

ERASMUS+ PROGRAMME

Support for Collaborative Partnerships in the field of Sport

Intergenerational Sport Solutions for Healthy Ageing / Funmilies

Project number: 622408

Deliverable: WP2 – A1.2

**COMPILED EUROPEAN SURVEY RESEARCH REPORT ON THE READINESS TO
UNDERTAKE INTERGENERATIONAL SPORTING ACTIVITIES IN FUNMILIES PARTNERS'
COUNTRIES,
Hungary, Greece, Italy, Slovenia and Bulgaria**

Document information

Due date of deliverable		30.4.2021
Actual submission date		19.5.2021
Organisation name of lead contractor for this deliverable		Slovenian Third Age University
Revision		
Dissemination Level		
PU	Public	X
PP	Restricted to other programme participants (including the Commission Services)	
RE	Restricted to a group specified by the consortium (including the Commission Services)	
CO	Confidential, only for members of the consortium (including the Commission Services)	



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



The project has been funded with support from the European Commission.
The contents of this publication are sole responsibility of the author and can in no way be taken to reflect the views of the European Union.

Authors list		
Author	Partner	Date
Dušana Findeisen	SLOVENIAN U3A	19.5.2021
Ana Krajnc	SLOVENIAN U3A	19.5.2021
Peer Reviewers		
Reviewer	Partner	
Versioning		
Version	Summary	Date
01	Development of the Draft version	30.4.2021
02	Development of the Final version	19.5.2021



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



**COMPILED EUROPEAN SURVEY RESEARCH REPORT ON THE READINESS TO UNDERTAKE
INTERGENERATIONAL SPORTING ACTIVITIES IN FUNMILIES PARTNERS' COUNTRIES,
Hungary, Greece, Italy, Slovenia and Bulgaria**



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



TABLE OF CONTENTS

A. INTRODUCTION TO THE PROJECT AND SPECIFIC DELIVERABLES

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

1. Conceptual background and rationale

2. Research topic, goals, objectives and significance of the study

3. Methodology

Description of the Methods

Collection of data

Hypotheses

Research questions

4. Results of the Survey research, analysing and interpreting the findings

Sports in partners' countries

Evolution of the attitude to somatic culture and perceptions of sports in partners' countries

Legal framework supporting the development of formats/ provision of intergenerational sports

Compiled results of the Survey Research conducted in each partners' countries - analysing and interpreting the findings

Conclusion and recommendations

5. Literature and references

ANNEXES

Annex 1 - Sample Form

Annex 2 - Survey Research Questionnaire

Annex 3 - Best practices

A. INTRODUCTION TO THE PROJECT & SPECIFIC DELIVERABLES

The project Funmilies involves 5 partners from Hungary (BAIS), Greece (ANCE), Italy (CSC), Bulgaria (ABS) and Slovenia (Slovenian Third Age University).

The project is coordinated by ANCE from Greece.

The project Funmilies targets younger and older people respectively from 12 to 25 and from 65 to 84 years of age, their characteristics and affinities concerning sports and the question how intergenerational sports formats (contact zones) could be upgraded, established, and promoted in partners' countries.

The present Intellectual Output contains national reports based mostly on National Survey Research Reports on the readiness to undertake intergenerational sporting activities for healthy ageing.

To this end Slovenian Third Age University

- (1) First, introduced partners to a number of *studies in the field of sports* as well as intergenerational education and learning;
- (2) Next, prepared *Research Guidelines* for the partners containing ground rules for conducting interviews, ethical issues of privacy, confidentiality and consent, detailed explanation of the structure of *the national reports* and a number of annexed template documents accompanying;
- (3) Developed the *Survey Questionnaire* for the partners to conduct the national Survey research on the readiness to undertake intergenerational sporting activities for healthy ageing;
- (4) On the basis of the national Survey research results has been prepared this *Compiled European Research Report* referring to the partners' countries.

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

INTRODUCTION

The project **Funmilies** -of which this **Survey Research** is an essential part- is meant to pin down *contact zones for intergenerational sports* and identify sports that would suit representatives of both younger (12-25 years of age) and older generations (65 to 84 years of age) capitalizing on

- (1) the traditions of sports as well as the evolution of the attitude to somatic culture in partners' countries, and on
- (2) younger and older generations' lifelong experience of sports and their affinities to single sports and sporting activities.

Survey Research on the Readiness to Undertake Intergenerational Sporting Activities included both young and older participants of both sexes. For both targeted age group, the same questionnaire was used. The data about the age of the participants was therefore essential and obligatory though some interviewees skipped some of the questions.

This Survey Research dwells on the compilation of the data obtained nationally in partner's countries. The results may occasionally not correspond to the national results, nevertheless, it is a source of compiled data giving a general view of sports and readiness for intergenerational sports in the targeted EU countries.

This Compiled European Survey Research Report deals with the process of the research, the data and the research results turned into recommendations.

1. CONCEPTUAL BACKGROUND AND RATIONALE

Conceptual background keywords and concepts: *generations, intergenerational dialogue, contact zones, family, sporting club, intergenerational learning, intergenerational sporting activities, personal growth, generational bonding*

This *conceptual background* is meant to help the researcher get a wider picture on the researched topic as to better conduct the Survey research. It was essential for the researchers and project partners to understand that *intergenerational sporting activities* are not important as such but are meant to enhance dialogue, relationships and bonding among generations. Namely, intergenerational sporting activities are about giving each other, while giving means being aware of one's needs and interests and stand for common interests at the same time. Young and older people meet their psycho-social needs in community

structures (family, clubs, social practices, etc.) depending on *their desire* to experience *personal growth* (more knowledge, more skills, positive emotions, etc.)

There are studies on intergenerational learning that are underpinned by theories from different disciplines, dwelling upon a variety of concepts. One of the most recent concepts relevant for our study is the concept of *contact zones*. *Intergenerational Contact Zones* are described as *spatial focal points for different generations to meet, interact, build valuable relationships* (e.g. trust and friendship), and, if desired, *work together to address issues of local concern*.¹ The concept of contact zones means generation and regeneration of community life -families included- but also parks and recreational locations where practitioners, researchers, sport educators and coaches could integrate the concept into their work. Their focus should be on creating valuable, effective intergenerational settings.

GENERATIONS AND THE NEED TO BRING THEM TOGETHER

Michel Onfray, a French philosopher argues 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 previous generations, and the less they are sensitive 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 a *specific experience*. Generations can have or do not have common characteristics, which have to be considered while structuring organised intergenerational dialogue within contact zones and building the needed intergenerational 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*, give each other, receive for other generations, they meet their common interests. *Both giving and receiving establish relationships and social ties*.

Today's society getting ever more fragmented, it 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

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.

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

Moreover, *active ageing, the best political vision 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), i.e. continuation of a sporting activity is linked to the ability of each young person to meet their psycho-social needs in community structures depending on their desire to experience personal growth. 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 the appearance of peers or adults 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 and renovation of cultural inclinations in this period of social transition.

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 or when families move away, or their economic situations changes, etc.

Older people are in age categories that are the least active in sporting activities in all partners' countries. They may become sedentary due to the stereotyped denigrating perceptions of old age, health condition or social isolation. Nevertheless, they do have needs and expectations. *Not only* older people are less active in sports, but they also are active differently; they like their sporting activities to be structured and institutionalised.

Their love for sports is not limited to just one sport and depends on their life course sporting activities. Maintaining health and preventing loss of autonomy may lead them to take on sporting activities.

Moreover, 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 the domain of children and young people* in the same way computational or even digital skills are being mostly or exclusively ascribed to the younger and preferably male population. In our fragmented post-modern societies, there is not just one divide, there are many divides that separate us.

*Older people do not want to be labelled older, that's why intergenerational sports are welcome. For intergenerational sporting activities to occur, motives, contacts, topics, support are needed over a certain period of time. Such activities are not meant to be only pleasure, but they are supposed to have a transformative impact on *generational bonding*. Therefore, they cannot be conducted as single events or short-term activities.*

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

RESEARCH TOPIC

Generations, be they young or old, have their own characteristics and their own specific affinities to sporting activities. To which of them is being researched in this survey. These affinities and their overlapping are to be identified. On this ground, intergenerational sporting activities will be recommended, and practices will be shaped. Cultural background (sports tradition and attitude to somatic culture in single EU countries) will be taken into account in interpreting the results of this Survey.

TARGETED GROUPS

The survey research targeted younger and older respondents, respectively from 12 up to 25 and over 65 up to 84 years of age, and the readiness of these age groups *to engage in* intergenerational sporting activities and formats within families and communities (contact zones). Their readiness was investigated through the prism of

- (1) Perceptions of generations and provision of organised intergenerational sporting practices as well as the 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, starting sporting activities, 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 for primary to secondary socialization, struggling against social identity imposed on older people, health issues, affinities developed through life, fear to lose 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 for regular coming together in the field of intergenerational sporting activities;
- (5) Strategies to (re)establish a lasting contact within families by means of supporting 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

According to what has been said above this *compiled EU report* mostly approaches the following topics as its goals:

sports in partners countries,
attitude towards somatic culture and its evolution over centuries,
younger generations' affinities to single sports,
older generations' affinities to single sports,
existing good practices of intergenerational sports,
possibilities to develop formats and contents of intergenerational sporting activities.

OBJECTIVES

This survey research has several objectives:

- To examine the evolution of the attitude towards somatic culture and sport traditions in project partners' countries;
- To examine 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 or other communities catering the needs of younger and older generations;
- To raise awareness about the role and significance of intergenerational sport enabling generations to capitalise on their knowledge and life course experience.

SIGNIFICANCE OF THE STUDY

From the results obtained in this Survey research study primarily 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.

3. METHODOLOGY

DESCRIPTION OF THE METHODS

There were several steps accomplished on the way to this Compiled European Survey Research Report. Some of them were partly done for the partnership beforehand by Slovenian U3A (inductive research of literature). A Survey questionnaire was developed and piloted by Slovenian U3A. Data were collected from predefined groups of participants to measure attitudes and behaviours of population. The applied *Survey Research Questionnaire* was primarily quantitative, but qualitative methods were used as well. When the survey was conducted face-to face or individually on Zoom, some researchers opted to be in dialogue with the interviewees asking sub-questions. At the end of the Survey Questionnaire were additional two questions to be discussed with the participants as amply as possible. The Survey Research was conducted on a sample of carefully selected respondents. In undertaking the Survey Research Interviews researchers took steps to ensure privacy and confidentiality of the research which were stipulated in the *Guidelines for Researchers* by Slovenian U3A.

COLLECTION OF DATA



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Data were mostly collected in one, or eventually, two sessions individually scheduled on Zoom with each participant or with the Survey sent out in the written form to the participants if they understood English. In Italy and Slovenia data were collected also by phone, e-mails and exceptionally face-to-face respecting social distancing and other COVID measures. The estimated duration was 90 minutes in one or two sessions each lasting for 45 minutes depending on the concentration span of the participant. The survey research questions were translated into Greek, Italian and Bulgarian language. Alternatively, if social distancing and other COVID security measures could be observed presence time was ensured for researchers conducting interviews face to face.

HYPOTHESES

In this research, there are 8 hypotheses leading to 4 research questions.
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

This research is based on four 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?

4. RESULTS OF THE SURVEY RESEARCH, ANALYZING AND INTERPRETING THE FINDINGS

SPORTS IN PARTNERS' COUNTRIES

Sports are present in all partners' countries but there are considerable differences between the countries based on the tradition from the past and on contemporary political decisions of the governments. Policies and sports strategies in single countries are based on both national and European Union legal documents.

In **Hungary**, sports have been treated as a national strategic sector since 2010.

Governments have been devoting political and financial support mostly to *elite sports* with little impact on the physical activity rates of Hungarian citizens in general. Public initiatives concerning the participation of older people over 65 years of age in physical activities are lacking. The promotion of intergenerational sporting activities has been neglected so far as an area of intervention.

Over the last decades in **Greece**, sports have been widely adopted into the mainstream Greek culture, attracting thousands of passionate individuals to both individual and team sports such as football and basketball. Vulnerable social groups, older people included, have limited possibilities to get involved in organized sports in tune with limitations on them in other fields such as older adult education, work and welfare system. Stereotypes about older people are discouraging for older people who would eventually like to participate in sporting activities.

Likewise **Greece, Bulgaria**, and to some extent, **Slovenia, Italy** is mostly devoted to football though the history of sports in these countries differ.



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



EVOLUTION OF THE ATTITUDE TO SOMATIC CULTURE AND PRESENT PERCEPTION OF SPORTS IN PARTNERS' COUNTRIES

The evolution of the attitude to somatic culture has taken place in at least some partners' countries over centuries. In some of them, organised sports started in the Middle Ages (Bulgaria, Slovenia). These early developments seem to be still influencing the current choice and general perceptions of sports in these EU countries. In modern EU societies, sports are being regulated both by national documents and strategies and under the impact of the EU documents. These documents reflect the position of sports in the country or a wished-for situation.

Hungary

The vision formulated in the XXI. National Sport Strategy in 2007 targets to make **Hungary** not only a "Sport Nation", but also a "Sporting Nation". Barely *"All men shall have the right to sport and this right is guaranteed by the State, regardless of whether it be a competitive sport, leisure, student and college-university sport, sport for the disabled or the preservation of health"*. Nevertheless, only 12% of the Hungarian population reach a sufficient level of physical activity. Until today, Hungary has remained an elite-sports focused nation.

Greece

Sports started with games meant to relax the inhabitants after hard work. Sport tradition in Greece is by far one of the most ancient in the world, tracing back to 776 BCE when the first Panhellenic Games were recorded in Olympia. Memories of the ancient Greek tradition in sports are embodied in the ruins of Olympia and other ancient cities, as well as in several pieces of art like Minoan-Mycenaean frescoes (since 1500 BCE) and Homer's Iliad passages. Despite the public games being associated with figures belonging to the political and social elites of that age, games were open to all free male Greek citizens. In modern times, Greece recovered its role as a sportive country by hosting the 1896 international Olympic Games.

Italy

Italy has a long tradition in organised sports which were organised already before the 5th of October in 1861 when Giuseppe Garibaldi brought together different national entities of French, Poles, German and other nationalities. Of course, in Roman times there were games, a kind of leisure time activity for the hard-working people. Organised sports began with fascism, when the CONI, the ONB (National Balilla Organization), and the OND (National Dopolavoro Organization) were created. CONI guarantees sports bodies day after day organisational, financial, technical support. It offers managerial support to sports bodies in order to ensure the functioning and growth of the entire Italian sports system.

The practice of sports in Italy has progressively increased over years. Its characteristics have been changing. In 2019, there were 21 million Italians ("continuous" practitioners and the

"occasional" ones) who practiced sports, out of which 40% were women. The number of sedentary people has decreased from 38.1% to 35.9%.

Slovenia

On today's Slovenian territory sports have a long tradition. In the 19th century they were first *organized within societies*, based on sporting activities known already in the Middle Ages i.e. the game of bowls, shooting, pedagogical horseback riding, fencing, etc. and also some new activities. In the 19th century, sporting organisations/movements adopted right-wing catholic and left-wing political orientations and were developed into a way of living practising solidarity and equality (Orli and Sokoli). In the atmosphere of Austro-Slovenian and Italo -Slovenian dualism were born modern Slovenian physical culture, gymnastics, mountaineering, cycling, bating while sportsmen were playing also a political role. Today sports are very popular in Slovenia and are massively practiced. Like **Hungarians**, Slovenian people see elite sports as an idealized image of society, a matter of pride.

Bulgaria

In Bulgaria, sports have a long tradition that started in the Middle Ages. Likewise, Slovenians, Bulgarians and Hungarians practiced horseback riding in the Middle Ages. Today, in competitive sports, they are excellent in weightlifting, rhythmic, sports gymnastics, etc. Nowadays, sports in Bulgaria are quite popular with the younger generation. It used to be part of Bulgarian culture, and Bulgarians in general, tend to love sport, especially football, basketball, tennis, etc. Unfortunately, for the generation over 30 years of age, it is not so popular to practice them as this is the main working force of the country and usually people at that age are not so active physically. This tendency is especially valid for older generations - people over 65 years of age.

LEGAL FRAMEWORK SUPPORTING THE DEVELOPMENT OF FORMATS/ PROVISION OF INTERGENERATIONAL SPORTS

Hungary

According to the Act I of 2004 on Sport the citizens of Hungary *have constitutional right for maintaining the best physical and spiritual health*. Participation in sports and physical activity are important means of health protection (prevention and recreation) and a societally useful manner of spending leisure time.

Greece

The project Funmilies aims to address the above-mentioned challenges and encourage participation in sport and physical activity, especially by supporting the implementation of the Council Recommendation on health-enhancing physical activity and being in line with the EU Physical Activity Guidelines and the Tartu Call for a Healthy Lifestyle, and the Council conclusions — Healthy Ageing across the Lifecycle (2012/C 396/02), as well as to promote

social inclusion in sport of a usually excluded group, that of persons over 65, through the promotion of intergenerational cooperation.

Italy

With the Constitutional Act Nr. 3, of 18 October 2001, the sport system became part of Italian Constitutional system. Moreover, Sport was protected also by Articles 2 and 18 of the Constitution as "sporting practice" and inviolable human right, and as 'sporting associationism', understood as a free and voluntary association of several individuals who intend to carry out sporting activities in an associated, organised and basically stable manner.

In Italy, laws on sports have been associated with the introduction of education for male and female students. In 1946 was organised the First national congress in Rome on physical education – in 1950 was issued the Ministerial Circular by Minister Gonnella, representing the official entry of physical education into schools.

- In 1951 female students were admitted to be involved in sports in schools.
- In 1958 took place the Legislative reform by Aldo Moro.
- In 1974 delegated decrees sanctioned the creation of sports activities for pupils.
- In 1975 Youth Games were introduced in schools.

As the Confederation of National Sports Federations and Associated Sports Disciplines, the Comitato Olimpico Nazionale Italiano or CONI is the government body of sport in Italy. It is coordinating, guiding and controlling the entire sports movement.

Slovenia

Currently, sports and education in this field are regulated by the National Strategy of Sports in the Republic of Slovenia. Elite sports have become very popular as an idealized image of society but also many people practice it on a daily basis, especially in many intergenerational events organised by NGOs.

COMPILED RESULTS OF THE SURVEY RESEARCH CONDUCTED IN EACH PARTNERS' COUNTRIES - ANALYSING AND INTERPRETING THE FINDINGS

DESCRIPTION OF THE SAMPLE

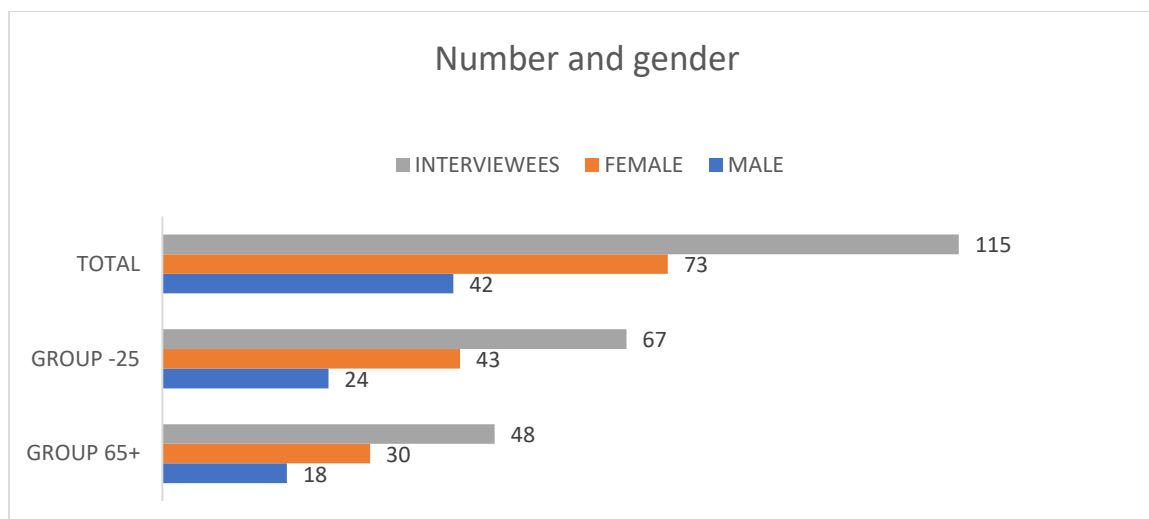
Number and gender of interviewees in the groups under 25 and over 65 of age



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.





The total number of **115 interviews** (100%) were conducted by the five project partners' organizations located in five countries (HU, GR, IT, SI, BG) out of which

73 interviewees (63.5%) were female and

42 interviewees (36.5%) were male out of the total number of interviewees.

In the group -25

64% were female and

36% of the interviewees were male.

