

Review of intergenerational activities in Norway (BeForMe)

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Foreword

The purpose of this report is to present the findings of a review of Norwegian intergenerational initiatives conducted by the researchers at Norwegian Social Research institute (NOVA) at Oslo Metropolitan University (OsloMet). The focus has been initially solely on the activities having a specific learning component; however, it has quickly come to the researchers’ attention that intergenerational learning often happens in an informal setting and so including initiatives that provide a shared meeting point between generations is important.

As requested, our analysis included the role of the day centres and nursing homes in facilitating the meeting points. We also looked specifically into the engagement of educational institutions including schools and kindergartens in arranging the activities across generations.

1. Introduction

Today's society provides few opportunities for daily interaction between the generations. Throughout our lives, we move in stages between different arenas characterized by generational division: kindergarten, school, work, retirement. This is the "price" for an effective welfare society. But the dividing lines can and should become less fixed. To get more enjoyment of life and understand society and the value of solidarity, we need to know people beyond our own generation.

Globally, the ageing population is increasing steadily and stakeholders in ageing have been concerned about the need to improve quality of life for the aging population. According to the World Health Organization (2002), many nations and institutions have focused on promoting active ageing which entails 'optimizing opportunities for health, participation and security to enhance quality of life as people age' (p. 12).

Research indicates that most older adults experience social isolation, frustration, and depression due to the lack of opportunities to be socially active (Findlay 2003; Murayama et al 2015).

Within this context, it has been argued that a variety of initiatives such as contact with family and friends, having a sense of value and positive social connections between the aged and the young are important for the health and well-being of older populations (Bocioaga 2020; Murayama et al. 2014).

Most often, positive social connections between the aged and the young is seen as a means of increasing the wellbeing of both the aged and the young as well as promoting intergenerational relationship. Intergenerational relationships thus become critical. However, intergenerational relationships may be challenging due to social distances because of migration (Davis et al 2008) and in recent times, due to the covid-19 pandemic.

Intergenerational activities aim at overcoming these barriers to improved contacts, communication, and shared experiences between different ages (Gulano et al. 2018). According to Kaplan (2001), intergenerational activities are "social vehicles that create purposeful and ongoing exchange of resources and learning among older and younger generations" (p.4). In the literature, other definitions of intergenerational activities suggest that the activities are mutually beneficial, and they involve bringing the aged and young people together with the aim of improving intergenerational relationships and changing the attitudes of younger generation towards the aged (Drury et al 2017; Murayama et al 2015; Travis et al 1996). In recent times, intergenerational activities are multidimensional and include the use of innovative technologies as well as physical and social participation (Arai et al. 2012; Christophorou et al., 2016; Gulano et al. 2018).

Intergenerational activities were first developed in the USA and within the 90's, similar activities have been replicated worldwide (Bocioaga,2020; Gualano et al 2018; Yasunaga et al., 2016).

Globally, intergenerational activities are varied, and they include reading, singing, playing games, and participating in arts and culture (Belgrave, 2011; Low et al. 2015; Yasunaga et al. 2016)

Despite the variation, Gulano et. al (2018), noted that intergenerational activities can be summarized into four major groups namely, 'elder people taking care of the

youth, children visiting, and assisting senior citizens, elders and children cooperating in voluntary works, youth and elders who participate collectively to learning or leisure activities' (p. 452).

1.1. Benefits of the intergenerational activities and learning

(These will be explored in more detail based on the concrete examples from the good practices.)

For the children and youth:

- Broader basis for lying and formation through interaction with and influence from adolescents and the elderly
- The opportunity to participate in social contexts without taking social expectation pressures.
- Experience coping with adults.
- Experience mastery by doing tasks with the help and support of adults.
- Strengthen the self-image through the experience of being the "hero" of the smaller children.
- Children gain a sense of what it means to get "old" and who get really hooked with the elderly get empathy for the elderly, and that shapes their attitudes and priorities as adults.
- More opportunity than later in life to "so" interest in care work among boys, which can help to desert status and equalize gender differences in care professions.
- Can help to prevent absence from school, marginalization, and exclusion.
- Young people who are better mentally equipped to cope with the transition to adulthood and manage themselves
- Create interest in voluntary work and health and care as a choice of profession.

For the elderly:

- Softer transition to retirement, counteracting inaction through meaningful activities in everyday life.
- Create the basis for good aging by maintaining a high level of activity.
- Strengthen self-esteem and mastery by contributing and lasting for the benefit of others.
- Get help to solve practical tasks in everyday life
- Reduce loneliness and boredom and live a more content life.
- Strengthen faith and ability to manage as much as possible oneself, so that the daily level of functioning is the best possible.
- Elderly people who become more aware of and better equipped to take responsibility for their own health and well-being
- Strengthen the recruitment base for voluntary work.
- Older people get involved and take an interest in the rising generation and their challenges today and in the future.

- Can help the elderly do better without comprehensive public health services.
- Can help more elderly people stay at home longer and thus ease the need for institutional places.

It has been reported that intergenerational activities are beneficial for the aged as it boosts self-esteem, enhances social contacts, and reduces stress and symptoms of depression (Murayama et al., 2015; Teater, 2016). At the community level, intergenerational activities promote integration and active participation which are positive for the well-being of broader society (Jarrott et al., 2011).

2. Intergenerational programmes background and concepts

2.1. Background

The significant increase of policy interest and academic research in the past three decades on intergenerational activities and initiatives, is mostly due to a rapid demographic shift in many countries around the globe when an increasing share of the population are over the age of 65. At the same time international urban family structure has significantly limited to two generations (children and parents) when grandparents and grandchildren live apart in different regions of a country or in different countries. Related to this are the social issues of aging as most elderly people live longer but alone, separated from their adult children and their grand children.

2.2. Concept and ideas of intergenerational activities worldwide

The first term appeared in international literature during the late 1990s is 'intergenerational programmes' defined for the first time by a group of scholars from ten countries representing Africa, America, Asia, Europe and Mid-East, brought together by UNESCO Institute of Education: "Intergenerational programmes are vehicles for the purposeful and ongoing exchange of resources and learning among older and younger generations." (Böstrum, Hatton-Yeo, Ohsako & Sawano 2000, p3). This definition was based on a arrange of examples of using intergenerational programmes as instrument to solve or address social issues such as uniting separated generations, recapturing the transmission of traditions and culture, encouraging active cross-generational social life, sharing resources, addressing school problems and contributing to lifelong learning across generations (Hatton-Yeo & Ohsako 2000).

However, several terms are in use interchangeably in the international literature including "Intergenerational programme," "Intergenerational exchange," "Intergenerational interaction," "Intergenerational activity," "Intergenerational service learning," and "intergenerational learning". Depending on different academic and professional domains, scholars define, analyse and evaluate various intergenerational programmes differently.

From the perspectives of psychology and care professions where intergenerational programmes are the physical and virtual activities that “foster cooperation, interaction, and exchange between two or more generations” (Kaplan and Sánchez, 2014). From the perspectives of education and lifelong learning, intergenerational programmes are found with a key element as intergenerational education/learning with non-formal and informal pedagogical approaches to connect “different generations around daily themes, facilitating the transfer and exchange of knowledge, skills, abilities, and resources, allowing different generations to experience both similarities and differences by learning not only about others but also about themselves” (Martins et al.2019).

There are two common models for intergenerational programmes worldwide:

1. A most common model includes joint activities involving: 1) bringing children and young people into elderly homes or institutions, 2) bringing elderly adults into institutions for children and youth e.g. kindergartens or schools, 3) bringing children and elderly adults together into a new location or new community for facilitating interactions and fostering friendships between generations as well as improving wellbeing for all participants.
2. Another common model for intergenerational programmes (e.g. in USA) “involves co-located care programs, also known as shared sites, which usually involve early childhood and adult day services (ADS) or residential care programs” (Jarrott & Lee 2022; Jarrott et al. 2022).

2.3. Impact of intergenerational activities

Most scholars look upon intergenerational programmes as social interventions that are often found beneficial for both early childhood education (MacAlister et al 2019), school-age young people and older adults involved (Gualano et al. 2018). In most cases, intergenerational programmes improve the general wellbeing, quality of life and health-related outcome among elderly even for older adults with dementia while reducing among young people, negative stereotypes, prejudice, and discrimination associated with older adults and aging. Meanwhile in many cases, such programmes are found to build up empathy and improve academic achievement, behaviours, social-emotional skills, and learning motivations among children and young people (Canedo-Garcia, et al. 2017; Zhong et al. 2020). However, intergenerational programmes regardless of size, scale, duration, method, content, theme and location are widely endorsed by care professionals and participants and are mostly proved to be effective and beneficial for both young and elderly participants (Martins et al. 2019; Giraudeau & Bailly 2019; Gualano et al. 2017).

As most international programmes are based in local communities and within the national borders, evaluations of nation-wide intergenerational programmes provide evidence that beyond the individual benefits for young and elderly participants, such social interventions can create social capital in local communities, e.g. enforce neighbourhood trust (in Japan, Murayama et al. 2019)

and combating ageism and isolation (in the US, Jarrott & Lee 2022). There are a few intergenerational programmes having across national borders using the term of intergenerational learning and under the framework of lifelong learning. For example, a Nordic initiative has been implemented since the early 2000s, a project of granddads in schools to facilitate intergenerational learning in Sweden (Böstrum 2003) and a nation-wide pilot project of grandparents in schools with similar purpose of intergenerational learning in Norway (Strande 2006). Both projects have a persistent presence or continuity in practice in many local communities in both countries. An ongoing Europe-wide project [Best Friends | Best Friends \(bestfriendsproject.eu\)](https://bestfriendsproject.eu) aims to collect and spread the intergenerational good practices existing in European countries against agism and break the isolation and exclusion of elderly people in local communities.

