

BENEFITS OF INTERGENERATIONAL LEARNING

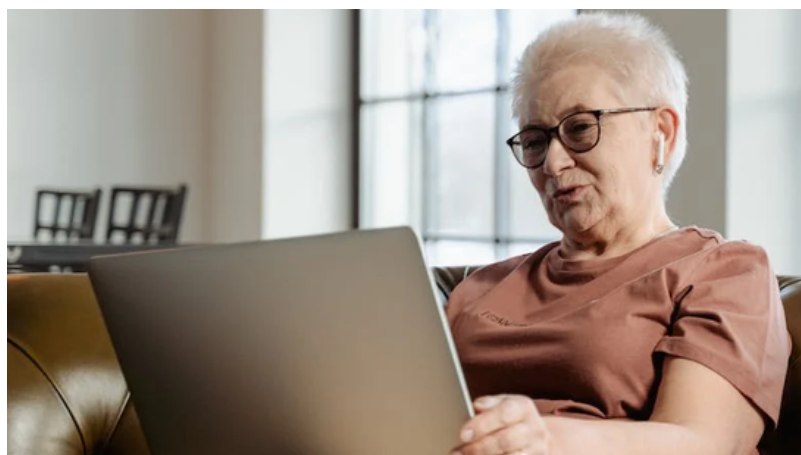


At the heart of the [Digital Generations project](#) is the concept of intergenerational learning and the idea that young adults are legitimate teachers of the use of digital tools but also the right people to teach older people how to use these tools. We explained in an [article](#) published in April 2022 why the legitimacy of younger generations in the use of digital tools is established. But this intergenerational learning, as a human relationship, brings reciprocal benefits to both generations, beyond the technical skills learned.



First of all, studies show that young people who are regularly in contact with seniors show higher self-esteem, self-confidence and emotional stability. Helping and exchanging with a senior citizen can develop a form of "sense of usefulness". By interacting with older generations, young people can also learn about the pathways these people have taken, get a better sense of their whole life and make better connections with what they are learning now and what they can do in the future.

For older people, it allows them to stay socially connected, to share their experiences, their knowledge and their life stories. Fighting social isolation has demonstrated benefits in terms of prevention of health problems and maintenance of certain cognitive abilities such as memory. Participating in such kind of activities keeps seniors physically and mentally healthy.



These few lines show that if intergenerational learning in the digital context is one of the best learning opportunities for this field, intergenerational learning also brings a reciprocal relationship beneficial to both parties involved in the process.



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