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Authors list		
Author	Partner	Date
Dušana Findeisen	U3A	
Ana Krajnc	U3A	
Peer Reviewers		
Reviewer	Partner	
Prof. Dr. Nives Ličen	Faculty of Arts, University of Ljubljana	...
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INTRODUCTION TO THE PROJECT & SPECIFIC DELIVERABLES

The project Funmilies is meant to identify the needs of younger and older generations as to intergenerational sports and possible intergenerational sporting formats. It is meant to pin down contact zones for intergenerational sports that would suit all generations capitalizing on younger and older generations' experience and affinities to sports and sporting activities.

The project is based on the research results to be obtained by means of the **Survey on the Readiness to Undertake Intergenerational Sporting Activities** from 10 young participants from 12-25 years of age and 10 older participants from 65 to 84 years of age. Preferably half of the interviewees will be male and half female though this is not a strict requirement. For each group the same questionnaire will be used. The datum about the age of the participant is therefore essential and obligatory.

The Funmilies Work Package 1 will be devoted to the following activities and creation of the following deliveries.

Overview of the Activities & Deliverables

WP1: Research Study on Intergenerational Sports Activities			
ID	Title	Delivery	Leading Partner
A2.1	Elaboration of the Research Guidelines		Slovenian U3A
A2.1	Elaboration of a Survey Research Questionnaire on the Readiness to Undertake Intergenerational Sporting Activities		Slovenian U3A
A2.2	Conducting the Survey Research Interview		Slovenian U3A
A2.2	National report on Intergenerational Sporting Activities		Slovenian U3A
A2.2	Compiled European Report		Slovenian U3A

GUIDELINES ELABORATED FOR

Survey Research on The Readiness to Undertake Intergenerational Sporting Activities

and

National Report on Intergenerational Sporting Activities

to be carried out

by the Funmilies Project Partners

We are presenting **Guidelines** with supporting documents (annexes) elaborated to back up

- (1) Survey Research on The Readiness to Undertake Intergenerational Sporting Activities
- (2) National Report on Intergenerational Sporting Activities to be submitted by each project partner.

On the basis of the research results obtained by the **Survey Research** and **National reports** written by the partners in this project Slovenian U3A will provide for a **Compiled European Report** on Intergenerational Sporting Activities

I. SURVEY RESEARCH ON THE READINESS TO UNDERTAKE INTERGENERATIONAL SPORTING ACTIVITIES

CONCEPTUAL BACKGROUND

Guidelines: The researcher will study **this conceptual background** to get a wider picture of generations, generational bonding, relationships, contact zones, etc. It is essential for him or her to understand that intergenerational sporting activities are not important as such but are meant to enhance relationships among generations. They are meant to enable the generations to know and understand better each other. Intergenerational sporting activities are about giving each other and giving means standing for common interest. Particularly young persons meet their psycho-social needs in community structures (family, clubs, practices and other contact zones) depending on *their desire* to experience *personal growth* (more knowledge, more skills, positive emotions, etc.).

There are studies on intergenerational learning, education, projects and practices bringing different theses and using a variety of concepts. One of the most recent concepts relevant for our study being *contact zones*. *Intergenerational Contact Zones* are described *as spatial focal points for different generations to meet, interact, build valuable relationships* (e.g. trust and friendships), and, if desired, to *work together and address issues of local concern*.¹ The concept of contact zones means generation and regeneration of community life (families included), parks and recreational locations where practitioners, researchers, sport educators

¹ Kaplan, M. et al. (eds.) 2020 Intergenerational Contact Zones. Place-based Strategies for Promoting Social Inclusion and Belonging . New York: Routledge. Francis and Taylor Groups.

and coaches could integrate this concept into their work. The focus should be on creating **valuable, effective intergenerational setting**.

Generations and the need to bring them together

Michel Onfray, a French philosopher has recently said that our societies hate their past. What belongs to the past is not appreciated. Older generations hinder the speed of history while younger generations are violently hurrying ahead. Today, generations may be more autonomous. But, the greater their autonomy and freedom, the less they feel indebted to anterior generations and the less they are sensible to the fate of the coming generations and the more society becomes fragmented. In all areas of life.

