

Lifestyles Revisited - Educational Experiments in IG Environment

Documentation about the first project working periode

between the Partnership meeting in Alicante (E)
in september 2011

and the Partnership Meeting in Luxembourg in january 2012

The local IG Groups

5 Members of the Club Senior Nordstad



and

5 students from Centre National de Formation Professionnelle Continue (CNFPC) Ettelbruck



Local IG Groups

Participating Seniors



Victor Adehm -79 years



Anni Schank-Demuth – 75 years



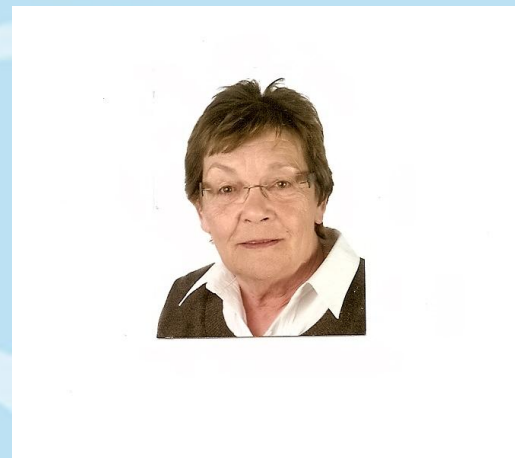
Marie Therese Weber-Mathias - 62 years

Local IG Groups

Anni Develter 68 years

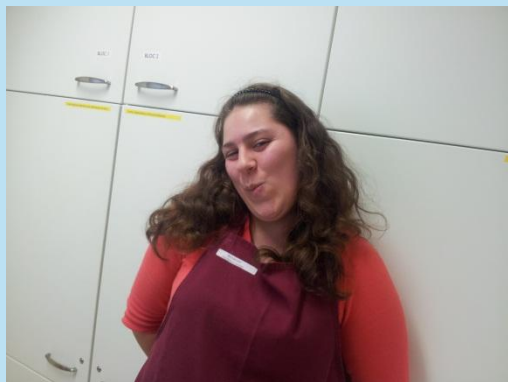


Nicole Jung 72 years



Local IG Groups

Participating students:



Tatjana 16 years



Ana 17 years



Lauri 17 years



Samantha 17 years

Local IG Groups

Participating students:



Michael



Joé 16 years

Local IG Groups

Staff:



Christiane Mergen -



Barbara Wiesen- 46 years



Bernadette Koener-

Objectives of the IG workshops

General objectives

- Intergenerational dialogue
- To come in contact with another generation
- Learning how to present themselves
- Learning to be open to new persons
- Learning how to ask questions – what could be interesting to know about someone new ?
- Learning to listen respectfully to others
- Learning how to tell about themselves
- Learning, that there is a person who is interested in my lifestyle
- Learning to behave in a new surrounding
- Listen to new expressions

Objectives of the IG Workshops

Objectives in relation to the particular lifestyle

- Exchange about Eating habits
- Exchange about favorite dishes
- Exchange about Traditional dishes
- Exchange about Family traditions,
- Exchange about special histories
- Exchange about preparing methods
- Exchange about likes and dislikes
- Learning to take a decision
- Learning how to prepare a special dish
- Learning to read a receipt
- Learning to buy ingredients

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- Learning to deal with money
- Learning to calculate the ingredients
- Learning manual skills
- Learning to organize and to plan steps
- Learning to use modern equipment or new kitchen aids
- Learning to prepare the table
- Learning how to arrange the plates

Methodology and description of the workshops

First Examined Lifestyles variety

Eating Habits

Methodology and description of the workshops

5th october 2011

First organization meeting with staff members of the school
CNFPC Ettelbréck

and staff members of the Club Senior Ettelbréck

Methodology and description of the workshops

- we collected general ideas for the workshop
- Fixed a date for the first workshop on Monday, the 24th October 2011
- Fixed numbers of participants: 5 seniors and 5 students
- The staff of the school will invite 5 students and will prepare them to the project
- The staff of the club senior will invite seniors to participate in this project and make preparations

Methodology and description of the workshops

24th october 2011

1st Workshop

Introducing meeting between seniors and students

Place: office of the Club Senior Nordstad

Time: between 13:30 h and 16:00 h in the afternoon after
schooltime

Methodology and description of the workshops

INTERVIEW

- The students prepared a little interview with their educator at school
- Each student interviewed an adult. Unfortunately one senior person was ill and so a staff member took the place
- After the interview the roles were changed and the adults interviewed the young people
- The questions were very general: Name, Age, Place of Living, profession, Family, Hobby, Rythm of the day, Experiences with young/adults

Methodology and description of the workshops

INTERVIEW



Methodology and description of the workshops

INTERVIEW



Methodology and description of the workshops

Tasting things that the young people like

The adults had to taste different things – blind !

