

LIFESTYLES



Universitat d'Alacant
Universidad de Alicante

Vicerectorat d'Estudis, Formació i Qualitat
Vicerrectorado de Estudios, Formación y Calidad



Living Places



□ Work team definition:

- **Population:**
 - 24 participants
- **Gender:**
 - Female: 15
 - Male: 9
- **Age:**
 - 18-30 years old: 10
 - Over 50 years old: 14



AGE RANGES	Women	Men	Total
18 – 30 years' old	5	5	10
Over 50 years' old	10	4	14
Total	15	9	24



1st WORKSHOP - Intergenerational meeting



- ❑ Preparing the **milestones** for the questionnaire on LIVING PLACES.

2nd WORKSHOP - Intergenerational debate



- ❑ **Analyzing** the questionnaire data and **results** and **obtaining conclusions**.
- ❑ **Debating** on LIVING PLACES among the different generations.

3rd WORKSHOP - Charming spots



- ❑ Exchanging ideas and discussing from the different generations point of view about **favourite places** in the region.
- ❑ Expressing opinions.



4th WORKSHOP - Visit to intergenerational dwellings



- ❑ Becoming aware of the existence of intergenerational flats in the region.
- ❑ Obtaining information about what people have gained with this initiative.

5th WORKSHOP - Knowledge transmission



- ❑ Transmission of information to young generations about the places where seniors used to lived.
- ❑ Expressing feelings and emotions.

6th WORKSHOP - Evolution in the places we live



- ❑ Debating about the evolutions of the places we live.
- ❑ Talking about positive and negative aspects.



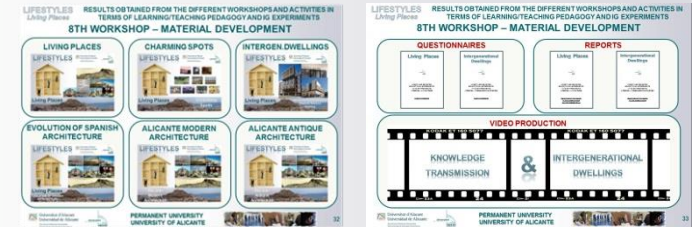
7th WORKSHOP - Evolution of Spanish architecture during last 35 years

- ❑ Knowing about the architecture in our country and the evolution.



8th WORKSHOP - Material development

- ❑ Production of presentations, videos, reports.



1st WORKSHOP

Intergenerational meeting



Meeting of the intergenerational work group to prepare the questionnaire-based survey on **LIVING PLACES** and discuss its contents.

2nd WORKSHOP

Intergenerational debate



Debate on survey results and analysis of the latter.

3rd WORKSHOP

Charming spots



Each one of the participants will choose a place in their environment which has a special meaning to them.

4th WORKSHOP

Visit to intergenerational dwellings



Interview with older adult and young users
Plaza de America [America Square]-
Alicante



5th WORKSHOP Knowledge transmission

Recording of stories about the places where we have lived and transmission of the feelings and emotions they awake in us.



6th WORKSHOP Evolution in the places we live

Debate on the evolution of the places where we live as well as of lifestyle from a historical point of view. Technology and evolution of dwellings.



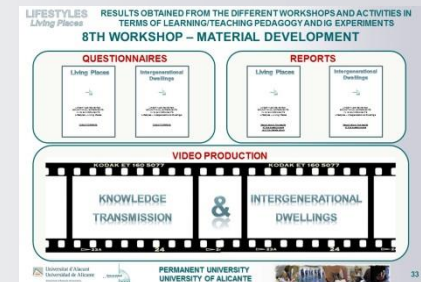
7th WORKSHOP Evolution of Spanish architecture during the last 35 years

Visit of the exhibition in order to learn about the transformation of the Spanish urban landscape through a chronological travel.



8th WORKSHOP Material development

Once the results had been obtained, the group met in order to produce: presentations, videos and a questionnaire report.



WORKSHOP 1st AND 2nd - WORK TEAM RESULTS

❑ NVivo analysis (qualitative data)



NVivo is a tool which permits to contrast large amounts of textual records against one another; it facilitates text search and retrieval, as well as encoding, and additionally allows the researcher to work with an unlimited number of categories and subcategories

❑ The **survey** (data) and the debate group with a moderator (to support the results and define interesting themes)

