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Result 2

Atlas of Good Practices

Inclusive Intergeneration dance group

Project: Promoting inclusion in intergeneration dance – Improving the competences of educators

2021-2-PL01-KA210-ADU-000050658



Folk Fest HUNGARY



RESULT 2

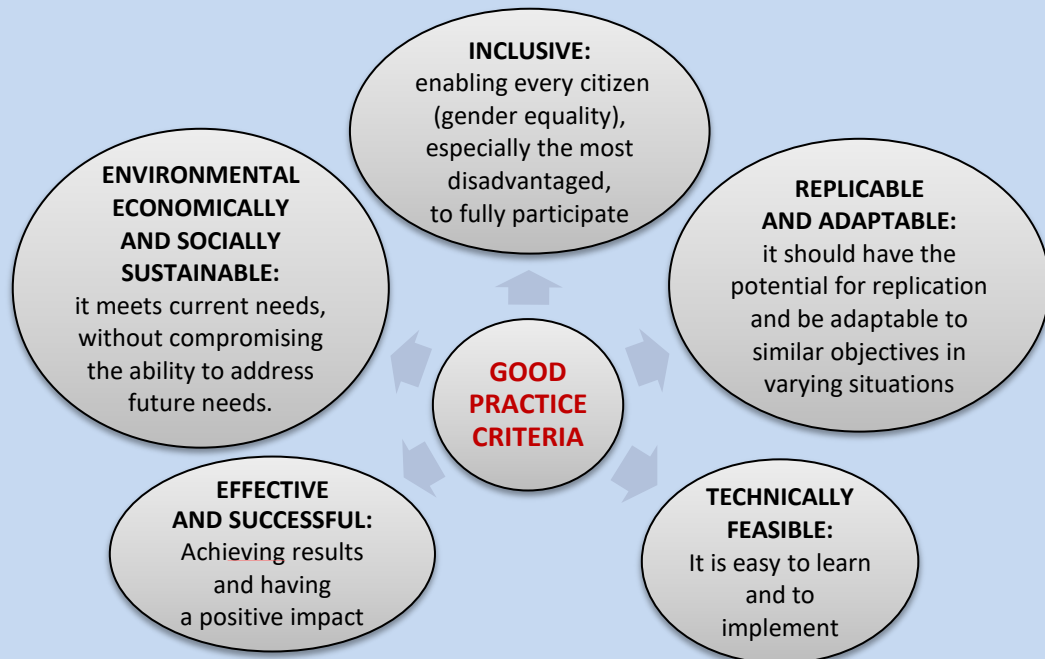
The Result 2 is a collection of experiences of partner organizations from five countries in the field promoting inclusion in intergeneration dance.

The result is a source of experiences and perspectives for Adult Education.

The Result 2 is related to Objective 2. To equipment educators adult education with the competences needed to include people with fewer opportunities.



GOOD PRACTICE CRITERIA



Innovation

The innovative nature of a project facilitates adopting a different approach from conventional approaches. It takes us from a narrow reflection on a particular problem to a broader reflection which considers more aspects and dimensions. Innovation refers to both contents and topic for development project as well as processes and methodologies.

Participation

Involvement and participation of citizens in educational project is paramount. Only the mobilization of bottom-up expertise (senior/inhabitant/citizen/adult educator) enables true appropriation of educational project.

Sustainability

Local development cannot be conceived of without a sustainable and lasting dimension. This both allows the actions and decisions to be included in global dynamics and to be able to constantly readapt methodological practices and strategic thinking.

Efficiency

The criterion of efficiency is in regard to the production of one or more positive, tangible and intangible impact(s) on the territories and on the populations. The effects project must be measurable in terms of objectives of the project.

Transversality

The adoption of a transversal approach to a problem may combine different issues with different methodologies. Transversality thus favors the co-construction and co-implementation of educational projects and includes them in the dynamics of exchange and shared responsibility.

Reproducibility Local development projects, actions and policies must be at least partially reproducible or transferable. Fully explaining contexts is essential to understand a good practice and for this reproducibility to be possible.

THE MAIN GOAL

The main goal of the project is the exchange of good practices in inclusion through intergenerational education.

Definition – A Good Practice (GP) is a real world example (case study) of where a method or technique has been applied that has consistently shown results superior to those achieved by other means. The case study and related approach are therefore used as a benchmark against which other activities can be measured.