Measures of impact:

1. Most intergenerational programmes focus on outcomes of elderly adults, particularly their psychosocial wellbeing before and after their participation in those activities. The often-used tools are established scales/checklists measuring depressive symptoms, measuring loneliness, life satisfaction, self-esteem, and self-worth (Lee et al. 2020).
2. The Best practice of Intergenerational programming checklist (Jarrott & turner et al. 2021) is a self-evaluation tool for practitioners who arrange intergenerational activities, which has 14 items with 'yes' or 'no' answer alternatives.

3. Norway as a case study

Many of the initiatives mentioned in this report are an effect of a close collaboration between public, voluntary and private sectors in Norway. Many of them are bottom up activities- either initiated by the elderly or the youth- that later gain financial and administrative support from the three sectors. The financial support is organised differently for different activities and there is no specific template for the activities. There is also no specific nation-wide coordination of these, although Frivilighet Norge/ The Association of NGOs in Norway (a forum organization for the voluntary sector in Norway) gets often involved in entering the dialogue between the initiatives and the public sector and so called 'Frivilighetsentralen' / Volunteering center actively helps to engage the members of the society to involve in the activities.

The volunteering organisations (or NGOs) are described as 'one of the pillars of the Norwegian social democracy' (Hagelund and Loga 2009:1). The voluntary work effort in the NGOs in Norway corresponds to 142 000 man-years (Statistics Norway's satellite accounts for the voluntary sector 2020). 55 % of the population (over 15 years) have done voluntary work in the last year (Voluntary Barometer 2021). This is a decrease from earlier and must be seen in the context of the corona pandemic. 78% of the population is a member of at least one organization, and 48% of the population is a member of at least two organizations. (Statistics Norway's Survey on Living Conditions 2020).

Government support to the civil society organisations is an important element of the Nordic/Scandinavian model. The Norwegian government financially supports non-governmental voluntary organisation with a variety of means from state budget, tax relief and tax exemption on gifts or donations, permitting certain organisations to earn some income from gambling games and lottery to direct cash support and subsidising infrastructures. As such, over one third of voluntary sector's incomes come from the government (Lorentzen 2010). For example: The government budget in 2012 for children and youth organisations was over 108 million Norwegian kroner. In parallel, the Ministry of Culture has a comprehensive grant scheme to support local-level activities of non-governmental children and youth associations. In 2020, total funding for youth NGOs and youth activities in Norway was 160 million Norwegian kroner. Voluntary work contributed 78 billion Norwegian kroner in 2018 (Statistics Norway's satellite accounts for the voluntary sector 2020). The sources of income for non-profit and NGOs are 27% state and 17% municipal and county municipal funds through transfers and purchases of services, 45% from households and 12% other private actors (Statistics Norway's satellite accounts for voluntary sector 2020).

The Norwegian government has long acknowledged the benefits of intergenerational activities for all participants and played a vital role in supporting sustainable intergenerational programmes (Norwegian Ministry of Health and Care Services 2020).

4. Methods

To complete this report, the researchers at NOVA, OsloMet have implemented several methods of data collection, in parallel, namely: (i) a desk research, (ii) survey questionnaire, (iii) expert interviews, (iv) analysis of media publications, (v) observations conducted in the public social media accounts of the organisations related to intergenerational activities.

Desk research activities centred mainly around search of relevant policies, the Norway-based intergenerational activities, and literature related to the topic. Based on the desk research, the researchers prepared a database (see Attachmet 2) with contact information to representatives working within particular activities. These contacts were then used in circulating the survey questionnaire (see Attachment 1). Researchers sent out the questionnaire to 102 contacts aiming to gain a broad overview of the existing initiatives in Norway. This was a strategy to overcome one of the largest challenges in this project, namely the fact that the activities in question are often scattered across sectors (public, private, voluntary and the mix of them all), across geographical parts of Norway (with some municipalities having more systematised approach than others) and most of them are implemented on a very small scale, with very little trace of these being published in the available documents or sites. By sending a simple survey questionnaire to a large number of participants, the researchers firstly accessed a

broader view into the existing initiatives, and secondly, they established communication with relevant stakeholders who then were recruited to take part in expert interviews. 6 such expert interviews were conducted between November 2021 and March 2022 providing a better insight into the background of the initiatives, the practical solutions and the means of collaboration between the different actors involved to facilitate the activities.

5. “Good practice” examples in Norway

Lesevenn /A reading friend

Many children and young people miss adult contact and struggle with language mastery. Through the Norwegian Women's Public Health Association (N.K.S.) project "Lesevenn", we contribute to strengthening children's language development and the need for safe role models.

The N.K.S. works with children's development and well-being. Children need to be seen and experience adults as good role models. Through reading aloud by one of the volunteers, the organisation can help to ensure that children and young people have safe adult contact, language training and cultural understanding. Moreover, this is a pleasant activity for both children and adults.

Besides having a language-stimulating effect, reading aloud is a pleasant activity for both the reader and the listener. Children from different backgrounds, having various reading and language mastery will have common reading experiences and cultural understanding. The children become familiar with patterns of language both through reading and through conversations in the reading time. Reading aloud is also an opportunity for children with minority backgrounds to practice languages and get to know the Norwegian culture.

The project «Lesevenn» is carried out by volunteers, in cooperation with the schools, kindergartens or local libraries. The main goal of «Lesevenn» is to create good and safe meetings between children and adults.

Reading aloud has many positive effects.

- Reading aloud strengthens the development of spoken language and improves literacy skills.
- The children make valuable adult contact and are seen in a way that is not about performing.
- A reading session can bring peace in a chaotic and busy everyday life.
- Not least, literature helps to practice children's social skills and the ability to understand and immerse themselves in the situation of others.
- It also provides a great opportunity for language training and understanding of Norwegian culture for children with minority background.
- It can also serve as a breathing space for parents.

To be a Reading Friend, one should be over 18 years of age and should obtain a limited police certificate for activities involving children. A reading friend is a regular activity, so people who plan to get engaged in it, should be able to set aside two to three hours every two weeks (the frequency of activity vary locally).

Evaluation/ social impact measurement

The project has been evaluated by the NOVA research institute, OsloMet in 2019. Based on observations and interviews and with the volunteers and the organizations the feedback was unanimously positive and the project was seen as success both for the elderly participants and for the children (Gotehus, 2019 :24). It was also seen as an activity requiring little administrative work from the collaborators. Among some of the recommendations for improvement for the Reading Friend initiative were:

- In some communities there was a need for more support in the start-up phase of the initiative to better facilitate dialogue between readers and local partners. In some cases, this could be through facilitating start-up meetings and several contact points during the project.
- Some participants experienced generational or cultural challenges associated with finding literature that would be adapted to the target group. The evaluation report recommended that the local N.K.S. would make even greater use of the assistance of partners, and that N.K.S. centrally guides the local associations in how they can proceed to find adapted material.
- Recruitment and continuity were also named as vulnerable points of the initiative and thus, the report recommended that the local associations arrange gatherings for the volunteers where they can share their experiences, discuss books and different situations they find challenging. The local associations are also encouraged to arrange pleasant gatherings for the volunteers - partly to create a community and facilitate experience sharing, partly to show that they are appreciated. More should be also done to directly recruit more volunteer reading friends to increase the flexibility for the reading friends.

Further on the ideas to broaden the recruitment strategy suggested engaging different channels like social media, a website for volunteers (voluntig.no), various pensioners' associations, etc., hanging up recruitment announcements in the local communities, etc.

Financial support:	More information	Contact
Lesevenn is supported by Sparebankstiftelsen (a Norwegian foundation which gives financial contributions to a wide range of charitable causes and is the second largest shareholder of the financial services company DNB).	https://sanitetskinnene.no/lesevenn-bli-frivillig	counsellor children and young people, Stine Nordhagen by e-mail: stine.nordhagen@sanitetskvinne.no tel: + 47 934 17 511

Intergenerational Kindergarten (Generasjonshagen)- the kindergarten where the generations meet.

The Intergenerational Kindergarten is a concept developed by Trivselslaben AS, a social entrepreneur and a "laboratory" for the development and implementation of ideas and projects. Representatives from the Norwegian Labour and Welfare Administration (NAV), the University of Tromsø, the National Association for Public Health and the National Competence Service for Aging and Health have all contributed to the development process. Innovation Norway (the Norwegian Government's instrument for innovation and development of Norwegian enterprises and industry) has supported the project financially throughout all development phases.

The Intergenerational Kindergarten uses the kindergarten space to build bonds between the generations. The idea is based on the fact that in the past, it was common to live in extended families where the children, adults and the elderly were gathered. When several generations gather daily under the same roof, it offers great opportunities. It will be easy to visit each other and come up with something together, without too much planning and organization. The children are in the most important phase of education in life, and through their interactions with other generations, they have conveyed tradition and history, and thus a broader understanding of society. They get to experience a multitude of opinions, thoughts, and reflections. It provides a good basis for developing social skills such as empathy, care, respect, and tolerance for what is different. And the older people get to experience the joy of being of help to others.

Older people often find that friends fall away, mobility deteriorates and maintaining a social life becomes difficult. Not everyone has family nearby, children who can help and grandchildren who can bring joy in life. Loneliness and boredom lead to a negative spiral. The Intergenerational Kindergarten is a place to get practical help and get to know new friends, both young and old. Here, the elderly can experience being an asset, they can see that someone needs them, and feel important and valued.

The young people have several paths into the Intergenerational Kindergarten. It can be voluntary or through the school course 'Effort for others' in the lower secondary school. Upper secondary pupils, primarily in health and upbringing subjects but also other disciplines, can be offered practice in Intergenerational Kindergarten. Students who do not thrive at school and are in danger of dropping out can also receive an offer. The Intergenerational Kindergarten can be a breathing space and provide valuable practice, sense of mastery and time for reorientation. The elderly with their professional and life experience can offer valuable adult contact, support and advice. Frequent contact is fundamental to the development of trust and solidarity between people. When it happens across the generations, a generational alliance is being built, in which all generations represent a resource that can unite and create great value for the community.

