

European network on forward  
**policies and actions for  
the seniors in Europe**



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## Foreword

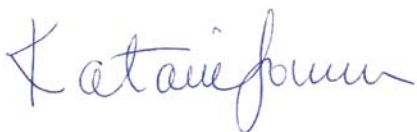
Europe is facing a major challenge which implies that the proportion of elderly is increasing. Already, the proportion of residents + 65 years old consists of 20–25 percent of the population in Europe. How can our society meet this change?

There are many indications that the generation born during and after Second World War has very different needs and expectations than previous generations. Both the individuals and society have much to gain if the seniors maintain an active, independent and meaningful life for as long as possible. How can the society support this?

Within the “Europe for Citizens” Programme, six municipalities / regions in Europe have had the opportunity to meet and have active dialogues on this challenge, “*the European Network on Forward Policies and Actions for Seniors in Europe*”. The project has both given us keys to how we can meet this challenge and a network of partners in Europe.

Now follow the next step, how do we proceed together?

24<sup>th</sup> January 2012



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## 1. Introduction

An ageing population raises many fundamental questions for policymakers – as “How do we help people to remain independent and active as they age? As people are living longer, how can the quality of life in old age improve or maintain? The word “active” refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active. Maintaining autonomy and independence as old should be a key goal for both individuals and policy makers.

## 2. Background

European statistics show that the proportion of elderly, +60, today are 20–25 % of the population and it is increasing. This trend needs to be met by drafting new policies and services based on the needs of the senior citizens of the 21<sup>st</sup> century.

The society has a lot to gain if the group, seniors 60+ who are still active and in good health, maintain their good health as long as possible. When we searched for evident knowledge for this target group, we did not, unfortunately, find so much. Nevertheless one thing that emerged to be important for their health was if they had prepared for their retirement or not.

In the year of 2009 a Europe for Citizens Program started. The aim was to create a long-term transnational network of cooperation on the issue of policies and services for the senior citizens (60+) that are active and in good health. The participating municipalities/regions were from Italy, France, Germany and Sweden. The participants' countries are all dealing with an ageing population.

Questions we asked ourselves were: Who are the tomorrow's seniors? What are their needs? How can the society support them?

To solve the questions we selected four key areas for development; empowerment, social life, products and services, and housing. Moreover we thought we had to learn more about the target group. So we planned five events, one for each key area. After each event a coordination group evaluated the event and planned the next one together. Before every event each participant had to prepare to share the country's experiences, projects and best practices with the other.

**Skövde, Sweden.** Skövde has chaired and coordinated the project. The municipality invited to the first event 13<sup>th</sup> – 15<sup>th</sup> December 2009. Since the seniors' 60+ characteristics and needs to a great extent are unknown the first theme for the events was “*Who are the future healthy elderly?*” “*What do we know about the heterogeneous group of seniors?*”, “*Who are they?*”, and “*How to define the group/groups?*”

**Enzkreis, Germany** invited to the second event 17<sup>th</sup> – 19<sup>th</sup> may 2010. The theme for the conference was “*Empowerment and active citizenship of the elderly – volunteering*”

The third conference was in **Norrköping, Sweden** 12<sup>th</sup> – 14<sup>th</sup> October 2010. The theme for this conference was “*Services and products*”

**Tours, France** arranged the fourth conference 20<sup>th</sup> – 22<sup>nd</sup> January 2011. The theme for this conference was “*Housing*”

The fifth conference was in **Traversetolo, Pedemontana Sociale, Italy** 30<sup>th</sup> March – 1<sup>st</sup> April 2011. The theme was “*Activity and social relations*”

The sixth and follow up event in **Parma, Italy** 28<sup>th</sup> November – 1<sup>st</sup> December 2011 dealt with health issues. It completed the network conferences and collected and evaluated the results of the work done.

