

“THERE IS NO AGE TO WALK”

BESANÇON

Age-friendly city since 06-2012

Besançon (25)

OBJECTIVES

Favour the solidarity between generations, raise awareness about the necessity to adopt new approaches among the general public in order to create a society adapted to all ages, in all areas of life. Gather generations around a leisure activity adapted to everybody.

PRACTICAL DETAILS

Organise a big intergenerational walk. Offer three paths adapted to the capacities of each. Involve numerous partners in order to guarantee the success of the intergenerational walk and offer activities and provide information at this occasion.



AN INTERGENERATIONAL WALK

Regularly, the Inter-age Mission, the Direction of Life of Districts the House of Older People, the older people's housings, the communal welfare action centre (CCAS) and the associations of walking and hiking gather to organise an intergenerational walk which take place each year in Besançon since 2010. This walk is open to everybody: people living in Besançon or not, young or less young people and older people, inhabitants of a district, people living in older people's housing or retirement home, experienced walker or occasional walker needing

support.

The communication service of the City publishes a flyer to present the walk. This brochure is largely distributed in the houses of districts, in the House of Older People and in the Regional Centre for Information of Young people (CRIJ). It is also distributed by all the partners of the walk, especially the associations of walking and hiking. Moreover, the local press and television are informed and relay information about this walk.

WALKING TOGETHER

The objective of this walk is to favour the solidarity and the cooperation between the generations and to make sure that everybody can participate independently of differences linked to age, handicap or culture. Each year, a new place is chosen to organise the walk. The objective is to offer to the walkers a “new look on their city”. According to the theme, the walk is cut in different times of observation, explanations and demonstration. In order to be accessible to everybody, three different paths are chosen for the walk: a small one adapted to people with difficulties to walk and including animations, stands and exhibitions; an average one of about 3 kilometres and a long one of about 7 kilometres.

All along the paths, the partner associations offer animations and comments about visited sites. This day ends with a convivial time between all the walkers. The security measures



linked to the organisation of this event are a major concern. In order to secure the paths, these latter should include the fewer possible dangers. When people have to cross roads, for example, security measures must be implemented. Securing these dangerous passages is possible thanks to the presence of numerous volunteers.



of beekeepers of the Doubs, etc. These participants change each year according to the place and the theme of the event.

Besides this work with partners, this event breaks down the barriers between the departments by offering a common action of cooperation and friendliness

which put forwards the knowledge and capacities of everybody. The co-construction of this event is the key of the success of this project.

A PARTENARIAL PROJECT

After the choice of the walk's location, several meetings are organised with the partners in order to determine the role of each contributor: accompanying the walkers, being on stands in the place of gathering, managing music and dance before the departure and at the arrival of each walk, participation to the snack at the end of the day, animation and games on the site during the afternoon for people following the small path, etc. Like that, a lot of people are involved in the project: The associations of walking and hiking of the region: to give advice about the adapted paths, to supervise the walks, to spread information towards their members.

The sport university, European Region Action Scheme for the Mobility of University Students (ERASMUS) and the Regional Centre of School and University Works (CROUS): to accompany the students during the three walks, to participate to the animations of music and dance before the departure and at the arrival, to prepare the cakes and drinks necessary to the time of exchange after the walks.

The schools: through the involvement of one or several schools guaranteeing the intergenerational character of the event. For example, in 2016, a high school class organised games and animations for people participating to the small path.

The CRIJ for the information of the young public.

The Older People and Retirees Organisation of Besançon (ORPAB) in particular to inform older and retired people.

Several associations to run stands on the site: for example, the House of Europe, The French Federation of Hiking, the association

AN ACTION WITH STATURE

The number of participants varies with the weather conditions of the day but each year, the intergenerational walk gathers between 200 and 470 people. Since 2010, the success of this day appreciated by everybody has not been refuted.

This day is the occasion to organise a real time of exchange and sharing between the generations around a recreational activity accessible to everybody. It enables older people to participate actively to this walk as voluntary organisers or participants. It is also, for older people, the occasion to become aware of the fact that a regular and adapted physical activity participates to the improvement of the life quality and enables to keep in touch with others.

