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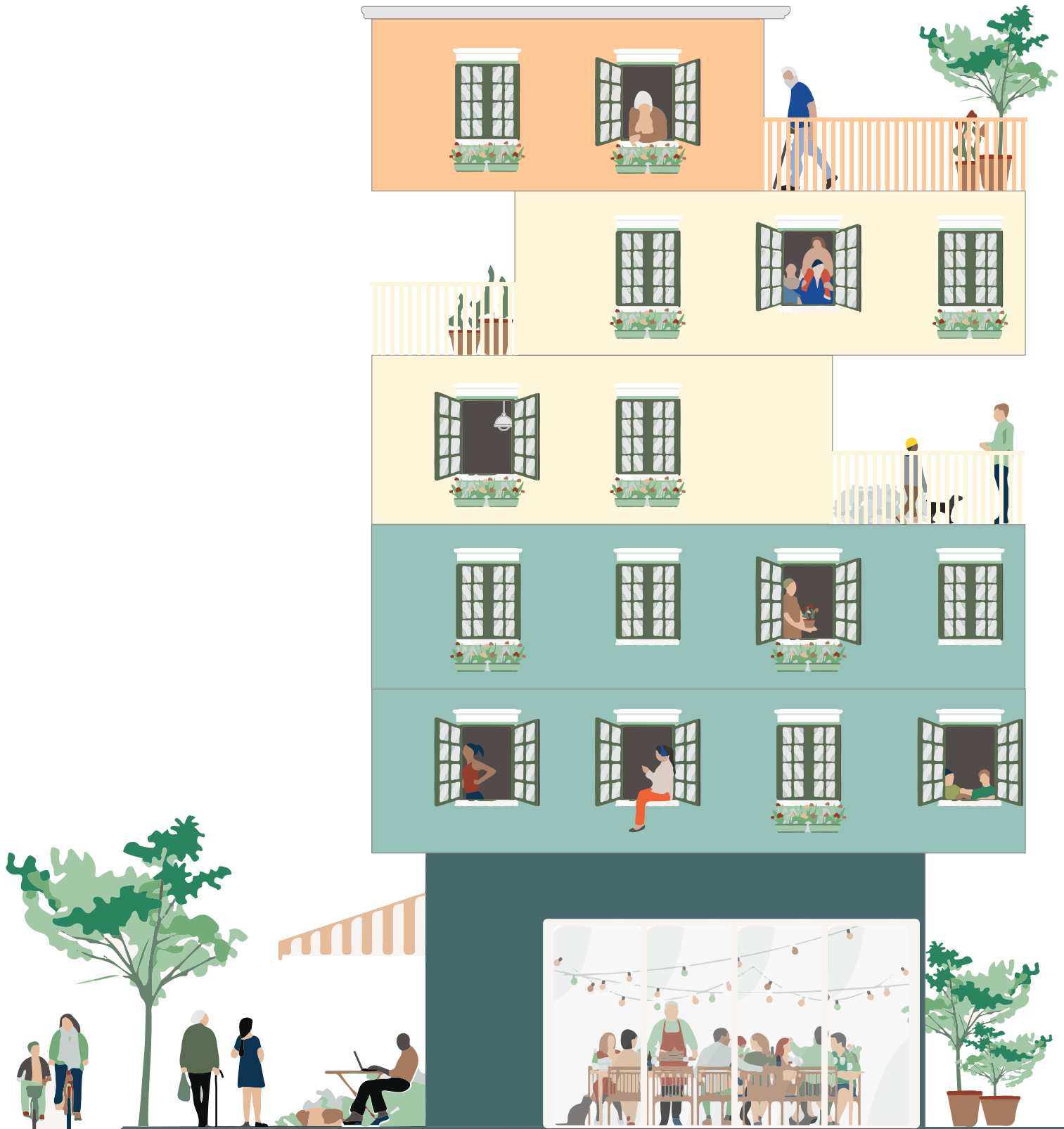
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MULTIGENERATIONAL HOUSING PROJECTS AND INTEGRATING ELDERLY

Master's thesis by Kristin Ye-Eun Yoon
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This master thesis indicates end of the study years at University of Stavanger, and the product of 2-years Master of Science in City and Regional planning, and 3-years in Bachelor of Urban design and City development.

During the journey of the thesis, I went through lots of ups and downs, which was both motivational and demanding. However, the topic has been amazingly interesting and gave me opportunities to have even more interesting discussions with different people and different thoughts. It was another revival experience about importance of the communication and human-centered approach in planning. At last, working on the thesis has been an inspiring, challenging, and educational process that I wish to take further into practice in the future.

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Kristin Ye-Eun Yoon
Spring 2020



ABSTRACT

The older generation today is not as “old” as the perception of the elderly is, and rather remains consistently young, active, and social. At the same time as resource worthy elderly are growing, physical segregation expands, in addition to growing loneliness and solitude. In this sense, the lack of qualities in living becomes a mutual challenge for many.

On the background of the above mentioned challenges, the thesis aims to research the concept of multigenerational housing projects and how those can affect the integration of the elderly. The analysis is conducted in three methods: Firstly, the qualitative literature review of the two concepts “multigenerational housing projects” and “planning for elderly”, where further connectivities and intersection areas are emphasized. Secondly, the three case-studies of existing multigenerational housing projects were selected to examine the characteristics of those. At last, the in-depth interviews were conducted with residents at Vindmøllebakken co-housing project to understand the subjective perception of the users. Both objective and subjective empirical data are collected to understand the benefits, contributions, and challenges of multigenerational housing projects and community development for the elderly.

Keywords: Multigeneration, Housing projects, Planning for elderly, Age-friendly, Social community development, Vindmøllebakken, Helgetun boliger, Generationernes Hus

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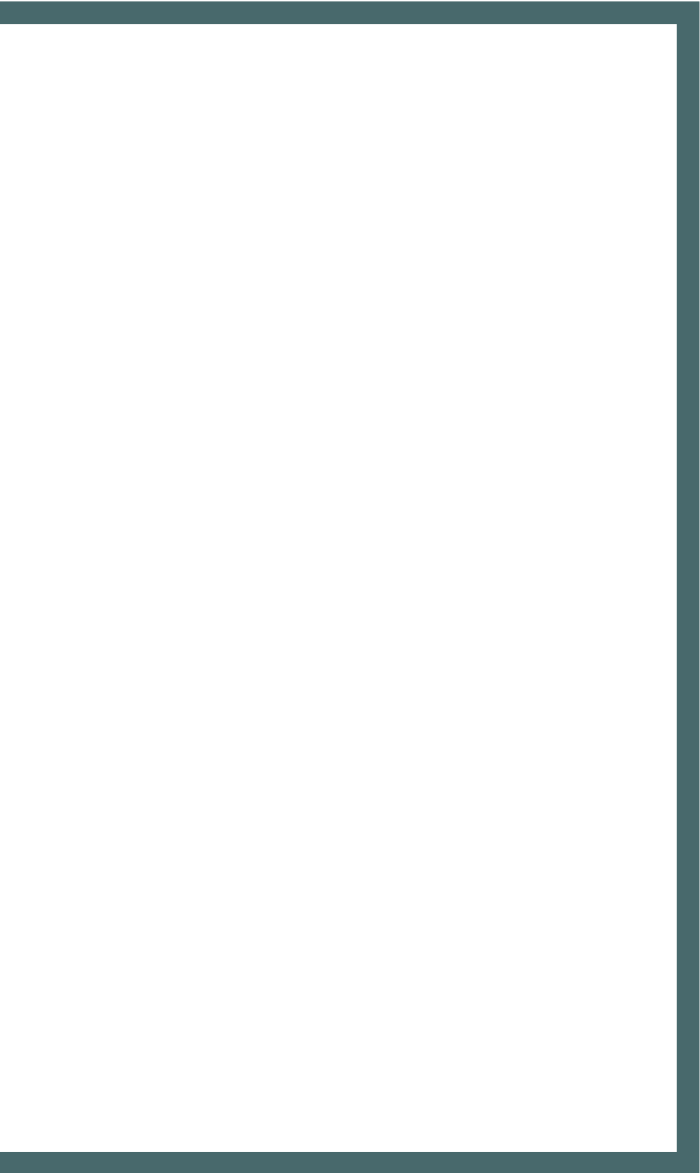
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CHAPTER 1 INTRODUCTION

RESEARCH SCOPE AND RELEVANCE
RESEARCH AIM AND QUESTIONS
METHODS




1 INTRODUCTION

More than half of the world's population lives in the urban area and the statistic shows that it is expected to become 75% by 2050 (Sanner & Brende, 2016). While urbanization poses many challenges that threaten the quality of life, it also represents the hope to address these challenges. The density in cities enables more efficient and sustainable use of resources, in a way that the cost of interactions goes down. The housing market in Norway and many other developed countries are today dominated by commercial actors that offer a homogeneous housing spectrum with a small degree of variation. The outcome of the market becomes unidirectional and based on established perceptions that do not participate in innovation (Wigum & Stangeland, 2013).

The densification in cities increases rapidly and is becoming more of a challenge. The housing market and costs force living standards to a smaller space and the imbalance between privacy and sociability issues leads to depression and loneliness as normal phenomena (Sim, 2019). The idea of share-houses and co-living was based on solving the aforementioned challenges, where problems of density are being solved with density but in different shapes. Traditionally, density occurred in organized and separate zones and features that turned transportation crucial need to access the assets needed to live a full life. This physical separation resulted in not only car-based mobility but also the social segregation, where different groups of people did not meet across in a natural way. The new way of thinking density addresses how people can spend more time in the company of others, connected, and all of the aspects around themselves.

A living environment can be experienced both in physical and social ways. The physical can be defined as the individual's experience of that part of its environment which does not consist of other people, while the social can be defined as the individual's experience of other people and the relations between them (Gehl I. , 1971). Both the physical and social environment affect us and our lives, and there have been many discussions about which of those affect us the most. However, the planners' focus is on the physical environment which affects the social life directly or indirectly. For that reason, their main task is to facilitate an environment that will support people to connect with each other and with the place.

The simplest way of city development contains some factors such as: small-scale, low-tech, and gentle solutions in mind, and most important of all, human-centered solutions as the main reliance on physical and social conditions in urban life (Sim, 2019). The quality of the local community has a major impact on public health, subjective well-being, and quality of life (Helse- og omsorgsdepartementet, 2015). The human-centeredness in city and urban development context should create inclusive and robust local communities, where the qualities of the local community stand for social justice and cohesion for all. Widening access to the neighborhood qualities and facilitates fulfilling opportunities to connect with the place and people immediately around themselves. This may accommodate people to live more locally.



Based on this background, this thesis aims to explore the multigenerational approach and its place in integrating the elderly to the existing or new communities. The topic is examined in several steps: firstly, the thesis reviews the literature on the multigenerational approach and planning for the elderly to draw connections between the concepts. Next, examples of multigenerational housing projects are examined to study the characteristic of existing projects. Finally, the interviews with the residents at Vindmøllebakken co-housing project have been conducted to collect subjective experiences of its benefits and challenges. Regarding researched topics, the potential impacts of the multigenerational practice for integrating the elderly are discussed.

1.1 RESEARCH SCOP AND RELEVANCE

1.1.1 The active elderly as a main target group

The multigenerational concept may not be targeted for one particular user group, but it may give more benefits to some group of people than others. The elderly would be one of those user groups that could gain more advantages from this concept.

Norway and many other developing countries encounter rising average life expectancy as the modernization occurs. According to Statistics Norway (2020), the population is increasingly becoming elderly-dominated due to the combination of decreasing birth rate and reduced risk of death. The regional projections on the share of age 67+ of the total population present almost 30% share in 2040 as shown in figure xx (Stavanger-statistikken, 2019).

In this study of the integration of the elderly, the thesis will define “elderly” as age 67 or older, and more importantly, those who are physically active at the same time. As life expectancy gets higher in most countries, especially in developed communities, this age may be too young. However, age 67 is considered as the most common age to retire in Norway (Bruusgaard, 2019). The age 67 also used to be a division point of age groups for official statistics, as shown in figure 1. It has been important to define elderly in age, to collect the data for focus group study. Their health status was also considered when narrowing the target group at the end. Many countries and institutions are working to support the ways of healthy aging. Yet, increased social challenges of active elderly are not getting an equal amount of attention.

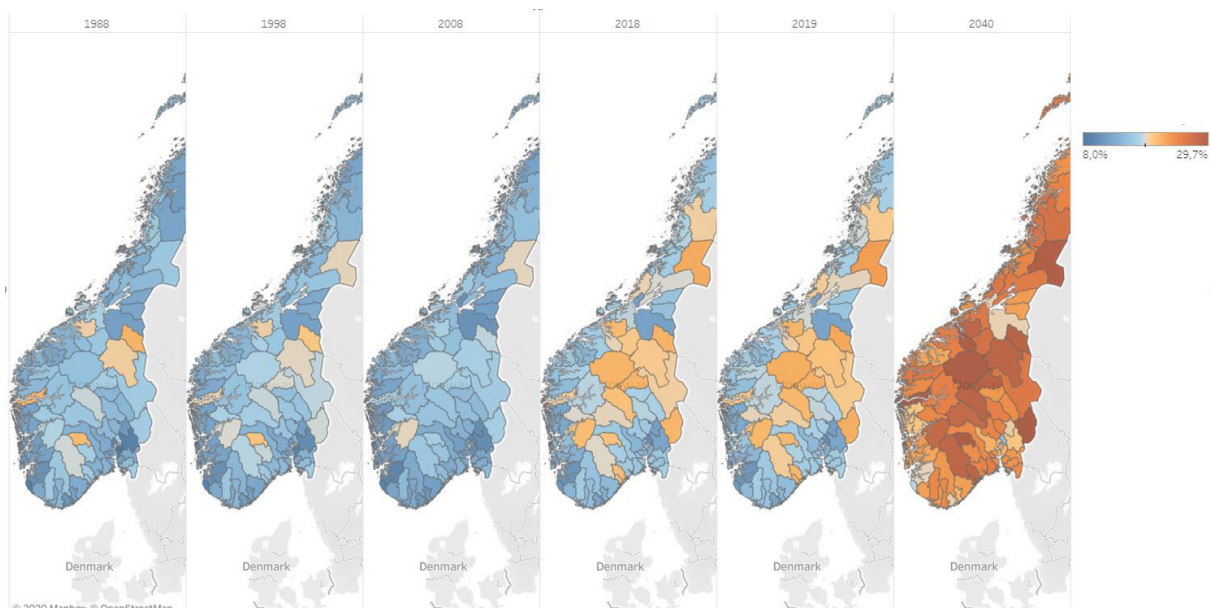



Figure 1: Share of the total population above 67 years old



The rapid growth of the aging population might be the main stimulus to facilitate a more age-friendly society, where the elderly can live at a private home and be self-reliant for as long as possible. Thus, the promotion of inclusive and robust local communities is crucial to prevent loneliness, social inequality, segregation, physical inactivity, and further public health challenges.

1.1.2 Planning for all: Multigenerational housing projects

Even though the research will set focus on housing projects, the main focus of the research will be on lay on “multigenerational interaction” and its contribution to the local communities with facilities, activities and meeting places that includes all generations. It may be a solution to integrate a group of people that easily can be forgotten, especially the elderly.

Various solutions to tackle the aging population has been proposed in different countries and within countries in different level of strategies. Different proposals are facing the challenges locally, and several housing facilities have been developed, along the line of silver towns and senior homes. As exemplified, most of the known strategies show

isolative solutions of the elderly, and it may have tackled the problem from what society is capable of considering efficiency. In light of the beforementioned development path, this thesis is questioning its suitability of social justice and quality of life in the elderly population.

This thesis is based on facilitating a physical environment that will ease people in building relationships with people and the place. The housing projects are often understood as business and market-driven, but the proposals before construction will be the work of planners. Hence it is the planners’ work to propose a physical environment and control resulting in social processes to be human-centered.

On a large scale, a lower effort can be made to mix all age groups but cannot ensure that they do oppose or interfere with one another. The communication on a smaller scale eases the creation of an intimate connection. The integration-oriented housing projects that aim for the interaction between all age groups can function as a seed that contributes to activities, life, and energy to the surrounding populations as well.

“In all countries, and in developing countries in particular, measures to help older people remain healthy and active are necessity, not a luxury” (WHO, 2002, p. 6).



The research into “multigenerational approaches to integrate the elderly”, focus on various points of intersection between multigenerational practice and community development for the elderly, including standards, skills, and perceptions. When multigenerational work is framed in an exceeding community housing project, many of the concepts and strategies used are similar to the dimensions within community development (Brown & Henkin, 2014). This includes an emphasis on interagency and cross-dimensional cooperation and on integrating methods for creating an inclusive local community to address demographical social issues, especially among the elderly.

Predominantly, the aim is to lay a foundation for identifying ways in how adding on the multigenerational component can enhance community integration for the elderly. This includes challenging traditional notions of housing projects and communities, broadening conceptions about how a multigenerational co-housing projects functions and perceived, and developing communities in which people of all ages can thrive intentional multigenerational engagement and support systems.


1.1.3 Social sustainability context

Urban planners and city developers of today emphasize the vitality of thinking and act sustainably. As the most known and common definition by Brundtland, sustainable development is about meeting the needs of the today and future (World Commission on Environment and Development, 1987). Sus-

tainable development is often divided into three pillars: economy, environment, and society. Although the weights of those three development pillars should be equal and in balance, the pillar of social sustainability is often hidden or in worst case excluded in development proposals and strategy guidelines.

Social sustainability is about social justice, robust communities and centralize human needs (Sim, 2019). Social sustainability is associated in a way that the topic aims to understand how the multigenerational housing project can affect the integration and involvement of the elderly in local communities. The underlying intention of the research is also to emphasize how exclusion, solitude, social inequality, and segregation can be solved with a more inclusive housing market and giving everyone equal opportunity to have access to qualities of the local community and inclusive meeting places. However, the thesis will not aim to research the definition nor concept of social sustainability as the prime purpose of the research is to examine multigenerational practice and integration of the elderly.





“Perhaps the biggest challenges to living well is the physical separation of the different components of everyday life. Urban planning in the second half of the twentieth century has not helped this, separating, and spreading different activities. It is hard to live locally when so many of the things we need and want are spread out. We waste so much time traveling between us the needs and the wants, often missing out on other more fulfilling opportunities to better connect ourselves with the places and the people immediately around us.” (Sim, 2019, p. 90).

1.2 RESEARCH QUESTION AND SUB-QUESTIONS

Shared accommodations can contribute to sustainable development by saving resources (Wigum & Stangeland, 2013). Based on this assumption, the purpose of the thesis is to contribute to research on new sustainable and multigenerational forms of living. Emphasizing social inclusion and a sense of community can be used as the main tools to achieve better integration of the elderly into the communities and combat loneliness and segregation of smaller households. By highlighting alternative forms of housing projects, the thesis aims to facilitate a wide diversity within the housing market in order to become more inclusive – physically, financially, and socially.

Based on the aim, the thesis seeks to answer the following research question:

“How does multigenerational housing projects affect integration of the elderly?”

The question is broad and cannot be answered without being explicated from several sides. The research question is thus based on three sub-questions:

1. How can a multigenerational housing project be described?
2. What contribution can multigenerational concept have to benefit integration of elderly?
3. How do elderly experience multigenerational homes and lifestyles?

| Methods | Subsequent question 1 ? | Subsequent question 2 ? | Subsequent question 3 ? |
|---------------------|-------------------------|-------------------------|-------------------------|
| Literature study | ✓ | ✓ | |
| Case-study | ✓ | ✓ | ✓ |
| In-depth interviews | | ✓ | ✓ |

Table 1: The connection between the methods and subsequent questions

“

**“HOW DOES MULTIGENERATIONAL
HOUSING PROJECTS AFFECT INTE-
GRATION OF THE ELDERLY?”**

1.3 METHODS

When approaching scientific research, it is a typical way to differentiate between qualitative and quantitative research methods. A qualitative research method bases its analysis on scripted data while aiming to capture experiences, perceptions and opinions that cannot be measured or quantified. Conversely, the quantitative method relies on numerical data to understand contexts and tendencies to provide a more generalizing conclusion (Johannessen, Tufte, & Christoffersen, 2016). Qualitative approaches give researchers another insight into understanding social phenomena than what can be obtained with large quantitative analysis (Thagaard, 2013). An advantage of the qualitative method is a greater chance of attendance as it may be easier to withdraw from a non-fixed appointment, a survey in particular. At the same time, an interview has a higher threshold to attend as it is collecting more personal and individual data. A qualitative approach has also feature to be more time-consuming and contextualized processes, and hence more likely to analyzed subjective (Larsen, 2007).

In this study, the qualitative research method is selected as the main method since the study aims to capture the experiences and perceptions of the existing multigenerational practice and the elderly. Among several methods of qualitative analysis, this thesis builds methodically on literature review, case-studies, and interviews to answer the research question and sub-questions.

1.3.1 Samples and data

The object of data collection to this thesis will be parted in two: the objective and subjective information. The information aims to examine the multigenerational concept and its relevance to the integration of the elderly. The objective and generalized theories about multigenerational concept and planning for the elderly will be collected by a literature review of existing materials. The objective information about concepts and practice will be examined by case studies of existing multigenerational housing projects. By interviewing residents from one of the chosen projects from cases, the study will attempt to explore the subjective information of the concept practice and its impact on the life of the elderly population.

1.3.1.1 Literature review

In social science, a project often starts with a systematic literature review to find research that already exists on the phenomenon, what methods are used and what is the topic's knowledge status (Johannessen, Tufte, & Christoffersen, 2016). The findings constitute a compilation of relevant literature, reports, scientific articles, and previous empirical findings.

The literature review has been conducted in two steps, where the thesis reviews firstly the phenomenon of "multigeneration" and concept limited in the scale of "housing projects". Secondly, the thesis reviews the concept of "planning for elderly" as in the needs of the elderly population, and what relies on impacting their quality of life. As a result of literature reviews, the thesis will attempt to define "Multigenerational housing projects", to synthesize existing requirements to design for the elderly, and most importantly to assess connectivity between the two concepts.

1.3.1.2 Case-studies

A case-study, or a reference study, are characterized by limited attention to a specific case where a lot of information is collected in a framed period. The study is detailed and in progress through comprehensive data collection (Johannessen, Tufte, & Christoffersen, 2016). The goal is that analysis, interpretation, and report should provide the reader with an understanding of the themes explored (p. 81).

The thesis has chosen three housing projects as cases in multigenerational housing projects: Vindmøllebakken co-living housing project in Stavanger, senior home Helgetun boliger in Bergen, and Generationernes Hus in Aarhus, Denmark. Chosen cases will be studied to analyze the objective information as the project vision, progress, their implementation method, and the results. Particularly, features of cases will be highlighted to define characteristics of multigenerational practice in housing projects. The case studies follow a similar structure to ease the comparison between the different concepts. However, this study will put greater emphasis on the case of Vindmøllebakken, as this is the oldest project that has been practiced in the longest time frame among the three selected cases.

Vindmøllebakken in Stavanger, west of Norway, is one of the most known co-living commercial-residential development in Norway. The project emphasizes the concept of “gaining by sharing”, a model for a sustainable way of living environmentally, socially, economically, and architecturally (Helen & Hard, 2016). This case was mainly chosen due to three reasons: 1. due to time and travel restrictions, its location makes the project more physically accessible for further interviews, 2. empirical data is easily accessible as it has been discussed in many publications and

among stakeholders within the topic, and 3. residents moved in by the end of 2018, which potentially provides this thesis with the most experience and information in terms of both objective and subjective data.

Helgetun boliger was chosen by its distinctiveness of combining a senior home with a kindergarten in the same building. Therefore, the project aims for close cooperation between two facilities to give the elderly an active, social, and meaningful retirement life, and an opportunity to cohabitate and develop an intimate relationship with older generations to the children (Helgetun, n.d.).

The Danish project, Generationernes hus, has a main focus on the age diversity using communal facilities together (Aarhus Kommune, 2019a). The project differs from others by using customized typologies of floorplans to ensure diversity of age, life situations and households.

1.3.2.3 Interviews

The interviews aim to represent the subjective data from users of existing multigenerational housing projects. As the purpose of the interviews is to collect qualitative data, hence the thesis conducts a semi-structured interview method. A semi-structured interview corresponds to a preset interview guide, yet do not follow it strictly to open up to a discussion rather than a questionnaire particularly (Larsen, 2007).

The applied interview guide is attached as appendix 1 and presents the questions that are grouped in topics and generalized in the formulation. In that way, the questions are adaptive to situations as the interviewees answer freely. Ideally, the guide works as a checklist to control desired topics to be ad-

dressed. Additionally, the guide standardizes discussed topics to ease the comparison between answers of every participant.

Participation in the interviews has been voluntary. The author of this study was presented as the interviewer and reached out to residents at one of the chosen case, the Vindmøllebakken. The primary method to collect volunteers was conducted by fieldwork, where the researcher visited the place and directly gathered contact information of participants. The participants were later contacted for further information about the study and to schedule an interview.


The interviews were executed in a way that the interviewer and participants scheduled for a meeting adapted to the participant's convenience and comfortable environment. Many participants offered their homes to be the meeting place, while some interviews were conducted in virtual meetings due to the participant's absence from home. An interview in the informant's natural surroundings was a primary aim to create a more relaxed and non-formal atmosphere while sharing information about themselves, which can be perceived as attentive. Additionally, the comfort may assist to open up the conversations other than only answering the questions in the guide.

At the beginning of each interview session, informants were given a brief introduction to the topic, background, purpose, and preliminary issue of the thesis. The interviews lasted between 30-90 minutes, which depended on how long the informants had participated in the process and generally how much they had to say about each topic particularly. All interviews were recorded on audio recorders with their consent and made into transcrip-

tions for further analysis. The audio recordings were transcribed immediately, either the same day or a few days after the interviews were conducted. All informants are anonymized, and no names or gender pronouns are used in transcribed data. Additionally, the transcriptions do not include all data from the conversations – only what the researcher considered as relevant to the thesis and research questions. Personal information that can be used to identify the informant has been excluded from transcription. The thesis attached some of the transcriptions in the appendix, however, only with the permission of publication from the informants.

The data collection took place in June 2020, as the researcher desired to ensure the least skepticism about infection about the global pandemic. A total of six in-depth interviews were conducted with five residents and one restaurant owner in the Vindmøllebakken housing project. Four of the informants took place at the common area or personal area at the Vindmøllebakken, one in a virtual meeting, and one in a public place.

The restaurant owner rents the ground floor at the Vindmøllebakken housing project. The owner involves in the community as they share the same entrance, participate in the same condominium, and has the residents at Vindmøllebakken as their regular customer. The owner also stands as a neighbor to the community, as the person lives across the street. Yet, when the thesis refers to "residents" at the Vindmøllebakken, the term also includes the restaurant owner. The anonymity of the owner has been discussed directly with the person itself, as it might be a challenge to anonymize the only restaurant at the Vindmøllebakken. The person consented to identify the relationship to the project.



Participants: Residents involved in multigenerational homes and participants in the focus group will be decided based on their voluntary contribution. Ideal participants in this interview will show diversity in ages, social and physical activity levels, and patterns of daily life.

Participant consent: Participants will receive an information letter about the project and sign the following consent form. The consent form will be provided in two copies, one given to the participant and another one for the interview facilitator. Participants will be informed about audio-recordings for the data collection and they will have the choice to deny.

Demographic data: The collected data will be as anonymous as necessary for participants. However, simple personal information will be collected for data analysis without making it possible to identify each individual.

Facilitator/Moderator: The collecting data will only be processed for the study of the subjective perception and satisfaction of participants in this thesis. Other personal data than necessary will be kept unpublished.

