

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. 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/

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/



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.



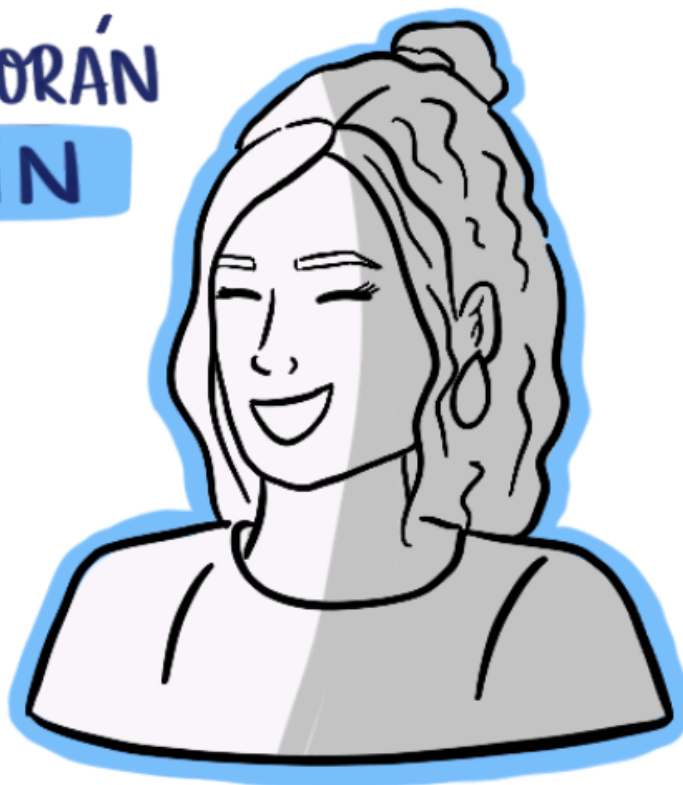
Event Dates:

- 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: 'I am blue'

What is the role of intergenerational dialogue in changing the social narrative around ageing?

IRATI MORÁN
SPAIN



GUEST SPEAKER: IRATI MORAN

Irati Morán (Santurtzi, 1991) is a Madrid-based theatre director and playwright, specialising in devised theatre and social mediation. She has trained through international workshops, at the Mar Navarro International Theatre School, and holds a Master's degree in Contemporary Stage Directing. In 2019, she received First Prize at the Madrid Young Creators Competition, and the same year, she co-founded the theatre company La Chivata Teatro. With La Chivata Teatro, she has written and directed *Tragantona* (2022), *Animales Públicos* (2023), and *Yo Soy Azul* (2025). She has also created dramaturgies and scripts for FIRCO galas at Teatro Circo Price, as well as for the Almagro International Classical Theatre Festival at Teatro de la Comedia. She currently works as a director, playwright and cultural mediator within the Remienda platform, which focuses on making traditional female trades visible and is supported by the Spanish Ministry of Culture.



Article

Irati Moran

ID Talks
Practice: "I am blue"

IRATI MORÁN
SPAIN

WHAT IF THE PROBLEM IS NOT AGEING, BUT HOW WE LOOK AT IT?

WHAT IF AGE IS NOT FIXED, BUT AS DIVERSE AS WE ARE?

AM I NOT TOO LATE?

DESPITE DIFFERENT AGES, SO MANY WOMEN HAVE VERY SIMILAR QUESTIONS, INSECURITIES & DOUBTS!

La Chivata Teatro

A REFLECTION ON AGEING SPECIALLY ABOUT WOMEN

THROUGH LETTERS WITH TEENAGERS & OLDER WOMEN

«BLUE» in EUSKERA

MOULD
DECAY
AGEING

WE DECIDED TO SHIFT THE WORD'S MEANING through a theater play called "I AM BLUE"

OUR BIBLIOGRAPHY
ANA FREIXAS
TERESA MOURE

ONCE WE LET GO OF THE EXTERNAL EXPECTATIONS, AGEING CAN ALSO BRING FREEDOM

LET'S PUT AGE UNDER SUSPICION

SOCIETAL PRESSURE IS SPECIALLY HEAVY ON OLDER WOMEN

HAVE YOU EVER DISCUSSED SEXUALITY TOPICS WITH YOUR GRANDMA? WHY NOT?

