

# ID TALKS!

*This series will guide participants through the concepts of intergenerational solidarity and intergenerational dialogue - what they mean, why they matter, and how they are relevant in today's societies.*



## ID Talks:

INTERGENERATIONAL SOLIDARITY  
AGEISM  
ANCESTORS & OFFSPRINGS  
PRACTICE: 'GRANDPA TELL ME MORE'  
PRACTICE: 'I AM BLUE'

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## ABOUT SALTO

...‘Support and **A**dvanced **L**earning and **T**raining **O**pportunities within the Erasmus+: Youth in Action and European Solidarity Corps programmes’. The European Commission has created a network of seven SALTO-YOUTH Resource Centres to enhance the implementation of the EU Erasmus+: Youth in Action and European Solidarity Corps programmes, which provide young people with valuable non-formal learning experiences.

SALTO’s aim is to support the implementation of the European Erasmus+: Youth in Action and European Solidarity Corps Programmes with regard to priorities such as Social Inclusion, Diversity, Participation, and Solidarity. SALTO also supports co-operation with regions such as EuroMed, South-East Europe, or Eastern Europe and The Caucasus and coordinates all training and co-operation activities, as well as information tools for National Agencies.

In these European priority areas, SALTO-YOUTH provides resources, information, and training for National Agencies and European youth workers. Most of these resources are offered and disseminated at [www.SALTO-YOUTH.net](http://www.SALTO-YOUTH.net). Find online the [European Training Calendar](#), the [Toolbox for Training and Youth Work](#), the database of youth field trainers active at the European level ([Trainers Online for Youth or TOY](#)), links to online resources, and much more.

SALTO-YOUTH actively co-operates with other actors in the European youth field, among them the National Agencies of the Erasmus+ and European Solidarity Corps programmes, the Council of Europe, the European Youth Forum, European youth workers and trainers, and training organisers.

### **THE SALTO-YOUTH INCLUSION AND DIVERSITY RESOURCE CENTRE [WWW.SALTO-YOUTH.NET/INCLUSION/](http://WWW.SALTO-YOUTH.NET/INCLUSION/)**

The SALTO-YOUTH Inclusion and Diversity Resource Centre (based in Belgium Flanders) works together with the European Commission to support the inclusion of young people with fewer opportunities in the Erasmus+: Youth in Action and European Solidarity Corps programmes. Through that, it works to contribute to social cohesion in society at large. SALTO Inclusion and Diversity also supports the National Agencies and youth workers in their inclusion work by providing training, developing youth work methods, disseminating information via the newsletter, etc. By offering opportunities for training, exchange, and reflection on inclusion practice and diversity management, SALTO Inclusion & Diversity works towards the visibility, accessibility, and transparency of its inclusion & diversity work and resources, and towards making ‘inclusion of young people with fewer opportunities’ and ‘positive diversity management’ a widely supported priority.

For more information and resources, have a look at the Inclusion & Diversity pages at [www.SALTO-YOUTH.net/Inclusion/](http://www.SALTO-YOUTH.net/Inclusion/)



## DISCLAIMER

This magazine contains pictures as a result of the Graphic Recording which is an integral part of all the ID Talks events. There are four types of styles throughout the whole magazine.

- **General Cover Picture.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events. It is displayed as a cover picture of each ID Talks version.
- **Portrait of Speaker.** It depicts each speaker and a few graphic recording elements such as written parts of their "speech" and/or any other graphics according to the style of each ID Talks version. It is displayed on top of the speaker's description page.
- **Main Graphic Recording Card.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events, including the specific name of the event, the portrait of the speaker, written quotes of their "speech" and/or any other graphics. It is displayed on top of the first page of each article.
- **Graphic Recording Elements.** Throughout each article, the graphic recording elements complement the text with essential parts of each speaker's "talk".



# I & D Talks

## “Intergenerational Solidarity”

### What is it all about?

“ID Talks” is a series of 5 online workshops on 5 major topics to promote inclusion & diversity (ID) and quality youth work. It features youth workers, professionals and volunteers, from all over the world to share insights, research findings, food for thought, good practices or inspirational stories. They will guide participants through the pressing matters and challenges affecting Inclusion & Diversity and inspire them to make their programmes and organisations more inclusive, embrace human differences, look ahead and picture how the future of youth work and Inclusion & Diversity might be.

Each workshop begins with an input from a guest speaker. Afterwards, participants have the opportunity to engage in the discussion, ask questions and share about their own realities and experiences.