Discussion guides: A discussion guide is being provided to structure the discussion by highlighting the topics of interest for the analysis. At the interviews, the facilitator will use the guide to lead the discussion to be more reflected, in-depth, and based on their interest and experience.

Data collection: Each interview will start with asking for permission to audio-record the discussion to be able to conduct transcription for further analysis. Recordings will be deleted at once it has been transcribed and the transcription will not contain perception or statements that can be connected to specific individuals.

1.3.2 Research quality

In quantitative research, reliability and various forms of validity are often used to measure the quality of research. Johannessen et al. (2016) describe these terms for the validity of qualitative data as well. Often such terms as reliability, validity, and transferability are used with regards to qualitative research.

1.3.2.1 Reliability

Reliability is about the research data; what data is used, how they are collected and how they are processed (Johannessen, Tufte, & Christoffersen, 2016). Often in qualitative research, reliability is being measured mainly by researcher's personal reflections on how data collection has been done, to increase awareness to possible errors or omissions (Ringdal, 2013). Reliability is measured from low to high and the researcher can enhance the reliability by providing the reader with an in-depth description of the task context – particularly through case description – additional to a detailed and open presentation of the method throughout the research (Johannessen, Tufte, & Christoffersen, 2016). In this way, the readers can follow and evaluate the decisions and thesis procedures that have been made. Being self-critical about how the project has been implemented is crucial to strengthen reliability.

One disadvantage of qualitative research method, especially interviews, is the interview effect – also called as interviewer variance or interviewer error (Thagaard, 2013). The effect addresses the distortion of response that is being influenced by the presence of the interviewer during the interview. As an example, the answers from the informant may be affected by what he or she thinks the interviewer wants to hear or what is generally accepted, and the reasons can be multiple (Larsen, 2007). One way to reduce


the interview effect is to avoid asking leading questions and create a private and comfortable atmosphere where the informant can feel safer to share their thought.

In this research, the researcher was aware of the interview effect and worked actively to minimize it. The most recurrent method to avoid influencing the informants were to be aware to not give them an idea of that there is a “correct” answers for each question and tried to get as detailed as possible from their opinions. However, in situations that interviewer had to re-formulate the question when the informants did not understand, the clarification might be perceived as leading questions. Nevertheless, the informants did not appear to be greatly influenced by the question or explanation in most instances. After such an interview with some questions that had to be amplified, the interview guide was updated to avoid the same situation and to be more specific and clearer.

The awareness of the interview effect and be able to assess the answers critically strengthens the reliability of the research data. Moreover, as the interviews were conducted privately without others present, the reliability strengthens even more to secure the anonymity. Based on these, this research data can be perceived as a high degree of reliability.

1.3.2.2 Validity

Validity has a purpose to examine if the project is researching its purpose and the correspondence of research questions and analyzing data (Johannessen, Tufte, & Christoffersen, 2016). By critically evaluating one's analysis, one can achieve a strong validity (Thagaard, 2013).



The validity is considered satisfied when a measurement measures what it is intended to measure for the research project (Johannessen, Tufte, & Christoffersen, 2016). Validity can be strengthened when interpretations from different research confirm each other. The same applies if they do not confirm each other, given that the researcher argues well for why one's results differ from those of others (Thagaard, 2013). Validity is also strengthened if the researcher conducts the interviews with a heterogeneous group of informants, rather than a homogenous group. To be able to capture different experiences of one phenomenon. Giving the informants information about the data material to confirm the results is also a way to validate the research (Johannessen, Tufte, & Christoffersen, 2016).

As a researcher, it is important to build a basic trust with the informants to create a comfortable atmosphere and talk freely during the interviews. Experiencing a good relationship with all the informants resulted in great conversations characterized by a high degree of openness, instead of giving a feeling of studying them. This helps to strengthen validity by minimizing potential extraneous variables, such as nervousness.

Narrowing down to the research question from different interviews has been challenging, still, using the interview guide as a starting point has kept the research staying on the track. In this way, the researcher can control the direction of conversations and get both similar and different answers from different informants within the same topics. Nevertheless, it is also important to neutralize the questions to let them respond with their perspectives from everyday lives, rather than generalized answers. Avoiding the use of technical terms in the interview questions are also important.

During the transcription process, the researcher has the opportunity to re-experience and evaluate the data from new angles. Thus, the validity of the data strengthens. The validity in this research has also been strengthened by gathering informants from different age and social groups, to capture various perspectives on the relevant topics. Also, all informants had access to the data material to confirm the results and publication of the data.

As the interview session was conducted with informants who volunteered in the research, the informants might be more confident about which information they want to give. In research, this can affect unfairly prejudiced for the beneficial features by their ownership of the project. Hence, the importance of understanding between what is being told, and raise critical questions to the informants is important to keep the answers neutral.

It is also important to reflect on how participated informants represent internal and external residents of Vindmøllebakken. The age composition of the participated informants is widely spread, considering the amount. The composition is of one in the 30s, one in 40s, one in 50s and three older than 67 years old, which can be considered as a part of the elderly in this thesis. Although, the representative from outside of the co-housing project is only one, and the person's perception might be characterized by subjective than general from others in the close neighborhood.

This research can be perceived to achieve a strong validity based on the reflections above.

1.3.2.3 Transferability

All research has the intention of concluding the immediate information collected. In qualitative studies, the term transferability is often used to refer to the degree of generalize or transfer the results to other contexts or settings (Johannessen, Tufte, & Christoffersen, 2016).

A case study is not directly transferable to other cases located elsewhere (Ringdal, 2013). Therefore, the transferability of a case study to other fields or locations must be well examined. Transferability is about whether the results of a research project can be transferred to similar phenomena, and whether the accomplishment of establishing interpretations, explanations, concepts or descriptions that are useful in other fields rather than the one being studied (Johannessen, Tufte, & Christoffersen, 2016). Recognition can be linked to the assessment of transferability. If a person with expertise in what is being studied can recognize the interpretations presented in the research, transferability will be strengthened (Thagaard, 2013).


This thesis examines the benefit of multigenerational housing projects, what it has contributed to the social integration – of especially the elderly – and how the residents themselves perceive the experience. The interpretations of this thesis can provide a more general understanding of what it takes to make modern co-living houses for a group of people who do not have prior knowledge of each other. Besides, one can then consider whether the process is useful for the final result. Overall, the thesis can raise awareness of the importance of integration and sense of community in housing construction, as well as provide insight into what characterizes a successful multigenerational housing project from literature and the user's perspective.

Base on the above, the project's finding can be transferred to future housing projects with a focus on social integration of especially the elderly, to consider implementing multigenerational practices when creating a community.

1.3.3 Research ethics

According to the Public Administration Act, all information that can be acknowledgeable to individuals is confidential (Johannessen, Tufte, & Christoffersen, 2016). Data collection in the thesis containing personal data will be disseminated in anonymized form, and the information that is disseminated shall not be transferable to individuals. Some work positions should be anonymized completely, based on the title of the position and the individual's confirmation. Age, occupation, living conditions, and other information that are directly recognizable to individuals are also anonymized. This becomes especially important when the interviewees are based on a small selection linked to a specific address – the residents of the Vindmøllebakken in Stavanger.

All interviewees have been informed of what it means to consent to the interview, emphasizing that they have the right to withdraw from the study at any time during the project, they want. In advance of the interview, the interviewees sign a consent declaration that has been conducted by the author of this thesis and approved by the supervisor and by the Norwegian Centre for Research Data (NSD). The interviewees have received written and oral information about the overall objectives of the project and how the interview would be utilized. In addition, they have been informed about the possibility of accessing transcribed data if they require –



and that the data material should only be utilized for the thesis.

All transcribed materials are stored on the personal data server for the thesis author and are not shared. All of the underlying data, contact information and audio recordings will be deleted at the end of the project. The thesis has an obligation to notify to NSD as it collects and processes personal data. Personal information is information that makes it possible to identify individuals and may contain information about age, gender, work position and more. The notification to NSD is necessary if personal information is recorded by electronic aids, e.g. computer or an audio recorder (Johannessen, Tufte, & Christoffersen, 2016). Hence, the project has been notified to Data Protection Officer at the NSD and gained approval to research.

1.4.4 Limitations

During the project period of the thesis, various limitations have been placed on the research. In March 2020, the World Health Organization (WHO) assessed Coronavirus diseases (COVID-19) as a global pandemic, and most of the countries went to lockdown and presented strict infection control measures, including in Norway (WHO, 2020). As the thesis has been conducted in the period from February-July 2020, and most of the research period was affected by the pandemic situation.

The university acted rapidly to close down the facilities, including all faculties and study rooms that the researcher no longer had access to the school area nor the supervisors. It may be the least impacting issue as the meetings were substituted to be virtual and the thesis did not require access to a laboratory, thus the writing was conducted at home.

The most impacting issue was case-studies and interviews as the thesis follows a qualitative approach. The researcher planned a field trip to each housing projects to assess in detail and meetings with project developers could have supported the further information about the projects. The pandemic made the field trips impossible and the developers responded poorly in the mail. Hence, the case-studies were conducted through internet research and the information was limited only by the publications.

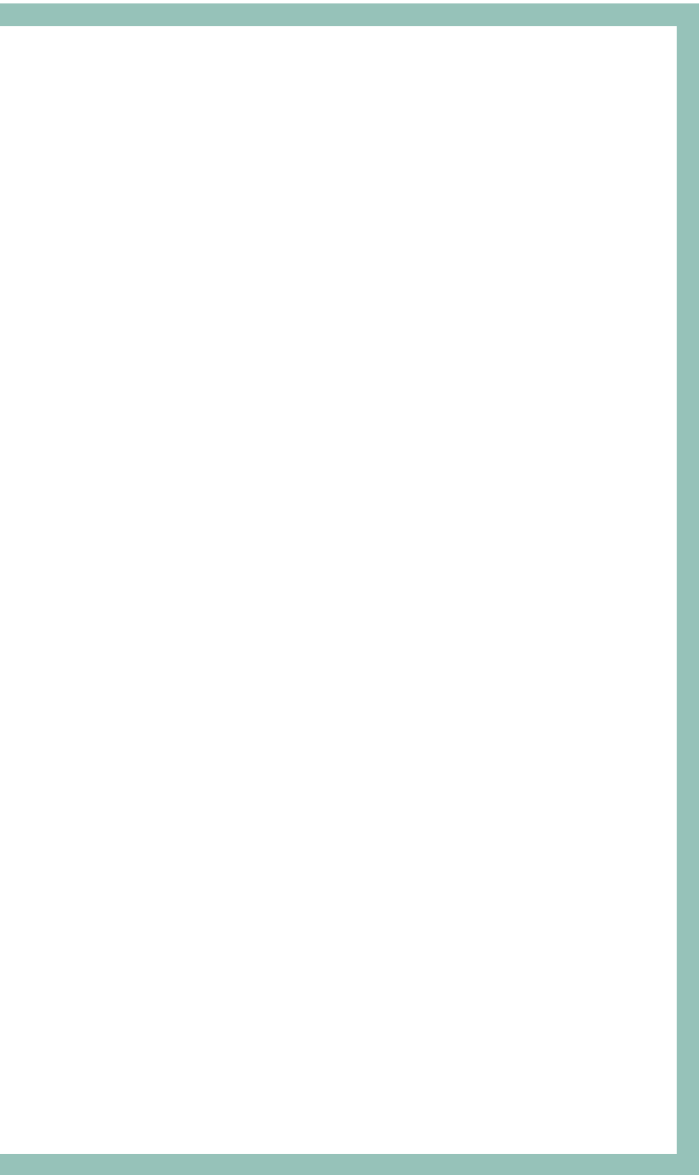
The interviews with residents at the co-housing project were delayed as it required physical contact and the informants were either in risk group considering the age or have interactions with the elderly at the common areas. The residents are likely to have low infection threshold as the co-housing community share, not only common areas for leisure, but also daily necessities as entrance, hallways, and some with washing machines. Considering the consequences, the residents at Vindmøllebakken might have been cautious to respond to the researcher about the interview, and thus the participant amount.



CHAPTER 2 LITERATURE REVIEW

MULTIGENERATIONAL HOUSING PROJECT
PLANNING FOR ELDERLY





2 LITERATURE REVIEW

The literature review will examine two different concepts relevant to the thesis, to answer the research question. The chapter studies on the concept of multigenerational housing projects and practice to seek how they can be described, and theories on planning for the elderly and their needs thereafter. Reference works, the internet, journal articles and books have been utilized in this chapter. Information and statistics have been summarized and analyzed to examine how two concepts of multigenerational practice and planning for the elderly can be connected.

2.1 MULTIGENERATIONAL HOUSING PROJECTS

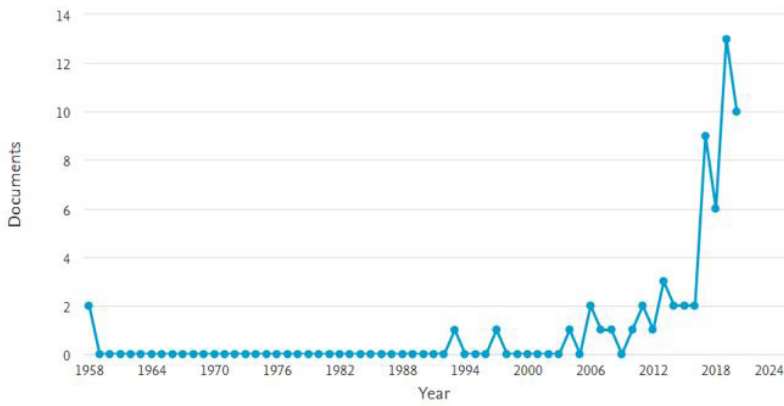
The multigenerational housing project bases on the concept of co-living, co-housing, or collective/communal living, as they develop by the premises of sharing. The difference of facilitating a diversity of age in addition to the shared space, separate the multigenerational concept from the others.

The degree of what and how much the residents share with other residents vary in every project. In principle, there are three types of a shared concept of housing (Lundberg, 2020). The most prevalent is where residents share all functions, except for the bedroom, and this is the most common model among students who share a conventional apartment in particular. The other is the type of dormitory, with similar types for nursing homes or student housing. The residents in this type of shared accommodation share common areas like the kitchen and living room but have their own bedroom and bathroom. The third model only shares a common area, and each apartment has all the basic features in private. The apartments can be of normal size or smaller because they have access to common areas. This type of shared accommodation is where the private areas “get smaller” compensating with more spacious common areas with features that would not otherwise be in a conventional dwelling, as mentioned above.

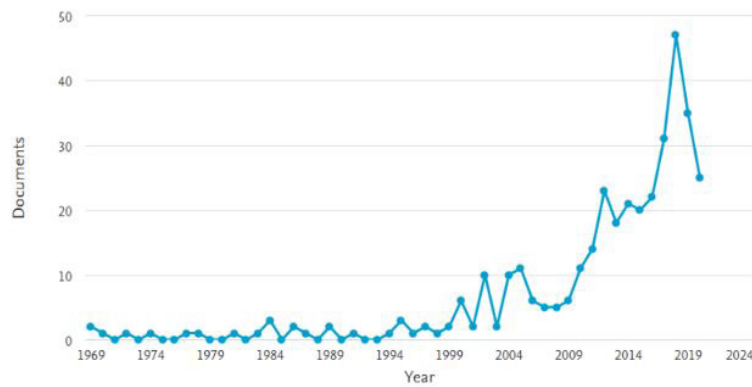
As social challenges grow, the social planners and researchers question solutions for social sustainability and urban segregation. To meet the demand, the business-driven housing market assisted the discourse of the trend of shared houses and research of their impacts on the population followed. The terms of describing shared housing concept vary as it developed with the trend, however, the most known words to describe the concept is co-living, collective house/housing, co-house/housing, and collective living. The results of published documents might indicate the development of the research trend. The most noticeable point of graphs in figure 2, is the radical increment of research in the 2010s in all four searches. The reduction in 2020 can be assumed to occur by partial results from the year.

The document search of “multigeneration*” resulted in 4 179 documents, whereas documents within Social Science shared approximately 11% when the search was divided into the subject area (Scopus, 2020-a). The share corresponds to 749 document results, while the research on “multigeneration*” AND “house*” corresponds to 318 document results (Scopus, 2020-b). The total documents published per year have also doubled from 2010s, which corresponds to the results of other concepts.

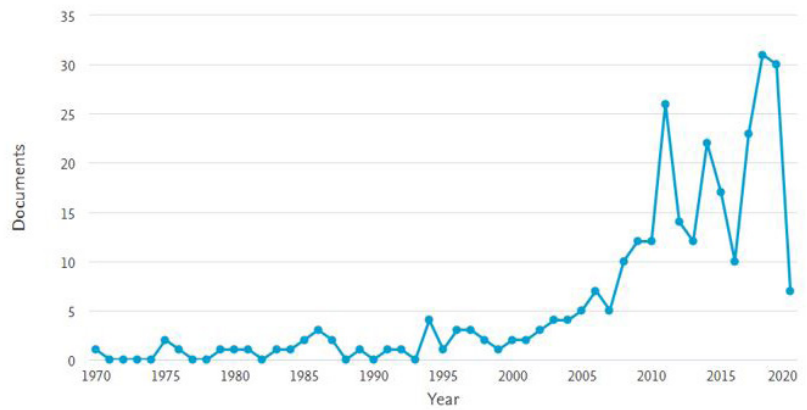
Documents by year with "Co-living" - 60 results



Documents by year with "Co-hous*" - 358 results



Documents by year with "Collective hous*" - 291 results



Documents by year with "Collective living" - 79 results

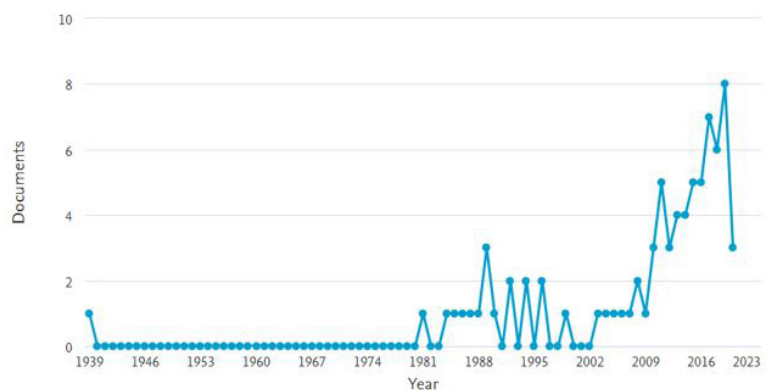


Figure 2: Search results of documents listed in Scopus



Documents by year

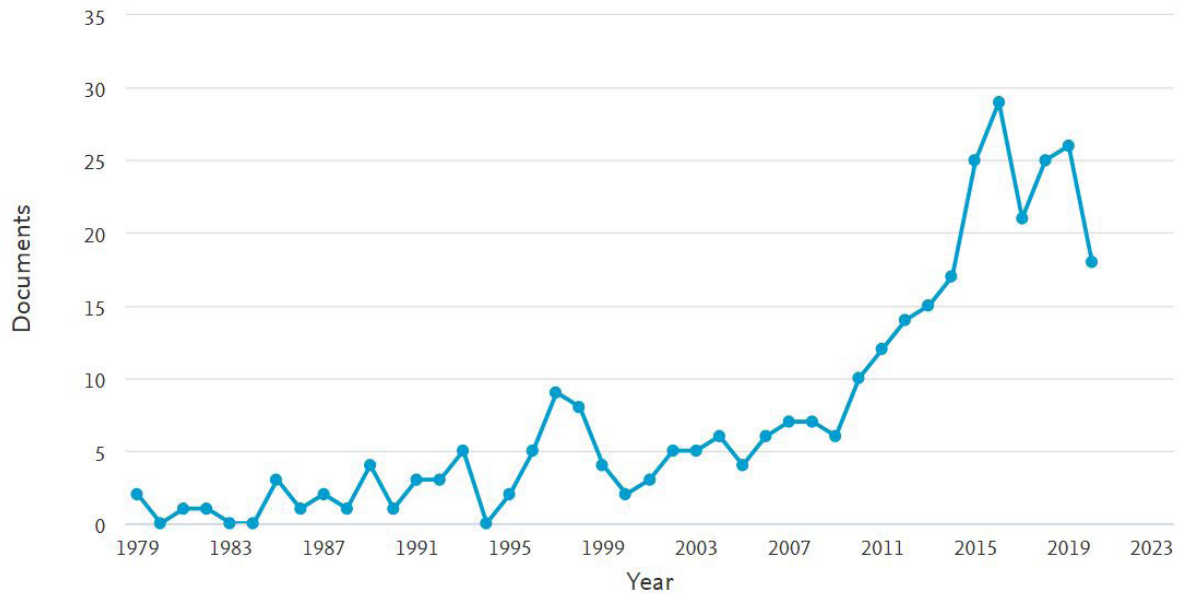



Figure 3: Search results of “multigeneration*” AND “hous*”. Total 318 document results.

The concepts of shared space became an answer to the rising pressure of finding solutions for intensifying housing crisis, where access to affordable, secure, and appropriate housing is getting more and more exclusive for the majority. The trend of emerging housing models with “getting smaller” are presented as innovative and aspirational with shrank living spaces, “either by providing self-contained units at below minimum space standards or by offering co-living tenancies in small private rooms with access to shared communal spaces” (Harris & Nowicki, 2020, p. 1).

2.1.1 Definition

The term ‘multigenerational’ is rather new in planning literature. Although it has been used in many different studies, there is no solid definition for this word that everyone agrees on. Merriam Webster dictionary (2020) defines the term “Multigenerational” as “consisting of, relating to, or involving more than one generation (as of a family or society).”

Reviewing the literature reveals that there is no overall accepted definition for what a multigenerational practice is (Granville, 2002; Raynes, 2004). Granville (2002) claims that the term ‘multigenerational’ has a broad definition, and therefore it should be clarified what it means (in community planning), how to approach it and what it takes to achieve it (p. 1).



Granville (2002) also emphasizes the lack of clarity regarding the difference between multigenerational and intergenerational approaches. She suggests that a multigenerational approach also considers the ‘middle generation’ (i.e. aged 25–50) in activities and therefore is distinct from intergenerational practice. The role of the ‘middle generation’ in intergenerational practices is mostly conceived as to facilitate and ease the activities and not to participate in those (Granville, 2002; Hatton-Yeo, 2006). However, (Magic Me, 2005) suggests that the ‘middle generation’ can also be seen as participants in intergenerational practice.

A multi-generational community is where residents of different age groups and generations have access to community settings and opportunity for involvement in different activities, concerns about the quality of life for different age groups is addressed and community design and intervention strategies are aiming to accommodate the physical and psychological needs of people across the age and ability spectrum. (Kaplan, Sanchez, & Hoffman, 2017). These concepts are leading to the promotion of “universal design” and “inclusive design” (Carr, Francis, Rivlin, & M. Stone, 1992; O’Brien & Christensen, 2003).


There are ongoing discussions on a comprehensive notion of a “sustainable” community. In this sense, Rachel Pain defines sustainable communities as “communities which are inclusive, cohesive and safe in the long term” (Pain, 2005, p. 36). She exclusively emphasizes the importance of intergenerational practices in achieving sustainability in communities (Pain, 2005, p. 6).

It is well understood that different issues affect different age groups of a community distinctively. These issues intersect at many points as well as programs and policies that are aiming to address these issues. For instance, both younger generation and older adults can benefit from investments that lead to a stronger economy (van Vliet, 2011), strong schools (Friedman, 1999), and safer communities (LGNI, 2012). In the meantime, many civic engagement opportunities are rather considered as mono-generational, meaning that driven by community development agendas that are cast as either children-friendly, youth-friendly, or elder-friendly (Kaplan, Sanchez, & Hoffman, 2017).

Whilst emphasizing the importance of multi-generational planning, Thang (2015) uses the term “parallel coexistence” to refer to the lack of intergenerational engagement in a multi-generational community. Therefore, in the combined term ‘multigenerational’, the importance lies in the multi- as it emphasized the existence of relations between different people (Sanchez, et al., 2008).

In the intergenerational approaches, it is important to define the age group of participants to ensure that interactions take place among two different generations. In this sense, Granville (2002) suggests that in such approaches, participants should be 25 or under and 50 or over, while others suggest different age groups. Pain (2005), for instance, defines the older generation as those aged over 60. Nevertheless, the majority of the literature reviewed did not make clear how ‘older’ and ‘young’ people were defined for their projects.

multigenerational

[muhl-tee-jen-uh-rey-shuh-nl, muhl-tahy-] [SHOW IPA](#) 

adjective

- 1 of or relating to several [generations](#), as of a family, or society:
a multigenerational novel covering 300 years.

Figure 4: The definition of multigenerational listed in the dictionary (Dictionary.com, n.d.)

Despite that, reviewing the literature reveals that intergenerational and multigenerational practices have three aspects that are found as the common denominators:

1. People from different generations (subjects from different periods and ages) participate
2. Participation involves activities aimed at goals which are beneficial for everyone (and hence to the community in which they live);
3. As a result, participants maintain relations based on sharing (Buffel, et al., 2014).

2.1.2 Multigenerational practice as a contribution to social sustainability

Loneliness is a major public health challenge in modern societies, and preventing loneliness among the population is one of the national initiatives as an important part of public health policies (Helse- og omsorgsdepartementet, 2015).

Due to considerable societal changes in contemporary societies, the naturally occurring opportunities for interaction between the generations are not as prevalent as it once used to be (Buffel, et al., 2014). Therefore, it is crucial to address loneliness both on individual and community scale. To address this challenge, it is essential to facilitate inclusive and varied meeting places that lower the threshold for participation and natural meetings between social groups. In this sense, the development of multigenerational and intergenerational approaches towards community planning gains importance, as a mechanism for strengthening generational proximity, improving understanding and communication, and fostering a commitment to reciprocity and solidarity (Hatton-Yeo & Batty, 2011). In simple words, these approaches are aiming to adopt mechanisms to ensure that all members of the community have the opportunity to influence the occurring events in their community (Fox, 2012).

A study by (MacCallum J. , et al., 2006; MacCallum J. , et al., 2010) reveals the benefits of population engagement in effective multigenerational practices, by analyzing 120 different programs in Australia. These benefits include meeting a range of instrumental, social, and emotional needs. The study however suggests that several factors should be in place before this potential can be fully utilized. The authors suggest that effective multigenerational practices display four key features:

- First, they provide opportunities for the development of relationships between generations;
- Second, they have access to a range of support mechanisms (e.g. organizational support, community support);
- Third, they provide opportunities for different generations to do a range of things together;
- And fourth, they take account of program-specific issues, such as gender, culture, and language.

Multigenerational programs that meet the above-mentioned criteria have the potential to offer benefits to the participants (MacCallum J. , et al., 2006), similar to those suggest-

ed in studies by Springate et al. (2008) and Hatton-Yeo and Batty (2011). The benefits range from individual to community level; for instance, the older generation benefits from increased activity and mobility improvements, more resiliency to vulnerabilities, and an improved sense of worthiness on an individual level. On the relational level, the elderly are able to make friends with the younger generation and challenge the sense of isolation and on the community level it results in better integration in the society, and more skill-sharing and volunteering opportunities. In the meantime the younger generation can benefit from an enhanced sense of social responsibility; stronger self-esteem; better school results; having elder company at difficult times; fewer engagements in criminal activities and drug use; more school attendance and improved personal resilience (Hatton-Yeo & Batty, 2011; MacCallum J. , et al., 2006; MacCallum J. , et al., 2010; Springate, Atkinson, & Martin, 2008).

The review of the related literature confirms that multigenerational practices can have an impact on both individual and community levels (Hatton-Yeo & Batty, 2011; Springate, Atkinson, & Martin, 2008). In their study of several practices in UK, Springate et al. (2008) come to many potential outcomes for the wider community. These outcomes include the potential to tackle community-related policy areas (e.g. fear of crime, community safety, social exclusion and environmental regeneration); diversity of volunteering opportunities with the potential for older generation for having a positive contribution to the community; and bolder role of educational institutions in their communities as they start to better utilize the skills of all community members and to accelerate achieving educational objectives.