❑ **Graphs:**

❑ Age groups

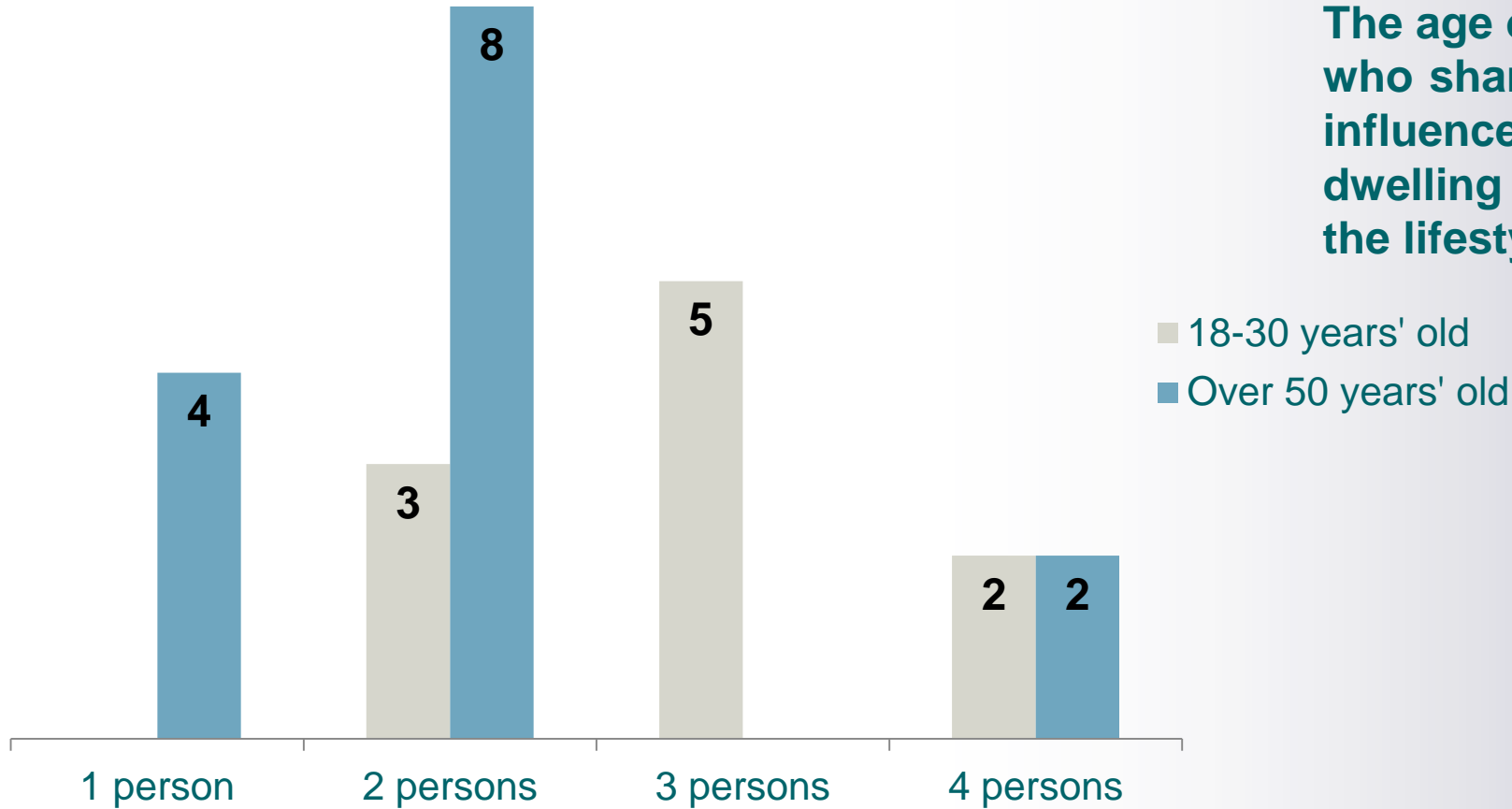
❑ Gender (single-sex) groups

❑ **Conclusions:** Detailed analysis of generational differences



FAMILY UNIT

NUMBER OF HOUSEHOLD MEMBERS WHO LIVE IN THE DWELLING BY AGE



The age of the people who share a dwelling influences both the dwelling itself and the lifestyle.



THE PERMANENT (HABITUAL) DWELLING

DWELLING LOCATION



- The dwelling location is chosen depending on age.
- Living in a city or in a small town/village influences people's lifestyle.



THE PERMANENT (HABITUAL) DWELLING

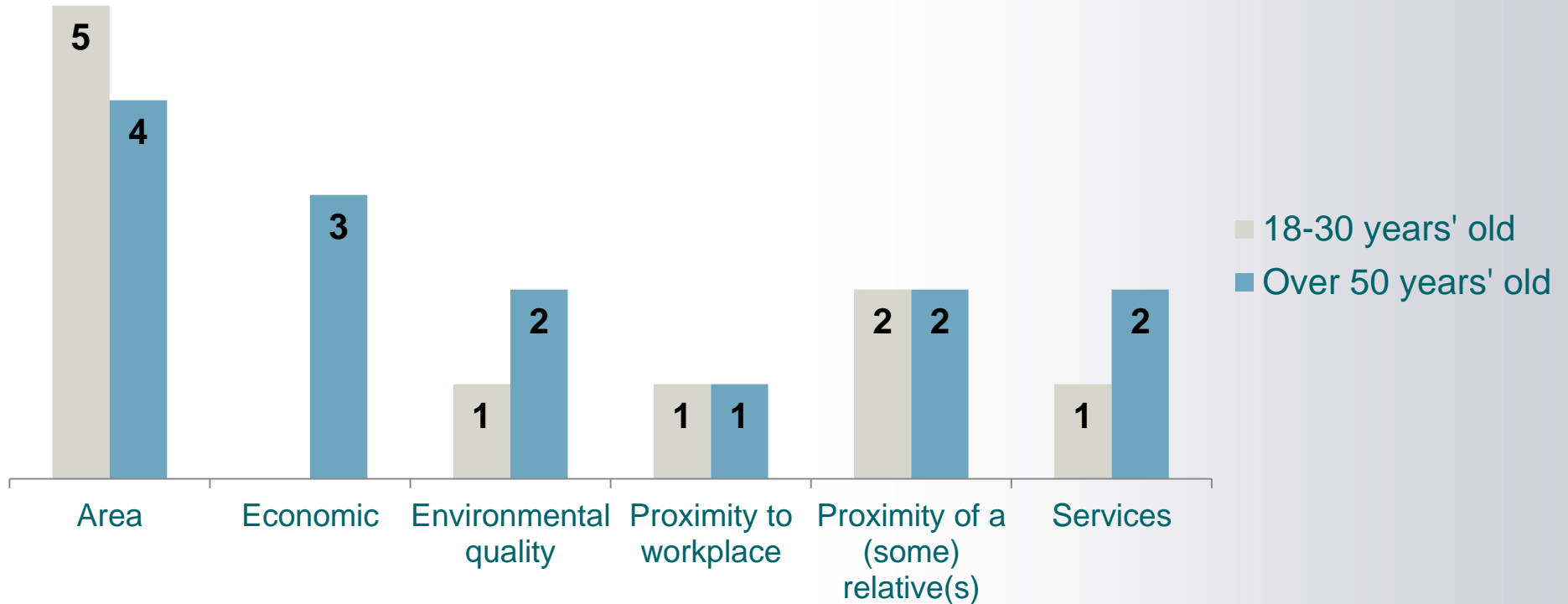
DWELLING LOCATION

- ❑ For **self-sufficient, non-dependent seniors** –it is more agreeable to live in a **small town/village** because it is quieter and you always have the possibility of travelling to obtain the services you may need.
- ❑ When you realise that you are **not so self-sufficient** any more, you look for **proximity to the city** for the possibility of having more services available.
- ❑ The rural milieu is very beautiful, but it is not properly equipped.
- ❑ There are **some quarters with plenty of services where the quarter acts as its own city centre** –and therefore using the ‘real’ centre becomes practically unnecessary- which have highly-developed transport services. These are more **open areas with parks and gardens**. The centre provides the advantages of cultural services; there is a higher and more qualitative cultural offer concentration. Perhaps this would be the main difference between living in the centre or in a quarter.
- ❑ People point out **that noise is a toll you have to pay for living in the city centre**.
- ❑ The noisy parties and mega-parties that we have in Spain are inconceivable in the rest of Europe.
- ❑ The perception of young people, who are willing to stand noise is not the same as that of over-50s, who feel that they are starting to be tired. **The group of seniors explains that their permissiveness threshold has been lowered with the passing of time.**