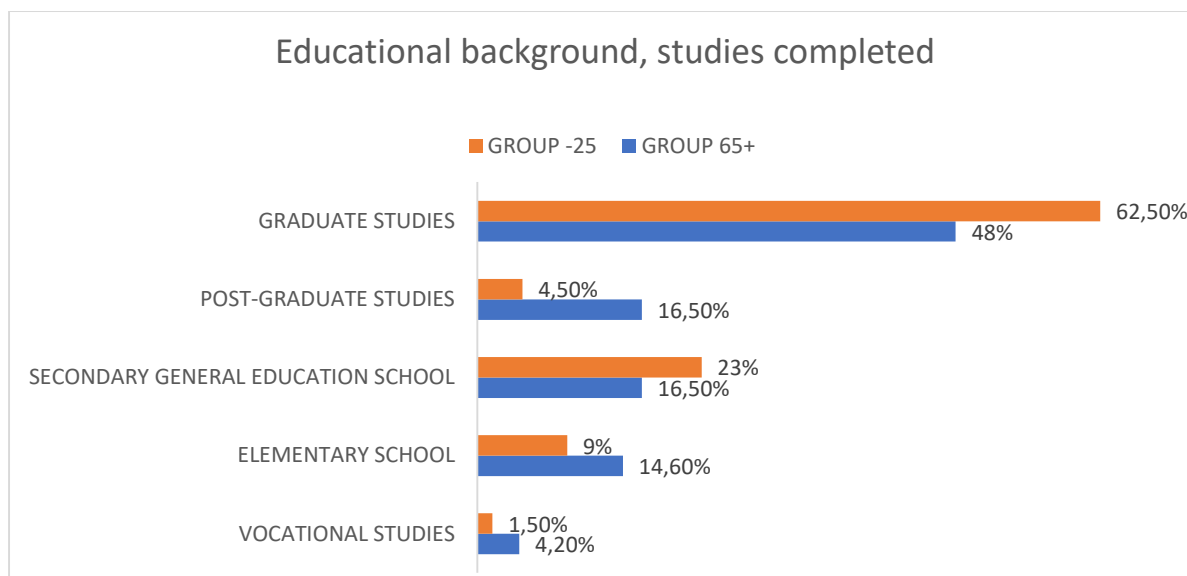
In the group 65+

62.5% were female and

37.5% were male.

In both age groups, female interviewees were more numerous which had been expected. Women are mostly less defensive than men and generally less worried about their abilities. Moreover, till the age of 65, the number of men and women is more or less equal while after the age of 65 the divide between men and women becomes deeper and there are more women than men in general.

Educational background, studies completed:



In the age group -25

62.5% were enrolled in university studies or have completed them.

In Hungary and Greece, the majority of the respondents were university educated, around 90% out of the total number of the young respondents, while in Italy the share of university-educated young respondents was only 36% and in Bulgaria, the share amounted up to 54.5%.

Secondary general education school students share was 22.5%.

Elementary school pupils share was 9% out of the total number of interviewees in this age group. The majority of elementary school pupils were interviewed in Bulgaria.

In comparison with the age group of young people

The age group 65+ demonstrated the following numbers and shares:

The graduate studies were completed by 48% of interviewees. In Slovenia, the share was the highest (81.8%), while the Bulgarian share was 30% of respondents.

Post-graduate studies: 16.5%

Secondary general education school: 16.5%

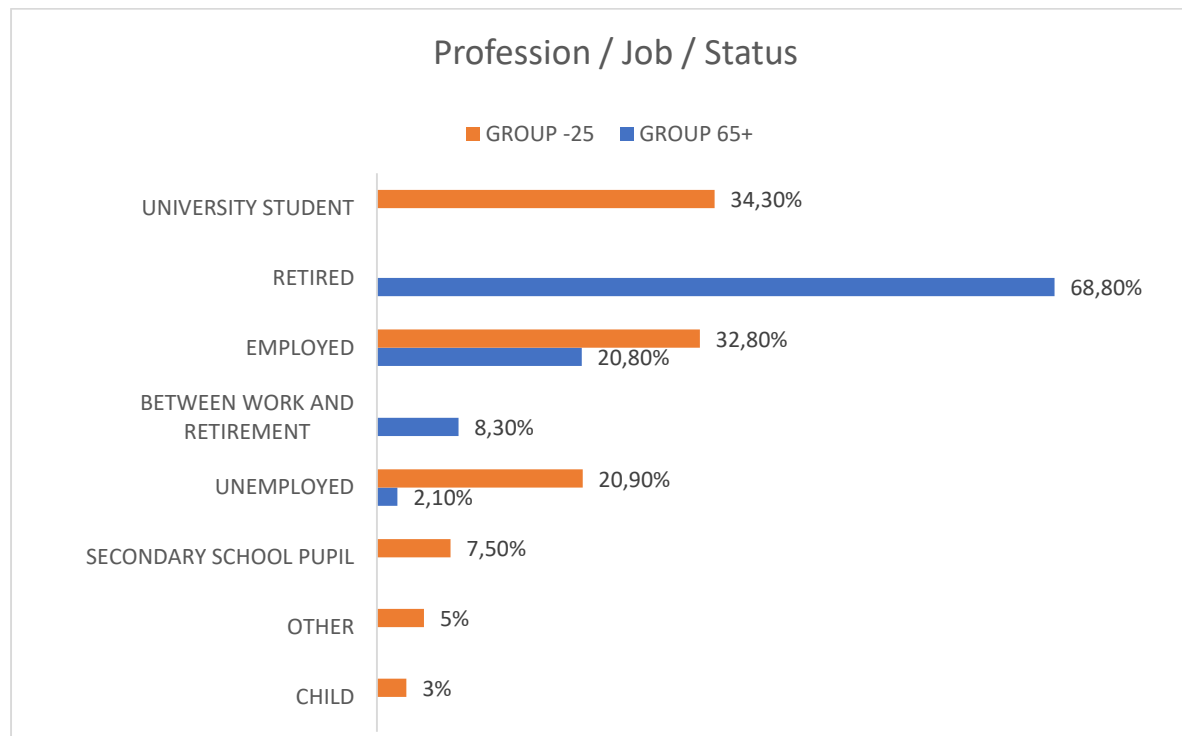
Elementary school: 14.6%. 40% of the total number of older respondents were from Greece and 30% from Bulgaria.

Vocational school: 4.2%

There is a difference in the share of the university-educated younger (62.5%) and older interviewees (48%), a difference that had been expected for several reasons. In general, according to European statistics, older people over 65 are formally less educated than younger people, the second reason is that younger were still and

mostly are in an ongoing process of formal education which was not the case of older interviewees.

Profession/job/status



According to the status to which different social roles are attached

in the age group -25 the shares were as follows:

University students: 34.3%. The highest number of university students was in Hungary (70%) and the lowest in Greece (4.8%).

Employed: 32.8%. The highest share was in Hungary (50%) and the lowest in Bulgaria (18.2%)

Unemployed: 20.9%. There were no unemployed respondents in Hungary and Slovenia. The highest share of young unemployed respondents was registered in Bulgaria (36.4%).

Secondary school pupil: 7.5%

Child: 3%

While in the group 65+ the shares were:

Retired: 68.8% The highest share of the retired was in Slovenia (90.9%) followed by Bulgaria (80%), Italy (71.5%), Hungary (60%). The lowest share was in Greece (40%).

Employed: 20.8%

Between work and retirement: 8.3%

Unemployed: 2.1%

Comparing the two age groups only young people were students enrolled in formal educational programmes and only older people were retired (68.8%) and just one interviewee was in the dynamic period between work and retirement in the older age group. It can be expected that in the future their status will be more frequent given the incentive measures for those who are older than 65 and in employment. The share of employed younger people were 32.8% and this is higher than the share of employed older people (20.8%) which had been expected. Younger interviewees being students or pupils and older retired people are in a similar state; liberated of constraints of numerous social roles and therefore they may more easily participate in intergenerational sporting activities.

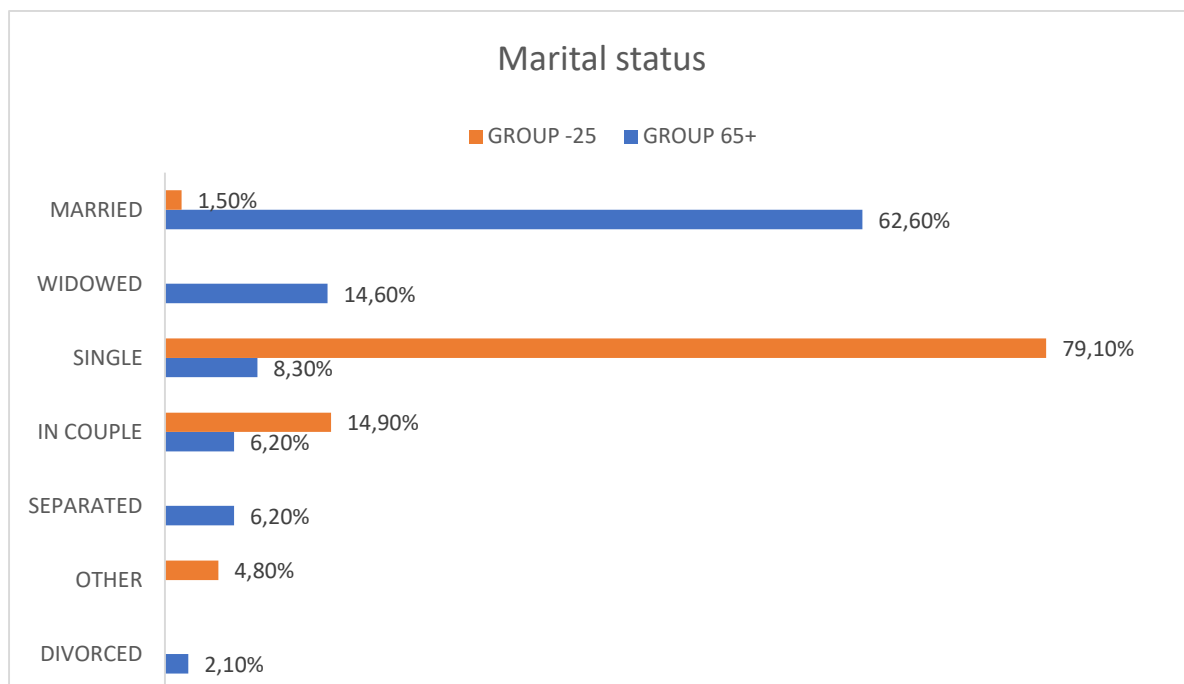


Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Marital status



According to the marital status, the data are as follows according to the age groups.

In the age group -25

Single: 79.1%

In couple: 14.9%

Other: 4.8%

Married: 1.5%

In the age group 65+

Married: 62.6%

Widowed: 14.6%

Single: 8.3%

In couple: 6.2%

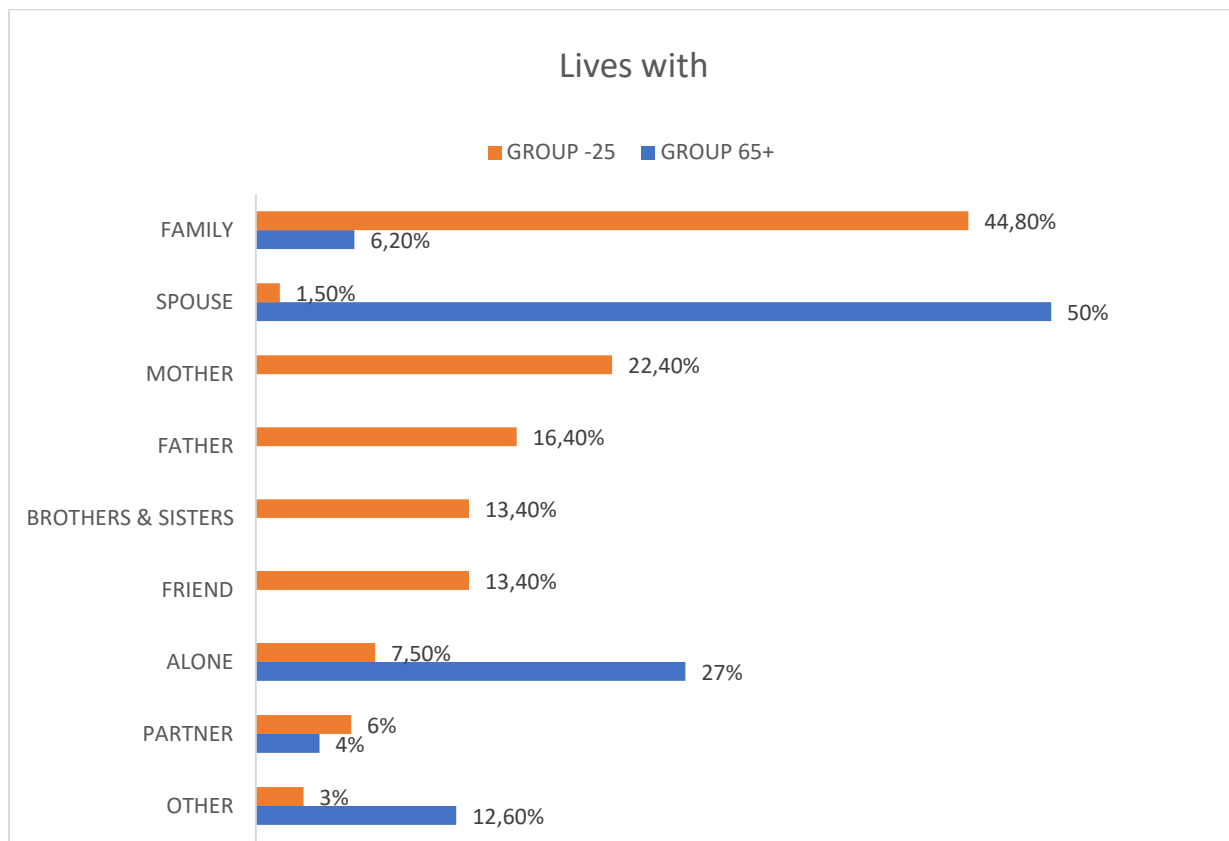
Separated: 6.2%

Divorced: 2.1%

In the age group -25, 53% were single and 14.9% were in couple. In Greece and Slovenia 100% of young interviewees were single. In the age group 65+, 62.6% were married. 14.6% of older interviewees were widowed.

Marital status may be correlated with the availability of younger and older people have to meet in intergenerational contact zones. If married or in couple, they might be saturated with social bonds. The situation in the older age group, especially the situation of women, may be different. Women need to broaden their horizons while their husbands and partners rely on their emotional support and drop their social life and intergenerational bonds.

Who do the interviewees currently live with?



In the age group -25

Family: 44.8%

Mother: 22.4%

Father: 16.4%

Brothers and sisters: 13.4%

In the age group 65+

The majority lived with their spouse (50%),

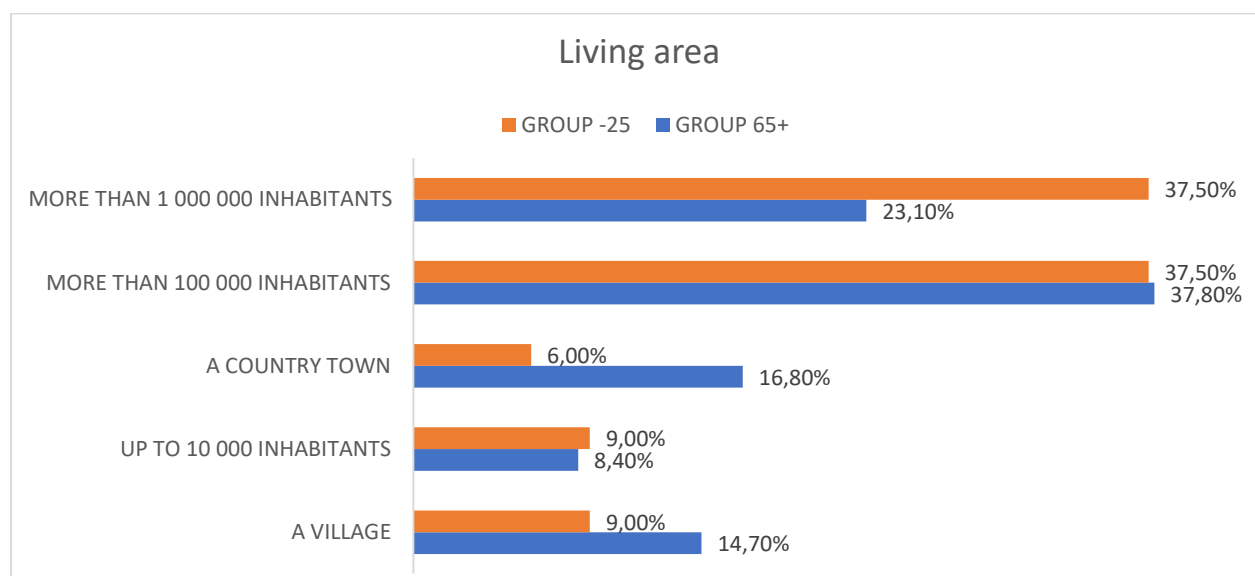
27% lived alone,

4% shared their living space with a partner,

Other responded 12.6%. Some mentioned their animals, 1 grandchild, 1 child.

Young people in all five countries mostly lived with their family and older respondents mostly lived with their husband or wife. In the older age group, 27% lived alone. Some mentioned animals. Intergenerational sporting activities will therefore be promoted focusing on the benefits of these shares of respondents in mind who represent typical respondents.

Where are the interviewees living now?



In the age group -25 they live in

a city with more than 100 000 inhabitants: 37.5%
a large town with more than 1 000 000 inhabitants: 37.5%
a village: 9%
a settlement up to 10 000 inhabitants: 9%
a country town: 6%

In the age group 65+ they live in

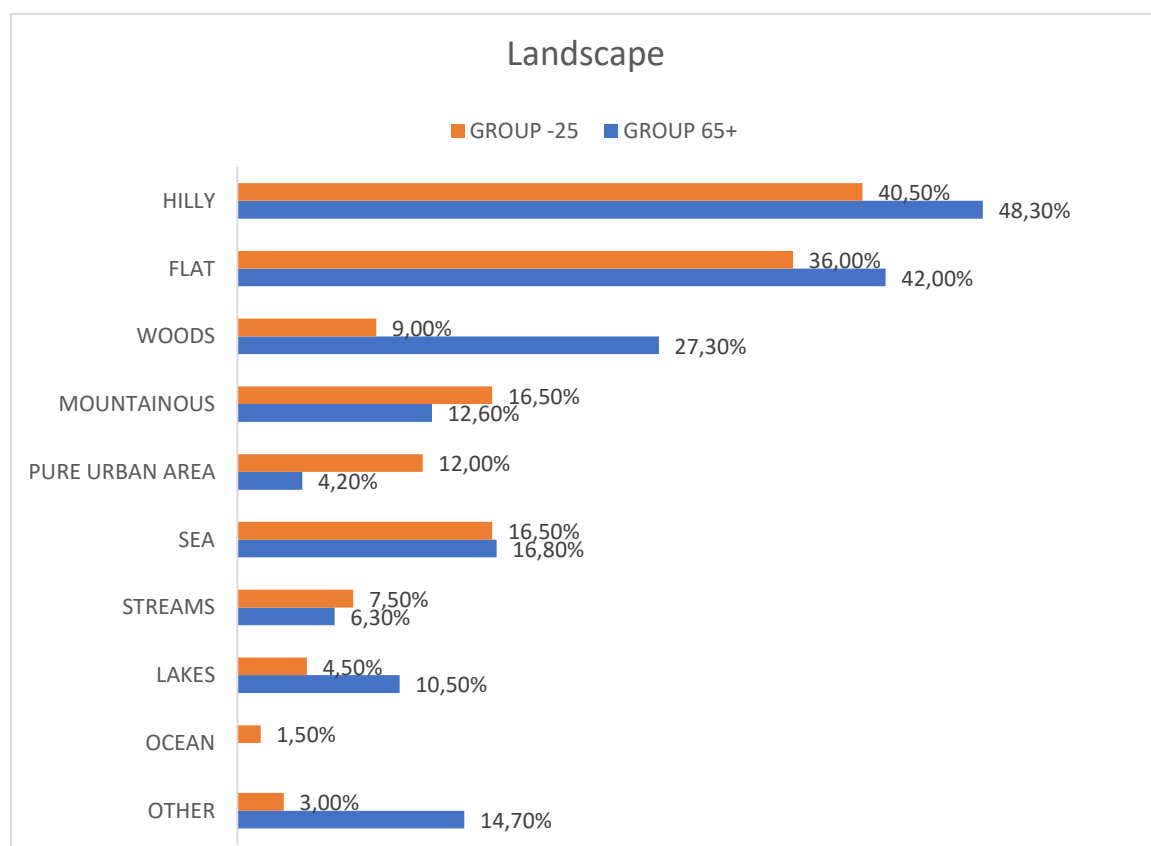
a city with more than 100 000 inhabitants: 37.8%
a large town with more than 1 000 000 inhabitants: 23.1%
a country town: 16.8%
a village: 14.7%
a settlement up to 10 000 inhabitants: 8.4%

The young interviewees mostly (37.5%) live in a town with more than 100 000 inhabitants which is considered as a town by the standards of statistics. They also live in large cities with more than 1 000 000 inhabitants (37.5%). The answer comes from Greece (72%.) The least share has been registered in Italy (9%). They rarely live in a village (9%).