Buffel (2012) suggests that the ‘paradox of neighborhood participation’ is a well-applied concept when older and younger generations tend to spend more time in their community (as a member of the society), but they are engaged in decision-making processes are often hindered and therefore their role as a citizen is partially neglected (Buffel, et al., 2014).

Likewise, in the US, there is a growing interest in enhancing residence involvement across all age groups of the community, in decision-making processes and environmental management. In this sense, preliminary findings suggest that ‘environmental volunteering’ as a form of civic engagement in environmental policy and planning may have particular health and social benefits for young and older people. Furthermore, it can also potentially improve the environmental quality by strengthening the participation of different stakeholders and resident groups (Bushway, Dickinson, Stedman, Wagenet, & Weinstein, 2011; Pillemer, Wells, Wagenet, Meador, & Parise, 2011).

As a result, one can claim that multigenerational practices and relations can tie communities together more efficiently and bridge the generation gaps and contribute to more citizen-oriented decision makings (Hatton-Yeo & Batty, 2011; Springate, Atkinson, & Martin, 2008). In this context, the community development is essentially about “building active and sustainable communities based on social justice and mutual respect” and about “changing power structures to remove barriers that prevent people from participating in the issues which affect their lives” (Hatton-Yeo & Watkins, 2004, p. 7).

2.1.3 The sense of community and the social interactions within the community

Multigenerational practices often tend to address human development issues and community development goals that transcend age. The review of the various findings of the related studies results in a better insight into the different adoption of multigenerational practices. For instance, program initiatives may be aimed at improving educational (life-long learning) systems, improving care and support for dependent or vulnerable populations (e.g. elderly or young adults), increasing the responsiveness of the legislative process (Friedman, 1999; Ingman, Benjamin, & Lusky, 1998), preserving local history and strengthening local traditions (Perlestein & Bliss, 1994; Quinlan, 2016), preserving the natural environment (such as increasing recycling efforts, improving water quality, or protecting wildlife habitats) (Ingman, Benjamin, & Lusky, 1998), developing cost-effective multi-use community centers (Hatton-Yeo & Melville, 2016), facilitating the social integration of ethnic minorities (Penninx, 2002), revitalizing parks and playgrounds (Calouste Gulbenkian Foundation, 2013), and reducing crime (Friedman, 1999; Granville, 2002).

In all these examples, multigenerational practices are aiming to tackle the community challenges and to address the generation gaps and contribute to making stronger and more cohesive communities. Members of a community from all different age groups and generations, cooperate to discuss, evaluate, envision, plan, and finally, to improve the quality of life in their shared community. This approach to community development is in line with broader sustainable development goals towards building healthy, socially inclusive, and sustainable communities (Kaplan, Sanchez, & Hoffman, 2017).

2.2 PLANNING FOR ELDERLY

2.2.1 Age-friendly communities and development

As a response to the increasing age of the world's population and rapid urbanization, different initiatives and strategies have been adopted both North America and Europe since the late 1990s, with the initial aim of adapting services and products for elderly (Høyland, Denizou, Baer, Evensmo, & Feragen, 2018). The concept of age-friendly communities is an evolution of such policies. In 2007, the World Health Organization (WHO) established a framework for promoting age-friendly cities and communities with a shared vision of developing places where it is good to grow old. Physical accessibility in the built environment, security and safety, proximity to service functions, financial accessibility and inclusion have emerged as key features for age-friendly cities in both industrial and developing countries.

Currently, there are ongoing debates around the concept of "age-friendly communities". This concept revolves around the idea of developing supportive urban communities for people as they age. By definition, 'Age-friendly communities' has been referred to as "encouraging active aging by optimizing opportunities for health, participation and security in order to enhance the quality of life as people age" (WHO, 2007, p. 12). WHO (2002), emphasizes the term 'active' in this notion referring to the idea that people of all age groups and generations must be able to take part in social, cultural, spiritual, economic, and civic matters. Therefore, the engagement of both young and old generations in the development and maintenance of 'age-friendly' communities is an essential goal in social policymaking processes (Eurostat, 2012; WHO, 2007). Achieving this goal though, relies heavily on a radical shift from making environments for people to developing them with and by the community members of all age groups and generations (Buf-fel, et al., 2014).

WHO has defined a checklist of the eight different aspects that should be taken into account while developing an age-friendly area (WHO, 2007). Between the eight aspects, the 'social participation' and 'respect and social inclusion' have obvious intergenerational references. The social participation aims to promote access to leisure and cultural activities and opportunities for older residents to participate in social and civic engagement along with their peers and also younger people. Respect and social inclusion dimension includes programs to support and promote ethnic and cultural diversity, along with programs to encourage multigenerational interaction and dialogue.

In 2015, WHO provided a guideline for evaluating age-friendly neighborhoods using some key indicators (WHO, 2015). The indicators should be a tool that gives participants a common understanding of the current status and development of age-friendliness measures in their own community/own city/municipality. The indicators can be used to evaluate the status before age-friendly measures are implemented and subsequently to follow up on their developments. They can also be used to accelerate political and social engagement, which in turn can lead to several measures for the development and overhaul of an age-friendly city. Although this thesis is not to be used as an indicator set due to the qualitative analysis it follows, it is still a ba-

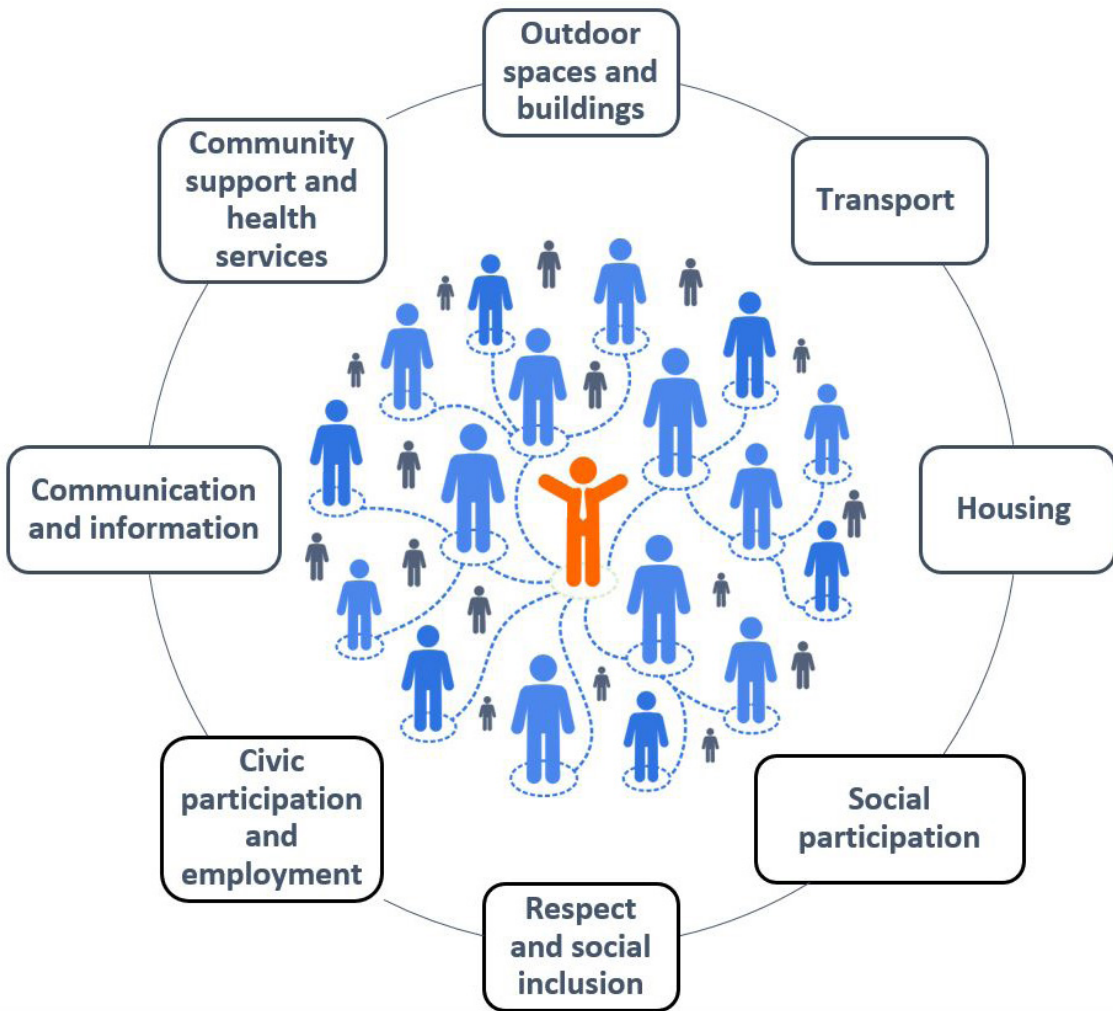


Figure 5: Eight age-friendly aspects (WHO,2007)

sis for the theory behind age-friendly development and will be used to understand the characteristics of the concept.

The indicator set was developed by the WHO between 2012–2015 based on a wide engagement of different institutions, experts, municipalities in 15 countries and using many different methods (including literature studies, expert consultations, peer reviews, pilot studies) (WHO, 2015). Although age-friendliness is a complex phenomenon, this indicator set is aiming to measure and evaluate it simply and efficiently and give a comprehensive picture without too much detail. Therefore, a few key indicators have been selected, which can be supplemented with additional indicators if needed. It is intended that the indicators are adapted to the needs at the local level. The Indicator Guide provides references to various guides for possible elaboration. The key indicators are divided into three groups: equity (social justice), accessibility in the environment and social inclusion. For each indicator, the guide recommends available public

data sources or methods for obtaining data, such as a survey of older residents.

There has been a lot of studies and good quality research on this matter, however, little of the research deals with the planning of age-friendly neighborhood/community in urban areas and urban development. Several articles present an overview of the frameworks within which age-friendly communities can be developed (Lui, Everingham, Warburton, Cuthill, & Bartlett, 2009; Steels, 2015), others again address older-friendly communities (Alley, Liebig, Pynoos, Banerjee, & Choi, 2007) or the central concept of becoming living in one’s own home - “aging in place” (Vasunilashorn, Steinman, Liebig, & Pynoos, 2012). The articles examine different concepts and identify the most important criteria for age-friendliness. The criteria vary according to the framework the researchers use, with different emphasis on social and physical structures (Høyland, Denizou, Baer, Evensmo, & Feragen, 2018).

Table 1: Key features of an age-friendly community identified by selected models

| | Age-friendly city (World Health Organization) | Lifetime neighbourhood (Department for Communities & Local Government, UK) | Livable community (American Association of Retired Persons) | Livable community (National Association of Area Agencies on Aging, USA) | Elder-friendly community (University of Calgary, Canada) | Elder-friendly community (The AdvantAge Initiative, USA) |
|-------------------------|---|--|---|---|---|--|
| Physical Infrastructure | Outdoor spaces and buildings | Built environment | Land use | Planning and zoning | – | – |
| | Transportation | – | Transport and mobility | Transportation | Being mobile | Maximising independence |
| Social Environment | Housing | Housing | Housing | Housing | – | – |
| | Communication and information | – | Cooperation and communication | – | Ready access to information and services | – |
| | Social participation | Social cohesion and sense of place | – | – | Maintaining independence and involvement in activities | Promotes social and civic engagement |
| | Respect and social inclusion | Social inclusion | – | Public safety | The importance of being valued and respected/Financial security and personal safety | Addresses basic needs |
| | Civic participation and employment | – | Public education and involvement in community planning | Culture and lifelong learning | – | Promotes social and civic engagement |
| | – | Innovation and cross-sectoral planning | Leadership | – | Community development work | – |

Figure 6: Key factors in different models for age-friendly community (Lui, Everingham, Warburton, Cuthill, & Bartlett, 2009, p. 118).

As pointed out by Lui et al. (2009), different approaches can be adopted toward developing age-friendly communities. Some of the concepts focus mostly on physical aspects such as infrastructure and housing adaptation. For instance, the 'AdvantAge Initiative' and the National Association of Area Agencies on Aging (both from the United States). Others, such as Lifetime Neighborhoods (UK), place more emphasis on social relationships that promote participation, inclusion, and personal development.

Concepts such as "age-friendly" and "active-aging" originate in an ecological approach to aging and reflect on the relationship between individuals and their physical and social environment (Steels, 2015; Meneec, Means, Keating, Parkhurst, & Eales, 2011). These concepts are based on the idea that the physical environment has a considerable role in enabling the elderly to continue to be active community members. Findings of a survey conducted by WHO (Plouffe & Kalache, 2010), suggests that the diversity of the population should be ensured through design as a key feature of age-friendly cities. The participants in the survey felt that the built environment should protect users with different skills, regardless of their age. An age-friendly city should, therefore, be "friendly" for people all ages with the focus is on their skills and regardless of their potential disabilities; and not just for the elderly.

There are many other alternative indicator sets developed within different age-friendly concepts to evaluate the outcomes of adopting this approach in communities. A study by Steels (2015) though, points out that without thorough evaluations, it would be futile to assess the impact of the various age-friendly programs. Despite the many various indicator sets that have been developed for conducting a quantitative assessment of age-friendly

programs and data collection, carrying out a qualitative analysis is still challenging due to the lack of proper checklists.

In this sense, the National Association of Norwegian Architects (2019) provides a practical and qualitative approach for age-friendly community development in a handbook for age-friendly placemaking adapted to Norwegian laws and housing markets. The handbook offers useful advice and practical guidelines to the municipalities in their efforts to create good and age-friendly cities and towns. The handbook is aiming to depict what age-friendly urban development means in practice, show the specific opportunities and tools that the municipality has, and how it affects the planning and policy-making (Waage & Husebø, 2020).


According to the following guideline, age-friendly urban development is defined as:

«Aldersvennlig stedsutvikling handler grunnleggende sett om å skape fysiske omgivelser som gjør det mulig for eldre å være aktive samfunnsdeltakere så lenge som mulig, også den dagen helsa begynner å skranke. Selv om vi kaller det aldersvennlig stedsutvikling, handler det ikke kun om tiltak rette mot eldre. Både forskning og praktisk erfaring viser at det som er bra for eldre som regel er godt for alle.» (Waage, Bull-Hansen, Skjerve, & Sørli, 2019, p. 3).

"Basically, age-friendly urban development is about creating a physical environment that allows the elderly to be active community members for as long as possible, even as the day begins to heal. Although we call it age-friendly urban development, it is not just about measures aimed at the elderly. Both research and practical experience show that what is good for the elderly is usually good for everyone." (Translated by author)

10 ADVISES FOR AGE-FRIENDLY PLACEMAKING

1. Implement inclusive development processes that inspire, innovate, and embed the idea of a good place for everyone – including the elderly
2. Have a conscious and consistent localization policy that encourages widespread cooperation and creates a good division of labor between the municipal center and the settlements or district centers.
3. Remember that old and young need each other. Look for solutions that reach multiple user groups at once.
4. Create a housing policy that inspires people of different ages and living conditions to live together. Offer different types of housing and place housing close to trade, culture and services.
5. Create inspiring environments that are clean and safe when the senses are impaired.
6. Create attractive arenas centrally in local communities where people meet, and teams and associations can have meetings, activities, and events. If people are present for a great part of the day, the feeling of security increases for everyone.
7. Create cities, towns, and local communities where car-free living is easy - all year long.
8. Think again when it comes to public transport solutions for elderly people who do not live centrally nor have access to a car.
9. Make universal design a premise for all planning.
10. Hire a site developer whose job is to work across the municipality and collaborate with the volunteers, the population, and the business community so that plans and intentions can be implemented with quality.



The handbook also offers a list of 10 advises for age- friendly placemaking based on Norwegian context (Waage, Bull-Hansen, Skjerve, & Sørli, 2019). In general, the handbook emphasizes the importance of diversity in placemaking regarding both different age groups and living conditions. It is encouraging the development of places that are suitable for every member of the community regardless of their age and use of space.

As mentioned above, many of these initiatives are aiming for better engagement of older members of the society. However, it is important to adopt a holistic approach to age-friendly urban design based on how the urban space is used by all the members of the community from different ages and generation, rather than a one-sided focus on the elderly or any other age-related group (Murray, 2015).

2.2.2 “Integration” before “Isolation”

In recent years, the concept of age-friendly cities/communities has successfully gained considerable attention. Many efforts have been made to engage both younger people and older adults in community development endeavors, such as community regeneration programs. However, in practice, these movements often end up being mono-generational and fail to include all the members of society in development practices. (Kaplan, Sanchez, & Hoffman, 2017). An example of that is the age-segregated retirement community known as “gated” with rules and policies that, in effect, limit the senior residents’ interaction with other generations.

Following the same concept, several ways of planning for the elderly have experimented, however senior homes and retirement villages seem to be the most common solution to the aging population issue. These facilities are often serving a monotonous group of people (seniors) and function, the same as university towns or research complexes. Gehl (2011) describes these facilities as large, identical pseudo-cities built up around a single function or group of people.

These mono-functional areas reside in a single social group or age group, and/or a single occupation, and will most probably result in isolation of this group of people from the rest of the community (Gehl J. , 2011). The main challenge is, even though the aim is to achieve a multigenerational program, there is a tendency to treat the age groups separately due to the vast difference in their interests, abilities, and needs (Kaplan, Sanchez, & Hoffman, 2017).

It should be pointed out that although in the elaboration of age-friendly cities in early documents it is called for developments that are “friendly for all ages,” not just “elder-friendly” (WHO, 2007, p. 72), in practice the main focus is put on addressing the needs and enhancing the quality of life of older adults. The “age-friendly” cities framework is mainly concerning the older population, how they grow old, and what conditions are required for them to age better. As a result, the frameworks are mostly aligned to accommodate the needs of a specific age group and is therefore a mono-generational rather than multi- or intergenerational framework.

Even though mono-functional planning has also numerous advantages including better efficiency of density, land-use and urban functions due to homogeneity of its users, it will most probably result in less contact with the outside community and hinders the potential interactions between different age groups, and therefore forms “a poorer and more monotonous environment” (Gehl J. , 2011, p. 102). This isolation challenge is already addressed in communities that are socially integrated and there is a mutually supportive relationship between the different members of the society.

In segregated communities, different groups and functions are most likely separated from each other. On the contrary, in integrated societies, various activities and age groups are functioning side by side. These activities often take place around public spaces and therefore allow the population to stimulate and inspire one another. Moreover, the mixing of activities and age groups better represents the structure of the community and how it operates. Consequently, it can be noted that it is not the formal integration of buildings and city functions but rather the actual integration of activities and people of all

ages that determines whether a community is monotonous or interesting. (Gehl J. , 2011, p. 101).

Another benefit of the multigenerational practices is the saving in resources. A study by (van Vliet, 2011) classifies the opportunities of saving in resources via adopting age-friendly planning, in three main categories;

First, both economically and socially, the elderly should be considered underused resources. Their engagement in social activities and lives of children and youth can accelerate this potential and it can be promoted with small investments. For instance, findings of a study from 2019 indicate that approximately 70% of elderly over the age of 60 years participate in voluntary works, and about 30% of them do voluntary work often (Frivillighet Norge, 2019). The same study suggests that 52% of those who do not participate in any voluntary work have claimed that they might consider participating in a voluntary activity if they find it beneficial and an added value for the society.

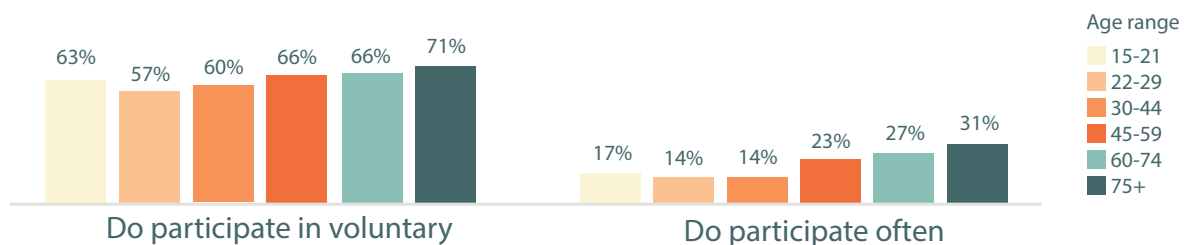



Figure 7: Results of volunteerism barometer (Frivillighet Norge,2019)



Second, Children and youth are also valuable community resources and their potential is often undermined. Their involvement in voluntary activities and social services can greatly benefit society and especially the elderly. Emphasizing the vast potential of engaging youth and the elderly in community activities and considering them as valuable resources for the society, requires a large shift from common attitudes that treat these two groups as burdens on society (Seedsman, 2006). Additionally, approximately 64% of the European population aged 15 and above agreed that there were few opportunities for the elderly and youth to meet and work together in local communities and associations (Eurostat, 2012).

Third, adopting a multigenerational approach towards planning initiatives will result in more efficient use of physical facilities and funding sources (van Vliet, 2011). For instance, schools can also be used to serve the needs of an elder generation during after-school hours, including providing catering services for the elderly or offering a place for social programs and other activities that are targeting the older population. Reciprocally, senior homes and retirement facilities can also accommodate childcare and after-school programs for children and youth. The possibility of sharing space for different activities will enable the local governments to cope with demographic shifts more flexibly. On the other hand, this will prevent the need for building mono-functional facilities that are designed narrowly to accommodate a single

age group. This flexibility lessens the costs of providing appropriate infrastructures and will have considerable economic benefits. It also fosters multigenerational interactions that help create social capital and strengthen the community.

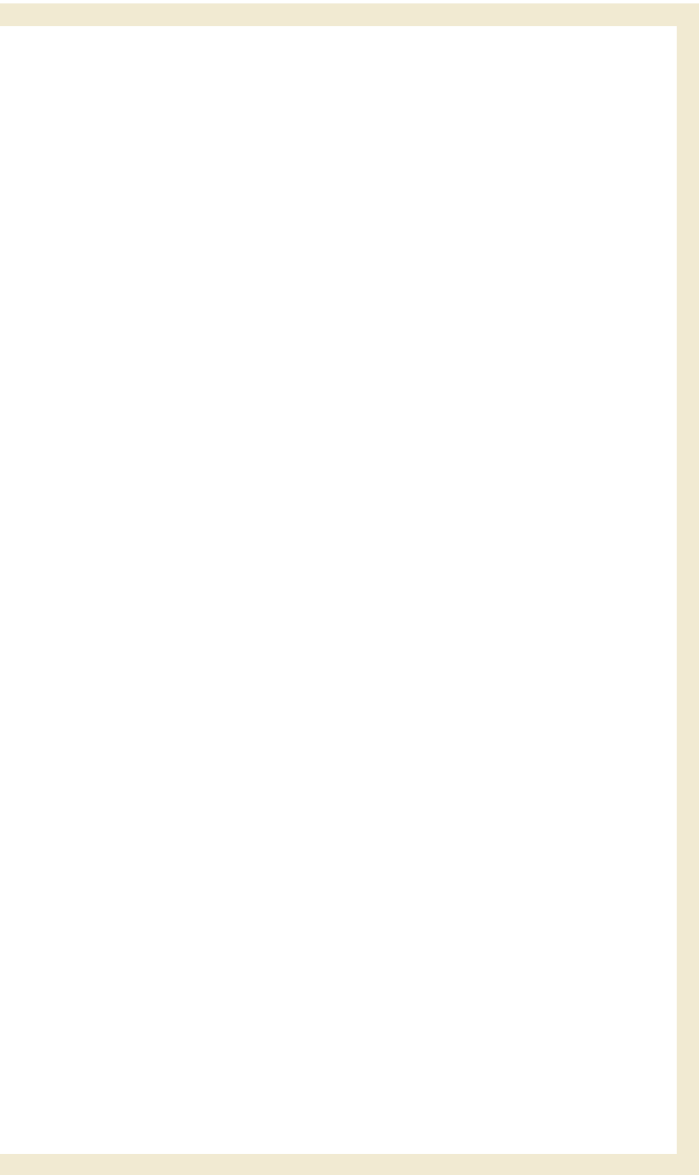
The integration of activities and generations provides opportunities for lifelong learning and a coherent approach towards community education. Multigenerational approaches towards planning, recognize and value different needs and interests of the society members from different age groups and bring out the potential for shared learning and relationships across generations (Hatton-Yeo & Batty, 2011; Hatton-Yeo & Ohsako, 1999).



CHAPTER 3 CASE-STUDIES

VINDMØLLEBAKKEN CO-HOUSING PROJECT (NO)
HELGETUN SENIOR HOMES (NO)
GENERATIONERNES HUS (DK)





3 CASE-STUDIES

Within the nature of the humans lies the herd mentality, which makes us always seek each other to be a part of a community and vulnerable for loneliness. Nevertheless, the proportion of single households is increasing rapidly, especially in urban areas. The cost-efficiency and quality for both the individuals, the community, and land-use are important issues of the cities. Due to the urban challenges of loneliness and cost-efficiency, some of the new housing projects are aiming for sustainable living concepts of shared accommodations.

This chapter will present three housing projects that encourage shared living, especially between people in different age groups. The cases are comparable with their similar concepts of multigenerational living and will be examined to define characteristics of the concept and practice of multigenerational housing projects. As previously mentioned in Method – samples and data sub-chapter, below Case-studies, the chosen three cases are Vindmøllebakken in Stavanger, Helgetun boliger in Bergen and Generationernes Hus in Aarhus, and the research will put greater emphasis on the Vindmøllebakken housing project.

Figure 8: Map of location of the case-study projects



2

Bergen

1

Stavanger

3

Aarhus

3.1 CASE 1: VINDMØLLEBAKKEN BOFELLESSKAP, STAVANGER

3.1.1 Location and context

Vindmøllebakken is a commercial-residential development in Storhaug, which is a district in the east of Stavanger city center. The Storhaug district has been known for its canning industry factories until the 1970s when the industry wound up. As the industry pulled out, the area was emptied characterized by decay and poor utilization of the existing buildings until Stavanger City Council allocated funding to the newly established non-profit business group “Urban Sjøfront” (National Association of Norwegian Architects, 2011). The Urban Sjøfront (urban waterfront) was established in 2002 and had a clear vision on common urban development near the city center. The group gathered landowners and developers in the district for cooperation aimed at sustainable urban development and coherent planning of the district in the east of Stavanger city center – to prevent fragmented development of Storhaug (National Association of Norwegian Architects, 2011). Today, the area has become a capital for a variety of housing projects, both new buildings and rehabilitation, cultural scenes, diversity in ethnic groups, commercial services, and other diversity in urban qualities, where the architects at Helen & Hard also found interest in.

The project site of Vindmøllebakken had its original purpose of office site for Helen & Hard. The project was influenced by the vernacular city fabric in the surrounding area by its orientation and by the footprint size on each housing unit (Helen & Hard, n.d.). Their efforts on design adaptation also have been shown in reusing and recycling the elements from old factory building from a former structure on the site (Helen & Hard, n.d.).

The project is located at the intersection of Pedersgata – Støperigata – Vindmøllebakken. This is an area where the former windmill of grinding grain used to stand (Langvad, 2017). As elsewhere in Stavanger east, the area was characterized by older workers’ homes and industry. To the east of the project, the site lies Stavanger Harbor Silo – giant silo plant of Felleskjøpet.

The co-living house has an urban density that is dense and low, a maximum of 5 floors on building units. This builds on typical small-scale wooden house construction in contextual areas. The structure also utilizes the geographical terrain fall to let as many residences have direct access from the street level.



