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

Bon+inG

DISSEMINATION REPORT

Prepared by:

FUNDACIÓN **intras**

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Contents

1 Aims of the dissemination and exploitation plan

This document presents the Dissemination Report for Bonding project under co-funded by the Erasmus+ programe.

A dissemination plan was elaborated at the beginning of the project, based on the discussions held during the Kick-off Meeting that took place online on the 24th of January 2022. It presented the rules, planning, responsibilities and deadlines of dissemination activities of the project.

As a general overview and understanding of official EC requirements, all partners were invited to read carefully the Erasmus + Programme guide in order to get a clear overview of the requirements to the EU funded projects in terms of visibility and dissemination of results.

The Dissemination and Exploitation Plan aimed to implement all related activities designed to ensure that results are appropriately recognized, demonstrated and implemented on a wide scale. Dissemination and exploitation were ongoing activities throughout the project implementation.

That strategy dealt with the promotion and dissemination as basis of a successful exploitation later on. In order to achieve the best possible results, it was of crucial importance that all persons involved had the same understanding of these terms. For this reason, some general facts on dissemination and exploitation were presented.

Partners agreed to do their best to disseminate the project so that its results will be used beyond its lifetime, transferred to new areas, sustained after the funding period has finished or used to influence future policy and practice.

2 The BONDING project

Older people in Europe tend to face multiple disadvantages, including loneliness and isolation that have been further aggravated due to the COVID-19 crisis. The BONDING project aimed at restoring a link between the youth and the elderly through different kinds of meetings, such as coffee mornings, phone calls or help with shopping.

The objectives of the project were:

- Enhance the capacity of young people, youth and other organizations in establishing and maintaining volunteering services for the support of elderly.
- Strengthen young people's sense of initiative and active citizenship through volunteering with elderly as one of the most vulnerable groups in their communities.

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- Foster support for elderly in overcoming social isolation and loneliness.
- Promote intergenerational learning and solidarity.

2.1 PROJECT RESULTS

R1: E-publication "Mapping the Befriending Landscape"

Further to the preliminary research, the consortium focused on the development of an in-depth mapping of the good practices in befriending services provided by youth in other European countries and lessons learned, as well as on exploring how could those practices be adapted and enhanced to fit the needs and expectations of the target groups in the project countries. This included practices on distance befriending, for which there has been an increased demand since the onset of the COVID-19 crisis. These good practices will act as examples for youth, youth organisations and other organisations providing voluntary services for you on how they can actually set up and run voluntary befriending services of benefit to the elderly and other vulnerable community groups.

R2: Youth Befriending Elderly: E-learning course

With the aim to inform, educate, and support perspective volunteers, this project developed and piloted a comprehensive e-learning course. The course was tailored to young people, formal or informal associations of young people, youth and other organizations thinking of setting up a befriending service for elderly people, as well as for young people thinking of volunteering as befrienders. Following the successful completion of the course, the learners had an opportunity to sign up for the Mentorship Programme and receive mentoring support from the partner organisation from their country in the process of establishing their befriending services.

R3: Awareness-raising Toolkit

The project developed a unique Toolkit for raising awareness of the importance of intergenerational solidarity and learning, the benefits of volunteering to young people and the benefits to elderly in remaining actively engaged in the community. The awareness raising tools within the Toolkit serves to encourage young people and elderly to join befriending networks, as well as encourage family members and professionals working elderly to refer them to befriending networks. These tools seek to inform and educate the main audiences (young people, elderly and their family members, and the general public) with the intention of influencing their attitudes, behaviors and beliefs towards supporting young people's civic engagement and youth-led initiatives for supporting elderly and other vulnerable groups. The Toolkit can be used by interested young people, youth groups and organizations, as well as other organizations and institutions working on related topics. Established befriending services can utilize the Toolkit for the purpose of recruitment of volunteers and users.

With the aim to support learning and sharing of information, good practice and outcomes among youth groups and organisations providing or managing befriending services for elderly, the project developed and piloted a Befriending Networking Platform. The platform is compatible with desktop and mobile devices. Users have the option to register themselves at the platform and create their personal profile, share texts, photos, blogs, videos and podcasts related to their experiences with befriending, as well as any learning or training materials that might be of benefit to others.

