



FUNDACJA POMOCY NIEWIDOMYM

ŁOMIANKI, POLAND



OBJECTIVES OF THE TRAINING COURSE

- Learning about perfecting the usage of the household appliances,
- Developing skills to recognize different groceries using multiple senses,
- Learning the Health & Safety rules to be applied during preparation of the meals,
- Encouraging students to set the table on their own,
- Bring attention to appearance of prepared meals,
- Encouraging independent preparation of meals,
- Introducing and teaching recipes from different regions of the world,
- Teaching and enforcing the rules of health nutrition,
- Teach students to ask for help,
- Overcome the feeling of alienation and exclusion from the society,
- Encourage intergenerational and interpersonal relations,
- Portray eating together, in a group as a key to developing interpersonal relations,
- Compiling a cookbook filled with recipes from all over the world and including tips for visually impaired people

LEARNER PROFILE

Teenagers above 16 years old and adults that were born or have recently become blind.

CONTEXT: SOCIAL / ECONOMIC / EMOTIONAL

People that were either born blind or have recently lost the ability to see and are still not very independent. They are frustrated and they feel useless and excluded from the society; they experience difficulties with executing the daily life tasks.

ENVIRONMENT: PLACE / TIME

Educational institutions, support groups, family, charities, social organizations(for people with seeing disfunctions)

OBSTACLES: DIFFICULTIES MET

- No motivation, feeling of alienation, lack of willingness, depressions, lack of self-confidence, disbelief in ones' abilities,
- Issues with adjusting the appliances and the environment,
- Isolation and lack of support of the families or the flat/housemates.

ILLUSTRATION

