SCENARIO FOR INTERGENERATIONAL WORKSHOPS – CREATING EASTER TRADITIONS TOGETHER.

Workshop objective:

The objective of the workshop is to promote volunteering, intergenerational integration, and the cultivation of Easter traditions in the Gorlice County. Seniors will share their memories of Easter traditions and rituals, and young people will work with seniors to prepare greeting cards or Easter decorations, which will then be given to the residents of the Social Welfare Home in Gorlice. The workshops will aim not only to preserve local traditions, but also to show how small gestures can bring joy and community.

Target group:

• Seniors involved in the "Recipe for Activity" project and other volunteers aged 60+ who want to join the campaign.
• School youth (volunteers aged 14–18) with a guardian.
• Staff responsible for implementing the volunteer development plan and campaign promoting volunteering in the local community

Duration: 2–2.5 hours

Location: Workshop room also accessible to people with disabilities (e.g., in the building of the Fundacjs "Wyjdź z Domu" office or another location made available in the city of Gorlice).

Materials and preparation:

- Sheets of paper, colored paper, ribbons, dried flowers, stamps, paints.
- Boxwood and willow twigs, Styrofoam eggs, dried flowers for making decorations.
- Photos or objects related to Easter traditions (e.g., old palm branches, handmade Easter eggs).

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Workshop outcomes:

- Cultivating intergenerational solidarity.
- Increasing youth involvement in volunteer work.
- Building intergenerational bonds and mutual respect.
- Building social responsibility.
- Passing on knowledge about local Easter traditions and cultivating them among younger generations.
- Integrating the local community through joint creative activities and helping the elderly.
- Increasing the sense of community and solidarity by giving handmade crafts as a gesture of support to the residents of the Social Welfare Home.

WORKSHOP PROGRAM:

1. Welcoming participants.

The workshop coordinator welcomes all participants, presents the purpose and plan of the workshop, and explains the importance of passing on Easter traditions and volunteering.

- A brief introduction to the idea of volunteering and the role of volunteers in building intergenerational bonds and helping the elderly.
- Invitation to seniors to share their experiences and memories related to Easter traditions in the Gorlice region.
- Presentation of the workshop plan: seniors' stories about traditions, manual workshops (cards and decorations), and finally, the delivery of the finished works to the Social Welfare Home in Gorlice.

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2. Seniors' stories about Easter traditions in the Gorlice.

Seniors tell young people about Easter traditions that were characteristic of the Gorlice, including:

- **Blessing of food:** What was the custom of blessing food on Holy Saturday, what dishes were blessed, what was their symbolism.
- **Easter palms:** What traditional Easter palms looked like in the region, what plants were used, and what their significance was.
- **Śmigus-Dyngus:** Stories about how this day was celebrated in the past in the region, what games were associated with this holiday.
- **Traditional Easter dishes:** Dishes typical for this period in Gorlice homes, how all family members helped with the preparations.
- **Easter dances and games:** What Easter games looked like in local villages, what characterized these joyful gatherings.

We will encourage young people to ask questions and actively participate in the discussion, sharing their memories of Easter traditions in their families, which will allow for an exchange of experiences between generations.

3. Manual workshops – Making Easter cards or decorations.

Instructions for making cards:

- The coordinator or instructor shows how to prepare an Easter card – various materials will be used (cardboard, colored paper, ribbons, dried flowers, cutouts, paints).
- Seniors talk about the motifs and colors that were characteristic of Easter cards in the Gorlice region (e.g., Easter egg motifs, flowers, lambs).
- Each participant makes their own card with traditional Easter wishes (seniors can help young people by sharing their knowledge of traditional wishes).

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Instructions for making Easter decorations:

- The coordinator shows how to make an Easter decoration using fresh willow branches, boxwood, Styrofoam eggs, dried flowers, and ribbons.
- Seniors talk about how Easter decorations were prepared in their homes and which plants had special significance.
- Young people and seniors create decorations together, collaborating on the arrangement and sharing their ideas.

Working together: Seniors and young people work together, helping each other to create cards and decorations. This is an excellent opportunity for conversation, sharing experiences, and mutual assistance.

4. Handing over the finished cards and decorations.

Workshop summary: Each participant talks about their work and what they liked most about the workshop.

Handing over the work: The finished cards and decorations will be packed up and given to the young people and seniors, who will deliver them to the Social Welfare Home in Gorlice.

Joint reflection: To conclude, the coordinator will talk about the value of such volunteer activities and how small gestures, such as giving handmade cards and decorations, can bring joy and a sense of connection.

5. End of the workshop.

The coordinator will thank all participants for their active participation in the workshop, emphasizing the importance of intergenerational integration and mutual assistance in the community. In addition, they will remind everyone of the importance of volunteering, encourage them to get involved in similar activities in the future, and organize further intergenerational meetings.

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