Generations exist due to something in the background, something with a structuring effect like *specific experience*. Generations can have, or do not have common characteristics, which have to be considered while structuring organised intergenerational dialogue and greatly needed co-operation.

It is often believed that younger people are not interested in socializing with older people, that older people are interested only in their tiny personal issues, that young people cannot commit to. But if both are offered opportunities *to create together*, to give each other, their giving means standing for common interest. *Both giving and receiving establish relationships and ties*.

Today's society getting ever more fragmented, has also become more difficult to establish *natural intergenerational dialogue*. In organized intergenerational dialogue and practices (i.e. intergenerational sporting activities) generations are purposively, meaningfully brought together. How to bring them together *is a matter of good will, knowledge* about them and the existence of intergenerational sporting activities provision.

Generations have to get familiar with each other, they have a lot to learn from each other *what can be best achieved through creative and shared processes in communities, families included*.

Learning in later life and intergenerational learning and creating are ways towards changing individual life of younger and older people, consolidating and creating ties within intergenerational communities, i.e. families which are most natural intergenerational communities.

Moreover, *active ageing, one of the best political visions of old age right now*, means that older people have to remain in continuous contact and co-operation with younger generations. Namely, it is impossible to imagine active older people cut off from other generations, focused on their homes and declining networks of peers.

Generations and their sporting activities/sports

Sporting activities/sports can be viewed as a process, as dynamic relationships between many phenomena interacting throughout the time (Coakley, 1993). Dropping sporting activities by young people is often observed as a result of some circumstances or events causing their negative feelings. Moreover, this can also be under the influence of some *crucial events or transitional events* in their lives, or appearance of peers or adults in their life who serve as role models. The engagement in sporting activities drastically decreases when young people enter the labour market or start living away from their parents during the transition between primary and secondary socialization.

Young people we would like to get involved into intergenerational sporting practices are not all equally free to choose nor are they free to continue their sporting activity. The latter becomes less possible when their parents consider that sporting activities negatively impact school work or harm family life.

Older people are in age categories that are the least active in sporting activities. They easily become sedentary in compliance with the stereotypes about old age or due to their deteriorated health. Nevertheless, they do have needs and expectations. Older people are less active in sports, but they are also active differently. They like their sporting activities to be structured and institutionalised. Their love of sports is not limited to just one sport and it depends on their life course sporting activities. Maintaining health and preventing loss of autonomy may lead them to sporting activities. *In many European countries there is scarce provision of sporting activities for older generations* that would consider their specific and personal abilities.

On the other hand, in some EU countries *sports are traditionally considered as being domain of children and young people*.

Older people do not want to be labelled older, that's why intergenerational sports are welcome. For intergenerational sporting activities to occur motives, contact, topics, support are needed over a certain period of time. Sporting activities do not have a transformative impact on *generational bonding* if they are reduced to single events or short-term activities.

1. RESEARCH TOPIC, TARGETED GROUPS, GOALS, OBJECTIVES AND SIGNIFICANCE OF THE STUDY

Guidelines: The content of this chapter [Research topic, targeted groups, goals, objectives and significance of the study](#) will be provided by Slovenian U3A, but researchers have to read the text carefully.

RESEARCH TOPIC

Generations, be they young or old, have their own characteristics and their own specific affinities in the field of sporting activities and sports that need to be researched. These affinities and their overlapping will be identified. On this ground intergenerational sporting activities will be recommended, and practices will be shaped.

