




MENTORING AS A FORM OF INTERGENERATIONAL COOPERATION



One of the objectives of Digital Generations project is to give digital skills to older people through intergenerational cooperation, as older people are educated on digital tools by young people.

Intergenerational cooperation has been taken for granted in the past. It was mainly experienced within the family, with older people passing on their knowledge, experience, skills, competences, norms and values to younger people. Mutual help was part of life. Today, however, this is no longer the case, as intergenerational cooperation no longer takes place spontaneously, but needs to be stimulated and transmitted to the wider social environment. In recent years, intergenerational cooperation is again being recognised as **one of the most important forms of sustainable development**, improving the health and well-being of all generations. Based on intergenerational learning, it ensures the **transfer and exchange of knowledge** and solidarity between generations. Intergenerational learning ensures the transfer of knowledge between generations, at the same time **reducing intergenerational stereotypes** and fostering a sense of usefulness in the elderly, which has **positive effects on society as a whole**.

There are several forms of intergenerational cooperation:

-  **Intergenerational solidarity:** this is when one generation offers support and help to the other;
-  **Intergenerational cooperation in the narrower sense:** different generations working together on a specific project - intergenerational teams;
-  **Intergenerational learning:** one generation learns from another and vice versa, and different generations learn together at the same time. It is an exchange of experience and knowledge between generations, which contributes to solidarity and trust between generations.

Mentoring is one form of intergenerational learning. It is also one of the most effective **methods of mutual learning**, developing potential and thus personal growth. It is based on **mutual trust, honesty and respect**. It is a process in which a more experienced individual helps another with less experience to develop and progress. A mentor is a person who leads the mentoring process by **supporting, guiding and advising the mentee**. In this way, mentor **transfers his knowledge and skills** to the less experienced individual. Through the mentoring process, which is mostly a two-way process, both the mentor and the mentee develop.



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The young volunteers in the project were also introduced to the mentoring process. As mentors, over the next two months they will guide the older people on the journey from idea gathering to structured ideation and finally to a creative product that the mentee would like to share with others online.



C2 Training in Malaga: Volunteers and project staff learning and practising the mentoring process and the activities included in the Mentory Methodology guide (4th Digital Generations project result).

We are looking forward to the path ahead, and even more to the ideas, concepts and creative products that will emerge. But the path of mentoring does not end here! This is just the first part of a long journey of intergenerational cooperation.



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