



## DEVELOPING THE WEBSITE OF THE PROJECT (WP 5, DELIVERABLE NUMBER 42)

On December 2010 (3 months before planned) SUVOT website was launched in 5 different languages: English, Spanish, Slovenian, German and Polish. It is available in <http://suvot.intras.es>.

It includes a private area where only partners and the project officer of the project are allowed to enter. All the finished deliverables are updated and uploaded in this private area. Website also includes recipes, news, all the SUVOT newsletter, press releases from project partners, etc.

The structure of SUVOT website is described below.



SUVOT

Spicing Up  
Vocational  
Training



Lifelong Learning Programme

EAC  
EA  
Education, Audiovisual & Culture  
Executive Agency

- Objectives
- Activities
- Partners

- Training in **Spain**
- Training in **Germany**
- Training in **Slovenia**



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Europe needs to end the social stigma attached to mental illness in order to achieve equal opportunities for all the citizens and a more tolerant society. People suffering from mental illness are often discriminated against when applying for a job and this makes even more difficult their integration in society. SUVOT project, standing for "Spicing Up Vocational Training", arose from this need and aims to develop a methodology of experiential learning to enable people with mental illness, learning disabilities or/ and behavioural disorders to acquire skills to facilitate them to enter the labour market.

Four institutions in Germany, Poland, Slovenia and Spain have joined efforts to develop vocational training courses in cooking using a simulation methodology specially designed for the mentally ill.

Especiales de recetas




SUVOT is a three years Leonardo Da Vinci project (Lifelong Learning Programme) financed by the European Commission through the Education, Audiovisual & Culture Executive Agency (EACEA).

Fundación INTRAS (Spain), CJD (Germany), Ozara (Slovenia) and Grodzki Theatre (Poland) are involved in this initiative. Do you want to know more about us? Just click on the logos!



### SUVOT EVENTS

Calendario Abril 2010

lunes	martes	miércoles	jueves	viernes	sábado	domingo
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

In this website you will find information related to the SUVOT project as well as practical information about how to cook some German, Polish, Slovenian and Spanish typical dishes. Do you feel like trying any of them?

*This project has been funded with support from the European Commission (Leonardo da Vinci subprogramme, Lifelong Learning Programme).*

*This website 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.*

*This website has been created by Fundación INTRAS.*

SUVOT project is in Facebook



## Objectives

SUVOT aims to establish an innovative vocational training in cooking for people with mental illness, learning disabilities or/and behavioural disorders by developing a simulation methodology which facilitates the acquirement of personal and social skills needed to work in the cooking sector.

To achieve this mission, concrete objectives have been planned:

- Producing of a set of teaching materials for training in cooking, including:
  - o A teaching manual describing the objectives of the training programme, the methodology and the techniques used.
  - o A trainee's textbook to facilitate the learning of the target group.
  - o A teaching DVD with visual practical examples of the training.
- Providing people with mental illness from Germany, Slovenia and Poland with training on cooking during one full year, thus developing their cognitive, social and practical skills on the cooking field.
- Facilitating the access of people with mental illness to labour market, particularly within the cooking sector.

Furthermore, SUVOT project is ultimately intended to employ some of vocational training attendees within the partners' facilities after the training, hopefully establishing a dynamic employment system. German, Slovenian and Spanish organisations have an extended infrastructure of services, like day centres or residences in which people suffering from mental illness live. The food produced in the training shall be used for the wider needs of each of the partners, who have staff and people using their facilities to be fed. It can be seen as an example of a self-sustaining non-profit economy. Moreover, in the future it could be considered the idea of setting up a catering social company.



### **Developing the teaching materials**

A complete set of tools will be developed within the SUVOT project. CJD (Germany) will be the expert in the curriculum development but all the partners will contribute to it with their experience and background about the target group. Grodzki Theatre (Poland) will be the innovation key, developing the simulation methodology adapted to the needs of the target group. The new knowledge will be reflected in the teaching manual that will be edited with a detailed description of the methodology and techniques to be used. DVDs with practical examples will also be a support for teachers carrying out the course. As regards the mentally ill, the trainee's textbook will be a useful tool to follow the cooking classes. Besides, an informative website including information about the project, the vocational training courses, the didactic materials, cooking videos and national recipes will be created as a support for both the teachers and the trainees as well as to disseminate the project results among the wide public.

### **Training of the trainers**

Once all the preliminary teaching materials are prepared, a 7-days training of the trainers will be organised in Germany. It will be run by CJD (Germany) and Grodzki Theatre (Poland), experts on the curriculum and methodology development, respectively. Trainers from Spain, Germany and Slovenia will be intensively trained, both in the cooking curriculum developed and in the simulation methodology and sociodrama techniques.

### **Training of the target group**

After the trainers' training comes to an end, the training of the people with mental illness will start. Participants from Spain, Germany and Poland will attend the course three times per week during a complete year. Their progress will be measured regularly and their needs will be constantly taken into account to better implement the training.

### **Disseminating the project results**

To ensure a focused and worldwide dissemination of the project results, a communication strategy has been carefully designed to transfer, share and evolve this innovative vocational approach. The methodology developed is expected to be useful in working with different groups, subjected to social exclusion, involved in the process of vocational training. This website is one of the instruments of SUVOT project to reach as much people as possible, as well as it has been thought as an extra teaching tool for teachers. Newsletters will be produced periodically and information booklets will be created and distributed in face-to-face meetings and press conferences. All this diffusion material will be also available in this website. Moreover, seminars will be organised in each partners' countries to present all final products and results of the project, thus giving opportunity to the interested individuals to learn about it and reproduce the experience adapting to specific needs. Also, scientific articles will be published in recognized scientific publications to reach also specialised audience.