Figure 9: Aerial photo of Vindmøllebakken with surrounding area

3.1.2 Design concept: “Gaining by Sharing”

The new concept of Gaining by Sharing (GbS) by Helen & Hard Architects, Indigo Vekst and Gaia Trondheim that builds on the co-living model based on principles of sharing. The main aim of the model is to create social, environmental, economic, and architectural gains through community making and sharing. The presenting method of practicing a sustainable lifestyle by tackling not only the physical challenges through architecture and infrastructure but also increasing the quality of life and social relations between the neighbors (Gaining by Sharing, n.d.-a).

The establishment of the GbS community commences with the resident workshop for the participatory planning of their home. Through day-to-day user interaction, residents are developing their own solutions to their needs and desires. This way, the residents create ownership and fellowship of the community from the very beginning (Gaining by Sharing, n.d.-a).

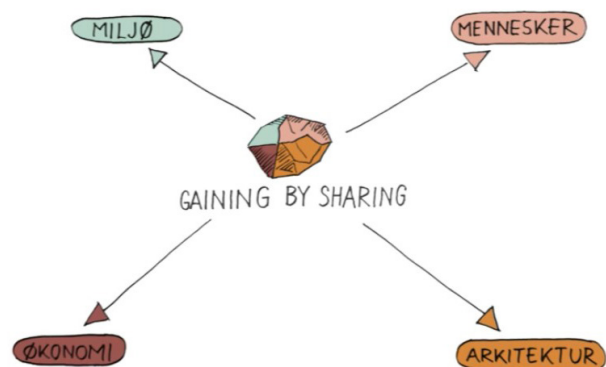


Figure 10: The four main elements in GbS model - Environment, Human/Social, Economy and Architecture (Gaining by Sharing, n.d.-b).

3.1.2.1 Miljø (Environment)

One of the most important primal forces of GbS is to reduce carbon footprint. By choosing the environmentally friendly materials, and sharing services, such as transport and resources, the model shows how it is meant to care for both the environment and the community (Gaining by Sharing, n.d.-b).

Research results assert that the living space is reduced by an average of between 10-30% per household in a more collective housing from compared with separate households (Gaining by Sharing, n.b.-c). Switching out some of the individual spaces and unite into common areas, can affect land-use efficiency, and create a space for new activities.

A co-living model can physically facilitate sharing, thus opening up to a sharing system that reduces consumption (Gaining by Sharing, n.b.-c). At the same time, for example, a common laundry room with washing machines, dryers, irons, and steam irons can offer residents a better and wider selection of equipment than if they lived separately. The recycling system and reuse system are also other examples of actions that are being taken by facilitating and support from the community.

3.1.2.2 *Mennesker (Human/Social)*

Numerous reasons exist on why some prefer co-living lifestyles. However, on the interviews GbS group accomplished, the responses showed significant results on the importance of social benefits (Gaining by Sharing, n.d.-d). when the group consists of an optimal mix in age, background, and personality, sharing everyday life can be experienced as a win. The need to have someone to be with can be fulfilled, without being deprived of the need to be alone.

Diversity strengthens the community and represents different qualities, energies, and initiatives on what co-living community is dependent on (Gaining by Sharing, n.d.-d). Participants receive help, both in groups and individually, to define their own needs in the context of a sharing model. Thus, the process on the way into a GbS housing model becomes a model of investment in both self and community development (Gaining by

Sharing, n.d.-d). The Gbs model facilitates a diversity of people and life situations with low entry price, flexible solutions, and a mix of apartment types.

3.1.2.3 *Økonomi (Economy)*

One of the main gains of GbS model is economical gain, and goals are settled to contribute to a financially better housing offer through optimized living space and more common functions (Gaining by Sharing, n.d.-e). Owning less and sharing more will also make everyday life more affordable.

The everyday life of a community contains many savings opportunities. The GbS model offers a variety of solutions directly connected to economical gain, e.g. lower house price, lower energy consumption, carpool, shared services and equipment, collective dinner, and own efforts by neighbors.

3.1.2.4 *Arkitektur (Architecture)*

By planning the co-living community in conjunction with the architecture from the beginning phase, the added value of sharing can be expressed in architectural, spatial aesthetic qualities, more generous and qualified common rooms, and outdoor areas that are hard for individual homes to maintain. This, in turn, support creating a community that works and provides respect to share, and enthusiasm to maintain common areas (Gaining by Sharing, n.d.-f).

The residents' need for different degrees of social interaction is one of the many critics of co-living projects. A similar criticism applies for sharing features and real estate, few are willing to pay for other people's leisure or expensive amenities. It is, therefore, crucial for the shared areas and functions to be as flexible as possible, and also as basic as possible. In this project, the architecture can express community values and identity creation.

3.1.3 Building functions and division

A GbS community has common areas close to the private residence (Gaining by Sharing, n.d.-f). It makes the common features easily accessible while increasing the chance for frequent gathering and promoting the experience of the large community. Each household has its own and independent living space in addition to the common areas. Solutions for good transitions between private and common areas facilitate freedom of choice (Gaining by Sharing, n.d.-f). The floor plans are flexible and can be adapted to new life situations so that diversity of age can be maintained over time.

The project included a total of 55 residential units in a new urban quarter (Kruse Smith, 2016). The 40 housing units in the quarter has been organized as a co-living community association, with a housing development

team to assist the organization. The co-living community is divided into two construction phases. The first phase consists of 26 apartments and the second with 14 apartments. When both of the construction phases are completed, the remaining units consisting of 4 town villas and 11 condominiums will be constructed to the east and north of the co-living house to complete the Vindmøllebakken community together. In total, the project has a gross internal area of approximately 4 800 m².

The housing units in the co-living community vary in size from 26 m² to 86 m² (Kruse Smith, 2016). The floor plans are carefully planned and described as a compact with few hallways for efficient use of spaces – however, the developers opened up opportunities for residents to customize floor plans of their own housing unit, as they were involved in the project in the early phase.



Figure 11: Three types of residences (Kruse Smith Eiendom, 2019).



Figure 12: Common outer area for co-living housing (Langvad, 2017).

The common rooms and spaces totaled 500 m² and include an indoor atrium, a family room with connection to a large communal kitchen, two guest apartments, workshop, greenhouse, activity room for children, roof terrace and roof garden, laundry and a large communal courtyard (Langvad, 2017). Parking is located in an existing factory hall with an attempt to create a car-free urban space in the streets. Parts of an old yellow canned factory located by Støperigata have become commercial premises with a restaurant currently, and the façade and materials have been rehabilitated and designed for the playground (Langvad, 2017).

Within the urban quarter, there are various levels of exposure to the community. Some residence units have an entrance door directly into the common areas in the middle, while other residence units have an external entrance to the street. This opens up for the experience of being part of the community at the same time maintaining the space between – where participation in the community becomes a choice you can change whenever you want.

Quality and customized architecture can be the key to whether sharing is perceived as attractive and an added value. Several elements of architecture can contribute to this – good design, zoning plans to materials and design choices. Spatial organization and informal meeting places are important for the social environment and communication between the residents of the community (Gaining by Sharing, n.d.-f).

3.1.4 Project progression

The architectural office behind the Vindmøllebakken had its office building in an old factory site in Stavanger east for over 20 years and owned parts of the site itself (Langvad, 2017). For several years, the site consisted of discarded barracks from the North Sea that had a poor standard for oil workers. The office used barracks as a stay for trainees and partners that visited the office. Eventually, the architects wanted to build their own project on the site, and the concept of co-living became a natural choice. They wanted to expand the site and bought all the remaining properties in the same block together with the developer.



Figure 13: Previously project site

As the primary step, the developers and designers wanted to investigate the interest in co-living houses among private individuals. The first seminar was held in 2013 at the architects' office at the future project site. Beyond low expectations, the interest has been pleasantly great. To meet the great interest, several seminars and workshops were held for potential residents. The information meeting held in April 2016 made room for

100 attendants. People who showed interest in buying attended on supplementary residents' course after a month, and further information meetings and participatory workshops until they moved in.

The planning and construction progress had some challenges from the start, a compounded uncertainty. Among other things, the judgment of working on such a big project on-site with existing buildings and surrounded by preserved houses and factories were the biggest issues. Also, the project is being built in an old area that has required modernization of infrastructure underground. The design and architectural plans required to be redone as the project expanded with the interest. Housing units went from 16 units to 40 units, and it followed with consequences of new building structures and new maximum heights from 3 levels to 5 levels, and bigger glass-covered half air-conditioned zones that are common areas between the buildings. The changes, long regulatory processes and challenges with pricing and execution resulted in longer project progress (Helen & Hard, 2016).

The architect stated to Langvad (2017) that they understood at an early stage that a certain continuity of work was required to achieve a successful co-living house, as one meeting will not convey all information. Thus, the residents' courses were conducted. In these courses, future residents were actively participated in the development process based on their needs and aspiration of their own quality for life. At the same time, the courses aimed to emphasize and give an understanding of what it means to be a part of the community in this co-living housing project. The attendants were challenged to think about their contribution and desires in interaction with the community in their future homes.


| Activity | Date |
|---|---------------|
| Earlier seminars and workshops | 2013 – 2015 |
| Information meeting | April 2016 |
| Residents' course (3 days) | May 2016 |
| Sale start, phase 1 | June 2016 |
| Information meeting | November 2016 |
| Construction start phase 1 | January 2017 |
| Residents' course (1 day) | June 2017 |
| Workshop I | June 2017 |
| Workshop II | August 2017 |
| Workshop III | January 2018 |
| Workshop IV | March 2018 |
| Sale start, phase 2 | |
| First residents moved in | December 2018 |
| Residents moved into construction phase 2 | October 2019 |

Table 2: Activity progress of Vindmøllebakken project

3.1.5 Current status

The residents at Vindmøllebakken consist of 52 different people in different life stages, 14 retired elderly, four children, few students in the 20-25 age group, and the majority is the 40-60 age group (Interviewee 1, 2020). The youngest buyer is 22 years old, and the oldest 76 years old (Stangeland, 2020). The residents may be different in ages and life stages but have a common interest in living sustainably and participating in a social community.

The residents' enthusiasm in community participation also has been shown through interest groups, which is created voluntarily by the residents. The interest groups started as an organizational mechanism to divide necessary tasks in order to maintain the common areas. Everyone has responsibilities to participate, but someone had to organize the tasks. Further, the interest groups expanded to find people with the same leisure activity



in the community. Today, most of the residents have signed up to more than one interest group, and there are 26 self-organized interest groups in Vindmøllebakken. The list extends from cooking groups, car-pooling groups, handcraft, social sustainability, gardening, “lått og løye” (small and big social event management) and library to mention a few (Stangeland, 2020). The groups are creating a natural way to socialize and familiarize themselves with neighbors, and at the same time bring forth the views of other residents. How active one is in a group is optional in bigger groups, while in smaller groups requires more participation.


3.1.6 Summary of Vindmøllebakken

The project only started as a pilot project, and city development enthusiasts described the project as ambitious, even including the architect and developers (Langvad, 2017). The project is an example of what a modern living community can look like. One of the important findings of the Gaining by Sharing (GbS) study was that private homes should have the opportunity to take a step back from the community whenever they want. Schmidt (1991) has also highlighted the importance of fully equipped private housing units in community living. Therefore, Vindmøllebakken has facilitated private apartments with primary functions such as a bathroom, kitchen, living room, and bedrooms – so that the residents can choose the degree of participation in the community and common areas. Their access to utilize common rooms and areas should become an additional feature to their complete private homes. The idea is to share the functions and things that one would not

otherwise have owned alone or the equipment one requires only once in a while. One of the benefits is access to the features and areas with greater quality while reducing the total footprint of each housing unit (Langvad, 2017).

Housing with a common area is not a new idea, and many more modern housing projects are aiming for it. However, GbS has proved that people full of resources are being neglected by their needs in such projects due to the lack of a social structure (Arnfinnsen, 2014). Common areas are often located in basements, on the ground floor or the roof. According to the architect who designed Vindmøllebakken, this is not the optimal way of organizing common areas to be used (Langvad, 2017). In Vindmøllebakken, a large common area is located in the middle of the building – with housing units around, where the common area becomes an entry room. In this way, the residents can experience social contact daily in a more natural way and see the value of the common areas they have in addition to their own apartment.

However, the project’s strength can become a weakness when some of the apartments do not have other options for their entrance. The idea of choosing the degree of social openness becomes controversial, as their presence and absence are too visible to the public areas and also when they want to use the entrance door without participating in any social activity. Lack of privacy and a sense of being displayed might affect the quality of life and have the ability to threaten satisfaction and a sense of safety at their own home (Mehan & Soflael, 2017).



The Vindmøllebakken is the first attempt to make co-living commercially possible by a developer initiating the project (Langvad, 2017). The apartments have been sold on the open market, where it is not a precondition that the residents know each other from before. This differs from common ways of organizing collective living forms, where there is often an existing grouping that decides to move in together (Schmidt, 1991). As the GbS enables unknown people to move in together, the development process of user involvement from the start becomes particularly important for community making (Langvad, 2017). The early participation and cooperation of potential residents provide the opportunity to achieve great satisfaction with customized homes. Yet, this economical and time-consuming process will require a pledge of assurance to maintain the continual investment for the developers.

3.2 CASE 2: HELGETUN BOLIGER, BERGEN

3.2.1 Location and context

The Helgetun housing project has been established in Sædalen, in a rural area that is approximately 10km away from Bergen city center. The area is surrounded by nature qualities as large green areas, walking trails, and farm area with animals. The Helgetun senior homes will embrace a large group of elderly in an adjacent building by nature, kindergarten, and a foundation for people with disabilities (GC Rieber Gruppen, n.d.). In this way, the project aims to offer a better senior life where the elderly can interact with each other, children, and the surrounding nature to live a fulfilling, healthy, and social life.

3.2.2 Design concept: Philosophy of social and healthy senior life

The project of Helgetun refers to their concept as a simple but complex philosophy – it must be nice to grow old (GC Rieber Gruppen, n.d.). The developer addresses the paradox of feeling bored, lonely, and useless as retired elderly as the population grows older and stay healthier than ever. Hence the Helgetun project will facilitate an active, social, and safe life with opportunities for community activities and outdoor activities.

The Helgetun housing project is a pilot project and presents itself as a social experiment. Moreover, the experiment outcome is described to be mentally and physically health of the residents, as well as lower medication use and be able to stay at their own home longer than the national average (GC Rieber Gruppen, n.d.). The residents get an examination of their physical condition before moving in, three months after moved in, and lastly one year after (Løvereide, 2018). In this way, they participate in the investigation of the impact on physical changes caused by



Figure 14: Helgetun housing project with rural surroundings (NRK TV, 2019)

lifestyle at Helgetun. The subjective changes or non-changes will be registered by self-reported questionnaires. The data from the examination or questionnaires have not been published yet, as the residents need longer living experience at the Helgetun to prove or disprove the impact.

In the Helgetun project area, the three bridge-building units of senior homes, kindergarten and disability centers were established by G.C. Rieber & Co AS (Helgetun, 2018). The company envisions social development as a common obligation to contribute and the establishment of Helgetun started at the disability center in 1954, kindergarten in 2014 and at last the senior homes in 2019 (Helgetun, 2018). The purpose of gathering the three facilities that follow the course of life and include people with special needs is to benefit from each other from separate operating units. The operation of the farm,

including shelter the animals, will be an important tool to unify and create ownership of the community. By sharing daily life, activities, and facilities with children at the kindergarten and people with disabilities, the senior life at Helgetun provides meaningful days of interesting activities to build cohesion and care across the age, and workability at a functional level.

The contribution to the area is based on volunteerism and ownership. The seniors are free to volunteer and in which contribution. The opportunity of activities ranges from participating in the operation of the kindergarten, working with agriculture and animals, be a confidant to a resident at a disability center, farm kitchen garden, attend to social groups of different interests or take a walk, based on resident's choice. However, to ensure that common facilities are maintained, and community work gets done, only the residents that are engaged in existing volunteer work have the opportunity to move into Helgetun (NRK TV, 2019).

3.2.3 Building functions and division

The Helgetun senior homes offer a total of 31 housing units of two types, two-bedrooms apartments and one-bedroom apartments (GC Rieber Gruppen, n.d.). All residents have life-course standards and own either balcony or patio. The target group is seniors who desire to live close to like-minded people and, by volunteerism, participate in community activities with other social facilities. The apartments set requirement of being 65 years old or older, and willing to engage in the active and social life at the "village" of kindergarten, disability center, farm, and greenhouses (GC Rieber Gruppen, n.d.). The selection of residents is determined through an interview process after they apply their interest to senior homes.

The common facilities of Helgetun senior homes are the greenhouse, rentable guest apartments and common living room (Helgetun, n.d.-b). The greenhouse is a gardening place that also provides a meeting place

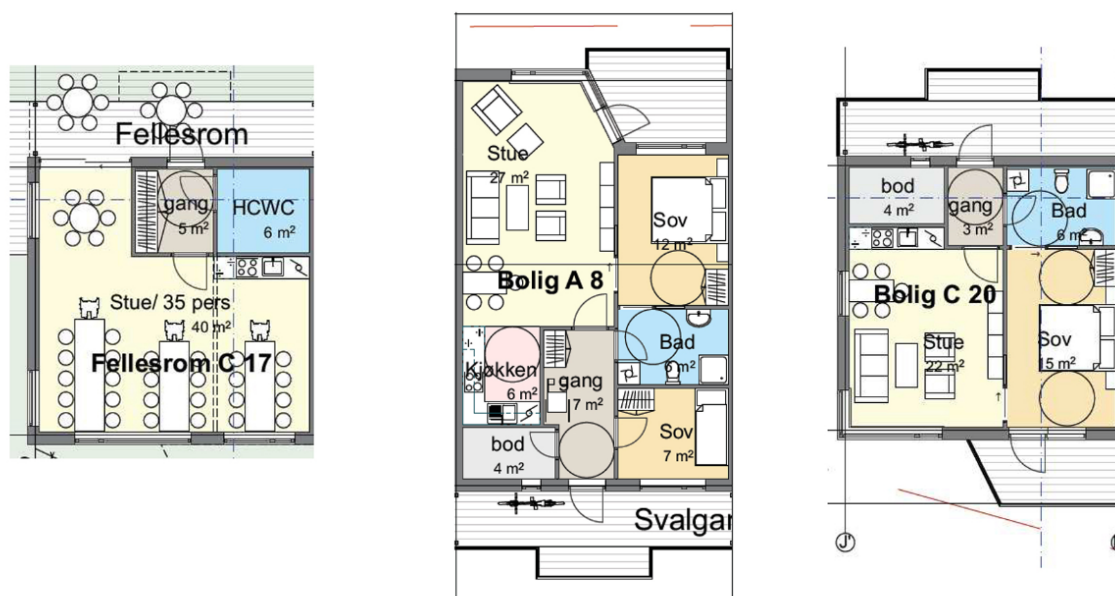



Figure 15: Floorplan of different types of room: Communal room, apartments with two-bedrooms (20 apartments), and apartments with one-bedroom (11 apartments) (Helgetun, n.d.-a).



for residents whether by arranged events or informal gatherings. The glass roof creates a local climate to supply solar reflection and thermal insulation. The guest apartments are available for residents to reserve for their visitors and offer a complete apartment with an interior and an adjoined bathroom. The communal living rooms offer the residents a meeting place for even more informal gatherings for smaller groups by the couch.


3.2.4 Project progression and current status

In the spring of 2019, the first residents moved in and by the end of the year, the last apartments were leased as well (GC Rieber Gruppen, n.d.). Even after all the apartments were leased out, a long waiting list followed. Today, the Helgetun senior homes are filled with 39 elderly residents – both couples and singles. The residents have already established a bridge club, Monday dinners, tour group, dance, and choir group. Further operation of maintaining communal facilities are organized with the groups.

3.2.5 Summary of Helgetun senior homes

The Helgetun senior homes stand out as an option for the elderly that desire more active everyday life in natural surroundings. An opportunity to interact with other groups as children at the kindergarten, people with disabilities at the disability center and animal species at the farm, gives more diverse occasions to spend the day. The project aims to give elderly social cohesion and a sense of community by creating a connection between different ages and abilities of the residents under common management.

At the same time, the location of the project raises questions regarding accessibility and connectivity to the rest of society. The 10 km distance to the city center may be limiting and seclusive from the amenities a city center can offer, as varied public services and several meeting places with others in the society. If public transportation cannot connect the senior homes to the city center as seamless as the elderly have the ability to use, the residents at Helgetun housing might get too dependent to drive a car or other people. At worst, the limitation may lead to isolation, which can be contradictory to social sustainability.



Following the above, the social sustainability of inclusiveness is questioned as to the senior homes limits residences with several requirements. To be granted a residency, the age requirements were mentioned as 65 years old or older, additional to require enthusiasm to be active, social, and volunteering. The requirements might ensure the operation of the farm, help to other facilities and interaction with the neighbors. However, restricting the demographics to be certain indicates a limited group of people that are allowed to reside. Thus, it might contradict the principles of social sustainability.

3.3 CASE 3: GENERATIONERNES HUS, AARHUS

3.3.1 Location and context

The Generationernes Hus is a project where the concept reflects on their name, which can be directly translated to “the house of generations”. The homes that aim to bring together all generations – children, young people, adults, and the elderly, will implement and develop a community within the Generationernes Hus and with the neighbors at Aarhus East. The housing project is initiated by the Aarhus municipality and will consist of elderly, affordable housing, daycare for children and adults with disabilities, and student housing together with large and varied common areas and commercial features at the street level (Aarhus Kommune, 2020a).

The project is planned to be completed in late summer 2020, as one of the last buildings in the first phase of the new development site in the port area at Aarhus East (Aarhus Kommune, 2018a). This port area is one of the newest districts in Aarhus that previously was a container port. The initiation of transformation into an urban waterfront district started in 2003, when the overall plan of the areas were adopted based on the winner proposal from the public competition by the municipality and subsequent public debates that determined the intentions and strategy for the future waterfront transformation and use (Aarhus Kommune, 2018b). The first residents at the urban port area moved in 2012, and today the development of new constructions occurs at a rapid pace (Aarhus Kommune, 2018b). The vision of the districts is creating a vibrant, diverse, and attractive district, that offers a fusion of business, housing, culture, and recreational oases to bring together city center and port area.



Figure 16: Overview map of Aarhus Ø with development projects. (Aarhus Kommune, 2020b)

The project construction is placed to be sheltered from the wind from the south and east by The Harbour Islet and The Iceberg, from the north by The Warehouses and from the west by The Harbour Houses.

3.3.2 Design concept: The House of the Generations

The design intention of the Generationernes Hus, is to ensure a well-functioning everyday life at Aarhus East. The main strategy is to offer very basic functions into the area, such as housing, commercial shops, education, business, and public offers to support the lives of the citizens through all life-courses (Aarhus Kommune, 2018a).



1

AARHUS INTERNATIONAL SAILING CENTER



2

SHIP / THE SHIP BUILDING

Mixed-use development
Construction in progress
Expected completion: 2020/21



3

Z-HUSET / THE Z HOUSE

Mixed-use development
(apartments and commercial)



4

HAVNEHUSENE / THE HARBOUR HOUSES

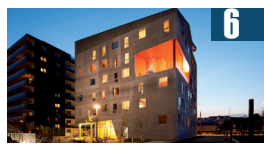
Residential block
(affordable housing)



5

KANALHUSENE / THE CANAL HOUSES

Residential block
(privately owned apartments)



6

YOUTH HOUSING

Privately owned, affordable student housing (rental) and dormitory accommodation.



7

NICOLINEHUS

Mixed-use development - housing, retail, food market, specialized shops
Construction in progress
Expected occupancy: 2022



8

ISBJERGDET / THE ICEBERG

Residential buildings



9

PAKHUSENE / THE WAREHOUSES

Mixed-use development - offices, housing, restaurants, co-working and meeting facilities
Second stage in progress. Expected occupancy: 2020



10

LIGHTHOUSE

Residential buildings (privately owned and affordable housing)
Construction of the next stage underway - apartments and businesses, visitor centre and public access to café and viewing platform.
Expected occupancy: 2023/24

HOUSE OF GENERATIONS

Municipal housing for the elderly, affordable housing, daycare and student housing.
Construction in progress.
Expected occupancy: 2020



11

HAVNEHOLMEN / THE HARBOUR ISLET

Residential buildings (privately owned and rental flats)



12

Figure 17: Legend, rerdered images and brief descrivtion of projects at Aarhus Ø

One of the main vision of Generationernes Hus is to strengthen the community across generations by facilitating diverse everyday features and leisure facilities to inspire multigenerational meetings and be a common house for all residents and visitors of Aarhus East (Aarhus Kommune, 2019a). By combining public services, childcare, housing for the elderly and people with disabilities, with youth and family housing, the house can accommodate all phases of life. Communities, each in their own way, aim to minimize the loneliness and solitude among residents, enable residents to better utilize each other's resources, create enriching social communities and relationships between citizens of different generations. In this way, the sense

of community opens up across the age and living conditions through the occasions, tasks and interests that people do together, and create a local society rather than a sense of institution.

The house will invite neighbors and visitors inside. This is how the project aims to create a local environment with togetherness and presence. Generations House desires to facilitate a place where people can move and find communities across the house and the area to contribute to a vibrant and modern district. As examples, the youngest residents of the area will have access to a playground that is open to anyone outside of the daytime opening hours, and the cafe will attract visi-

tors from outside (Aarhus Kommune, 2018a). Many employees with different professions will have a workplace that is organized differently and creates interaction with the local community (Aarhus Kommune, 2018a). The house also provides the residents with a great opportunity to experience and try out new activities. Activities can range from crafts, educational cuisine, library, film and storytelling, exercise, and movement (Brabrand Boligforening, 2017).

3.3.3 Building functions and division

The motivation and fundamental design concept of the Generationernes Hus is that closeness and relationship between the neighbors emerge while they share a similar pattern of life (KAB-bolig, n.d.). The KAB-bolig (n.d.) retrieve experiences of other shared accommodations as successful when the housing is organized horizontally, hence the Generationernes hus is structured in horizontal layers. The housing floors are divided so that the same type of residents and generations live on the same floors (Husbanken, Høgskolen i Oslo og Akershus & Hille Melbye arkitekter, 2017).

The house has two types of housing: the neighborhood and the community. It provides different degrees of privacy and community (Aarhus Kommune & Brabrand Boligforening, n.d.). Some will share the kitchen and living room, while others will have their own. The project aims to give a sense of a city in the city, where the mall streets and local squares make a room for neighborhood and togetherness about joint activities.

The project proposes a typical building structure as a senior living community at the top, followed by one or two floors of affordable housing for families, one to two floors of student housing and the street level will be filled with common rooms, the laundry and micro shops to contribute to active urban life and more natural meetings of users of common facilities and passing residents (KAB-bolig, n.d.). In total, the Generationernes hus will house 304 homes, and a daycare center with adjoined kindergarten, thus approximately 500 people will have a weekday base in the building, excluding the visitors and users that commercial facilities invite (Aarhus Kommune, 2019b; Aarhus Kommune, 2020a).

3.3.4 Project progression and current status

The construction of the project started in 2017 and estimated to be completed in 2020 (Aarhus Kommune, 2020a). Yet, affordable housings and public services have not gathered future residents. However, the main common area of the project has the purpose of an information center for the project today (Aarhus Kommune, 2019c). In this location, the potential users of the building can visit to meet representatives of the construction clients and get information about plans and the possibilities to use the house, find housing, work, and collaborations between the expertise.

Figure 18: Illustration of vertical section of Generationernes Hus (KAB-bolig, n.d.).

100

Toget på Generationernes Byhus er en åben, grøn oase med plads til samvær og afslapning for alle generationer.



+:
24 disability homes
100 nursing homes
1 daycare center

Senior bofællesskab

Den vandrette organisering sikrer fællesskaber og tætte naboskaber for seniorer og singler, der søger fællesskab og netværk.