In the age group 65+, 37.8% live in a town with more than 100 000 inhabitants. In a large town with more than 1 000 000 inhabitants live 23.1% of the total number of the respondents in the age group 65+ in five countries. In Greece, 90% of the respondents 65+, live in a large city with more than 1 000 000 inhabitants. In a village live 14.7% of the interviewees 65+ from five countries.

The share of younger and older age group respondents pertaining to village and small country towns is not large, which does not mean that the promotion of intergenerational activities should not start them. Despite denigrating stereotypes, a small urban settlement might be more sensitive and more appropriate and rewarding for launching first activities.

What is the landscape around the interviewees mostly like?



In the age group -25

Hilly: 40.5%
Flat: 36%
Mountainous: 16.5%
Sea: 16.5%

In the age group 65+

Hilly: 48.3%
Flat: 42%
Woods: 27.3%
Other: 18.9%

Young respondents and older respondents mostly live in a hilly and flat landscape, which is also woody. In the case of Italy, the environment is also the sea and the coast, but amazingly this fact does not impact the choice of sports and possible intergenerational sports.

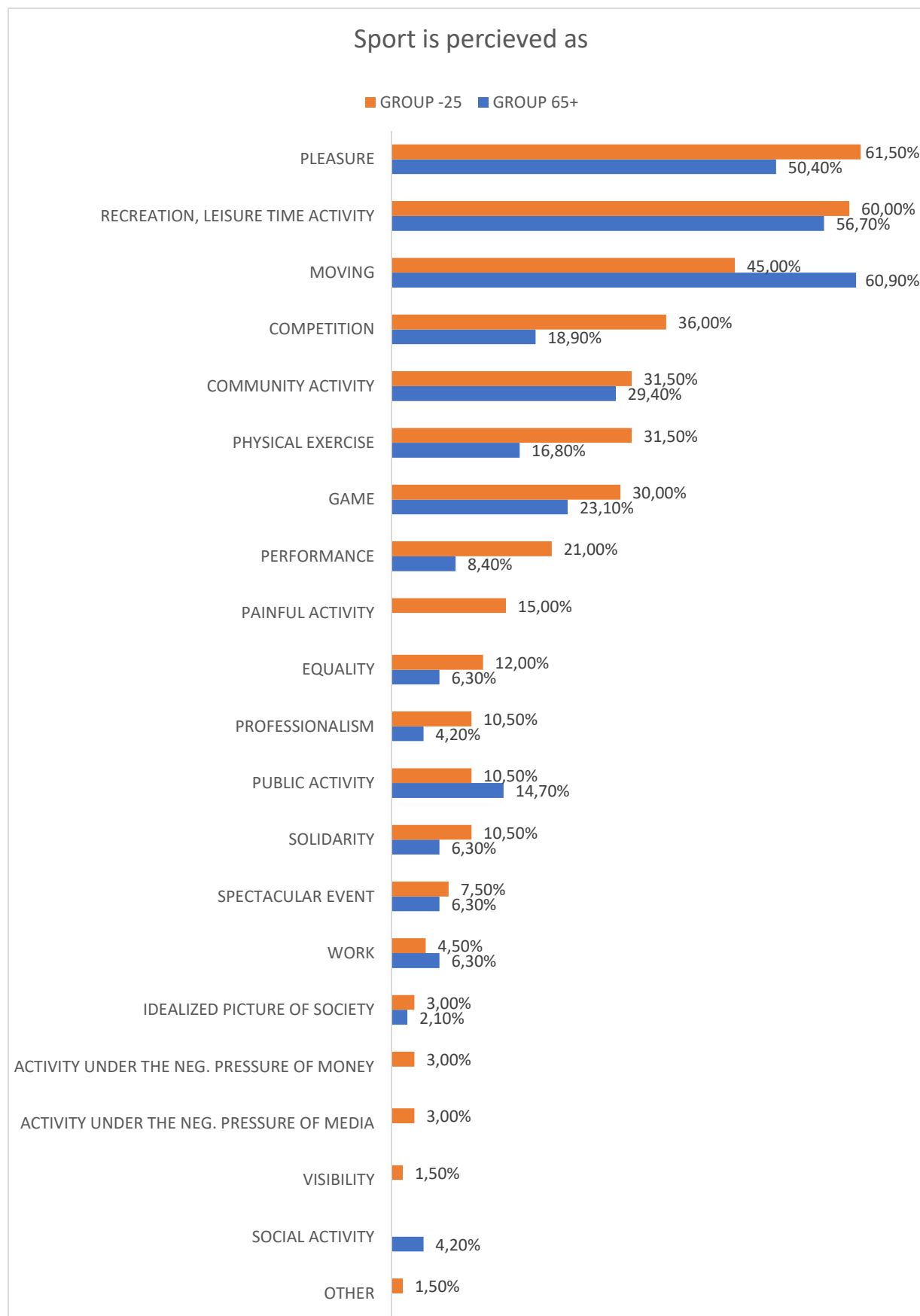


Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Perceptions of sports



In the age group -25 sport is mostly perceived as

Healthy activity: 85.5%

Pleasure: 61.5%

Recreation, leisure time activity: 60%

Moving: 45%

Competition: 36%

Community activity: 31.5%

While in the age group 65+ sport is mostly perceived as

Healthy activity: 75.6%

Moving: 60,9%

Recreation, leisure time activity: 56.7%

Pleasure: 50.4%

Community activity: 29.4%

Game: 23.1%

Several answers were possible, both age groups of respondents were of opinion that sports are healthy, young age group 85.5% and older age group 75.6%. 100% of young Slovenian respondents are of this opinion and a little lower share (90.9%) in the older age group of respondents. In Bulgaria, 90.9% of younger respondents agree that sports are healthy activity, while only 60% of Bulgarian older respondents are of this opinion. Older Hungarians and Slovenians rank health the highest.

Pleasure ranks second for young respondents (61.5%) and ranks fourth (50.4%) for older respondents. Recreation and leisure time activity ranks third for both groups. In the older age group of respondents moving ranks second, while in the younger age group it ranks only fourth.

For younger respondents, sports are also competition, older respondents do not think so. It is also a community activity; the related younger respondents' share is 31.5%, while the share of older respondents' is 29.4%.

Young and older respondents overlap in categories:

Healthy activity

Moving

Recreation, leisure time activity

Pleasure and

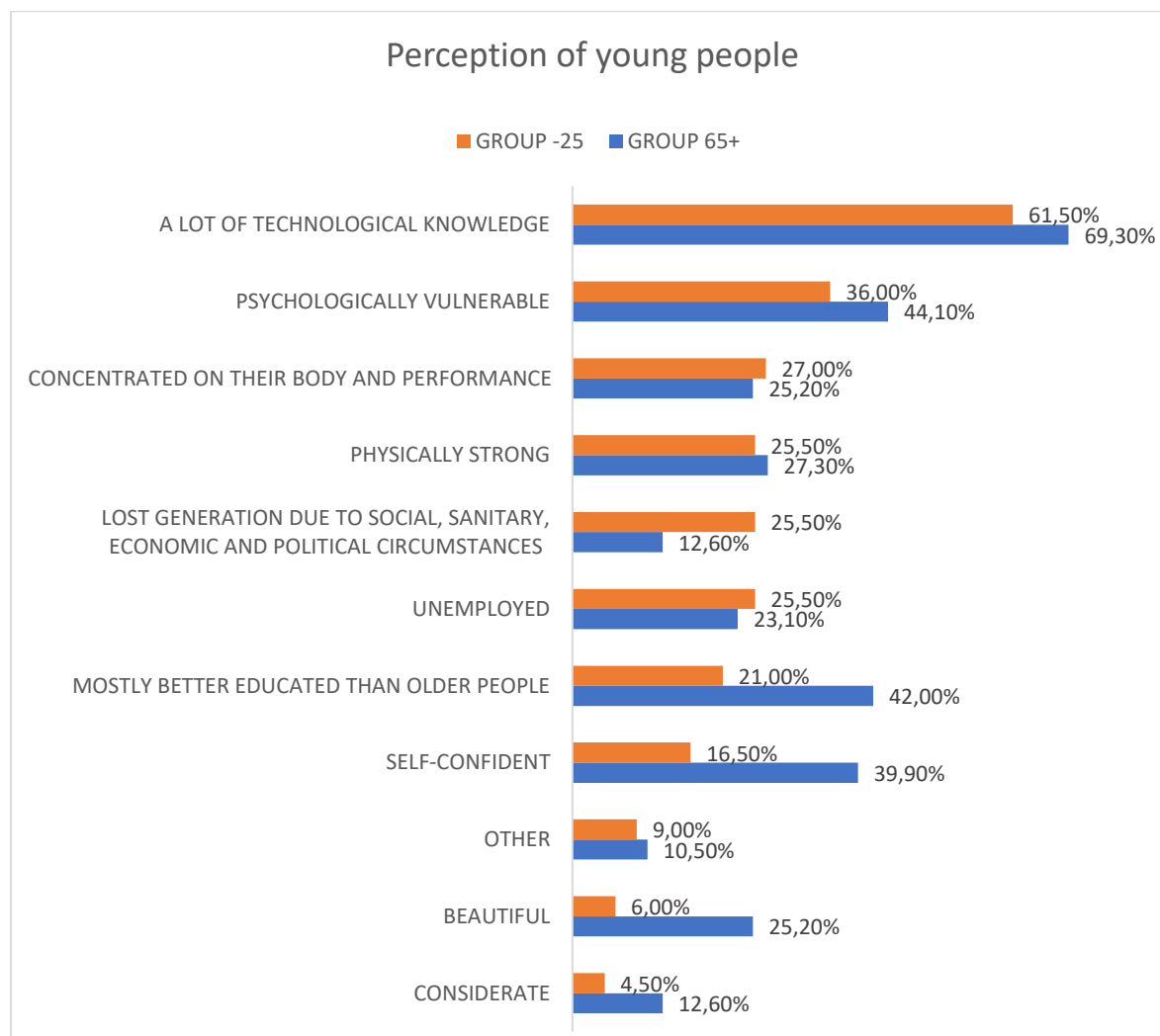
Community activity

Sports is perceived as competition mostly by young respondents, which is understandable.

It is surprising that sports are not seen as a source of equality and solidarity.

The perceptions of sports, these answers are of extreme importance for searching overlapping of sporting activities.

How are young people perceived? Tick up to five answers, please.



In the age group -25 the shares were as follows:

A lot of technological knowledge: 61.5%

Psychologically vulnerable: 36%

Concentrated on their body and performance: 27%

Physically strong: 25.5%

Lost generation due to social, sanitary, economic and political circumstances: 25.5%

Unemployed: 25.5%

In the age group 65+ the shares were:

A lot of technological knowledge: 69.3%

Psychologically vulnerable: 44.1%

Mostly better educated than older people: 42%

Self-confident: 39.9%

Physically strong: 27.3%

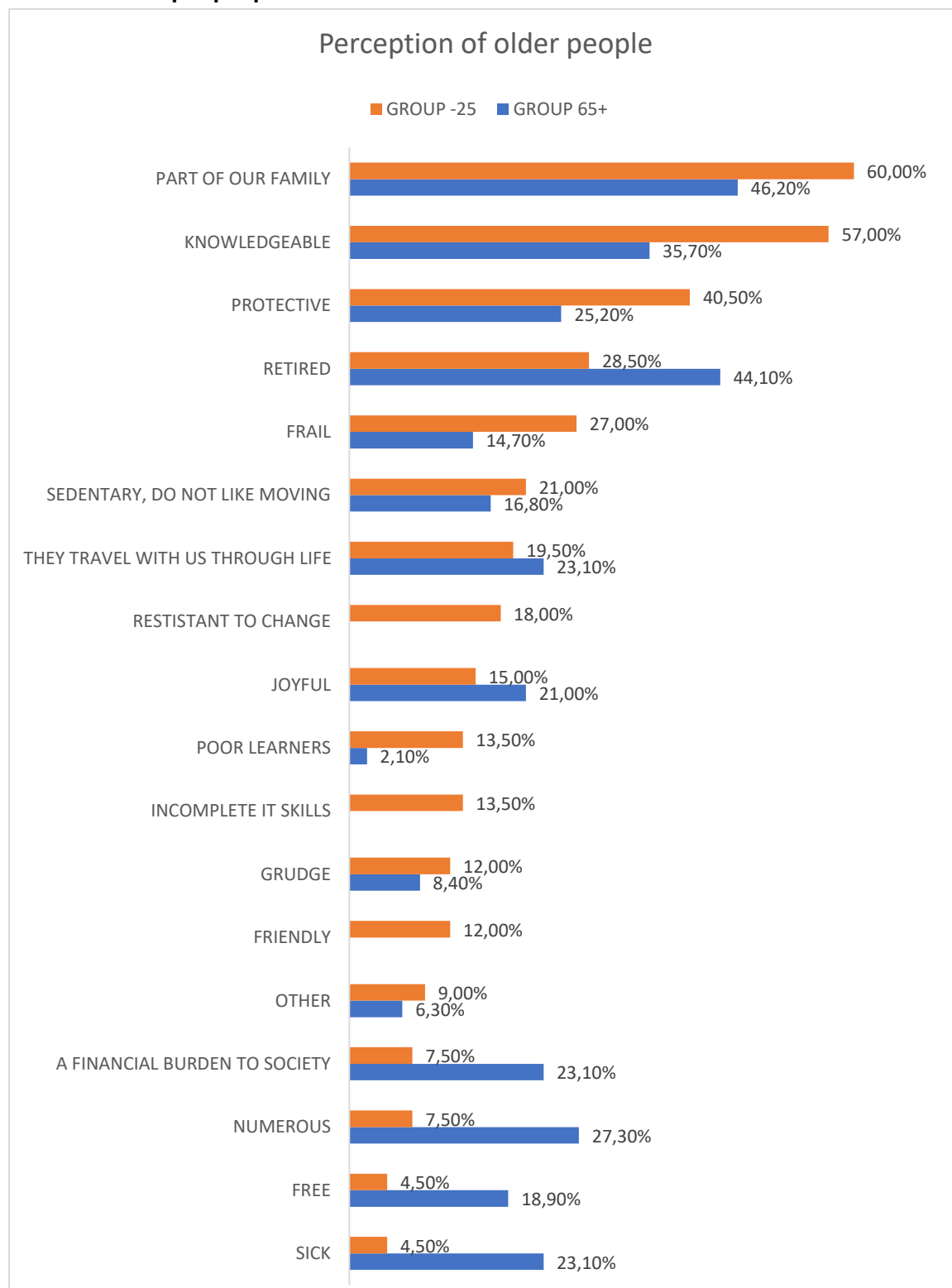
Beautiful: 25.2%

Young respondents perceive themselves as having a lot of technological knowledge, psychologically vulnerable, concentrated on their body and performance, physically strong, some kind of sacrificed generation and unemployed. This is their subjective perception. To see the benefits of single generations it would be necessary to compare younger and older generations at the age of twenty (accommodation, education, health, transport, and other social resources).

Older respondents perceive younger people as having a lot of technological knowledge. This seems to be the most obvious characteristic of younger people or the one that in their eyes distinguishes them from older people who are digital migrants, who learn digital skills more slowly, who have less digital self-organisational skills, (skills are typically learned more slowly by older people in general). Both age groups of respondents rank this characteristic of young people the highest.

Both groups see young people as psychologically vulnerable (“which goes with youth hand in hand”). Older people think that young people are better educated than themselves and physically strong. Young people do not think that they are beautiful, while older people due to their own physical transformation in old age see all young people as beautiful. Technological knowledge could be integrated into intergenerational sporting activities (Zoom, Skype, common creation of intergenerational programmes or intergenerational game).

How are older people perceived?



In the age group -25 older people are perceived as

Part of our family: 60%

Knowledgeable: 57%



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Protective: 40.5%
Retired: 28.5%
Frail: 27%
Sedentary, do not like moving: 21%
They travel with us through life: 19.5%

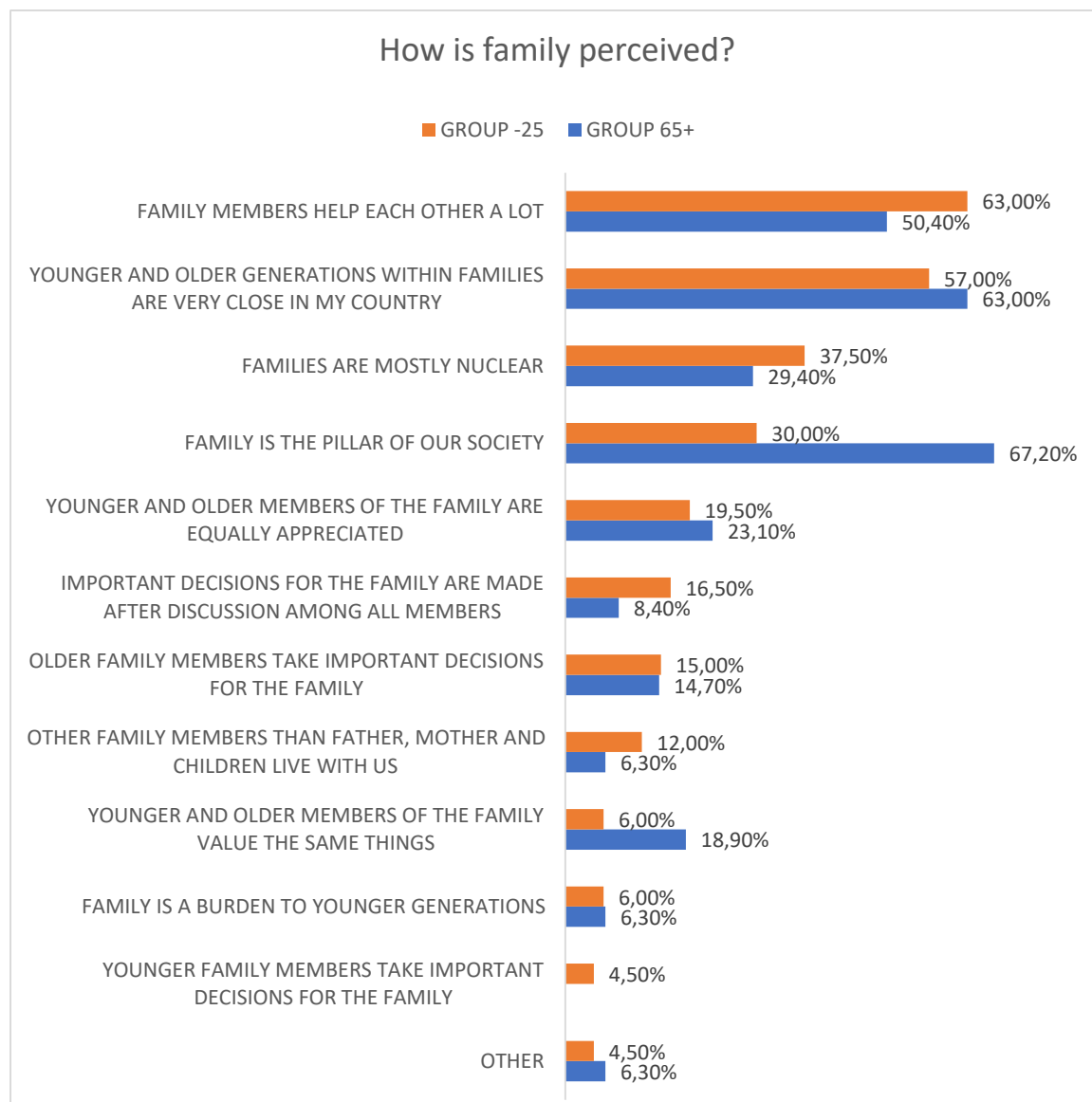
While **in the age group 65+** older people are perceived as

Part of our family: 46.2%
Retired: 44.1%
Knowledgeable: 35.7%
Numerous: 27.3%
Protective: 25.2%
A financial burden to society: 23.1%
Sick: 23.1%
They travel with us through life: 23.1%

By both age groups, older people are perceived as “part of our family”, knowledgeable, protective, retired, frail, sedentary, who do not like moving, and as people who are our friends, travelling with us through life. It is interesting that knowledge belongs to older people in the eyes of young respondents, while technological knowledge is attributed to young people by both groups of respondents. Young people are psychologically vulnerable, and older people, whom younger and older age groups find protective, are compatible with the needs younger people have.