TARGETED GROUPS

This research is targeting younger and older generations, respectively from 12 up to 25 and over 65 up to 84 years of age as well as their readiness *to engage in* intergenerational sporting activities and formats within families, communities and other contact zones. Their readiness will be investigated through the prism of

- (1) Perceptions of generations and provision of organised intergenerational sporting practices as well as evolution of somatic culture in partners' countries;
- (2) Interaction of different factors impacting younger and/or older generations of different age and their affinity to sporting activities, their starting sporting activities or dropping them or taking them on again; (parents' priorities, parents' socio-professional category, social class belonging, social recognition, wish to perform, wish to belong, personal growth, role models, crucial events, transition from primary to secondary socialization, struggling against social identity imposed on older people, health issues, affinities developed through life, fear of losing autonomy);
- (3) The preferred sporting activities of younger and older generations of different age groups and
- (4) The motives of younger and older generations of different age groups to regularly come together in the field of intergenerational sporting activities;
- (5) Strategies to (re)establish a lasting contact within families by intergenerational sporting activities and formats;
- (6) Younger and older generations' capitalizing on their knowledge and experience, building and maintaining their intergenerational sporting activities and formats.

GOALS

The research to be conducted in the Funmilies project will lead to the *National Reports* and a *Compiled EU Report* approaching the following issues:

- attitude towards somatic culture and its evolution over centuries,
- younger generations' affinities to single sports,
- older generations' affinities to single sports,
- facts sheet (quantified data),
- existing good practices of intergenerational sports,
- possibilities to develop formats and contents of intergenerational sporting activities.

OBJECTIVES

Research objectives differ from goals. They are much more abstract and transformative.

- To examine the evolution of the attitude towards somatic culture and sports in project partners' countries;
- To examine the today's perception and provision of sports/intergenerational sporting practices in project partners' countries;
- To examine younger and older generations' involvement in sporting activities/sports and their affinities to single sports;
- To research older and younger peoples' motives to get involved into intergenerational sporting activities;
- To identify the sporting activities that might serve as a ground for establishing intergenerational sporting activities in families and other communities according to the prevailing preferences of single generations;
- To evidence the existing good practices of intergenerational sports in project partners' countries;
- To lay foundations/strategies for developing formats and contents of intergenerational sporting activities/sports as support to intergenerational bonding within families, communities and other contact zones, catering for the needs of younger and older generations;
- To raise awareness about the role and significance of intergenerational sports enabling generations to capitalise on their knowledge and life course experience.

SIGNIFICANCE OF THE STUDY

From the results obtained in this research study providers of sporting activities and sports providers will be able to conceptualize their intergenerational sporting activities having in mind the complementary abilities of generations, activities themselves but also their social and bonding intergenerational role. They will be able to use the results when organising intergenerational activities, choosing activities of the programme, structuring them, raising awareness about their own intergenerational mission and mission of such programmes.

II. METHODOLOGY

Guidelines: The researcher is asked to study and consider the content of this chapter before his or her research activities. Obtaining the responses of the participants by means of the developed research questionnaire, the researcher will be able to find out to what extent the formulated hypotheses are valid (confirmed, partly confirmed, partly rejected or rejected). Then the researcher will seek an answer to the set research questions. In this research there are 8 hypotheses leading to 4 research questions. According to the hypotheses and research questions were developed clusters of questions for the **Survey on the Readiness to Undertake Intergenerational Sporting Activities Questionnaire**

HYPOTHESES

In relation to the research questions below are the following hypotheses:

Hypothesis 1

In most countries' sports are perceived primarily as sporting activities and much less as learning about generations and maintaining ties between them.

Hypothesis 2

In most countries intergenerational sporting activities are considered as impossible due to the gap in the abilities and affinities of different generations.

Hypothesis 3

Younger and older generations have mostly been influenced by an interaction of different factors impacting their involvement in sports through life.

Hypothesis 4

Younger and older generations have psycho-social needs that motivate them to be involved in sports.

Hypothesis 5

Some preferred sport activities of younger and older generations overlap.

Hypothesis 6

There are not enough intergenerational sporting activities provided for in partners' countries.

Hypothesis 7

New intergenerational sporting activities should be based on the already existing intergenerational sports provision, generational sport preferences that overlap as well as on the existing environment and existing contact zones.

Hypothesis 8

New intergenerational sporting activities should consolidate generational ties and raise public awareness.