40

Familieboliger i to etager

Der er plads til ophold og leg på familieboligernes fælles gangstrøg. Fællesskab mellem familier opstår og nye venskaber bliver til.



40

Ungdomsboliger i to etager

Den åbne og inddragende tilgang til drift og fællesområder tiltaler de unge, der bevæger sig væk fra forbrugersamfundet. Derudover vil den rimelige husleje også tiltale mange unge.



Common facilities:
Café
Training facilities
Shared facilities.

Fællesarealer i gadeplan

Beboernes synlige fællesaktiviteter skaber, sammen med mikroboutikker, dynamik og tryghed, der bidrager til et godt byliv.



Main construction clients are Aarhus municipality and Brabrand Boligforening, cooperating with municipal departments of health and care, children and youth, social conditions and employment to gather expertise from each generation that will meet in Generationernes Hus (Aarhus Kommune & Brabrand Boligforening, n.d.).


In the city library, Dokk1, the municipality has also made a special interactive exhibition. The exhibition DokkX shows welfare technology solutions that were utilized in the project (Aarhus Kommune, 2019d). In this way, the citizens will be able to see and learn the possibilities of new technologies that give them greater independence and influence on their own lives.

At the same time in January 2019, the Minister of Health and care services in Norway and Denmark gathered to seek opportunities for welfare technology solutions in different projects of Denmark, including the project of Generationernes Hus (Aarhus Kommune, 2019d). The two ministers walked around building elements and the preliminary five floors of the future house of the generations and received great attention from the media.

3.3.5 Summary of Generationernes Hus

Predominantly, the vision of the Generationernes Hus is largely based on a social vision. A vision that is about closeness, freedom, and human contact. A place of diversity and security that accommodates all of the user groups in both public and commercial housing. By facilitating meet across people of all ages and life situations and with different abilities and resources might put people in a different perspective of sharing life. The project puts great emphasis on creating a vibrant and integrated interaction between a wide diversity of people in vastly different life situations by combining the features of everyday activities and leisure activities.

The goal of creating an embraced local community under the same roof might succeed to create a more integrated neighborhood rather than giving a feeling of institutions. However, the classification of groups on each floor might limit the interaction between the user groups as desired. The natural meetings in the hallways occur within a more limited group of residents and the distinction between the user groups becomes more visible. The project aims to achieve less solitude and higher well-being among the residents and



visitors by combining large groups of people and facilities in an urban area. The mix of ages, life situations, abilities, interests, and expertise might affect everyday life to be more diverse in forms of activities and interactions. Additionally, the urban location in the city center strengthens the accessibility – both for the residents and visitors. Although, as urban and modernized as the project aims for, it has not been the most preferable way of living among the elderly. The combination of urban life with all the generations in different life courses might require mutual social and open respect from all, including the visitors. Developing a community in the city center might be challenging in integration and differentiating private and public society.

3.4 THE CHARACTERISTICS OF MULTIGENERATIONAL HOUSING PROJECTS

The most recurrent characteristics within co-housing housing projects in all forms are their aim for the common benefits by sharing resources, such as time, area, and assets, and provide the opportunity to live more fully in smaller space. The access to common features makes the living more sustainable in economic, environmental, and social ways may also give access to the optional features that you would not otherwise have had. A small household of only one or two people may not need a car every day, but it makes it easier to carry the bags from the grocery shops, on the days when larger purchases are made. A family with a garden might need the lawnmower only once a week – then it will be better to share it so it can be useful for somebody else. A kitchen machine that is only for making a special dish occasionally, can be shared with others who do not use it often either.


The benefit that potential residents and stakeholders in case-studies highlight as the greatest value is the social community. The high expectations in creating great relationships and participating in a social environment are the key features in the studied cases, where the sense of community between different ages strengthens. Many point out a great value on the opportunity you get to meet people that they would not have met otherwise, even those with a great age difference or interest and expertise difference. Traditionally, the difference was seen as a negative aspect of a community. However, in these study cases, diversity becomes their key strategy to facilitate housing for a better everyday life. The projects have met a great deal of attention from the potential residents, media, and academical researchers with their strategy of sharing and co-housing with diverse residents. Especially the age diversity has been the main intention for selected cases.

Additionally, the case-studies aim to present their solutions to urban challenges, especially the environmental, economic, and social challenges of the ageing population and urbanization. In the cities, the value of the areas increases and hence the efficiency of land use become crucial. In co-housing housing projects, the consumption of each resident reduces considering their sharing model. Also, some projects aim to reduce CO2 emissions through both simple and complicated construction technical solutions, particularly as in Vindmøllebakken co-housing project in Stavanger.

As mentioned early in the literature review, there are three types of co-housing models. All three of the studied cases belong to the third model, where the residents share the common area as an additional feature but have all the basic functions at the apartment private. This model allows being social and sharing in the common area while maintaining the opportunity to relax in private space in their own apartment. This can be seen as a calm transition from the strict framework in detached dwellings. This type of co-housing model appears to have a normal or smaller size of apartments as they have access to common areas, which corresponds to all three cases. This can be a great way to densify a city, as each household requires fewer spaces but rather several common features to share the space. This answers not only the efficient land use but also a more connected neighborhood by owning something together, and be closer to the neighbor around socially and physically.

| Case | Total capacity | Diversity | Urban context | Commercial service facilities |
|---|---------------------------------------|--|-------------------------------------|--|
| Vindmøllebakken co-living housing project | 40 housing units. | All generations determined by the commercial sale. | Close to city center, walkable. | Private common facilities only for the residents. One commercial business – a restaurant. |
| Helgetun senior homes | 31 housing units. | Seniors 65+. Kindergarten. Disability center. | Rural area, outside of city center. | Private facilities for senior homes. Common facility for all residents at three different centers. No commercial business. |
| Generationernes Hus | 304 housing units and daycare center. | Student housing. Family homes. Disability center. Senior homes. Daycare for children and adults. | City center. | Common facilities for all the residents. Service facilities for visitors – both commercial and public. |

Table 3: Comparison table of three selected case projects




The cases represent that there are multigenerational housing projects in different urban contexts. The Generationernes Hus is located centrally in the second-largest city in Denmark and is all about urban living, while the Helgetun senior homes are located in a rural area distant from Bergen city center and support a concept about living with nature. The Vindmøllebakken co-housing project is located just outside of the functional city center but still is in a walkable distance. Several public services are also located near the project site as it is inside the municipal city center boundary. The location of the projects may also affect the capacity of the projects to obtain certain density requirements in the city center area. From the selected case, an assumption can be made as the more centrally located project is, the more apartment units are developed. However, the capacity may also be affected by the economical dimension of the developers, which may and may not correlate with the location.

Due to the projects' location and user groups, the types of facilities vary for each project. The senior homes located in the rural area offer a more private gathering area for the residents at the site, while Vindmøllebakken and Generationernes Hus also offer commercial services additional to the private common facilities. The Generationernes Hus offers more varied commercial services such as café, training centers, libraries, and public

and commercial businesses since the project is located in the city center. By facilitating more services within the buildings in urban context the projects have more opportunities to integrate more to the city center area by facilitating services that include the visitor as well as the residents. However, the challenges may occur regarding privacy and a sense of belonging. As the residences become more visible and open for the public, sense of local community among the residents may reduce and they may not see the difference between neighbors and visitors.

As the definition of multigenerational practice refers to, the multigenerational practice emerges when an activity consists of, is relating to, or involves several generations at once. The three case projects are all involving several generations in their housing projects in different ways. The Vindmøllebakken co-housing project does not require any full-time or documentation to participate in the community. The residents and the generations are determined by the commercial sale, which means that anyone who buys the apartment is involved in the community of co-housing. Regarding social sustainability, this way of determination is inclusive and is providing an opportunity to all, nevertheless, the economic capability is crucial. The diversity was to be maintained by facilitating different floor plans in the apartments, however, the diversity is not ensured.



Helgetun senior homes require several requirements to reside. When the requirements are met, the potential residents attend an interview with the developers to finalize and confirm the rent. The users of kindergarten and disability centers are not involved in the community in the same way as the elderly, because the elderly have to participate in volunteer work to interact with them, and the interaction does not occur naturally. Consequently, the project does not aim for much interaction between the different generations and may not have to be defined as a multigenerational housing project.

Generationernes Hus also has several requirements to meet in order to apply for an apartment. Afterward, the apartments are being allocated to those who are qualified. In this way, they ensure the broad diversity and that the suitable apartment types are assigned to each generation. The apartment types are also divided into different floors, which might be perceived as a classification. The inclusiveness and equality in two last projects are questioned as the requirements might be perceived as a contradiction to the concept.



CHAPTER 4 INTERVIEWS





4 INTERVIEWS

This chapter mainly presents findings from the semi-structured interviews with residents at one of the case-study projects, Vindmøllebakken. A lot of data was collected through the interviews, and the findings presented here are considered most relevant to answer the research question. Through the six in-depth interviews, the findings are grouped in similar topics that were mentioned. How the interviews were conducted and in which circumstances are previously described in detail, in Method – samples and data sub-chapter, below Interviews.

Vindmøllebakken Bofellesskap, Stavanger

The multigenerational housing project in Stavanger east is the first to be built according to the principles of “Gaining by Sharing” - a model for community living where the goal is to create a housing form with collective solutions based on sharing and community. After several years of resident involvement in developing the architectural and organizational solutions, the first residents moved into the Vindmøllebakken December 2018, and residents in the second phase in October 2019. Today, there are a total of 52 residents in different life courses and different age groups.

4.1. COMMUNITY AND SOCIAL LIFE (LANDSBY EFFEKT)

4.1.1 Social aspect as the greatest benefit

Lower consumption, an urban location, generous common areas and quality architecture. The residents of Vindmøllebakken highlight many advantages of their new housing and agree on the biggest one: the social community. Several residents mention that social gain is so great that small inconveniences fall away. The flaws have low significance when the social life works optimally between the different generations. They mention examples of features that make the social life enjoyment, such as always having someone to be with or talk to, to get to know of people that otherwise will not have a connection to, have a private area that one can step back to if it gets too socially, and most important of all, that one can never feel the loneliness.

One resident refers to their own previous experience, that being at home that was centrally located was a stress factor, and they prefer rather stay at the cottage most of the years, even they owned a pricey apartment. Moving to the co-housing project, Vindmøllebakken, changed their perception and preference to let the cottage be a leisure home to use occasionally. The greatest gain for them was the social safeness and peaceful harmony of the community, they elaborate.

Another resident emphasizes that the principles of the sharing model should be more integrated with several housing operatives in other projects. In other projects, the residents choose to live there due to their economic reasons or personal preference of physical circumstances. However, the residents at Vindmøllebakken reasons their choice to be the benefits by sharing. People contribute and share what they are willing to share, whether it is the areas, assets, and times. The informant shares that being a part of the community and something great-

er than what they could have done alone, is the most important gain personally. The residents can create a greater local community despite those residents as individuals might be small. The other houses they had were just housing, but they highlight that there is quality at the Vindmøllebakken they never have experienced before. The informant describes it as the joy of giving and sharing, and getting energy by participating, the “Gaining by sharing”.

Another factor that makes the living experience at Vindmøllebakken unique than others are the spontaneous events that residents make together. Several informants have referred to a story about how they experienced the spontaneous event positively and how it enriches their lives at Vindmøllebakken. One informant describes it as rolling a snowball. You know how small you made it at first. However, how big it will be and which way it goes, is unknowing and it makes it excited. Another resident raises the same topic and describe it as weird and coincidental, yet the natural and seamless transition from small to greater. It comes from being open-minded. People might do not know what they do but are responsive and searching to do it as a community. Another informant refers to this as the primal force at the co-housing community. Many strange gatherings become many different ways to be together, which is one of the most important principles. It gives a completely different dynamic than other housing associations that meet at the annual meeting once a year. An enormous number of apartments are built, but rare with a sense of community. The diversity here is what enriches the housing project and the residents show how crucial it is to have a common understanding of that taking care of the concept is important in the community.

The tradition of the co-housing concept was also commented by the informants. Often, they refer to how non-innovative the idea of the shared model is, rather a way of emphasizing the guidelines of how to cohere in a local community, something that can be quite evident. However, the residents and developers highlight the uniqueness of commercial ways forming a co-housing concept. Co-housing has always existed in history but often formed by friends or acquaintances. The residents perceive the commercial way as positively to be a way to expand their network with people they otherwise will not have known, people with different ages, interests, and expertise.

4.1.2 Architecture and physical adaptation

Today, the developers might define the criteria of a good residence by the square meters, view, and the materials. When in a co-housing project, the residents emphasize that the economic and materialistic criteria are not raised as the predominant issue, but the social sustainability. The form of housing contributes to the quality of living, and it may not be the most needed feature to have a green roof or minimized carbon footprint in materials. Nevertheless, an informant mentions that the innovative construction technical solutions may be needed to increase curiosity among people so they can prove what they succeed at, which is the community.

The architecture and its impact on social life were mentioned by the informants. They refer it to be one of the crucial aspects within the sharing model, as it provides beneficial impacts on the social and sharing principles. The architecture also provides ownership as the common areas were adapted to residents' desire and interest that were presented during the participatory process. Sever-


al informants highlight this as a factor that makes them feel the sense of belonging and perception of being at home already at the main entrance to the common area.

The architecture was also referred to provide natural meeting places, which the informants describe as crucial for their social life. All the informants apprise about how they use the common rooms in their everyday lives and the appreciation of the access to those regarding all the informal meetings they had without arranging. The physical facilitation invites all the generations as the functions were adapted to their own decisions. The physical design was also mentioned as a significant proposal that strengthens intentions of "Gaining by sharing" and all the common benefits, as the common facilities are located centrally and the apartments as the satellites around. The architectural model of the housing project was compared with the cluster concept from old Jæren by an informant, as the confusing and chaotic streets, backyards, and places in a cluster made it possible to hideaway. The informant refers to the project as the modern version of cluster development, where people can choose to expose themselves in the central areas or hide in winding corridors and stairwells.

4.1.3 The community against COVID

When in a pandemic situation, a co-housing concept might not be the optimal housing form of minimizing the risk. Hence, some questions about how the residents tackled the situation have been raised. Ironically, the residents apprise that the coronavirus has strengthened cohesion in the community.

The global and national restrictions were held by a Health, Safety and Environment (HSE) group that was created rapidly after the



pandemic assessment. Both small and great impacting restrictions adapted to the house and events were created by the group, which assured infection control measures. Several residents mentioned that they hardly noticed the fear of the virus.

The informants explain the strengthened cohesion as a response to the lockdown, as all the residents spend their day at the Vindmøllebakken without going anywhere. The restrictions and lockdown made the residents creative on arrangements to amuse each other while difficult times. The architecture where terraces, corridors and windows that facing towards the courtyard made it possible to arrange social events while they kept the measures. The residents apprise that several concerts were arranged where many of the residents participated as an audience or performer. The events that they did not expect to be possible or be arranged took place, which made the house more social than ever.

4.1.4 Volunteerism

Volunteerism is a topic the informants point out as crucial within the sense of community and how they interact with each other. At Vindmøllebakken, there are currently 26 interest groups, however, some refer to be more. The variation of groups goes from simple maintenance groups to be based on common leisure. However, whether it is for maintenance or leisure, the primal force to the volunteerism is based on their wish to approach ownership to the place by working together. Although, when neither the interest nor will is there to proceed necessary work, they simply solve it by buying help externally from the communal economy.

They also mention that in their co-housing community, there is no volunteer work and they rather call it the small steps towards a greater gain. They elaborate that the relationship-building does not happen when one sits in a company and drink wine only, but relations and sense of belonging occur around most of what they do, the collaboration of willingness.

At the same time, the volunteerism is assessed differently among the residents. Some addresses that volunteerism might not be at its full potential, as it often is conducted by the same people. The surplus of time and energy the retired elderly have gets exploited. However, the informant adds that this is why the engagement and being creative when it comes to common activities, to include and facilitate to the diversity in every resident. Hence, the residents aim to emerge new and different activities, and sometimes it may arouse interest in people who have not been active before. Some residents refer it as an underlying pressure on finding a balance between what they have surplus to, and what they do for others.

Although an opportunity to improve raises, yet they also underline that there is never a requirement to volunteer, then it would be coercion. It is about the volunteerism that comes from their own interest and will, which others appreciate and contributes in other ways. Some described it as a quality that comes from the freedom they own in their community. The quality of having the opportunity to choose whether they can/want to contribute or not. Having a choice of being alone or together.



4.1.5 Ways of co-living in the community

An informant describes how the community at Vindmøllebakken can be associated with the forms of government. The board becomes the government, the house meetings as the parliament, and all the interest groups as the committees. The residents also present their consensus principles among the neighbors, which is the main communication method. The hierarchy system and consensus principles co-exist in their decision-making process, which is based on democracy. However, the decisions are not electoral but rather process-based. The informant elaborates that an electoral system is not suitable in the co-housing community as it always is a winner and loser, but in process-based decision making, the decisions are made through long negotiations where both parts agreed. It presupposes that everyone should be satisfied with decisions that are made and satisfied with each other. Another resident also emphasizes the weakness around the consensus principle, as it may take a long time before the problem is being solved in a long-term process. People can be very careful and assessing a problem can be difficult.

Nevertheless, the residents point out how the co-living community requires responsibility to whether accept with a disagreement or initiate the change. They apprised that in the community, one has to understand that disagreement will exist, and that is what indicates the diversity as well. However, if one desires to show own opinion that obligates to bring it to action where they need to be raised, either in person, in the house meetings, or to the board. The resident also reflects that nothing in the community comes by itself and everyone has to contribute to creating a good living environment. They also emphasize the importance of always remind each other of what the concept “Gaining by sharing” consist of, and how they should give contents that adapt their lifestyles.



4.2 THE DIVERSITY

4.2.1 Generational diversity

In the topic of generational diversity, several residents could recite the demographical composition. The youngest at two years old, the oldest at 76 years old, 14 retired elderly, 4 children, some students, and the majority at 40-60 years old. Several residents explain that age diversity was more perceived as mostly the elderly, but the diversity got more evenly distributed when the second group of residents moved in. Some also share how skeptical it might be at the beginning. Additionally, they inform that even they were surprised when the distribution got more even. Some also described the generation composition to be a soft transition between the generations.

One in an elderly resident shares that it could be scared to be old and live alone, regarding what might happen. At Vindmøllebakken, each elderly who wanted to get a “caretaker”. This indicates a person who has been given the responsibility of following up on specific seniors, so they have a person to adhere to. Another senior also comments on how the generation diversity impacts the creativity of the community, and how it integrates one to others’ interest. The resident explains that whenever other residents with creativity, energy, and willingness to do something in the group, they participate with great enthusiasm and energy that comes from the sense of belonging. Additionally, the resident adds that it comes from diversity. Another resident comments that another co-housing housing project that limits the age diversity is a strategic mistake.

The informant describes the co-housing model as another way of having several generations in near. The several elderly residents underline the perception of being a part of wide diversity is what makes the seniors healthy – both physically and psychologically. They elaborate that social relationships are the most important contributors to living as proven scientifically and perceived from their own experiences. Additionally, they refer to their community as the opposite of loneliness and solitude. The emphasizing that it is wrong that similar children play the best, it is people in diversity who play the best.

When discussing their previous expectation of the project, a particular example of a multigenerational integration was raised. They described it as remarkable, as it was a celebration of Halloween party they never had celebrated before. However, both retirees and adults in work contributed to a celebration for the classmates of a child resident at the house. The engagement and enthusiasm led to a successful celebration that proved mutual joy of giving - people who gave their interest and talents, and children who received memorable experience.

The residents indicate that when they do something together by the ownership, they hardly notice the age or life situation difference. They become individuals perceived by their personalities, not by the age or their position.



4.2.2 Diversity in interest and expertise

Among the residents, there are not only the age diversity but also diversity in interest and expertise. An informant refers to the commercial way of demographic composition as the main strategy to facilitate diversity. Traditionally, the co-housing community consists of a group of friends or acquaintances and thus are likely to be formed by similarities. Nevertheless, the informant highlights the quality of having wide diversity in both age, interest, and expertise, and how it allows them to have a varied network.

Furthermore, the informant elaborates on the importance of being flexible. It includes in the consensus principles, how the negotiation process stands in central. An individual has to be able to give up what they desire, but also be willing to participate if others suggest an activity that corresponds with one's interest. Several informants indicate that there are infinitely more to capture ideas and activities to do than they thought would be possible. The sharing model keeps the social meetings on the low threshold and convenient for the residents, and they reiterate how nice it is to have the opportunity to get to know someone in a completely different life situation where they create a community together.



4.3 THE NEIGHBORHOOD AND SURROUNDING CONTEXT

4.3.1 Internal perception

The project building is a reuse of an old factory. An informant points out the uniqueness of combining old and new through urban and rural values, and through city and environment values. Furthermore, the informant underlines how those values reflect in the co-housing community, how the residents seek the values of nature but at the same time choose to live in the urban area, and the exact same values reflect on the location.

In the response to the above, several informants mentioned how they value the urban location. Most of all, the connectivity to rapid public transport, public and commercial services, the architecture but at the same time at placed in the most central area. They want to be independent of car use and prefer to walk or cycle to their destinations. The public and commercial services around the area also allow varied social activities with the neighbors, where the informants listed their visit to the theatre, restaurant, and bar as examples that occurred previously. Some also commented on the sense of safety in the area with the service functions at the street level and the human-scaled architectures of 2-4 floors. This is a value that Vindmøllebakken also adapted through elevation and housing forms even though the constructions were higher.

An informant described the co-housing community as a contribution to the neighborhood area, which they perceived as a quality that made the neighborhood a more attractive choice and a new identity to the district. A resident admits that they have not been in the area before even though they lived in Stavanger in 40 years. The housing project became a way of attracting new inhabitants to the area.

4.3.2 External perception

A challenge that might occur between a new housing association and the local area is that those in the housing association interact with each other but not with the existing neighbors around. When the group of people moves in as new inhabitants together, the primer focus of the residents might lay on being familiar with neighbors within the co-housing community, and integration to the existing neighborhood is set aside.

An interview was conducted with a neighbor from across the street. The informant explained it as a new experience, where there were suddenly twice as many neighbors to the local area. The previously neighborhood composition was mentioned to be 30% of those who grew up in the area and will always be there 30% of people who moved there due to the economic situation, and 30% of people who moved there due to the development and availability of the area. Nevertheless, the new neighbors were described as wealthy, reflective, and engaged to work with the internal community within the project, which was distinctive from the existing neighborhood. The informant also points out the appreciation of their effort to integrate to the neighbors around, however, it was elaborated to be separated. Unfortunately, the residents at the co-housing project become more of a unit rather than each individual.

The informant also comments that whenever they held an event, the neighbors from outside can hear the music and watch the crowd, but they do not know what is happening nor if they can drop by. The informant perceives a distant relationship to the internal community and hoping to be more integrated on the individual level in a casual way in the future.

4.4 CHALLENGES

4.4.1 Challenge of space

Despite the social gain, the residents address a few challenges from their experience. The most common challenge was the challenge of reduced space in each apartment. Most of the residents commented on the space difference between the current apartment and previous to be significant, and it was demanding to begin with. Eventually, the residents found their way of utilizing the common area of over 500 square meters, which they have access to as much as their homes. The guest apartments are well utilized as the solution, as well as the workshop where they can build customized furniture. The high ceilings were also mentioned to contribute to the perception of spaciousness.

4.4.2 Economic model

A further challenge of the commercial way of distributing the apartments was raised, which also was described as a benefit previously. The developers and the resident perceived this as an opportunity that at given to everyone, which corresponds to the principles of social sustainability. Anyone who buys an apartment is involved in the community and must share the principles of co-housing. However, participation in the community might get challenging when the sharing model is not in mind and disagree with how the decisions are made. Predominantly, the balance between generosity and tolerance was questioned. Consequently, the informants share how they created formalities based on one year of experience. They elaborate that the statutes and house rules for 40 housing units were conducted based on democracy.

Another criticism was raised when questioning diversity. The residents perceive that diversity within the age and life situation is met. Still, some residents raise a question of diversity within the social and economic situation due to the economic model.

As mentioned, the apartments at Vindmøllebakken are sold commercially and due to the high shared debt in joint property ownership, the apartments are perceived as costly for many. An informant elaborates that diversity is threatened by the economic model when the apartments are not affordable for many, and it is a contradiction to the principles of social sustainability. The informant adds that there should be a regulation to ensure wide diversity within age and social classes. Several informants emphasize the beneficial feature for especially young adults with children but also mentioned it will be economically demanding. Another point was made by an informant, that future co-housing projects should be affordable for all, to equalize the opportunity of choosing such housing form.



CHAPTER 5 CONCLUSIONS

SUMMARIZATION OF FINDINGS
DISCUSSION AND RECOMMENDATION
EVALUATIONS AND FURTHER STUDIES





5 CONCLUSIONS

“HOW DOES MULTIGENERATIONAL HOUSING PROJECTS AFFECT INTEGRATION OF THE ELDERLY?”


The thesis aims to study the multigenerational housing projects and how the planning of such a project affects the integration of the elderly in a community. The three following subsequent questions have been examined; how a multigenerational housing project can be described, how can multigenerational concept contributes to the integration of the elderly, and how the elderly experience multigenerational homes and lifestyles. The examination has been conducted by a literature review, the case study of three multigenerational housing projects, and in-depth interviews of residents at the Vindmøllebakken co-housing project in Stavanger, Norway. The empirical findings form the basis of the discussion and hence the conclusion of the research comes as prior in this thesis.

The literature review and case-studies aimed to collect objective empirical data, meanwhile, the subjective perspectives were examined through the interviews. As the research explores the topic and other areas of intersection between multigenerational practice and community development for the elderly, the contributions, potential synergies, benefits, and challenges for a co-housing project for several generations become visible.

Through the literature review, the background context has been framed such as how multigenerational housing projects can be described, knowledge of age-friendly planning, and the connectivity between the two concepts.

As previously discussed, many works of literature emphasize the main misconception of age-friendly planning as that it only includes the elderly. They elaborate that the concept of age-friendly is mainly about facilitating justice and inclusiveness for the weak people, in this concept the elderly. By prioritizing the elderly, they aimed to include people in all generations as several works of literature refer to - “what is good for the elderly is usually good for everyone” (Waage, Bull-Hansen, Skjerve, & Sørli, 2019, p. 3).

In this sense, the concept of age-friendly planning corresponds to multigenerational practices in many ways. Both concepts are referring to the mutual aim of social engagement, participation, and inclusion. The distinction may lay on the principles of “sharing” and the scope of the “community”. Within the age-friendly planning, the referred community is more of a society that people are “sharing” the facilities without necessarily interact. Whereas in multigenerational practice, the facilities are shared in a smaller community that aims to share not only the objects and places but also the time to interact with each other. Assessing the difference, the concept of multigenerational practice might be more suitable for integrating the elderly is not only the society but to create intimate relations within a local community. However, the knowledge of age-friendliness is as necessary, regarding the integration of the elderly but it becomes more of a part of the multigenerational concept.



Through three selected case projects, the thesis examined how different multigenerational housing projects are practiced in terms of how the projects facilitated multigenerational local community.

As seen, the urban context of the projects does vary, and it may have an impact on the capacity of apartment units of each. However, the capacity may also be affected by the economical capacity of the developers. Additionally, the location also affects service facilities that are included in the projects, the more centrally located, the more services offer the project. In this sense, the project in the city center can contribute more to the community outside and integrate rather than facilitate a private community in the urban area. Challenge may lay regarding the privacy and sense of belonging. When the community becomes open and visible for the public, it may be demanding to create a local intimate relationship with the neighbor, and even see the difference between the neighbor and visitor can be challenging.