The students prepared:

Chicken Nuggets, Red Bull,

Methodology and description of the workshops

Tasting things that the young people like



Methodology and description of the workshops

Tasting things that the young people like



Methodology and description of the workshops

Introducing Game about likes and dislikes

The educator of the CNFPC prepared 3 Questions with 3 possibilities to answer

For the answers she prepared some picturers as a symbol.

Those symbols were put at different places in the room

The young and the adults had to move to the picture that was a symbol for the answer they want give.

Methodology and description of the workshops

Introducing Game about likes and dislikes

Question: Where do you like to go on holiday ?



Mountains



Beach



citytrip

Methodology and description of the workshops

Introducing Game about likes and dislikes

Question: What give you take with you ?



Book



Music

Handy

Methodology and description of the workshops

Introducing Game about likes and dislikes

Question: In what kind of restaurant do you like to go?

Normal- Fast Food – very chick
2 adults – noone – 5 young and 3 adults



Methodology and description of the workshops

Game: What is it and to whom does it concern ?



Methodology and description of the workshops

Game: What is it and to whom does it concern ?

The adults brought some things that belongs to theirselves in relation to our Theme „Eating Habits“ to the meeting. They put the things at the middle of the table before the young people arrived.

Different things like special food, special farina, Kitchen equipments and books,...

The young people had to look these things. They had to find out what it is or for what work it is needed and who the owner of the thing was.

Methodology and description of the workshops

What do we want to cook together ?

After all the introducing games all participants had some ideas of dishes they want to cook together

Ana wishes to learn how to make „potato cakes“ and Marie Therese had got a good receipt

Victor likes to learn how to make a „burned cream“

Samantha likes to show how she bakes a cake

Anni likes to show an old traditional typical luxembourgish dish: „Stärzelen“ and Tatjana wants to learn this from her

And Laurie wants to prepare some little things for the aperitif.

Methodology and description of the workshops

28th november 2011

2nd Workshop

Cooking together

Time: 13:30 hrs-16:30 hrs after Schooltime

Place: school kitchen of CNFPC

Methodology and description of the workshops

Bernadette and Laurie – apéritif



Cheese cubes and Grapes were picked on a Grapefruit

Methodology and description of the workshops



Methodology and description of the workshops

Anni and Tatjana – Typical luxembourgish dish - “Stärzelen“



Stärzelen:

1 l Water

300-400gr special Farina „Welkuermehl“

Salt

½ l milk or cream

50-60 gr. Bacon

Methodology and description of the workshops

Anni and Tatjana “



Methodology and description of the workshops

Christiane and Samantha – Fanta Cake

4 eggs

2 cups sugar

3 cups farina

1 cup oil

1 cup FANTA

1 pack backing powder

1 pack vanille sugar

Decoration with gummy bears



Methodology and description of the workshops

Christiane and Samantha – Fanta Cake



Methodology and description of the workshops

Marie Therese and Ana Gromperekichelcher – Potatoe cakes

1 kilo Potatoes
2 eggs
1 spoon farina or Quaker outs
2 oignons
Parsley
salt, pepper,oil



Methodology and description of the workshops



Methodology and description of the workshops

Victor and Michael Crème brûlée - burned cream

8-10 eggs
200 gr sugar
1 vanilla bean
½ l milk
½ l cream

Brown sugar to burn the cream



Methodology and description of the workshops



Methodology and description of the workshops

After the cooking we took place at a nice table and
Had a common meal together

Every Team explained what they prepared

Everybody told little historys from the private life

There was a good exchange between young and old people.

Some of them wanted to try the recept at home , too.

