

Cook with me

Project period: 01.01.2017-31.03.2017

Target group Senior citizens, especially those living in old people's homes, as well as young people with and without a migration and refugee background, as well as foreign students.

Possible cooperation/network partners _Malteserstift and senior citizens' homes with whom we already cooperate on Boys Day, Welcome Dinner, various student groups (e.g. Ökumenischer Asylunterstützerkreis, Chancen gestalten, Aktion Augen auf), Stadt- und Kreisjugendring, schools with whom we have been cooperating for many years as part of our Boys Day and our language mentoring project.

Background:

In the context of a volunteer project of long-term unemployed people in a home for the elderly, we found that the seniors incredibly liked baking and cooking and simply knew a lot of household tips and recipes and had fun passing them on. They also enjoyed getting back in touch with younger people, but also with people from other cultural backgrounds, especially those who were no longer mobile. And cooking is an easy way to get in touch.

We have had similar experiences in projects with refugees and migrants, who could then also show what is cooked in their home countries.

In our project Kinder-Erleben-Kulturen (Children Experience Cultures), we also experienced how much fun the children had: i.e. cooking connects and offers a lot of language opportunities in a nice setting. But at the same time we experience, e.g. during our Boys Day or in discussions with the food bank, that fewer and fewer young people are taught how to cook at home.

Our Idea:

We are looking for interested young and underage volunteers with and without a migration and refugee background who would like to take part in the project. Then we visit an old people's home in small groups and organise thematic cooking evenings: e.g. "Cooking and baking like in the past", "Learn something new - vegan cooking and baking", "Syrian cuisine", "Carnival" ... (but the ideas should come from the participants). Both should learn from each other, but also simply come into contact. 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 develop so that, for example, foreign students can improve their knowledge of German, but impart knowledge about their country and culture to the elderly.

We want to accompany the whole thing photographically and at the end produce a "photo album" with quotes from the participants, which each participant will receive, but which can also serve as "motivation" for similar projects.