THE PERMANENT (HABITUAL) DWELLING

REASON FOR THE CHOICE OF A LOCATION FOR THE PERMANENT DWELLING



THE PERMANENT (HABITUAL) DWELLING

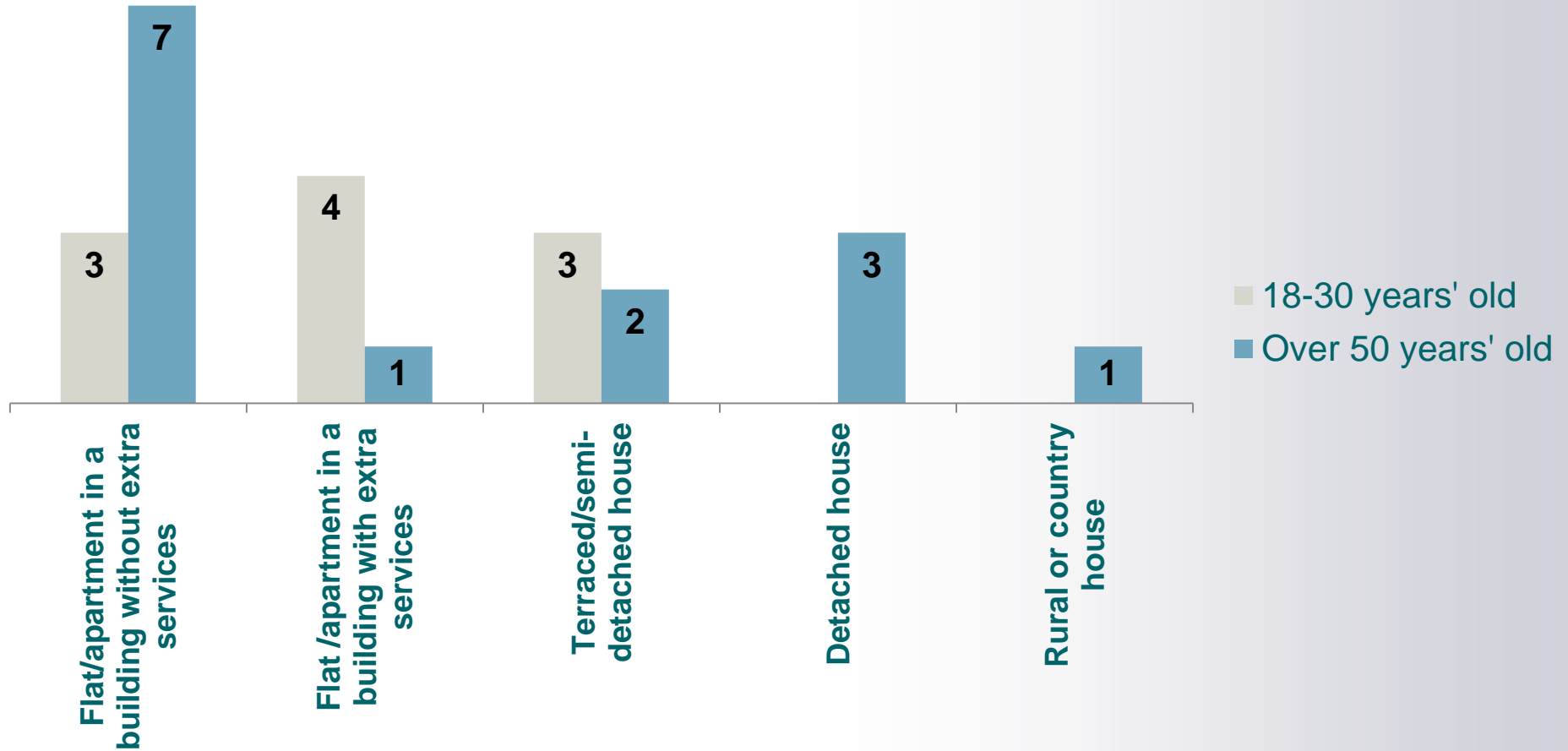
REASON FOR THE CHOICE OF A LOCATION FOR THE PERMAMENT DWELLING

- ❑ The **characteristics or qualities** of the area are **checked** when it comes to **choose** the location for a permanent dwelling.
- ❑ Secondly, **the proximity of a (some) relative(s) is important**, since grandparents look after the children. In the Spanish culture there is a strong and obvious link which makes people visit their family more than in the other countries: sharing Sunday lunch is a legacy that people keep here.
- ❑ Seniors remember that their **grandparents** already **encouraged family gatherings**.
- ❑ When it comes to choose a dwelling, **people seek the space needed for the family to have at their disposal a surface area that allows them to live comfortably**, but that space is **subordinated to each person's economy**. You may have your **aspirations but you adapt them to your pocket**.
- ❑ However, there are some people with a **deep-rooted philosophy of buying first-hand**.
- ❑ **Seniors preferred to move a bit further if it was cheaper**.
- ❑ **Young people have bought dwellings which are well above their possibilities**. They are having **serious financial problems at present**.
- ❑ This was not possible in the past because interest rates were extremely high and guarantees were required.



