

**BOOKLET**

of the

**GENERATIONS:**

**Intergenerational Dialogue in Rural Tourism**

Youth Exchange

-2019-2-CZ01-KA105-061556-

Done in Ceheţel, Romania

Between 24<sup>th</sup> October 2021 – 1<sup>st</sup> November 2021

**About**

**The traditional workshops done by each country**

**&**

**The main problems the elderly face in each country**

## ABOUT THE PROJECT

The *GENERATIONS: Intergenerational Dialogue in Rural Tourism* was a Youth Exchange funded by the Erasmus+ Program and had the reference number 2019-2-CZ01-KA105-061556.

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It was done in Cehușel, Romania between 24th October, 2021 – 1st November, 2021 and hosted youth from Portugal, Romania, Spain, Italy, Greece and Czech Republic with the aims of:

- supporting 30 young people from rural areas, out of which 24 with fewer opportunities to better understand the importance of communication between generations and to offer them the space where they can exchange their ideas about local difficulties and potential solutions.
- help the 30 participants from the 6 countries to have a better understanding of the real situation of our rural area regarding to communication between generations, meanwhile recognizing the real needs of young and older people from the aspect of communication.
- give the opportunity to the 30 participants from the partner organizations to acquire knowledge about the other countries traditions and find out the connection between the development of rural tourism and communicational difficulties.
- ensure that the 30 youth from the 6 partner countries develop their personal and interpersonal communicational skills, their 8 key competences and as well their soft skills which will help them in the future in their human interactions, social participation and sense of entrepreneurship.

The main activities of the youth exchange included getting to know one another and the realities of each country related to intergenerational dialogue and the problems of the elderly. Then each country organized a workshop about one or more traditions that are dying out and the whole group tried to understand and find solutions to the main problem of each country. Inter-cultural learning was also a main pillar of the exchange, so in the first night an inter-cultural food night was organized while on the following 6 nights each country organized a cultural night to the others.

The main outcomes of the youth exchange are:

- 1 – The learning achievements of the youth, which can be read in their Youthpass Certificates.
- 2 – **This booklet** that documents the 6 traditions and the solutions found to the 6 problems.



## PORTUGUESE TRADITION

### Festa entrega da cruz “Cabido”

During the Portuguese workshop about a tradition that died, we were presented the “Festa entrega da cruz Cabido” festivity. It used to take place every year in the last Sunday of January in north Portugal and more specifically in the municipality of Braga. This region is considered to be the most religious part of Portugal. It was organized by the local community in the small villages. Basically, the festival can be divided in two parts. The first part is the passing of the wooden cross from the former “Mordomos” to the new ones. “Mordomos” are called the two people that are responsible for keeping the cross and handling it in all religious ceremonies like Christmas and Easter.



The second part is the fiesta itself. It's organized in the house of the new “Mordomos” and it includes eating fig and corn bread and drinking wine. It started during the years of the dictatorship of Antonio de Oliveira Salazar, which lasted from 1933 to 1974. They continue organizing the event for the years



that followed the re-establishment of democracy until almost the 2010's. During the dictatorship, there was a shortage of fresh and nutritious food. Therefore, this festival was an opportunity for the community not only to gather and have fun but also to dine better.

Later, and mostly after the end of the dictatorship, the festivity grew in variety. The people started organizing bigger events with a big diversity of food and drinks. Nowadays this festival is not celebrated in a traditional way. Though in some villages the local people continue the passing of the cross, but not in the original style. To conclude, the workshop was a great opportunity for us to experience the Portuguese way to celebrate.

## ROMANIAN TRADITIONS

### Fonó (Spindling) and furniture painting

**Who?** This tradition was done by Hungarians but it currently expands to the neighboring countries like Romania, Serbia, Ukraine, Slovenia, and Czech Republic.

