

Everyday Heroes

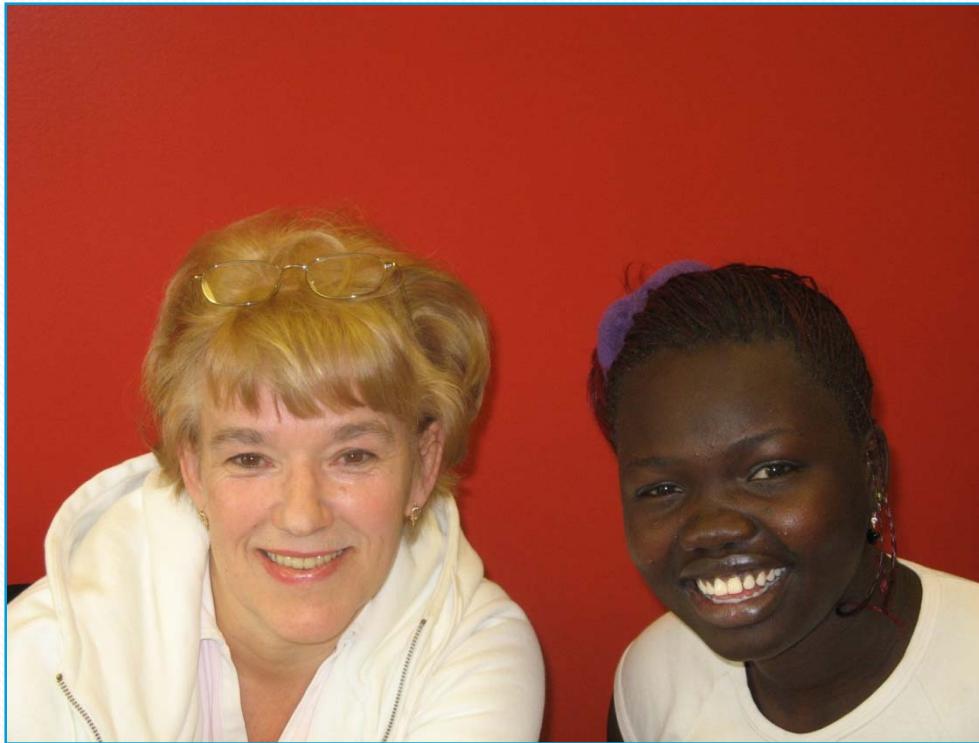
An Intergenerational Experience



Bow Valley College offers weekday ESL programs for seniors:
55+ Everyday English and 55+ Culture and Community.
These small classes are facilitated by volunteer tutors.



In January 2008, young adult immigrants in the Bridge Program at Bow Valley College planned a project about Everyday Heroes. Students met with seniors in the 55+ programs.



The Bridge learners interviewed the seniors about their lives and wrote their stories based on notes they took during the interview process.



The Bridge students came away from the interviews with an appreciation of the experiences that the seniors shared and a desire to capture the stories in print.



The seniors received a special book of their shared stories, called *Everyday Heroes*, at the project finale and celebration. The wonderful result of this project is that the Bridge learners were able to make connections with seniors in our community who offered advice and encouragement.



As a follow-up to this project, the volunteer tutors in the 55+ class talked about Canadian heroes with the seniors.



The volunteer tutors in Bow Valley College's 55+ classes consider their learners to be heroes too!

