



**BRIDGE**  
Food, Care and Digitalisation

BRINGING DIGITALISATION  
TO THE OLDER GENERATION

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Picture Pexels Askar Abayev

## NEWSLETTER 1 INTRODUCTION AND BACKGROUND

### BRIDGE – PRESENTATION

BRIDGE – Bringing Digitalisation to the Older Generation is a European project within the framework of the Erasmus +, a program initiated by the European Union that supports projects in the field of education, training, youth, and sport. It aims to promote cooperation and mobility within the European Union and beyond, with the goal of improving the quality and relevance of education and training systems in Europe.

Specifically, BRIDGE falls under the Key Action 2 (KA2) of the Erasmus+ program. KA2 focuses on cooperation for innovation and the exchange of good practices, with the goal of improving the quality and relevance of education and training systems.

Bearing this in mind, BRIDGE has been created in order to achieve three main objectives:

- Improve knowledge and skills of staff in elderly care to train older people using digital tools.
- Improve digital skills of older people, leading to improved social inclusion.
- Improve social skills from youngsters.

To get the purposes mentioned, during the whole lifetime of BRIDGE the partners are going to develop some activities that have clear expected outcomes. We are going to create a toolbox with online training and instruction material for educators and staff in elderly care systems, providing them the necessary resources to improve their skills and knowledge. What we want is to have impact in all levels, reaching more training and enthusiastic staff in home care.



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Also, we will train all these professionals, ensuring that the toolbox is used effectively, and the staff is instructed to provide high-quality care to older people.

Furthermore, training older people in digital readiness will help BRIDGE the digital barrier that often exists between generations, improving the older people equipment to participate in 21<sup>st</sup> century and feel more included in nowadays society.

Additionally, the other activities that have been planned within BRIDGE mark are designed with the aim of bringing the new generations, the youngsters, closer to elderly people, and be more respectful whit them. To promote these intergenerational connections and provide fun and engaging activities for both groups, we will make an online cookbook with their involvement, and then we will organize intergenerational cooking events in different countries with older people and youngsters, bringing together both generations and providing an opportunity for them to learn from each other, share their skills, and build social connections.

The project's impact will be felt on local, regional, national, and European levels, as it will provide a model for improving care for older people and promoting intergenerational connections across borders.

### 1<sup>ST</sup> MEETING - BUDAPEST

Our first in-person meeting for BRIDGE project was held in Budapest the 27<sup>th</sup> of January and focused on project management and the starting point of the other three work packages. The meeting was attended by project partners from different countries (Hungary, The Netherlands, Italy, Czech Republic, Romania and Spain), who discussed and agreed on the project's management structure.



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The project management structure was designed to ensure efficient communication and coordination among partners, as well as to manage the project's timeline, budget, and quality. The tasks have been shared out, and M-Around, as a coordinator, will oversee the overall implementation of the project and ensure that it meets the expected outcomes. Each work package will be led by a partner, who will be responsible for the specific activities within that work package.

The second work package, which was presented by Crea 360, will focus on developing the methodology in which our project will be supported. This WP2 will provide two deliverables: the desk research, to identify available materials that can be used, and a learning guide for educators with methodological recommendations for trainers/staff, including some educational digital deliverables.

The third work package was presented by Blankcon and is focused on present a fully detailed, complex example of the method developed in WP2. In this part, we will develop a toolbox with additional learning material, to be used by educators/staff, for self-training and for training older people. Also, we will create material, including formats and supporting text for an online cookbook with regional recipes and the manual for an intergenerational cooking event, including planning, selection and instruction of youngsters, and implementation.

The fourth work package was presented by APSS and is prepared with the aim of play all the materials and methodologies develop during the project. We will familiarize educators and staff with guide prepared in WP2, rework recipes and create the cookbook and involve youngster and elderly people for the intergenerational activities, specially the cooking events.

During the meeting, partners also discussed the timeline for the project and identified potential risks and challenges that may arise during the project's implementation. The partners agreed to work together to overcome these challenges and ensure that the project is delivered successfully.

Overall, the first in-person meeting was a productive start to the project, with partners demonstrating a commitment to collaboration and a shared vision for achieving the project's objectives.



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In order to know more about the project and learn the new activities on them during its development, visit our website:  
<https://foodandcare.eu/>

## Our Partners



**M-Around**  
HUNGARY



**Blankcon**  
THE NETHERLANDS



**2050**  
ITALY



**APSS CR**  
CZECH REPUBLIC



**Spektrum**  
ROMANIA



**Crea360**  
SPAIN

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