Such a generational alliance is important to solve our common societal challenges, among other things, related to the so-called elderly wave. Many home-dwelling elderly struggle with loneliness and little content in everyday life. This means poorer quality of life and an increased risk of needing institutional space, which results in high social costs. On average, if one imagines that the country's just over 5,000 kindergartens may have an offer for ten pensioners in the local community, this could contribute to 50 000 elderly people having a better everyday life. It does not have to be as comprehensive a commitment as in The Intergenerational Kindergarten, the most important thing is that kindergartens see that they can have a social function in the local community, and that kindergarten owners dare to seize this challenge.

The intergenerational kindergarten wants to lead the way in a development where important social institutions such as kindergartens exploit their potential to contribute in more areas than they are traditionally intended for. Then we must create good daily meeting places for the generations, which is the main point of the Intergenerational Kindergarten. The concept has been adapted internationally: <https://www.hza.no/generasjonshagen>

Evaluation/ social impact measurement

There was no evaluation nor information about the social impact measurement available for this initiative.

Article about building a new kindergarten in Finnmark, Norway inspired by the concept of Generationhagen: <https://www.ifinnmark.no/ost-finnmark/vil-bygge-ny-barnehage/s/1-49-7003663>

Financial support	More information	Contact
Innovation Norway (the Norwegian Government's instrument for innovation and development of Norwegian enterprises and industry) https://www.innovasjon Norge.no/en/start-page/	https://generasjonshagen.no/faner/barnehagender-generasjonene-motes/	Ulf A. Holsbø Ulf@trivselslaben.no Tel. +47 45 40 47 66

Generation M is a not-for-profit organisation that works with community innovation by creating job opportunities for young people and increasing the level of activity among the elderly. Our 150 part-time young M-friends currently visit the elderly at 25 nursing homes and care homes in Oslo, Asker, Moss, Våler and Indre Østfold municipalities.

Generation M was started in 2011 as a youth start up at Foss Upper Secondary School in Oslo. On one side of the road was Foss High School with a group of engaged youths- many people wanted part-time jobs but found it difficult to get a

foot in the labour market. On the other side of the road was the local nursing home with many old people who had few activities and social contacts in their everyday lives. The two societal challenges gave the idea of starting Generation M. In 2013 Generation M became a nonprofit organisation and later has developed a collaboration with Sparebank 1 Østfold Akershus foundation, municipalities, districts as well as individual nursing homes.

The activities within Generation M have developed into two themes:

M-friends in nursing homes and care homes, where Generation M hires young people in part-time positions as 'M-friends' to work in regular teams and visit elderly people in nursing homes and care homes. Young people preferably work at weekends since the need for activity among the elderly is often greatest then. When new M-friends are recruited, they receive training in infection control, dementia and communication with older people who have impaired hearing and impaired visual ability. The young people are closely followed up by team leaders and receive professional follow up if needed.

M students at PiiR. In addition to M-friends in nursing homes, Generasjon M has an innovative collaboration with Møller Eiendom (Møller Properties) through the apartment complex PiiR- Harbitz Torg. The brand-new apartment complex on the outskirts of Oslo, consists of 58 apartments adapted for the use of elderly residents. Four students live in three of those apartments and contribute to social activities with the elderly residents on a weekly basis (including such as kayaking, barbecues on the roof terrace, and the everyday chat over the coffee cup.). The students work 30 hours a month and are paid salaries corresponding to the rental costs. It's a life form where students get invited to participate, contribute, and be an active part of the community.

Evaluation/ social impact measurement

'Generation M' uses Impact Management as a management tool. It is about both measuring and managing according to social outcomes in order to make good well-founded strategic and operational decisions that maximize the social impact for the target groups. Regular examinations are carried out with M-friends and staff to ensure it is delivered on our power targets.

Based on anonymous surveys with 65 participants and 83 employees at the visitor sites:

155 young people had a paid part-time job as an 'M-friend'

23 nursing homes and care homes received visits

10,000+ generational meetings were created between M-friends and residents.

The value of work for young people

On the one hand, young people gain valuable work experience. The goal is that through part-time jobs they will experience more meaning and mastery in

everyday life, feel belonging, become more confident in themselves and gain an insight into the health and care sector.

- 87% state that they have become more confident in themselves as a result of their job as an M-friend
- 92% say everyday life has become more meaningful since they started as an M-friend
- 95% find it easier to identify and understand other people's feelings and reactions
- 89% believe that the job as an M-friend has contributed to increased faith in their own abilities to achieve what they want
- 90% say the job has made it easier to handle unforeseen situations

"I feel Generation M has made my everyday life much more meaningful. I often look forward to going to work and am highly motivated to do a good job for the elderly, as I have realized how meaningful the job is. We always get positive feedback from the elderly, and they often look forward to seeing us again. Generation M has made me much more confident in myself, and influenced my everyday life in a very positive way. I've realized to an even greater extent that I'm well suited to working with people, and that maybe it's something I want to continue with in the future."

— M-friend at Skoggata care home in Moss municipality

Meaningful activity for the elderly

On the other hand, the activities at the nursing home and care homes help to close the generational gap between the young and the elderly, improve the mood among residents, improve the well-being of the wards and provide more meaningful Saturdays.

The staff responds on behalf of the residents for 2021 are as follows:

- 87% say M-friends contribute to increased well-being among the residents of their ward
- 86% say that the residents show/say that it is meaningful that the M-friends come to visit
- 95% say the interaction between M-friends and residents works well
- 62% say they have more time to do other important tasks when M-friends visit

Financial support	More information	Contact
Generation M has various sources of funding including public support (e.g. seeking well-being grants within the municipalities) and social entrepreneurship foundations like	https://generasjonm.no/piir https://generasjonm.no/omoss	Anne Stine Hole annestine@generasjonm.no tel. +47 417 52 136

Sparebank 1 Østfold Akershus foundation and Ferd Social Entrepreneurs.

Has cooperated with the Sparebank1 foundation and received bridge funding in the start-up of new agreements/municipalities, where Sparebank1 foundation has covered much of the expenditure at the beginning with a gradual reduction over 3 years where municipalities take an increasing share of the expenditure. Has to do with budget years in the public sector.

Livsglede for Eldre / The Joy of Life for the Elderly is an independent public health organization, engaged in social innovation within elder care and volunteer work, that works to ensure that all elderly people have a good and meaningful everyday life. The joy of life for the Elderly is actively working to facilitate volunteering in elderly care and generational meetings between young people and the elderly.

The idea aroused among nursing school students in 2007, and their thesis was that it must be possible to run a nursing home with joy of life as a basic value, and has since then evolved into an organization with activities and cooperations with municipalities all over Norway, and is now a significant national social innovator. A pilot began in cooperation with the municipality of Trondheim and the Governor of Sør-Trøndelag County in 2008. The certification system was then developed and tested at two public nursing homes, and the first two certificates were issued in 2011. Livsgledehjem became a national certification system the same year. Now it is being spread throughout nursing homes nation-wide in cooperation with the Norwegian Ministry of Health and Care Services and the Directorate of Health.

Livsglede for Eldre has developed, owns, and runs the national certification scheme Livsgledehjem (“joy of life nursing home”). Livsgledehjem is a system tool for nursing homes, based on nine criteria, aiming to stimulate each resident’s individual psychosocial needs. Cultural, spiritual, and social needs are as important as the needs for medicine, nutrition and elementary care, and through Livsgledehjem, everyday life becomes more joyous and meaningful, even for the most fragile.

The nine criteria:

1. All employees at the nursing home must know what Livsgledehjem is, and work according to its standards.
2. The nursing home must facilitate cooperation with schools, kindergartens, volunteers and organizations.
3. The nursing home must facilitate that every resident can enjoy fresh air at least once a week.
4. The nursing home must facilitate interactions with animals.

5. The nursing home must ensure that their residents can maintain their hobbies and interests.
6. The nursing home must ensure that musical, cultural and spiritual needs are met.
7. The nursing home must facilitate a calm and pleasant atmosphere during meals.
8. The nursing home must ensure that family and next of kin are informed and get to take part in meaningful activities.
9. The nursing home must ensure that the changing seasons play a noticeable part in daily life. The concept Livsglede for Eldre is concerned with the everyday life of the elderly to remain as similar as possible to their lives from before they moved to the new institution. Through life history mappings, the primary contact must plan individual calendars for each individual resident. The activities will then be carried out, documented and evaluated. The goal is to create meaningful content in everyday life with a circular change throughout the year (Johannessen et al. 2021). One of important aspects of this is the emphasis of the seasonal change and making the activities vary according to the time of the year.

The system is based on a thorough mapping of each resident's background and personal preferences. This is the basis for individual activity plans, which activities are subsequently implemented, documented, evaluated, and updated. The system ensures that activities offered are indeed meaningful for each individual. By linking Livsgledehjem to the institution's procedures and routines, the work becomes sustainable, regardless of who is at work. It encourages activities that are possible to carry out during regular workdays, without extra staffing. To succeed, the nursing homes must establish sustainable routines for cooperation with volunteers and external resources, e.g. children and school pupils, relatives and next of kin, local NGOs, sports clubs and local businesses.

Generational meetings are an important part of the Joy of Life for the elderly's work. Through the concepts Livsgledebarnehage /Joy-of-life kindergarten and Livsgledeskole /Joy-of-life school, kindergartens and schools can involve the elderly in the everyday lives of the children and students. By organizing activities through kindergartens and schools, Livsglede for Eldre create a sustainable learning environment, which has a health promoting effect on both young and old. This also gives the nursing home residents a chance to be an asset to the children. For students in high school health programs, it is a good opportunity to get practical hands-on knowledge about medical issues, but also a glimpse into elder care practice. Through establishing a partnership with nursing homes, students can regularly face learning arenas similar to those of their future professions within health care. There is a firm belief that structured cooperation between schools, kindergartens and nursing homes will encourage young people to choose a career within elderly care, alternatively to engage them in volunteer work within the sector.