### 3. Purpose

Encourage and empower the seniors so they become an active subject both locally and in Europe in participating in and increasing their influence and responsibility on decision-making processes affecting their daily life as a senior and citizens.

### 4. Result

This was what we learned from the thematic events:

#### 4.1 Who are the target group and who will they be in 2020?

To answer the question in the title of the event in Skövde, Sweden, four different lecturers talked about; *“How long must we work?”*, *“Healthy ageing project in Europe”*, *“Ageism”*, and *“Who are the future elderly in Europe?”* These lectures together with all statistics and information from all participants gave us a lot of information.

The statistics from all participants showed us that the proportion of elderly, +60 is increasing in all of our countries, France, Germany, Italy and Sweden. In Germany this will happen while at the same time the population will decrease. The proportion of 60+ is already 20–25 % of the population in all our countries.

Most of the elderly live in couples but the oldest live more as single. In the oldest group of people there is a bigger proportion of women than men.

In Sweden, Germany and France elderly people want to live closer to urban environment but in Italy people want to stay in the environment they are used to. This means that a lot of the elderly people in Italy live in a rural environment.

There are more immigrants in the *“younger”* senior group than in the elderly.

The people in most European countries enter the working life five years later than the generation before did. On the other hand, they are living around seven years longer than their father. This leads to the fact that the people are depending on transfer first by their families and the education and welfare system (while they are still young) and then by the pension system averagely twelve years longer, while they are contributing financially to the system seven years less. One solution to this might well be that people will have to work longer in the future.

Asides this, if Europe will maintain its welfare there are another five important areas to guard and develop:

- family policies, building social systems that allow and support young families to work and at the same time have children,
- increase the employment rate,
- increase the productivity,
- increase immigration and foster better integration of immigrants, and
- sustainable finances (Statistics Sweden).

Results from the Healthy ageing in Europe-project, whose aim is to promote healthy ageing in later life stages (50+) gave the knowledge that important things to work with in the future are capacity building and establishing a dialogue, research or exchanging best practice, educational aspects, and activities directed towards old people. But there are barriers to move, for example problems with co-operation and co-ordination, lack of funding, new needs demand increased knowledge, much focus on less healthy older people instead of healthy active people, and attitudes (Swedish National Institute of Public Health).

There are differences in Europe, for example in Sweden 50 % of people older than 85 years, says that they have a good health but in Italy the same numbers are 10 %. There are big differences between areas in Sweden, too. It differs seven years between the highest and lowest ratios regarding life expectancy. Education, social class and ethnic background have a great influence on health and life expectancy ratios.

Life between 65–80 is similar to the life before 65, but more independent, say the seniors in Sweden. 85 % of them think that retirement will be positive, a new era of independence, like the adolescent years, no kids or work time but time to fulfil ones dreams. Almost 50 % will spend their money on themselves and for example move to warmer countries. Some of them will work longer, and almost half of them are listen to rock´n roll (Kairos Future).

Fellowship is an important health factor and for both physical and intellectual health it is important to be active. Activities like dance, golf, tennis, bridge and quiz games are good examples of activities.

We are probably developing more diseases while we are increasing average age of life. So we have to improve knowledge and education how to reduce health risks and prevent diabetes, osteoporosis, eye diseases, dementia etc.

If we compare the older to the younger group of seniors we can see a lot of differences. The generation that was born during and after the Second World War has totally different needs of activities than the same age groups 20–30 years ago. The younger are a much more heterogeneous group, have a better economy, longer education, strong decision makers and more women have worked outside the home.

From the event in Skövde, Sweden we asked ourselves:

Is the public sector organized to meet the needs of a generation of people that listened to the Rolling Stones, marched for freedom in the sixties, experienced collective living in the seventies, became directors in the eighties and now are going to be retired?



## 4.2 Empowerment, volunteering and longer working life

After a discussion in the coordination group about what empowerment is for the target group, the event was planned to focus on Volunteering and Longer working life.