The project relates to the priorities

ADULT EDUCATION

Increasing the competence of educators and other staff involved in adult education
Promoting Erasmus+ to all citizens and generations

HORIZONTAL PRIORITY

Inclusion and diversity in all areas of education, training, youth and sport

THE OBJECTIVES OF THE PROJECT:

Objective 1

Increasing educational diversity and the use of an integrative form,
in particular a group intergenerational dance.

Objective 2

To equipment educators adult education with the competences needed
to include people with fewer opportunities.

Objective 3

Inclusion intergenerational dimension in the educational context
in the countries involved in the project.



The topic of the project is important from the point of view
of the objectives and priorities of the Action – Adult Education:
Adult Learning and Open Education.

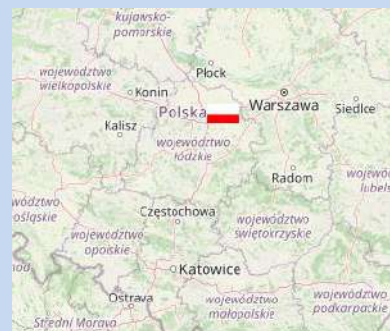
INCLUSION THROUGH INTERGENERATIONAL DANCE - POLAND



In Poland there has been a strong interest in intergenerational dance practice. Intergenerational dance projects can have wide-reaching positive impacts on both social and psychological well-being. Intergenerational practice aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contribute to building more cohesive communities. Intergenerational practice is inclusive, building on the positive resources that the young and old have to offer each other and those around them.

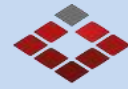


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Good Practice

Name of Participant	FOUNDATION FAMILY CENTER - POLAND
Title	INCLUSION THROUGH INTERGENERATIONAL DANCE
Initial context	<p>Explaining the objective:</p> <p>Objective - is related to the selected Horizontal priority - Inclusion and diversity.</p> <p>Objective - Increasing educational diversity. Usage intergenerational group dance as a form of integration.</p>
Venue , Country	Bytom, ul. Jainty 18/1 (Poland)
Brief description	<p>Activities tailored to the needs of seniors with low cultural competences, development and inclusion of skills through intergaenarational dance.</p> <p>Workshops for seniors:</p> <ul style="list-style-type: none">- Sharing Cultural Experiences,- Providing Collaborative Learning Opportunities,- Joint singing of regional songs.
Target group	<p>To whom it is addressed ?</p> <ul style="list-style-type: none">- Seniors,- Young generation,- Parents.



Associació Programes Educatius
OPEN EUROPE

INCLUSIVE SARDANA - SPAIN



ORIGINS OF THE SARDANA

The word 'sardana' appears for the first time in a 16th-century document describing the prohibition by the juries of Olot on 5 August 1552, considering it, like other dances of the time, to be a 'dishonest' dance. The creator of the modern sardana was José María Ventura Casas (Alcalá la Real, Jaén, 2 February 1817 - Figueras, 24 March 1875), popularly known as Pep Ventura.



LA SARDANA

THE MOST FAMOUS CATALAN DANCE

The sardana is a set of traditional Catalan dances and music that is danced all over Catalonia, both in the north and the south. It is part of the intangible heritage of Catalonia.



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Good Practice

Name of Participant	ASSOCIACIÓ PROGRAMES EDUCATIUS OPEN EUROPE - SPAIN
Title	INCLUSIVE SARDANA
Initial context	The objective is to use the traditional dance of the Sardana to help bring different generations together, so that the elderly can enjoy the dance with younger generations, including children, and the youth can discover a little more about this traditional dance.
Venue , Country	Reus (Spain)
Brief description	<p>The idea is to promote meetings on Sunday mornings (the day when the groups usually meet for this dance) in different places in the city of Reus.</p> <p>Promote the meetings in schools, institutes and encourage young people to participate in them to share them with their elders. Encourage participation with raffles, music by local bands and popular gastronomy.</p> <p>The sardana represents democracy, fraternity and the annulment of distinctions, it also paradoxically symbolises a kind of hermetic and exclusivist insularism.</p>
Target group	People interested in traditional dances of any age (encourage and spread the idea among the younger population).