**What?** This tradition was done as both a way for people to socialize and also for men and women to gather together and find a partner for life. They would gather hemp and flax and they would put them in lakes for about a week to make them wet and expand so they would become more flexible, this way it would be possible to separate the fibers. Later they would dry them and brush them so they would become longer and separated. Then the women started spinning the fibers with a spindle that would be carved by the man to make each unique for every woman. The spinning would make the fiber stronger and thicker and it would become tighter and create a sort of a yarn that would allow them to make clothes, bed covers, curtains, etc... This was practiced by everyone that was over sixteen years and it was in a way mandatory for everybody, if someone would not attend them the rest of the group would look for them and bring them to these meetings. Another tradition was furniture painting, it was not only done on furniture but also on the houses, it was always a representation of the tree of life and it would have special colours that represented their identity.

**When?** It would last from September until February, it was mainly done in the 17th and 18th century and this tradition died out around 1970s. The Furniture painting is still done today but in a different way, both to keep part of the tradition but also in order to make a profit.

**Where?** In Hungarian, Slavic and Balkan communities.

**Why?** The Fonó was a way to get people together in the winter when there wasn't so many things to do, so they could socialize with each other. It was also a way for men and women to meet and to find a partner since it was kind of a taboo for single men and women to meet occasionally unless they were involved or planning to get married. The furniture painting was a way for people to show their identity and to tell their story to



others by the different drawings. Also there was a relation between both because when men and women would get married the women would take a box with all the things they could contribute to the new family, usually this box was decorated and they would also have inside the clothes they would have made during Fonó.

**How?** These meetings were held in small communities especially in houses of the richest family because they would have bigger rooms where more people could join. It always had some differences from place to place but the main things would be the same. It was made for young people to meet potential partners but also for older people to socialize and stay together during winter. It also worked as a way to preserve materials, for example during winter they would have to use candles for light so if they were all in the same room they would need less candles compared to if they would stay all in different rooms in different houses.

## SPANISH TRADITION

### La Despedia

The Spanish group told us about "La Despedia". It is a religious act celebrated the First Sunday after the first full moon of spring in Alora. Two brotherhoods carry two statues in procession in the city: "Nazareno de las Torres" and "Virgen de los Dolores". Nazareno represents the moment when Jesus is carrying his own cross. Virgen de los Dolores is the mother of Jesus and she says goodbye to his son before he is crucified. The statues are very heavy. The tradition has kept his essence since the XVII century: one man per shot and the genuflection of the front part at the sign of the "mayordomo". The role of "the mayordomo" change every year (Virgen - Segus).

During the procession the statute of the Virgin and the one of Jesus take due different ways: the Virgen goes in the Church ad Jesus in the castle of the city. In the day of "La Despedia" both thrones meet in "La Plaza Baja", where you can find the second biggest church of Malaga (where is kept the Virgen) and the Arabic castle (where is kept Jesus). In 1994 the name of this square changes to "Plaza Baja de la Despedia" in honor to this act.



In the past, when the thrones were lighter they prayed our "Father Prayer" during the genuflection while everyone waited in silence. There is a nice rivalry between both Brotherhoods and they tried to be the first in Finishing the 3 genuflections or having the best orchestra or the biggest number of Nazarenes.

The principal orchestras that come this day are "La Legion" and "Las Parceas", but there are also smaller orchestras, founded in Alora or in other places.

There are some anecdotes: in 1957 the orquestra of "Nazareno" failed and the brother of the mayor, Antonio Garcia Botello, went to Malaga and found some people, that were in the bars after the procession and ask them to join them and found more people all over Malaga.

## ITALIAN TRADITION

### Amalfi Coast and Limoncello

The Italian workshop focused on the making of the typical and characteristic beverage from Amalfi Coast that is Limoncello. During the Medieval Age, the Italian population living in Amalfi Coast were invaded by the Arabs and from this they received the lemons. Curiously enough, the lemons have adapted to the mountains of this Italian region and created a new variant that would be later used to make the best Limoncello possible. The specific lemons from Amalfi Coast normally have a stronger fragrance, though they have a sweeter taste. Unlike other lemons that usually have six to seven parts, these lemons have nine to ten parts and can even have eleven. The skin of these lemons is thicker, and it is the most important part of the lemon for producing the famous limoncello, since these lemon's skin contains strong and rich essential oils.