The program in Enzkreis, Germany consisted of study visits, two lectures and five workshops about: *“Volunteering in Germany and in Baden-Württemberg – for and with the generation 60+,” “Concepts for labour in production until 67,” “Labour time models of the future”, “Part-time retirement and more”, “Being active keeps us healthy”, and “Ethical aspects: Arrangements for lifetime”.*

These lectures together with experiences and best practice from the participants, mostly from Enzkreis, gave us a lot to think about.

### **Longer working life:**

We have a lot to gain from a flexible retirement age. Good planning of the human resource management helps the society to close gaps. We should have requirements for sustained personnel management. That should contain continuing education for all, job enabling physical activity, prevention and health promotion, and discovering the potential of aged. It is important to listen to elderly people to learn about their needs in employment – even after 67 years of age – to change the view on age. Future outlook should be that work is fun, continuing life-long education pays, think about that the young today are the seniors of tomorrow, and that delayed retirement is the best prevention against dementia.

## **Volunteering:**

In Italy and Germany voluntary work is very common but not in France or Sweden. In Italy volunteers play an important role in the society. Both in health care and in the society as taking care of children, elderly, and disabled persons. Also in the social sector the volunteers are playing an active role as assistances for migrant people, help prisoners and their families, help in centers for prevention and assistance to women who are victims of violence etc. In Italy the voluntary work is a key resource to guarantee the well functioning of the total social framework.

In Germany big employers are worried about that today's industrial workers wear out early, and may conclude its work before normal retirement. They are working hard to promote the health of their employees to maintain their labour but also to have healthy future retirees.

In Sweden volunteering is less common in the provision of social services compared to other EU countries; more common in some niches like supporting victims of domestic abuse, homeless, people with addictions like the Red Cross, Save the Children, Children's right in Society; FAMN. There are about 180 000 voluntary organizations in Sweden, most of them in the area of sport.

There is evidence for that volunteering gives a lot also to those who are volunteers. It gives competence, keeps people healthy, involves people to society, is a possibility to "pay back"; means participation, and participation is precondition for volunteering.

## **4.3 Products and services for 60+**

The third event in Norrköping, Sweden offered two lectures about "*Innovations for the modern older life: Challenges and possible strategies for product and service development*", and "*Everyday life and use of technology amongst the oldest old*". Beside these, it was a series of interesting dialogues, processes and meetings, including Open Space, work shop, exhibitions, mini-lectures, and design game. All these together with experiences from all participants and more than 500 seniors, gave a lot to think about for the future.

It is important to change the way we are thinking about elderly and raise questions like: "*How should we arrange society in the future?*", "*Which roles should seniors have after the working life?*", "*How to catch needs and demands for 60+ citizens?*" "*How can we make successful innovation processes?*".

One of the key issues turned out to be "*How can we manage to create demand driven products and services with the right and attractive technology?*" The event gave a lot of answers to that, e.g. through discussions in groups. Below presents a summary of this, based by four questions;

*How can we define needs?:* More communication and interaction between elderly (users), developers and designers, see the importance of self-sufficiency, do not replace human beings with technical solutions, technology cannot solve loneliness.

*How can we develop products and services?:* Define the problem for elderly, needs in their circumstances of life, have patterns of the daily life and needs of getting out and meet other peoples.

*How can we reach users?:* Good marketing and communication, common and recommended.

*How produce better usability?:* Must be developed from the needs of seniors, products and services needs to be user-friendly, it has to be a product the seniors really need, start from the importance of activity and independency, technology needs to be integrated in the daily routines to be used, attractive design.

## 4.4 Housing for and by seniors

Housing for seniors proved to be a very important issue. The program in Tours, France gave us a lot of knowledge with its broad range of information that included three lectures about “*Housing for future seniors*”, “*Cohousing in Europe*”, “*Methods and tools of territorial authorities to answer the needs of seniors’ housing*” together with a lot of information and experiences from the participants it gave many important thoughts for the future.