THE PERMANENT (HABITUAL) DWELLING

TYPE OF DWELLING



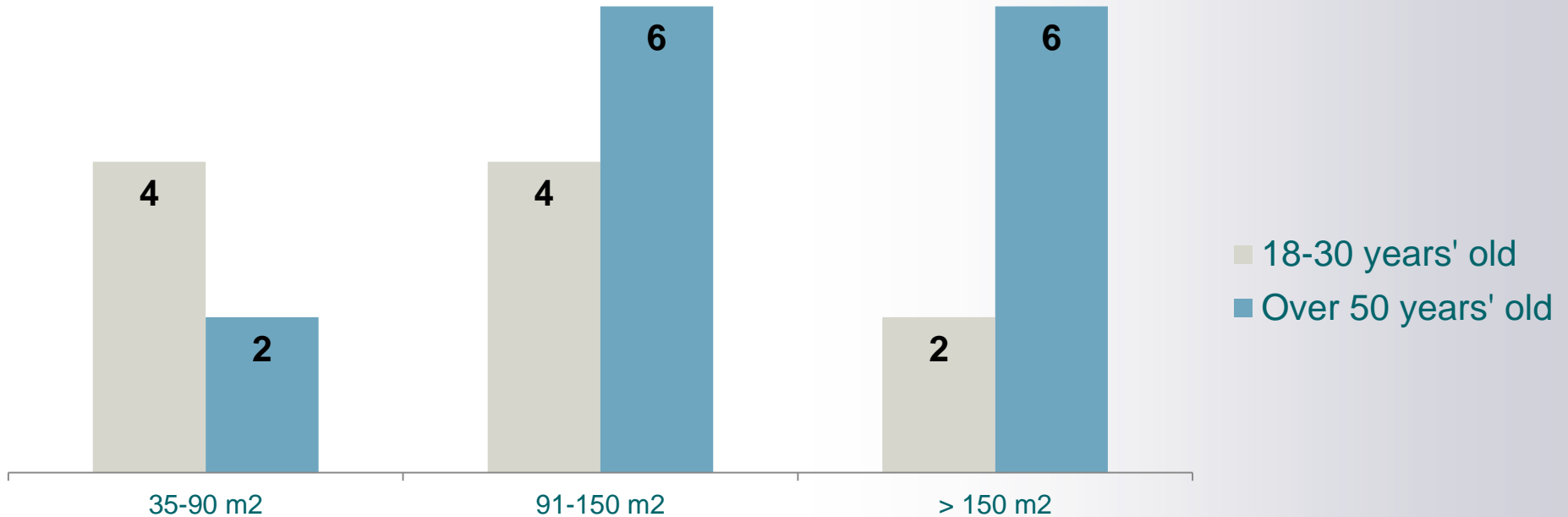
TYPE OF DWELLING

- ❑ The **people** who live **on the outskirts/suburbs** prefer living **in residential areas** and those who live in the **centre** prefer **flats without extra services**.
- ❑ Residential areas are conceived by some people as a place where parents with children “let them free”. Overusing this situation is problematic.
- ❑ **Young people choose residential areas** because they seek certain services and **share them with their children**.
- ❑ **Seniors reject residential areas** because they think that relationships are **not open enough**. They highlight that **there is no ‘life’ in the streets of residential areas** because people live their lives inside the home and do not use the street.
- ❑ We find different perceptions in residential areas located near the beach or those located closer to nature (pine forests) and the ones that can be found in city quarters. In relation to that, we can draw a **distinction between horizontal residential areas** (terraced, semi-detached or detached houses) or **vertical ones** (blocks of flats or apartments). It has to do with our personality, whether we like open spaces and have the capacity to socialise with other community members or we prefer urban and not so environmental spaces. The influence ranges from each person’s way to the typology of residential areas and services that we have in this part of Spain: beach and landscaped areas or neighbourhood areas which are more isolated.
- ❑ **There is more interaction in horizontal constructions** (where the number of dwellers is smaller). In vertical ones, you only meet your neighbours in the lift.



THE PERMANENT (HABITUAL) DWELLING

DWELLING SURFACE AREA



- The surface area is more or less **significant depending on the number of family unit members.**
- It **varies with age and family structure.**



THE PERMANENT (HABITUAL) DWELLING

- ❑ **Have all the family unit members taken part in the choice of a dwelling?**
 - The **choice** was essentially made **by the married couple**.
 - It depends on the age of the people who live in it.
 - Having an influence is one thing but choosing is a completely different matter.

- ❑ **Has the coexistence of different generations played a role in the choice of a dwelling?**
 - The decision is made according to the personal situation.
 - The age of the coexisting individuals does matter, as the services sought are different and **priority is given to one type of services or another depending on age**.

- ❑ **In your opinion, has the reason for the choice of a dwelling changed as a result of women's incorporation to work, social achievements or intergenerationality?**
 - Years ago, in the 1960s and the subsequent decades, the woman's opinion did not matter when it came to choose a dwelling. In the past, women needed a man's authorisation to have a bank account.
 - For seniors' generations, the incorporation of women to work and social achievements has had a very strong influence on the choice of a dwelling.



□ TYPE OF OWNERSHIP OF THE PERMANENT DWELLING

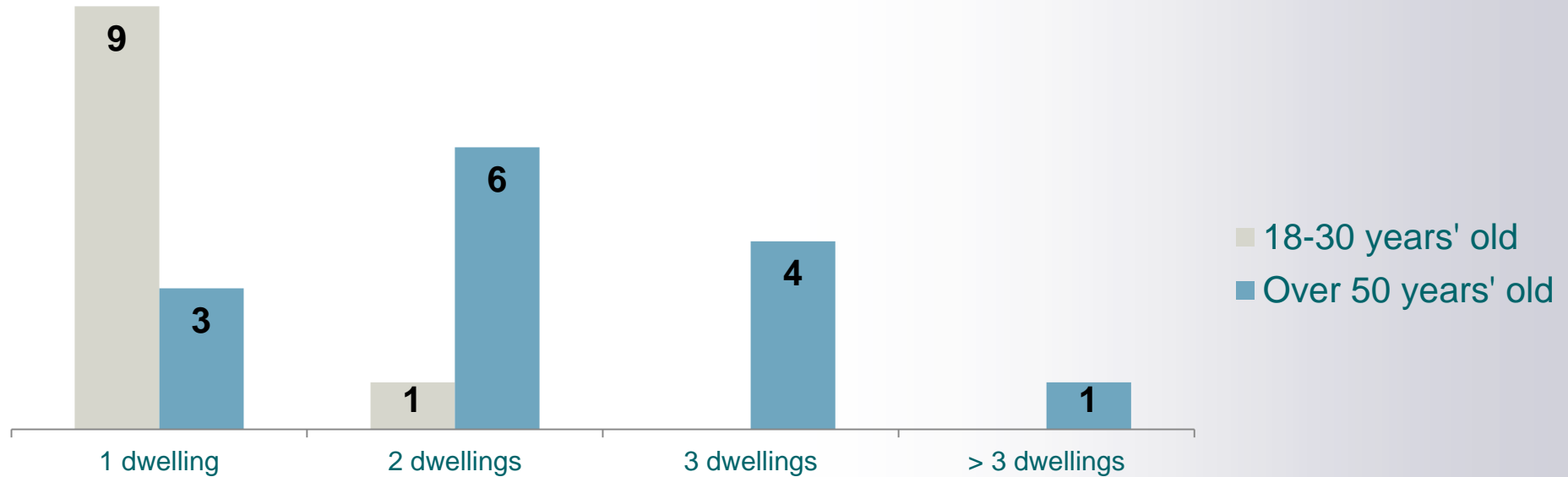
- **Spanish society has instilled the feeling of ownership in us.** We have a feeling of holding on to something that limits you later. Many people believed that you could have your own dwelling by **paying only a bit more than the rent.**
- **The laws in Spain favour the tenant.** It is pointed out that the regulations in other European countries are more restrictive with regard to dwelling state of delivery by tenants.
- There should be a Spanish legislation which made possible a balanced contract for both parties, i.e. both for the owner and for the tenant. At present, owners are unprotected.
- **Having a rented dwelling provides more freedom for changing both house and work.**

Why do young people prefer buying from the very first moment?