3. Target groups

- Young people aged 15-29 from Poland, Spain, Italy, Macedonia, Greece and Cyprus
- Formal or informal associations of young people
- Youth and other organizations providing volunteering opportunities for young people
- People aged over 60 at risk of experiencing loneliness and/or social isolation, especially those living alone or in care facilities

The project's target group received information on the project's scope, progress, outputs, news through a variety of means, such as emails, social media posts, phone calls, invitations, meetings, based on each partner's preference and possible actions, and were engaged on different stages of project implementation.

4. Dissemination activities

INTRAS, as dissemination leader, oversaw the progress on dissemination activities and develop dissemination materials with contribution from all partners. All partners undertook the dissemination activities as designed and presented in the plan and put all efforts to widen the channels and opportunities for disseminating the project exploring synergies with other projects, presentations in conferences and workshops in the field, media relations.

The following list illustrates the dissemination activities that were implemented during the project implementation.

The consortium applied various tools and resources in order to disseminate the project's outputs.

4.1 Visual identity

Once the project logo and visual identity was developed, partners were invited to use them to consistently communicate and disseminate the project to external stakeholders.

Thus, the partners were requested to:

- o Use the BONDING logo in all published material related to the BONDING project.
- o Use BONDING Word and PPT template to ensure the consistency of project outputs and the recognition of BONDING project brand.

4.2 Website

The project website is a key vehicle for dissemination. It provides all the essential information for the project, up to date information on the project progress and provides access to main project outputs.

The project website raises awareness, spread knowledge and information to the wider audience. All partner organizations are linked to the website. It is multilingual, and explain clearly the aims and objectives of the project, the activities that were undertaken and feature the results achieved. All the relevant documents are uploaded on the website.

All partners feature the project on their corporative websites, including basic information on the project (context, objectives, activities, and duration), the project logo, and Erasmus+ program logo.

4.3 Social Media

During the Kick-off meeting partners decided to create a Facebook account for the BONDING project and publish minimum 2 posts per month. INTRAS created the account as soon as the visual identity was ready and from that moment on, each partner was responsible of the Facebook page for 1 month, according to this schedule:

Schedule FB management			
		February 2023	CARDET
April 2022	INTRAS	March 2023	KMOP Skopje
May 2022	PCG	April 2023	INTRAS
June 2022	KMOP	May 2023	PCG
July 2022	ANS	June 2023	KMOP
August 2022	CARDET	July 2023	ANS
September 2022	KMOP Skopje	August 2023	CARDET
October 2022	INTRAS	September 2023	KMOP Skopje
November 2022	PCG	October 2023	INTRAS
December 2022	KMOP	November 2023	PCG
January 2023	ANS	December 2023	KMOP

Partners were also demanded to regularly publish posts related to the BONDING project on their organization's social networks (Facebook, Twitter, LinkedIn and Instagram) and to share the link to the project FB page through their channels time to time.

In order to maximize the reach of all the posts related to the project, the partners used relevant hashtag in their publications such as #befriending; *#humanconnection; #Bondingproject; #combatloneliness; #IntergenerationalSolidarity; #VolunteerForChange*.

Bonding Facebook posts links:

1. https://www.facebook.com/permalink.php?story_fbid=pfbid0E3TFGKhEZGL7xJkhLXSPZ9CtNp9RuAh52sZwEPaBYybyGTicMKSoatuhbkrcGTsUl&id=100081521198835
2. https://www.facebook.com/permalink.php?story_fbid=pfbid02rWCLzKqrEYJHA4f8XSMJ2hhaRDfnStPj6ry9Dn3Lq6tEVwXhqSstz9zK3rADbKyul&id=100081521198835
3. https://www.facebook.com/permalink.php?story_fbid=pfbid0KkuTCx32Ugu7M84kCprR52uaYvPE9MUSDELhcG2Ew5tcNXcgKxBYNEKJriGCNbqgl&id=100081521198835
4. https://www.facebook.com/permalink.php?story_fbid=pfbid02SNzj4WYE84CbjxH81uGL4benDYxSEqeTHGVvgPQhE85VedzFfJ7kosiaxbNrdt4zl&id=100081521198835
5. https://www.facebook.com/permalink.php?story_fbid=pfbid02sXpqSDZtxmba3Ca36rAefL3HDErHXnpTHv2CXf83SEx9jt6mAAfff4gfB5VGcGAjl&id=100081521198835
6. https://www.facebook.com/permalink.php?story_fbid=pfbid02bdYdegqAt9D43uJ1x3CdjNcEQ1P8WxxPJbPwc12amEfuecVRRiNEPmjQc6w5YW7Kl&id=100081521198835
7. https://www.facebook.com/permalink.php?story_fbid=pfbid021tHKbEqCoTa6e6grPSeTH9D9iuyHb3GUcMjwU72fXCnnmajkfAKUYFRhzXUuMpVil&id=100081521198835
8. https://www.facebook.com/permalink.php?story_fbid=pfbid02ZmD6UQVe6fouZeSzE3QqnSVF616gaorRhZ4NAHjQRaSod19jJrFJgnBbJoktKTexl&id=100081521198835
9. https://www.facebook.com/permalink.php?story_fbid=pfbid034Fn15B9JBuKPD2cjA1e5xjzH3BJocdmMG2ubLYCZs8XwPdPnLWFk646prFg6AJ3al&id=100081521198835
10. https://www.facebook.com/permalink.php?story_fbid=pfbid02G4JjxiipeEmN5xwc5kY5Uc7L4UrCKPWP2dANBMVPoCKViExeGmkn9sxz6SDh1B5ul&id=100081521198835
11. https://www.facebook.com/permalink.php?story_fbid=pfbid02yCDi6QR6jRqg5Zawmwa6bYfmvkRQb8d2SJVh5SpPdhhSsNJ2NBvTF4fVaH7myXTFl&id=100081521198835
12. https://www.facebook.com/permalink.php?story_fbid=pfbid02RPzJfxCyMWqzCyTs16QusK9SH9ZHBWNsEkQgtduzxHWghNWeFGAHaNbrztmKnrz3l&id=100081521198835
13. https://www.facebook.com/permalink.php?story_fbid=pfbid02YBN4yCQHBXhai95gv2R6SEab3kFeY1hnMzzUtnZ8VQtmiy1Pnh9VHKyJfWpDpYTcl&id=100081521198835
14. https://www.facebook.com/permalink.php?story_fbid=pfbid02CkXukqQaRZUvjSFH9X3LAdBXdnbPkrugMpaZeym7PRaFTqMfgD9VRY94fye8m3sil&id=100081521198835
15. https://www.facebook.com/permalink.php?story_fbid=pfbid02id3SZxXG5Xv6cnvEQ8EQzDrzrpZBtAKiboRzpPtsE5QJPeGY3oaVg3cdpdVZzt4Dl&id=100081521198835
16. https://www.facebook.com/permalink.php?story_fbid=pfbid0F3Z1UuaEcK8TXXiieePMYgNtjtKawFXxoD6oLpGcA146FHqTtfhdjkZP6tvFUAvbl&id=100081521198835
17. https://www.facebook.com/permalink.php?story_fbid=pfbid0Jn7g9ZaDj2hqpyQSviwxX3DJHcVqTXjPugf7dChsuAKVT3sjPziT188anAnSV7PQl&id=100081521198835
18. https://www.facebook.com/permalink.php?story_fbid=pfbid0Jn7g9ZaDj2hqpyQSviwxX3DJHcVqTXjPugf7dChsuAKVT3sjPziT188anAnSV7PQl&id=100081521198835
19. https://www.facebook.com/permalink.php?story_fbid=pfbid0kRLg3xqHwfXjKYthaAEx4wmFTxaixbkCwiKuwKtbgbBcmqXU8KWu9m2mDqcTmLbJl&id=100081521198835
20. https://www.facebook.com/permalink.php?story_fbid=pfbid02L4GZ3Bn8VwZsd4ktcja2QWSWRqXqii8nhNLpj52LDXRaTyuGvijJTtogNiKgPWkql&id=100081521198835