The workshop explained step by step how to make this world-known beverage that was created more or less at the end of the nineteenth century or beginning of the twentieth century. Firstly, the most important part of the lemon – the skin – should be peeled in a way that only the yellow part is used. To do this, many times the person peeling it needs to cut off the white part that sticks to this skin. Next, ethylic alcohol needs to be poured into a bowl where the skin will rest for some days. This detail depends on the family or recipe that one is using, since many people find seven days to be sufficient, though others believe twenty days to bring out the best taste of the skin. After this period, one needs to boil water with sugar in container to make syrup. The container with alcohol should have the skin removed, but not after it is squeezed with a linen cloth, so that all the juice comes off the skin.

When the syrup is cold, both containers are ready to be mixed and should rest for one hour before being put into a bottle. The bottle needs to be sealed in a dark room without humidity and normal temperature for at least one month and should be mixed every two to three days. At the end of this step, and to confirm the limoncello is good, the container should be placed in a freezer for some time. If the liquid freezes than it is no good to be used, but if it is still liquid than the limoncello is ready to be served.

The part of the lemon that is not used for the limoncello is still utilized to make other products, such as jams, disinfectants, or soap. Another alternative is to eat the lemon that, unlike the common ones, has a sweet taste so that it can be eaten just like a melon. Salt (and if you want to be extra, you can



also use tequila) can be added to the lemon to enhance the taste of the citric.

The measurements of the ingredients:

1. 10 lemons
2. 1 litre of pure alcohol (at least 95%)
3. 1.2 kg of sugar
4. 1.5 litres of water

## CZECH TRADITION

### Veselé Velikonoce

In most of the countries Easter is a tradition to be celebrated in a religious way but in Czech Republic they have a quite different way to celebrate this festivity. Veselé Velikonoce is one of the most important traditions in their country. Men and boys go to collect freshly cut branches to make whips called pomlázka. However, there are many ways to call this tool depending on which area they are from, one of them is tatar. On the other hand, girls and women paint and boiled eggs.

On the first Monday after the Holly week, men wake up early in the morning to go knocking door to door asking for eggs in a particular way. Men will chase and whip women cautiously whist singing. The meaning of the whipping is to make women grow stronger and bring fertility throughout the following year and for the younger ones, to become nice and pretty women. The singing would go like this: *“Feast, feast, give me a painted egg, if you don’t give me a painted egg give me at least a white one, the hen will give you another one”*.

This tradition remind us the famous American Halloween celebration, “trick or treat”. After the woman has been whipped cautiously, she will give to the man painted eggs or yummy food like sweets. Also, they will add a colorful ribbon to their pomlázka. Each color has a different meaning, for example, the red one means love or that they have been liked. After this, the men will go to the next door and so on.

To recreate this tradition we made a workshop where the Czech group showed us how to decorate the eggs and make the whip.



In the first part, we decorated some eggs in three different ways. One of them, was to use onion peels to cover the shell of the egg, following by covering the egg with a cloth and making a knot to boiled it. The second method, was to cover the egg with some flowers or leaves to make different patterns and covering this with a bandage to boil the egg. Finally, the third way was to color the eggs pouring colorful ink in boiled water and soaking it for five minutes. You could also put some stickers in the shell.

Last but not least, we made the whips. We made groups of three people and one of them went to select eight wooden sticks with the same size. We had to make a strong knot on the base and then separate the sticks in four pairs. Afterwards, we had to take the first stick from the outside and bring it to the third position and placing it underneath the next sticks to bring it to the middle part. Then continue with the other side with the same procedure. When the plait is finished we used a string to make a strong knot on the top and added some ribbons. When the pomlázkas where ready, the females made a line. Men were passing and whipping their bums while singing the traditional song.

Afterwards, to be equal, males made a line and women used the pomlázkas on their bums. It was really fun!

## GREEK TRADITION

### Apokries

The Greek team presented some of their traditions which are connected to the carnival, or APOKRIES. It was originally born in Ancient Greece and consisted of a feast where they dance, drink eat, have orgies. It was dedicated to Dionysus, the god of wine and when Christianity became popular in Greece, this tradition was badly looked upon by the church, so they tried to delete this event. But actually, Christians could not delete the tradition because it was deeply rooted, so they adjusted it to Christian beliefs. Now Apokries takes place 40 days before Easter, and they represent the start of fasting.

