https://www.scforh.info/content/uploads/2017/03/Senior-Sport-School-Sweden.pdf

Annex IV: Acknowledgements

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