

Bonding

Facilitating intergenerational
solidarity and learning
through building friendship
between youngsters
and elderly

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Exploring the Foundations of Befriending

The second result of the project, the **Youth Befriending Elderly: E-learning course** has been finalized and is now available at the project website.

You can find it [here!](#)

This interactive guide is designed for you! Young people interested in befriending the elderly, enhancing your readiness for meaningful interactions. After completing the course you can join the Mentorship Programme for further support from the partner organization of your country to **establish your befriending services.**

This course is composed of **two modules**:

Module I:

- Provides a detailed explanation of the befriending concept;
- Encompasses various models, service types, and establishes objectives;
- Covers its policies, procedures, principles and values;
- Focuses on **the matching process between the volunteer and the elderly**, considering their characteristics interests and needs.

Module II:

- Reaches deeper into the concept of befriending and highlights its benefits for the youth, the elderly, and the community as a whole;
- It explores the elements of a strong befriending relationship, emphasizing the fundamental values, attitudes, and qualities of youth volunteers;
- Provides guidance on effective techniques for **establishing solid connections with the elderly**, such as communication, interpersonal skills, and conflict management;



Each module section concludes with an interactive assessment questionnaire designed to evaluate your proficiency and understanding of the course content.



Upon completion, you'll be equipped with the necessary tools to ensure **the implementation of a high quality befriending service.**

The Project partners are actively testing the e-course with youth and youth organizations through pilot activities. This is crucial for evaluating the course's impact and usability. Partners are also gathering feedback from participants to enhance the course's clarity, usefulness, and alignment with their needs.



This feedback is invaluable for refining the course and ensuring it meets the target audience's expectations.



The Awareness Raising Toolkit

We'll feature a **comprehensive Awareness Raising Toolkit** aimed at promoting the significance of intergenerational solidarity and learning. In it, we will provide three distinct sets of tools, each catering to a specific audience: young people, the elderly and their family members, and the general public.

By utilizing these tools, **we aim to foster community cohesion and cultivate a caring culture**, while also encouraging the civic sense of duty among young individuals.

Each set of tools will encompass a range of materials, including posters, infographics, and videos. **These resources will be widely circulated in digital**

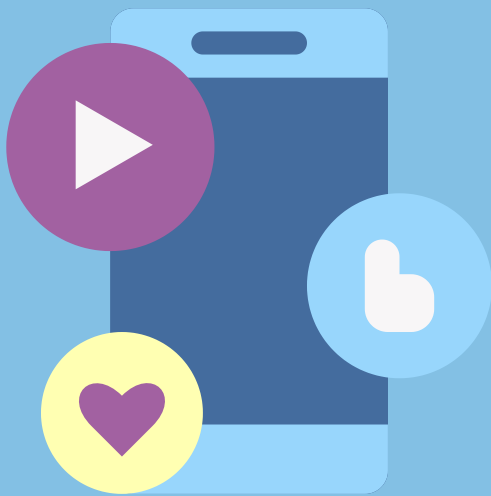
formats through websites, social media platforms, and newsletters. Additionally, they will be prominently displayed in the premises of organizations, institutions, and various public spaces.



The Befriend Network Platform

Finally, we'll establish a Befriending Network Platform, accessible on both desktop and mobile devices.

The platform aims to facilitate the exchange of knowledge, information, good practices, and outcomes among youth groups and organizations.



You'll have the opportunity to **share your personal befriending experiences** through various mediums such as blogs, videos, photos, and even podcasts.



Enhancing communication and collaboration, the platform will include a chatroom feature where you will be able to communicate with each other, in groups or in a common forum. It will be accessible in all partner languages as well as English, and **will be open to users beyond the project countries.**

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