RESEARCH QUESTIONS

- (1) How are generations and sporting activities perceived and provided for in partners' countries?
- (2) Which sports are younger and older generations of different age groups involved in and why? Who/what has impacted their choice of activities during the life course so far?
- (3) What are the motives of younger and older generations of different age groups to be engaged in single sporting activities?
- (4) Which sporting activities and formats of intergenerational learning can bring and maintain together younger and older generations of different age groups within families and other contact zones?

RESEARCH METHODS

Guidelines: The **survey research** is a **descriptive research method**. It is used for collecting data from a **predefined group of participants** to measure attitudes and or behaviours of population. Survey Research is primarily quantitative, but qualitative methods are used as well. There are some questions to be discussed with the participants as amply as possible.

Survey Research is conducted on a **sample of carefully selected respondents** preferably 5 male and 5 female respondents in each age group.

The major issues related to Survey Research are **sampling issues** and **questionnaire design**. The respondents will preferably have an analytical mind and direct experience with sports and intergenerational experiences. The more, the better. These affect the accuracy, reliability, and representativeness of the research findings.

You will be asked to apply the **Survey Research on the Readiness to Undertake Intergenerational Sporting Activities Questionnaire**, the **research instrument** developed for this Survey research.

COLLECTING THE DATA

Data will be collected by conducting *A Survey Research Questionnaire On the Readiness to Undertake Intergenerational Sporting Activities*.

Guidelines

The Survey Research Interview based on the developed questionnaire will be conducted by the researcher or an engaged professional.

Researchers /or other engaged professionals must carefully select the participants.

Data will be collected in one, or eventually two sessions individually scheduled on Zoom with each participant. The estimated duration will be 90 minutes in one or in two sessions each lasting for 45 minutes depending on the concentration span of the participant.

Alternatively, if social distancing can be observed and other COVID security measures the interview can be conducted face-to-face.

Ethical issues will be considered. Consent will be negotiated with the participant. The nature of the research will be presented to him or her as well as his or her right to skip answering if necessary, the way the results will be used and stored .cf. Ethical issues below. (**Annex 1: Declaration of Consent**)

If the participant in the research is under the age of 16, a consent and permission to involve him or her in the study will be sought from a parent who will have filled in and signed a *Letter of consent and permission*. (**Annex 2: Letter of Consent and Parental Permission**)

Photos of the Zoom screen will be made with the *oral consent of the participant*.

The survey interview will be recorded (with the participant's permission) but *not* transcribed later on.

The researcher will be reading the questions to the participant eventually asking sub-questions for better clarity, better analysis and interpretation of the results later on.

Before proceeding, all participants should complete a *Declaration of consent*

(**Annex 1: Declaration of Consent**) signed by them and the researcher. Be sure that each participant fully comprehends the purpose of the research. Information should be provided in a language that the audience that you are addressing understands.

Researchers from all partner countries will apply **the same questionnaire** for each of the two target groups thus providing a common basis for the analysis of the results for writing a *National report* and for the final *Compiled European Report* to be more coherent.

Reminder of the interview ground rules to be presented to the participants

Participation in the research is voluntary.

There are no right or wrong answers; your opinions and experiences are really important to us.

Everybody is treated with respect, each other's opinion even when not in agreement is respected.

Confidentiality is very important. No details and no personal information about other participants will be shared outside the group involved in the research.

We would like to take notes to ensure the accuracy of the information that you will provide us.

STRUCTURE OF THE SURVEY RESEARCH QUESTIONNAIRE ON THE READINESS TO UNDERTAKE INTERGENERATIONAL SPORTING ACTIVITIES

Guidelines: The questionnaire has a typical structure and the following clusters of questions;

A. IDENTITY, SOCIAL, BUILT AND NATURAL ENVIRONMENT

B. PERCEPTION OF SPORTS AND SPORTING ACTIVITIES

C. PERCEPTION OF GENERATIONS AND FAMILY

D. WHO AND WHAT HAS BEEN IMPACTING YOUR DECISION REGARDING YOUR INVOLVEMENT IN SPORTS

E. PREFERRED SPORTS

F. INTERGENERATIONAL SPORTING ACTIVITIES

(Annex 3: Survey Research Questionnaire On the Readiness to Undertake Intergenerational Sporting Activities)

ETHICAL ISSUES: PRIVACY, CONFIDENTIALITY AND CONSENT

In undertaking the research interview the researchers will take steps to ensure **privacy** and **confidentiality** of the research.

