

INTERGENERATIONAL EXCHANGE AND EVENTS

KOSTER



ISLAND & IDEA TITLE

KOSTER

INTERGENERATIONAL EXCHANGE AND EVENTS- BUILDING BRIDGES BETWEEN YOUNG AND OLD ON KOSTER TO STRENGTHEN COMMUNITY TIES, REDUCE ISOLATION, AND ENHANCE YEAR-ROUND LIFE ON KOSTER THROUGH INTERGENERATIONAL EXCHANGE, LOCAL EVENTS, AND SHARED SERVICES.



TARGET GROUP

PERMANENT RESIDENTS (YOUTH AND ELDERLY)
SEASONAL WORKERS
NEW ISLANDERS
FAMILIES
CIVIC ORGANIZATIONS
STUDENTS



PROBLEM AND OPPORTUNITY

KOSTER HAS AN AGING POPULATION AND FEW STRUCTURED OPPORTUNITIES FOR INTERACTION ACROSS GENERATIONS
THERE IS A STRONG OPPORTUNITY TO BUILD SOCIAL COHESION, REDUCE LONELINESS, AND PROMOTE LOCAL CULTURE



SOLUTION

ESTABLISH AN INTERGENERATIONAL EVENT AND EXCHANGE PROGRAM UNDER THE NAME "KOSTER SAMTID" (KOSTER TOGETHER)



WHAT ALREADY EXISTS?

ACTIVE LOCAL ASSOCIATIONS AND CRAFTS CULTURE
A HIGHLY ENGAGED OLDER POPULATION
STUDENT INTEREST VIA FREIA
EXPERIENCE FROM V1 AND V2 WORKSHOPS IDENTIFYING THIS CHALLENGE
AVAILABLE COMMUNITY SPACES FOR EVENTS



WHAT IS NEEDED?

COORDINATION AND SCHEDULING OF ACTIVITIES
TIMEBANK PLATFORM (APP OR PHYSICAL BOARD)
COMMUNICATION TOOLS AND PROMOTIONAL MATERIAL
MUNICIPAL SUPPORT AND INTERGENERATIONAL FACILITATORS
LIGHT FUNDING FOR MATERIALS AND REFRESHMENTS



WHO IMPLEMENTS IT?

STUDENTS (FREIA, HIØ)
KOSTER RESIDENTS (YOUTH AND ELDERLY)
LOCAL ASSOCIATIONS
MUNICIPALITY OF STRÖMSTAD



WHEN IS IT FEASIBLE?

PLANNING AND CO-DESIGN: AUTUMN 2025
PILOT EVENTS AND TIMEBANK LAUNCH: SPRING 2026
FULL SEASONAL PROGRAM: SUMMER-AUTUMN 2026



EXPECTED IMPACTS

REDUCED LONELINESS, STRONGER COMMUNITY TIES
TRANSMISSION OF LOCAL KNOWLEDGE AND TRADITIONS
YOUTH EARN TIME-CREDITS OR EXPERIENCE INSTEAD OF MONEY
STUDENTS GAIN REAL-WORLD FACILITATION AND SOCIAL INNOVATION PRACTICE



RISK FACTORS AND MITIGATION

STRATEGIES

LOW YOUTH ENGAGEMENT → CREATE YOUTH-LED PLANNING BOARD
SCHEDULING CONFLICTS → USE ROTATING MODELS AND FEEDBACK LOOPS
PERCEPTION GAPS BETWEEN GENERATIONS → SHARED STORYTELLING TO BUILD UNDERSTANDING



POSSIBLE FUNDING OR BUSINESS

MODEL

EU INTERREG (RURAL COHESION, SOCIAL INNOVATION)
SWEDISH SOCIAL INCLUSION GRANTS (MUCF)
LOCAL SPONSORSHIPS (GROCERY, FERRY, CAFÉS)
TIMEBANK ECONOMY (NON-MONETARY EXCHANGE SYSTEM)



SUGGESTED NEXT

STEPS

PRESENT CONCEPT TO STRÖMSTAD MUNICIPALITY AND KOSTER ASSOCIATIONS
CONDUCT CO-CREATION SESSIONS WITH YOUTH AND ELDER RESIDENTS
DEVELOP PILOT EVENT CALENDAR AND PROTOTYPE TIMEBANK
TEST FIRST "KOSTER DAGAR" FESTIVAL IN SUMMER 2026
MONITOR AND ADJUST BASED ON COMMUNITY FEEDBACK

Island: Koster (Sweden)

Title: **Intergenerational Exchange and Events** – Building Bridges Between Young and Old on Koster to strengthen community ties, reduce isolation, and enhance year-round life on Koster through intergenerational exchange, local events, and shared services.