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21. https://www.facebook.com/permalink.php?story_fbid=pfbid028hx5VWEgHZXQsXvgQuWddPoLJb3APymomYnt1AUDZpp2peydXZZtCB913kmqSjG5l&id=100081521198835
22. https://www.facebook.com/permalink.php?story_fbid=pfbid0rdJ8LioN1dMrU7SRXSWfg44DYszwCrU9P4fuLTDN1DsVj137bB257XBrdnoD3PTwl&id=100081521198835
23. https://www.facebook.com/permalink.php?story_fbid=pfbid022T9upF1NF7sxqKEBoXqbxjSiv37jG78LeJwST3HsBnpWNK1a8wxr42P9qthPMnM9l&id=100081521198835
24. https://www.facebook.com/permalink.php?story_fbid=pfbid0wBUXLyWBjgJXgNCBhQ2jtk2kvFghVatfoHZNzApGZWErQ7fgbrcG424L3sa3dVELl&id=100081521198835
25. https://www.facebook.com/permalink.php?story_fbid=pfbid0crKDk1AC4RPzJD5gxhit3hPv43WU2zmhTT2bmgFRoudqNa9aFXwSjvTaenGtbAgbl&id=100081521198835
26. https://www.facebook.com/permalink.php?story_fbid=pfbid02N4uTsdqRzjWSZEa5t6KNAurFEJhJSMkwKuujCjPyr1zinHWDBWYWSCA8iTmYnXjTl&id=100081521198835
27. https://www.facebook.com/permalink.php?story_fbid=pfbid0JEZ7xE6TGVje93yWPc5zr3zM48aXYqfeD8sBHjWUbvWhig3Ls7np6oY5vg7BJmtgl&id=100081521198835
28. https://www.facebook.com/permalink.php?story_fbid=pfbid03Si62GekvhEpenLr9AEqxPTWjxNHEjJpZ7LohbH1Xzh3a1r5McXdR1ZTTPj5DD3Nl&id=100081521198835
29. https://www.facebook.com/permalink.php?story_fbid=pfbid08C2a5CLbLsecJ91YC6cnkkXeKK4pzhhmz8TmBoaqNbvRKaGKU19yg23Ahs7Te7Fpl&id=100081521198835
30. https://www.facebook.com/permalink.php?story_fbid=pfbid02bYjuNXyzCK1TaSQPWPaYsLVTdr9esCbZd56tMvvyisHkXqV6LjtCkWY5gJNKUP8zl&id=100081521198835ç
31. https://www.facebook.com/permalink.php?story_fbid=pfbid02XbcnFLYpURydD5mm5KX5XobrSuc3yPsMH524UYyrF84dYza9rGRDsrwEqBXE4Vs6l&id=100081521198835
32. https://www.facebook.com/watch/?v=2000050213668852
33. https://www.facebook.com/permalink.php?story_fbid=pfbid0qQREuBydVtfRnq5DEiFx6NWxhTajCSCuebehkQHo1G66RcmjTUEoTpYMdiitdoVhl&id=100081521198835
34. https://www.facebook.com/permalink.php?story_fbid=pfbid02wqNT9K8vHjDojuqrqB6bTyGZJhZiC21xbWTFEFBrjhiVMcRfeBmcLbNkDVByEqn8l&id=100081521198835
35. https://www.facebook.com/permalink.php?story_fbid=pfbid02miUXxBC5EPHcXpsYiEUM1vXXJ9sJiEvwtQeEfpr4XaPTeN2XoLKAsngEc628vVdAl&id=100081521198835
36. https://www.facebook.com/permalink.php?story_fbid=pfbid02pqmFyNQrUzR1ej4TgGdobfZaVaNdyfMHxtqJsLrHmFb7me2WQe8Nf4YPG2yFcYGcl&id=100081521198835
37. https://www.facebook.com/permalink.php?story_fbid=pfbid0UcdVMXwyNHMAHVur3xHXnNZZmZRGJ64F8mpQX3WjeV4zYRWvoqBbmajjwMkKJb3jl&id=100081521198835
38. https://www.facebook.com/permalink.php?story_fbid=pfbid0k7YBDhAvnCbiwKhdfesG3jgy3yepf3Qy8vBtKYR4wJ3qRHTSDijoVteaK1QUxdqPl&id=100081521198835
39. https://www.facebook.com/permalink.php?story_fbid=pfbid02C3ubMSeR57JX3qGrNkdV2dnt8v5rk27JsqkpJpRg63fxyAs7gM8XqBpn7BKS3hgPl&id=100081521198835
40. https://www.facebook.com/permalink.php?story_fbid=pfbid028wbrLqaWLCMbq6JRRPP8Udp9DE2meSyLHc8WAtkydr6pYWhY7tBx5152JLTpCxScl&id=100081521198835
41. https://www.facebook.com/permalink.php?story_fbid=pfbid0CcLvx6Lk4x6GJnQVnRu1bH7RGs8UmDFRkzPmeLZitLtn1s5csJnmJ3YfQbEzyaRpl&id=104681928869096
42. https://www.facebook.com/permalink.php?story_fbid=pfbid034r4wGp8XhHNF8qxmEw1taWDjLMA5sP54e6qRDuMRMVQJUdoTkQdskTV5XyVrG2Ejl&id=104681928869096
43. https://www.facebook.com/permalink.php?story_fbid=pfbid0NC1FE2nwmpaP3gksm4N4rjXTSiVgYespMcqPgAAsCebbFnSusPAW29fyibHV2sXjl&id=104681928869096
44. https://www.facebook.com/permalink.php?story_fbid=pfbid032SAquCKETNHqH42PzNyhTUWwiKouFRCRUvwCZX1WDgNBDfg7duDo9wfsSKV6wJShl&id=104681928869096
45. https://www.facebook.com/permalink.php?story_fbid=pfbid02xoHZ95ZXcXf1pmUogHNaFAVmTE8fCHd1s1PATKxNkrMeeopY2iicC3T8qLz3Gq5Xl&id=104681928869096
46. https://www.facebook.com/permalink.php?story_fbid=pfbid02dTv5dcfTSGGdd5Qf8AoTX1ZgSq7AnRzVmQjLXPMtf7M2gg9ntWunJFWtogTdGi51l&id=104681928869096