In the age group of older respondents, older people are perceived as travelling with other members of the family through life. Older people feel that part of their family have psycho-social needs and count on emotional ties with the rest of the family. Older people identify with their status of the retired. They think they are knowledgeable but are hard on themselves in this regard. They agree that they are protective and consider themselves a financial burden to society, which in reality is a characteristic imposed on them (they should be informed that they are not right according to numerous studies).

How is family perceived?



In the age group -25

Family members help each other a lot: 63%

Younger and older generations within families are very close in my country: 57%

Families are mostly nuclear: 37.5%

Family is the pillar of our society: 30%

Younger and older members of the family are equally appreciated: 19.5%

In the age group 65+

Family is the pillar of our society: 67.2%

Younger and older generations within families are very close in my country: 63%



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Family members help each other a lot: 50.4%

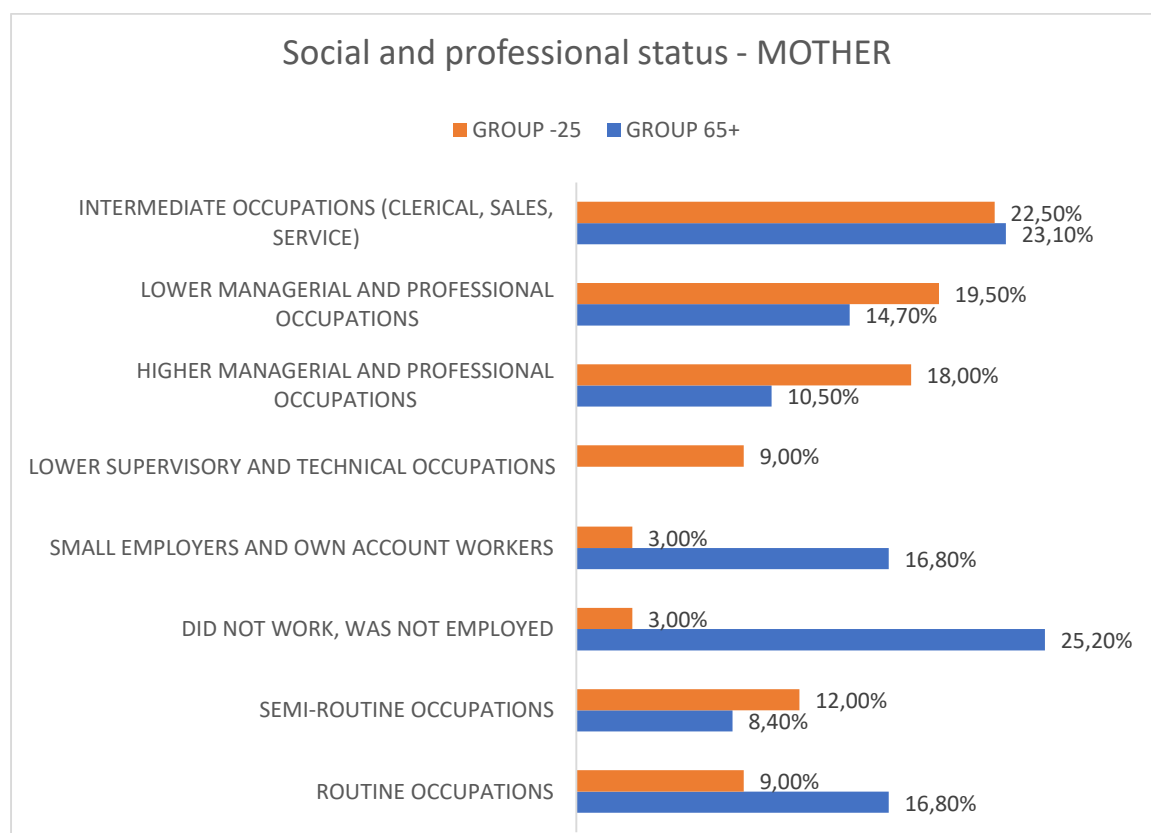
Families are mostly nuclear: 29.4%

Younger and older members of the family are equally appreciated: 23.1%)

Family is perceived by younger and older respondents equally as some statements are concerned. Younger and older generations are close, family is the pillar of society, younger and older members of the family are equally appreciated. Young people interpret relations within families as helpful and rank this function very high, which means that in intergenerational sporting activities a helping role should be attributed to older people. There is a feeling of equality on both sides, in both age groups. Family could be one of the contact zones. In order to consolidate generational ties within a family, it might be important to connect it with the local community and occasionally transform intergenerational learning and sporting activities into a public performance for the public good.

In Italian culture, it is traditional to see the family as the pillar of society and members of Italian families are mostly close to each other, be they young or old.

Social and professional status of the parents, mother and father separately



Social and professional status of the mother

in the age group -25

Intermediate occupations (clerical, sales, service): 22.5%

Lower managerial and professional occupations: 19.5%

Higher managerial and professional occupations: 18%

Lower supervisory and technical occupations: 9%

in the age group 65+

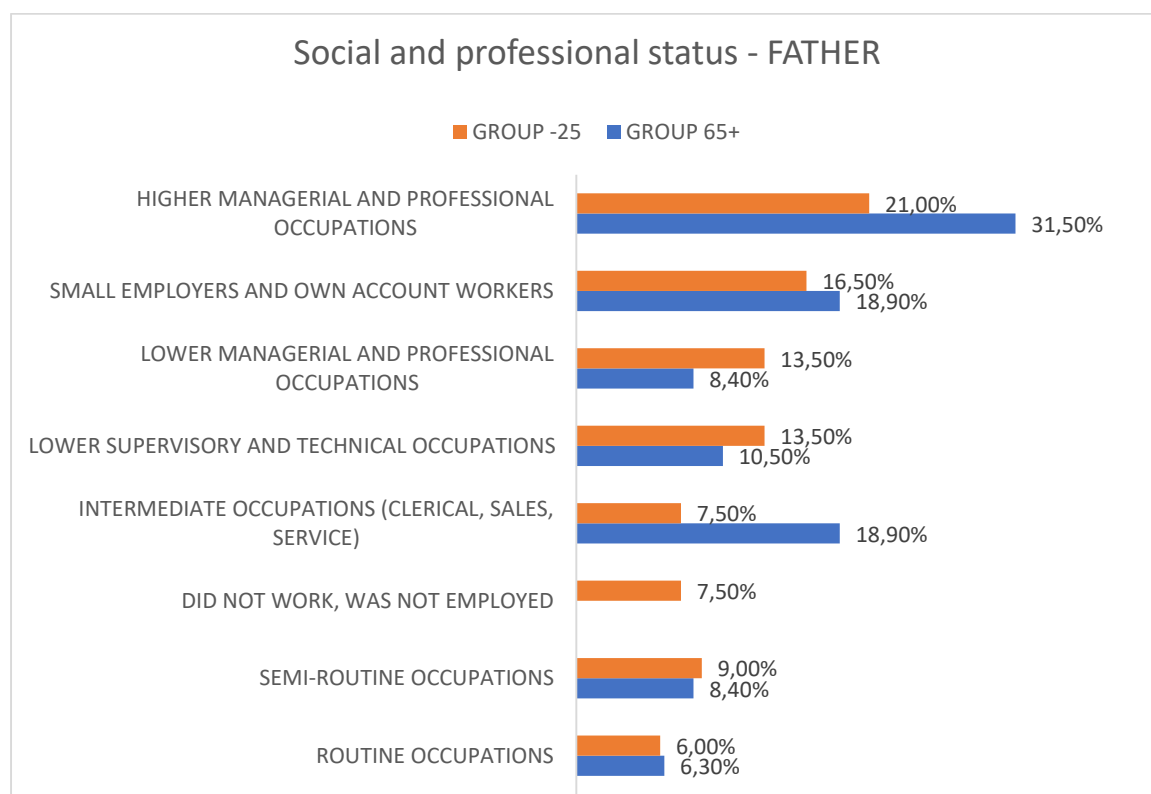
Did not work, were not employed: 25.2%

Intermediate occupations (clerical, sales, service): 23.1%

Small employers and own account workers (including farmers): 16.8%

Lower managerial and professional occupations: 14.7%

Higher managerial and professional occupations: 10.5%



Social and professional status of the father

in the age group -25

Higher managerial and professional occupations: 21%

Small employers and own account workers (including farmers): 16.5%
Lower managerial and professional occupations: 13.5%
Lower supervisory and technical occupations: 13.5%
Intermediate occupations (clerical, sales, service): 7.5%

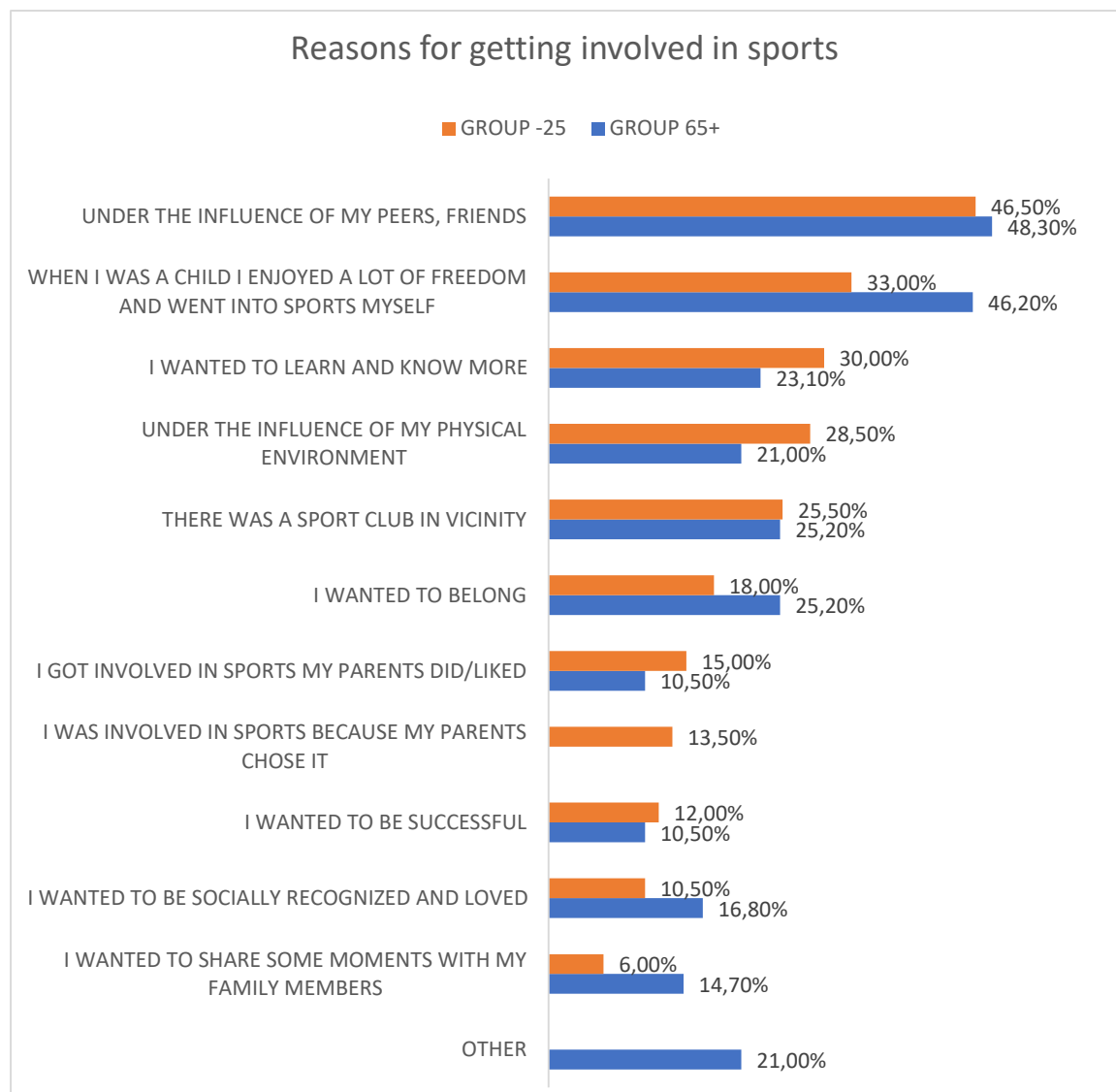
in the age group 65+

Higher managerial and professional occupations: 31.5%
Intermediate occupations (clerical, sales, service): 18.9%
Small employers and own account workers (including farmers): 18.9%
Lower supervisory and technical occupations: 10.5%
Lower managerial and professional occupations: 8.4%

Younger respondents report a difference in the occupational status of their mother and father. While father was most often in higher managerial occupation, mother was most often involved in intermediate occupations (clerical, sales, service) or lower managerial and professional occupations. In the younger age group, 7.5% of the respondents report that their father does/did not work (4.5% in Greece and 36.4% in Bulgaria).

Older respondents report that their mother was most often unemployed, she did not work or was involved in clerical and service tasks, while their father was mostly in higher managerial and professional occupations (31.5%). According to a number of studies, mother as a child's first carer is most influential in a child's life and important for a child's early decisions. If the occupational and social status of parents is high, parents (mother or both) have a tendency to decide which sport the child will take on. Reportedly, the situation was different in ex-socialist countries where children were taken care of collectively and most of the times discovered sports on their own in their environment.

Why the respondents got involved in sports?



Reasons for getting involved in sports

in the age group -25

I started being involved in sports under the influence of my peers, friends: 46.5%

When I was a child I enjoyed a lot of freedom and went into sports myself: 33%

I wanted to learn and know more: 30%

I started being involved in sports under the influence of my physical environment (woods, lakes, sea, playgrounds, parks, TV programs, Internet): 28.5%

I started being involved in sports because there was a sport club in the vicinity: 25.5%

in the age group 65+

I started being involved in sports under the influence of my peers, friends: 48.3%

When I was a child I enjoyed a lot of freedom and went into sports myself: 46.2%

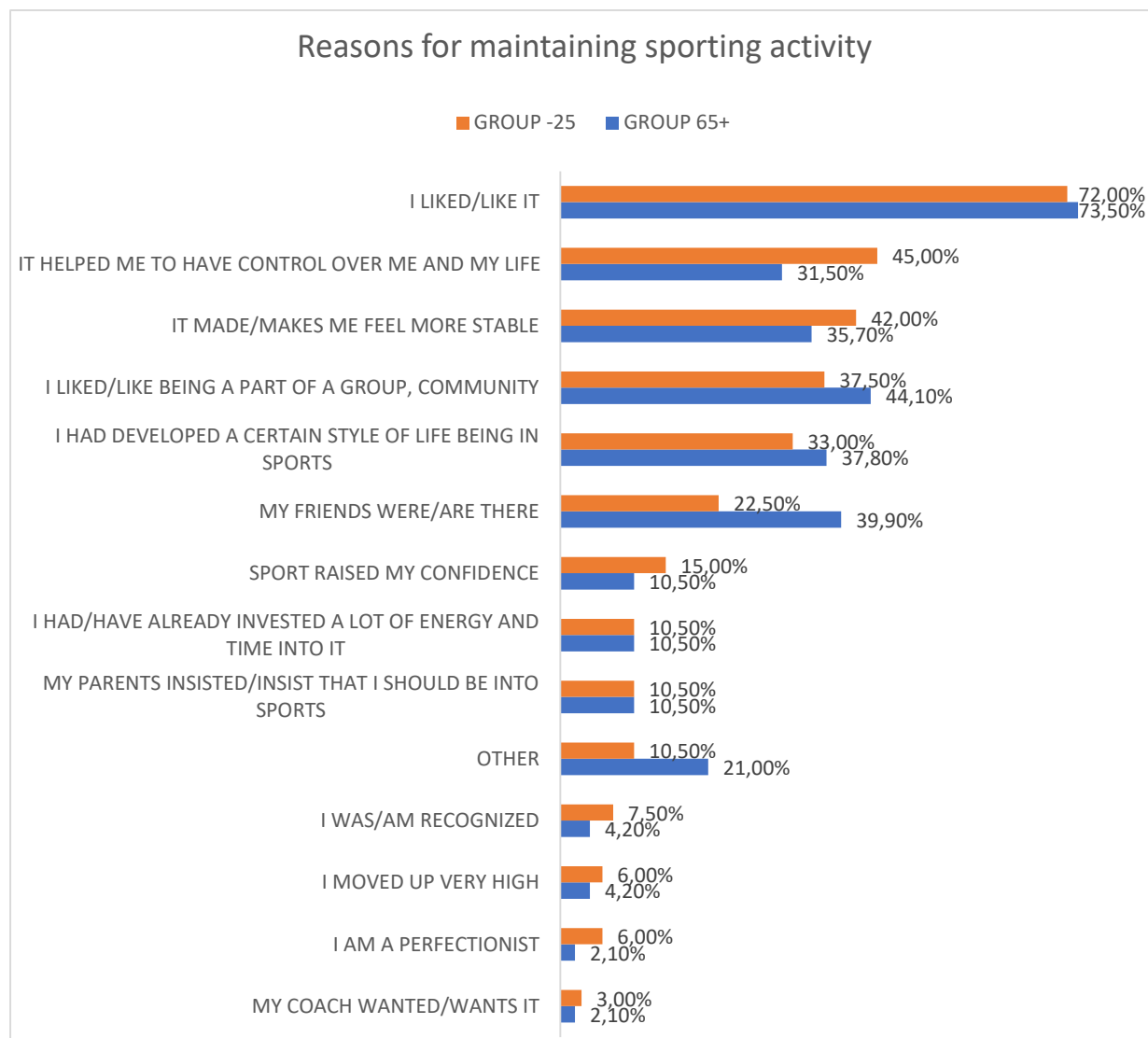
I started being involved in sports because there was a sport club in the vicinity: 25.2%

I wanted to belong: 25.2%

I wanted to learn and know more: 23.1%

Both younger (46.5%) and older respondents (48.3%) report that their decision to take on a sporting activity depended on the relationships they had with their peers or friends. Both age groups of respondents think that they enjoyed a lot of freedom and could choose their first sports on their own (33% and 46.2% respectively). Younger respondents (30%) and older respondents (23.1%) got involved in sports because they wanted to know and learn more. Younger and older respondents (same share: 25.5%) had decided to take on a sporting activity because there was a sports club in the vicinity.

Why have the respondents maintained their sporting activity/activities?



Reasons for maintaining sporting activity

in the age group -25

I liked it: 72%

It helped me to have control over me and my life: 45%

It made me feel more stable: 42%

I liked/like being part of a group, community: 37.5%

I had developed a certain style of life being in sports: 33%

in the age group 65+

I liked/like it: 73.5%



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

I liked/like being part of a group, community: 44.1%

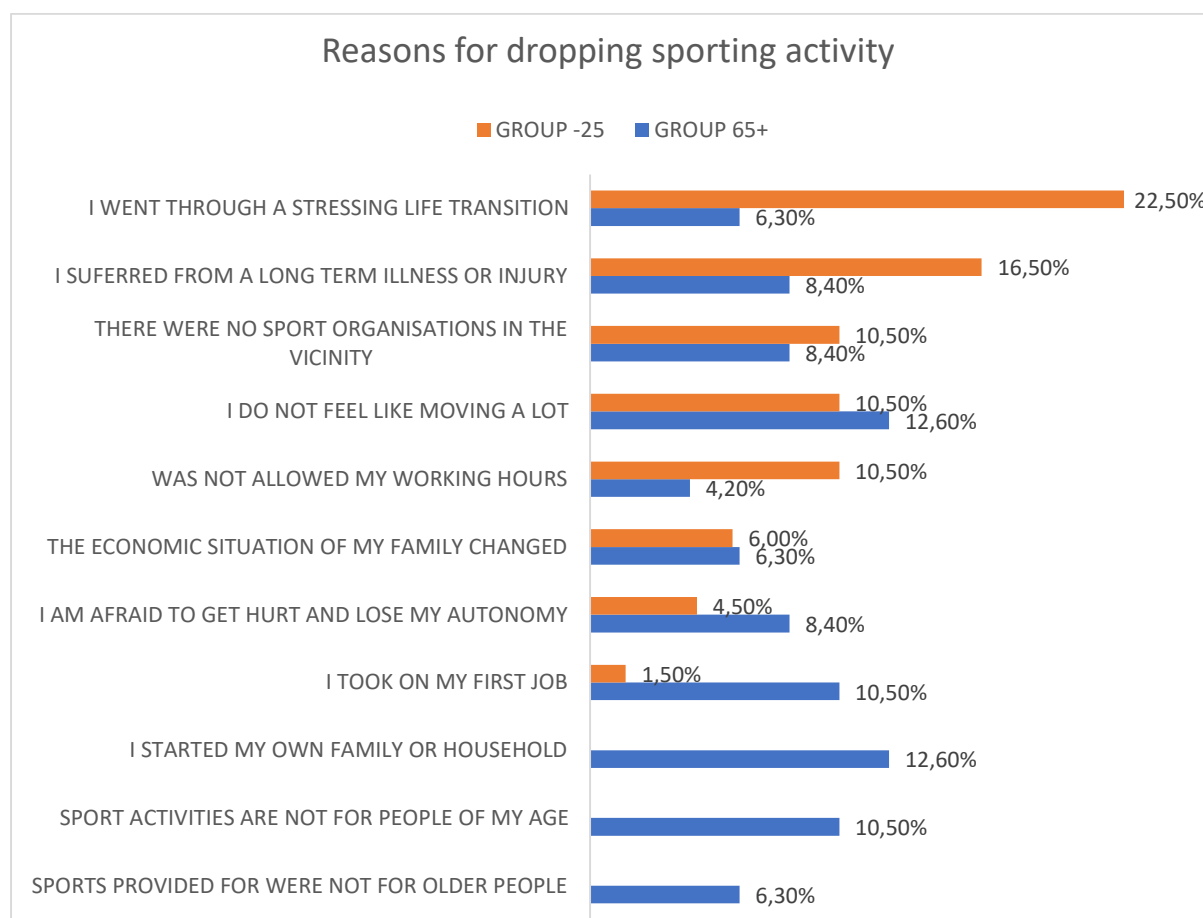
My friends were/are there: 39.9%

I had developed a certain style of life being in sports: 37.8%

It made/makes me feel more stable: 35.7%

Both age groups of respondents say that they maintain a sporting activity because they like it (72% and 73.5%). For this reason, knowing the affinities of generations towards single sports is of overwhelming importance. Being a part of a group is somehow less important for younger respondents. They seem to be more concentrated on their own feelings, while for older respondents being a part of a community is essential (44.1%). The differences between generations are embodied in common characteristics that develop under the influence of social, economic, or political events. In today's fragmented and risk societies particularly young people need to have control over their lives and feel stable. In the dialogue with older respondents trust in young people could be felt. They perceive young people as able to adjust to changes and quickly find new solutions. They are not hindered that much by past experiences.