Privacy concerns the extent to which the obtained material (text, photos, films and any other format) and results will be used, stored and shared by the researcher.

Confidentiality, however, is about revealing only non-identifiable data.

The researcher will ensure that interviewee's **consent** will be informed. From time to time, often at the beginning of the session, the researcher will remind the interviewee of the nature of the research. One particular aspect the researcher will check-up will be if the interviewee agrees to have his or her initials quoted in brackets, as well as his or her age. We assume that interviewees do not want to be referred to by their own names and do not necessarily want to be identified?

Some limitations will be presented concerning editing or representing the material: transforming colloquial language into written language, etc.

The researcher will be particularly careful about naming the interviewee, storing and sharing the material when interviewees are younger people.

Namely, privacy of people of all ages has become a strong social norm and so is privacy of participants in research studies while privacy boundaries expand and contract as people age.

The principle of informed consent is to be retained with young interviewees as well as with older ones.

There is a dilemma about young people's competence and agency to participate in research. In relation to it has been introduced the concept of *process consent*. Young people's consent is to be negotiated several times during the research process not only at the onset of the

interview. Young research participants have the right to express their autonomy by withdrawing at any time.

In case of young people under the age of 16 researchers or organisations should seek parents' consent by letter in advance explaining the research and, on whose behalf, they are acting. Face-to-face interviews with school-age children are to be carried out with parents' permission. To this end the following letter of consent should be created and dully signed by one of the parents (**Annex 2: Letter of Consent and Parental Permission**)

III. ANALYSING, INTERPRETING THE RESULTS AND REPORTING AT THE END OF THE SURVEY RESEARCH

ANALYZING THE RESULTS

Guidelines: Information may be recorded in any number of ways. Charts and graphs are clear, visual ways to record findings in many cases. Also, each completed questionnaire should be stored scanned and assigned an identification number.

Before conducting the survey the researchers will decide how they want to analyze the data. After the survey is conducted and the data are collected, the results are to be assembled in some useable format (i.e. bar graph) that allows comparison of variables between the younger and older age groups. It is important, however, to mark the skipped answers or questions without answers.

INTERPRETING THE RESULTS

Guidelines: The obtained answers will be interpreted having in mind the hypothesis and the research questions as well as the targeted audience (i.e. hypothesis No. 1 has been confirmed, partly confirmed, partly rejected or rejected). Add your opinion on the results.

For instance.

Hypothesis 1

In most countries' sports are perceived primarily as sporting activities and much less as conscious learning about generations and maintaining ties between them.

Hypothesis 1 has been confirmed. Generations involved in sports are rarely aware that for intergenerational bonds to be maintained a *bonding topic* is necessary. In today's fragmented and hectic world such topics are needed. Young people for instance visit their grandparents when they want to be "pampered", when they need

money, when other obligations are settled or because one simply has to pay them a visit. So, generations when involved in sports want to do something together, not explicitly thinking that sports are a nice activity, an additional reason to be together and to know each other better.

REPORTING ON THE SURVEY RESEARCH

When conducting research, you are supposed to document your processes and findings in a **research report** ([Annex 7: Research Report](#)). With a research report, it is easy to outline the findings of your investigation and discover the gap or limitation of the research.

A research report outlines (1) the processes, (2) data, and (3) findings of the investigation performed step by step. Generally it is considered as an accurate source of information.

Our Survey research is basically a quantitative research report which works with numbers. We recommend bar graph visualization of the results, the red number being used for the younger age group and the blue colour for the older age group.