### **For the seniors we commonly know two types of housing:**

1. Traditional housing (which can be a house, a flat, owned by the person or as a tenant), which is not specific to old persons only and which can be improved to allow old people to live there better. To promote seniors to stay at their homes should be an important issue for every country since it is everywhere the most shared aspiration. More than 90 % of people, desire to stay at home or to change for a housing more adapted to their situation. This means smaller, in the city centre, near service facilities, more comfortable or single storey.
2. Nursing homes are for the oldest people and almost every time in situation of dependency. These homes, with medical care, were not the topic during the event.

### **There are different types of alternative housing for seniors in Europe.**

*Grouped housing for old people*, often like small houses, in a rural area and with no or a few common spaces.

*Housing for autonomous elderly*, which offer standard services (public management).

*Private housing with services*, which integrate an offer of services, much more developed and which are under private management, and are aimed towards wealthy people.

*Adapted family care*.

*Cohousing or shared housing*, is a type of housing where everybody has their own flat, but where there are common spaces where they can share space and activities, and where residents play a role in the management of the places (sometimes even to their conception). It is therefore a double dimension in this concept: solidarity and democracy (self management). Cohousing can concern different generations.

In Germany there is a lot of grouped housing with shared spaces, basic services and individualized services.

Sweden has a long experience concerning alternative housing, with common spaces and services. Public financing is important, with a protective State. Private initiatives start to develop.

In Italy, priority is given to the improvement of housing and nearby networks which are based on volunteering.

In France there is housing for autonomous elderly, financed by the cities and the CCAS, Caisse Centrale d’Activités Sociales, which are the mainly widespread solution, while private housing with services is developed for a wealthier clientele.

When people in the age of 70 to 85 years old in France move, the cause is often linked to a triggering factor like the death of the spouse, the first health problems or the distance to their children. It is not linked to the characteristics of the housing that has become inappropriate. When there is a removal, people are looking for a place where they feel safe and which preserves intimacy. Two other objectives vary according to persons: being close to services, and being in an environment in favour of exchanges (friendliness, conviviality).

Interviews with seniors in France showed that concerns are different according to age (e.g. security for the 75+, use of ICT for the 55–74 years old). Seniors would like to have more information concerning the adaptation of housing and the accessibility of the environment, but also concerning financial possibilities and the different types of alternative housing.

From the statistics it emerges that seniors in France, Germany and Sweden moved into the centre but in Italy it is more common to stay in their home, often in a rural area.

## 4.5 Socialisation for 60+

In Piedmont, Italy the program consisted of study visits and five lectures, three of which continued with teamwork. The titles were *“A global well-being: volunteering actions as concretization of socialization in preparing to retirement period”*, *“Experiences of volunteering as a way for socialising during the transition occupation-retirement”*, *“Socialisation for 60+ under different perspectives: health and social aspects, relation, psychological and emotional aspects, and Socialisation and ICT – new technology as an help for Socialisation”*. Besides this, the participants shared their project and best practices with each other.

From all this we learned that in voluntary organizations, by working for other people, you do not only help them practically, but you also feel fulfilled and this strengthens your identity. Those who are growing old need to be recognized and to feel useful not only because they carry out factual activities, but also because they have life values to pass on to the others. Elderly people need to keep on growing while they get older, otherwise it would not be about growing old but just about a physical and personal decay. The value of socialization in volunteering lies in mutual exchange and enrichment.

Information of Time Bank taught us that it can valorise the potentialities of many people. Due to exchange of experiences and services, valorise the time: one offered hour is like a received hour, independently from the held or received services, it is possible to exchange what one person is able to do or to like doing and what he/she not able to do.

## 4.6 Health Promotion

At the last event in Parma, Italy two lectures were offered in the field of Health Promotion, *“Health Promotion through sport”* and *“Correct nutrition for seniors as the basic action on health prevention”*. The participants shared their project and best practices in this field with each other. Beside this every participant summarized and gave a feedback from their event, described what had happened at local/regional level caused or connected to the project and last, discussed conclusions and follow-up.