One of the things they do on these festivities is making bracelets with three pieces of thread to protect from the sun. Normally they use the colors red and white, but you can also add other colors. The way to do it is very simple, you only need to do a braid with the three threads. Also, the games they played during Apokries are very simple and fun. They played with a kind of long skipping rope, jumping in various ways: going in and out from the rope or imitating the wave of the water. Also they played with a ball in two teams and they had to finish with the opposite team hitting the person in the game.

And it did not end there. During the night, the Greek guys talked about some geographic facts and stereotypes about Greece, like “oppa” that is something they really use a lot.

Later, because Apokries usually ended with a feast and dancing, they showed us some traditional dances like "Χασαποσέρβικο (Chasaposérviko) and Ζεϊμπέκικο (Zeïmpékiko)", Πώς το τρίβουν το πιπέρι. (how to make pepper). Everybody joined the dances, a lot of fun, especially the last one was very charming!





## **PORTUGUESE PROBLEM**

### **Information Gap**

The issue was presented by the Portuguese team, but we found that it's a common issue among our countries and after some ideas exchange, we found possible solutions. With information gap we mean that there is a problem with the spreading of national news and the interaction between the people and the government

From our discussions we gathered some intel on how information is spread in different countries, for example in Greece the main platform is the television or local newspaper, and these are also the main used platforms in Italy and Spain.

The problem with newspapers is that you can usually read mostly local news and you don't get the full picture of the situation of the country, moreover the language used in newspaper articles is more elaborate so especially young people aren't really drawn to it so they are mostly read by older people. On the other side, the elderly people aren't comfortable with the internet and not many of them like to use television to bring themselves up to date with the news.

Then we brainstormed about some solutions to those problems, and they should involve all the parties involved: the government, NGOs, the elderly and young people.

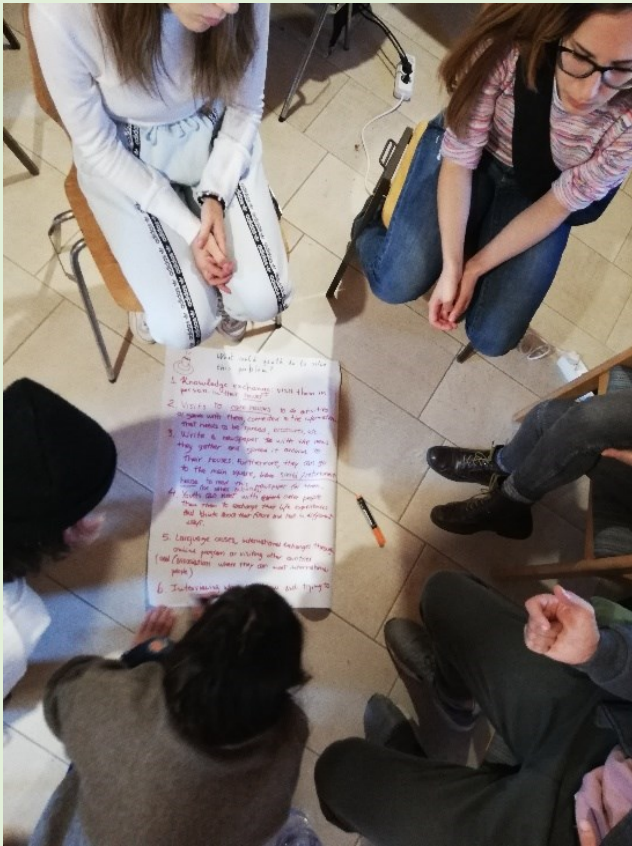
From the world method cafe emerged various propositions about the issues