1. Target group

Permanent residents (youth and elderly), seasonal workers, new islanders, families, civic organizations, students.

2. Problem and opportunity

Koster has an aging population and few structured opportunities for interaction across generations. Youth leave the island due to lack of engagement, while many elderly experience isolation. Seasonal rhythms limit year-round community activities. There is a strong opportunity to build social cohesion, reduce loneliness, and promote local culture through shared events and services that connect young and old.

3. Your solution

Establish an intergenerational event and exchange program under the name “Koster Samtid” (Koster Together):

Youth-Elder Timebank: trade skills (e.g. tech help for sewing lessons, gardening for homework help)

Seasonal “Koster Dagar” festivals co-created by youth and elderly residents

Storytelling and digital heritage documentation led by students

Shared workshop series (boat repair, food traditions, music, sustainability)

Weekly “Service Saturdays” – youth assist elderly with shopping, tech, errands

Involve civic groups and schools to host rotating events

4. What already exists?

- Active local associations and crafts culture
- A highly engaged older population
- Student interest via FREIIA
- Experience from V1 and V2 workshops identifying this challenge
- Available community spaces for events

5. What is needed?

Coordination and scheduling of activities

Timebank platform (app or physical board)

Communication tools and promotional material

Municipal support and intergenerational facilitators

Light funding for materials and refreshments

6. Who implements it?

Students (FREIIA, HiØ) – program concept, timebank and facilitation
Koster residents (youth and elderly) – core participants and co-creators
Local associations – hosts and logistical partners
Municipality of Strömstad – facilitator and supporter

7. When is it feasible?

Planning and co-design: Autumn 2025
Pilot events and timebank launch: Spring 2026
Full seasonal program: Summer–Autumn 2026

8. Expected Impacts

Social: Reduced loneliness, stronger community ties
Cultural: Transmission of local knowledge and traditions
Economic: Youth earn time-credits or experience instead of money
Educational: Students gain real-world facilitation and social innovation practice

9. Risk Factors and Mitigation Strategies

Low youth engagement → Create youth-led planning board
Scheduling conflicts → Use rotating models and feedback loops
Perception gaps between generations → Shared storytelling to build understanding

10. Possible Funding or Business Model

EU Interreg (rural cohesion, social innovation)
Swedish social inclusion grants (MUCF)
Local sponsorships (grocery, ferry, cafés)
Timebank economy (non-monetary exchange system)

11. Suggested Next Steps

Present concept to Strömstad Municipality and Koster associations
Conduct co-creation sessions with youth and elder residents
Develop pilot event calendar and prototype timebank
Test first "Koster Dagar" festival in Summer 2026
Monitor and adjust based on community feedback

Municipality's Facilitating Role (RUDDER Framework)

Leadership: Frame intergenerational exchange as part of Koster's social sustainability strategy; assign community liaison.

Connector: Link youth, elders, students, and civic groups.

Facilitator / Creator: Support co-creation of timebank, workshops and festivals.

Provider: Offer venues, ferry discounts, refreshments or small grants.

Ambassador: Share success stories in local media and regional networks.

Leverage / Capitalize: Use Koster Samtid to promote year-round livability.

Network Orbiting: Connect to other island community exchange models in the Nordics.

Procurement Trendsetter: Promote community-led services and exchange-based models.

Stakeholder	Role in project	Interest/Motivation
Students (FREIIA, UCPH)	Co-creators, event hosts, researchers	Learning, innovation practice, networks
Municipality of Bornholm	Strategic facilitator, space provider	Local innovation, project coordination
Local SMEs and entrepreneurs	Program users, pilot testers	Business development, co-creation opportunities
NGOs and civic actors	Partners and contributors	Mission impact, cross-sector work
Innovation clusters / researchers	Program partners, content providers	Regional collaboration and testing
EU and Nordic networks	Partners and funders	Strengthen island innovation and resilience