Livsgledebarnehage / Joy-of-life for the elderly in kindergartens is a low-threshold concept that has become very popular among kindergartens throughout Norway: currently 523 kindergartens are registered as a joy of life kindergarten. It is open for all kindergartens to become a joy of life kindergarten, and they do this by registering for free on the website www.livsgledebarnehage.no. The kindergarten only pays for shipping the start-up package, which consists among others of t-shirts for children and adults, guidelines and other materials (for the materials, please, contact the organisation- contact details below). Joy-of-life kindergartens are also sent newsletters with inspiration and information, as well as get access to digital tools that can be useful in connection with the generational meetings.

In practice:

A joy of life kindergarten cooperates with the local nursing homes, the care homes, or other places that the elderly meet, such as the day centers, voluntary centers or the like. The kindergarten visits the elderly or invites them to the kindergarten, and there they have joint activities that both the children and the elderly enjoy. The activities are planned by the kindergarten and the people they collaborate with, and popular activities include playing games, eating packed lunches, singing together, making seasonal decorations, or playing together. After the visits, it is often that the children talk about the meetings with the elderly for over a week after, the elderly light up when the children come in to see them, and the community arises when young and old gather around joint activities and experiences. The meetings with the elderly can be linked to the framework plan for kindergartens and are therefore an important part of the work of many kindergartens.

Livsgledeskole/ Joy-of-life for the elderly in school is a concept that is open to all schools, both in primary and secondary grade. The project currently has over 200 registered Joy-of-life schools, most of which are upper secondary schools with health and upbringing subjects. This is a low-threshold service and no reporting is required. Upon registration schools receive a start-up package consisting of a guideline and yellow Life-joy t-shirts.

T-shirts are an important part of uniform/identity and when children and adolescents put it on they go into a role. Primary schools and kindergartens visit nursing homes about once a month.

In lower secondary school, Livsglede is part of the elective course "Effort for others", while in upper secondary school it is associated with "Health and upbringing subjects".

A joy-of-life school is a school that involves the elderly in everyday school life through well-being activities that both the students and the elderly enjoy. The pupils will thus have the opportunity to get to know another age group and generation, develop new skills through social learning in interaction with the elderly, and gain new experiences with interpersonal relationships. The elderly enjoy contact with the pupils and experience being an asset to the young. For pupils in health and upbringing subjects, there is a particular focus on

assignments from school to the nursing home, so that the pupils receive more practical training and that they have the opportunity to get to know the nursing home as an institution. The pupils thus get important work life training and first-hand experience of what it is like to work in elderly care. The generational meetings can be linked to the school curriculum, and can therefore be a useful tool for the school's work on the educational value base, principles for learning, development and formation, interdisciplinary topics and specific competence goals.

Livsglede For Eldre has entered into a collaboration in relation to Digivenn (<https://livsgledeforeldre.no/tag/digivenn/>), using technology to prevent loneliness and exclusion. This is an initiative aimed at elderly people living at home.

One challenge of the activity is sustainability. At the start of the day, it was an activity that was very person-dependent. Experience that this has improved since they developed supervisors and more follow-up along the way. Very important with updating contact information when teachers leave their jobs.

Evaluation/ social impact measurement

First available data for the initiative comes from 2016, and then there were:

- 43 certified nursing homes + 38 in process = 80 total
- 31 municipalities in Norway involved

Summary provided by the Health Directorate of Norway:

At the end of 2020, there were a total of 110 certified nursing homes, 6 fewer than the year before. The lockdown due to Covid-19 in nursing homes have led to postponed first-time certifications, digital meetings and gatherings, and some nursing homes (11 out of 25 in the process) have felt compelled to "freeze" the certification process due to corona-related re-priorities.

Two municipalities have concluded their cooperation with Livsglede For Eldre in 2020, and have thus lost their certification. Three companies have lost their certification due to not fulfilling requirements, and are again in the process of becoming a certified. In addition, some municipalities have built new and larger institutions, so that several former Livsglede homes have been merged into one. No new municipality saw it feasible to start the process of becoming Livsglede home in the autumn of 2020, when the municipalities had other priorities. Four new municipalities have so far started the process towards becoming a joy of life home in 2021.

Financial support	More information	Contact
approximately 50% government funding (The National Budget). We have membership fees from the	www.livsgledebarnehage.no www.livsgledeskole.no https://livsgledeforeldre.no/tag/digivenn/	Ingvild Finstad E-mail ingvild@livsgledeforeldre.no

municipalities and we receive gifts and sponsorships (to a lesser extent).

Facebook pages
Livsgledebarnehage and
Livsgledeeskole

tel: +47 481 38 335
[very keen to collaborate
with the Polish partners]

Digital senior is an activity organized by the Red Cross that seeks to help elderly people who experience being outside the digital everyday life. Standing outside the digital everyday life can make vulnerable groups even more vulnerable and lonely.

Statistics Norway show that 400 000 people have not used the internet- a significant part of this group are elderly people. By not mastering the basics of digital in everyday life, this leads to frustration, loneliness, and increased expenses for a group of people who are basically vulnerable. A known consequence of the pandemic is the increased use of digital platforms for both work and social activities in society. Many older people are isolated and have challenges using digital media. The technology also provides opportunities to reduce loneliness. The pandemic has created an opportunity to invest to a greater extent in the digital senior training programme that RK has prepared, to stimulate more elderly people to strengthen their competence in the use of digital instruments, which have transfer value.

The aim of the course is to lower fear and build mastery for the elderly who do not have knowledge of digital tools. Through digital senior, each participant receives 1:1 follow-up from a volunteer. Through the courses that last for 8 weeks, two times per week the participants will gain knowledge about the use of tablets, net knowledge and basic security, camera, email, video call and chat. Participants do not need to have any knowledge in advance. The methodology is designed to create digital and social learning. Course is delivered by volunteers, but the Red Cross has also established collaboration with secondary schools, thus the students will be pairing up with the elderly participants to help them.

The personal follow-up ensures that the participant is faced with their challenges and can help the volunteer adapt the lesson to the participant's interests, which increases the joy of learning.

The group meetings start with an hour where the participants work on the day's lesson before ending with just over half an hour of social chat. Later that week, they meet again, either at the participant's house or in a café with the internet, where they work on the next lesson.

Evaluation/ social impact measurement

There was no evaluation nor information about the social impact measurement available for this initiative.

Financial support	More information	Contact
Various sources, among others: The Dam Foundation- one of Norway's largest foundations which provides money for health and research projects that will improve health through participation, activity and coping for people in Norway.	https://www.rodekors.no/tilbudene/besoksvenn/digital-senior/	Oline Dahlen oline.dalen@redcross.no tel. +47 41580011

DigiVenn (Digital Friend)

Digital and technological support and training for the elderly. Project started in 2021 and takes place in the local nursing homes. It was a response to the Covid-19 pandemic made by the Norwegian Directorate of Health to initiate measures to decrease loneliness and passiveness among the elderly.

The project has been developed as part of the continuing education Voluntary Coordination - Elderly Care under the guidance of the Dignity Centre.

Important note: Helping others with digital services can make situations where sensitive information is made available (passwords, personal information, etc.) It is important to have good frameworks in place for this in cooperation with the volunteers.

Financial support	More information	Contact
Norwegian Directorate of Health	https://www.ehelse.no/aktuelt/ungdom-bidrar-til-mindre-einsemd-blant-eldre	Sara Maria Bjune Mead same@nasjonalforeningen.no tel. +47 913 65 576

Evaluation/ social impact measurement

There was no evaluation nor information about the social impact measurement available for this initiative.

FellesGlede Ressurspartner (Common Joy Resource partner)

FellesGlede is a coordinator that offers nursing homes help to easily establish a good long-term cooperation with elementary schools and facilitate good generational meetings. It is a smaller scale initiative than Livsglede For Eldre but it is based on similar principles.

The goal is to help elderly people living in an elderly home get more visits from the children from the local community. The children learn the joy of doing something for others and gain knowledge about all the nuances of getting older.

FellesGlede resourc epartner therefore contributes to creating contact and establishing future cooperation in an efficient and low-resourced way. They help to find a school that wants to establish contact and to come visit, provide both

parties with training, guidance, follow-up and support both in advance, during and after contact is established.

The work takes place in close cooperation with the elderly home and is based on the residents' needs. The visits are adapted to the class's schedule and competence requirements so that visits and activities can be linked to relevant subjects.

The main prerequisite is that the collaboration must be simple and low-resource, it must be closely monitored over time and provide mutual benefit for the parties involved.

FellesGlede cooperates with both municipal and private nursing homes.

Evaluation/ social impact measurement

There was no evaluation nor information about the social impact measurement available for this initiative.

Financial support	More information	Contact
Sparebankstiftelsen DNB	https://www.facebook.com/FellesGledeRessurspartner/	Halvor Seim halvor.seim@fellesglede.no tel. +47 918 15 289

Generasjonsmøter /Generational meetings are organized by the City Church Mission (Kirkensbymisjon)

Generational meetings create a meeting place and conduct regular meetings where active elderly people and young people meet through meaningful activities such as homework help, meal communities, tours and game nights. The elderly help the young and the young help the elderly. The meetings contribute to increased understanding between people in the local community, across both cultural differences and generational divisions. Thanks to the support from the TV action 2018 "Less alone together" at the Norwegian national TV station, Generation Meetings starts up 10 locations in 6 different cities.

Here with various local subprojects with an intergenerational component:

- Global meal: it recruits new volunteers with a foreign background to cook with and for elderly home guests. Invites to tasking food from different countries with a strong focus on a social aspect of the meeting. Older and younger people (sometimes also children) eat and talk in (Stokke and Sandefjord regions) with the goal of preventing exclusion, loneliness and increasing diversity in volunteering in Sandefjord. The new volunteers receive follow-up and courses in volunteering and are further involved in other local projects. This is a collaborative project between the municipality, Kirkens Bymisjon, The Volunteer Centre, the Red Cross, Stokke rural women's association, Globale Sandefjord and Sandefjord church. Some elderly people are volunteers in this too.

- Bonusbesteforelder /Bonus grandparents: A scheme where one or two elderly persons can volunteer as bonus grandparents to be connected with families who want more networks and for young people without grandparents nearby. Interview is conducted with the project officer in advance followed by a first meeting point to connect together with volunteers, parents/youth and the project officer. Then the participants meet every two weeks for six months with regular follow-up by phone. After six months, an evaluation conversation is conducted and the various links can continue to meet on their own initiative, but without or with less follow-up. If they wanted to go to the cinema, theatre or take a train ride for example, the Church City Mission can additionally support these activities.

-Cycling with the elderly: Cooperation with the elderly centre and Fjorden Sanitation Association with the concept "with the right to wind in the hair". The organisation has recruited young volunteers who cycle in the summers with older passengers from the elderly centre around Sandefjord.

-Generasjonsmøtetreffpunkt /Generation Meeting Points with homework help, trips and the possibility of getting to know older volunteers. The target group has been mainly unaccompanied minors, but due to the pandemic, this has not been carried out since autumn 2021. The organisation has adapted the project and resource use to local needs along the way.

-Neighborhood Party August 2021: Collaborated with a local senior center and the church to create a neighborhood party in the park next to their premises. Engaged the local community, invited the neighborhood and organizations around. A lot of people showed up. Free refreshments, coffee, and buns were served. Collaboration with Family Time that the Church City Mission and the Red Cross have together in Sandefjord.

Evaluation/ social impact measurement

There was no evaluation nor information about the social impact measurement available for this initiative.

Financial support	More information	Contact
Mainly financed by TV campaign funds from NRK's TV campaign from 2018. Some support from a cooperation agreement with Vestfold and Telemark County Municipality.	https://kirkensbymisjon.no/generasjonsmoter/	Maria Etnestad Drivdal maria@skbv.no tel. +47 476 99 438

Generation Alliance (GenerasjonsAlliansen) (2020-2022)

Project The Generation Alliance is a local collaboration initiated by the Folk Academy, the Dementia Association and the Voluntary Centre in Vadsø. Vadsø municipality, Vadsø Upper Secondary School and sports teams, corps, scouts and other local partners.

The COVID-19 pandemic has limited the opportunities for social community and activities in everyday life in a way that has affected many elderly people hard. To counteract loneliness and inaction, measures are needed that can quickly create meeting places, participation and activity for this group. Project The Generation Alliance creates events and activities that contribute to reduced loneliness and increased well-being. The main target group is seniors and the elderly who live at home or in care homes. It is also a special goal to create arenas for generational meetings and activities, in an interaction between volunteering, schools and municipal services. Thus, young people aged 13-19 years also become an important target group for the project.

Youth and upper secondary school contributes with activities for the elderly as part of their practical teaching. This creates good learning situations and creates unity and solidarity across generations.

Weekly generation meetings were established involving a range of activities from social events with coffee and cake, joint fitness activities to teaching each other playing on musical instruments. Additionally a total of 17 pensioners in Vadsø were taught the use of tablets, mobile phones and computers. The course ran over 9 afternoons in the spring of 2021.

In the summer of 2021, the project engaged 8 young people aged 18 –22 to a summer job as a visiting friend for elderly residents. 10 elderly people received weekly visits from the young people. The focus was socializing and trips outside. The pensioners were recruited via the community nursing service in Vadsø, the dementia association and via the Red Cross visitor service.

The feedback so far from pensioners, relatives, schools, the school corps and other volunteers is very positive. Both the generational meetings in schools, the computer course and the visiting friend scheme seem to be good measures that meet the target groups. The project ends in December 2021 and an evaluation and summary will be available during January/February 2022.

Evaluation/ social impact measurement

There was no evaluation nor information about the social impact measurement available for this initiative, it should be published later in 2022

Financial support	More information	Contact
Various sources, among others: The Dam Foundation- one of Norway's largest foundations which	www.Trivselslaben.no	Lise Aanensen lise@trivselslaben.no tel. +47 95 22 74 53

provides money for health and research projects that will improve health through participation, activity and coping for people in Norway.		
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6. Role of day centres and nursing homes

We found that the collaboration with nursing homes, day centers, schools, kindergartens plays a very significant role in the organization of the activities. Moreover, this collaboration reaches the higher parts of the Norwegian public structure. On the municipal level, there is a large involvement of the Nursing Administration (Sykehjemsetaten) that oversees the nursing homes and day centers. They support the activities in terms of the facilities, assignment of staff as well as in terms of the financial support. The Nursing Administration also works as a 'multiplier': the activities which have been established and work in some places, are recommended and then introduced in the other settings. Not all Norwegian municipalities have a separate Nursing Administration, it is mostly the largest cities that have it. The smaller municipalities have single representatives engaged in overseeing nursing homes and day centers as a part of other departments.

Some examples:

- Nordstrandsykehjem, Oslo (a public day care for elderly in Oslo). A centre for elderly who continue to live in their own houses. They receive transport to the centre from home and can use the centre with the frequency that suits them, also every day if that is what they prefer.

Collaboration with voluntary organisations is important in daily work

Among the most popular activities in the day centre are:

- Physiotherapy is a large part of the offer in the day centre- 4 days a week.
- Cookery course- focusing on different cuisines depending on the background of the elderly who belong to the center.
- Learning digital skills (the use mobile phones and PCs especially). This is a collaboration with a local high school, that is placed next to the day centre. This is a formal arrangement between the day centre and the school. One of the subjects they have at school is called: 'effort for others' (innsats for andre). The pupils come once per week and teach elderly. They also make a book project where they included interviews with the new users over their experiences learning the digital skills.
- Collaboration with kindergartens is mainly based on teaching the children the old, traditional songs and singing them together. They also organise making Christmas and Easter decorations together, as well as meet over the national day to celebrate together. It works much better to get visits from

the schools and kindergartens in the day center than to transport the elderly to visit the children.

- The young people who come for visits really enjoy hearing about the old days and historical events.
- Dog visits are a very popular activity¹. A local dog club has an arrangement with the day center that several dogs come regularly for a visit and spend time with the participants in the day center.
- The day center also has some chickens and rabbits living there all the time. Especially the rabbits are very popular among the elderly since most of them had rabbits at home during the second world war. The fact that the day center has animals makes it also more attractive for the children to come for a visit.
- The day center has participants from 67 to 99 years old and among them, there are many different groups with different interests. This is also important to distinguish between their needs and adjust the activities to these diverse groups separately and not simply treat them as one homogeneous group of 'old people'.

The day centre has been closely working with the Frivilighetsentralen (Voluntaring Center). Through them, the day centre has access to many volunteers who come on a regular basis and, among others: read newspapers (1-2 days per week), read books, go for walks.

An anecdote related to this particular day center is that the elderly participants belonging to it, have been very active on TicToc. One of the young employees in the centre has made many videos based on the ideas of the elderly. Some of the videos have over 5mln views.

Contact person: anne.berit.rafoss@helsedir.no (she is very keen to share her experiences with the Polish partners)

- Grefsenhjemme (a public nursing home in Oslo)
 - Due to COVID-19 pandemic most of the activities have been cancelled for almost 2 years but the plan is to reactivate them as soon as the sanitary situation improves.
 - Among the initiatives, that the nursing home has organized before the pandemic was a language café where young students from different countries from a church came once per month for 2 hours. They came with homemade cakes and engaged in conversations, exchange, various activities. Not all the students were able to speak Norwegian well enough, so the residents had to sometimes use English instead. It was very fun to see that they enjoyed using English again and being able to communicate with the young adults. From there came the idea of not being able to call this generational hit "language café" to practice, some in Norwegian and

¹ In other places, the dog visits are arranged through a formal programme organised by the Red Cross. (besøkshund Røde Kors).

- some in English. An incredible number of good meetings. The target group was residents who had the ability to communicate and interest. The initiative came from the youth group.
- They also arrange Baby Song where parents with small babies come to sing together, and kindergartens come for visits to a regular group.

Contact person: elma.streit@grefsenhjemmet.no

- St. Hanshaugen Senior Center (a public nursing home in Oslo)
 - Since the spring semester 2016, St. Hanshaugen Senior Center in cooperation with the child welfare service in the district has arranged language and homework assistance for unaccompanied minor asylum seekers - the integration project that became inspiration and precursor to "Generational Meetings" in the Church City Mission. Thanks to the TV action 2018 "Less alone together", Generation Meetings started up 10 locations in 6 different cities from January 2019.
- Paulus sykehjem, a nursing home in a district of Grunnerløkka in Oslo
 - The nursing home houses 93 elderly inhabitants and has additionally over a year ago opened to house six young people who were looking for a place to live. The young people were allowed to move into a collective on a completely separate floor in the building, and became part of the everyday life of the nursing home. "Project collective – the year when everything changed" is a follow up documentary presenting the intergenerational meeting place in the Paulus nursing home.
 - https://www.youtube.com/results?search_query=Prosjekt+kollektiv+%E2%80%93+A5ret+da+alt+endret+seg

7. Declining professions.

None of the initiatives reviewed by the OsloMet researchers and included in this report had a component focusing specifically on learning declining professions through intergenerational activities.

One of the funders of the intergenerational activities mentioned earlier in this report, a Norwegian foundation Sparebankstiftelsen DNB, has been specifically committed to ensuring that children and young people understand the connections between the past, present and future. For more people to gain knowledge about the history and cultural heritage, the foundation supports training in declining craft for new generations.

Among other things, nine history teams as well as several museums received support in 2019 for dissemination projects and exhibitions. Furthermore, the foundation contributed to the continuation of competence between the generations. Young craftsmen and women received training, experience, and

access to workshops. Children and young people had the opportunity to learn and practice, for example, wood-turning², tree spiking or knitting. In 2019, the Norwegian Folk Museum received support to build a "craft yard" with workshops for courses and training, where traditional crafts were taught to students and other visitors.

Sparebankstiftelsen DNB donated 20 million NOK for the development of the craft yard, including the commissioning and facilitation of buildings where competence transfer of traditional crafts is emphasized. Furthermore, Lillehammer Museum received support for teaching traditional crafts at the open-air museum at Maihaugen. In the run-up to the city's 200th anniversary in 2027, they will recreate a contemporary historical Lillehammer from 1927. They will establish the Craft Quarter together with the Norwegian Craft Institute with workshops for teaching and continuation of traditional crafts.

The Project Cultural Heritage for All at the Society for the Preservation of Ancient Norwegian Monuments was funded by Sparebankstiftelsen DNB from 2016 to the summer of 2021. The goal of Cultural Heritage for all has been to safeguard and strengthen traditional craftsmanship, specifically connected to construction and building preservation. The project was awarded NOK 5 million annually in grants for the commissioning of initiatives related to cultural heritage. The funds were allocated by application (see the projects here: <https://fortidsminneforeningen.no/bygningsvern/prosjekter-vi-har-stottet/>).

Historically, craft knowledge was transferred from parents to children. It also began at an early age. This dynamic has virtually disappeared in our modern society. The Building Protection Department arranges several courses throughout the year. The participants are high school students, apprentices or young craftsmen who want to learn more about traditional craftsmanship. The intermediaries at the courses are handpicked craftsmen and traditionalists in their field. The Society for the Preservation of Ancient Norwegian Monuments also awards four scholarships of 25,000, - annually to four young craftsmen. The goal is to help strengthen the traditional craftsmanship environment, recruit young craftsmen, and provide them with a network.

Another initiative was related to the craft of the traditional boat building. The Association for the Coast has received support to build 32 traditional boats, which in turn were given to NGOs and educational institutions. Through the project, more people got to learn the traditional craftsmanship, and more people will get to use the beautiful old wooden boats. Construction is now in full swing across the country.

² Wood-turning is the craft of using a wood lathe with hand-held tools to cut a shape that is symmetrical around the axis of rotation. Like the potter's wheel, the wood lathe is a simple mechanism that can generate a variety of forms

Other small initiatives mentioned throughout the data collection were related to hand crafts like knitting, crochet and making traditional Norwegian national costumes- activities organised in culture centers and local libraries.

8. Good practices from other countries.

While searching through the Norway based initiatives, the researchers also came across some activities in other countries. Below are some of the examples:

Estonia: www.jututaja.ee

Sweden: <https://ungomsorg.se/>

Australia: <https://playmatters.org.au/ageless-play>

Denmark: <https://www.elderlearn.dk/>

Denmark: <https://www.facebook.com/Heartwork.dk/>

9. Conclusions

There are many aspects important for the successful implementation of the intergenerational activities.

Context is very important in recognising the fact that it is much easier to organise activities in the setting both with access to volunteers, and where these activities are widely supported and seen as beneficial by the authorities. Municipalities see that exclusion costs, and that supporting initiatives that can prevent young people from falling outside is economically profitable in the long term. Prevention pays off. In addition, this initiative can also contribute positively to recruitment to health and care professions. At the same time, the fact that the children in the lower secondary school have a school subject called 'efforts for others' gives them an additional ground for actively thinking about contributing to the society in a meaningful way. With this approach, it is easier to write intergenerational activities in the mainstream curriculum.

Sustainability of the activities can be supported in many ways, including a well worked though guideline and follow up procedures, good training programme for the staff.

E.g. in the case of Generation M, one of the most important success factors is probably that it has been a paid service and that they have earned a position to engage in dialogue with the municipalities. Crucial with political and administrative goodwill which takes a long time to build up.

Close collaboration between institutions (nursing homes, day centers, schools, kindergartens etc.) build on a regular contact and mutual benefits was mentioned by many experts as an important aspect.

Another very important aspect in the intergenerational activities is the level of engagement from all sites. The activities where one side is entertaining the other receive much poorer feedback than those where all sides are actively participating in the interaction.

Volunteering is an often too little-used resource. Closer cooperation between the municipality and the volunteers can be very rewarding for all parties. We spend much of our lives in different arenas, children are at school and the old ones are at the senior centre. Maybe you meet at the store from time to time, but it's not natural to have a chat.

An additional benefit of arranging intergenerational activities is that, according to the experts met through this study, there are many young people with an immigrant background³ who wanted to participate in these activities. Therefore, not only can such project build bridges between people of different age groups, but also between people from different cultural backgrounds. Many people with an immigrant background have grown up with a culture that to a greater extent than Norwegian culture points out the importance of caring for and respecting the elderly, and who expressed that it was particularly nice to be able to have this contact with the elderly. A clear win-win situation for everyone

A scoping review of peer-reviewed journal articles on intergenerational programme outcomes (Jarrott et al. 2021) provide implications for funding and self-evaluation tools for future intergenerational programming:

- Funders of intergenerational programs should require a declaration to document evidence-based program implementation and its association with program outcomes.
- The Intergenerational Program Evaluation Toolkit (Jarrott, 2019b) can support practitioners with this effort through an open-ended evaluation guide and a collection of established measures used in intergenerational programming research.

Expert interviews have revealed the specific strategy when planning and designing new day centers for elderly and nursing homes to be placed in close area to the schools and kindergartens in order to facilitate intergenerational activities. Such a thorough planning showcases the acknowledgement of the importance of such activities for the wellbeing of the youth and the elderly. This is also something that the concept of Generational Kindergarten is built on.

³ On that note, Karmøy Røde Kors omsorg/ Karmøy Red Cross has an activity called "Norwegian training, homework help, and language café". The target group are people from minority backgrounds, who may need help in doing homework or in learning Norwegian. The Red Cross is open 1 day per week from 1430 – 1700. Volunteers who help within this service are often elderly (often the retired teachers).

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Appendix 1 Survey sent to stakeholders to map relevant activities and broaden the scope of contacts

Læring på tvers av generasjoner

Vi ønsker å finne frem til gode eksempler på aktiviteter og prosjekter som legger opp til kontakt, samspill og læring på tvers av generasjoner (feks. eldre som leser for barn og hjelper med lekser eller unge som hjelper eldre med IT). Vi lurte derfor på om dere selv driver eller kjenner til slike aktiviteter og prosjekter.

Vi setter stor pris på om dere kan besvare dette korte spørreskjemaet hvor dere beskriver disse initiativene og/eller organisasjoner dere kjenner til som har slike aktiviteter.

Har du eller din organisasjon noen aktiviteter og prosjekter som legger opp til kontakt, samspill og læring på tvers av generasjoner?

- Ja, jeg har
- Ja, min organisasjon har
- Ja, både jeg og min organisasjon
- Nei

Kan du kort beskrive dette/disse? Organisasjon, initiativtaker, deltakere, hvor (lokale), målgruppe, navn på aktivitet (hvis kjent) og finansieringskilde Evt. nettside eller lenke hvis dette finnes.

...

Kan vi kontakte deg om dette? Skriv ned din epostadresse

...

Kjenner du til andre aktører som også har slike aktiviteter som du synes vi bør kontakte?

...

Takk for din hjelp!

Learning across generations

We want to find good examples of activities and projects that facilitate contact, interaction and learning across generations (e.g. elderly people who read to children and help with homework or young people who help the elderly with IT). We therefore wonder if you are engaged in or are familiar with such activities and projects.

We greatly appreciate if you can answer this short questionnaire describing these initiatives and/or organizations you are familiar with that have such activities.

Do you or your organization have any activities and projects that facilitate contact, interaction and learning across generations?

1. Yes, I have
2. Yes, my organization is
3. Yes, both me and my organization
4. No

Can you briefly describe this? Organization, initiator, participants, where (local), target group, name of activity (if known) and source of funding, website or link if present.

...

Can we contact you about this? Write down your email address

...

Are you familiar with other actors who also have such activities that you think we should contact?

...

Thank you for your help!

Appendix 2 Contact database built throughout the BeForMe project

Organisation	Department	Contact person	e-mail	Role in the organisation	website	telephone nr
Stiftelsen (Foundation)	Generasjonsmøter med sang	Folkeakademiet			https://sparebankstiftelsen.no/tildelinger/generasjonsmoter-med-sang/	
Active Karmøy	Norsk opplæring, leksehjelp- Red Cross				https://aktivikarmoy.no/aktiviteter/norsk-trening-sprak-cafe-og-leksehjelp	
Bærum Municipality	Helse og omsorg / health and care dept.	Cecilie Øyen	cecilie.oyen@baerum.Municipality.no	Acting municipal manager Nursing and care		+47 95 92 34 70
Bærum Municipality	Helse og omsorg	Grete Syrdal	grete.syrdal@baerum.Municipality.no	Municipal Manager Health and Social Affairs		+47 97 19 95 36
Bærum Municipality	Sosialrådgivere – Vern for Eldre		vern.for.eldre@baerum.Municipality.no		https://www.facebook.com/Seniorsementrene	
Bergen Municipality	Etat for sykehjem (Administration for nursing homes)		etatforsykehjem@bergen.Municipality.no			
Bergen Municipality	Etat for sykehjem	Aita Johansen	Anita.Johansen@bergen.Municipality.no	Leader		+47 41123567
Bergen Municipality	Skjoldtunet sykehjem	Birgitte Walle	Birgitte.Walle@bergen.Municipality.no			
Church City Mission	Generasjonsmøter (Trondheim)	Christel Vroone	christel.vroone@bymisjon.no	Coordinator for Generation meetings	https://kirkenbymisjon.no/generasjonsmoter/	+47 45811856
Church City Mission	Generasjonsmøter (Drammen)	Andreas Thorset	andreas.thorset@skbd.no	project manager		+47 940 15 801
Church City Mission	Generasjonsmøter (Sandefjord)	Maria Etnestad Drivdal	maria@skbv.no	Project officer		+47 476 99 438
Church City Mission	Generasjonsmøter (Oslo. St Hanshaugen)	Tone Germaine Martinsen	tone.martinsen@bymisjon.no	project manager		+47 913 91 691