- In Spain, **people prefer the security of ownership.** There is a sharp contrast with the European mindset. We are more conservative. We have the same attitude when it comes to look for jobs.
- **The current Spanish situation would fit in with rental rather than owner occupation.** They seek more mobility and other expectations, **trips abroad favoured by a difficult and precarious labour market.** Today's greater mobility leads people to prefer renting.
- The labour situation has caused a visible change of trend which puts us on a level with Europe.



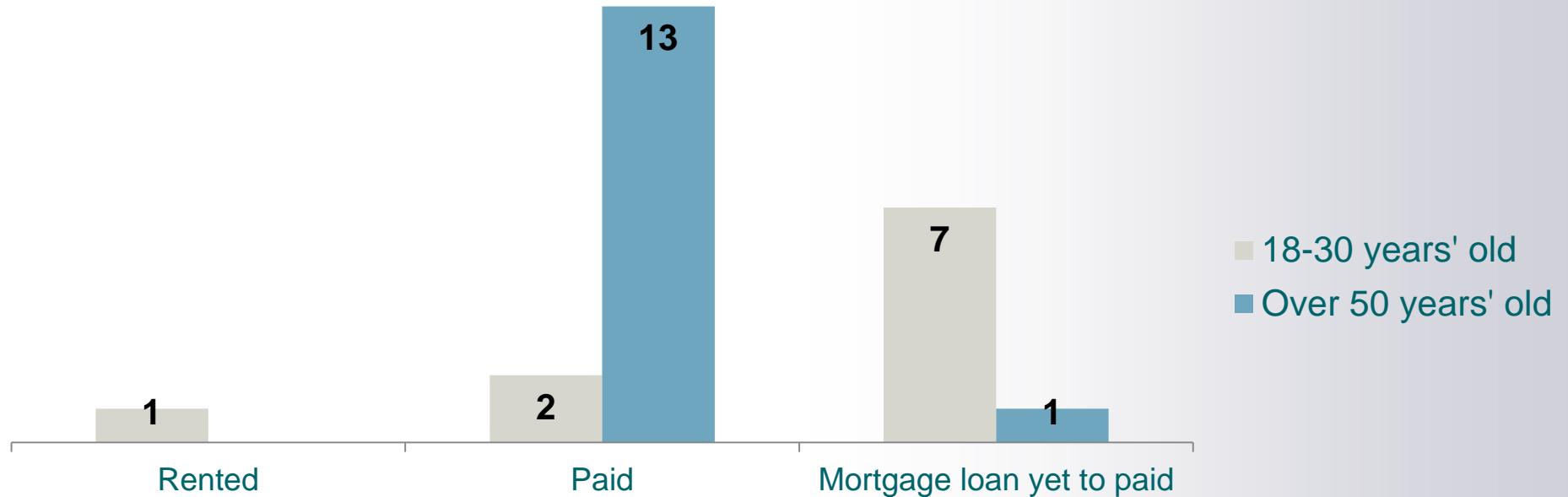
NUMBER OF OWNED DWELLINGS



There is a ‘population ageing’ problem and our forebears accumulated dwellings – instead of renting them– due to that deep-rooted preference for owning things; and now we are immersed in a buying tradition inheritance of ownership and accumulation. This trend makes it easier for the descendants to obtain a dwelling. We are reluctant to sell that inheritance and favour its acquisition by our descendants, which additionally permits to continue with the tradition.



THE PERMANENT DWELLING IS:



Whether or not the **dwelling** has been paid largely **influences lifestyle**, since this is an **important expense**.



OTHER CHARACTERISTICS OF THE PERMANENT DWELLING SPACE

- ❑ A high number of **people live in residential areas with many services.**

SERVICES - HOUSEHOLD APPLIANCES AND ENERGY SAVING

- ❑ **Washing machines and the fridge** stand out.
- ❑ The **microwave** due to the impact of fast meal preparation and the influence of new technologies through the **Internet** connection.
- ❑ Air conditioning/heating systems also play a significant role.
- ❑ **Energy efficiency is still not established** in Spanish dwellings due to its high cost.

SECURITY AND DOMOTICS

- ❑ **Domotics is not introduced** in the dwellings of the group under study, although it is considered to improve people's quality of life. We see it as a luxury.
- ❑ We consider domotics more useful in relation to dependence, as it means security

ACCESSIBILITY

- ❑ New flats have already **incorporated accessibility** in contrast with old dwellings. It is regarded as a necessity and they highlight the fact that it is **regulated by law** not only for wheelchairs but also for prams and for cases in which people are carrying a lot of weight.
- ❑ **People do not realise that accessibility is necessary until they have a disability.**



OPTIONS WHICH BEST DEFINE YOUR DWELLING

- Most people seem to have chosen the right dwelling.** The main problem highlighted by respondents is the **noise**, but not only in the immediate area and environment but also the noise made by neighbours.
- A large percentage of respondents would be able to change their dwelling for the noise, which they consider harmful for quality of life.

HOW WOULD YOU DEFINE THE DECORATIVE STYLE IN YOUR DWELLING?

- Variety** exists regarding the choice of a decorative style for the dwelling.
- Seniors have chosen the eclectic style due to the accumulation of objects throughout their lives.**

WHAT SERVICES DO YOU HAVE AVAILABLE IN YOUR NEIGHBOURHOOD / QUARTER / DISTRICT / AREA?

- We are **well communicated**.
- In the case of Alicante, the city has considerably changed during the last 15 years in terms of district urban development and service proliferation. **Nobody mentions the lack of any services in their area.**



HOW HAVE OTHER CULTURES INFLUENCED YOUR PLACE OF RESIDENCE?

