

Project concept „Cook with me“

Through the project "Cook with me" we want to make closer young and old generation. Younger people and senior citizens - also from other countries - cook together. Each person teaches the other, they get to know each other, talk to each other and have fun together. There are 3 variants in the project: a) Seniors visit the St. Nikola secondary school in Passau and cook with pupils every Monday. Then young volunteers visit the Malteserstift retirement home in small groups and cook together there on Friday afternoons. Then a free group of young and old is being planned, with thematic cooking evenings such as "Cooking and baking like in the old days", "Learn something new for once - vegan cooking and baking", "Syrian cuisine", "Carnival"... (etc...: There are no limits to the imagination, the ideas come from the participants).

Our goal is for both generations to learn from each other, but also to simply get in touch and stay in touch. And above all, we want to make it possible for "the youth" and "the world" to come to seniors who are immobile and live in old people's homes, and for them to have contact again with younger people, but also with young people from other cultures. Ideally, contacts will be established so that, for example, foreign students, young migrants and refugees improve their German language skills, but impart knowledge about their country and culture to the elderly. In this way, prejudices are reduced and people have a good time together. Our greatest compliment from a resident: "That was the first time I felt at home in the home!"

The project has already produced a film and a joint cookbook.

For the project, we will receive a small project grant from the Bavarian State Government's "Intergenerational Learning" programme from January to March 2017, from which we can finance the additional food and the printing of the cookbook. However, we are interested in carrying out the project in the longer term and would appreciate any donation!