- The government could
  - o Gather volunteers to inform older people in rural or isolated areas who don't have access to many technologies
  - o Use different platforms to showcase information
  - o Provide electronic devices to the elderly, maybe second-hand phones or laptops or such thing that young people already consider outdated, so they don't use them anymore and they maybe already have the newer version. When these second-hand devices are given, some seminars could be organized so that younger people can teach older people how they work
- NGOs could
  - o Work with the government to organize the above-mentioned seminars
  - o Generally encourage young people to spread digital knowledge
- Elderly people could
  - o Try and be more open minded about learning new technological skills and actually keep up with the new methods with which the news are spread
- Young people could
  - o Be more inclusive of older people by trying to create some connection with them through meetings or, once again, seminars or such things
  - o Visit care houses and retirement homes and organize activities there to create an intergenerational dialogue

To be fair, something is already being done and at the end of the brainstorming we compared some solutions that are already in place in some countries

For example:

- In Portugal there are Senior Universities attended by older people



- In Spain there are almost free computer classes that can be taken by everyone
- In Greece, they have Centers for community services to clarify questions to all citizens
- In Greece there are also occupational centers that organize trips abroad and in the same country
- In Italy there is a main website where you find information and you can access certain services based on your class of interest, you can also ask for help in offices dedicated to community services to have access not only to the information you need but that's also where you must ask for State or European funding when you fall in the category they are destined for

The research of solutions through the World cafe method allowed us to give different points of view and to feel like we belong to a real community giving us the sensation that we can actually change something.

## ROMANIAN PROBLEM

### Abandonment of rural areas and elderly people

One of the main problems on Romanian countryside is the abandonment of elderly and rural areas in general. Specifically, this issue causes problems like the extinction of tradition and cultural values, loneliness and isolation, and this problem is also connected to the lack of job opportunities on these kinds of regions.

To analyze this problem we had a formal debate where half of the group had to argue that this is a problem and the other half that it is not. The main conclusions of this debate are:



Firstly, the extinction of tradition and cultural values is an important issue and traditions should be preserved by documenting them and exhibit them to younger generations in local events. But sometimes extinction of traditions is inevitable because society evolves and traditions naturally change themselves.

Secondly, another important problem is loneliness and isolation of the elderly. They are the last generations still living in rural areas and are emotionally connected with their roots. But this problem can be solved by making them feel comfortable with digital devices so that they can communicate with their families. Also, initiatives could be taken by NGO's and the state to organize projects and events aimed to this problem. For example, in Czech Republic it is common for schools to organize some events or concerts for old people in retirement homes. In Portugal, the NGO's also develop activities in elderly centers with local and international volunteers in order to keep them more active and to let them share their experience and also keep in touch with the younger generations.

Finally, the rural areas are abandoned by the youth due to the lack of job opportunities. The solution to this issue can be bio-farming as demand for bio and ecological products is growing. Also rural tourism can create job opportunities and can bring focus again on those areas.

### **SPANISH PROBLEM**

#### **Lack of ambulances**



The main problem for the Spanish Group is connected to the health system, in particular the ambulances aren't available and they often don't arrive quickly. This happens also because often there is just one doctor who can't be at the same time in different places. So, if you need an ambulance you can wait for hours.

After a discussion about this problem we found some solutions:

- People should organize protests to raise awareness to the problem, so that politicians act.
- People should practice CPR and first aid courses, to help when it is needed.
- There should be more defibrillators in the towns
- State should hire more doctors, nurses and other medical staff.
- Citizens should establish a new NGO that can fill the gap for any medical need. Also, people can promote social

entrepreneurships, so rich people and companies can help the society and be promoted at the same time.

## ITALIAN PROBLEM

### Bureaucracy

The method to approach the Italian problem was silent theatre, through which bureaucracy was interpreted to achieve solutions. One of the problems with bureaucracy was the fact that Italian society doesn't have centered services to provide help to the citizens. Specifically Italian services do not actually know how to solve people's problems, so they redirect them to related services. Many times, these services are closed or have personnel that procrastinate or are not skilled enough for the job.

The solution elaborated during the silent theatre was to create a governmental website that would accept requests from the population so that the citizens get the required files from there, therefore making it easier to fill in the forms without having to wait in lines.



Another issue related to Italian Bureaucracy is the fact that they do not have centralized security corps, but instead have local police, carabinieri, guardia forestale, guardia costiera, firefighters and ambulance. When an accident happens in Italy and the citizens need to call the centralized number (112) the call center informs more than one entity to help. More often than not various corps are mobilized to the accident without the need for it.