Methodology and description of the workshops



Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

After the first 2 workshops

- Good contact between young and senior people
- No préjudges
- Respectful behaviour on both sides
- Big interest on both sides on the life and problems from another generation
- Sharing Traditions
- Sharing culture (3 of 5 students had migration background)

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|---|--|---|
| What does it mean typical recipe for you? | <ul style="list-style-type: none">a) From home country Portugalb) Typical dish for a regionc) Like itd) Dish with meate) Spaghetti bolognesef) Mousse au chocolat | <ul style="list-style-type: none">a) National dishb) Meat with vegetablesc) Vegetable soupe |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|---|---|--|
| What is a typical luxembourgish dish for you? | Kniddelen Ham Fritten an Zalot Bouneschlupp | Pangescht, Judd mat Gaardebounen, Stärzelen, Kniddelen Träipen Tiertech |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|----------------------------------|------------------------|----------------------|
| Do you cook traditional recipes? | 3x no ♂♀♀ 2x yes ♀♀ | 1x no ♂ 2x yes ♀♀ |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|---|---------------------|---------------------|
| Do you eat frequently traditional dishes? | 1x no ♂ 4x yes ♀ | 1x no ♂ 2x yes ♀ |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|---|--|--|
| How have you learned to cook traditional dishes and meals ? | a) not learned ♂♀ b) From mother c) With parents d) From school | a) From parents b) From mother in law c) From mother |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|--|---|--|
| What does it bring to your mind regarding gastronomic themes when you hear...? | Pommes frites Bouneschlupp, Kniddelen | Pommes frites Filet tartare Judd mat Gaardebounen |
| Belgium Luxembourg Italy Turquey Portugal Poland Spain | Spaghetti Pizza Kebab Bacalhau Paëlla | Pasta/Spaghetti Kebab Bacalhao / fish Paëlla |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|--|---|---|
| What does it mean a family meal for you? | <ul style="list-style-type: none">•Meeting with family•Missing it•Celebrating together•All together Parents, Grand Parents , Uncle and Aunt, Cousins | <ul style="list-style-type: none">•Being together with Family and Friends•Being a good host•Offering good things, perhaps something extraordinary |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|-------------------------------------|--|--|
| When do you meet for a family meal? | <p>4x Festivities 3x special Celebrations</p> <p>Family is something extraordinary</p> <p>Small Family all day, Big Family never</p> | <p>3x Festivities 3x Special Celebrations</p> <p>Children and Grandchildren together,</p> <p>If you have a big family you can find reasons enough to celebrate something</p> |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|-------------------|--|---|
| When do you have? | Breakfast 1x before 6:00 3x 6:30 1x 7:30 Lunch 4x 12:30-13:30 Dinner 3x 18:00 1x 20:30 | Breakfast 2x 7:30-8:30 1x 6:30 Lunch 3x 12:00-13:00 Dinner 3x 18:00 |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|--|---|--|
| Are there differences between weekdays and weekends? | 3x no 2x yes More time during the weekend | 1x no ♀ 2x yes ♀♂ On sundays there is traditional more time to cook something special, what needs more time for preparation Using Sundays china |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|-------------------------------|--------------------------------------|---------------|
| Do you cook daily your meals? | 4x no 1x yes together with mother | 3x yes |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|--|---|-----------------------------|
| Which importance has the participation of the different members of your family in cooking? | Being together, Also a brother helps in the kitchen , no difference | No importance , often alone |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|--|-------------------------|---------------|
| Do you consider that young people have an active role in continuing traditions and specially gastronomic ones? | 1x don't know 4x yes | 3x yes |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|--|---|---------------|
| Do you consider that old people take care of continuing traditions and specially gastronomic ones? | 1x don't know 1x better with cooking books 3x yes, happy to learn many things today | 3x yes |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|---|-----------------|----------------------------------|
| Do you think that the traditions transference is womens task? | 4x no 1x yes | 1x no 1x yes 1x no meaning |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|---|--|---|
| To what extent do you consider that innovation and new technologies have influenced gastronomic habits? | Everything goes quicker, less preparation time | It impedes the people to cook fresh meals every day |

Results obtained from the various workshops and activities in terms of learning / teaching pedagogy and IG experiments

Results of questionnaire

| Question | Young People | Senior People |
|--|-----------------|--|
| The ingredients that your family use, do they come from own farming, local production or from malls? | 5 x Supermarket | 1x Supermarket 2x own garden and local production |

Assessment of the degree of adaptability of the activities to different institutional and organisational contexts

Some Difficulties

- Difficult to find common dates for students and senior people
- Difficult that the meetings are not so regular and often
Perhaps we can meet once per month in 2012
- Difficult for students, because it is additional time in school
- The participation on this project is optional for the students
- They have to be finished at least for 17:00
- They all are less than 18 years, so the school is responsible for them