



# Bonding

**Facilitating intergenerational  
solidarity and learning through  
building friendships between  
youngsters and elderly**

[www.bondingproject.eu](http://www.bondingproject.eu)



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## Befrienders and effective communication



When interacting with a Befriender, keep this in mind:

- Always be ready to listen to him to the end.
- Offer your help.
- Think positively and transmit good energy.
- Treat the Befriender as you would like to be treated by you.
- Create and build a long-lasting relationship.



Commitment to the communication process:

- Create a comfortable environment for conversation.
- Demonstrate incivility.
- Formulate a clear message.
- Always be ready to respond.
- Support statements with your own experience.



### Friendship and respect in the group

Working in a group allows you to develop your skills. Choose activities to suit the interests of the group. This will strengthen relationships within the group.



Be careful:

- Never lose confidence.
- Don't be selfish.
- Don't ignore the needs of the other party
- Avoid comparing yourself to other people. Everyone is unique.

**"Befrienders - more than a word, it's a feeling"**

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