WHAT IF WE DARED?

(OLDER) WOMEN CAN DREAM, TOO!

WE NEED TO LEARN TO SEE THE YOUNG GIRL IN OUR GRANDMA, AND THE OLDER SELF IN OURSELVES

THE FINDINGS

- SOCIAL PRESSURE ON THE BODY STARTS EARLY & NEVER DISAPPEARS
- FEMALE BODIES ARE SHAPED BY CAPITALISM
- AGEING IS NOT A RUPTURE

AN INVITATION TO LOOK AT OURSELVES WITH CURIOSITY INSTEAD OF JUDGEMENT

"EVERYONE has a STORY TO TELL"

LETTER TO YOURSELF: WHAT WOULD YOU TELL YOUR OLDER SELF?

KEEP LOOKING AT EACH OTHER WITH EYES FULL OF WONDER

SALTO INCLUSION & DIVERSITY

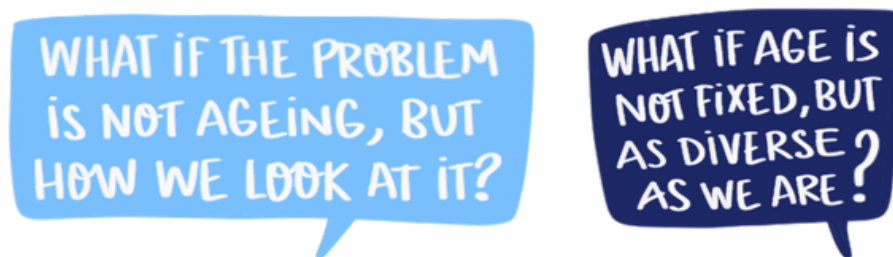
Dear you,

I don't really know who you are. Maybe you're young. Maybe you're older. Maybe you're somewhere in between, moving through time without really knowing where one stage ends and another begins. But I'm writing to you because this project began with letters. And it feels right to tell this story the same way.

My name is Irati Morán. I'm a stage director, playwright, and performer, although I usually think of myself simply as a creator. I'm part of La Chivata Teatro, a theatre company based in Madrid. We work with physical theatre and cultural mediation, and we've been creating collectively since 2019.

The piece I want to tell you about is called "I Am Blue. A play about ageing, written for four young actresses". It's a piece about ageing, but not in the way we usually think about it. To create it, we spent months exchanging letters with women over 60 and teenagers between 13 and 19. The script was born from those voices. Real voices. Contradictory, honest, sometimes uncomfortable.

And the intention was simple: to release some of the stress and shame we carry as women about our bodies; bodies that are constantly changing, constantly becoming... constantly turning blue.



But to explain the piece, I have to start somewhere else. I have to start with my mother; My mother has always been an artist. She loved singing, painting, playing instruments... and she was good at it. Really good. But she was mostly self-taught. Life didn't give her the chance to study art formally. She grew up thinking that those paths were for other people, people with more money or more talent. So art became something she did on the side.

Until she retired, and then, finally, she decided to study Fine Arts. And something opened. She felt expanded. Alive. Like all those creative parts of herself finally had space. She was happy, deeply happy.

But at the same time, there was another voice: Is it too late? What's the point now? She felt guilty for not having started earlier. So she was living in that contradiction: joy and frustration at the same time.



And then one day, in the bathroom of her art school, she started reading the graffiti on the walls. Messages written by women forty years younger than her. And suddenly... something shifted. She felt completely identified. Those words, full of doubt, desire, and fear, spoke directly to her. And she realized something very simple: That she still had the same questions. The same longings. The same fears. That, in a way, she was still a teenager. Just... in a different body. A body that was ageing. A kind of reverse adolescence.

So she created a photography project: self-portraits of herself as an ageing woman, combined with the graffiti. As if to say: I still feel. I still exist. And that was the seed of I Am Blue.