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47. https://www.facebook.com/permalink.php?story_fbid=pfbid036AjY15xKQocUNUvHQRwgLeQSpV7Dq
saTnZZRCCPxTD2fwem4sfnAoouJz5hACvwKl&id=104681928869096
48. https://www.facebook.com/permalink.php?story_fbid=pfbid02N42np1oEZyd121oSUw6n3BBVia9YJJ9
xjZXYGnt4gghbw521VfTSs5GC2NfCZyvJl&id=104681928869096
49. https://www.facebook.com/permalink.php?story_fbid=pfbid02iXUQ3d2kjMJk8xB1Cjpn1GwvFDJm4Tk
b2GG6EXeooaMApfxhxHaHXGmXc4saqUP7l&id=104681928869096

4.4 Newsletters

Four newsletters were produced throughout the duration of the project. All partners contributed to the newsletters development. Partners contributed to the content of each newsletter based on activities completed in their country in the period covered by each newsletter. The newsletters were published on the project website (here), on the partners' social media accounts and sent by e-mail to the distribution list of each organisation. They were translated into all partners' languages.

Intras took care of putting together the texts written by all partners and creating the layout for the newsletter.

No	Release	Main topics
1	June 2022	Presentation of the project.
2	December 2022	E-publication of the "Mapping of the Befriending Landscape". C1 event in Italy.
3	June 2023	Publication of the e-course and pilot activities.
4	December 2023	Publication of the toolkit and the platform. Final Conference in Italy.