When or why did the respondents drop a sporting activity?



Reasons for dropping a sporting activity

in the age group -25

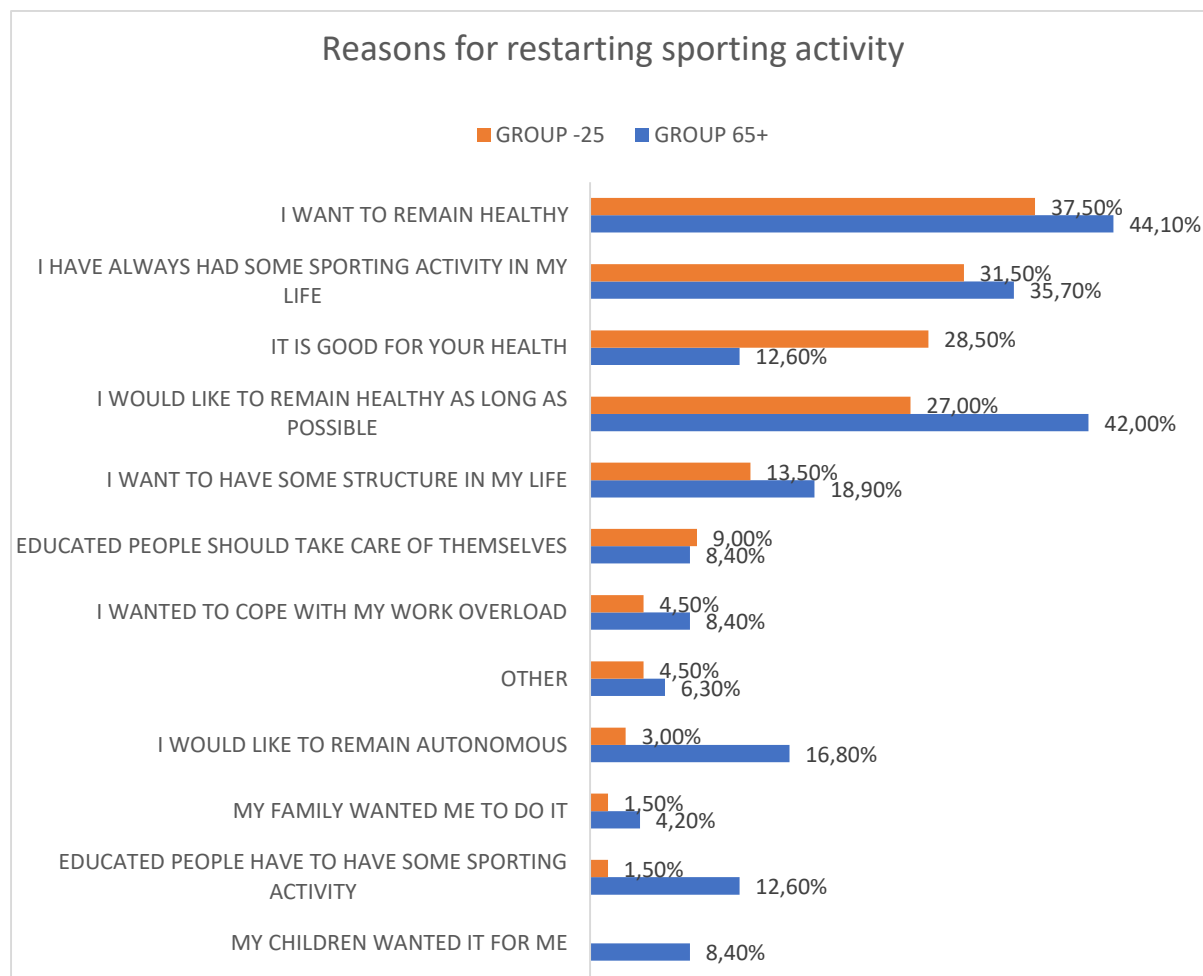
- I went through a stressing life transition: 22.5%
- I suffered from a long term illness or injury: 16.5%
- There were no sport organisations in the vicinity: 10.5%
- I do not feel like moving a lot: 10.5%
- My working hours did not allow me: 10.5%

in the age group 65+

- I started my own family or household: 12.6%
- I do not feel like moving a lot: 12.6%
- Sport activities are not for people of my age: 10.5%
- I took on my first job: 10.5%
- I suffered from a long term illness: 8.4%

Younger respondents report a stressing life transition as most frequent reason for dropping a sporting activity which is far less frequently the reason cited by older people. A possible interpretation could be that young people living in a risk society are less equipped to adapt to losses while older people “have the certainty of those who have overcome difficult situations”. Younger people say that their working hours were inappropriate. Older respondents think that the transition between primary and secondary socialization (starting a family, taking on a job, moving away from home) was the most important reason to drop a sporting activity. Young people mention suffering from a long-term illness or injury (16.5%), while the share of older people giving this answer is lower (8.4%). Older generations do not like moving a lot (12.6%). Both age groups of respondents formulated quite disparate and highly subjective reasons for dropping an activity. These reasons have to be considered carefully with individuals who might not be willing to get involved in intergenerational sports or might want to drop them. The situation can be overcome by tailor-made solutions and individual or group support.

Why did the respondents take up a sporting activity again or would like to restart it?



In the age group -25

I want to remain healthy: 37.5%

I have always had some sporting activity in my life: 31.5%

I would like to remain healthy as long as possible: 27%

I want to have some structure in my life: 13.5%

Educated people should take care of themselves: 9%

In the age group 65+

I want to remain healthy: 44.1%

I would like to remain healthy as long as possible: 42%

I have always had some sporting activity in my life: 35.7%

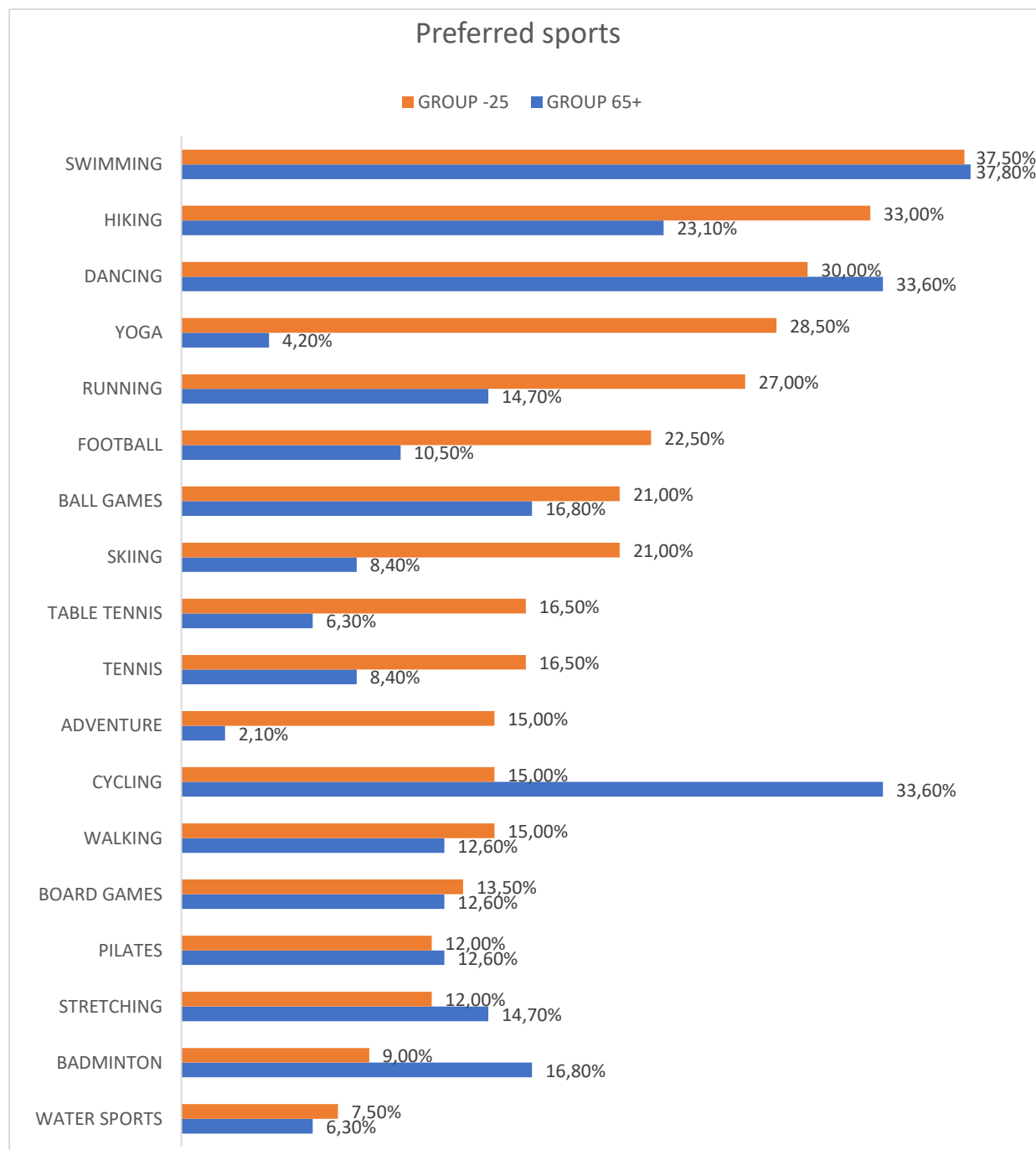
I want to have some structure in my life: 18.9%

I would like to remain autonomous: 16.8%

Both age groups of respondents rank remaining healthy higher than the other answers. 37.5% for young respondents and 44.1% for older respondents. They argue they want to remain healthy by being involved in sports. “I have always had some sporting activity in my life,” say younger people (31.5%). They rank this answer second, while older respondents rank it third (35.7%) among the most frequent answers. Younger people seem to be searching for stability and structure in their lives (13.5%). The answer is shared by older respondents (18.9%). Health, structure and for older people remaining autonomous are most visible arguments in favour of intergenerational sports to be used by providers of sporting activities.



Which sports do younger and older respondents like best respectively



Preferred sports in the age group -25

Swimming: 37.5%

Hiking: 33%

Dancing: 30%

Yoga: 28.5%

Running: 27%

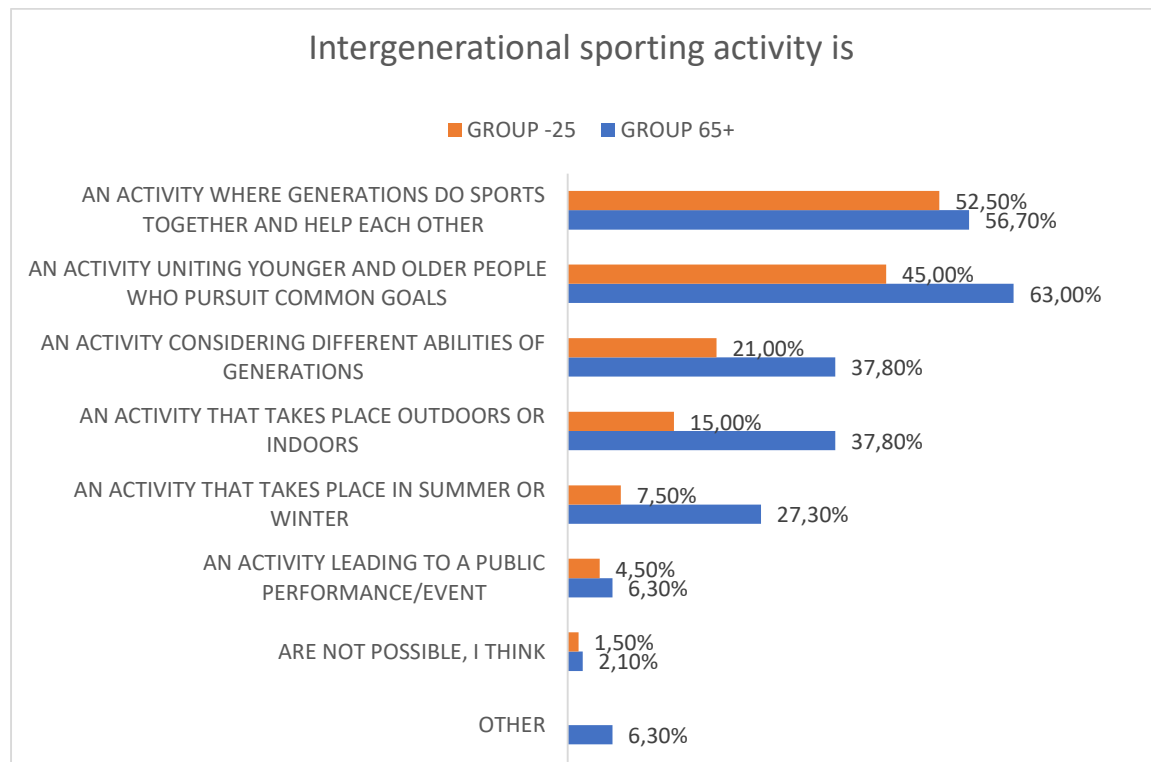
Football: 22.5%
Ball games: 21%
Skiing: 21%

Preferred sports in the age group 65+

Swimming: 37.8%
Cycling: 33.6%
Dancing: 33.6%
Hiking: 23.1%
Badminton: 16.8%
Ball games: 16.8%
Running: 14.7%
Stretching: 14.7%

Swimming ranks the highest among the preferred sports in both age groups with the shares of 37.5% and 37.8%. Swimming is definitely the intergenerational sport of choice. Cycling is not among the preferred sports of younger respondents, but it ranks high in the older age group of respondents. Dancing and hiking and also walking are highly appreciated by both groups. Yoga is not preferred by older people though it is a slower and safe activity, but younger people like it, probably impacted by social media, etc. and global travelling. Running is present in both categories of respondents.

What is the idea of intergenerational sporting activity in the eyes of younger and older respondents?



In the age group -25, intergenerational sporting activity is

an activity where generations do sports together and help each other: 52.5%
 an activity uniting younger and older people who pursuit common goals: 45%
 an activity considering different abilities of generations: 21%
 an activity that takes place outdoors or indoors: 15%
 an activity that takes place in summer or winter: 7.5%

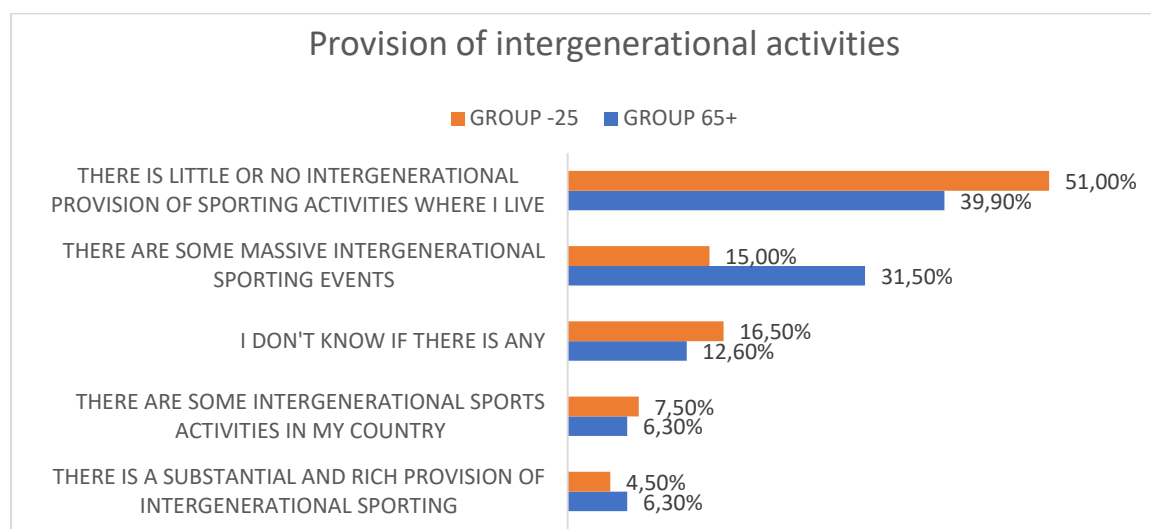
In the age group 65+, intergenerational sporting activity is

an activity uniting younger and older people who pursuit common goals: 63%
 an activity where generations do sports together and help each other: 56.7%
 an activity that takes place outdoors or indoors: 37.8%
 an activity considering different abilities of generations: 37.8%
 an activity that takes place in summer or winter: 27.3%

Younger respondents are of opinion that an intergenerational activity is about helping each other (52.5%). A slightly more important share is in the group of older respondents (56.7%). Both age groups think that intergenerational sporting activities

take in account abilities of younger and older people. They argue that it is a seasonal activity and not one that goes on through the year. This had been expected since generations have their own obligations and need time for them. Common goals are also important in the definition of an intergenerational activity (group of younger respondents 45% and older respondents 63%). An intergenerational activity can take place both indoors and outdoors.

What do respondents think of the existing provision of intergenerational sporting activities in their countries?