### For whom?

- Youth workers, youth leaders, professionals and volunteers involved in ID in the EU youth programmes, as well as all those interested in youth work and inclusion & diversity topics.

### Why should you join?

- Get food for thought and learn from inspirational ID stories.
- Learn about ID topics from the youth work sector and beyond.
- Get information, inspiration, methods to help the youth sector address ID.
- Put some more quality in your (international) youth work.
- Identify and learn how to tackle existing and future challenges within ID.



**Event Dates:**

- 11 February (13h-14h30 CET) > **ID Talks intergenerational solidarity** -What does intergenerational solidarity mean? What are its key elements? What's in it for different sectors and why is it important for youth work? What other concepts are relevant when unpacking intergenerational solidarity (intergenerational fairness, intergenerational dialogue etc.) and how do they differ and intersect with one another? Let's discuss a topic that is becoming a priority in European discourse and explore what it means for the EU policy framework and future EU programmes. Guest speaker: **Ismael Paez Civico**, Confederation of European Senior Expert Services (CESES), Belgium
- 25 February (13h-14h30 CET) > **ID Talks ageism** - What is age, how is it defined and what does it mean for different generations? How does age intersect with cultural, societal and religious norms, gender and personal traits? What are the common misconceptions and assumptions about different age groups and how do they affect us? We invite you to explore age and power dynamics and discuss how youth work can address existing issues and promote intergenerational understanding and solidarity. Guest speaker: **Alice Latta & Juliette Laisné**, Belgium
- 11 March (13h-14h30 CET) > **ID Talks ancestors & offsprings** - How are we all connected and why is this important? What is human ecology and how does it relate to intergenerational solidarity? What can we learn from the Earth as an Elder? Why are memories and stories important and how can they help us reflect on existing narratives and reframe societal views? Let's widen our understanding of age and time in relation to inclusion and social transformation, and explore what youth work can do to deepen young people's sense of connection and belonging to a greater whole. Guest speaker: **Juan Camilo**, Iceland
- 25 March (13h-14h30 CET) > **ID Talks practice: 'Grandpa tell me more'** - How can intergenerational dialogue take shape in practice? Why is this topic important for youth work? What does it mean for a youth organisation and its partners? How can we work on this topic and what added value does the international dimension bring? Looking at 'Grandma, tell me more', we will learn from a youth-led practice by exploring its key elements, main outcomes and important lessons learned. Guest speaker: **Ana Moutas & Cláudia Numão**, Psientífica, Portugal
- 8 April (13h-14h30 CET) > **ID Talks practice: 'I am blue'** - What is the role of intergenerational dialogue in changing the social narrative around ageing? Why is it important to address ageing and women's empowerment by involving representatives of different generations? Why is theatre a valuable tool for this work? Through the example of 'I am blue', we will explore methods and tips that enrich youth work and intergenerational dialogue for the benefit of the wider community. Guest speaker: **Irati Moran**, La Chivata Teatro, Spain

## Practice: 'Grandpa tell me more'

*How can intergenerational dialogue take shape in practice? Why is this topic important for youth work?*



### **GUEST SPEAKERS: ANA MOUTAS & CLÁUDIA NUMÃO**

**Cláudia Numão** - Degree in Social Education and experience in Primary schools, training, and adult education. She has dedicated her career to fostering inclusion and learning opportunities for diverse groups. Her lifelong volunteer work reflects her commitment to solidarity values. At Psientífica, as Youth Worker and project manager, Cláudia oversees Key Action 2, CERV, Virtual Exchange, and CES projects, promoting active participation and non-formal education approaches. Her work bridges education and community development, driving impactful initiatives that aim to inspire solidarity, autonomy, tolerance, respect, and lifelong learning.



**Ana Moutas** - Primary and secondary school teacher, trainer, facilitator, traineeship supervisor, tutor, and translator. She also holds the position of Director of Psientífica - NGO in the field of youth and education. Since 2017, she has been the coordinator of Águeda Youth Centre, integrating the network of Youth Europe Stores, the Eurodesk Network, in particular the working group to define the profile of the 'Youth Information Advisor' of the Erasmus+ Youth, Sport and European Solidarity Corps Agency. She has managed and coordinated more than 50 intervention projects in the areas of youth, education, and social innovation. She also has experience in managing and coordinating national and international projects and partnerships under the framework of various national and European programmes, and therefore has knowledge of the themes of Youth, Employment, Entrepreneurship, and Public Strategies and Policies. In 2022, she became one of the Portuguese ambassadors of the Program Europe Goes Local.