But why am I blue?

WHAT IF IT IS NOT
"TOO LATE?"
LET'S PUT AGE UNDER
SUSPICION

I'm from the Basque Country, where we have our own language: Euskera. In Euskera, the word for blue (urdiña) is not just a color. It's associated with mould, decay... with ageing. Grey hair is literally called "blue hair." Something that rots is said to "turn blue."

"URDIÑA"
«BLUE»
in
EUSKERA

- MOULD
- DECAY
- AGEING

WE DECIDED TO SHIFT
THE WORD'S MEANING
through a theater play called
"I AM BLUE"

So when we say I Am Blue, we are reclaiming that word. We are trying to shift the way we look at older women. But then something unexpected happened. When we started exchanging letters with teenagers and older women, we realized that what we were reading didn't always fit with what we thought. An older woman going out dancing, being queer, being in love, and we were surprised. Teenage girls writing with incredible clarity and awareness, and again, we were surprised. That process forced us to confront something uncomfortable: our own prejudices.

So we created a piece where four young actresses read these letters on stage. At first, they try to represent them neutrally. But little by little, the stories begin to affect them, to enter their bodies. They start with strong makeup, exaggerated femininity, almost like a mask. And then that image begins to crack. The makeup fades. Breaks. And something more vulnerable appears. Something more real.

Through the letters, we also understood how deeply age is shaped by society. We tend to see older people as an echo of who they once were, and young people as a promise of what they will become. But what about the present? Why do we ask older people, "what was this like in your time?" as if time no longer belongs to them? The letters made something very clear: ageing is not a rupture. It's a continuation. And yet, we are taught to fear it.

We live in a system where the body is constantly judged, where perfection is expected, where the female body is also a business: clothes, creams, surgeries. Capitalism is there as a form of control.

Many of the teenage girls we wrote to were already suffering deeply because of their bodies. Some spoke about eating disorders, fear, and not feeling enough. They were aware, they had language, they had feminist tools, and still, they suffered.



On the other side, many older women told us something unexpected. Yes, ageing can be hard. But it can also bring freedom. Because when you are no longer seen as “desirable,” something shifts. You stop trying to please. You start letting go. And that can be incredibly liberating.



In our research, two authors helped us think through all of this: Ana Freixas writes about sexuality in later life (that great taboo) and invites us to imagine the utopia of old age.

And Teresa Moure, with her book *The Age Under Suspicion*, became a kind of lighthouse for us. She suggests something very simple, but very powerful: maybe the problem is not ageing, but how we think about age. She writes that life is not a straight line , not larva, then chrysalis, then butterfly, but that we are many things, many times. And she asks: if we can accept that there are as many genders as there are people... why can't we think about age in the same way?



When the piece finally met an audience, something beautiful happened. Women came, (young and old), together. And we kept hearing the same thing: "I want to come back with my mother." "I want to come back with my granddaughter."

That, for us, meant everything. Because it meant the piece was creating what we hoped for: a space for dialogue. A space where we could look at each other differently. With more curiosity. Less judgment.

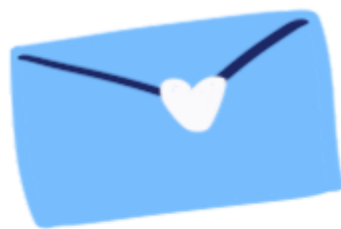
I don't know if this piece can change anyone. But I do know what I hope.

I hope that a woman like my mother can still believe that it's not too late. That her work matters. That she can still dream. That she is not someone who "missed her moment."

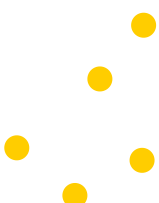
And I hope that maybe, after reading this, you feel like reaching out. To your mother. Your father. Your grandmother.

To listen. To ask. To read each other. And to keep looking at each other... with eyes full of wonder.

Yours,
Irati



LETTER TO
YOURSELF:
WHAT WOULD YOU TELL
YOUR OLDER SELF?



EDITORIAL INFORMATION

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On behalf of the SALTO Inclusion & Diversity!