FIRE ADDICTION VIA DANCE - Türkiye





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Good Practice

Name of Participant	HAYAT BOYU EGITIMI GELISTIRME VE MESLEK EDINDIRME DERNEGI - TÜRKİYE
Title	FIRE ADDICTION VIA DANCE
Initial context	We helped addicted people by social gathering at the nature camp. Relaxing for nature, camping and dancing people. With this activity, people can get rid of their phone, social media, substance abuse and other addictions.
Venue , Country	Turkey, Kirikkale
Brief description	With the camp activity, you can get rid of bad habits, addictions such as alcohol, anti-depressant, substance abuse, games, telephone, internet, television, computer, watching TV series and laziness. You can get a brand new mind and body by avoiding fast food and ready-to-eat food in nature. You heal your soul with dance.
Target group	-People over 18 and seniors over 65 -People with all kinds of addictions

CONCERT WITH DANCE HOUSE - HUNGARY

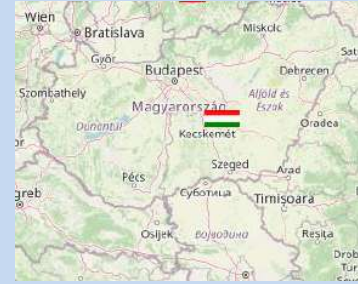


DANCE HOUSE

Tánc ház (Hungarian pronunciation: ['ta:ntsha:z], literally "dance house") is a "casual" Hungarian folk dance event (as opposed to stage performances). It is an aspect of the Hungarian roots revival of traditional culture which began in the early 1970s, and remains an active part of the national culture across the country, especially in cities like Budapest. Tánc ház draws on traditions from across the regions of the Kingdom of Hungary (most notably Transylvania), especially music and dance. The term is derived from a Transylvanian tradition of holding dances at individuals' homes.



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Good Practice

Name of Participant	FOLKFEST CULTURAL ASSOCIATION - HUNGARY
Title	CONCERT WITH DANCE HOUSE
Initial context	The aim is to entertain locals with a high standard folk music concert after which the audience has the chance to learn dance moves to the live music of the band.
Venue , Country	Virág Benedek House, Budapest (Hungary)
Brief description	<p>Organised by the FolkFest Cultural Association, a combination of a concert by Hungarian folk music band <i>Új Gereben</i>, followed by a dance house is an elevating experience.</p> <p>The audience not only can listen to a “normal” concert but can also try themselves in dancing to authentic folk music, played live by the musicians.</p> <p>One band member shows the basic steps and people follow him dancing in a circle. Holding hands strengthens the bond between the dancers, and moving to the rhymes forms a unity.</p> <p>Such an interactive involvement of the audience is an essential part of the Hungarian dance house movement.</p>
Target group	Young people and seniors alike, as well as families

INTERGENERATIONAL ENAGEMENT THROUGH JOINT DANCING – IRELAND





Good Practice

Name of Participant	WORK EXPERIENCE AGENCY - IRELAND
Title	INTERGENERATIONAL ENGAGEMENT THROUGH JOINT DANCING
Initial context	Objective - is related to the selected Horizontal priority - Inclusion and diversity. Objective - Inclusion intergenerational dimension in the educational context.
Venue , Country	Office 02, 71 Amiens Street, Dublin D01 X6T8, Ireland
Brief description	<p>Older people often experience declining involvement in the community, which contributes to their feelings of loneliness and disconnection from society, which often leads to a decline in their health. Older adults enjoy the company of young people and feel encouraged and supported by them.</p> <p>Dance, especially with young people, has a positive impact on the social and psychological well-being of older participants. Intergenerational activities such as dancing reduces anxiety levels, improves social inclusion, social well-being and social acceptance. It also brings physical benefits to older participants and helps fight stereotypes among young and old. That is why we decided to organize monthly meetings of the older and younger generations to have fun together while dancing. Meetings are held every last Saturday of the month. During the meetings, we engage local organizations supporting the elderly as well as local schools and youth organizations. The meetings are accompanied by a common snack and talks about what it was/is like in our times. During them, the elders tell how certain situations or problems were solved in their day, and the young people tell how it is done today. Both parties can benefit from sharing common experiences.</p>
Target group	Seniors, Pupils age 6-18, Young people age 18-30