4.5 Press releases

Press releases were used to announce important achievements and/or progress of the project with the aim to draw the attention of journalists and encouraging them to publish articles about the project. All partner organizations contributed to the dissemination of project results through issuing press releases in their respective countries. Most of the partners did it in the last months of the project implementation to share the project results, announce pilot activities and/or final events.

4.6 Leaflet and poster

INTRAS designed, with the contribution of all partners, a poster and a flier for the project, which include the objectives and activities. Partners were invited to translate and share them virtually and to print them in order to share them every time it was possible (conferences, seminars, other project meetings, etc.).

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Figure 1 Poster (English version)

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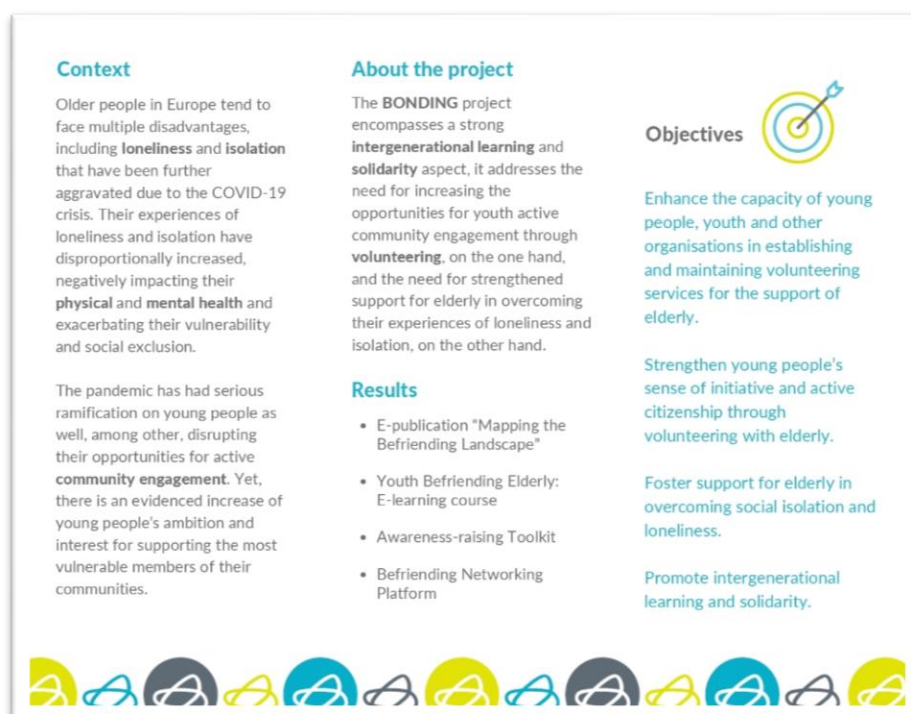
Figure 2 Leaflet - front page (Englih version)

Figure 3Leaflet - back page (Englih version)

5. Multiplier events

Each partner organized one multiplier event at the final stage of the project implementation, to present the outputs of the project to local / regional / national stakeholders. In November, in addition, the Italian organisation ANS organised a final conference at the University of Bologna, where all project partners also participated.

A short description of the events is presented below:

ANS (Italy)

On November 24, 2023, the final conference of the European project BONDING took place at the Department of Education Sciences of the University of Bologna. Financed by the Erasmus+ program, the project aimed to create meaningful connections between generations to combat the growing loneliness among the elderly.

The conference, which attracted the attention of 22 participants, began with a warm welcome from Professor Elena Luppi of the University of Bologna and Licia Boccaletti, the president of the social cooperative "Anziani e Non solo" of Carpi. The event, held from 9:00 to 12:00, provided an in-depth look at the results and initiatives of the BONDING project.

Dr. Rosita Deluigi, associate professor of General and Social Pedagogy at the University of Macerata, opened the conference with a presentation titled "The loneliness of the elderly: the impact of COVID-19." Her intervention emphasized the urgency of addressing the issue of loneliness, particularly exacerbated by the pandemic.