Further differences observed are the demographic composition and the determination of it. Mainly, it is parted in two different ways to determine the residents among the three selected cases. One of them is to determine commercially, where the residences are distributed to anyone who buys it and can afford it. This way is practiced at Vindmøllebakken. In this way, the wide diversity among the residents can be challenged, however, the developers aim to ensure it by offering apartments with various floor plans. Although, diversity and affordability have remained questionable.

The other way of determining the residents is by application and selection. Both Helgetun senior homes and Generationernes Hus has this model of distributing the apartments

and the residences are rented, not on sale. In this way, the developers desire to ensure the qualification of the residents, and only the applicants who meet the requirements can reside. Even though it is a way of ensuring diversity, this can be a contradiction to the principle of social sustainability as it is a selection system.

Additionally, the Helgetun housing project in Bergen shows a lack of interaction between the generations to be considered as a multigenerational project. The elderly at senior homes are more involved in the community of the elderly, whereas the children and users of disability center do not share the same facilities nor involved in the community at the same level. Volunteerism can be considered as more cooperation rather than an interaction.

In the interview chapter, the subjective perception of residents at the Vindmøllebakken co-housing project was presented. Predominantly, the residents described the project as interactive and inclusive for all regardless of the generation. The social aspect was perceived as the greatest benefit by the residents, which gives the flaws of low significance. The residents experience the sharing model not as innovative as developers describe it. Nor the particular sense of being environmentally sustainable as the developers' highlights. However, they refer it to be necessary and one of the greatest qualities at the Vindmøllebakken. The model that shares not only the common areas and assets but also the time together is essential to create a sense of community and social inclusion. The commercially distributed apartments gather residents that might not have commonalities and might not have met in other circumstances, but the common principles of sharing gather them together as a local society. The residents also emphasize how they



can experience “gaining by sharing” in their everyday lives.

However, the residents share how they perceive architecture as a crucial impact factor. The developer presents the architecture as one of the four main elements in the sharing model, which corresponds to the perception. Another important impact factor is referred to be the volunteerism, which they describe as “small steps towards a greater gain”. It is assessed as a part of their everyday life rather than work, and progress that creates ownership, a sense of belonging, and what makes a day meaningful.

The informants refer to the diversity as questionable at first, but it got wider when the community got complete with the residents in the second construction phase moved in. The diversity in generations, interest, and experts are perceived as wide. However, some informants highlight the lack of diversity within social and economic status and criticism of economical dimension have been raised.

Another challenge of the project has been raised from external perception. The integration of the residents at the co-housing community might have gone positively, but in terms of the community, outside is not perceived as integrated as desired. The informant described residents as more of a unit rather than each individual, and it might be a factor that distances them from the others. However, regarding the project with only 1,5 years of experience, the residents can be perceived as new to the neighborhood. The issue is crucial to address eventually.

At last, through both objective and subjective empirical data, the multigenerational housing project may affect the integration of the elderly in terms of involvement and inclusion. Either through an application or commercially, the elderly can have an alternative to choose a more social and active life. In this way, they get the opportunity to participate in local society to perceive the sense the community and belonging. It may be a challenge to develop a multigenerational housing project that facilitates all generations, social status, and life situations, but with the adaptive principles of sharing, the multigenerational housing projects will contribute to increasing qualities in people’s everyday life. However, in this sense the willingness and motivation of the residents are crucial. Hence, the suitability of the multigenerational housing concept is dependent on the housing preference of the residents.



CHAPTER 6 DISCUSSION

CONTRIBUTIONS AND POTENTIALS
EVALUATIONS AND REFLECTIONS
FURTHER STUDIES



6 DISCUSSION


This chapter will discuss the contribution and potentials, evaluations and reflections, and potential further studies of the topics that have been examined previously.

6.1 CONTRIBUTIONS AND POTENTIALS

The researched topic has been important to address the urban issues of today. The modern issues of physical segregation have affected social sustainability in the communities. Exclusion and solitudes are normalized, especially among those who show the least civic participation, the elderly. In response, the thesis aims to research a way of physical facilitation to affect the social living environment locally.

The research is unique for its attempt to collect qualitative data in both objective and subjective aspects. In this way, the empirical data is compared to each other within the theoretical framework, business-driven implementation, expected outcomes of developers, and the subjective experiences based on rational practices.

The significance of the literature review is that the chapter attempts to research the connectivity of two concepts of multigenerational practices and planning for the elderly. In terms of interpretations, the concepts are examined by differencing the similar terms and define the concepts in relevance to the thesis. The multigenerational practice has been discussed in the light of creating a sense of community and social interactions. In this way, the relevance increases by emphasizing the potential outcome of the multigenerational practices to engage interaction between people in different generations to approach community development. Additionally, the engagement and involvement within a shared community are being underlined regarding the sustainable development goals towards building a healthy, socially inclusive, and sustainable communities.



Meanwhile, the concept of planning for the elderly was put in the context of integration before isolation, which raises criticism of projects that aims to gain social sustainability by limiting the residents' interaction with other generations. Both the works of literature and interview of residents refer to those as a strategic mistake that results in age-segregated and monotonous. The section also emphasizes several benefits of the integration of different generations to stimulate and inspire one another, especially how diversity exploits the benefits of mutual resource utilization, shared learning, and relationship across the generations.

The research of case-studies attempts to present the implementation of existing multigenerational housing projects and expected outcomes to compare the characteristic of the selected projects. The three selected case projects had different concepts within the multigenerational practices and shared the different implementation strategies such as determination of demographical composition, location context, and even the progression of the projects. The details of each project can be utilized to be adopted in the further development of such a project. Furthermore, emphasis on the benefits and improve challenges they had to achieve greater results. The context adaptation may vary according to the authorities' desired discourse. In this sense, the benefits, contributions, and challenges experienced by the residents at Vindmøllebakken can also be applied.

Potentially, the limitation of integration can be raised, in terms of not only integrating internally but also externally with the existing neighborhood. As examined, a challenge might occur when creating a strong intimate community within the project buildings as it can separate the community from the context. The perception from the outsider should be taken thoughtfully to achieve mutual integration to the existing community. The relationship might not be on the same level, which is naturally that one has a stronger connection to the ones who share the most. However, the internal and external communities should not be perceived as separate units to develop sustainable communities on a greater scale as well as the communities on a smaller scale.

6.2 EVALUATIONS AND REFLECTIONS

The research of the thesis has been demanding due to its complexity of combining three different methods, in a way to quite generic terms and wide research area within the research question. The subsequent questions were crucial to approach the prime aims.

In response to the above mentioned issue, the main limitation of the research has been defining the research scope, especially in selecting the case projects. The three selected projects were chosen by their uniqueness. Examination of a more unique project can provide new aspects within the realm of research. However, lack of knowledge in the definition of multigenerational practice and lack of information, the Helgetun senior homes were concluded to be not qualified as a multigenerational housing project. In this sense, the research attempted to analyze it in terms of multigenerational practices and community development, which corresponded to only one of the concepts, the last mentioned. If the issue was identified in an earlier process, another case could be analyzed to compare multigenerational housing projects. However, the project examined was utilized to map differences within various community development projects.

Another limitation of the concept will be the economic aspect of being affordable for all. Some informants from Vindmøllebakken referred to an economic challenge to originate from the material use and other facilitations to achieve environmental sustainability. In this sense, another informant mentioned it as an attempt they do not notice in their

everyday life, other than attracting attention from the media and stakeholders. Naturally, it is a goal of every housing project to achieve sustainability, including the environmental aspect. However, the development should not negotiate with other sustainability pillars. Following the above, as the works of literature and experiences from existing projects underlines, further development of such housing projects is necessary to offer more varied and affordable housing that can provide opportunities for being more socially participated. According to the demanded responses to the existing projects, there is a lack of supply to meet the housing preferences that support community development. Certainly, not all housing projects need to conceptualize the multigenerational practices and social interactions, but the dominance of segregated housing development needs to be more varied with housing projects that aim for local community development, social inclusiveness, and building relationships across the housing units and generations.

Challenges and questions about the ways of demographical compositions were raised during the thesis, and how it can be contradicted to the principles of inclusiveness and social justice in sustainability. From a planners' perspective, the wide diversity in the composition might be ensured by regulative planning rather than being driven by the business market. The market-driven composition does not ensure diversity but contributes to a community that segregates based on economic status. In this way, the housing can be more affordable as well.



6.3 FURTHER STUDIES

The multigenerational housing projects are still a recently developed concept in Norway, and to compare the expected outcome of the developers and what the resident perceives might be challenging due to the lack of experience. It would have been interesting research to study the impact of the concept on residents' experience in the long-term perspective.

As mentioned previously, the economical and social aspects might have neglected to achieve high status within the environmental perspective. Research that elaborates on this issue can be a huge contribution to society. When the qualities of each pillar in sustainability can be met equally, the further development of housing projects might offer more suitable housing forms to the preferences of people.

Another interesting finding of the thesis has been the external perception of community development projects. Further research on this topic should gather more generalized perceptions by several neighbors from outside of the housing project rather than only one. Based on the empirical data, the research can elaborate on how the integration of such projects to the existing neighborhood can be affected.



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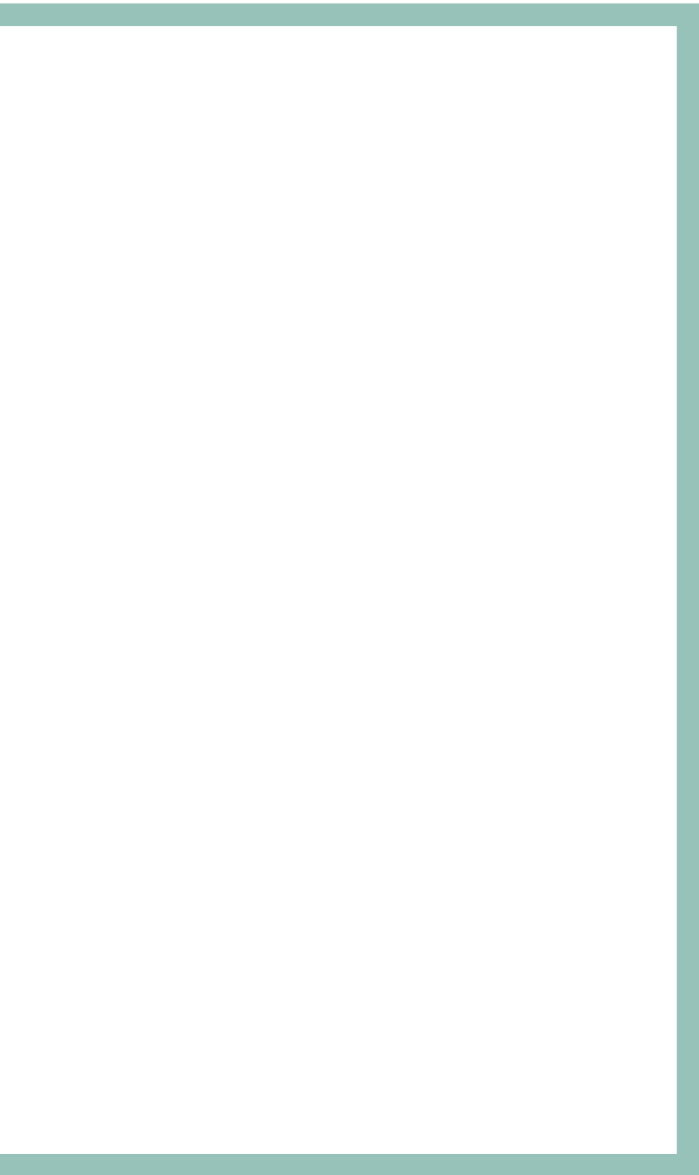
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APPENDIX

I: INTERVIEW GUIDE
II: TRANSCRIPTIONS



APPENDIX I: INTERVIEW GUIDE

1. Personlige spm?

- 1.1 Hvilken aldersgruppe tilhører du i bofellesskapet?
- 1.2 Hvor mange personer bor det i deres boenhet?
- 1.3 Hvordan pleide du å bo før du flyttet hit?

2. Konsept opplevelse

- 2.1 Du er jo kjent med vindmøllebakkens hovedkonsept, «Gaining by Sharing», hvordan er dette konseptet praktisert?
- 2.2 Hva synes du er den beste gevinsten ved dette konseptet?
- 2.3 Hva har vært den største endringen etter du har flyttet hit, både positivt og negativt? (Har du opplevd noen ulemper, og hvilke?)
- 2.4 Hvilke forventninger hadde du til konseptet og bofellesskapet, og har den levd opp til forventninger? (Hvilke faktorer ved vindmøllebakken var det mest avgjørende for innflytting?)
- 2.5 Hvordan opplever du at situasjonen med COVID-19 har forandret på deres utbytte av konseptet på bofellesskapet? (Livsstilsendring, begrensning av delingskonseptet, innført noe nytt til konseptet?)

3. Intergenerasjon

- 3.1 Hvordan forventning hadde du til å bo så tett med mange andre generasjoner?
- 3.2 Hva synes du om mangfoldet blant beboere?
- 3.3 Hvordan opplever du det sosiale miljøet bofellesskapet og blant beboere?
- 3.4 Hvordan organiseres fellesoppgaver for vedlikehold eller aktivitet/arrangement?

4. Forbedring

- 4.1 Hadde du anbefalt slike boformer for andre bekjente, og i så fall hvem tror du hadde mest nytte av det?
- 4.2 Hvordan tror du at relasjonen mellom ulike aldersgrupper kan styrkes?
- 4.3 Hvilke tanker har du om forbedringspotensialet for denne boligen?

APPENDIX II: TRANSCRIPTIONS

Four of six transcriptions are attached due to the private reasons. However, even though they are not attached, all of the interview has been used to analysis.

TRANSKRIPSJON AV INTERVJU 2

Tid: 5.juni.2020, kl.10.00-11.00

Sted: Pedersgata 130, 4014 Stavanger.

(00:08) Samtykker du opptaket av samtalen vår og at det skal kun være i bruk til intern bruk i forbindelse med masteroppgave?

(00:10) Jeg samtykker i at samtalen kan tas opp på bånd.

(01:07) Ville du ha fortalt litt om deg selv og deres boenhet?

(01:22) Jeg er i slutten av 60-årene og sammen med min ektefelle, har vi bodde her i 18 måneder. Vi er pensjonister. Leiligheten vår er en mellomstor leilighet. Det er noen som er oppe på 92kvm og den minste er på 20kvm. Leiligheten går over to plan og vi har en hund.

(02:00) Kunne du ha sagt om hvordan dere pleide å bo før dere flyttet til Vindmøllebakken?

(02:06) Vi har flyttet flere ganger, men de siste 12 årene kommer vi fra en leilighet i en annen bydel. Da flyttet vi fra 120 kvm, og ingen fellesareal. I dag, har vi 75 kvm pluss 530 kvm fellesareal. Da har vi da litt over 600 kvm hvor jeg kan gå rundt med mine tøfler. Dette er da et bokonsept hvor bofellesskapet og fellesarealene er jo radikalt annerledes enn det vi kommer fra. Vi har da valgt å flytte til en leilighet med mindre plass og et soveværelse. Før hadde vi to soveværelser. Barnet vårt bor i byen, bare 500m vekk fra oss. Så det er ikke aktuelt at hen kommer og bor hos oss, også er det jo to gjestehybler som vi kan bruke når vi har behov for det.

(03:19) Du er jo godt kjent med konseptet «Gaining by Sharing», hvordan synes du at konseptet blir praktisert her?

(03:27) «Gaining by Sharing» er primært et konsept for utbyggere, planlegger og tidlig fase, så når jeg hadde flyttet inn, så synes jeg ikke at den angår meg så mye som de som arbeider og eier konseptet. Men de snakker jo om fire former for bærekraft: miljø, økonomi, sosial og arkitektur. Arkitekturen i Vindmøllebakken er jo kritisk viktig, men vi har jo egentlig overtatt den. Det er jo akkurat som å kjøpe sko. Du bygger ikke om skoen din, men nå er det snakk om å få liv i skoen og få den til å passe. Sånn at «Gaining by Sharing» tror jeg at det er veldig bra, den sier jo at en skal få fordeler ved å bo og ha en boform hvor en kan dele. Den delingen er jo veldig mye knyttet til fellesareal, og er veldig konkret, de kvadratmeterne og forskjellige typer rom. Men også dele sosialt, og være til stedet for hverandre sånn at den får betydelig trivelsefaktor.

(05:40) Det har jo vært veldig lang planleggingstid hvor de har hatt workshops. Jeg har gått glipp av de første, men vi deltok i noen workshops halvt år før vi flyttet inn. Så da vi hadde flyttet inn, var jeg godt kjent med svært mange. Første inntrykket var da vi var i ferd med å de naboene vi skal bo sammen med, både gjort noen planleggingsmessige endringer og knyttet sosiale kontakter. Også var det et interimstyre, som jeg var leder av. Da syntes jeg at det var fin introduksjon til å flytte hit.

(06:40) Hvordan ble dere kjente med prosjektet?

(06:49) Enda lenger tilbake, hadde jeg en høy stilling i en forening. Da var jeg med å flytte kontor fra Eiganes til Våland. Da fikk vi enda større eiendom og en stor tomt, da hadde jeg lyst til å bygge boliger. Men så synes jeg og styret at foreningen er ikke en boligbygger. Sånn at vi måtte finne noe som hadde noe med foreningen og gjøre. Vi landet på å bygge noe tilsvarende dette (Vindmøllebakken). Det var fellesarealer og en del av foreningens verdier kom inn og ble synlig til det konseptet. Jeg var innstilt på å flytte dit, men så ble det nedstemt i et årsmøte og prosjektet ble skrinlagt. Da var det i svevet og hadde lyst til dette. Jeg hadde visst om dette prosjektet og den var da under planlegging samtidig. Da valgte vi å kjøpe her

(08:08) Hva synes du er den beste gevinsten ved konseptet?

(08:12) For meg personlig, var det to ting: vi flyttet jo fra en dyr leilighet til en billigere leilighet sånn at vi kunne bli bjeldfrie da vi ble pensjonister, og flytte fra et konsept hvor vi kunne ha blitt sittende mye alene til et prosjekt som jeg tenkte å bli mer sosialt. Og slik ble det og.

(08:46) Hva ville du ha sagt har vært den største endringen, både positivt og negativt?

(08:54) Det positive har det blitt bedre sosialt. Noen har vi flyttet med, som vi kjente fra før og så ble vi kjent med ganske mange nye. Det er forskjellige generasjoner her selv om det er myke overganger. Det er positivt at det er unge og gamle rundt oss og det er stor kreativitet til å finne på ting sånn at det er travelt. Også har jeg blitt valgt som styreleder, som også tar nok tid. Det er et stort ansvar å ha fordi dette kalles for et pilotprosjekt, som betyr at det finnes ingen referanser og kan ikke ringe noen for å få råd. En må bruke styret og husmøtene som vi har, sånn at vi blir veldig avhengige av å løse våre egne problemer. Men det har vi kanskje fått til.

(12:02) Hva synes du er den viktigste drivkraft i konseptet og bofellesskapet?

(12:15) Det er jo bofellesskap som har resepsjon, selskapslokaler, avis, kaffe og kanskje resepsjonist. Jeg tror kanskje mye av drivkraften her er at for det første, ønsker vi å gjøre det selv. Det er forskjell på å komme til et bord du blir servert enn å komme til et bord hvor du har laget maten selv. Hvis du tenker det og forstår det i alle aktivitetene, at vi skaper alt selv. Det er ikke dugnader om høsten og våren, men det er dugnad hver dag. Og vi kaller det ikke for dugnad, for det blir mange små skritt enn to store. Den aktiviteten som skjer her som er fordelt på mellom 27 aktiviteter, etter hvordan en vil definere ting. Det samarbeidet skaper relasjoner. Sånn at relasjonsbyggingen skjer ikke når en sitter i selskap og drikker vin, men relasjonsskapet skjer omkring det meste vi gjør. Sånn at det blir en landsby effekt.

(13:45) Var det slik at du hadde noen forventninger til bofellesskapet før du flyttet hit, og hvordan har de stått til?

(13:57) Jeg tror de forventningene var der, ellers hadde jeg ikke turt å gjøre det. Men jeg var ikke sikker på hvordan det ville bli. Det var jo elementer og kjempegode usikkerhet, men i teorien tenkte jeg at jeg må gi avkall til noe av mine forventninger, og så er det noen andre som finner på noe som jeg ikke hadde forventet og så jeg får lyst til å gjøre, og så må en være litt fleksibel og da kan det bli bra. Det har jo for så vidt slått til og det er uendelig mye mer tilfang av ideer og ting å gjøre, enn det jeg har trodd er mulig. Og jeg har ikke mistet særlig mye av det jeg har lyst til å gjøre.

(14:54) Hvordan opplever du situasjonen med COVID i bofellesskapet?

(15:02) Vi var godt organisert. Vi hadde jo en HMS-gruppe ved siden av styret, som når det skjedde, slo vi detosammen og slik fikk vi en beredskapsgruppe. De leste seg opp på

folkehelseinstituttets regler for smittevern som vi praktiserte. Sånn at den helsemessige biten har vi hatt veldig god kontroll på, med avstandsregler, og når vi lagde fellesarrangementer måtte de bli godkjent i forhold til disse reglene. Vi har også som styre utfordret eller motivert alle til å være kreative, spesielt i påsken da vi var så mange hjemme. Ingen kunne jo reise på hytta på ferie. Vi hadde en beboer som dempoet gleden med å bo her, men vedkommende flyttet ut og deretter gikk det ikke så mange dager etterpå at det kom COVID. Sånn at ikke bare det at vi kom oss opp til overflaten igjen og begynte å finne oss selv, men dette viruset har skapte en energi som gjorde at jeg ikke har hatt det så kjekt noen gang, som i disse månedene. Vi har funnet på så mange sosiale aktivitetene som vi ikke trodde var mulige, og det er veldig god stemning akkurat nå.

(16:56) Det ble etablert et sangkor tidligere i vår, som bare ble noen måneder gammel før viruset kom. Det var i forbindelse med et annet prosjekt. Når viruset kom kunne koret ikke kan øve sammen. Men på grunn av arkitekturen og gårdsrommet, fant vi ut at det kan være noen på bakken, og noen i vinduer og terrasser over 4 etasjer. Det ble som et stort konsertrom. Så når du fordeler alle og alle synger mot gårdsrommet, så har du jo da avstanden. Vi hadde da en dirigent og de har sunget hver dag fra 15.mars til 16.mai, fra kl.19 til kl.19.15. På 17.mai sang de da kl.13 da NRK kom og filmet det, så det ble sendt på riks-TV kl. 15. Det var jo en annerkjennelse av store dimensjonen at NRK valgte å sende det som en del av 17.mai sendingen til nasjonen. Så da var vi alle veldig stolte tror jeg.

(18:36) Vindmøllebakken sine utbyggere og arkitektene er jo veldig på at prosjektet skal bli kjent og veldig på i mediene, hva synes du om såpass mye oppmerksomhet?

(18:59) Personlig prøver jeg å ikke bli for opptatte av det, men jeg gleder meg veldig for bofellesskapets vegne. For jeg tror at vi gjør noe som har litt risiko i seg, at det er et pilotprosjekt og det er noe ukjent over det. Så har vi jo behov for å lykkes, og behov for at andre kan se at vi lykkes, og at det kanskje kan endre en del og tilføre noen radikale tanker. Folk flest er konservative når det gjelder boform og velger trygge ting. Det bor altfor mange folk i ordinære leiligheter som er definert av utbyggerne. Det handler om alle kvadratmeterne, utsikt og de materielle kriterier som bestemmer om du bor bra eller dårlig. Vi bor i et bofellesskap, hvor kanskje de økonomiske og materielle kriteriene ikke er så uttalt for vi er mer opptatte av sosial bærekraft. Vi har lite tradisjoner i Norge for å definere hvordan du bor slik. At boformen bidrar til det å være lykkelig. Vi forventer ikke at det blir takgress av bygging av bofellesskap, men kanskje folk har blitt mye mer nysgjerrige, kanskje byplanleggere har blitt nysgjerrige, og jeg tror det vil bli bygget mer bofellesskap.

(20:55) Vi får mye besøk fra andre kommuner. I et arkitektblad hadde vi en kritikk som ble veldig positiv. All den interessen vi har fått fra besøkende organisasjoner og personer ble beskrevet som en form for turisme. Vi har jo tre personer som tar imot gjester so besøker oss for å høre om bofellesskapet. Og så fyrer vi opp debatter intent sånn at vi kan diskutere om hva vi holder på med.

(23:06) Hvordan forventning hadde du til å bo så tett med andre generasjoner?

(23:20) Vi har et barn på 40årene, og han har ikke giftet seg så vi har ikke barnebarn. Så jeg har hatt en liten forestilling om at det er et stort savn hos min ektefelle. Jeg vet ikke om det er så stort savn hos meg for jeg har ikke erfart hva det er og vet ikke helt hva jeg går glipp av. Men jeg har ikke lyst til å sitte i en leilighet i Bjergsted og synes synd på meg selv for at vi ikke har barnebarn. Så det å flytte hit hvor det er flere generasjoner, istedenfor bare flytte inn med bare gamle, har vi fått mange barnebarn. Så har vi kanskje gått inn en annen dør for å få unge og barn rundt oss. Det oppleves godt å ha mange generasjoner rundt oss.. Jeg tror det er

helsebringende å ha forskjellige aldre rundt seg, akkurat som i en landsby. For meg tror jeg at det hadde blitt veldig kunstig å flytte inn hvor det bare er folk som er eldre slik som oss. Jeg tror det at vi holder oss unge ved å få lov til å være sammen med de unge. Vi gleder oss og at vi kan være sosiale med disse som er yngre enn oss, at vi kan oppleve ting sammen, gå på tur sammen og ha måltider sammen. Selvfølgelig blir vi ikke yngre av det, men hvis det er viktig å bli gamle, ha god helse og hvis du har lyst til å ha et langt liv, så er det vel både bevist vitenskapelig og jeg opplever sånn selv at de sosiale relasjonene du har er de viktigste bidragsyttere for å leve lenge, altså det motsatte av ensomhet. Tenker som en pendel, der er det ensomhet og det vi gjør akkurat på andre siden. Den helsebringende delen er da flere generasjoner enn at folk er like. Det at like barn leker best, er jo feil, det er bare en myte. Det er ikke like barn som leker best, det er personer i et mangfold som leker best.

(25:50) Hvilke tanker har du om mangfoldet i alder blant naboene her?

(26:24) Jeg tror at denne miksen her er veldig viktig. Det er jo en del mindre forpliktende bofellesskap eller lignende for 50+ og 60+, og det tror jeg er strategisk tabbe. Da har de sikkert tenkt på at de skal ha vinklubb og andre felles aktiviteter som er tilrettelagt av noen andre enn dem selv. Det kan være at de vinner noe, at det ikke blir så ensomt, men de mister landsby effekten. Mangfoldet er litt mindre.

