

101: What to talk with a senior about?

1. Preliminary questions

- What's your name?
- How old are you?
- How old do you feel you are?
- Please tell me about your everyday life
 - What kind of hobbies do you have?
 - What kind of entertainment do you like?
 - Do you participate in some senior initiatives?
- Do you prefer individual or group activities?
- How often do you interact with young or elderly people?
- Could you tell me about a person who is important to you?
- Can you tell me three words that come to you mind when you think about being a senior? (*we can also share three thing about being a youngster)

2. Main conversation (going deeper)

- How would you describe your life in two-three sentences?
- Which are the strongest memories you have?
- Which was the most joyful period of your life?
- If you could live one day of your life again, which one would it be? Why?
- What was the craziest thing you've done?
- What do you think about the person who you see in the mirror?
- Did you live your own life or someone else's?
- How do you define love?
- What is a happy ageing to you?
- What do you think about afterlife?
- Do you feel sorry for something? Do you have any regrets?
- What are you dreaming about?
- What is the sexiest language for you?
- How do you perceive sex through different life stages?
- What do you think about sex life in your age?
- How many partners have you had?

- If you could go back to your past, what would you say to yourself? Would you like to change something?
- Do you see any differences between your generation and today's generation?
- What are the most common mistakes that young people make?
- What can seniors and youngsters learn from each other?

3. Closing questions (positive)

- What advice you could give me?
- What are the five things that inspire you?
- Did you like our conversation?
- What would you like to ask me?
- Would you like to interact more with people from my generation?

Can I hug you? :)