In the age group -25

There is little or no intergenerational provision of sporting activities: 51%

I don't know if there are any: 16.5%

There are some massive intergenerational sporting events: 15%

In the age group 65+

There is little or no intergenerational provision of sporting activities where I live: 39.9%

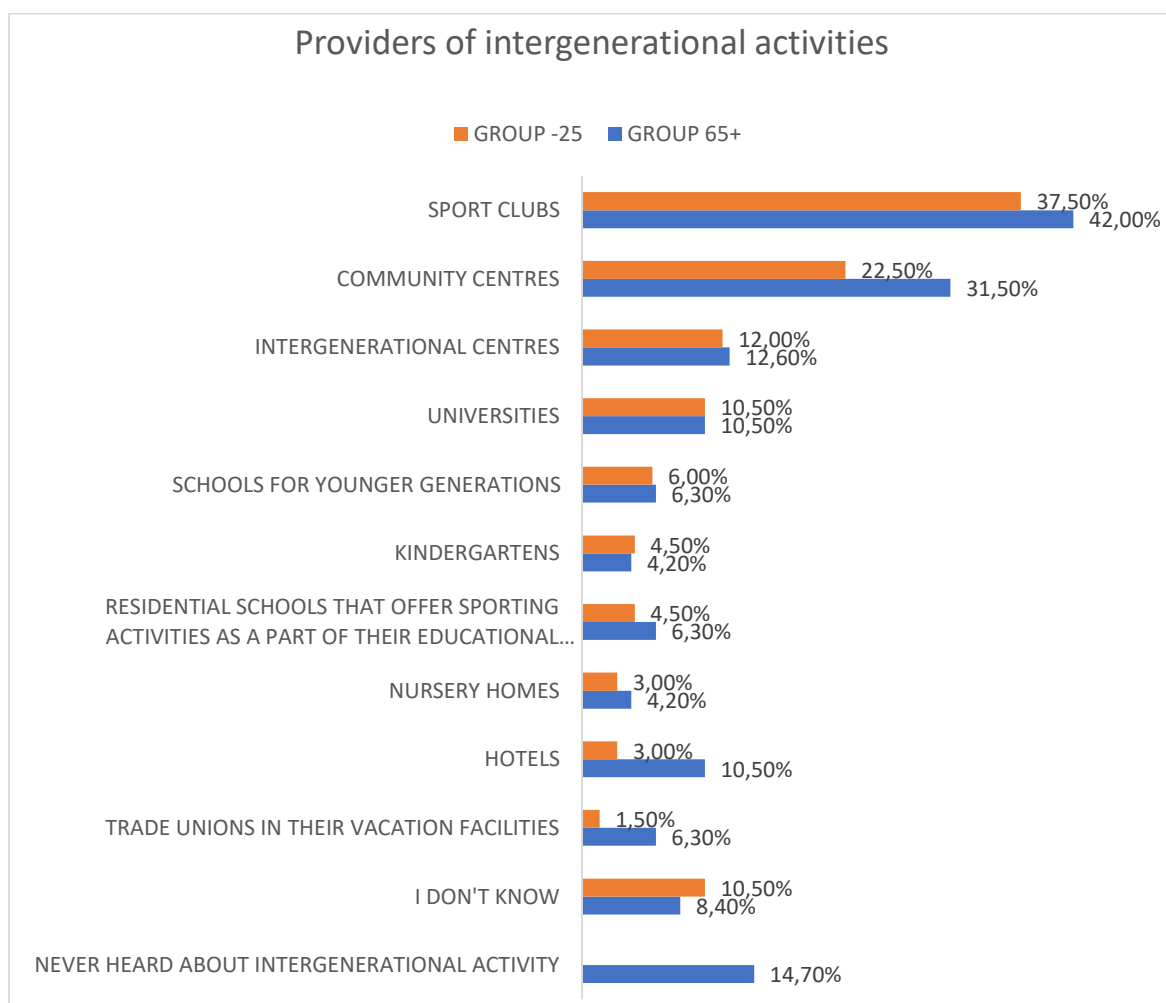
There are some massive intergenerational sporting events: 31.5%

I don't know if there are any: 12.6%

In the young age group, 51% of the respondents report that there is little or no intergenerational activity in their country. The share of older respondents is a bit lower (39.9%). Massive sporting intergenerational events do exist in some countries particularly in Hungary and Slovenia according to young respondents (15%) and according to older respondents (31.5%). Many respondents said that they do not know if there are any intergenerational sporting activities at all, which leads to the

conclusion that intergenerational sporting activities are not structured, are not conceptualized as part of the public sports system, nor are their formats, contents and functions known enough. From these answers can be deduced that there is little provision and above all, there is little awareness about the existence of intergenerational sporting activities.

Who provides intergenerational activities in partners' countries



In the age group -25

Sport clubs: 37.5%

Community centres: 22.5%

Intergenerational centres: 12%

Universities: 10.5%

Schools for younger generations: 6%

In the age group 65+

Sport clubs: 42%

Community centres: 31.5%

Intergenerational centres: 12.6%

Universities: 10.5%

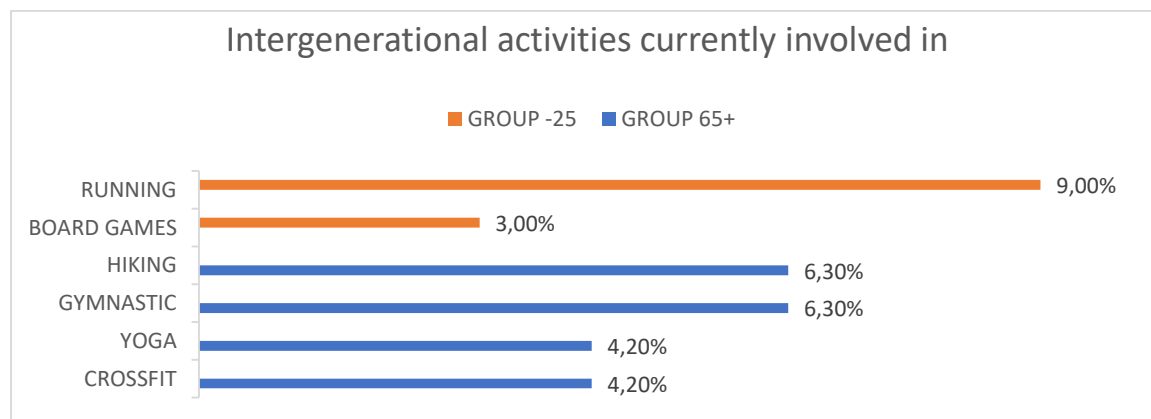
Hotels: 10.5%

Today, intergenerational sporting activities are mostly provided by sports clubs report respondents from the younger age group (37.5%) and 42% in the older age group. There are some hesitations as to the validity of these answers.

Intergenerational activities are often considered as having different generations together, which is not enough (common contents, goals, etc. are needed as well). Quite often are mentioned community centres, 22.5% in the younger age group and 31.5% in the older age group. Community centres are probably the best contact zone for generations to be involved together in the same sporting activity while doing some good for the community. Other answers are less frequent but they can give some idea where to develop such activities, where to build contact zones. Anyway, intergenerational activities function best when related to local communities and to other than sporting contents like historical events, literature, etc., some topic that can be recognized by the community.

In which intergenerational activities are younger respondents and older respondents currently involved

The majority in both age groups did not answer this question which had been expected, however, the majority of those who are involved in intergenerational sports are involved in several of them at the same time.



In the age group -25

Running (running festivals, events, marathons, competitions, virtual running): 9%

Board games: 3%

Other answers: volleyball, yoga, swimming, triathlon, hiking, weightlifting, chess

In the age group 65+

Hiking: 6.3%

Gymnastic, light gymnastic, gymnastic for adults: 6,3%

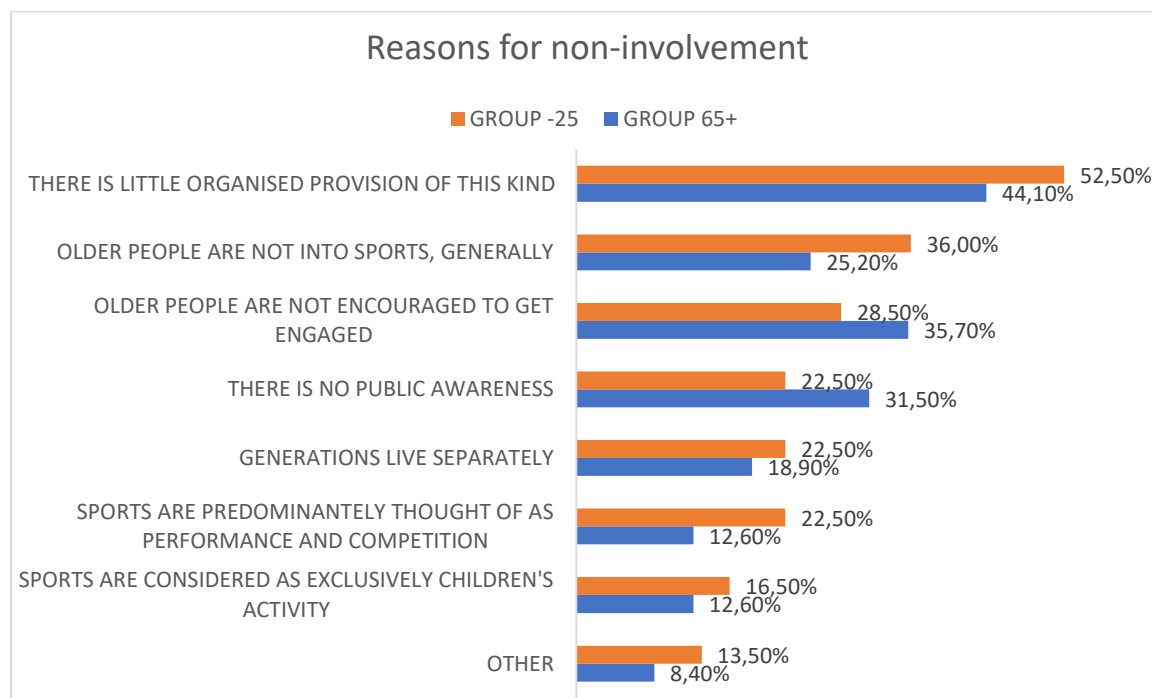
Yoga: 4.2%

Cross fit: 4.2%

Other answers: playing football with young people, intergenerational sports dancing, badminton, ice hockey, karate, cycling, tennis, only with family (son, daughter, grandchildren), playing with grandchildren (trips, ball games, board games), tabata, re-education gym, aerobic, circular training, personal training, handball, handball teaching

There are not significant shares to be reported neither in younger nor older age groups. This fact confirms that intergenerational sporting activities and contact zones, be they within families or elsewhere, are still to be developed and accompanied by huge public awareness-raising on different levels.

What are the reasons for non-involvement?



In the age group -25

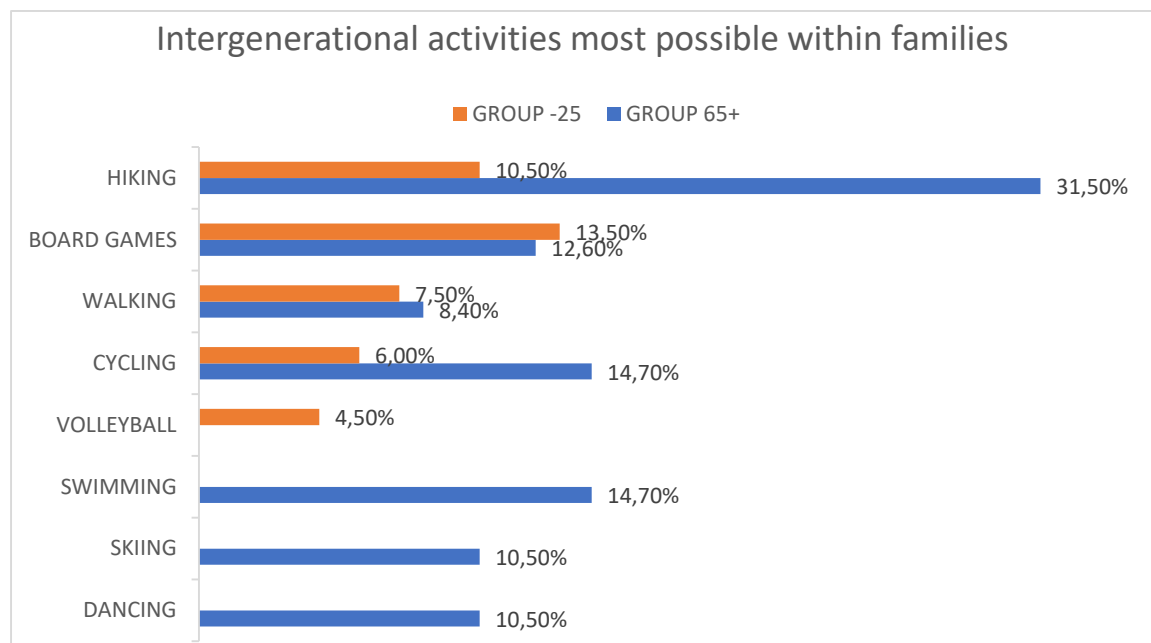
There is little organized provision of this kind: 52.5%
Older people are not into sports, generally: 36%
Older people are not encouraged to get engaged: 28.5%
There is no public awareness: 22.5%
Generations live separately: 22.5%

In the age group 65+

There is little organized provision of this kind: 44.1%
Older people are not encouraged to get engaged in sports: 35.7%
There is no public awareness: 31.5%
Older people are not into sports, generally: 25.2%
Generations live separately: 18.9%

52.5% of younger and 44.1% of older respondents are persuaded that there is little intergenerational organized provision in their country and this is the main reason for non-involvement. Older people are not encouraged to take part in sporting activities (28.5% of younger and 35.7% of older respondents are of this opinion). Public awareness is lacking (22.5% and 31.5%). Further, the respondents report that older people are not engaged in sports, nor do they treasure them. The validity of this answer is limited since the statement can be due to the prevailing stereotypes, and older people are eager to join sporting activities, if and when invited. Therefore, ongoing public campaigning would be needed in order to undertake changing the mindset.

Which intergenerational activities are most possible within families?



In the age group -25

Board games: 13.5%

Trekking, hiking: 10.5%

Cooking, common meals, cooking classes: 9%

Walking, taking out the dog: 7.5%

Cycling: 6%

Volleyball: 4.5%

Other answers: yoga, card games, watching movies, gardening, outdoor recreational sports/sport activities, stretching, running, darts, dialogue without technology, football, ice hockey, fun sport games that are not physically demanding, lower performance demanded sports like board games, simple activities

In the age group 65+

Hiking: 31.5%

Swimming: 14.7%

Cycling: 14.7%

Board games: 12.6%

Skiing: 10.5%

Dancing: 10.5%

Walking, walking in the parks, long walks and nature excursion: 8.4%

Other answers: ball games, sailing, badminton, running, golf, table tennis, camping, games, football, snorkeling, bird watching, any kind of activity might be, outdoor activity, I see no possibility of communication and collaboration between the previous generations and the present one, climbing, bowling, water sports, it depends on as a given family, housework, gardening, everyday work, classic family programs, horseback riding, kayak trips, tennis, watching movies together, gym sports, cooking

As expected, young respondents mostly mentioned activities that already exist within families; playing cards or cooking, etc. Their perception of older people being stereotyped, they were often unable to think of intergenerational activities that do not exist yet.

Answering this question was easier for older respondents. It is understandable that older people are less subject to stereotypes about intergenerational sporting activities. They see sports requiring moving as sports within families. They emphasize that solutions should be tailor-made for each family.

VALIDITY OF THE 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 1 has been confirmed. Respondents in the countries targeted by the project perceive sports as a possible way for generations to help each other, but definitely not as learning about generations and maintaining ties among them which is an objective of intergenerational learning in other fields.

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 2 has been rejected as the partners' countries are concerned. The respondents emphasise that intergenerational sporting activity is one that takes into account the abilities of each and all. Generations have some common affinities to sports among which swimming, dancing, walking, hiking, ball games.

Hypothesis 3 - Younger and older generations have mostly been influenced by an interaction of different factors impacting their involvement in sports through life.

This hypothesis has been confirmed. The situation is different in different countries but respondents were mostly under the influence of several factors; their peers and friends, the vicinity of the sports clubs. Among the most frequent reasons for dropping an activity were mentioned stressing transitional events, the transition from primary to secondary socialisation but also long-term illness or injury.

Hypothesis 4 - Younger and older generations have psycho-social needs that motivate them to be involved in sports.

The hypothesis has been confirmed. Younger people find in intergenerational sports a possibility to get help and older people to be generative and protective. Younger people as a psychologically vulnerable group according to general perceptions feel on the safe side when they are with older family members and older people in general. Older people consider themselves as a burden to society and integrative intergenerational activities might help them to alleviate this feeling.

Hypothesis 5 - Some preferred sport activities of younger and older generations overlap.

Hypothesis 5 has been confirmed with the most popular sports in both age groups being Swimming, which ranks the highest among the preferred sports in both age groups with the shares followed by hiking for young people and cycling for older people. The overlapping affinities of both age groups go also to dancing, running and ball games. Results in single countries may differ a lot. But these activities are shared by all included EU partners' countries.

Hypothesis 6 - There are not enough intergenerational sporting activities provided for in partners' countries.

Hypothesis 6 has been confirmed. Especially smaller country towns and villages lack adequate organized sporting opportunities and they also lack intergenerational sporting opportunities. Bigger cities offer more opportunities in terms of large-scale running competitions and intergenerational family sports festivals.

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 7 has been partly confirmed. The existing sports provision is mostly provided by intergenerational and community centres as well as sports clubs and new activities could be set up there. There is a danger however that these organisations might be strongly opposed to, or might not understand the need to change. In that case more successful would be a new organisation, new contact zones entirely devoted to intergenerational sports.

Hypothesis 8 - New intergenerational sporting activities should consolidate generational ties and raise public awareness.

Hypothesis 8 has been confirmed. Respondents are persuaded that older people are not encouraged enough to participate in open, accessible and other sporting activities.

FINDINGS



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



About gender, age, educational background and availability for getting into intergenerational sports

- Women, be they under 25 or over 65, are more open to new experience including intergenerational sports.
- Intergenerational sports can be attractive for heterogeneous groups with quite different educational backgrounds.
- The educational gap between younger and older people will continue widening.
- Younger people under 25 and older people over 65 are in the same state - liberated of the constraints of numerous and demanding social roles.
- Being married or in couple may diminish the desire to be included in intergenerational sports.
- Older women over 65 are more eager to participate in all sorts of social activities than men who have a tendency to be idle relying on their wives' emotional support.

About sports

- The landscape may have an influence on the choice of sports.
- Sports are perceived as competition mostly by younger people.
- Sports are not perceived as a source of equality and solidarity by younger nor older people.
- It is important to examine the perceptions of sports before starting an intergenerational sporting activity.
- Both younger and older people highly appreciate sports for being healthy.
- Knowing how sports are perceived is important for searching common grounds for establishing contact zones.

Perceptions of generations and intergenerational sports

- Young people are more able to adjust and are not hindered by past experiences like older people.
- Young people have a lot of technological knowledge, they are psychologically vulnerable, physically strong and unemployed.
- Older people are perceived as knowledgeable, protective, retired, frail, sedentary who do not like moving and as people who are our friends travelling with us through life.
- Older people identify with their status of retirement.
- Intergenerational bonds should be built on the perceived different but compatible characteristics of younger and older people.
- Young people are psychologically vulnerable, and older people, whom they find protective, are compatible with them.

- Intergenerational sports might change older people's perception of themselves as being a burden to society.
- Young people and older people can exchange technological knowledge and the knowledge of the world within intergenerational sports.
- Technological knowledge could be integrated in the intergenerational sporting activities (Zoom, Skype, common creation of intergenerational programmes and intergenerational games).

About family

- Older people feel that part of their family have psycho-social needs and count on emotional ties with the rest of the family (over count).
- Family could be one of the contact zones.
- To consolidate generational ties within family, intergenerational sports can be tied with local community.
- In most countries, family is seen as the pillar of society.

Deciding to take on a sporting activity

- The choice of the first sporting activity depends mostly on the mother as the first child's carer. Sometimes both parents have this role.
- In ex-socialist countries, children had a lot of freedom and went into sports on their own.
- Young and older people take on a sporting activity because they like it.
- Taking on sporting activity and maintaining it depends on the relationships with peers and friends, though belonging seems to be less important for younger people than for older people.
- Knowing the affinities of generations towards single sports is of overwhelming importance.

Making intergenerational sports feasible, attractive and known

- Both younger and older people can be attracted to intergenerational sports. One should approach their groups, organisations, neighbourhoods to this end.
- Intergenerational sports will be a new community experience for younger people.
- Older people do not like moving a lot, children do not like walking that much.
- There are many different individual reasons for dropping a sporting activity.
- Younger people report a stressing life transition and injuries as most frequent reason for dropping a sporting activity.

- Health, and for older people remaining autonomous, are most visible arguments in favour of intergenerational sports to be put forward by providers of sporting activities.
- Swimming is an intergenerational sporting activity of choice, followed by dancing and hiking.
- Cycling is not among the preferred sports of younger respondents, but it ranks high in older age groups of respondents.
- Yoga is not preferred by older people contrary to younger people.
- Younger and older people consider intergenerational activity as mutual help.
- Common goals are important for intergenerational sporting activities.
- An intergenerational activity takes into account the abilities of all.
- It is a seasonal activity.
- An intergenerational activity can invariably take place indoors or outdoors.

About the conceptualization, provision and awareness of intergenerational sports

- Young and older people report that intergenerational activities are mostly non-existent.
- Massive sporting intergenerational events do exist in some countries, particularly in Hungary, Slovenia and Italy.
- Massive intergenerational sporting events are related to historical events, literature, overcoming health condition, or other topics that can be recognized by the community.
- Intergenerational sporting activities are not part of the sports systems, neither are they conceptualized. There is little provision and little awareness of the existence of intergenerational sporting activities and their formats, contents and functions.
- Intergenerational sporting activities are mostly provided in sports clubs.
- Community centres are probably the best contact zone for generations eager to be in sports together.
- Other possible providers are clubs, kindergartens, nursery homes, hotels, residential schools, universities, vacation clubs.
- Intergenerational sporting activities function best when related to local communities.
- Intergenerational sporting activities and contact zones, be they within families or elsewhere, are to be further conceptualized, established and accompanied by huge public awareness campaigning.
- Older people are not encouraged to take part in sporting activities.
- Perception of older people is often stereotyped and young people cannot figure out intergenerational activities that do not exist yet.
- Intergenerational sporting solutions are to be different for each family.

CONCLUSION AND RECOMMENDATIONS

According to this Funmilies Survey Research (2021) younger and older respondents tend to look at sports in a similar manner. They all consider sport as a pleasurable, healthy, community activity that brings people together. In the eyes of the respondents in all targeted countries, sports are more associated with moving, pleasure and game than with negative phenomena such as doping, fraud or pain and suffering. The majority of the respondents think it is a recreation and leisure-time activity and not a professional and competitive one.

