

# Activity:

## Intergenerational Connections



**Welcome to our intergenerational conversations workshop.**

**This activity aims to bring together individuals from different generational groups within our rural setting to create meaningful connections, mutual understanding, and empathy.**

**In our rural community, where traditions and modern influences often intertwine, it's essential to bridge the gap between generations and appreciate the diverse perspectives and experiences that each generation brings.**



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# ACTIVITY GUIDE

**Time:** 60 – 90 minutes

**Age:** 16+ (it is important to join people from different generation groups!)

**Aim:** Facilitate intergenerational conversations to highlight the value of diverse perspectives, experiences, and wisdom across different age groups.

## Objectives:

To help the participants to:

1. Connect with generations they normally don't interact with.
2. Create a mutual understanding.
3. Create intergenerational empathy.

## Materials required:

- Paper and pens
- Whiteboard or flip chart
- Markers
- Sticky notes



## Preparation:

- Ideas for ice-breakers:

<https://www.mural.co/blog/icebreaker-questions>

<https://es.slideshare.net/vickthorr/100-energizers>

- Information about generational groups:

<https://genhq.com/the-generations-hub/generational-faqs/>

## Instructions:

### 1. Ice-breaker

- Begin with any icebreaker to make the everybody to feel at ease and to facilitate the first contact among the participants.

### 2. Introduction

- Introduce everyone to the activity. Create a visual representation of the different generations present (e.g., Baby Boomers, Generation X, Millennials, Generation Z) on the flip chart or whiteboard.
- Discuss key historical events, cultural influences, and technological advancements that shaped each generation.

# ACTIVITY GUIDE

## 3. Story Sharing

- In groups of 3 – 4: Encourage participants to share personal stories or experiences related to significant events during their formative years.

## 4. Vision Sharing

- Pair participants from different generations.
- Provide discussion prompts such as:
  - "What challenges did you face during your early career?"
  - "How and when has technology influenced your life?"
  - „What were/are your dreams at age 16?“
  - „How did you/ do you flirt?“
  - „Is there more gender violence than before?“
  - „What are/were your future expectations?“
  - etc.

Suggestion: include some current important events that play role in the moment you hold the workshop.

## 5. Reflection

- Provide sticky notes and ask participants to write down a piece of reflection or wisdom that they have heard during the conversations.
- Create a "Generational Wisdom Wall" where participants can stick their notes.

## 6. Closing Up

- Summarise key takeaways from the activity.
- Express your gratitude for the participation.

## Follow Up

Consider organizing regular intergenerational events or discussions.

