

Title: Cook with me

Description: The project should bring young and old easily into contact with each other while cooking.

Idea/Vision: "Cook with me" is an intergenerational project to get young and old, refugees and local citizens together at one stove. Here pupils and students should learn from elderly people just as the seniors learn from the young people.

What is it? Project

Why are we doing it? The goal is to create a community that neglects old age through the exchange of generations.

Core content areas: IO2

Target group: young, international people under 23 as well as seniors over 60. Mixed groups. For each level of education, but the required language skills are: >A2, as teenagers and young adults should at best be able to read and understand the recipe. It is recommended to keep the number of participants between 2 and 18 if possible. The duration is about 1-3 hours

Location: Rooms with cooking and dining facilities. Accessibility depending on the space available

Material: cooking equipment, cooking facilities (stove, oven, ...) and ingredients

Requirements for moderators: The number of moderators can vary depending on the number of participants; 3 moderators are sufficient on average. The qualification of the moderators is not important, but they should possibly be familiarized with the recipes shortly before. Their role is to guarantee a smooth process and to initiate the meeting and first discussions between seniors and young people and to serve as contact persons

Agenda: (For details - see content descriptions)

1. short introduction, self introduction (name, reason for participation, favourite dish)
2. discussion: what is being cooked? (3 different dishes that can be prepared in 45 minutes)
3. eating together

content descriptions:

1. As an introduction serves the short introduction of the participants
2. short overview: As an overview of the process it was discussed which dishes are cooked and who is responsible for what
3. agenda item and activity: the actual activity was the cooking, including the discussions that took place
4. wrap up activity: As a „wrap up“ the photos taken were put together into an album
5. follow-up: the "follow up" represented the distribution of photo albums to the individual participants

Pedagogical approach cooperative learning. Self-reflection

Framework activities: The framework activity was the introduction as well as the cooking, which was to promote the actual purpose, conversation between generations

Presentation styles used: Group discussion. Group exercises

Instructions and recommendations for implementation: The dishes should not be too complicated and should be feasible in 45 minutes.

Contact details for further information:

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