- 14 answers out of 24 **No cultures have influenced the dwelling choice.**
- 6 answers In the **proliferation of restaurants** which offer dishes typical of other cultures that were previously unknown and of multi-product shops or bazaars. Mainly in the introduction of food and/or recipes from other cultures in our diet. There are more retail establishments and they are open at times when others (traditional establishments) are not.
- 3 answers Positively, since both personal and professional knowledge and experiences improve or strengthen the culture of any place or space in most cases (with few exceptions).
- 1 answer. They have had an influence when it comes to define dwelling functionality and decoration.

WHAT WOULD YOUR IDEAL DWELLING BE LIKE? DESCRIBE IT

- There are **different lifestyles where light and orientation become outstanding features.**
- We give **priority to image and comfort.**
- Garden.

WHAT THINGS DON'T YOU LIKE ABOUT YOUR PERMAMENT DWELLING?

- Coexistence difficulties** associated with problems derived from the **improper behaviour of neighbours who don't respect times or aren't careful with the noise they make.**
- Problems of accessibility** to dwellings due to the lack of a lift.



IF YOU HAVE LIVED IN ANOTHER COUNTRY OR CITY, WHAT SIGNIFICANT CHANGES HAVE YOU FOUND WITH REGARD TO DWELLINGS OR LIFESTYLES?

- We **value brightness** (luminosity), but at the same time we protect ourselves against it. There is a contrast with other countries where curtains or blinds aren't used.

- A large number of people **have not lived in another country or city**.

- Climate differences** exert a strong influence: carpets, heating systems, dwellings in other countries are **much better adapted to the cold**. In Spain, people spend more time in the street than inside the house because of the fantastic climate. Also the sunshine hours that we have in Spain favours the tendency to stay outside, in (bar) terraces. In other places with a worse climate, people take shelter in closed centres.

- People assign **great importance to decoration**, because a lot of time is spent inside the dwelling.

- It can be checked that architecture is better preserved in urban contexts than elsewhere.



CONCLUSIONS - OTHER REMARKS ABOUT DWELLINGS

Even though we can have a favourite way of life and an ideal, the **lifecycle prevails**, since we try to **adapt our ideal to our needs in the course of our life**. There are three phases in people's lives as far as dwelling-relating needs are concerned:

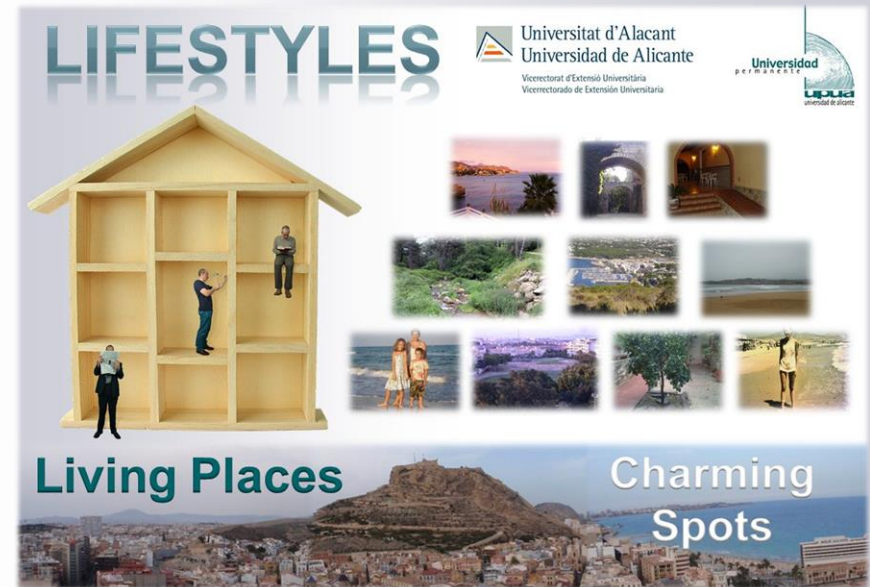
- 1st when you are single or married without children, you only need a small dwelling;
- 2nd when you have children, the need for larger spaces increases;
- and 3rd when you are alone or without children once again, you need a small dwelling which does not represent a burden for you.

The **experience of having lived in other places and other dwellings is positively valued**. A special emphasis is laid on personal enrichment together with personal relationships. Another group of participants mention that this fact also has its negative side due to the effort required to adapt to a new dwelling, a new place and, more specifically, to new relationships.



3rd WORKSHOP – CHARMING SPOTS

- ❑ We can highlight the **choice of the sea as the favourite spot** by most workshop participants. Living in Alicante, a city by the sea, has had an enormous influence, to such an extent that it has become a **reference** place for most people.
- ❑ People who have had to change their place of residence during their life have chosen the **place associated to their childhood as their favourite spot**, regardless of whether it was at the seaside or in the mountains, a large or small town, etc. That place brings back to them feelings and life experiences from the past, smells that take them to other periods of their lives, emotional relationships and **good memories** that they miss as time goes by and geographical distance increase.
- ❑ Other people have chosen shelters or places which transmit **peace** to them or places associated with **family gatherings** during which family members of different ages meet to enjoy some time together.



4th WORKSHOP – INTERGENERATIONAL DWELLINGS

SURVEY TO RESIDENTS

- Which differences do you find with your current house?
 - More independence.
 - Responsibility acquired with the seniors living in the house.
 - Reduced size of the flat.
- Which was the main reason for the election of this type of house?
 - A downtown location.
 - Close to friends and neighbors.
 - Life together.
 - Economy.
 - The possibility of taking part in an innovative project.
- Which benefits do you find of living together?
 - **Enrichment of both generations:** everybody contributes. **Old generations add experience and the young ones the nowadays perspective.**
 - At the beginning it starts as a relation between neighbors and little by little the relationships are deeper.
 - Services of community, houses and neighbourhood.
 - Independence; peace of the community and good neighbours.
 - **Bilateral benefit and mutual learning from each other.**



4th WORKSHOP – INTERGENERATIONAL DWELLINGS

SURVEY TO RESIDENTS

- Do you see any type of problem in this type of house?
 - Size of houses
- Have you had to change your way of life or your habits since you lived in this intergenerational house?
 - The **great relation** with the neighbors and members of the community marks some different habits.
 - Possibility of carrying out the own habits according to habits, needs and age.
 - **Voluntary acquisition of responsibilities and obligations without change of habits** (young person)
- Do you think that your current house gathers the necessary characteristics (size, distribution, services...) in order to make the coexistence comfortable?
 - Electrical appliances and pieces of furniture that are necessary
 - Places of common use (gym, garden, library, games and computer room) are very comfortable
 - The surface area of houses is enough
 - Good design, it is cheap and easy to clean
 - Houses are designed to make easier the life together and to create meeting points (young person).



