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# INTERGENERATIONAL CONTACT ZONES

Place-based Strategies for Promoting  
Social Inclusion and Belonging



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Fun Families- Intellectual Output 1

Guidelines for the  
Research On Intergenerational Sporting Activities

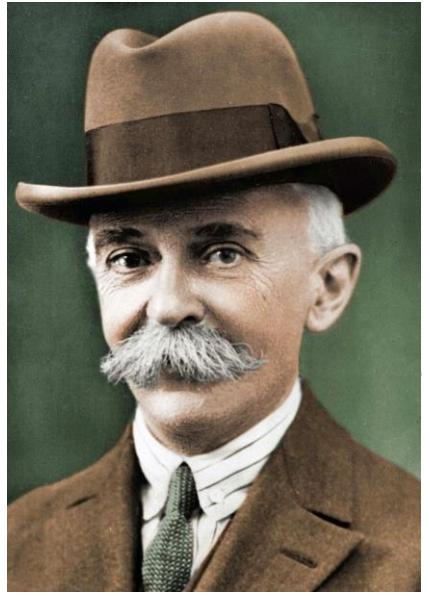
Online Kick-off meeting  
25<sup>th</sup> of January 2021

On line ice breaking activity

<https://icebreaker.range.co/>

Start your on-line gatherings with random questions designed to build trust, connectedness, and psychological safety.

One last question:  
What are sporting activities/sport(s) in your  
eyes?



Pierre de Coubertin: **Games** centred on a number of ideals  
Ancient **Olympics** encouraged competition among amateur  
rather than professional athletes

**Lessons learned from research studies and key informants:** sports  
were invented in the 19th century resulting from old games= part  
of everyday life, betting and challenge, moments stolen from hard  
work and prayers

**Sports may be qualified as:** moving, public activity, healthy  
activity/game/image/ spectacular event/myth/  
performance/competition/community activity/ sports copy  
meritocratic and democratic models of our societies/idealized picture  
of our society /hope/equality, visibility of the invisible/image, an  
illusion of success.

Sport is also:

- \*work,
- \*painful psychological and physical activity,
- \*under negative pressure of money, media,  
but also
- \*doping, financial frauds, etc.

New morals are needed?



THERE ARE/WERE SPORTING ACTIVITIES THAT ARE VALUED AND THOSE WHICH ARE NOT

## Intellectual output 1:

- \* Research Guidelines
- \* Development of a survey questionnaire for field research on most popular sports in younger and older generations and possible intergenerational sports in contact zones in Bulgaria, Greece, Hungary, Italy and Slovenia
- \* Country reports based on research results
- \* Compiled EU report

## Contents

### Background

#### I. Research topic, goals, objectives and significance of the study

Research topic

Goals

Objectives

Significance of the study

#### II. Methodology

Hypotheses

Research questions

Data collection

Description of the sample

#### III. Results and interpretation

### Literature and References

Background studies on generations, cohorts, intergenerational education, learning, projects, practices, contact zones in partners' countries and 2 best practices if applicable

Recent concept: **Contact Zones**= spatial focal points for different generations to meet, interact, build valuable relationships (e.g., trust and friendships), and, if desired, work together to address issues of local concern. The concept of contact zones means generation and regeneration

(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.)

**Research topic, goals, objectives and significance of the study**



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## RESEARCH TOPIC

Generations, have their own characteristics and their own specific affinities to sports. Hopefully some of their sports overlap. Which ones?  
=Grounds for intergenerational sporting activities.

**The research targets** younger and older generations, respectively from up to 25 and over 65 up to 84 years of age, their characteristics, preferred sporting activities + readiness to engage in intergenerational sporting activities and formats within families and other communities.

Their readiness will be investigated through the prism of

Perceptions of generations and provision of organised intergenerational sporting practices + evolution of somatic culture in partners' countries;

Interaction of different factors impacting younger and/or older generations of different age and their affinity to sporting activities, the preferred sporting activities of younger and older generations of different age groups and

The motives of younger and older generations

Strategies to (re)establish a lasting contact within families by means of intergenerational sporting activities and formats;

## *Characteristics of young people*

*Children and young people* 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.



*I have forgotten my purse? Do you accept bitcoins, my dear. (Source: BAGSO)*

### *Characteristics of older people people*

*Older people* are in age categories that are the least active in sporting activities. They easily become sedentary due to the social perception of old age, health condition.

Older people 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 sporting activities.

Preferred sports of younger and older generations.

Common grounds for intergenerational sports  
in contact zones  
mountaineering, cycling, ball games,?



## RESEARCH GOALS

To shape **country reports** and to write **a compiled EU report** on intergenerational sports

dealing with:

- (1) evolution to somatic culture in partners' countries and present perception of sports
- (2) legal framework supporting the development of formats/ provision of intergenerational sports
- (3) younger and older generations' affinities to single sports, similarities and differences;
- (4) existing good practices of intergenerational sports in preferably in project partners' countries;
- (5) recommendations to develop formats and contents of intergenerational sporting activities/sports as support to intergenerational bonding within families or other communities to which younger and older generations belong;

## RESEARCH OBJECTIVES

- To examine the evolution of the attitude towards somatic culture and sports from the 19<sup>th</sup> century on in project partners' countries;
- To examine the today's perception and provision of sports/intergenerational sporting practices in project partners' countries;
- To examine younger and older generations' involvement in sporting activities / sports and their affinities to single sports;
- To research the motives older and younger people have to be involved in 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 research study providers of sporting activities 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 of the study **when organising intergenerational activities, choosing activities of the programme, structuring them, raising awareness about their mission and mission of such programmes.**

# Methodology

## DATA COLLECTION

### Deductive research sources of data will be used:

Journals and studies in the field of history, sociology, psychology, economy, education of sport.

Statistics

Annual reports of sport clubs

Younger and older family members

Experts in the field of sports, in reference disciplines and study fields

Volunteers responsible for sport animation in NGOs

Club managers

Documentary and featured films

Articles in the press

Other

### Inductive Research instruments will be developed:

Survey with additional open ended questions for younger people

Survey for older people





## RESEARCH QUESTIONS

- (1) How are generations and sport/intergenerational 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 impacted their choice of activities during the life course?
- (3) What are the various motives of younger and older generations of different age groups to be engaged in single intergenerational sporting activities and how can they be stimulated to get engaged in and stay there?
- (4) Which sporting activities and formats of intergenerational learning can bring and maintain together younger and older generations of different age groups within families.



Why did you stay in a sport activity?

because I liked it  
because I had already invested a lot into it  
because I moved up very high  
because I had developed a certain style of life  
because my friends were there  
because I like being a part of the group  
because it helped me to have control over me and my life  
because I am a perfectionist  
because I felt more stable with that activity  
because I was recognized  
because my coach wanted it  
because my parents insisted that I stay  
Other:

Have you ever dropped a sporting activity and if yes when did it happen?

-

when I suffered from a long term illness;

-when I was invited to engage in the groups of competitors,

-when my parents found out that it harmed my school work;

-when my parents thought that my activity was harming our family life

-when the economic situation of family changed

-when my family moved away

-because there was no public transport

-because there was no coach to take care of me and control me

-when I took on my first job

-when I started my own family or household

-when I started my military service

-because I was not on good terms with my coach

-because I could not control my emotions

-because I could not defend my commitment, relationships

-I did not want to disappoint my parents

Other: