



Intergeneracionalidad en asignaturas del Grado de Trabajo Social, UdL, 2024-25

GRACIAS, ABUELO, ABUELA: UN HOMENAJE A NUESTROS REFERENTES MAYORES

As part of the Social Education degree at the University of Lleida, students of the course *Acció socioeducativa per a l'envelliment actiu* (Socio-educational Action for Active Aging), taught by Professor Anna Soldevila, have developed the project *Gracias, abuelo, abuela* (Thank you, Grandpa, Grandma). This initiative is a virtual space dedicated to honoring grandparents and other older adults who have left an indelible mark on their lives. This project was born out of the desire to recognize and share the affection, wisdom, and support that older people have given us and highlights the value of intergenerational relationships that enrich us all.

What does this project offer?

"Thank You, Grandpa, Grandma" collects stories and memories from students who wanted to express their gratitude towards their older adult role models. It consists of:

- Photographs and personal messages that capture unique and unforgettable moments.
- Stories in a "two-voice" format, where both young people and older adults share the lessons and experiences that connect them, highlighting the reciprocity of these relationships.
- A celebration of intergenerational bonds that transcend family boundaries, including friendships, neighbors, teachers, or other figures who have been a source of inspiration and support.

Additionally, the project also gives grandparents a voice to express their gratitude towards their grandchildren, recognizing all that they receive from them.

A call to value older adults

Thank You, Grandpa, Grandma is not just a tribute. It is also an invitation to reflect on the importance of older adults in shaping our identity and values, and a reminder to keep this essential bond alive in our lives.

We invite you to visit the full project at the following link:

<https://sites.google.com/view/projectegraciasaviagraciasavi/inicio>

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<https://web4.udl.cat/es/resultados/educacion-y-profiguracion/intergeneracionalidad-en-asignaturas-del-grado-de-1>
<https://sites.google.com/view/projectegraciasaviagraciasavi/inicio>]





INTERGENERATIONAL PROJECT WITH THE 'SIEMPRE ACOMPAÑADOS' PROGRAM: FROM RADIO TO PODCAST

Within the course 'Socio-educational Action for Active Ageing' of the Social Education degree at the University of Lleida, led by Professor Anna Soldevila, a collaborative project has been carried out with the 'Siempre Acompañados' program (Fundación 'la Caixa', Red Cross, and the City Council of Lleida). This initiative has connected university students with older adults with the goal of fostering intergenerational relationships based on mutual respect, trust, and dialogue."

A bond based on joint work

To create and strengthen the bond between young people and older adults, various activities have been organized:

- Initial sessions with group dynamics, designed to break the ice, promote mutual understanding, and create a space of trust and respect.
- Work on ageism, a key topic for reflecting together on stereotypes and prejudices towards older adults and young people.

Creation of an intergenerational podcast

One of the highlights of the project has been the creation of an intergenerational podcast, where young people and older adults have shared reflections and experiences on topics of common interest:

- Grief.
- Rural and urban life.
- Women's empowerment.
- Sexuality.

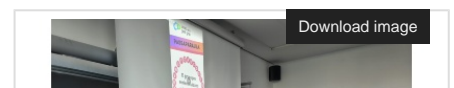
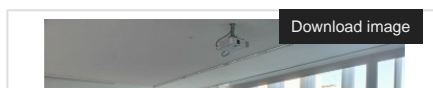
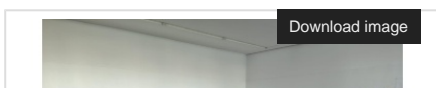
This process has been enriched by the classes taught by professor and musician Antoni Tolmos, who has guided the participants in the art of podcast production, providing them with the technical and creative tools needed to bring their ideas to life.

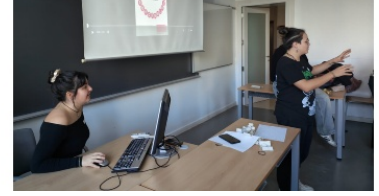
Closing party

The project was concluded with a closing party open to all participants of the sessions. During the celebration, the created podcasts were listened to, and the work done together throughout the entire process was appreciated.

A shared effort

This project has been made possible thanks to the collaboration and guidance of social educator Anna Gibert and social worker Lourdes Manrique, from the 'Siempre Acompañados' program, who have shared their expertise to make this initiative a transformative experience for all parties involved





SOCIO-EDUCATIONAL WORKSHOPS WITH 'AMICS DE LA GENT GRAN'

Within the framework of the course 'Socio-educational Action for Active Ageing' of the Social Education degree at the University of Lleida, taught by Professor Anna Soldevila, we have collaborated with the organization 'Amics de la Gent Gran' to design, deliver, and evaluate a series of workshops aimed at older adults. This experience, which follows the service-learning model, has allowed students to apply the knowledge acquired in the classroom in a practical setting and interact with the senior participants.

Three workshops to promote learning and dialogue

The students, organized into small groups, prepared and led three workshops on topics of interest for the senior participants, selected together with the organization:

- Ageism: reflections on the prejudices and stereotypes associated with age and how to combat them.
- Social skills: strategies to strengthen interpersonal relationships and improve communication.
- Sexuality: a space to openly discuss sexuality in adulthood, breaking taboos and promoting a positive outlook.

Each workshop was held with small groups, made up of a dozen older adults, who actively participated in the proposed dynamics and activities. This smaller format fostered an atmosphere of trust and open dialogue, promoting connection between the participants and the students.

A joint effort with 'Amics de la Gent Gran'

The experience has been guided and supervised by the coordinator of the Lleida delegation of Amics de la Gent Gran, Jordi Bergé, who has been a key figure in ensuring the activities were adapted to the needs and interests of the participating older adults. This collaboration has been a valuable opportunity for the students to experience the real impact of their socio-educational action.

An enriching experience

This project has allowed the students not only to put into practice their skills as future social education professionals, but also to create meaningful connections with the senior participants. In turn, the workshops have provided a space for mutual reflection and learning, demonstrating that intergenerational exchange can be transformative.

The project exemplifies the Social Education degree's commitment to active ageing and social inclusion, key areas also addressed in the PRO-SUEDAD research project.