# ID Talks

"GOOD STORYTELLING  
NEEDS GOOD  
STORY-LISTENING"

"WE ALL  
BELONG TO  
THE SAME  
STORY"

CLÁUDIA  
NUMÃO  
PORTUGAL



ANA  
MOUTAS  
PORTUGAL

Practice: "Grandpa tell me more"



# Article

Ana Moutas & Cláudia Numão

**ID Talks**  
Practice:  
"Grandpa tell me more"

**GOOD STORYTELLING NEEDS GOOD STORY-LISTENING**  
**WE ALL BELONG TO THE SAME STORY**  
**DIFFERENT GENERATIONS LIVE DIFFERENTLY, AND CARRY DIFFERENT ASSUMPTIONS**

**CLÁUDIA NUMÃO PORTUGAL**  
**ANA MOUTAS PORTUGAL**

**WHO HAS CHANGED THE WAY YOU SEE THE WORLD?**  
"WHEN I WAS 17, I STARTED VOLUNTEERING AT A NURSING HOME WITH THE IDEA TO GIVE, BUT I ENDED UP LEARNING MORE THAN I HAD EXPECTED"

**1 GRANDPA TELL ME MORE (KA2 PROJECT)**  
CREATING A COMMUNITY OF YOUTH WORKERS TRAINED ON THE TOPIC OF INTERGENERATIONAL SOLIDARITY  
» **YOUNG PEOPLE ORGANIZED 7 SESSIONS AT A LOCAL NURSING HOME ABOUT: STORIES, FAMILY, CHANTS, RELATIONSHIPS, GAMES, SCHOOL & A POPULAR FESTIVAL**

**VOLUNTEERING ACTIVITIES**  
BENEFIT YOUNG & OLD PEOPLE ALIKE IN TERMS OF KNOWLEDGE, EXPERIENCE & SELF-ESTEEM

**PROVIDING A SMALL-SCALE ANSWER TO A BIG EUROPEAN CHALLENGE HAS AN IMPACT!**

**2 VALUE(S) SOLIDARITY (ESC SOLIDARITY PROJECT)**  
BRINGING THE RIPPLES OF PREVIOUS PROJECTS TO THE WIDER LOCAL COMMUNITY  
» **A NEW ROUND OF SESSIONS ORGANIZED IN/WITH 12 NURSING HOMES IN DIFFERENT PARISHES, HAVING AS THE CORE 5 YOUNG PEOPLE with discussions, music, movies, Karaoke...**

**EVERYONE WANTS TO BE LISTENED TO!**  
THE CONNECTION CAN **SPARK** FROM A COMMON INTEREST *from both sides*

**3 FUTURO SOLIDÁRIO (SOLIDARITY PROJECT)**  
A LOCAL PROJECT TO CONNECT ELDERLY PEOPLE NOT IN NURSING HOMES, TO SOCIALIZE & SUPPORT OTHERS  
» **NOTHING IS AUTOMATIC**  
• YOUNG PEOPLE NEED PREPARATION  
• OLDER PEOPLE NEED A SAFE CONTEXT  
• FACILITATORS ARE ESSENTIAL  
» **SMALL ACTIONS LEAD TO BIG CHANGES**

**CLEAR BENEFITS**  
DECREASE OF STEREOTYPES, PROACTIVE ATTITUDE (YOUTH) & FEELING OF INCLUSION (ELDERS)

**INTERGENERATIONAL SOLIDARITY**  
LEADS THE WAY IN DEVELOPING MORE SUPPORTIVE SOCIETIES

**IN-PERSON INTERACTIONS REALLY MAKE A DIFFERENCE**  
**NEED TO ADJUST EXPECTATIONS & COMMITMENTS**

**SALTO** INCLUSION & DIVERSITY  
**"WHEN WE BRING IDEAS TO ACTION, WE CREATE A SOCIETY THAT FLOWS in every direction"**

## Summary

Drawing on the project "Grandpa, Tell Me More!", this article aims to highlight how meaningful encounters between generations reduce stereotypes, strengthen belonging, and promote social justice through fostering intergenerational solidarity at a local level and exploring the impact of European funded projects in the Águeda (Portugal) Community. It offers practical insights for youth workers, educators, and inclusion practitioners, showing that intergenerational solidarity is not only a policy goal but a lived and learnable practice.