When not supervised and directed all the time, young people have a possibility to discover a sporting activity on their own together with their peers, while the vicinity of sports clubs is also decisive. The individual's psycho-social needs, like the need to belong and to be part of a group, play an important role. The will to belong is shared by both age group of respondents.

Today the will of the parents as to their children's first sporting activity is important. Parental education would be needed as sports are concerned.

The main motives for maintaining participation in sports are highly similar in the two age groups. Almost all of the respondents stated that one of the main reasons for being involved in sports is the fact that they like it. But they also stated, even the young ones, that it is a healthy activity and that they are involved in sports to remain healthy. The fact that the younger age group is so highly concerned by health had not been expected. It can be concluded that health has become a topic of a life-course approach.

The community forming aspect was relevant for both age groups. Sports have a role in developing a certain lifestyle and helping participants to have control over their lives. Sports help both age groups to be more stable in life.

There are overlapping activities and affinities and some intergenerational sports already exist particularly in the format of ritual, mostly annual, massive intergenerational events associated with a topic like historical events, literature or the need to face a health condition.

When interviewees were asked to name a couple of opportunities for intergenerational activities within families a number of answers were recorded. Concerning physical activity and sports, outdoor recreational activities, such as hiking and walking were mentioned the most times. Other low-resistance activities, such as running and swimming were also quoted more often. Other popular sport-related answers involved games played with a racket, like badminton, ping-pong or tennis. Both younger and older generations believe that board

games, such as chess can bring together different members of the family. Less frequently different ball games were mentioned as well. Non-sports related activities often involved cooking, walking the dog, and any other relevant household activities. Family can be considered as an important contact zone.

There are many possibilities for contact zones to be based on intergenerational sports. Contact zones are to be built anew or in some cases, the old ones could be used with different activities (way of life) thus consciously creating ties among the participants and with the local community. Family can be considered as a contact zone as well. The existing organisations mostly don't offer conceptualised intergenerational sports.

Introduction of intergenerational sports, developing and maintaining them, should be accompanied by ongoing public campaigning (changing the mindset) which is possible only when based on theories of intergenerational learning and sports and not only on the description of intergenerational sporting initiatives, etc.

The compiled results of the nationally conducted Survey Research have shown that building up intergenerational contact zones is highly dependent on the interested and attracted individuals and their preferences, traditions in the environment and its natural possibilities (landscape). The initiatives can hardly be conducted top-down or can hardly be imposed using marketing techniques. Instead of marketing, methods of animation are to be used (approaching the whole environment, not only age groups).

Setting up contact zones needs animation (triggering changes in local people) and an EU Compiled Survey Research results are far less relevant than the national research results or even better local ones. The more local the solutions are, the more they dwell on local resources, the more they are common creation of the participants, the more attractive they are for local people of different generations, the better are possibilities for the intergenerational formats to survive over a long period of time. Sporting activities are to be connected with other community activities (social practice).

In the research report authored by the Hungarian partner the following findings were developed into principles concerning the introduction of intergenerational sports:

- (1) The most important aspect of these activities is **FUN**. As it was both younger and older generations they engage in sporting activities, because they **like it** and not because someone pressures them to do so. **Playing the GAME** is the fundamental aspect of intergenerational sports, therefore these activities must be playful and accessible. On the other hand, preserving health is also important, especially for older generations.

- (2) **Participation over competition and winning.** As it was also confirmed by the interviews, older people tend to prefer those activities that are less competitive and focus on the **joy of participation**. Many people take part in sports in order to be part of the **community**, this way intergenerational sporting activities can represent ultimate opportunities to **link family members and generations together**.
- (3) **Open-mindedness and encouragement.** There often tends to be a participation burden for older people to engage in sporting activities. It is the role of the younger generation to encourage older people to take part in sporting activities and create a **welcoming atmosphere** where everybody is valued regardless of their age. Societal prejudices towards the old generation often prevent their involvement in sporting activities, the younger generation must be educated to fight against and dismantle these attitudes. Projects like Funmilies can help them realize the importance of open-mindedness not only towards their peers but also towards the members of older generation.

In conclusion, intergenerational sporting activities are possible and welcome narrowing the generational divide on condition they involve focusing on fun and participation instead of competition. They are to create a welcoming atmosphere where all generations are equally valued.

5. LITERATURE AND REFERENCES

All-time Paralympic Games medal table - Wikipedia

Ancient Olympic Athletes - Leonidas, Melankomas, Milon

Athletic Games and Democracy - Greece Is (greece-is.com)

Bácsné Bába, É. et al: Physical Activity of the Population of the Most Obese Country in Europe, Hungary. *Front Public Health*. 2020; 8: 203. Published online 2020 Jun 2. doi: 10.3389/fpubh.2020.00203

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

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.

Chauvet, L. (2002) *Le Destin des générations, structures sociales et cohortes en France au XXe siècle*, Paris: Presses universitaires de France.



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Cohen, A. P. (1985) *The Symbolic Construction of Community*. London: Tavistock.

Condini L., 2018, La nascita e lo sviluppo dello sport in Italia.

Côté, J. (1999). The influence of the family in the development of talent in sport. *The Sport Psychologist*, 13(4), 395–417.

Country ageing data | Data | Global AgeWatch Index 2015 (helpage.org)

De Pascalis P., 2012, Storia dello sport moderno in Italia.

Dowling, F. (2015). Parents' narratives of physically educating their children at the interplay of home and school. *Qualitative Research in Sport, Exercise and Health* m1–17. [\[Google Scholar\]](#)

Dumazedier, J. (1962): *Vers une civilisation du loisir*. Paris: Editions du Seuil.

Elliott, S. K., & Drummond, M. J. (2015). Parents in youth sport: What happens after the game? *Sport, Education and Society*.

Findeisen, D. Social commitment of adult education and its role in ensuring a better access to adult education, *Equality-Inequality of Adult education Opportunities in Europe*,

Findeisen, D. et al (2013) *Characteristics of Older Adult education*. Ljubljana: Društvo za izobraževanje za tretje življenjsko obdobje.

Fonte elaborazione Monitor Deloitte su dati ISTAT, 2019.

Fraser-Thomas- J., Côté, J., Deakin, J. (2008). Understanding dropout and prolonged engagement in adolescent competitive sport. *Psychology of Sport and Exercise*, 9(5), 645–662.

Gillies, V. (2005). Raising the 'meritocracy': Parenting and the individualization of social class. *Sociology-the Journal of the British Sociological Association*, 39(5), 835–853.
https://en.wikipedia.org/wiki/Sport_in_Bulgaria

Istat, 2015, Pratica sportiva

Lestini G., L'educazione fisica e lo sport dal XIX secolo ad oggi.

MacPhail, A., & Kirk, D. (2006). Young people's socialisation into sport: Experiencing the specialising phase. *Leisure studies*, [\[Taylor & Francis Online\]](#).

Mannheim, K.(1990) Le problème des générations. Paris: Armand Colin.

Older people in Greece are seen as a burden and are not encouraged to live independent, active and fulfilling lives – Ageing Equal (ageing-equal.org)

Olympic Medals by Country 2021 (worldpopulationreview.com)

Strandbu, A., Bakken, A., Stefansen, K- (2020) The continued importance of family sport culture for sport participation during the teenage years. *Sport, Education and Society*, 25:8, 931-945.

The legacy of ancient olympic games - Διεθνής Ολυμπιακή Ακαδημία (ioa.org.gr)

Wheeler, S., Green, K. (2014). Parenting in relation to children's sports participation: Generational changes and potential implications. *Leisure Studies*, 33(3), 267–284. [\[Taylor & Francis Online\]](#),

Οι ηλικιωμένοι θύματα της κοινωνικής αναλγησίας | Alfavita

Annex 1 – Best Practices

HUNGARY

Best practice 1

Name of the organisation:

Hungarian Leisure Sport Association

Year of establishment:

1989

Established by:

Local and regional Leisure Sport Associations

Main target group:

Hungarian citizens in general, but especially those who have less opportunity to take part in organized sporting events.

Mission statement (what organisation wants to achieve):

Promotion of Sport For All among all generations.

Main sports practiced:

All sports that promote physical activity and well-being.

Main initiative featuring inter-generational sports:

The Family Sport Festival was one of the biggest #beactive events of Hungary in 2017, 2018 and 2019 as well. As the official "warm-up" event for the European Week of Sport (EWoS), a giant sport village was created where everyone could find some exciting sports to try.

URL: <https://masport.hu>

Best Practice 2

Name of the organisation:

Bozsik Cross-Country Ski School

Year of establishment:

2000

Established by:



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



The Ski School was established by coaches and P.E. teachers.

Main target group:

All age groups

Mission statement (what organisation wants to achieve):

Promote and popularize ski running (cross-country ski) and Nordic Walking in Budapest.

Main sports practiced:

Nordic Walking, Cross-Country Ski

Main initiative featuring inter-generational sports:

The Nordic Walking Day was organized on the 5th of October, 2019 within the frameworks of the Budapest, the European Capital of Sports 2019 campaign. The open event attracted over 100 participants from all age groups.

URL: <https://sifutas.hu>

GREECE

Best practice

Name of the organisation:

“Creating a tech tool to promote European Traditional Sports and Games (TSGs) from an intergenerational and inclusive perspective”

Year of establishment:

2017

Established by:

- Fundacion Universidad San Jorge
- National and Kapodistrian University Of Athens
- Association Europeenne Des Jeux Etsports Traditionnels
- Baranta Hagymanyos Magyar Harcmuveszetek Orszagos Szovetsege

Main target group:

Primary and secondary school students, physical education teachers, trainers and coaches

Mission statement (what organisation wants to achieve): The main purpose of this project is to contribute to an innovative dissemination and promotion of European Traditional Sport and Games (TSGs) as an inclusive and intergenerational cultural and social asset.

The main tasks of this project include:



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



- The Identification of traditional European Sports and Games that are generationally transmitted and still played in a community.
- Enabling European citizens to upload other games on the official webpage and through a mobile application
- Creating interactive pedagogical material for primary and secondary schools

Main sports practiced: No sports practiced. Theoretical work.

Setting (contact zone): Spain, Greece, France, Hungary

URL: <http://geoludens.eu/home/>

<https://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/#project/579689-EPP-1-2016-1-ES-SPO-SSCP>

ITALY

Best practice 1

Name of the organisation:

Cittadinanza Attiva Emilia Romagna

Year of establishment:

Cittadinanzattiva was born as Movimento federativo democratico in 1978 on the initiative of groups of young people of catholic and democratic inspiration with a passion for politics. The Movement is secular and open to all.

On June 2000, the National Congress of Chianciano sanctions the new structure of the Movement and decides to change the name to "Cittadinanzattiva".

Established by:

Cittadinanzattiva APS is a civic participation movement that operates in Italy and Europe for the promotion and protection of the rights of Citizens and Consumers.

Cittadinanzattiva Emilia-Romagna is the regional structure of the movement, with offices located throughout the region.

Main target group:

European citizens

Mission statement (what organisation wants to achieve):

Protection of citizens' rights.

Main sports practiced:

The sport of bocce for intergenerational development in the youth and older population.

Stimulating older people with the game of bocce bowls.



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Setting (contact zone):

Bologna, Emilia Romagna regional capital.

Cittadinanzattiva Emilia-Romagna

Via Castiglione, 24 - 40124 Bologna

URL: <https://buonepracticesociali.cittadinanzattiva-er.it/lo-sport-delle-bocce-per-lo-sviluppo-intergenerazionale-nella-popolazione-giovanile-e-senior/>

Best practice 2

Name of the organisation:

Project EMAF – European Masters Athletics Festival for Silver Age
coordinated by FIDAL - Federazione Italiana di Atletica Leggera

Year of establishment:

2020

Established by:

Municipality of Ancona, Marche Region, Italian National Olympic Committee – CONI, Istituto Nazionale di Riposo e Cura per Anziani – INRCA, a National Scientific Institute which operates in the geriatric and gerontological field, the Regional School Office for Marche Region – USR

Main target group:

People of any age

Mission statement (what organisation wants to achieve):

The effects of sport on physical and mental well-being in adulthood, and sport social benefits.

Main sports practiced:

Road race (10 km), social walk, athletics.

Setting (contact zone):

City centre of Ancona and at Palaindoor, Marche regional capital.

URL: <https://european-masters-athletics.org/about-ema/news-overview/1787-ema-f-european-masters-athletics-festival-for-silver-age.html>

Best practice 3



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Nonni e bambini insieme in palestra per stare insieme come una volta
“Nonni, giochiamo insieme?”

Name of the organisation:

- Anteas Volontari San Martino Paese O.d.v.
- Casa di Riposo “Casa Gino e Pierina Marani” di Paese
- Comune di Paese

Year of establishment:

nasce il 4 novembre 2005

Main target group:

Children, adults and older adults, residents of the town of Paese.

Mission statement (what organisation wants to achieve):

To promote volunteerism in communities to build a more supportive and caring society, without barriers and divisions.

Main sports practiced:

Old childhood games, physical activity, dance, recreational motor activity.

Setting (contact zone):

Gym of Paese.

URL:

<https://www.casamarani.it/>

<http://www.volontarianmartinopaese.it>

Best practice 4

CESENA CAMMINA (CESENA WALKS)

Name of the organisation:

Municipality of Cesena, the Health Regional Agency (AUSL) and CAI (Italian Alpin Club)

Year of establishment:

2007

Main target group:

Citizens and families



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Mission statement (what organisation wants to achieve):

To make sport an opportunity for all, intended as a health tool, integration, education and respect.

Main sports practiced:

Walking around the city.

Setting (contact zone):

The project is offered every year from 2007 and the groups have been multiplied in the nearby territories (Cesenatico, Cesena-Oltreviso district, Cesena- Al Mare District, Longiano, Gambettola, and Savignano) and many of them have been activated autonomously.

URL: <http://www.comune.cesena.fc.it/cesenacammina>

Best practice 5

Anziani e Bambini insieme: i cinque sensi in gioco

Name of the organisation:

- Azienda Speciale Retesalute
- Lunaria (Italia)

Duration: 2012-2014

Funded by: Commissione Europea

Main target group:

Children (3-9 years) and older people over 70 years old.

Mission statement (what organisation wants to achieve):

Promoting intergenerational learning through sport and sport-related activities.

Main sports practiced:

Older people and children together: the 5 senses at play

Series of recreational activities: games with balloons, modelling dough, painting with tempera, gardening, music and other activities related to the discovery (and re-discovery) of the five senses.

Setting (contact zone):

Lecco, Asilo Nido Casa Vincenza e Centro Diurno per Anziani Laser.

cooperativa sociale L'Arcobaleno e la cooperativa sociale Sineresi

Setting: struttura residenziale per anziani Hotel Adda



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



URL:

http://www.retesalute.net/index.php?option=com_content&view=article&id=154&Itemid=227

Best practice 6

Intergenerational Laboratories project “Anziani e Bambini Insieme”

Name of the organisation:

SCUOLA DELL'INFANZIA Paritaria “DON FRANCO FACCHETTI”

RESIDENZA PER ANZIANI “LEOPARDI” A VILLASTANZA

Year of establishment:

School 1876

Activities period: scholastic year 2017/2018.

Established by:

Scuola dell'Infanzia Parrocchiale di Villastanza

Main target group:

Group 15/18 of children + (15/20) older people

Mission statement (what organisation wants to achieve):

The aim of this project is to activate Intergenerational Laboratories between children and older people and to support events that can develop skills and knowledge, encouraging the development of pro-social intelligence by stimulating intercultural and intergenerational dialogue, developing our children towards those altruistic feelings that are able to trigger the processes of reciprocity.

Main sports practiced:

Dance, game, creative workshop.

Setting (contact zone):

Via San Sebastiano, 8, Frazione Villastanza - Parabiago MI (Italy).

Scuolainfanziovillastanza.it

URL: <https://scuolainfanziovillastanza.it/progetto-di-laboratori-intergenerazionali/>

SLOVENIA

Best practice 1



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



The Volkswagen Ljubljana Marathon

has become well-known as a running and sporting event. Every year the streets of the capital Ljubljana are flooded by runners. The numbers show that the interest in this type of recreation and socializing has been increasing. Every year the organizers of the Volkswagen Ljubljana Marathon try to do their best. New records and increasing numbers of the participants are quite telling in this sense. For instance, the 17th Ljubljana Marathon introduced a few novelties, such as the »Tečem« — EXPO Volkswagen Ljubljana Marathon fair. With over 40 000 visitors and a wide provision show that this is the kind of event that Slovenian runners want.

The fair is aimed at everybody: runners, their families, athletes, fans and passers-by. There will be free admission. You'll walk among the various providers of sports brands, providers of nutritional supplements and other exhibitors who want to address the most active population.

Name of the organisation:

Municipality of Ljubljana

Year of establishment:

1996

Established by:

Municipality of Ljubljana

Main target group:

Inhabitants of Slovenia and international participants of all ages; runners, their families, athletes, fans and passers-by.

Mission statement (what organisation wants to achieve):

Making running popular and promoting health by sports.

Main sports practiced:

running

Setting (contact zone):

The streets of Ljubljana, Gospodarsko razstavišče, the venue of Ljubljana Fair

URL: <https://vw-ljubljanskimaraton.si/en/>

Best practice 2

Intergenerational sports within associations of patients with kidney conditions



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



united within the United Kidney Patients Associations of Slovenia

Societies of patients with health conditions are numerous in Slovenia (pulmonary, oncological, cardiological patients, etc.) These associations are mostly very active and visible taking care of socialization as well as education and sports of their members. Since patients are of different age and activities are for all members and since sports in associations have become a shared way of life, sports within these associations are naturally intergenerational. To illustrate this point, patients with renal health conditions or transplanted kidneys are members of the United Kidney Patients Associations of Slovenia. Most societies united in this federation are active in the field of knowledge and raising awareness as to renal health conditions and health, socialization and intergenerational sports.

Name of the organisation:

ZDLB Slovenije - United kidney patients associations of Slovenia

Established by:

A group of patients and experts in the field

Main target group:

Patients with renal health conditions and their families

Mission statement (what organisation wants to achieve):

The organisation is meant to better kidney patients' life, to make them visible, heard and socially integrated.

Main sports practiced:

Members participate in local, national and world competitions in the field of swimming, athletics, table tennis, bowling, badminton and cycling.

Setting (contact zone):

All over Slovenia

Facebook page:

<https://www.facebook.com/ZdlbSlovenije/>



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Credit: United Kidney Patients Associations of Slovenia

BULGARIA

Best practice

Name of the organisation:

Active Bulgarian Society

Year of establishment:

2013

Established by:

A group of 9 active young people

Main target group:

ABS works mainly with local volunteers, youth workers, non-profit organizations, social workers and citizens from the European Union and the partner countries.

ABS was partner and organizer of projects with young leaders, youngsters with fewer opportunities and youth from a disadvantaged background.

Mission statement (what organisation wants to achieve):

In ABS we try to create proactive attitudes towards social inclusion and global issues in our local society; to encourage participation and involvement of young people in social processes and to develop practical skills in non-formal and informal education through different methods (conferences, meetings with local representatives of the state, flash mobs, workshops, etc.)

Main sports practiced:

Massive grassroot sports, old traditional games, football, basketball, volleyball, etc.

Setting (contact zone):

Active Bulgarian Society, Headquarters

URL: <https://www.activebulgariansociety.org/>

<https://www.facebook.com/ActiveBulgarianSociety/>

<https://www.instagram.com/activebulgariansociety/>



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Annex 2 – Survey Research Questionnaire

Country:

Name of the researcher:

Date, place and hour of interview:

Survey on The Readiness to Undertake Intergenerational Sporting Activities

Dear participant in the survey

We appreciate and are thankful for your participating in this survey on the attitude towards somatic culture in your country and generational preferences in terms of sporting activities and sports. The purpose of this survey conducted within the ERASMUS+ European project Funmilies is to measure the preferences younger and older populations have towards single sports. Your contribution to this survey is invaluable for designing intergenerational sporting activities for families and creating a richer community provision.

(The researcher's name and
organization)

Date and place:

A. IDENTITY, SOCIAL, BUILT AND NATURAL ENVIRONMENT

First name:

Last name:

Tick the statements applying to you, please.

Gender:

☐ Male

☐ Female

Educational background, studies completed:

☐ Elementary school

☐ Vocational school

☐ Secondary general education school

☐ Graduate studies

☐ Post-graduate studies

Profession/job/status

☐ Child

☐ Secondary school pupil



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



- ☐ University student
- ☐ Employed
- ☐ Unemployed
- ☐ Between work and retirement
- ☐ Retired

I belong to the age box

- ☐ 12-16
- ☐ 17-25
- ☐ 65-74
- ☐ 75-84

Marital status:

- ☐ Single
- ☐ In couple
- ☐ Married
- ☐ Separated
- ☐ Divorced
- ☐ Widowed
- ☐ Other:

Who do you currently live with? Tick an answer. Several answers are possible.