AN INTERGENERATIONAL REGIONAL DANCE GROUP

MIEDARZANIE - POLAND





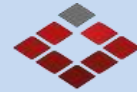
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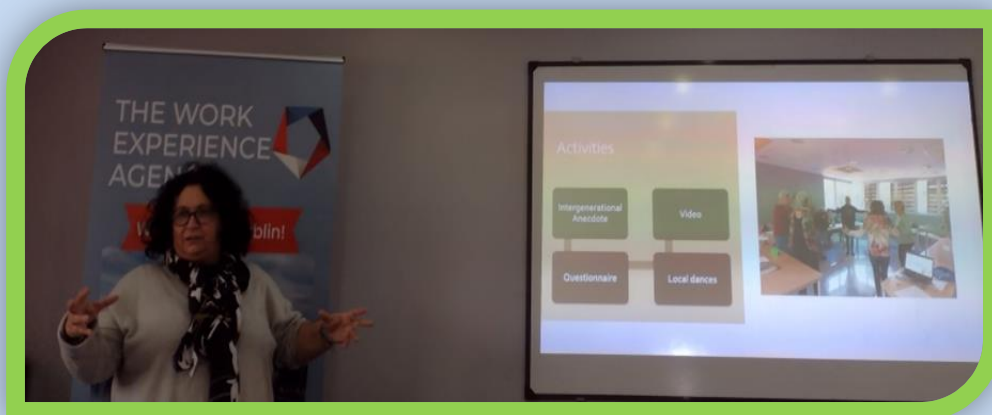
Good Practice

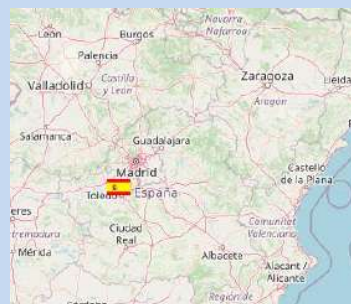
Name of organisation	FOUNDATION FAMILY CENTER - POLAND
Title	AN INTERGENERATIONAL REGIONAL DANCE GROUP MIEDZARZANIE
Initial context	Explaining the objective: Objective: <ol style="list-style-type: none">1. Implementation of educational initiatives that they open development opportunities.2. Promoting the Erasmus+ program to all citizens and generations.
Venue , Country	Bytom, Jainty 18, village Miedary (Poland)
Brief description	The dance team involves several generations. Parents, grandparents and children sing and dance in the band. The group's activity contributes to increasing awareness of the importance of intergenerational dance in non-professional adult education.
Target group	To whom it is addressed? <ul style="list-style-type: none">- Seniors,- Young generation,- Parents.

INTERGENERATIONAL CONNECTIONS - SPAIN



Associació Programes Educatius
OPEN EUROPE





Good Practice

Name of Participant	ASSOCIACIÓ PROGRAMES EDUCATIUS OPEN EUROPE -SPAIN
Title	INTERGENERATIONAL CONNECTIONS
Initial context	The aim is for children and young people to share experiences with the elderly, through visits to old people's homes or Civic Centres with activities for the elderly.
Venue , Country	Reus (Spain)
Brief description	<p>The idea is to organise visits by schools and high schools (educational visits during school hours) to different old people's homes or civic centres where classes or workshops for the elderly are held, with the aim of exchanging experiences for technological know-how.</p> <p>Older people can teach them traditional dances and music, and share past experiences about their way of life, while young people can teach them how to use new technologies.</p> <p>Joint outings can also be organised (walks, excursions, guided tours...).</p>
Target group	<p>Young people aged 10-16 years</p> <p>and senior citizens over 65 years old</p>

YOUR DANCE ON MY NATIONAL DAY - Türkiye





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Good Practice

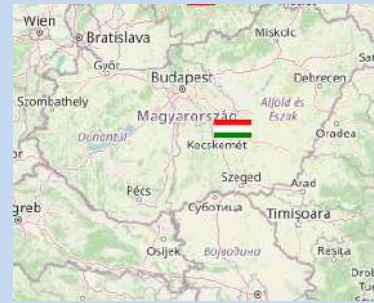
Name of Participant	HAYAT BOYU EGITIMI GELISTIRME VE MESLEK EDINDIRME DERNEGI - TÜRKİYE
Title	YOUR DANCE ON MY NATIONAL DAY
Initial context	Promoting multicultural cooperation via performing other cultures' folk dance on special days. Children and adults come together and dance.
Venue , Country	Turkey, Kirikkale, Private Bozdemir Care Center
Brief description	People in need of care and children come together. Activities are done together. This strengthens the bond between them. Cultural transition between children and adults is ensured.
Target group	Seniors, Children, Nursing centres, people in need of care, Local communities, Groups performing dances in the local communities