Subsequently, Aleksandra Zajac of PCG Poland presented the BONDING project, with a detailed focus on the background, objectives, and target groups. Partners from "Anziani e Non solo" then illustrated the project's main results, presenting crucial tools such as the mapping of the Befriending landscape at the European level, the BONDING E-learning course – Youth Befriending Elderly, the awareness-raising toolkit, and the Befriending networking platform.

A moment of particular significance was dedicated to the BONDING Hubs developed in Cyprus, presented by Elena Xeni, a representative of the Cardet association. The Hubs represent a tangible contribution to the project, offering a replicable model to combat elderly loneliness at the community level.

Finally, Dr. Sara Santini, a researcher at INRCA, concluded the conference with a presentation titled "Active Aging and Intergenerationality." Her intervention highlighted the importance of active involvement of the elderly in society and the value of connections between different generations.

The conference concluded with greetings and a conclusion by Professor Elena Luppi, emphasizing the importance of the BONDING project in advancing its mission to combat loneliness through meaningful connections between generations.

CARDET (Cyprus)

In Cyprus, the final event of the BONDING project took place in an educational institution setting, prioritising on intergenerational learning and solidarity.

Besides presenting the project and its results, the participants were engaged in a discussion that provided meaningful insights about the need for intergenerational learning and solidarity initiatives in the Cypriot society to this data and time, and the necessity for schools and educational institutions to lead such initiatives that will enable the youth and the elderly to get together in befriending and other opportunities, in meaningful, engaging and self-fulfilling ways.

Beyond discussion, the success of the event was evident in the evaluation questionnaire results, where the participants highlighted that they found the event and content shared well-organised and well-structured, useful and relevant.

The enthusiastic attitude of the participants throughout the event, stressed the importance of fostering intergenerational connections in our lives and in our communities on this day and time.

KMOP (Greece)

KMOP hosted the impactful Bonding project's Multiplier Event on December 4th, 2023, at Impact Hub in Athens. Dr. Antonis Klapsis, Vice President at KMOP, led the coordination with 36 attendees. Georgia Alexandrou, the project manager, introduced intergenerational solidarity and befriending services, addressing exclusion factors for those aged 65 and above in Greek society. The talk, titled "How can older people be included in the social web in the digital age?" sparked engaging discussions on ageism, education, resources, COVID-19 impact, violence, and intergenerational conflicts. Befriending emerged as a solution based on solidarity principles, with emphasis on its benefits. Participants were urged to explore free Greek e-learning resources, posters, and videos developed within Bonding. The event concluded with QR-formatted Evaluation Forms and fruitful networking discussions, fostering collaboration among attendees and KMOP members.

INTRAS (Spain)

In Valladolid (Spain), the final event of the BONDING project took place in a higher education center and was mainly addressed to young people and professionals working in the field of youth. Discussions focused on exploring the benefits of intergenerational

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solidarity. Besides presenting the project and its results, the attendees were engaged in a discussion that provided meaningful insights about the need for youngster to be more involved in their community and the need to create spaces to bridge the generation gap and promote mutual understanding. They expressed great interest in the e-course and resources developed under the project, recognizing its potential to raise awareness and support young people who want to embark on volunteering activities. The success of the event was evident in the enthusiastic engagement and active participation, reaffirming the importance of fostering intergenerational connections and empathy in our communities.

PGC (Poland)

PCG organized an event in Dabrowa Gorniecza on December 3, 2023, aimed at presenting the concept of intergenerational solidarity and befriending intergenerational solidarity. At the beginning of the event, the Bodndung Project was talked about, then Dr. Robert Seliga held a 45-minute lecture on "Possibilities of building bridges between generations. Digitalization without barriers." Dr. Seliga presented and discussed the basic barriers behind the exclusion of people over 65 in Polish society. The barrier presentation was based on the results of scientific research available in the contemporary scientific literature.

In the later part of the event a film and posters presenting the assumptions of the project, as well as the issues discussed during the meeting were presented. The event ended with a debate on intergenerational friendship, experiences in this field were exchanged, as well as ideas that can make the elderly not feel excluded.