## Good storytelling needs Good Story- listening

When we speak about intergenerational solidarity, it often starts with a simple moment of connection.

Imagine this: you are 17, stepping into a residential care home for the first time, with the intention to help, to make a difference. Then you meet an older person sitting by the window, light resting softly around her. Her hands, marked by time, hold a photo album; her nails, carefully painted, quietly affirm her dignity.

She tells you her story, time and again. At first, you wonder if it is forgetfulness. But when you truly listen, not only to the words but also to the silences, you realise: that was not memory fading, but a question being asked. Do you see me? Do you hear me? Do I still matter?

WHO HAS CHANGED THE WAY YOU SEE THE WORLD?

"WHEN I WAS 17, I STARTED VOLUNTEERING AT A NURSING HOME WITH THE IDEA TO GIVE, BUT I ENDED UP LEARNING MORE THAN I HAD EXPECTED"

And you saw yourself in that questions because at 17, you carry that same need to be seen, to be heard, to be acknowledge. What began as charity starts to shift. Not because charity is wrong, but because here it expands. It softens, evolves, and reveals something deeper. These are not opposing ideas, but concepts to be reimaged. As charity moves in one direction, solidarity asks us to stand alongside. This story (my own) represents is intergenerational solidarity at its core not a programme, but a relationship built through presence, reciprocity, and recognition.

So we invite you to reflect: what engages and motivates young people? What makes a story meaningful and engaging?

Keep in mind: Good storytelling does not begin with speaking. It begins with good story listening.

"GOOD STORYTELLING NEEDS GOOD STORY-LISTENING"

"WE ALL BELONG TO THE SAME STORY"

## GrandPa Tell Me More: Creating Spaces Where Generations Meet

In everyday life, generations often live side by side, yet they are apart. Different rhythms, different spaces, different assumptions about each other and the world around them. This is where Grandpa, Tell Me More begins. Not with activities. Not with outcomes. But with alignment. Every meaningful project begins with people who choose to walk in the same direction. Building a strong consortium is not simply about gathering partners; it is about cultivating a shared understanding of purpose, values, and intention.

As a KA205 Strategic Partnerships for Youth, Grandpa, Tell Me More was a small-scale answer to a European challenge. The activities of GradPa Tell Me More included transnational meetings across countries that were not just logistical checkpoints; they were spaces to co-create meaning, to ensure that every organisation involved shared a common vision of intergenerational solidarity. This foundation allowed the project to move beyond fragmented activities into a solid value-driven ecosystem of relationships.

### 1 GRANDPA TELL ME MORE (KA2 PROJECT)

CREATING A COMMUNITY OF YOUTH WORKERS TRAINED ON THE TOPIC OF INTERGENERATIONAL SOLIDARITY



#### VOLUNTEERING ACTIVITIES

BENEFIT YOUNG & OLD PEOPLE ALIKE IN TERMS OF KNOWLEDGE, EXPERIENCE & SELF-ESTEEM

### 2 VALUE(S) SOLIDARITY (ESC SOLIDARITY PROJECT)

BRINGING THE RIPPLES OF PREVIOUS PROJECTS TO THE WIDER LOCAL COMMUNITY



#### CLEAR BENEFITS

DECREASE OF STEREOTYPES, PROACTIVE ATTITUDE (YOUTH) & FEELING OF INCLUSION (ELDERS)