- ☐ Mother
- ☐ Father
- ☐ Brothers and sisters
- ☐ Spouse
- ☐ Partner
- ☐ Grand father
- ☐ Grand mother
- ☐ Aunt
- ☐ Uncle
- ☐ Cousin
- ☐ Friend
- ☐ Alone
- ☐ Other:

Where are you living now? Tick an answer.

I am living in

- ☐ a village.
- ☐ a settlement up to 10 000 inhabitants.
- ☐ a country town.
- ☐ a city with more than 100 000 inhabitants.
- ☐ a large town with more than 1 000 000 inhabitants.

What is the landscape around you like? Several answers are possible.



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Where I am living it is mostly/there are:

- ☐ Flat
- ☐ Hilly
- ☐ Mountainous
- ☐ Lakes
- ☐ Sea
- ☐ Streams
- ☐ Sea
- ☐ Ocean
- ☐ Woods
- ☐ Other:

B. PERCEPTION OF SPORTS AND SPORTING ACTIVITIES

Tick up to five answers. Sport is mostly perceived as:

- ☐ Moving
- ☐ Performance
- ☐ Professionalism
- ☐ Competition
- ☐ Public activity
- ☐ Healthy activity
- ☐ Game
- ☐ Spectacular event
- ☐ Myth
- ☐ Community activity
- ☐ Idealized picture of society
- ☐ Equality
- ☐ Solidarity
- ☐ Visibility
- ☐ Work
- ☐ Recreation, leisure time activity
- ☐ Pleasure
- ☐ Painful activity
- ☐ Activity under the negative pressure of money
- ☐ Activity under the negative pressure of media
- ☐ Doping
- ☐ Financial fraud
- ☐ Other:

C. PERCEPTION OF GENERATIONS AND FAMILY

How are young people perceived? Tick up to five answers, please.

Young people are/have:

- ☐ Mostly better educated than older people
- ☐ A lot of technological knowledge



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



- ☐ Physically strong
- ☐ Psychologically vulnerable
- ☐ Beautiful
- ☐ Concentrated on their body and performance
- ☐ Considerate
- ☐ Self-confident
- ☐ Lost generation due to social, sanitary, economic and political circumstances
- ☐ Unemployed
- ☐ Other:

How are older people perceived? Tick up to five answers, please.

Older people are:

- ☐ A financial burden to society
- ☐ Grudge
- ☐ Joyful
- ☐ Knowledgeable
- ☐ Numerous
- ☐ Part of our family
- ☐ Poor learners
- ☐ Protective
- ☐ Free
- ☐ Retired
- ☐ Sedentary, do not like moving
- ☐ Frail
- ☐ Sick
- ☐ They travel with us through life
- ☐ Other:

How is family perceived? Tick up to five answers, please.

- ☐ Younger and older generations within families are very close in my country.
- ☐ Families are mostly nuclear.
- ☐ Other family members than father, mother and children live with us.
- ☐ Younger and older members of the family value the same things.
- ☐ Younger and older members of the family are equally appreciated.
- ☐ Family is the pillar of our society.
- ☐ Family is a burden to younger generations.
- ☐ Family members help each other a lot.
- ☐ Older family members take important decisions for the family.
- ☐ Younger family members take important decisions for the family.
- ☐ Other:

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

Tell us about your mother and father. Tick the statements applying to you:

My mother/father is/was in



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



higher managerial and professional occupations.

☐ My mother ☐ My father

lower managerial and professional occupations.

☐ My mother ☐ My father

intermediate occupations (clerical, sales, service).

☐ My mother ☐ My father

small employers and own account workers (including farmers).

☐ My mother ☐ My father

lower supervisory and technical occupations.

☐ My mother ☐ My father

semi-routine occupations.

☐ My mother ☐ My father

routine occupations.

☐ My mother ☐ My father

Did not work, were not employed.

☐ My mother ☐ My father

Why have you got involved in sports so far? Tick the answers you agree with. Several answers are possible.

☐ I started being involved in sports under the influence of my physical environment (woods, lakes, sea, play grounds, parks, TV programs, Internet).

☐ I started being involved in sports because there was a sport club in the vicinity.

☐ I got involved in sports my parents did/ liked.

☐ I started being involved in sports under the influence of my peers, friends.

☐ When I was a child I enjoyed a lot of freedom and went into sports myself.

☐ I wanted to be socially recognized and loved.

☐ I wanted to belong.

☐ I wanted to be successful.

☐ I wanted to learn and know more.

☐ I wanted to share some moments with my family members.

☐ Other:

Why did/do you maintain your sporting activity. Several answers are possible, tick them

☐ I liked/like it.

☐ I had/have already invested a lot of energy and time into it.

☐ I moved up very high.

- ☐ I had developed a certain style of life being in sports.
- ☐ It helped me to have control over me and my life.
- ☐ My friends were/are there.
- ☐ I liked/like being part of a group, community.
- ☐ I am a perfectionist.
- ☐ It made/makes me feel more stable.
- ☐ I was/am recognized.
- ☐ My coach wanted/wants it.
- ☐ My parents insisted/insist that I should be into sports.
- ☐ Other:

When or why did you drop a sporting activity? Several answers are possible, tick them.

- ☐ I suffered from a long term illness.
- ☐ My parents thought that my activity was harming our family life.
- ☐ The economic situation of my family changed.
- ☐ There were no sport organisations in the vicinity.
- ☐ There was no public transport.
- ☐ Sport activities are not for people of my age.
- ☐ I took on my first job.
- ☐ I started my own family or household.
- ☐ I started my military service.
- ☐ I went through a stressing life transition.
- ☐ Sports provided for were not for older people.
- ☐ I do not feel like moving a lot.
- ☐ I am afraid to get hurt and lose my autonomy.
- ☐ Other:

Why did you take up a sporting activity again? Several answers are possible, tick them.

- ☐ My family wanted me to do it.
- ☐ My children wanted it for me.
- ☐ I have always had some sporting activity in my life.
- ☐ I want to remain healthy.
- ☐ I want to have some structure in my life.
- ☐ Educated people should take care of themselves.
- ☐ I wanted to cope with my work overload.
- ☐ I would like to remain healthy as long as possible.
- ☐ I would like to remain autonomous.
- ☐ Educated people have to have some sporting activity.
- ☐ Other:

E. PREFERRED SPORTS

Which sports do you like best? Tick up to five answers and tell us why.

- ☐ Adventure
- ☐ Archery



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



- ☐ Artistic swimming
- ☐ Badminton
- ☐ Ball games
- ☐ Boating
- ☐ Board games
- ☐ Bowling
- ☐ Cycling
- ☐ Dancing
- ☐ Diving
- ☐ Feldenkrais method
- ☐ Football
- ☐ Games of my childhood(which?)
- ☐ Golf
- ☐ Hiking
- ☐ Hula hoop
- ☐ Jumping
- ☐ Kayak
- ☐ Luge
- ☐ Pilates
- ☐ Rowing
- ☐ Running
- ☐ Sailing
- ☐ Stretching
- ☐ Supping
- ☐ Surfing
- ☐ Skiing
- ☐ Cross country skiing
- ☐ Swimming
- ☐ Table tennis
- ☐ Tennis
- ☐ Video bowling
- ☐ Walking Netball
- ☐ Water sports
- ☐ Yoga
- ☐ Other:

F. INTERGENERATIONAL SPORTING ACTIVITIES

Which of the following definitions best depict your idea of an intergenerational sporting activity? Select definitions you agree with and give your reasons.

- ☐ An intergenerational sporting activity is an activity that takes place outdoors or indoors.
- ☐ An activity that takes place in summer or winter.
- ☐ An activity uniting younger and older people who pursuit common goals.
- ☐ An activity leading to a public performance/event.
- ☐ An activity where generations do sports together and help each other.



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

- ☐ An activity considering different abilities of generations.
- ☐ Intergenerational activities are not possible, I think.
- ☐ Other:

How would you describe the provision of intergenerational sporting activities in your country?

- ☐ There is a substantial and rich provision of intergenerational sporting. Which?
- ☐ There are some massive intergenerational sporting events. Which?
- ☐ There is little or no intergenerational provision of sporting activities where I live.
- ☐ Other:

Who provides intergenerational activities, if applicable?

- ☐ Kindergartens
- ☐ Schools for younger generations,
- ☐ Universities
- ☐ Sport clubs
- ☐ Intergenerational centres
- ☐ Community centres
- ☐ Residential schools that offer sporting activities as a part of their educational programme
- ☐ Nursery homes
- ☐ Trade unions in their vacation facilities
- ☐ Hotels
- ☐ Other:

In which intergenerational activity are you currently involved, if applicable?

If there are not enough intergenerational sporting activities in your country, why is it so?

- ☐ Sports are considered as exclusively children's activity.
- ☐ Older people are not into sports, generally.
- ☐ Generations live separately.
- ☐ There is little organized provision of this kind.
- ☐ There is no public awareness.
- ☐ Older people are not encouraged to get engaged.
- ☐ Sports are predominately thought of as performance and competition.
- ☐ Other:

Which intergenerational activities are most possible within families, in your opinion?

Annex 3 - Research Sample

TOTAL: 115

FEMALE: 73

MALE: 42

NO.	Name initials	Age	Gender	Education	Marital status	Job status	Lives with	Country
1	GYZS	-25	F	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	ALONE	HU
2	LK	-25	F	GRADUATE STUDIES	IN COUPLE	UNIV. STUDENT	MOTHER, FATHER AND BROTHER	HU
3	AÁ	-25	M	GRADUATE STUDIES	IN COUPLE	UNIV. STUDENT AND EMPLOYED	ALONE	HU
4	PT	-25	M	GRADUATE STUDIES	SINGLE	UNIV. STUDENT AND EMPLOYED	ALONE	HU
5	BV	-25	F	GRADUATE STUDIES	IN COUPLE	EMPLOYED	PARTNER	HU
6	RD	-25	F	GRADUATE STUDIES	IN COUPLE	UNIV. STUDENT	MOTHER, FATHER AND BROTHER	HU
7	DR	-25	M	GRADUATE STUDIES	IN COUPLE	UNIV. STUDENT	FRIEND	HU
8	SQ	-25	M	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	MOTHER AND FRIEND	HU
9	SZL	-25	F	GRADUATE STUDIES	SINGLE	EMPLOYED	MOTHER AND FATHER	HU
10	BA	-25	F	POST-GRAD. STUDIES	IN COUPLE	EMPLOYED	PARTNER	HU
11	FM	65+	F	GRADUATE STUDIES	WIDOWED	RETIRED	ALONE	HU
12	SZA	65+	M	POST-GRAD. STUDIES	MARRIED	RETIRED	SPOUSE	HU
13	SZR	65+	F	2 ND ED. SCHOOL	SEPARATED	RETIRED	ALONE	HU
14	GZS	65+	F	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	HU
15	KÁ	65+	M	GRADUATE STUDIES	WIDOWED	EMPLOYED	GIRLFRIEND	HU
16	SZI	65+	M	GRADUATE STUDIES	MARRIED	EMPLOYED	SPOUSE	HU
17	TG	65+	M	GRADUATE STUDIES	IN COUPLE	RETIRED	GIRLFRIEND	HU
18	BS	65+	M	VOCATIONAL SCHOOL	SEPARATED	RETIRED	ALONE	HU
19	VA	65+	M	POST-GRAD. STUDIES	MARRIED	EMPLOYED	SPOUSE	HU
20	BJ	65+	F	POST-GRAD. STUDIES	SEPARATED	WORK AND RETIREMENT	ALONE	HU
21	VT	-25	F	UNI	SINGLE	N/A	FAMILY	GR
22	PT	-25	M	UNI	SINGLE	UNEMPLOYED	FAMILY	GR
23	EK	-25	F	UNI	SINGLE	EMPLOYED	FAMILY	GR
24	NM	-25	F	UNI	SINGLE	INTERN	FAMILY	GR
25	KD	-25	F	UNI	SINGLE	UNEMPLOYED	FAMILY	GR
26	EN	-25	F	UNI	SINGLE	INTERN	FAMILY	GR
27	TS	-25	F	UNI	SINGLE	UNEMPL	FAMILY	GR
28	KM	-25	F	UNI	SINGLE	EMPLOYED	FAMILY	GR
29	SD	-25	M	UNI	SINGLE	EMPLOYED	FAMILY	GR
30	MZ	-25	F	SCHOOL	SINGLE	STUDENT	FAMILY	GR
31	MT	-25	F	UNI	SINGLE	EMPLOYED	FAMILY	GR
32	MV	-25	F	UNI	SINGLE	EMPLOYED	FAMILY	GR
33	NG	-25	F	UNI	SINGLE	UNEMPLOYED	FAMILY	GR
34	SM	-25	F	UNI	SINGLE	UNEMPLOYED	FAMILY	GR
35	NK	-25	F	UNI	SINGLE	EMPLOYED	FAMILY	GR
36	XM	-25	F	UNI	SINGLE	EMPLOYED	FAMILY	GR
37	SN	-25	M	SCHOOL	SINGLE	UNEMPLOYED	FAMILY	GR
38	PC	-25	F	UNI	SINGLE	UNEMPLOYED	FAMILY	GR
39	PL	-25	F	UNI	SINGLE	EMPLOYED	FAMILY	GR
40	KB	-25	F	UNI	SINGLE	EMPLOYED	SINGLE	GR
41	MN	-25	F	UNI	SINGLE	EMPLOYED	SINGLE	GR
42	BD	65+	M	PHD	MARRIED	EMPLOYED	SPOUSE	GR

43	IP	65+	M	TECHNICAL	MARRIED	RETIRED	SPOUSE	GR
44	ST	65+	F	SCHOOL	MARRIED	RETIRED	SPOUSE	GR
45	AK	65+	F	UNI	UNMARRIED	EMPLOYED	SINGLE	GR
46	EV	65+	F	SCHOOL	MARRIED	RETIRED	SINGLE	GR
47	GL	65+	M	SCHOOL	MARRIED	EMPLOYED	FAMILY	GR
48	GP	65+	M	PHD	MARRIED	EMPLOYED	FAMILY	GR
49	KC	65+	M	UNI	MARRIED	EMPLOYED	FAMILY	GR
50	LK	65+	F	UNI	MARRIED	EMPLOYED	SPOUSE	GR
51	SA	65+	F	SCHOOL	MARRIED	RETIRED	SINGLE	GR
52	PD	-25	F	GRADUATE STUDIES	SINGLE	EMPLOYED	PARENTS	IT
53	RD	-25	F	GRADUATE STUDIES	SINGLE	EMPLOYED	FRIEND	IT
54	FF	-25	M	VOCATIONAL SCHOOL	SINGLE	UNEMPLOYED	FAMILY	IT
55	FA	-25	M	POST-GRAD. STUDIES	IN COUPLE	EMPLOYED	PARTNER	IT
56	AS	-25	F	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	FLAT MATES	IT
57	LB	-25	F	2 ND ED. SCHOOL	SINGLE	UNIV. STUDENT	FRIEND	IT
58	MF	-25	F	2 ND ED. SCHOOL	SINGLE	UNIV. STUDENT	FAMILY	IT
59	FC	-25	M	2 ND ED. SCHOOL	SINGLE	EMPLOYED	FAMILY	IT
60	LV	-25	M	2 ND ED. SCHOOL	SINGLE	UNEMPLOYED	MOTHER AND BROTHER	IT
61	RR	-25	M	2 ND ED. SCHOOL	SINGLE	PUPIL	FRIEND	IT
62	BD	-25	F	2 ND ED. SCHOOL	OTHER	PUPIL	FAMILY	IT
63	AS	-25	F	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	FAMILY	IT
64	AM	-25	F	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	FATHER AND SISTERS	IT
65	IB	-25	F	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	PARTNER	IT
66	EL	-25	M	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	FAMILY	IT
67	EL	-25	M	2 ND ED. SCHOOL	OTHER	PUPIL	FAMILY	IT
68	VG	-25	F	ELEMENT. SCHOOL	SINGLE	PUPIL	FAMILY	IT
69	AS	-25	M	2 ND ED. SCHOOL	OTHER	UNIV. STUDENT	FAMILY	IT
70	MVB	-25	M	2 ND ED. SCHOOL	SINGLE	UNEMPLOYED	FAMILY	IT
71	DS	-25	M	ELEMENT. SCHOOL	SINGLE	PUPIL	FAMILY	IT
72	MF	-25	M	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	FRIEND	IT
73	GI	65+	F	2 ND ED. SCHOOL	MARRIED	WORK AND RETIREMENT	SPOUSE	IT
74	GB	65+	M	GRADUATE STUDIES	MARRIED	WORK AND RETIREMENT	SPOUSE	IT
75	FV	65+	F	2 ND ED. SCHOOL	MARRIED	RETIRED	SPOUSE	IT
76	SL	65+	M	POST-GRAD. STUDIES	MARRIED	RETIRED	SPOUSE	IT
77	MD	65+	F	2 ND ED. SCHOOL	MARRIED	RETIRED	SPOUSE	IT
78	AB	65+	F	2 ND ED. SCHOOL	MARRIED	EMPLOYED	SPOUSE	IT
79	EC	65+	M	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	IT
80	AM	65+	F	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	IT
81	JK	-25	F	2 ND ED. SCHOOL	IN COUPLE	UNEMPLOYED	MOTHER, FATHER, BROTHERS AND SISTERS	BU
82	ESST	-25	M	2 ND ED. SCHOOL	SINGLE	EMPLOYED	MOTHER, FATHER, BROTHERS AND SISTERS	BU
83	GP	-25	M	2 ND ED. SCHOOL	IN COUPLE	UNEMPLOYED	MOTHER, FATHER, BROTHERS AND SISTERS	BU
84	DC	-25	F	GRADUATE STUDIES	SINGLE	UNEMPLOYED	MOTHER, FATHER	BU
85	AA	-25	M	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	MOTHER	BU
86	CA	-25	F	GRADUATE STUDIES	SINGLE	EMPLOYED	MOTHER, FATHER, BROTHERS AND SISTERS	BU
87	SB	-25	F	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	ON CAMPUS	BU
88	BB	-25	M	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	FRIEND	BU
89	AG	-25	M	GRADUATE STUDIES	SINGLE	UNIV. STUDENT	BROTHERS AND SISTERS	BU
90	VY	-25	F	POST-GRAD. STUDIES	SINGLE	EMPLOYED	FRIEND	BU
91	MH	-25	F	2 ND ED. SCHOOL	IN COUPLE	UNIV. STUDENT	FRIEND	BU
92	MAV	65+	F	GRADUATE STUDIES	MARRIED	UNEMPLOYED	PARTNER	BU
93	ER	65+	F	ELEMENT. SCHOOL	WIDOWED	RETIRED	ALONE	BU
94	MP	65+	M	ELEMENT. SCHOOL	MARRIED	RETIRED	SPOUSE	BU

95	SG	65+	F	VOCATIONAL SCHOOL	WIDOWED	RETIRED	ALONE	BU
96	AG	65+	M	POST-GRAD. STUDIES	IN A COUPLE	EMPLOYED	ALONE	BU
97	TB	65+	F	GRADUATE STUDIES	WIDOWED	RETIRED	GRANDCHILDREN, CHILDREN	BU
98	IH	65+	F	ELEMENT. SCHOOL	WIDOWED	RETIRED	ALONE	BU
99	VD	65+	M	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	BU
100	SL	65+	G	2 ND ED. SCHOOL	MARRIED	RETIRED	SPOUSE	BU
101	ET	65+	F	2 ND ED. SCHOOL	WIDOWED	RETIRED	ALONE	BU
102	E. B.	-25	F	ELEMENT. SCHOOL	SINGLE	CHILD	MOTHER	SI
103	S. B.	-25	F	ELEMENT. SCHOOL	SINGLE	CHILD	MOTHER	SI
104	R. D.	-25	M	2 ND ED. SCHOOL	SINGLE	UNIV. STUDENT	MOTHER AND FATHER	SI
105	V. B.	65+	F	POST-GRAD. STUDIES	DIVORCED	RETIRED	SON	SI
106	D. F.	65+	F	GRADUATE STUDIES	SINGLE	RETIRED	DOG	SI
107	L. B.	65+	F	GRADUATE STUDIES	SINGLE	WORK AND RETIREMENT	DOG	SI
108	M. M.	65+	F	2 ND ED. SCHOOL	SINGLE	RETIRED	ALONE	SI
109	S. F.	65+	F	GRADUATE STUDIES	IN COUPLE	RETIRED	PARTNER	SI
110	M. Š. R.	65+	F	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	SI
111	B. S.	65+	F	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	SI
112	L. T.	65+	F	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	SI
113	I. R.	65+	F	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	SI
114	T. K.	65+	F	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	SI
115	A. T.	65+	M	GRADUATE STUDIES	MARRIED	RETIRED	SPOUSE	SI