

Workshop Guidelines: Codesigning an Intergenerational Physical Activity Program

Total Time: 55 minutes

General note: No stress, no pressure! 😊 Do not worry if you do not get all the answers, that is perfectly fine. Focus on creating a positive atmosphere within the group and try to involve everyone as much as possible. Feel free to add your personal touch to the workshop by animating discussions, categorizing ideas, or analyzing the post-its. You will be regularly updated on time, as Dusan will handle timekeeping.

Workshop Objectives:

- Provide participants with practical / concrete tools to for the organization of codesign workshops
- Identify participant expectations for an intergenerational physical activity program.
- Brainstorm potential activities that meet these expectations.
- Develop a practical and achievable program structure using group discussion and puzzle-based decision-making.

Presentation of the workshop in 3 steps (5 minutes)

Start with a quick icebreaker by passing a ball around. When someone has the ball, they introduce themselves by sharing their name, country, organization, and favorite sport/physical activity. Afterward, they pass the ball to another participant, who will do the same. Continue until everyone has introduced themselves. Keep it nice and short.

Once introductions are done, explain the brainstorming process and the objectives outlined earlier.

Step 1: Expectations Brainstorming (7 minutes)

1. **Objective:** Understand participants' expectations for an intergenerational physical activity program.
2. **Instructions for Participants:**
 - **Question:** "What would be your expectations from an intergenerational physical activity program?" (e.g. Meeting new people)
 - Each participant will receive 3 post-its.
 - Write no more than one idea per post-it.
3. **Guidelines for the Group Leader:**
 - **Facilitation Tips:** Start categorizing participants' answers on a large paper board as they place their post-its or give them to you.
 - Organize the ideas with input from participants, ensuring everyone's voice is acknowledged.
 - Some ideas for the categorization areas: social aspect, mental health, PA level...

4. **Time Limit:** Keep this section under 7 minutes.
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Step 2: Activities Brainstorming (8 minutes)

1. **Objective:** Identify activities that best align with the expectations generated in Step 1.
 2. **Instructions for Participants:**
 - **Question:** “What types of activities would best meet these expectations?”
 - Each participant will receive 3 post-its.
 - Write one activity idea per post-it.
 3. **Guidelines for the Group Leader:**
 - **Facilitation Tips:** Begin categorizing these activity ideas on the paper board while participants place their post-its, grouping similar suggestions.
 - Discuss the activity clusters with the group, building consensus around the best ideas.
 - Some ideas for the categorization areas: team sports, cardio activities, fun and games, etc.
 4. **Time Limit:** Keep this section to 8 minutes.
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Presentation of the puzzle workshop see the process below (5 minutes)

Step 3: The Puzzle – Program Design (15 minutes)

1. **Objective:** Develop a clear, practical program outline **based on identified expectations and activity types**. Identify barriers and solutions.
2. **Instructions for Participants:**
 - The group leader will present the “Puzzle” worksheet, printed on A3 paper, containing 4 cases for group discussion.
 - Each participant will receive 12 post-its (3 per each case)
 - Write no more than one idea per post-it.
3. **Guidelines for the Group Leader:**
 - Explain each case and guide the group in completing it step-by-step.
 - There will be common ideas, but, if necessary, feel free to pick up a few post-its and ask the group to vote on their relevance
 - Prioritize the first three cases, and if time permits, finalize the fourth.
 - Once you have the final version of the puzzle, use a different colour to write in each case to make the puzzle more joyful. Markers will be provided for this purpose

4. **Puzzle Cases** (allocate time for each sub-step as indicated):

- **Case 1 (4 minutes):** Select up to 3 preferred activities from the brainstorming session.
- **Case 2 (4 minutes):** Identify up to 3 barriers to participation in an intergenerational program.
- **Case 3 (4 minutes):** List up to 3 solutions to overcome these barriers.
- **Case 4 (2 minutes):** Decide on the session’s practical aspects—session duration (e.g., 1 hour) and frequency (e.g., twice a week).
- **Wrap-up (1 minute):** Summarize the selected ideas.

5. **Time Limit:** This puzzle activity should last no more than 15 minutes in total.

Final Presentation (15 minutes)

1. **Objective:** Share each group’s program outline with all workshop participants.
2. **Instructions for Group Leaders:**
 - Select a representative (volunteer) from each group to present “the puzzle”
 - Each representative will have 60 seconds to summarize the group’s decisions.
 - If there are no volunteers, the group leader should present the “puzzle”
3. **Wrap-up:** Allow brief applause and recognition for each group’s contribution.