(27:20) Det er jo 57 mennesker som bor her, og vi har 25 definerte aktiviteter som skjer her. Det betyr at det er veldig stort tilbud, det er noe til alle. Vi måler ikke hvor mye innsats folk gjør. Folk har forskjellig former for engasjement, noen engasjementer kan være glitrende i møter mens noen andre kan bidra med praktiske ting de gjør hver dag. Så har vi disse husmøtene som er vedtektsbestemt at vi skal ha. Vi har fulgt opp denne ordningen med månedlige husmøter veldig lojalt. Det var jo definert og lagt inn i vedtektene av utbygger før vi flyttet inn. Det blir litt som regjeringen er styret, og stortinget som er husmøtene. Det har gått forbausende bra. Vi har etablert grupper hvor beboerne kan gå inn og ut av disse når en vil. Noen grupper er kanskje litt sånn at de lukker dørene og skjermer seg litt, enten fordi det er faglig begrunnet eller bare at de har det så kjekt at de prøver å skjerme seg. Så må vi ha oppgjør med det. Da har vi hatt noe som vi kaller for workshop, som er noe annet enn husmøte. Husmøtene skal kun ta stilling til hverdagsutfordringer. Mens i en workshop kan vi jobbe med langsiktige ting som om vi er vi demokratiske nok, er vi organisert på den rette måten, trenger vi en visjon, hva er de store målene og hvilke veier går vi. Da er det styret som er ansvarlige for å arrangere og lede workshopen. Vi sjal ha en workshop til høsten for da har vi 1,5 års driftserfaring og skal evaluere oss selv på et vis. Kanskje ikke så veldig vitenskapelig, men iallfall sånn at alle føler at vi har tatt oss selv på alvor og utfordret hva vi har valgt å gjøre og hvor vi vil gå videre. Også tror jeg ikke at det blir så mange endringer, men bare lufter litt kritikk, og blir litt tryggere på veien vi går. Vi har husordensregler og en bestemmelse om at en diskusjon kan være bra, og uenigheter og konflikter og, men blir det for stor konflikt ønsker vi å løse det på lavest mulig nivå internt før vi om nødvendig søker hjelp fra utsiden.

(30:26) Det er kanskje en forskjell på å ha mange ulike tilbud i aktivitetsgruppene og at de tilbudene skal legge til rette for at ulike generasjoner skal kunne samhandle. Hvordan det er fordelt her?

(31:08) Som policy, kan alle melde seg inn i der de har lyst til å være og ingen som skal bli stengt ute. Da må man heller være i en gruppe lenge nok til å føle at det var visst ikke noe for meg allikevel. Men ofte at en har funnet det ut selv. Jeg har aldri hørt noe om at noen har blitt byttet ut eller kastet ut. Men det er jo både kroppsspråk og ting som blir sagt, sånn at folk kanskje gjør seg sine egne tanker om hvor de er velkomne. Det har ikke skapt støy eller konflikt, men

det er ikke mer enn at når du har en nabo eller når du velger hvem du sitter ved siden av på bussen. Du gjør små valg hele tiden og det gjør vi her også. Det er ikke noe vi diskuterer, men er en naturlig del av at vi er forskjellige. At vi søker jo litt sosial trygghet med at man velger å være i en gruppe man tror er velkommen. Det blir som sagt mye og måltider i den uformelle hverdagen, sånn at en kan velge hva man har lyst til å bruke tiden på.

(33:40) Hadde du anbefalt slike boformer for andre bekjente, og i så fall hvem hadde hatt mest nytte av det?

(33:49) Ektefellen min har jo to venner som flyttet hit. Men de fleste vennene av oss kommer jo her og sier de politiske korrekte tingene, at alt er så kjekt. Allikevel, menneskene naturlig forsvarer sine egne valg. Så uten at vi ber om det, så forteller de hvorfor de velger å bo sånn som de bor. Det er omtrent sånn som å kjøpe en bil. Når du skal kjøpe en bil så er alle bilene aktuelle, men når man har valgt en bil så er det bare en bil som er riktig. Det blir litt sånn når man snakker om boformer og. Man forsvarer sine valg.

(34:37) Har du noen ideer om hvordan relasjonen mellom ulike alder kan styrkes enda mer?

(34:52) Vi har hatt en Halloween selskap her i høst grunnet et barn på 10 år her. De var opptatte av det på skolen også tenkte moren at vi kunne lage et Halloween selskap her for barnet og inviterte hele klassen. Det førte jo til at vi i alle generasjoner, ikke minst de eldre, jobbet i tre dager for å bidra her. Jeg har aldri sett et så omfattende Halloween arrangement. Og gleden av å glede andre. Det kom en klasse og foreldre, hvor de fikk mat og det ble lagt en tur så de kunne gå på oppdagelsesturer. Ektefellen min ble bedt til å være en sånn gråtekone. Hun satt øverst oppe i takstuen, hvor vi dyrker grønnsaker, hvor hun spilte en rolle som hen diktet opp selv. Hun synes det var litt irriterende for hun var ikke så motivert til å gjøre det. Men når hun da fikk besøk av disse barna, sa hun at hun var 100 år og bare hadde spist grønnsaker hele livet sitt. Det utviklet seg til å bli så fascinerende at når hun da hadde gjort det flere ganger til forskjellige grupper som kom opp, og hørte at det var den seansen som de snakket mest om på skolen dagen etterpå, så tror jeg at hun hadde glemt at hun ikke hadde lyst og tok det som at det var den positive opplevelsen.

(36:48) Har du noen tanker om forbedringspotensialet til boligen, generelt?

(36:56) Det er ikke noen alvorlige hull som skal tettes eller problemer som skal løses. Men det er en ønskeliste, og naturlig nok vil det alltid være. Jeg ser jo på dette som organisk og ikke fastlåst. Nå skal vi skrive en årsrapport for 2019. Allerede nå vet vi jo at neste års rapport vil være mye mer spennende på grunn av at det har skjedd så mye i det første halv året. Men når man har holdt på i ti år, så tror jeg at en vil se en stor utvikling. Men det er klin umulig å fortelle om hvordan den vil bli nå. Det er akkurat som når et menneske utvikler seg over 10 år, og da vil jo et bofellesskap gjøre det og. Vi er jo en organisme og en organisasjon. Vi visste jo ikke at COVID skulle komme. Vi visste ikke at det skulle bli en finanskrise at det å bo her var en rimeligere boløsning enn i en dyr leilighet. Folk kan betjene gjelden sin her, på en måte på grunn av den finansierings modellen vi har. Jeg tror det kommer til å være en sakte positiv utvikling for vi har ikke tatt opp noen lån for å kjøpe møbler eller treningsutstyr og sånt. Vi bruker bare av de midlene vi betaler for hver måned. Og dermed må vi være mer tålmodige med å møblere alle rommene eller oppgradere de eller hva det måtte være.

(38:53) Vi har jo hatt konserter her ute i gårdsrommene, vi har hatt 7 konserter. Nå kommer det en konsert her 11.juni. Og da betaler vi kanskje 200 kr hver, til kunstneren og får en veldig privat og sjelden opplevelse som ingen annen boform i Norge opplever. På grunn av hva arkitekturen gjør mulig, og hva COVID har gjort mulig med at vi står i flere etasjer.

Det blir spennende å se hvordan det fungerer. Helen og Hard, arkitektene her, har jo også vunnet en konkurranse som de skal stille ut i Venezia biennalen for arkitektur. Det skulle ha vært et i år, men nå har det blitt utsatt til neste år. Men vi har jo plan om å reise dit, 10-12stk. vi har jo flybilletter til Venezia, men det er ikke noen utstillinger i år, så da blir det sikkert en vennetur. Vi skal også besøke to naboer her i Vindmøllebakken som har en liten vingård i Piemonte som da er 8 timer med tog i fra Venezia. Så skal vi kanskje dra neste år og, for da er det jo arkitekturbiennial. Ettersom utstillingen skal vise et bofellesskap ble vi invitert til å lage en film fra Vindmøllebakken for å vise den i Venezia. Vi fikk være med på å produsere denne filmen og nynne en melodi i filmen. Og så, når det ble utsettelse og mer tid, fant en ut at istedenfor å nynne en melodi så ble det laget en tekst til melodien. Plutselig er det et år til biennalen så hadde vi da god tid, så skulle vi synge over på Tou Scene på et profesjonelt studio, som vi tok en hel kveld for vi fikk profesjonell hjelp så da ble det bare bedre og bedre. Sånne eksempler er det hele veien, rare ting som skjer. Det er akkurat som når du triller en snøball, der første lille biten har du laget, men hvor stor den blir og hvilke veier den går, det vet du ikke. Så det blir spennende å se.

TRANSKRIPSJON AV INTERVJU 3

Tid: 5.juni.2020, kl.11.30-12.00

Sted: Kanelsnurren Stavanger Øst, Ryfylkegata 22, 4014 Stavanger.

(00:08) Samtykker du opptaket av samtalen vår og at det skal kun være i bruk til intern bruk i forbindelse med masteroppgave?

(00:42) Det er greit. Det kan også brukes ikke-anonymisert.

(01:30) Hvor mye tar du del i bofellesskapet og hvor mye kontakt har du til dem?

(01:40) Det er både det at vi deler samme oppkjørsel, og vi driver med næringsvirksomhet som går utover kvelden, mye lyd og sånt. Så de er jo tette naboer sånn sett. Det er også sameiet hvor vi er med, og de er med, også er de gjester. Så det er fem forskjellige kontaktpunkter. Også er vi naboer, de har jo forandret nabolaget ganske mye når de kom.

(02:18) Hvilke synspunkter har du om effekten av bofellesskapet i nærområdet?

(02:23) Det ble jo plutselig dobbelt så mange naboer. Det var et gammelt, fattig område. Det bor jo 30% av de som bor der, henger jo igjen fra at de alltid har bodd der. Også er det vel 30% som har flyttet dit fordi det er billig, og 30% som har flyttet dit fordi det er kult, fint og nært. Det var den miksen som var i området før, også kommer det 100% nye som er både velstående, reflekterte og jobber med å skape sitt eget nabolag internt i den blokken. De prøver å ta litt kontakt med omgivelsen og, men det blir veldig adskilt. De blir en enhet, de blir ikke enkel person.

(03:35) Hvilke forventninger hadde du til å åpne en restaurant der? Var det et bevisst valg av plassering?

(03:48) Ja, for en av grunnleggerne av bofellesskapet eier restauranten. Så den ble jo satt der for å skape liv og næringsvirksomhet. Hun valgte da vårt konsept fordi det drives bærekraftig og har de samme verdiene som bofellesskapet har.

(04:30) Helt fra begynnelsen av var det tenkt at arkitektene Helen og Hard skulle ha kontor der. De som har tegnet og bor der. Men det ble for lite for dem. Så da ble det lagt åpent, også valgte de da en restaurant. Da var de gründeren som valgte at det skulle være vår restaurant.

(05:03) Hva synes du om konseptet, «Gaining by Sharing», og hvordan har det vært samarbeidet med bofellesskapet?

(05:17) Det har vært veldig fint. Jeg synes konseptet virker kjempespennende. Det var gøy å se i begynnelsen når de skulle gå seg til, men jeg merker at etter korona at de har blitt veldig samkjørte. Funnet sin rytmer og utstyr og sånt. De har vært veldig positive til restauranten, og veldig medgjørlig på det meste.

(05:50) Har det vært mye påvirkning fra beboere til restauranten?

(05:55) Nei. Bare som gjennom at de er gjester og vært positive. Litt mer som at du kan ikke ha for mye åpent og lunsj i tillegg, men når korona kom og at vi måtte det, var det ikke mere snakk om det. Vi deler jo inngang så det kunne vært mye trafikk. Det er ingen som har klaget på at det er lyd og. Så det har vært veldig bra.

(06:47) Hva synes du har vært den beste gevinsten av plasseringen?

(06:56) Det er av at det er gammelt fabrikkbygg og har det unike møtepunktet av gammelt og nytt gjennom urbant og landlig, gjennom by og miljø. Det synes jeg at bofellesskapet reflekterer og, de verdiene. At søker ut i naturen, men velger å bo i byen. Og det gjenspeiles i lokasjonen.

(08:09) Hva synes du om mangfoldet i aldersgruppen på besøkende på restauranten?

(08:14) Det er kjempefint å se. Alt fra 15 åringer til 90 åringer. Men det er jo mest damer i rundt 45 års alderen. Det begynner å snevre seg litt inn, og jeg er litt bekymret for det.

(08:39) De (naboer på bofellesskapet) er bare kunder på vanlig. I begynnelsen var det bra, men nå kommer det så masse folk.

(08:55) Hvordan opplever du det sosiale miljøet i bofellesskapet?

(09:02) Det tror jeg har vært en humpete tur, men det virker som det er bra nå. Underforutsetninger synes jeg at de har klart det kjempebra. Det virker som det er godt sosialt miljø. Vi har jo en som jobber hos oss fordi en av de gamle damene sa «han her sitter for mye for seg selv, kan han jobbe hos dere?». Vi har ikke noe strukturert samarbeid, men ... (det er nabolagskap). De har mye av møter og sånt, men de blander lite av det innpå oss eller andre naboer.

(10:06) Som nabo på andre siden av gaten, hva synes du om konseptet og hvordan har de påvirket nærområdet?

(10:33) Jeg er både og. Det har for så vidt vært bra, men jeg synes de er for mye en enhet. Bli for lite individuelle personer. Det kan jo hende at andre naboer har en annen oppfattelse. Allikevel, når de inviterer til noe, for eksempel 17.mai, blir det veldig de og de, som er litt teit egentlig. Det er ikke åpent. Vi hører noe synging og musikk, men du får ikke med deg hva det er eller om det er greit å gå innom. Det er jo sånt at Vindmøllebakken er jo gammelt området, og den vindmøllebakken veien er jo bak der igjen. Det er noen som er sånn «hvorforskal de prate om vindmøllebakken og ta eierskapet til det navnet». Det er jo mange flere som har eierskap til det navnet. Så vi tuller litt om at en av naboene er ordføreren i «Vindmøllebakken» og ikke de.

(12:09) Det blir ikke så mye snakk heller, for i dette området lar vi de andre være i fred. Det er lite snakk. Folk er forskjellige. Det tar tid å komme inn på de naboene. Jeg bodde der 3-4 år før jeg kom i gang skikkelig. For først så sjekker man ut hva de driver med, og sakte, men sikkert begynner man å prate.

(12:40) Er det slik at du hadde hørt om konseptet før de begynte å planlegge

(12:46) Nei, men det hadde jeg ikke heller gidde eller tror jeg. Så det ble jo skapt på plassen, sammen med Siv Helene og Sissel og gjengen. Jeg var jo med på de første møtene når de pratet om det, som interessert, men mest som at det var spennende når det kom og hva det er. Også hadde jeg ikke gjort det hvis ikke jeg var i nabolaget.

(13:29) Jeg forstår det som at du har full forståelse for bofellesskapets konsept, er det noe som du kunne ha sett for deg for deg og familien?

(13:35) Ja helt klart. Jeg ville ha nok gjort det mer landlig med litt større areal, uteområder og flere arbeidsoppgaver som var faktiske arbeidsoppgaver. Det virker litt som at det er «vi må lage en jobb for å ha en jobb», men mer som at 100kg poteter som skal inn. Hvis ingen gjør det så blir det ikke gjort. Da er det litt lettere å dirigere og strukturere opp et samfunn sånn. (Hvis man ikke har tid til å bidra direkte) kan de bidra på andre måter, for internt pengesystem eks.

(14:35) Hvordan ville du forklart måten boformen påvirker småbarnsfamilie?

(14:45) Det er jo helt topp. Da får de jo både fysisk hjelp og i tillegg får du den sosiale oppdragelsen i større samfunn. Så det ser jeg på som kjempepositivt. Men vi har et flott hus og det er for dyrt (på vindmøllebakken). Og vi har et sosialt nettverk allerede.

(15:29) Noen mener at å bo på Vindmøllebakken er billig, men andre påpeker det som kritikk om at det er en dyr boform. Hva ville du ha kommentert om det?

(15:44) Nei, jeg har ikke regnet på det, men for meg er alle nye leiligheter dyre. Du får lite for pengene når du kjøper nytt, mens du kan kjøpe gamle hus som er helt bra nok billigere. Pluss jeg liker at ting har stått en stund. Når det er helt nytt, er det ikke like kult og ikke har gått seg til. Sånn er det kanskje på bofellesskapet og. Det kan jo veien være spennende å være med på byggingen av det, men jeg tror det er mye møter, prat og strukturelle ting som jeg hadde blitt sliten av.

(16:32) Helt generelt, hvordan tror du relasjonen mellom ulike aldersgrupper kan styrkes?

(16:42) Jeg tenker at det kan styrkes gjennom aktiviteter. Gjennom at man må gjøre ting sammen, og da får de funksjonen på det. Da går det gjennom tvers av alderen og alderen blir en måte å kategorisere på. Når du er så gammel, så blir det automatisk at du blir litt mindre til beins så kan du passe barna istedenfor, eller poteter. Men hvis du liker å bare gå rundt og kommer og går, så er det nødvendig med det og.

(17:33) Hvem tror du hadde mest nytte av en boform som Vindmøllebakken?

(17:39) Jeg ville jo si alt i fra småbarnsforeldre til kontaktsøkende og fleksible eldre. Tror alle kan ha nytte av det hvis du gidde å investere i det. Det er nok vanskelig for folk i min alder, 40-50 og yrkesaktive, å finne tid til å delta. Men da kan det være du må finne tid til å delta, at du må du sakte av litte gran, også får du vin-vin sånn.

(18:25) Mener du at de må bli mer satt i en situasjon hvor de må delta enn frivillig?

(18:33) Ja, ellers vil du aldri delta. Men jobben vil jo alltid dra deg dit. Det er ikke nødvendigvis negativt å måtte delta, selv om du må endre deg litt. Men igjen så er det også litt tvang så det jo å finne den balansen.

(18:54) Hvilke tanker har du om en slik konsept i landlig kontekst kontra sentralt plassert?

(19:13) Jeg tror konseptet fungerer der det er i dag også. Byfolk trenger jo også å få noen andre

verdier og få det sosiale aspektet på agendaen. Men jeg personlig hadde trodd det hadde vært enklere for min del hvis det hadde vært landlig. At man ikke snakker så mye om sykkelparkering og andre små ting, men det heller er snakk om å få de potetene i land. Lettere for meg å bli engasjert.

(19:58) Hvilke tanker har du om forbedringspotensialet til konseptet og samarbeid mellom boligen og restauranten?

(20:16) Jeg har ikke noen forslag foreløpig, og vi trenger mer tid til å sette seg. Jeg synes det er bra at de ikke stresser og ikke kommer med masse forslag hele veien. Så virker som det er noen realister der.

(20:38) Synes du at du stiller annerledes som restauranteier, en del av sameiet og samtidig nabo på samme bydel?

(20:47) Ja, som restauranteier og en del av klyngen, er jeg en del av det. Så da kan jeg mene hva jeg vil, si hva jeg vil og prater med dem. Som nabo, er jeg nok mer fjernt. Det har ikke blitt så integrert i det. Jeg hadde gjort litt annerledes opp mot naboene, og brukt litt mer tid på det. Jeg vet heller ikke hvordan. Det er nesten som om de skulle hatt en gåtur hvor de gikk forbi og snakket med folk, ryddet litt i nabolaget eller spør folk om de trenger hjelp. Jeg vet ikke helt, men å integrere på personbasis heller enn at det skal bli vi og de greier. Åpen på en kasuell måte. Sånn «kom og spis pølser og is hos oss» det funker ikke helt, hvert fall ikke i et sånt nabolag. For de fleste er jo redde for å bli dømt og være annerledes enn de.

(24:14) Hvordan opplever du aldersfordelingen i nabolaget her?

(24:22) Jeg vil tro det er mest 60+ fortsatt. Så har det kommet ganske mange sånn 30-40 blokken, som har barn. Også nå i det sist har det kommet 50-årene med litt mere penger som prøver noe nytt og bor i øst. Jeg vil nok tippe 30-70 med hovedpunkt på 55. Vi kunne hatt mer mangfold i aldersgrupper og mangfold generelt. De unge og kule, det er ikke så mange av dem. Det er heller ikke så mange av tenåringer. Men det er jo sånn i et fattigområde. Det tar litt en god stund før det kommer tenåringer fordi barnefamilier må vente til barna vokser, og det tar jo 10 år til.

(25:52) Hva tenker du om forbedringspotensialet for hele området?

(26:05) Det er ikke godt å si, men jeg ville gått tilbake til det landlige verdier. Det mangler å jobbe sammen om et eller annet realistisk. Sånn som nabolaget på Madla, har blitt mer sammenslått etter å ha kranglet om tennisbanen sammen. Og når vi passerte mot den norske stå tomten, så ble vi mer kjente med alle 30 naboene som ble berørt av det. Så det er jo sånne ting som samler folk dessverre. Korona har samlet vindmøllebakken enda mer også. Fellesskap, eierskap og fellesskap til ulike problemer eller utfordringer. Nå har jo alle sin lønn og sine utgifter, løper i fra a til å. Sees hverandre av og til. Det er jo alltid mange folk på ICAen der, og det kunne være et bra sted å starte.

(28:17) Hvordan tror du står som restauranteier til bofellesskapet?

(28:55) Vi har veldig respektfullt samarbeid. Jeg synes de har respekt både for arbeidsliv og at du faktisk må tjene penger for å få være der at du faktisk har reelle ting som skjer. Jeg må få lov til å drive den på mine kommersielle måter. Det er jeg veldig overrasket over at de har vært så erfarne. De har jo hatt et arbeidsliv de fleste av de også. Også har de respekt for at vi er såpass smalt konsept.

TRANSKRIPSJON AV INTERVJU 4

Tid: 9.juni.2020, kl.10.00-10.30

Sted: Skype-intervju.

(00:08) Samtykker du opptaket av samtalen vår og at det skal kun være i bruk til intern bruk i forbindelse med masteroppgave?

(00.15) Det går kjempefint.

(00.21) Vil du fortelle litt om deg selv?

(00.25) Jeg er i 30-årene, født og oppvokst i Stavanger, men har bodd og studert i utlandet også flyttet jeg tilbake for mange år siden. Jeg jobber som bildekunstner og bor sammen med kjæresten min. Vi begge er bildekunstnere, så ja vi reiser en god del. Jeg har ingen barn. Så jeg jobber, også er jeg ganske aktiv politisk, stort sett det.

(01.15) Siden jeg ikke tjener så mye, så hadde ikke jeg råd til å kjøpe leilighet selv. Men sammen fikk vi råd til å kjøpe oss inn på 32 kvadrat.

(01.44) Lenge siden dere flyttet dit?

(01.46) Vi flyttet inn når det var helt nytt, da hadde jeg fulgt prosjektet lenge. Jeg syntes det har vært interessant, men først når samboer og meg bestemte å se på noe sammen at det var mulig økonomisk å flytte inn. Men jeg har jobbet og bodd mest i utlandet en del alene.

(02.30) Hvordan boform bodde du i før du flyttet til vindmøllebakken?

(02.36) Det varierte, jeg har bodd litt med kjæresten min, men ellers veldig mye sammen med venner. Jeg har bodd alene i periode, men stort sett sammen med andre.

(02.52) Ble du med på oppstart workshop og sånne ting?

(03.01) Nei, egentlig ikke. Fordi det var på høsten vi skjønnte at det var mulig. Jeg tenkte også at det hørtes stress ut med alle møtene.

(03.34) Hvordan synes du hovedkonseptet «Gaining by Sharing» blir praktisert?

(03.39) Jeg har egentlig aldri vært på noe introduksjon om hva det egentlig betyr, så for meg så er det ganske abstrakt. Det er jo sånn at folk bidrar eller deler det de har lyst til å dele. Men det er jo ikke så ekstremt unikt, for det er litt som det har vært når jeg har bodd med folk før. På en måte tenker jeg at det er litt fancy navn på noe som man tenker er selvsagt. Samtidig, er det bra å formulere en slag retningslinjer hvor hvordan bo sammen. Men som sagt så vet jeg egentlig ikke, har aldri fått noe faktisk presentasjon om «Ganing by Sharing».

(04.51) Jeg tenker på vindmøllebakken at det minner litt som et borrettslag burde være. Ofte tenker jeg at de som bor i borettslag eller blokk fordi de må av økonomiske årsaker, men i Vindmøllebakken så er de som bor der innstilt på å dele.

(05.34) Mer eller mindre er fleste parten overkant sosiale folk som bor der. Men kjæresten min er ikke sosial. Jeg tror det er en del sånn par også hvor den ene vil bo i Vindmøllebakken og andre holder seg inne, eller ikke er like sosial.

(05.48) Hvordan er din deltakelse i sosiale arrangementer?

(06.00) Jeg deltar langt fra alt, men jeg deltar en god del. Jeg har gjort en del ting med folk som bor i Vindmøllebakken som ikke er arrangert, at vi går tur sammen eller spiser middag sammen i de ulike leilighetene uten at det er et arrangement for alle.

(06.24) Hva synes du er den beste gevinsten av å bo på Vindmøllebakken?

(06.32) Jeg syntes det er fint å være hyggelige folk rundt meg, men også fint for oss som aldri kommer til å ha råd til å kjøpe oss oppover i boligmarkedet fordi vi aldri kommer til å tjene mer penger, men vi kan likevel være med å bygge mer abstrakt. At vi bidrar til å skape et fellesskap, jobber med fellesrommene og bygget et sted til noe større enn det vi kunne ha gjort alene. Selv om vi ikke kan bidra så mye økonomisk, kan vi være med på å bygge noe. Og det føles fint. Selv om oss som privatenhet er liten, så er det likevel stort i fellesskap.

(07.53) Hva har vært den største endring etter dere flyttet til Vindmøllebakken? Både positivt og negativt.

(08.18) Jeg tror noe av det jeg hadde mest lyst til, som jeg fikk, var det å kunne være med noen eller gå en tur. Du vet når du ser på telefonen din og det er ingen å ringe, men her går det alltid å banke på døren og spør om vi skal gå tur eller vil du ta en kaffe. Det er lett tilgjengelig å få sosiale møter. Jobben min så holder alle på med det samme, jeg liker at det er andre folk som gjør andre ting her.

(09.23) Hvem som helst kan kjøpe seg inn, også kan det være noen som avviker veldig fra tanken om fellesskap og hvordan avgjørelser som skal tas. Og det er jo alltid vanskelig. Mange er konfliktsky i Vindmøllebakken så når ting skal løses så kan ting drøye veldig mye fordi folk prøver å være så forsiktige at det kan bli en langsom prosess. Det kan være vanskelig å peke på et problem tydelig.

Andre negative ting er det å finne en balanse på hvor mye man kan være med på ting samtidig som jeg har lyst at folk skal like meg. Jeg kan være redd for at folk skal syntes jeg er negativ hvis jeg ikke orker å være med på alt. Jeg reiser mye, så er ikke så mye hjemme. Jeg prøver å bidra og være med når jeg er hjemme.

(12.20) Vi snakket litt om forventninger før du flyttet til vindmøllebakken, hadde du noen andre forventninger som har levet opp til det?

(12.35) Jeg håpet å treffe noen jeg kunne være litt med, det er en annen beboer jeg liker veldig godt og har vært mye med. Det er koselig å ha noen i en helt annet livssituasjon hvor vi gjør ting sammen.

(14.47) Hvilken faktor var avgjørende for deg for å flytte til vindmøllebakken?

(14.52) Det var en kombinasjon av øko-perseptiv og sosialt perspektiv og at det var en ny måte å bo på. Jeg har bodd på forskjellige måte, og ikke så mye i Norge. Jeg syntes Stavanger var en kjedelig og konservativ by, så for meg var Vindmøllebakken noe som gjør Stavanger mer attraktiv plass å bo.

(15.22) Syntes du korona har påvirket eller forandret daglige rutiner i bofellesskapet?

(15.42) Det har vært mer sosialt enn noen gang, det har vært kjempesosialt. Jeg skulle egentlig ikke være i Norge, men på grunn av korona så var jeg i Stavanger. Jeg tror til Stavanger for å være i karantene fordi jeg hadde vært i utlandet og da skrev jeg en epost til styret med min bekymring fordi jeg syntes folk var altfor sosiale. Det er både positivt og negativt, men i forhold til smittevern er Vindmøllebakken alt for stort til å være med gruppene med tanke på smittevern. Men når jeg var ferdig med karantene så begynne jeg å være litt med folk. På slutten brydde jeg meg ikke så mye lenger, men jeg har ikke begynt å klemme folk.