The solution to this issue that was presented during the silent theatre was to create more awareness around the centralized number (112) so that people can contact the call center without having to call various numbers to solve their situation. Another aspect is that security corps should have an interchangeable communication so that the entities can share the information without them having to come to the rescue all at once.

## CZECH PROBLEM

### Don't break your teeth in Czech Republic

On Friday morning we have been participating in a reflection about some Czech Republic problems in rural areas. For that, they presented the main problems detected by the Czech team, and then in intercultural groups, we discussed the possible solutions for these situations. We had to think about how to make a poster for disseminating the strategies to the Czech people.



The main problem detected is the lack of resources and professionals in healthcare, but we focus on the

shortage dentists that it's one of the most important problems. In some regions, there is approximately one dentist for every 100,000 inhabitants. The dental services are overwhelmed, the dentists have a full schedule, they do not accept new patients because they cannot deal with them, so people look for a dentist without success, and when their dental problems worsen to the point of being a serious problem (it starts to hurt) they go to the emergency room, where they can only offer them first aid.

There are two principal reasons for this problem. On one hand, there is a lack of teachers to train the professionals due to the low wages compared to the exercise of the profession. On the other hand, the professionals are concentrated mostly in the bigger cities where better infrastructure and more possibilities to find jobs are. The dentists that work in rural areas are really expensive and also people trust more in the ones from the city. So the problem is not the quality of the teaching but the quantity of graduated students. As consequence of the problem many Ukrainian dentists are coming to the country for the high demand.

The different groups proposed the next solutions:

1. To government regulate the prices. Rotation with doctors that must go to the rural areas and other stays in the city. Also, low the taxes for those who go to rural areas.
2. To deal with the uncertainty of the profession, having more benefits, salaries, and vacations for teachers. Also promoting teaching inside the country.
3. Dentists could have a tax in their salaries to go to teachers to keep the motivation and contribution. Teachers could get benefits like a free dentist.
4. Helping young dentists and teachers from the EU to move into the Czech Republic. Moreover, promoting new ways to teach, for example, online training from dentists who live abroad, partly funded by the government and NGOs.
5. New dentists can become teachers only working 5hs per week if they have no more time.

Our own research about this topic shows that there is no good development on prevention:

Czech dentists complain that there is no adequate system for caries prevention and oral care in the country. The lack of public campaigns, such as the fact that health insurance does not cover preventive treatment and oral hygiene for children under 18, or the lack of educational campaigns to promote healthy habits, means that part of the population does not respect the basic principles of prevention, and go to the dentist when there is no other choice. We also think that this is important for the decongestion of the dental clinics. Therefore, we hope that these proposals are useful for the Czech people to resolve their dental problems.

## **GREEK PROBLEM** **Health Care**

In the morning we were discussing about the health care issues of Greece through the method of pyramid debate. The main problems were linked with the lack of access to public health services. We divided the issues in 5 to analyze them and offering solutions.

The problems were the following:

1. Long waiting lists in medical facilities, taking months to get to a doctor.
2. Centralized system - around Athens and Thessaloniki. The 40% of Greek population live in Athens.
3. Too many islands - there are 4000 islands and 400 islands where people live. There is a bad transport connection between islands, not every island relates to everyone. There are many islands without hospitals, only medical center with only one doctor.
4. State financial problems – There are not enough funds for most essential services, including healthcare.
5. Elderly people in disseminated areas - Elderly people tend to live in rural areas (islands and mountains). In general, they have difficulties to visit doctors because of connection with transport and the centralized health facilities in big cities.



We were discussing in one-on-one groups about the possible solutions, then merged in groups of 4, then 8, then 16 and finally we went to plenary and we arrived to the following main conclusions and ideas:

- Move funds from military forces to health care to hire more doctors and avoid long waiting list.
- Arrange medical buses and boats in rural areas to bring them good health care services.
- Increase taxes to big companies to pay health care.
- Create a digital platform for booking the appointments.
- Organize festivals with famous singers to raise funds.

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Astiki Mi Kerdoskopiki Eteria En Gnosi