

Tool Three: Café ComVida

DIFFICULTY: ●●○○○

FOR: INDIVIDUALS AND ORGANIZATIONS

Lab60+'s Café ComVida serves as a gathering for people to engage in discussions about innovative topics and initiatives connected to longevity. Each meeting is overseen by an ambassador tasked with facilitating connections, encouraging interaction among attendees, identifying synergies between projects, and inspiring new ideas.

BASICS:

When: Ongoing, with events scheduled as needed.

Time Needed: 2 hours.

Materials: Shared coffee break (each attendee brings their contribution). Computer and multimedia resources to make the presentations.

Objective: The primary objective is to activate the power we all have at all ages—showing that we all have something to offer and to receive from the network. Another objective is to nurture connections and promote cross-sector collaborations.

It aims to:

- ➔ Bring stakeholders and multipliers together—government, academy, third sector, NGO leaders, startups, companies, health professionals, citizens—people who work with longevity and changing elder perspectives.
- ➔ Create connections between stakeholders that could collaborate or work together.

- ➔ Identify and record ideas, projects, and innovative enterprises in any development stage.
- ➔ Engage people and organizations with Lab60+.

STEPS:

Before the Meeting

- 1. Event publicity:** Promote the event through social media, Lab60+ Ambassadors, and organizations working in the field of longevity.
- 2. Registration:** Request prior registration of attendees and determine interest in the ideas to be presented at the meeting.

The meeting:

1. The meeting starts with an opening ritual; an institutional video is played or there is a reading.
2. A facilitator opens by introducing the purpose, format, and agenda of the meeting.
3. Introductions/ Icebreakers: Attendees share their names and why they are there.
4. Block 1: Three attendees share innovative ideas about longevity, and the facilitator asks for reflections.
5. Block 2: Three more attendees present ideas and there is a reflection session.

6. There is a close of the event and the facilitator encourages participants to engage with the Lab60+ movement and become ambassadors in their territories.

7. Coffee break and networking.

THINGS TO CONSIDER:

Start promoting the Café ComVida at least one month in advance to get more people interested in joining it.

Do not charge for entrance, in order to enable diversity.

Assign responsibilities—facilitation, welcoming people, attendance list, time schedule, photography and video, register, etc.

Pictures, videos, and testimonies are very important to increase Café ComVida's potential and to engage more people.

It is helpful to have a structured script and timetable in place. But also be flexible in adapting to the audience and the context.

[Source: Lab60+](#)