4th WORKSHOP – INTERGENERATIONAL DWELLINGS

SURVEY TO RESIDENTS

- ❑ **Do you think that the youngsters accept living together with seniors with all the differences that implies?**
 - Young people **respect and help adult people.**
 - There is a **perfect relationship and communication between young and adult people.**
 - Young people accept living together adult people because they have lived with grandparents and other older members of family
 - There is respect and tolerance towards seniors
 - **Dialogue is needed to have a good coexistence**
- ❑ **Do you consider that the integration in the intergenerational houses help to establish a similar relation to a familiar relation? Most of residents and neighbors keep relation and contact with their familiars and friends.**
 - A lot of older people have found new friends and **neighbors that can consider almost family.**
 - There are **places of common use** that can be used to celebrate familiar parties (birthday, anniversaries and commemorations) and it allows that they can keep joint activities.
 - In general, the relation of friendship between neighbors is high and satisfactory.
 - Neighbors feel appreciated and well-liked as if it was a home environment.
 - Although the relationships at familiar level imply to work on them for a long time, in the long run, they are obtained.
 - **Young people make seniors feel that they belong to a group and there is always somebody with the intention to help them voluntarily.**



5th WORKSHOP – KNOWLEDGE TRANSMISSION

❑ WHAT DO YOU REMEMBER FROM THE PLACE WHERE YOU WERE BORN?

- *“The place where I was born is a small fishermen’s village which has later become a tourist area...”*

❑ WHAT DO YOU STAND OUT FROM THE FLAT WHERE YOU LIVED WHEN YOU WERE YOUNG?

- *“... the dwellings were low houses...”, “... there was great accessibility to open spaces...”, “...they were houses with high ceilings with white walls and very bright...”*

❑ DO YOU FIND ANY DIFFERENCE WITH YOUR PRESENT HOME?

- *“The fact is that dwellings were completely different from the ones we can see now...”*
- *“A gap of almost 70 years is a great change...”*

❑ WHICH FACILITIES HAD THE PLACE WHERE YOU WERE BORN?

- *“Of course, not the car, because when I was born, cars were owned by the privileged ones...”*
- *“...now I live in a place much better communicated, with more services...”*
- *“In the villages, there were no services...”*

❑ WHICH ARE THE FACILITIES THAT YOU APPRECIATE THE MOST, TAKING INTO ACCOUNT YOUR WHOLE LIFE?

- *“If I think as a housewife, the washing machine; If I think as a working person, the telephone or the connection to the Internet.”*



6th WORKSHOP – EVOLUTION IN THE PLACES WE LIVE

- ❑ Household appliances, more precisely, the washing machine, and housing in general.
- ❑ Open spaces have changed. Space is better used.
- ❑ Improvements in closing systems, air conditioning and heating systems and accessibility.
- ❑ Increased number of bathrooms.
- ❑ Access to new technologies and communication systems.
- ❑ We have gained quality of life.

