

Bratislava and Košice, Slovakia



Zrejme

Keyword(s):

active aging, intergenerational cooperation,

elder adult education

social integration



Introduction

The intention of the civic association Zrejme is to contribute to making Slovakia a country of intergenerational cooperation and dialogue. A country where services for the elderly will promote the integration of people into the family, community and society.

Main challenge

Zrejme recognizes that the topic of aging, regardless of gender or skin color, affects us all. It aims to bring together people of all ages and give older citizens an opportunity to be actors and creators, and not just passive recipients of a pre-arranged programme. Many activities are organised around the so-called Zagreb station in Bratislava. According to Zrejme's website, "Zagreb station is an ideological successor to the abolished Záhrebská Hospital, which combined two functions, namely an interest club for the elderly and a social service for seniors who depend on help. The Zagreb station works with the first of these functions, so it offers seniors leisure activities in the district around Mýtna Street in Bratislava. However, they differ from most similar projects in their intergenerational nature." Different meetings and activities are organised: focused on movement, voice exercises and creative writing; Nordic walking; book clubs and art therapy.

Another key activity is the Old's Cool festival organised together with a Czech organisation Elpida. During the festival, participants can attend exhibitions, concerts, debates, dance, book and other workshops or quizzes in which generations meet. Also worth mentioning is the Intergenerator, Zrejme's popular quiz on a variety of topics from history to the environment, designed so that the right answers are naturally close to people of all ages. The team that can make the most of its diverse age mix will win. Through play and a small dose of rivalry, generations are connected. People who might not normally be part of one team will experience what it's like to be on one team trying to win.

In the past, we have prepared quizzes on the topics of Colorful Bratislava, Seven Deadly Sins in Literature and The Real Nature of the Environment.

Timing

2017-Ongoing

Objective

The intention of the civic association Zrejme is to contribute to making Slovakia a country of intergenerational cooperation and dialogue.

Target group

City residents

Geographical range

City of Bratislava and Kosice

Stakeholders and partners

Libraries, NGOs, municipality, Czech organisation Elpida

Compliance with Sustainable Development Goals (SDG)

Compliance with SDG 11 (sustainable cities and communities)

Replicability

The initiative can be replicated and adapted to different environments.

Website/Social Media profile(s) of the initiative

Website of Zremje: <https://zrejme.sk/o-nas/>

@zrejme To learn more, you can visit:

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