Physical inactivity is the most common of all cardiovascular risk factors across countries. After tobacco use, inactivity is the greatest contributor to mortality and morbidity from all causes. Physical activity is the least expensive and most effective prevention of obesity and the most effective strategy to prevent chronic disease. Major advantages even start at an advanced age and low grade exercises are already very effective. The benefits of physical activity are many, it reduce health-care costs, prevent and manage cardiovascular disease and diabetes, tackle obesity, prevent osteoporosis, improve bone health, and enhance social relationship and mental health.

Evidence from various sources indicates that many old people fail to get the amounts and types of food necessary to meet essential energy and nutrient needs.

## 4.7 Local activities

The project has given the participants a lot of new knowledge that in some case already has started new activities.

In Italy an important cooperation between local public authorities, Parma University and elderly associations has started. This cooperation offers opportunities to exchange information and knowledge which is important in getting to know the local volunteering realities better, begin/improve cooperation with high level education institutions/research centers (Parma University), and to create a common arena where exchanging opinions, expectations, and proposals is enabled. This has improved the collaboration between associations and local authorities, created a network among university and local authorities; when you put together different perspectives on the same theme the output is a deeper knowledge.

In Germany the project has given more intensive contacts and opportunities for collaboration between individuals and institutions and better networking with advanced knowledge of one another. They have also a lot of ideas that are waiting to be carried out. For example prepension seminaries, house construction/renovation (> Architects), more networking, more information for volunteers, and co-operation with "Social Angels"/Chamber of Commerce to reach future pensioners.

In France the project enabled collaboration between the City of Tours, Tour plus community and the University. This meant that a study on seniors housing could be conducted financially. In addition, discussions with seniors and a photo exhibition on seniors housing took place.

In Sweden, Norrköping describes that the project has provided an awareness of the group and how diverse it is. New strategic alliances locally, regionally and nationally between municipality, NGO:s, University, inventors, and SME:s that focus on development and work with the life and living for the 60+ has started. A two year project has started which is focusing on the technology for the daily living of the 80+ and their relatives. The exhibition which was conducted by the third event in the project, in Norrköping, felt so successful that it shall be repeated in 2012.

The municipality of Skövde started off with a lecture and work shop on "*Who are the future seniors?*". Invited were representatives from a wide range of organizations (politicians, representatives from municipality, transport, property owners, business sector, science park, university, NGO:s). Thereafter, three lectures to the public and several dialogue sessions with seniors have been carried out. From the dialogue with the seniors it turned out that mental preparation for retirement was very important among the elderly.

There is scientific evidence that persons who prepare for their retirement feel better and have a better health. In meetings with NGO:s the idea came up to establish a study circle with the aim to support people who are close to leaving their job and become seniors, in order to prepare them for this change in life. Today the aim is reached and people for these study circles are trained and prepared. During the project period, the number of meeting points for seniors increased to eight and the staffs has met the visitors' needs and the activities have partially changed and developed. The staffs were also inspired by information of voluntary activity. It is important that all of us are "*on top of the toe*" to provide opportunities for volunteering and to see possibilities. Also, dialogues and information with a lot of organizations has been carried out, for example a work shop for architects about indoor design for seniors, a work shop with students, and a triple Helix conference about "*Products and Services for 60+*" which ended with a Vinnova project.

## 5. Summary and Conclusions

During the project, the participating municipalities have learned a lot from each other. All agree that this type of project, and especially the networking, produces a high and rich outcome, both socially and in knowledge.



Many of the future elderly have a good economy but we do not forget that in the future, as now, there will be old people with poor finances. The future elderly are not a homogenous group with good economy, high purchasing power and access to expensive housing. This fact requires great demands on the decision-making in society.

