

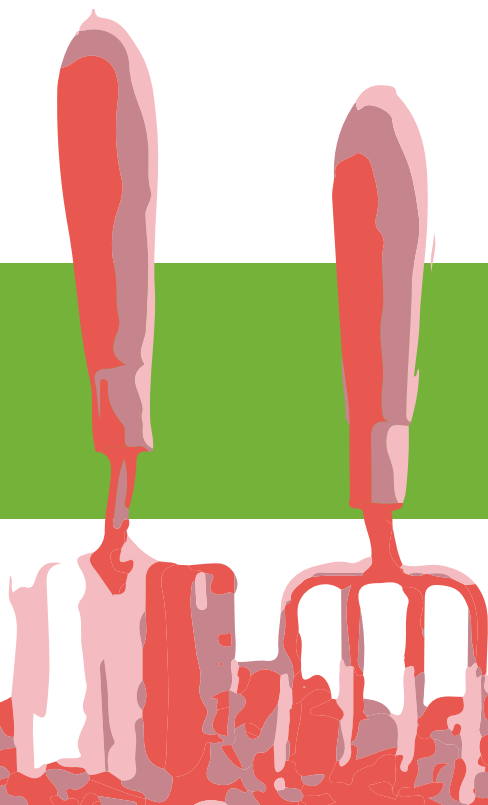


UGAIN

Urban **G**Ardens for the social
INtegration of migrants

Activity:

Cook workshop





Regular intercultural cooking of spanish recipies with seasonal products.



Activity file

1. Name of the activity

Cook workshop

2. Type of activity

Cooking and gastronomy

3. Description of the activity

The cooking workshop aims to teach migrants about the typical dishes of Cantabrian and Spanish cuisine as well as seasonal products and the sharing of recipes of different nationalities of the users. The origins of the participants are very varied: Moroccans, Senegalese, Paraguayan, Ukrainian, etc. This workshop is very important to know the Spanish gastronomic customs as it is an indispensable requirement to work in tourist or domestic sector and in this way to increase the employability of the participants. Thanks to the use of the kitchen as an instrument of socialisation in the workshop you can work on other skills such as communication, use of the Spanish language, teamwork, openness to new opportunities, self-confidence, commitment, problem solving, planning, motivation, reaching goals, coordination, etc. The workshop is given on a weekday, usually on Tuesday and lasts about 3 hours depending on how complicated the menu is and is taught for four weeks. It is done at least twice a year, which may be more depending on the resources and the interest of the beneficiaries. An average of 6 users participates in this activity. At the end of each course an activity is carried out that is very open to all. There is a closing party where the typical food of each beneficiary is shared, the experiences learned are exchanged and the friendships that arise during the course are encouraged This workshop is attended by a volunteer who is responsible for teaching it.

4. Competences and training needed

To carry out this activity it is necessary for the presence of the technician who coordinates the whole workshop and knows directly the users, since many have received social assistance from her. In addition, the volunteer who teaches the workshop must know Spanish culinary techniques, have a proactive attitude, with a desire to teach and promote Spanish cuisine among the immigrant population. It is not necessary to be a professional chef, it is enough to have the ability to cook, love food and have the desire to teach. Obviously, the technician who coordinates the workshop should be able to work with groups, in addition to having certain social skills that allow it to interact fluidly with the participants, who in most cases have little knowledge of Spanish cooking.

5. Steps for the implementation of the activity

- The first step is to prepare a list of people interested in participating.
- The people registered are selected depending on the skills they need, the time they have due to their family obligation, the commitment and the motivation they have to increase their integration.
- Once the participants have been selected, a personal interview is held to explain what the workshop will consist of. It is important to have this interview to let the users know the details of the workshop including; the commitment they need to attend, their dietary needs, the time and the days of the workshop, the place where it will be and to meet the volunteer in charge of teaching.
- The daily menu that will be cooked by the users is organised by the volunteer and the social worker.
- The start date is set trying to meet the various needs.
- The workshop starts with the introduction of each user and the teacher. The group discuss issues or play a game to ensure a relaxed environment and is helped by the social worker.
- The teacher presents the menu of the day and they start to prepare ingredients and to cook.
- At the end the class and the teacher taste and enjoy the meal together.



6. Materials and methods

- **Infrastructure:** To be able to run this workshop it is necessary to have a complete kitchen (oven, refrigerator, stove), a wide and accessible space so that everyone can be comfortable and follow the activity.
- **Materials and human resources:** To teach each class it is necessary to have the ingredients for the creation of the daily menu and kitchen utensils. There is the presence of a volunteer for the time of the classes and the presence of a technical coordinator of the workshop.
- **Time/Workload:** The constant presence of the technician is necessary to explore the needs of the users, the possibility of carrying out a workshop aimed at social integration, the exchange of experiences and customs. The technician spends at least 30min/1h for each interview and attends the workshop to facilitate a relaxed environment and to work the basic skills they need. The volunteer is present for 3 hours a week for 4 weeks and at least 2 times a year.
- **Costs:** For carrying out this workshop there is approximately 20 € per day for the ingredients of the meal. Consider the costs of space, supplies, and kitchen materials if they are not available.

7. Learning outcomes for the participants

The lessons that can be acquired with this workshop are several and range from how to prepare typical dishes of Spanish cuisine to the various tricks to not wasting food, for their conservation as well as to understand and follow healthy food habits and the use of products of various seasons and local products. It is about establishing a relaxed and informal atmosphere where everyone can contribute their experience and can be enriching for all.

Partners

Technical
University
of Munich



Technical University
of Munich
(Germany)
www.tum.de



anstiftung
(Germany)
www.anstiftung.de



On Projects Advising SL
(Spain)
www.onprojects.es



Asociación Cantabria Acoge
(Spain)
www.cantabriaacoge.com



Folkuniversitetet
(Sweden)
www.folkuniversitetet.se



Social Farms & Gardens
(UK)
www.farmgarden.org.uk



GärtnerInnen der Welt kooperieren

Gartenpolylog
(Austria)
www.gartenpolylog.org

Social Media



/UGAIN.EU
<https://www.facebook.com/UGAIN.EU/>



/UGAIN_ERASMUS
https://twitter.com/UGAIN_ERASMUS

Project Website

www.ugain.online



Co-funded by the
Erasmus+ Programme
of the European Union

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.
UGAIN: Urban GARDens for the social INtegration of migrants
Project Number: 2017-1-DE02-KA204-004151