Church City Mission	Generasjonsmøter (Oslo Nordstrand)	Lene Storhaug	lene.Storhaug@bymisjon.no	project manager	+47 97169986
Church City Mission	Generasjonsmøter (Bergen)	Zayneb Munthir	Zayneb.munthir@skbb.no	Project worker	+47 45270128
Church City Mission	Generasjonsmøter (Bergen)	Knut Anders Strand	knut.anders.strand@skbb.no	Head of Action	+47 34 92 91
Church City Mission	Generasjonsmøter (Oslo Ullern)	Esther Marie Lier	esther.marie.lier@bymisjon.no	General Manager	+47 97 18 62 65
Church City Mission	Generasjonsmøter (Oslo Ullern)	Kim Osmund Ueland	kim.osmund.ueland@bymisjon.no	project manager	+47 95488670
Church City Mission	Generasjonsmøter (Randaberg)	Elisabeth Lied	ventilene@bymisjon.net	Manager	+47 913 58 988
Church City Mission	Generasjonsmøter (Randaberg)	Camilla Heggedal	Camilla.heggedal@bymisjon.net	environmental worker	+47 46624137
Drammen Municipality	Bråta helse- og aktivitetssenter	Sudhir Sharma	sudhir.sharma@drammen.Municipality.no		
Drammen Municipality	Svelvik sykehjem	Liv Busland	Liv.Busland@drammen.Municipality.no	Manager	+47 908 53 732
Elverum Municipality	Middagstreff på tvers av generasjoner		post@moteplassen.elverum.no		
Fellesglede (Common joy)	meetings between care centres and schools and kindergartens	Halvor Seim	halvor.seim@fellesglede.no		https://www.facebook.com/FellesGledeRessurspartner/
Fredrikstad Municipality			postmottak@fredrikstad.Municipality.no		
Frivillighetssentralen	Reservebesteforeldre/ reserve grandparents		storhaug.frivilligsentral@stavanger.Municipality.no		https://storhaug.frivilligsentral.no/aktivitet?reservebesteforeldre&id=8838
Frivillighetssentralen (Rogaland)		Andrine Kallåk Homme	Andrine.kallak.homme@kleppnett.no	chair person	
Frivilligsentral (Voluntary centre)	Lyttevenn/ listening friend	Jorunn Bakke Flottorp	jorunn.bakke.flottorp@lyngdal.Municipality.no		
Frivilligsentral (Voluntary centre)	Rygge Sentralen	Marit Frydelund	marit.frydenlund@moss.Municipality.no		

Frivilligsentral (Voluntary centre) Haegbostad	Lesevenn/ a reading friend		post@haegbostad.frivilligse ntral.no	https://haegbostad.frivilligsentral.no/aktivitet?lesevenn&Id=2484
Frivilligsentral (Voluntary centre) Aal	Rickshaw		frivilligsentralen@aal.Munici pality.no	https://aal.frivilligsentral.no/aktivitet?rickshaw---sjafor&Id=5543
Frivilligsentral (Voluntary centre) As	Rickshaw		frivillig@as.Municipality.no	https://as.frivilligsentral.no/aktivitet?rickshaw&Id=5404
Frivilligsentral (Voluntary centre) Byåsen	Eldre møter ung/ Elderly meet young	Vigdis	vigdis@byasen.frivilligsentra l.no	https://byasen.frivilligsentral.no/aktivitet?eldre-moter-unge---emuprojektet&Id=2269
Frivilligsentral (Voluntary centre) Fredrikstad	Følge for eldre/ Follow the elderly		post@fredrikstadsentrum.fri villigsentral.no	https://fredrikstadsentrum.frivilligsentral.no/aktivitet?folge-for-eldre&Id=3894
Frivilligsentral (Voluntary centre) Hemsedal	Reserve besteforeldre/ Reserve grandparents	Jette Lassen	jette.lassen.ellseth@hemsedal.Municipality.no	https://hemsedal.frivilligsentral.no/aktivitet?reserve-besteforeldre&Id=5123
Frivilligsentral (Voluntary centre) Hornindal	Besøkevenn/ a visiting friend		Hornindalfrivilligsentral@vol da.Municipality.no	https://hornindal.frivilligsentral.no/aktivitet?besoksvenn&Id=4678
Frivilligsentral (Voluntary centre) Løvstakken	Sykling uten alder/ cycling without ageing		post@lovstakken.frivilligsent ral.no	https://lovstakken.frivilligsentral.no/aktivitet?sykling-uten-alder-pa-lovstakksiden&Id=9877
Frivilligsentral (Voluntary centre) Nannestad	Besøkevenn/ a visiting friend		post@nannestad.frivilligsent ral.no	https://nannestad.frivilligsentral.no/aktivitet?besoksvenn&Id=10606
Frivilligsentral (Voluntary centre) Rindal	Matvenn/ a food friend	Anni Karlstrom	anni.karlstrom@rindal.Munic ipality.no	https://rindal.frivilligsentral.no/aktivitet?matvenn&Id=9189
Frivilligsentral (Voluntary centre) Senja	Barnefamilier søkes/ Looking for a family with children		post@senja.frivilligsentral.n o	https://senja.frivilligsentral.no/aktivitet?barnefamilier-sokes&Id=8927
Frivilligsentral (Voluntary centre) Senja	Lesetilbud for eldre/ reading offer for elderly		post@senja.frivilligsentral.no	https://senja.frivilligsentral.no/aktivitet?lesetilbud-for-eldre&Id=8925

Frivilligsentral (Voluntary centre) Spydeberg	Besøksbaby på Grinitun/ visiting baby		post@spydeberg.frivilligsentral.no		https://spydeberg.frivilligsentral.no/aktivitet?besoksbaby-pa-grinitun&Id=5283
Frivilligsentral (Voluntary centre) Storhaug			storhaug.frivilligsentral@stovanger.Municipality.no		https://storhaug.frivilligsentral.no/aktivitet?reservebesteforeldre&Id=8838
Frivilligsentral Sandness	Lyttevenn/ a listening friend	Bjarte Bjørnsen	bjarte.bjornsen@sandnes.Municipality.no		https://sandnes.frivilligsentral.no/aktivitet?lyttevenn-i-sandnesskolene&Id=6650
Generasjon M		Thea Emilie Skaar Giske	thea@generasjonm.no	regional leader	
Generasjon M		Thorbjørn Thyrum	thorbjorn@generasjonm.no	customers and communication	
Generasjon M		Anne Stine Hole	annestine@generasjonm.no	General Manager	
Kinn Municipality		Norunn Stavø	norunn.stavo@kinn.Municipality.no	Head of Local Government Health and Welfare	
Kinn Municipality		Jorunn Bakke Nydal	jorunnbakke.nydal@kinn.Municipality.no	Academic music therapy and cultural scullers	https://kinn.Municipality.no/ansattoversikt.aspx?mid1=1091&pageNumber=30&personid=478
KS (The Norwegian Association of Local and Regional Authorities) (KS)		Anne Gamme	Anne.Gamme@ks.no	Head of Government Relations Health and Welfare	https://www.ks.no/fagomrader/velferd/aldersvennlige-lokalsamfunn/handbok-i-aldersvennlige-lokalsamfunn/6-samfunnsdeltakelse/
KS (The Norwegian Association of Local and Regional Authorities) (KS)		Christian Hellevang	Christian.Hellevang@ks.no		
Leser søker bok (Reader searching for book)	Leseombud/ reading representative	Monica Helvig	mh@lesersokerbok.no	General Manager	https://lesersokerbok.no/leseombud/
LeveHeleLivet idebanken (Live The Whole Life Idea Bank)	Bo Trygt/ live safe	Tonje Marie Sæby	tonje.marie.saeby@bgr.oslo.Municipality.no		

Livsglede for Eldre (Joy of life for the Elderly)	Sola	Anne Brit Egeland	anne.b.egeland@hotmail.no		https://livsgledeforeldre.no/vart-arbeid/lokalforeninger/sola/	+47 930 91 776
Livsglede for Eldre (Joy of life for the Elderly)	Randaberg	Elsa Vistnes	randaberg@livsgledeforeldre.no			+47 957 28 133
Livsglede for Eldre (Joy of life for the Elderly)		Tone Bye	Tone@livsgledeforeldre.no	Secretary-general		+47 418 04 832
Livsglede for Eldre (Joy of life for the Elderly)		Ingvild Finstad	ingvild@livsgledeforeldre.no	Head of volunteering and generational meetings		+47 481 38 335
Livsglede for Eldre (Joy of life for the Elderly)		Christine Sandø Lundemo	christine@livsgledeforeldre.no	Leader Livsgledehjem		+47 924 57 581
Livsglede for Eldre (Joy of life for the Elderly)		Kristin Indal	kristin@livsgledeforeldre.no	Advises volunteering and generational meetings		+47 977 06 943
Livsglede for Eldre (Joy of life for the Elderly)		Linda Fahle-Johansen	linda@livsgledeforeldre.no	Advises volunteering and generational meetings		+47 99 22 64 69
Livsglede for Eldre (Joy of life for the Elderly)		siri@livsgledeforeldre.no	siri@livsgledeforeldre.no	Advises volunteering and generational meetings		+47 480 29 577
Livsglede for Eldre (Joy of life for the Elderly)	Rogaland				https://livsgledeforeldre.no/lfe-lokalt/rogaland/	
Malvik Municipality	Eldres kulturmønstring i Malvik Municipality/ Elderly people's cultural heritage in Malvik Municipality		ingvik@malvik.Municipality.no		https://www.malvik.Municipality.no/?id=6149131&cat=167943	
Nasjonalforeningen for folkehelse (National Association for Public Health)	Aktivitetsvenn/ activity friend	Kari-Ann Baarlid	kari-ann.baarlid@nasjonalforeningen.no	dementia senior adviser	https://nasjonalforeningen.no/tilbud/aktivitetsvenn-for-personer-med-demens/vil-bli-aktivitetsvenn/	
Norheim Church		Hilde Gudmundsen	hilde.gudmundsen@karmoykirken.no		https://www.norheimkirke.no/Vis/Articled/6919/Lordagskafe-HEL-arbeidet	