Qualitative research report is descriptive outlining methods, processes and findings of a qualitative method i.e. **ethnographic research**. This research looks at people in their cultural setting; their behaviour as well as their words. ([Annex 7: Research Report](#))

DESCRIPTION OF THE SAMPLE, SAMPLE FORM AND LIST OF PARTICIPANTS

For describing the sample, please fill in the sample form ([Annex 4: Research Sample](#)) strictly using acronyms of the names of the participants in the research.

For instance, K.B. (16)

Briefly describe the sample containing the information on:

The total number of participants

How many men, how many women

Age range for each group

Average age for each group

How many have completed elementary, secondary, tertiary, post graduate studies (data for each group)

Describe the job status: employed, unemployed, retired, other

Tell if the person is married or single and

who the person lives with (husband, partner, children, grandparents etc.)

(Annex 4: Research Sample)

List of Participants will be established following the participation in the Survey Research interview. When the interview is concluded, the form of the **Sample of participants** will be filled in and the sample will be briefly described.

(Annex 5: List of participants)

1. 5. LITERATURE AND REFERENCES

Guidelines: Please create your list of literature and references . Follow the citation model:

Books

Bauman, Z. (2001) *Seeking Safety in an insecure world*. Cambridge: Polity Press.

Chapters in books

Bourdieu, P. (1983) Forms of capital in J. C. Richards (ed.) *Handbook of Theory and Research for the ociology of Education*. New York: Greenwood Press.

II. STRUCTURE OF THE NATIONAL REPORT WITH GUIDELINES FOR THE REPORTERS

Guidelines. Please, follow the structure of the **National Report on Intergenerational Sports and Sporting Activities** below

Introduction 0,5 page

- (1) evolution of the attitude towards somatic culture in partners' countries and present perception of sports; sport traditions in partners' countries and stereotypes about what can be done or cannot be done at certain age; 0,5 page
- (2) younger generations' affinities to single sports 2 pages
- (3) older generations' affinities to single sports 2 pages
- (4) facts sheet (the obtained quantified results-bar graphs for both groups of participants) 2 pages
- (5) the existing good practices of intergenerational sports in project partners' countries;

2 examples 1 page for both

(**Annex 6: Structure of the description of best practices in the field of intergenerational sports**)

- (6) possibilities to develop formats and contents of intergenerational sporting activities/sports as support to ***intergenerational bonding within families*** or **other communities** to which younger and older generations belong; 1 page

Conclusion 0,5 page

Results of the **Survey on the Readiness to Undertake Intergenerational Sporting Activities** will be included in this **National Report on Intergenerational Sports and Sporting Activities**

Ad 1 In different countries and cultures the attitude towards somatic culture and sports has been changing over the 19th and the 20th Century.

For instance, in Slovenia in 19th Century sports were pretty much related to left wing and right-wing political options. People were members of gymnastics organisations defending their political orientation while being involved in sports and particularly in public sporting events.

Please, consult archives and old newspapers and magazines as well as scholarly articles referring to the history of sports in your country to find out what the situation was in your country.

AD 2!

Describe the sample of interviewees using the initials of their names and providing the rest of the data.

Describe how you collected information, what was useful and what went wrong.

Describe major findings resulting from the interviewees' answers and your interpretation.

AD 3 Hopefully in all countries formats of intergenerational sports exist. Please, choose the most representative ones. Please, apply the structure for describing the best practice

(**Annex 6: Structure of the description of best practices in the field of intergenerational sports**)

AD 4 The recommendations (3- 4) summarize the generalised findings stemming from all what you have done so far.

LITERATURE AND REFERENCES

You will create a list of literature and references (the latter are sources that inspired you. Please respect the following way of citation.

Books

Bauman, Z. (2001) *Seeking Safety in an insecure world*. Cambridge: Polity Press.

Chapter, article

Bourdieu, P. (1983) Forms of capital in J. C. Richards (ed.) *Handbook of Theory and Research for the Sociology of Education*. New York: Greenwood Press.