YOUTH DANCE TRAININGS – HUNGARY





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Good Practice

Name of Participant	FOLKFEST CULTURAL ASSOCIATION - HUNGARY
Title	YOUTH DANCE TRAININGS
Initial context	Learning folk dances from professional trainers is a modern way of handing down traditional heritage to new generations.
Venue , Country	Budapest Cultural Center (Hungary)
Brief description	<p>Hungarian and Transylvanian folk dances are being taught to children on a weekly basis.</p> <p>What used to be part of the life of a village community is now artificially recreated in the urban environment.</p> <p>The trainers teach young children how to dance, while small children stand by and watch with their parents.</p> <p>Dressed in folk costumes the group then performs in front of an audience of elderly people, showing them their knowledge.</p> <p>Music to the dance trainings is live, played by a local folk music formation.</p> <p>These youth dance trainings are an authentic example of folk dance heritage reinterpreted in a modern way.</p>
Target group	Mostly children between the age of 7 and 18, including small children.



IRISH DANCE SHOW AS A TOOL TO IMPROVE INTERGENERATIONAL SOCIAL INCLUSION - IRELAND





Good Practice

Name of Participant	WORK EXPERIENCE AGENCY
Title	IRISH DANCE SHOW AS A TOOL TO IMPROVE INTERGENERATIONAL SOCIAL INCLUSION
Initial context	Objective - is related to the selected Horizontal priority - Inclusion and diversity. Objective - Increasing educational diversity and the use of an integrative form, in particular a group intergenerational dance.
Venue , Country	Office 02, 71 Amiens Street, Dublin D01 X6T8, Ireland
Brief description	Traditional dance, in this case Irish dance, can be a great form of building intergenerational relationships. That is why we invited organisations involved in the teaching and practice of Irish dance to organise dance performances in elderly support centres. The dancers are young people, students of dance schools, who learn and improve their dance skills. The meetings have mutual benefits: young people have an audience that can watch them appreciate them, older people can watch a traditional dance show that they know well and see how the tradition is still cultivated by the younger generations. Thanks to this, the elderly can appreciate the effort of young people, their commitment and love for tradition, which, as we know, is of great importance to the older generation. At the end of the show, if the group of seniors is interested and their health conditions permit, the students teach the seniors a short choreography. In this way, the seniors can be involved in movement. Meetings can be organised on a monthly basis. Seniors are very excited about these performances.
Target group	Seniors, Dance school students age 6 - 25



STRATEGIC PARTNERSHIPS

FOUNDATION FAMILY CENTER – POLAND
www.familycenter.edu.pl

FOLKFEST CULTURAL ASSOCIATION – HUNGARY
www.folkfest.hu

ASSOCIACIO PROGRAMES EDUCATIUS OPEN EUROPE – SPAIN
www.openeurope.es

WORK EXPERIENCE AGENCY LTD – IRELAND
www.workexperienceagency.com

HAYAT BOYU EGITIMI GELISTIRME VE MESLEK EDINDIRME DERNEGI – Türkiye
www.hegmed.org.tr



EXAMPLE OF GOOD PRACTICES

1. Inclusion through intergenerational dance – Poland
2. Inclusive Sardana – Spain
3. Fire Addiction Via Dance – Türkiye
4. Concert with Dance House – Hungary
5. Intergenerational engagement through joint dancing - Ireland
6. An intergenerational regional dance group Miedzarzanie - Poland
7. Intergenerational Connections – Spain
8. Your dance on my National Day – Türkiye
9. Youth Dance Trainings – Hungary
10. Irish dance show as a tool to improve intergenerational social inclusion – Ireland



KA210 -ADU

Small Scale Partnerships in the Sector Adult education

The project aims to help seniors to access useful educational content.
By implementing the project, we want to expand the competences
of adult educators, increase educational diversity
and use forms of intergenerational learning.

STRATEGIC PARTNERHIPS

The partners decided to implement the project jointly due to the fact that the partnership will generate benefits for both the target group and the implementers themselves.

The implementation of the partnership project will create added value in the form of extending the territorial scope of the project to the area including partner countries: Poland, Spain, Hungary, Türkiye, Ireland.



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