KMOP Skopje (North Macedonia)

The Macedonia Multiplier Event celebrated the bonds between youth and the elderly, promoting intergenerational solidarity and learning. Participants engaged in interactive and creative sessions fostering understanding and empathy, sharing experiences, and gaining valuable insights into each other's lives. This interaction proved valuable in nurturing empathy and respect for each other's perspectives.

The event's success highlighted the importance of nurturing friendships across generations for a more cohesive and supportive community and promoted in promoting intergenerational solidarity and learning. It showcased the immense value of fostering friendships between young individuals and the elderly, paving the way for continued efforts in bridging generational gaps and building stronger communities.

6. Dissemination report

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All the partners were asked to report on dissemination activities regularly. INTRAS created a dissemination report grid to be filled in periodically - alongside with the progress activity reports to be sent to the coordinator. The partners' reports are attached at the end of this document.

7. Action plan

This action plan was developed at the beginning of the project and was essential for the successful implementation of dissemination activities.

Activity	Responsible partner	Deadline
Prepare the dissemination plan and report grid	INTRAS	28/01/2022
Share 1 post/month on partners organizations' Social Media	All partners	Ongoing
Update the dissemination grid	All partners	Ongoing
Development of the visual identity of the project	INTRAS	15/02/2022
Create the FB page of the project	INTRAS	31/03/2022
Share 2 posts on the FB page of the project	INTRAS	01/04/2022 – 30/04/2022
Development of the project website	PCG	31/03/2022
Present the project on the corporative website	All partners	31/03/2022
Elaborate the leaflet and poster of the project	INTRAS	31/03/2022
Translate the leaflet and poster of the project	All partners	15/04/2022
Share 2 posts on the FB page of the project	PCG	01/05/2022 – 31/05/2022
Share 2 posts on the FB page of the project	KMOP	01/06/2022 – 30/06/2022
Elaboration, Translation and dissemination of the first newsletter	INTRAS and all partners	30/06/2022

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Share 2 posts on the FB page of the project	ANS	01/07/2022 – 31/07/2022
Dissemination report	All partners	Same deadline as the first progress report
Share 2 posts on the FB page of the project	CARDET	01/08/2022 – 31/08/2022
Share 2 posts on the FB page of the project	KMOP Skopje	01/09/2022 – 30/09/2022
Share 2 posts on the FB page of the project	INTRAS	01/10/2022 – 31/10/2022
Share 2 posts on the FB page of the project	PGC	01/11/2022 – 30/11/2022
Share 2 posts on the FB page of the project	KMOP	01/12/2022 – 31/12/2022
Elaboration, Translation and Dissemination of the second newsletter	INTRAS and all partners	31/12/2022
Share 2 posts on the FB page of the project	ANS	01/01/2023 31/01/2023
Dissemination report	All partners	Same deadline as the second progress report
Share 2 posts on the FB page of the project	CARDET	01/02/2023 28/02/2023
Share 2 posts on the FB page of the project	KMOP Skopje	01/03/2023 31/03/2023
Share 2 posts on the FB page of the project	INTRAS	01/04/2023 30/04/2023
Share 2 posts on the FB page of the project	PGC	01/05/2023 31/05/2023
Share 2 posts on the FB page of the project	KMOP	01/06/2023 30/06/2023
Elaboration, Translation and Dissemination of the third newsletter	INTRAS and all partners	30/06/2023
Share 2 posts on the FB page of the project	ANS	01/07/2023 31/07/2023
Share 2 posts on the FB page of the project	CARDET	01/08/2023 31/08/2023
Share 2 posts on the FB page of the project	KMOP Skopje	01/09/2023 30/09/2023

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Share 2 posts on the FB page of the project	INTRAS	01/10/2023 31/10/2023
Share 2 posts on the FB page of the project	PGC	01/11/2023 30/11/2023
Share 2 posts on the FB page of the project	KMOP	01/12/2023 31/12/2023
Elaboration, Translation and Dissemination of the final newsletter	INTRAS and all partners	15/12/2023
Elaboration and publication of a press release	INTRAS and all partners	15/12/2023
Multiplier events	All partners	Before 31/12/2023
Final dissemination report	INTRAS and all partners	10/01/2024

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