(17.31) Men det ble jo en del ting som jeg ikke kunne ta i bruk i begynnelsen når jeg var i karantene. Jeg har ikke vaskemaskin, så da brukte ikke vi vaskerommet så vi vasket ikke klær på to uker. For vi ville ikke gå inn på fellesarealene.

(18.35) Utenom korona situasjonen, hvordan forventninger hadde du til å bo så tett med ulike generasjoner?

(18.45) Det var noe jeg så fram til. Det har også noe med at mitt liv har veldig mye av samme type mennesker. Så for meg er det en fin måte å treffe folk, som er variert enn hvem jeg er med til vanlig.

(19.23) Hva synes du om mangfoldet i aldersgruppene?

(19.30) I begynnelsen var jeg litt skeptisk. Også har jeg følt på at leilighetene er så dyre at de jeg kjenner med barn ikke har råd. Så det har ikke fungert så bra sånn sett. Men i det siste er det flere yngre som har flyttet inn. Personlig syntes jeg det er koselig med eldre, for de bråker ikke så mye som unger. Også før jeg flyttet inn var jeg bekymret for at det bare var rike folk som flyttet hit, at det skulle bli mye overklasse. Men når jeg ble kjent med folk, var det veldig mange av dem som hadde vokst opp på Storhaug og ikke helt av de rikeste i forhold til norsk målestokk.

(21.09) Når jeg hører om Vindmøllebakken og delingsøkonomi og konseptet Gaining by Sharing», blir mange kritisk om de økonomiske situasjonene og at det kommer til å bli dyrt, men samtidig når jeg snakker med dere så føler jeg at det er et billig valg. Hva synes du om det?

(21.39) Det som er grei for min del er at meg og kjæresten min tjener sammenlagt rundt 400 000 i året, så i norsk målestokk så er vi kanskje til og med de fattige. Den økonomien jeg har kommer nok ikke til å bli større. Folk som har bedre inntekt har mulighet til å spare mer, og kan velge å kjøpe seg et hus. Men for oss er det vanskelig å spare mye og derfor har jeg tenkt at å kjøpe leilighet. Vi kunne ha løst det på en annen måte, men da måtte man uansett ha en bufferkonto. For det vil alltid komme overraskende utgifter. På grunn av måten vi bor nå, selv om det koster mer så har jeg tenkt at det er tryggere for oss med de startkostnadene. Måned utgiftene er ikke spesielt høye. Forhåpentligvis så blir det mer overkommelig med tiden.

(23.40) Tilbake til det sosiale bildet igjen, hvordan opplever du det sosiale miljøet mellom generasjonene i Vindmøllebakken?

(23.56) Jeg har tenkt at det er bra, men har fått høre at jeg er den eneste av de yngre som kommer på ting. Jeg har følt at det blandes, men jeg er ikke sikker.

(25.00) Jeg tror alle alder i gruppen er spredt. Jeg er med i kjøkkengruppa og den har mange i forskjellige aldre. Også er jeg med på en kunst gruppe med én annen person som er på min alder, men det er fordi det ikke var flere som var interesserte. Jeg har også vurdert å bli med i hobbygruppe, den tror jeg også er litt blandet. Men det er ofte at de pensjonerte har mer overskudd og tid, og det er oftere de yngre har andre ting som skjer.

(25.52) Hvordan organiseres fellesoppgaver for vedlikehold, aktivitet og arrangement?

(26.96) På en app, Spond. Det er en sånt arrangement-app som minner litt om Facebook. Det er forskjellige grupper og arrangementer hvor man trykke på delta eller ikke.

(26.25) Nå har ikke jeg åpnet på noen dager, men det var 14 notifikasjoner. Noe om fellesmiddag, noe om generalforsamling, øl smaking.

(27.20) Hadde du anbefalt sånne boformer for andre og hvem hadde hatt mest nytte av det?

(27.30) Jeg har tenkt at det kan være bra for folk med små barn. Jeg ser for meg at de pensionistene som spiser lunsj hver dag, så hvis du er i permisjon og vil ha det litt sosialt, men orker ikke så mye så er det ting som skjer i nærheten. Det er mange spennende folk som bor der. Hvis du er ny i byen så kan det bli lettere å bli kjent med folk.

(28.36) Generelt sett, hvordan tror du relasjonene mellom ulike aldersgrupper kan styrkes?

(28.32) Det er jeg litt usikker på, det er viktig at det er ulike arrangementer de de ulike gruppene føler seg trygge. Men jeg vil tro at det vil skje etter hvert, hvis man blandes i gruppene og gjør ting sammen.

(29.07) Hva synes du om plasseringen av boligen og tilpassing av bofellesskapet til nærområdet?

(29.17) Det syntes jeg er greit. Vi har ikke hadde sykler på over et år, men nå skal vi skaffe det, blir gal av å ikke ta bussen på grunn av korona. Ting er nærme, og både tilbud i nabolaget og masse butikker, parker, lekeplasser og turområdet. Det er kjempefint.

(29.48) Synes du det er en boform som har nytte av å være sentralt plassert i forhold til bygd og mer landskapeilig?

(30.08) Hadde det vært bygd så hadde det ikke vært aktuelt for meg. Jeg kjører ikke bil, så jeg trenger god transport. For meg er det en forutsetning. Samtidig hvis det hadde vært midt i sentrum så hadde ikke det vært så bra, da bor du likevel midt oppi ting at det ikke hadde vært nødvendig.

(30.44) Hva tenker du om forbedringspotensialet til boligen?

(30.51) Jeg tenker først og fremst at det er et stort problem med finansieringsmodellen, men det handler også om boligmarkedet i større forstand. For hvis det hadde vært flere mindre leiligheter med flere rom. Poenget er at det måtte vært billigere for yngre folk med barn for eksempel for å få et større mangfold. Da snakker jeg klasseforskjeller, hudfarge også videre. Så det som har noe med økonomi er det aller største problemet med Vindmøllebakken, som henger sammen med et større problem som heter boligmarkedet. Eksempelvis, en alenemor som ikke tjener så mye hadde hatt mye mer nytte av de eldre for eksempel både som selskap og de kunne passet ungen og du kunne handlet for dem. Man hadde fått enda mer uttelling av delingsmodellen. Det handler også om at folk skal trenge hverandre litt. Eller hvis det hadde gått an på papiret at noen leiligheter er gitt til dem for å sikre bedre spredning i alder og klasse bakgrunn.

TRANSKRIPSJON AV INTERVJU 6

Tid: 9.juni.2020, kl.16.00-17.00

Sted: Pedersgata 130, 4014 Stavanger

(00:08) Samtykker du opptaket av samtalen vår og at det skal kun være i bruk til intern bruk i forbindelse med masteroppgave?

(00:15) Ja

(00:23) Har du lyst til å fortelle litt om deg selv?

(00:29) Jeg er i 50årene og vi har bodd her siden oktober 2019. Vi kjøpte leiligheten for vi er mye på hytta og det var ingen vits å eie en diger leilighet. Vi hadde tenkt til å kjøpe noe mindre. Vi kjente arkitekten her fra før, og fikk en omvisning, hvor vi falt for konseptet, arkitekturen og hele greien. Vi var og besøkte her på en fredag også tror jeg at vi kjøpte leiligheten uken etter, så vi tenkte ikke så veldig mye over det før vi hadde handlet. Men det var så få leiligheter igjen så vi tenkte at vi måtte bare komme oss inn. Men vi har aldri angret på det for vi synes det er helt fantastisk å bo her.

(02:02) Det er to som bor her, meg og samboeren min. Det ble litt trangt i korona tiden, da vi

hadde et av barna som kom hjem og var her i to måneder. Når vi var tre stykker her med en som har hjemmekontor, blir leiligheten for liten. Og jeg er uføretrygdet så jeg sitter hjemme hele dagen. Det var også litt derfor vi flyttet hit også. Det er veldig koselig å være uføretrygdet her, for det er folk på dagen og sitter og drikker kaffe med de andre som også er hjemme på dagtid.

(02:50) Hvordan pleide dere å bo før dere flyttet hit?

(02:55) Som sagt, bodde vi veldig mye på hytta. Når jeg ble syk, var det veldig fint å være på landet enn å være hjemme for det kan bli stressende med mye folk og trafikk. Så jeg bodde omtrent på hytta i to år. Da fikk vi litt dårlig samvittighet for vi hadde både kjempediger leilighet i byen og den hytta, også tenkte vi at vi kunne klare oss med noe lite i byen. For etter hvert oppdaget vi at hytta skal forbli hytte igjen, og det er her vi begynner å bo fast igjen. Det er veldig stille, fredelig og rolig her, tillegg til at folk er veldig hyggelige. Det er godt å ha naboene rundt. For det første blir jeg ivaretatt av felleskap her. Vi kommer fra et sted hvor det var helt motsatt. En blokk hvor naboene ikke hilser på hverandre og fremmedgjørende sted å bo, men dette her er helt motsatt. Pluss at området utfor at mye kulere enn der hvor vi bodde tidligere, som bymessige og fine bygninger.

(04:36) Det er noe det stedet her som har lang historie og du ser historien til stedet i bygningene som står igjen. Det er mye mere spennende historier her enn der hvor vi kommer fra. Så dukker det opp mye nytt med gode brød hos Jakobs og mer. Det er mange fine kvaliteter her.

(05:03) Hvordan er konseptet «Gaining by Sharing» praktisert her?

(05:18) Jeg synes det funker kjempefint her. Det er litt vanskelig å definere det nå, for konseptet er så nytt. Men det å dele tid sammen, er jo veldig godt utgangspunkt for å komme videre. Jeg har hørt at det har vært problemer her, men etter jeg har flyttet her, har jeg ikke hatt noen som jeg synes er skummel eller krevende. Det fungerer kjempebra og alle de aktivitetsgruppene også.

(06:10) Dere ble jo flyttet inn på byggetrinn 2 og kom inn til noe som var allerede etablert før. Hvordan synes du det har vært å komme inn i det?

(06:25) Jeg synes det var kjempefint, for det var på en måte en struktur som ikke var fastlåst. De har ryddet veien for styret, gruppene, økonomi og diverse ting. Samtidig var det ikke så sementert at det ikke går an å komme med forslag. Så jeg synes det var veldig dynamisk. Jeg tror sånn som det er her med den flate moststrukturen, det gjør at det får en helt annen dynamikk. Styret og sameiet er mer som proforma sak også foregår stort sett beslutningene på allmøter og i disse gruppene. Det er egentlig veldig demokratisk.

(07:25) Det har jo vært en del workshops som de på byggetrinn en som har vært med på, allerede før de skulle flytte inn også. Føler du at det er noe du har gått glipp av?

(07:40) Ja, jeg skulle veldig gjerne vært med fra helt i begynnelsen. Men det var jo ikke sånn. Jeg tror det hadde vært kjempespennende og følge med på hele prosessen. Men jeg har også fått vært med på noen workshops om hvordan vi skal bruke fellesarealer og. Det blir jo fryktelig lange, og folk som har mye å si, så det hender at jeg stikker litt før de er ferdige, men jeg synes det er veldig fint.

(08:32) Hva synes du har vært den beste gevinsten av konseptet?

(08:40) Det er vanskelig å sette ord på. Tidligere når jeg kom tilbake fra hytta til byen så tenkte jeg at jeg ville tilbake til hytta igjen, men sånn tenker jeg ikke nå lenger. Når det har vært ko-

rona greiene, begynte jeg å savne Vindmøllebakken og tenkte at det skal bli godt og komme hjem. Det tror jeg at det er den største gevinsten, at det føles så trygt og godt å bo her.

(09:24) Hva synes du har vært største endringen med å flytte hit, både positivt og negativt?

(09:32) Det er ingenting negativt i det hele tatt. Det var en lettelse å flytte derfra. Vi trodde egentlig at forrige leilighet vi bodde på var litt av det var en tidlig versjon av det her. Men det var veldig mye rot i styret og blanding av sameiet og næringsvirksomhet. Så det var veldig mye bråk en stund. Det er ikke noe gøy. De leilighetene som ikke ble solgt ble leilighetshotell, så vi møtte jo stadig nye folk. De var der så lite, kanskje en måned eller to, også dro de igjen. Det er noe med det samholdet, at du stopper og prater. Jeg tenker mye på utformingen av bygget, hvor alle må gjennom fellesrommene og at fellesrommene blir sentralen også blir leilighetene satellitter som ligger rundt. Jeg synes det er veldig fin ide å tenke at det er fellesrommene som skal være sentralen. Så arkitekturen fyrer jo den ideen bak «Gaining by Sharing», og alle de fellesgodene som verksted, bibliotek, vinterhage og fellesterrasse.

(11:34) Var det noen forventninger du hadde før du flyttet hit, og hvordan har de stått opp til det?

(11:42) Jeg har vært ganske asosial, så jeg trodde det skulle bli veldig slitsomt å forholde seg til så mye folk og være sosial, men det har det ikke blitt. Det ble egentlig sånn som jeg hadde forestilt meg at det skulle bli. Vi kjente jo en del av de som bodde her fra før, så vi visste jo litt om hva vi gikk til. Også er det veldig gøy å få en liten leilighet. Jeg gjør jo meste parten selv, for vi må ha stedbygd eller så tar det for mye plass. Det er kjempemorsomt å tenke på. Det er også gøy å vite at vi kan klare oss med såpass liten leilighet også. Det er jo takhøyden som gjør at det ikke føles tett i det hele tatt. Det er kanskje også litt sånn i og med at vi har disse fellesområdene. Vi har jo ikke veranda i leiligheten, men hvis jeg har lyst til å sitte ute kan jeg sitte på uteplassen eller takterrassen. Så sitter det noen andre som vi kan sitte sammen. Men jeg tror ikke at det hadde fungert hvis de hadde hatt så uenige konsepter. De fleste som bor her, har en fellesforståelse at dette er viktig å ta vare på konseptet. Ellers hadde det raknet. Men bortsett fra det, synes jeg at det er veldig mange forskjellige folk og det er jo bare berikende.

(14:17) Også synes jeg at det er veldig kult å bo sammen med pensjonister for veldig mange av de har enorm kompetanse på saker og ting. Jeg synes den blandingen av pensjonister og alle andre aldre er veldig fint. (Mange utdannet akademikere i boligen) Sånn sett, er det kanskje ikke gjennomsnitt av befolkningen her, men innenfor det er det veldig forskjellige. Det har kanskje kommet noe lignende i Oslo, men før det var kollektiv og bofellesskaper noe som ikke fantes i 70-tallet. Hvis ikke det var studenter så var det hippier som levde veldig alternativt. Men i forhold til det så er Vindmøllebakke veldig ordentlige. Men jeg kan tenke meg at det er litt fordommer bare fordi det er et bofellesskap og at det er fellesmiddager og sånt. Men de skulle bare ha visst.

(16:02) Hva synes du om alle forpliktelsene som følger med?

(16:07) Det også er veldig fint. Det ble jo sagt at du skal kunne delta litt, men det er jo ikke noe krav heller. Det er noen som gjør veldig mye her også er det noen som gjør veldig lite, men det gjør ingenting. Folk gjør det de liker. For eksempel hvis du ser hvor fint det er med plantene der. Jeg synes ikke det er gøy å stelle blomster, men jeg er veldig glad for at det er noen synes det. Og de som gjør dette tror jeg også at de gjør det fordi de synes det er gøy, ikke fordi de synes de må. Så i arbeidsskriptet kan jeg velge hva jeg vil være med på etter interesser og sånt. Så egentlig kan det sammenlignes med anarkistisk. Sånne frivillige sammenslutninger som man deltar på grunn av interesse, og ikke fordi man må. Egentlig synes jeg, selv om det hørtes litt

rart ut, det er en frihet å bo her fordi du kan bruke den evnen du har. Her føles veldig fritt. (19:08) Det klyngetunet på Jæren har hatt litt av den samme sosiale struktur som vi har her. Det er egentlig «Gaining by Sharing» fra 1900-tallet, tilbake til vikingtiden, også har det fungert på samme måten som det gjør her. Det synes jeg at det er veldig spennende å se på at den sosiale strukturen er kanskje ikke planlagt i mange detaljer. Det er jo ikke helt tilfeldighet heller, men det ligner så mye på det sosiale, fellesskapet og strukturen de hadde på klyngetunet. Det synes jeg er veldig tøft. Det har vært et opphold på ca.100år før de siste klyngetunet forsvant til Vindmøllebakken dukker opp, også er det så fascinerende likt. De har på en måte tenkt det samme, men her er det tunnelformulert, for på klyngetunet var det sedvaner og væremåter, men her måtte jo ting lages på nytt. Slik at vi måtte reflektere over hvordan maktforhold skulle være og hvordan beslutningsprosesser og alt mulig sånt. Men vi har jo egentlig ikke så veldig mange avstemninger her. Fordi alt skal være en prosess. Hvis det er avstemninger så er det noen som vinner og noen som taper, så kan det bli dårlig stemning. Men hvis du har en prosess så er det en lang forhandling hvor du ender opp med et resultat som alle kan være enige i. Det synes jeg er interessant for sånn var det på klyngetunet også. Hvis du får sånne konflikter i et bofellesskap, kan det gå riktig galt. Det forutsetter jo egentlig at folk skal være greie mot hverandre. Hvis ikke så går det ikke. Jeg synes det er spennende å betrakte de på avstand og se på prosesser. Jeg synes det er veldig vakkert at det funker bra, og det er helt spesielt.

(23:40) Klyngetunet var veldig organiske boformer, som var kaotisk for utenforstående, snurrete og nesten oppløst. Det kan minne litt om uregulert slumbebyggelse i den gamle trebyen. I 1856 så var det en som tegnet klyngetunet. Så er det piler ut til alle de forskjellige åkerlappene, og det synes ikke de øvre rettene noe særlig så de skulle heller ønske at det var gårdstunene hadde mye mer orden. Men den uoversiktlige og kaotiske strukturen ligner veldig på den første tegningen av Vindmøllebakken. Det minner meg om en avhandling og magistergrad om Vålerenga. Og den gamle trehusbebyggelsen, hvor sosialt det var. Det var ikke bare på grunn av bygningen, men også gateløpene, bakgårder, kronglete steder, og at det gikk an å gjemme seg bort og mye sånt. Det var sikkert et område for arbeiderklassen som kanskje jobbet på en fabrikk i nærheten. Det som er morsomt med stedet her er særlig trehusklyngen som de hadde glemt å rive. Den har litt av det samme, litt kronglete og udisiplinerte igjen. Det synes jeg at Vindmøllebakken også har. For jeg kan risikere å komme til steder som jeg ikke vet om fremdeles, selv etter å ha bodd her i halvt år. Alle de svalgangene og trappoppgangene er veldig små og kronglete, så du har ikke oversikt. Men samtidig er det godt også for du føler deg aldri overvåket for eksempel. Når du møter folk så møter du folk nærme og det er veldig besluttede egentlig. Også ser det veldig likt ut alle sammen, men når du kommer nærmere så ser du at det er ingenting som er helt likt. Takene går i ulike retninger, noen har balkong her og noen har ikke. Det minner meg fortsatt om klyngetunet for det var mange bruk som lå innenfor samme tunet, der det var nesten kaos av bygninger. Og mange familier bodde sammen, som førte til mye fellesskap og dugnader.

(29:07) Hvordan forventning hadde du til å bo så tett med mange andre generasjoner?

(29:13) Det syntes jeg er spennende. Jeg fikk litt hemmelig innblikk i folks liv, da jeg sorterte bøkene som de ulike hadde levert. Hvis du har en hel boksamling, kan det egentlig si ganske mye om den personen. Jeg synes det er veldig fint med tanken på den kunnskapen de har, livserfaring og sånt.

(29:50) Hva synes du om mangfoldet i aldergruppene her?

(29:59) Det tror jeg begynner å bli mere jevnt nå. Det føltes at det var en del eldre folk, men når de byggetrinnet 2 kom og leilighetene ble solgt, så kom det flere barn. Jeg husker ikke hvor

mange av hver generasjon, men jeg synes det virker ganske bra. Barna kjenner jeg ikke så godt til for de er på skolen og barnehagen om dagen, men jeg tenker at det haster jo egentlig ikke å bli veldig godt kjent med alle på engang. Det gjelder for så vidt andre ting også, det er ingenting her som haster. Styret her er egentlig eksperter på at hvis noen sier at noe skal skje raskt, så sier de at ting skjer ikke raskt, men når det skjer en ting så skal det være bra. Jeg tenker det er litt med folk også, det er godt å bruke litt lang tid på å bli kjent.

(31:52) Hvordan hadde du beskrevet den interaksjonen som skjer mellom generasjonene her?

(32:09) Egentlig så oppfatter jeg ikke generasjonen her som noe form for skiller. Det er som å forholde seg til personen. Sånn sett, blir det litt som en arbeidsplass for du jobber med folk i ulike alder og du reflekterer ikke så mye om aldersforskjellen på den måten. Sånn blir det litt her også, du tenker ikke over aldersforskjellene. De er det de er. Også noe av de råeste her er jo pensjonistene. Jeg føler at aldersforskjellene her blir opphevet og at det ikke betyr noen ting. Sånn er det egentlig ikke bare aldersforskjellene, men også sosial status eller annet. Jeg tror folk her føler seg såpass frie til å være den de er.

(33:31) Hvordan oppfatter du plasseringen av bofellesskapet i forhold til at den er plassert sentralt og i akkurat den bydelen Storhaug?

(33:19) Jeg har egentlig ikke tenkt på det. Men jeg har jo sittet og sett på sjøen i to år, også kommer vi til den utsikten her, men det er egentlig bare fint. Det jeg synes er tøft her er den historiske dimensjonen som stedet har med gamle bygningene og slutten av 1900-tallet. Når det kommer bort i der så er det kanskje ikke fullt så vellykket, men jeg synes det gjør noe med stedet. At det stod en vindmølle her, det skulle ikke jeg ha trodd. Sånne kvaliteter som at stedet har en historie og det er noen som kan formidle det, synes jeg er veldig fint.

(36:25) Sånn praktisk er vel svært lite bofellesskapet kan bidra til nærområdet. Kanskje Belles som er restauranten her, at vi kan være gode kunder der, men ellers vet jeg ikke helt. Jeg har ikke vært med på det, men de har hatt sånne kvelder med arrangement hvor de inviterer naboene rundt her og bekjente tror jeg. Men det kanskje er noe vi kan bidra med er å vise at konseptet funker. Jeg synes kanskje synd på noen naboer som har fått en gigant bygg ved siden av seg, men den er jo ikke brutal bygning i byen på noen som helst måte. Som sagt, som den kronglete arkitekturen er bygget et hus i byen som ikke ødelegger omgivelsene. Det tror jeg kanskje foreløpig er det største vi kan bidra med. Å vise at det er mulig å gjøre ting annerledes enn sånn som hva alle andre gjør i byer. Men akkurat praktiske eksempler har jeg ikke noen formeninger om hva vi kan bidra med.

(38:35) Hadde du anbefalt slikt boformer for andre, og i så fall hvem tror du hadde hatt mest nytte av det?

(38:50) Jeg tror alle. Jeg tror ikke at jeg kjenner noen som er så sære at de ikke hadde passet inn her. Det er veldig mange som kommer på besøk hos oss som sier at de også kunne tenkt seg å bo sånn. Jeg tror det er veldig bra for folk i alle aldre. Men det er nok mest fint å bli gammel her. Ha litt folk rundt seg og det er ikke mulig å være ensom her. Når folk reiser bort en tur så sier de ifra til noen så de ikke blir bekymret. Jeg tror de fleste som jeg kjenner hadde passet inn her, helt uavhengig av alder.

(39:41) Hvordan tror du relasjonen mellom ulike alder kan bli styrket?

(41:20) Jeg tror ikke det er nødvendig. Jeg tror at hvis noen bestemmer at nå skal vi gjøre sånn og sånn og styrke det og det, hadde ikke det funket. Det må heller komme naturlig. Samtidig,

har vi troen på det å gjøre ting sammen, at det er veldig viktig. Ikke bare at vi prater sammen, men at vi jobber sammen og prester sammen. Så jeg tror egentlig ikke at det er noe som burde bli styrket her og nå. Og om det må det, tror jeg at det kommer av seg selv. Det er kanskje noe med at jeg tror veldig mange av de som bor her er litt søkende på en eller annen måte. Sånn at de viser ut på noe som de kanskje ikke helt vet hva er, også at folk er åpne og tenker litt. Det er kanskje det som er det rare, at veldig mye av ting som skjer her, det kjennes så naturlig ut. (43:26) Jeg tror den største drivkraften her er at folk har lyst til å ha det bra sammen med andre mennesker. Om det skjer på den eller den måten, det betyr ikke så mye så lenge de finner en måte å gjøre det på, er det samme. Vi har hatt veldig mange rare sammenkomster. Vi har hatt workshop og de som ville hadde åpent hus hvor vi dro til leilighetene til hverandre og drikket vin sammen. I påsken hadde vi en afterski på uteplassen, og det hender det skjer mye spontant også. Men det er veldig mange ulike måter å være sammen på her. Det tror jeg også får en veldig mye betydning her. Hos et vanlig borettslag har du kanskje kontakt med naboen, men ellers har du et årsmøte en gang i året hvor du møter og treffer folk. Men her er et årsmøte uvesentlig i forhold til alle andre møtene. Da tror jeg at man får en helt annen dynamikk, fordi da kan man føle seg forsiktig frem. Du trenger ikke å si at sånn skal det være, men det er en slags form for pågående forhandling mellom folk hele tiden som gjør at man justerer seg forhold til det, og tenker og reflekterer seg. Så det er veldig morsomt å være med på. Men om noen hadde kommet og sagt at det skal være sånn og sånn, da tror jeg kanskje hadde bedt dem å slappe av litt.

(45:50) Men det er veldig merkelig. Det har egentlig vært mye bedre. Jeg trodde egentlig ikke at jeg skulle være så fornøyd. Alle de andre stedene vi har bodd, har vært at det er et sted å bo og det er greit, men det er en kvalitet her som vi ikke har hatt andre steder. Så det er veldig spennende.

(46:11) Har du noen tanker om forbedringspotensialet?

(46:18) Nei. Ikke i det hele tatt. Det er også noe med at da ville jeg ha tenkt at jeg ikke var helt fornøyd. Det er kanskje litt kult å tenke innimellom at man ikke skal videre. At det ikke er nødvendig at noe skal bli bedre. Det blir jo det selvfølgelig allikevel for det er hele tiden noe som utvikles, men for min del så er ikke det noe hast. Tvert imot, jeg synes at det er veldig fint at ting kan gå sakte for da får du kanskje prøvd ut veldig forsiktig først. Også er det noe å vite at hvis det bare er jeg som synes at det er en ting som burde bli forbedret og ingen andre synes det, så hadde det ikke vært vits i det. Det hadde vært bortkastet tid og krefter. Det er mye bedre å føle seg frem på hva andre har lyst til. På en måte er det en eller annen form for samholdning her som ikke er språklig. Du ser hva andre folk gjør, tenker og sier, men det er det som er mellom linjene som betyr noe og ikke hva vi sier. Da blir det en sånn veldig dynamisk og fint. (48:09) Det er litt for sent da, men jeg skulle ønske at leilighetene var billigere. At det burde vært flere som hadde hatt råd til å kjøpe. Det er kanskje ikke mulig med de materialene her, men det synes jeg er den sosiale boligbyggingen. Så hvis de skal fortsette å bygge sånt, håper jeg at de greier å lage boliger som er så billige at kanskje studenter kan også kjøpe og at det ikke er nødvendigvis at man må ha så mye penger for ha råd til en leilighet. Det gjelder jo ikke bare her. Det gjelder jo generelt. Så det er vel forbedringspotensialet for boligbygging generelt. (50:38) Her er det jo litt sånn at man finner noe å gjøre som de er interessert i også kan man gjøre det sammen med andre. Det er jo veldig fint.