### 3 FUTURO SOLIDARIO (SOLIDARITY PROJECT)

A LOCAL PROJECT TO CONNECT ELDERLY PEOPLE NOT IN NURSING HOMES, TO SOCIALIZE & SUPPORT OTHERS

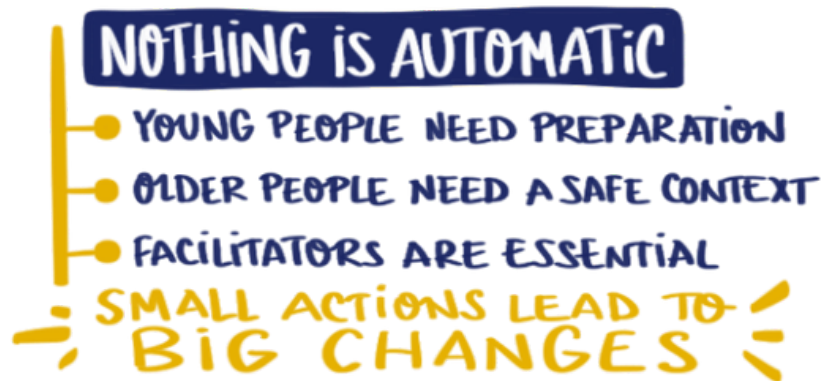


#### INTERGENERATIONAL SOLIDARITY

LEADS THE WAY IN DEVELOPING MORE SUPPORTIVE SOCIETIES

## Preparing the facilitators: learning how to listen

Before young people and older adults ever met, professionals took part in a training course held in Águeda. Practitioners were challenged to shift from “delivering activities” to facilitating encounters. From managing groups to holding spaces. We approached Intergenerational Solidarity from a multidimensional standpoint inspired by Bengtson & Roberts Model on Intergenerational Solidarity (Structural, Affection, Functional, Consensus, Association and Normative dimensions)



## Local sessions: where solidarity became real

Then came the local sessions. Rooted in community spaces and built around themes that mattered to both generations, like family, school, and relationships, the local sessions were carefully designed entry points into shared memory and lived experiences.

The impact of this dialogic approach unfolds across multiple dimensions:

- Biological and cognitive: older adults remain mentally engaged; young people develop attention and reflective capacities
- Psychological: both groups experience increased self-worth, recognition, and emotional validation
- Social: relationships form, empathy deepens, and a sense of belonging expands

**IN-PERSON INTERACTIONS  
REALLY MAKE A DIFFERENCE**



### **Blended mobility: from connection to expression**

As the project evolved, connections extended beyond the local. Through a blended mobility and a youth exchange, young people and older adults came together across borders. These activities culminated in a flash mob. But it was not just a performance, it was a clear statement: **We see each other, We can move together, We belong in the same story.**

### **Making it visible: dissemination as responsibility**

The final exhibition was not an ending, but an opening, closing in to the end of the project timeline, it showcased stories, outputs, and shared experiences in a process involving all participants, respecting their capacities and contributions. Inclusion was not symbolic; it was practiced.

In the framework of working through projects, dissemination becomes an ethical act, ensuring that what was learned does not remain contained but instead inspires others and showcases the potential of replication and scalability of the project.

**"WHEN WE BRING IDEAS  
TO ACTION, WE CREATE  
A SOCIETY THAT FLOWS  
in every direction"**



### From participation to ownership: Value(S)olidarity

Out of this experience, something powerful emerged. Five young participants from Grandpa, Tell Me More, created their own project: Value(S)olidarity, under the European Solidarity Corps. Rather than waiting for older adults to come to them, they reached 12 institutions across Águeda municipality. They intentionally addressed barriers such as geographical isolation and limited mobility, ensuring that participation was not a privilege, but a possibility. Activities mirrored and expanded previous experiences: storytelling, music, games, and discussions on life trajectories. But the deeper impact was the reduction of age-related stereotypes, the increased youth agency and leadership, and a strengthened sense of inclusion among older adults.

This was solidarity in action responsive, adaptive, and community driven.



### Challenging assumptions: Futuro Solidário

The journey continued with Futuro Solidário, another solidarity project funded by the European Solidarity Corps, developed and implemented by five youngsters from Águeda with the support of a local volunteer network.

Here, a new layer of complexity emerged. The project set out to engage older adults who are not integrated into social responses. But quickly, it uncovered a deeper challenge: not only age-related prejudice, but also stigma around institutionalisation. So the work had to pivot, and that showcased social innovation competences of the young group.

Through collaboration with local organisations, the project created bridges: connecting older adults to social responses while still valuing ageing within their natural living environments. The activities reflected this holistic approach since storytelling and reading workshops, artistic expression, water aerobics, seasonal celebrations such as Carnival to digital literacy sessions.

NEED TO ADJUST  
EXPECTATIONS  
& COMMITMENTS

## Lesson learned

Across all three projects, one insight becomes clear, Intergenerational solidarity is not built through grand gestures, but through consistent, meaningful encounters. And sometimes, it starts simply with an older adult repeating their story and a young person choosing to truly listen. Because in the end, the most powerful stories are not the ones we tell. They are the ones we learn to hear.

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THE CONNECTION CAN  
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EVERYONE ♥  
WANTS TO BE  
LISTENED TO!  
*from both*  
SIDES

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***On behalf of the SALTO Inclusion & Diversity!***