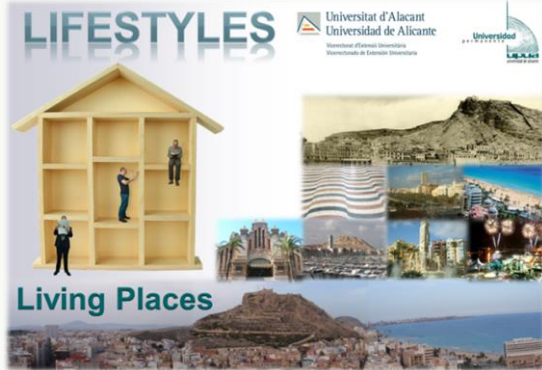


**7th WORKSHOP – EVOLUTION OF SPANISH ARCHITECTURE
DURING THE LAST 35 YEARS**

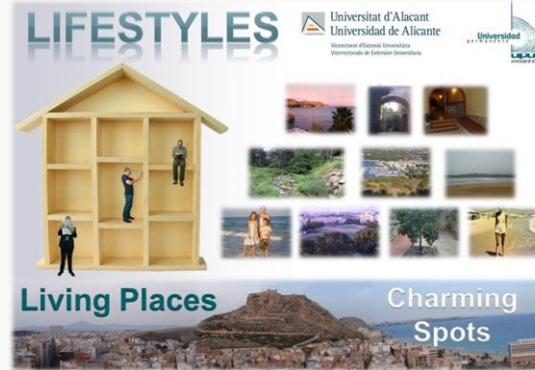


8th WORKSHOP – MATERIAL DEVELOPMENT

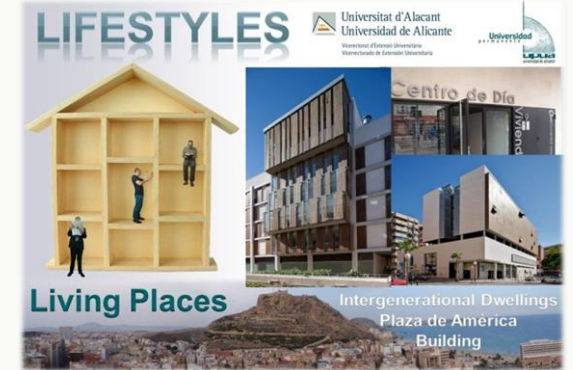
LIVING PLACES



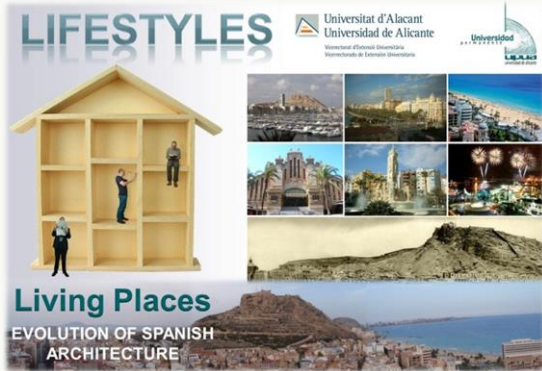
CHARMING SPOTS



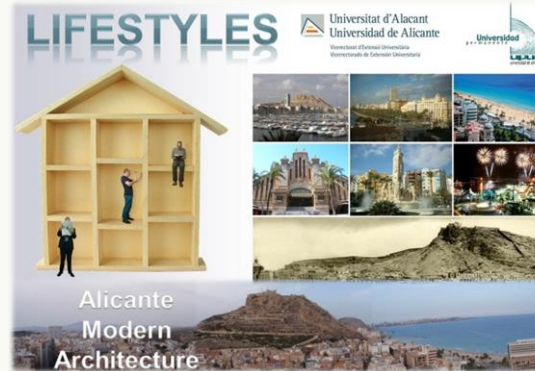
INTERGEN.DWELLINGS



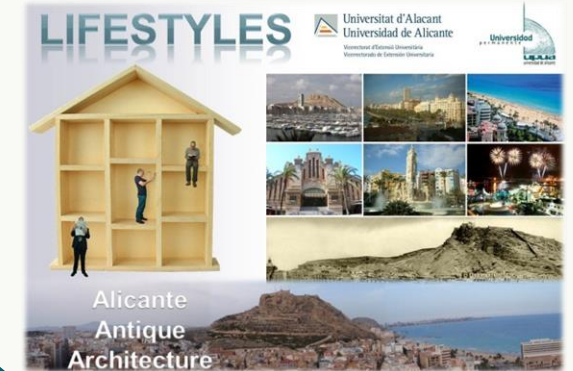
EVOLUTION OF SPANISH
ARCHITECTURE



ALICANTE MODERN
ARCHITECTURE

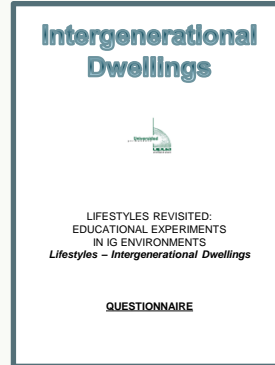
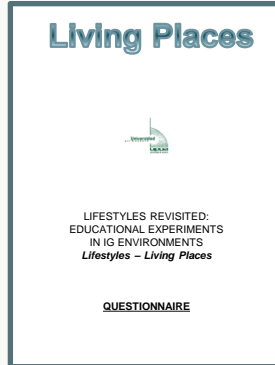


ALICANTE ANTIQUE
ARCHITECTURE

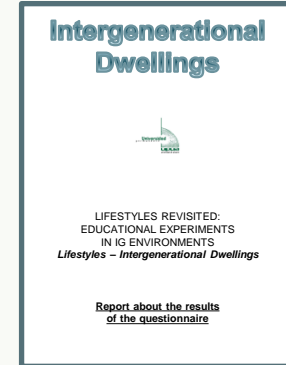
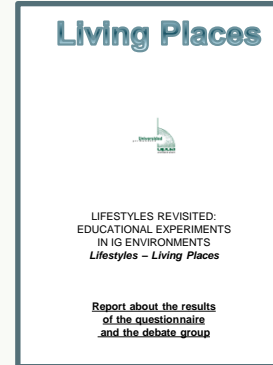


8th WORKSHOP – MATERIAL DEVELOPMENT

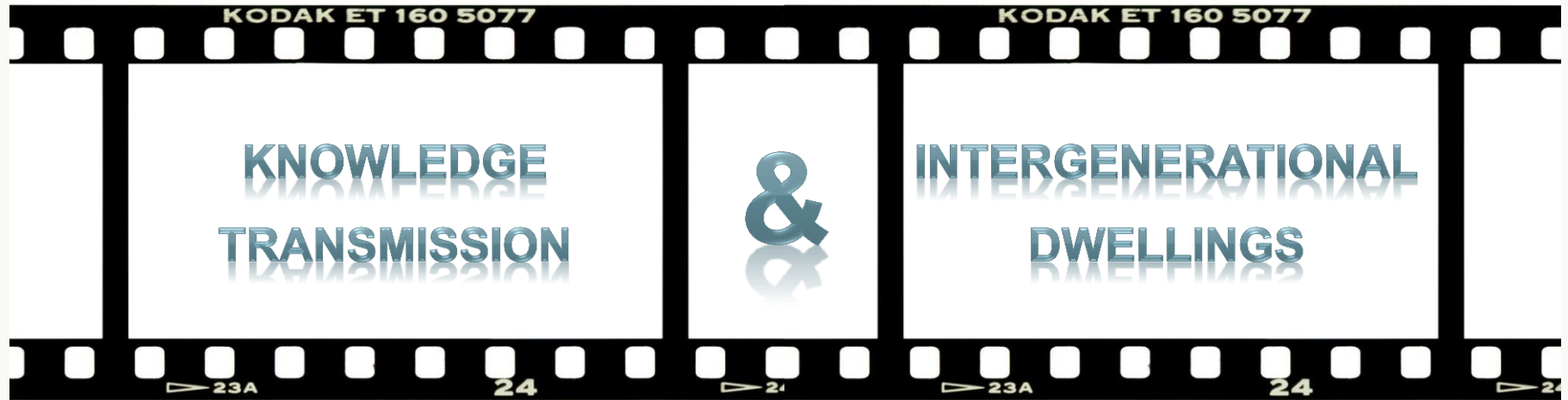
QUESTIONNAIRES



REPORTS



VIDEO PRODUCTION



ASSESSMENT OF THE DEGREE OF ADAPTABILITY OF THE ACTIVITIES TO DIFFERENT INSTITUTIONAL AND ORGANISATIONAL CONTEXTS

- ❑ All the activities organized could be adapted to other intergenerational groups.
- ❑ The questionnaire could be used as milestones for dialogue between generations. However, they should be adapted to the different countries in order to take into account local and cultural living habits.
- ❑ The survey may be used in working sessions and its results compared with the results of the partners in similar surveys.
- ❑ The videos with the interviews about knowledge transmission and the evolution in the places we live can be viewed in order to be aware of the living places in Spain in the past.
- ❑ The example of intergenerational dwelling in Alicante could be promoted by different stakeholders in other places.





PERMANENT UNIVERSITY

THANK YOU FOR YOUR ATTENTION

UNIVERSITY OF ALICANTE



Universitat d'Alacant
Universidad de Alicante

Vicerectorat d'Estudis, Formació i Qualitat
Vicerrectorado de Estudios, Formación y Calidad