Norwegian Women's Sanitation Association	Lesevenn/ reading friend	Cecilia Skavlan	cecilia.skavlan@sanitetskvinnene.no	
Oslo Municipality	Sykehjemsetaten		postmottak@syke.oslo.Municipality.no	
Oslo Municipality	Sykehjemsetaten	Henrik Mevold	henrik.mevold@syke.oslo.Municipality.no	Director of Public Affairs
Oslo Municipality	Sykehjemsetaten	Anne-Kristin B. Bjåen	anne-kristin.bjaen@syke.oslo.Municipality.no	Director quality and development
Oslo Municipality	Sykehjemsetaten	Vibeke Harr	vibeke.harr@syke.oslo.Municipality.no	Director of municipal long-term homes
Oslo Municipality	Sykehjemsetaten	Anne Berger Sørli	anne.berger.sorli@syke.oslo.Municipality.no	Director private long-term homes
Oslo Municipality	Abildsøhjemmet	Heidi Vaag	heidi.anita.vaag@syke.oslo.Municipality.no	Head of Institution
Oslo Municipality	Ammerudlunden sykehjem	Siri Rinnan Gulpinar	siri.rinnan.gulpinar@diakonhjemmet.no	General Manager
Oslo Municipality	Ammerudlunden sykehjem		nina.vangen@diakonhjemmet.no	Information kontakt
Oslo Municipality	Bekkelagshjemmet	Miriam Hasle	miriam.hasle@bymisjon.no	head of institution
Oslo Municipality	Bekkelagshjemmet	Anita Hauge Gjerstad	anita.hauge.gjerstad@bymisjon.no	Information kontakt
Oslo Municipality	Bjølshjemmet	Merete Helland	merete.helland@syke.oslo.Municipality.no	head of institution
Oslo Municipality	Bjølshjemmet	Marit Susan Antonsen	maritsusan.antonsen@syke.oslo.Municipality.no	Information kontakt
Oslo Municipality	Brinken dag aktivitets tilbud/ a day activity offer	Anita Fjellberg	anita.fjellberg@bgo.oslo.Municipality.no	professional manager Huskestua
Oslo Municipality	Cathinka Guldberg-senteret Lovisenberg	Erna Larsen	erna.larsen@lovisenberg.no	day centre leader
Oslo Municipality	Cathinka Guldberg-senteret Lovisenberg		Henning.Meling@Lovisenberg.no	General Manager
Oslo Municipality	Ellingsrudhjemmet	Ann Jorunn Frydenlund	jorunn.frydenlund@syke.oslo.Municipality.no	information contact

Oslo Municipality	Ellingsrudhjemmet	Eva Merete Årseth	eva.arseth@sy.e.oslo.Municipality.no	head of day centre
Oslo Municipality	Fagerborghjemmet	Marianne Nordeide	marianne.nordeide@lovisenberg.no	General Manager
Oslo Municipality	Fagerborghjemmet	Marianne Vestre	marianne.vestre.gronseth@lovisenberg.no	General Manager
Oslo Municipality	Fagerborghjemmet	Ruth Fjeld	ruth.fjeld@lovisenberg.no	
Oslo Municipality	Fagerborghjemmet	Kine Emilie Knutsen-Sanders	kine.emilie.knutsen-sanders@lovisenberg.no	head of day centre
Oslo Municipality	Grefsenhjemmet	Julie Mittet	julie.mittet@grefsenhjemmet.no	General Manager
Oslo Municipality	Grefsenhjemmet	Tone Maarud	postmaster@grefsenhjemmet.no	information contact
Oslo Municipality	Hauger gård - Inn på tunet/ in the yard	Andreas Kind	ak@virksomhetscenter.no	General Manager
Oslo Municipality	Hovseterhjemmet	Anette Rundgren	anette.cicilie.rundgren@lovisenberg.no	Unit manager culture and day centre/ information contact
Oslo Municipality	Ilahjemmet	Lene Kristiansen	lene.kristiansen@sy.e.oslo.Municipality.no	
Oslo Municipality	Kantarellen bo- og rehabiliteringssenter/ Kantarellen Residential and Rehabilitation Centre	Ewa Adamski	ewa.adamski@stendi.no	General Manager
Oslo Municipality	Kantarellen bo- og rehabiliteringssenter	Nenad Nakic	nenad.nakic@stendi.no	information contact
Oslo Municipality	Langerudhjemmet	Thea Benedicte Einarsbøl	theabenedicte.einarsbol@sy.e.oslo.Municipality.no	information contact
Oslo Municipality	Langerudhjemmet	Helga Aalberg Skau	helgaaalberg.skau@sy.e.oslo.Municipality.no	Service Department
Oslo Municipality	Lindeberghjemmet	Kjellaug Mossefin	kjellaug.mossefin@sy.e.oslo.Municipality.no	Service Department
Oslo Municipality	Lindeberghjemmet	Ann- Kristine Kvitle	annkristine.kvitle@sy.e.oslo.Municipality.no	supervisor

Oslo Municipality	Lillohemmet	Henning Meling	postmottak.lillohemmet@sy.e.oslo.Municipality.no		
PiiR		Christine Moy	cm@mollereiendom.no	neighbour host	
Red Cross	Karmøy	John Inge Melkvik	post@karmoyrk.no		https://www.karmoyrk.no/kontakt-oss/
Red Cross	Digital senior (Nøtterøy)	Ove Harald Brakstad	brakstado@gmail.com	leader	+47 95934406
Red Cross	Digital senior (Nøtterøy)	Torild Wivestad Johansen	torildwivestadjohansen@yahoo.no	vice-leader	
Red Cross	digital senior (Re)	Birger Aune	birger.aune@rodekors.org	leader	
Red Cross	digital senior (Re)	Geir Varholm	geir@varholm.no	vice-leader	
Red Cross	Digital senior (Lillehammer)	Oline Dalen	oline.dalen@redcross.no	volunteer coordinator	+47 41580011
Red Cross	Venner på tvers av generasjoner/ friends across generations	Kjersti Huseby	post@trondheim-redcross.no		+47 73 94 93 14
Senior Expo		Tone Haraldsen	tone@smart-velferd.no		https://bohjemmelen.ge.no/seniorexpo-oslo-2021/
Seniornett					https://www.seniornett.no/
Senornett	Seniornett dataopplæring/Senior web data training	Joop Cuppen	joop.cuppen@seniornett.no	project leader	https://www.seniornett.no/
Senter for et aldersvennlig Norge (Centre for an age-friendly Norway)	Generasjonslekene/ Generation Games	Anne Berit Rafoss	anne.berit.rafoss@helsedir.no	project manager	https://www.aldersvennlig.no/programmet/generasjonslekene/
Senter for et aldersvennlig Norge (Centre for an age-friendly Norway)	Prosjekt for mobilisering av seniorressurser i lokalsamfunnet	Ingrid Køhler Knutsen	Ingrid.Kohler.Knutsen@helsedir.no	project manager	
Senter for et aldersvennlig Norge		Wenche Halsen	wenche.halsen@helsedir.no	section leader	https://www.aldersvennlig.no/2021/09/30/skap-generasjonsmoter-med-fysisk-aktivitet-og-moro/

(Centre for an age-friendly Norway)						
Statsforvalteren i Innlandet (County Governor of Inland Norway)	Inspirasjonskorpsset	Hanne Kjøsnes	fmhehkj@statsforvalteren.no	senior adviser	https://www.statsforvalteren.no/innlandet/helse-omsorg-og-sosialtjenester/statsforvalteren-vil-inspirere-innlandet-til-a-fremmetrivsel-og-livsglede-hos-eldre-i-koronatida/sprer-glede-pa-tvers-av-generasjoner/	+47 62 55 11 46
Stavanger Municipality	Helse og omsorg, alders og sykehjem		vigdis.by@stavanger.Municipality.no	communication advisor for health and welfare, upbringing and education.		
Trivsellaen (The well-being lab)	Generasjonshagen - first kindergarten where generations meet. Generasjonsallianse	Lise Aanesen	lise@trivsellaen.no		http://www.generasjonshagen.no/om/	+47 95 22 74 53
Trivsellaen (The well-being lab)	Generasjonshagen - first kindergarten where generations meet. Also Generasjonsallianse	Ulf A. Holsbø	ulf@trivsellaen.no			+47 45 40 47 66
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Appendix 3 Questions asked by the funder in the process

- Do day care centers for the elderly operate in Norway - I mean a place where elderly people come, where some activities and care are organized for them, if someone needs it, rehabilitation or massages?
- Are there any organized forms of support or educational cooperation between school children and nursing homes for the elderly and vice versa in Norway, do the elderly have any meetings with children in schools / kindergartens?
- To what extent is the sector of specialized NGOs / public institutions dealing with intergenerational dialogue developed in Norway, is there a potential for establishing Polish-Norwegian partnerships and sharing experiences in this area? We would like to have a list of potential partners. Are they rather NGOs or public institutions?
- Are there any known examples of bilateral projects in the area of intergenerational dialogue implemented by Norway? What were the results of such cooperation?
- How is the learning of declining professions perceived? does Norway have experience in this area?
- What kinds of projects could be considered good practice - are there any innovative approaches in this area? In the project planned by us, we are interested in long-term cooperation; does Norway have such experiences? How is such cooperation financed?