Housing is an important issue. The target group desires a wide range of housing that is adapted to the disabilities that typically occur with age. Architects and policy makers based mostly of their decisions from that the elderly express that they want to live in the center. But in discussions with the target group, it seems that they have problems to leave their familiar environment. Opportunity to continue living in their own homes as long as possible is important for the future elderly. They also want the option to live in rural areas even as they get older.

Research shows the importance of the feeling to be needed and to have a status and a role to play. Volunteering by older people is therefore of great importance. In order to maintain the social standards we have today volunteer work must be expanded. In Italy and Germany it is already well established. In France and Sweden seniors rely on the community and its services: there is a lot of work to reverse the trend and to change this mindset.

Although it is a very complex issue to change the rules and age of retirement, in the project we have learned about the importance of a flexible retirement age. Good planning can close gaps. It is important to listen to elder people to learn about their needs in employment – even after 67 years of age – to change the view on age. There is also scientific evidence that persons who prepare for their retirement feel better and have a better health status. These people need possibilities to meet others in the same situation and to discuss together. People who are close to leaving their job need support.

Everything indicates that the future elderly will live longer and be healthier than previous generations. At the same time we know that dementia is increasing and starting at a younger age. Women live longer than men but we also know that women start taking the men's unhealthy lifestyle with cardiovascular diseases and earlier death as a result. The healthy elderly as we now expect may not be so healthy. We don't really know because it is the future and about the future we can only speculate.

## **Summarizing the project, the lectures and the exchanged experiences, we have to draw four main conclusions:**

1. The public sector needs to be organized to meet the needs of a forthcoming generation of retired people which is quite, mostly or maybe even completely different to the pensioners before. It is crucial to know more about their aims, wishes and necessities.
2. We have a lot to gain from a flexible retirement age.
3. There is evidence that volunteering gives a lot also to those who are volunteers. It gives competence, keeps people healthy, involves people to society, is a possibility to “pay back”, and it means participation, while on the other hand participation is a precondition for volunteering.
4. A key issue is a demand-driven development of new products and services, the question how (new) technologies and their advantages can be used to improve the life of elder people and how these new products can be designed in a way that makes people feel like using them.

## **Five topics for the future**

During the last conference in Parma each event with its specific theme and its outcome was evaluated and the participants presented their local impacts of the project. Based on this the participants discussed interesting and fruitful areas to go on with. This resulted in five topics, worked out in small groups and presented at the end of the event.

The coordination group prepared a plan for the topics and named responsible for continuing the work.

### **The five topics are:**

#### 1. Voluntary work

The aims here are to give people the chance to take more responsibility for the society, and to help them by training, feed-back and concrete aid.

The partners agreed that for this the network of the project can be used to exchange information and to organize study visits.

#### 2. Preparation for retirement

The idea is to prepare, engage and inform persons to give them the opportunity to plan their future lives and to be more active in their retirement. The aim is to identify the best match of individual necessities and wishes and the needs of society, which includes a rising awareness among employers.

#### 3. Health education and improving muscle strength

This topic puts the focus on physical and mental health which are the most important factors for a good quality of life. The main target would be to increase the motivation for physical activity and thus lead to a change of lifestyle.

#### 4. Housing and Living

This topic, necessarily linked to all others, focused on providing caregivers with a toolbox of guidelines and knowledge about the needs of people who are getting older, and with knowledge of alternatives and different solutions to facilitate information and the development of new solutions.

#### 5. “Design for all”

As mentioned, one key issue are new and innovative products – and the empowerment of elder and disabled people to take part in the process of new techniques and innovations. Therefore WHO methods and indicators can be used, and Universities should be involved to facilitate an active dialogue between research and target group.



## The address to the projects website: [www.qlse.eu](http://www.qlse.eu)

On the website you can find all information about the project as general information, activities, all presentations from the events, and facts about the municipalities in the project etc.

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