### **Ensuring the project quality**

To ensure, monitor and sustain excellence of quality during all project phases, the consortium has created a Quality Board. It is composed by all partner members and presided by Grodzki Theatre (Poland). This Quality Board will supervise all the activities within the framework of SUVOT project to reach the level of constant excellence.



## Partners

**Fundación INTRAS** is a Spanish non-profit organisation dedicated to high quality research and intervention in the mental health field. Its main target group consists of people suffering from mental disorders, whereby the organisation also performs activities and offers services to the disabled, the elderly and people at risk of social exclusion in general. Over 80 people (psychiatrists, psychologists and professionals in social and educational fields) are working in the eight centres of INTRAS carrying out research, training and clinical practice. Years of professional work have brought INTRAS solid experience and excellent referential background both in the field of European projects and in development of new technologies, programmes and applications for cognitive rehabilitation, training and mental health treatment. Besides being in charge of the SUVOT project coordination, INTRAS will perform pilot vocational training, providing the necessary infrastructure and staff to ensure excellence in teaching tools development. It will also be responsible for dissemination activities and will act as an editing intermediary structure due to their experience in publishing books, clinical and video documents.

More information: [www.intras.es](http://www.intras.es)

**Ozara** is a recognized Slovenian non-governmental humanitarian organization, working in the field of social and health care. It offers different forms of psychosocial rehabilitation and support to people with mental health problems. Their aim is to re-include this collective in the social and working environment and also to empower them for independent and better quality life. Ozara supports self-help and advocacy programmes for people with mental health problems and their relatives. This organisation is very active in publishing, education and the promotion of mental health so their value for SUVOT project is very high valuable. Ozara brings crucial resources to the consortium by transferring its knowledge with regard to mental health rehabilitation and occupational therapy. It will act as an internal revisioning entity by carrying out the pilot training in the residence groups as well as day centres, adjusting the direction taken with each of the teaching tools to fit the needs of the target group to an outmost extent.

More information: [www.ozara.org](http://www.ozara.org)

**CJD** is a large, nationwide vocational institution, running about 150 centres in different locations, employing 8000 staff members and annually training around 150.000 young people and adults, who are in great majority also suffering from various disabilities. Vocational program in cooking, catering and nutrition is one of the strongest amongst the 25 vocational programs carried out by CJD, designed by staff with outstanding expertise and reputation in the field. CJD acts as an intermediary structure between vocational education, research, rehabilitation and labour market, closely working with the National agency of labour with local and regional departments, universities and high schools in the province and psychologists, hospitals and other important stakeholders in the public health system. Being one of the strongest and most recognized vocational institutions in Germany, CJD will ensure that the teaching tools developed and the pilot training carried out will respond to the highest standards of academic excellence in contemporary vocational training.

More information: [www.cjd-bbw-frechen.de](http://www.cjd-bbw-frechen.de)

**Grodzki Theatre** has run educational and artistic programs (mainly involving drama and theatre) in Poland for vulnerable social groups, including disabled people, youth at risk and unemployed people, improving their educational and vocational opportunities. In the last five years this organisation has contracted and managed 15 projects financed by EU programmes, including two pilot initiatives focused on using psychodrama in adult education and drama and role playing techniques as a vehicle in education. Grodzki theatre is a highly recognized institution in academic as well as practicing circles of psychodrama and education; they will be in charge of the truly innovative dimension of the project, investing teaching tools with its expertise for the purpose of facilitating occupational opportunities of people with mental illness. They will develop the simulation methodology, focused on application of role playing techniques in vocational training in close cooperation with CJD, as they are in charge of the curriculum development.

More information: [www.teatrgrodzki.pl](http://www.teatrgrodzki.pl)

## COOKING VOCATIONAL TRAINING

- Training in **Spain**
- Training in **Germany**
- Training in **Slovenia**

Pilot training courses will be developed in Spain, Germany and Slovenia. Around 30 people with special needs due to disabilities or/and mental illness will be trained 3 times per week during one year (May 2012 - May 2013). The rudiments of cooking will be taught, as well as some typical dishes from each country. Experienced cooks, specially trained to deal with the requirements of the target group, will be in charge of teaching the cooking courses.

The innovation of SUVOT project lies in the simulation methodology to be developed and adapted to the people with mental illness. This methodology will help them to acquire soft skills like team working, integration, conflict resolutions, self-esteem, hygiene, etc. The methodology will be attuned to dynamics, power centres and patterned behaviours which emerges within the group and uses several recognized techniques to address them within the occupational context. Techniques based on psychodrama and sociodrama, simulation and role-playing will be elaborated within the project and tied closely to the curriculum.

Group dynamics and self-related issues aims to improve the next concepts and skills:

- Team work:
  - o Integration: getting to know each other and creating a safe working environment.
  - o Communication: self-expression, keeping borders and leaving space for the others thanks to role reversals and dramatization.
  - o Hierarchy: giving and taking orders, handling the resistance, leadership by group game.
  - o Conflict resolution: dealt by sociometry techniques and forum theatre.
  
- Self-development: increasing the self-esteem, self-discipline and self-motivation by training in spontaneity and creativity and some other theatre techniques.



Download **teaching manual**

Download **trainees textbook**

Download **teaching DVD**

A complete set of teaching tools for training in cooking techniques will be developed, including:

1. A teaching manual describing goals of the training program together with the conceptual approach to vocational training of the mentally ill, walking teachers through separate teaching modules with a complete description of curriculum, methodology, techniques used and important issues addressed.
2. A trainees textbook to provide an assisting tool for the trainees.
3. A teaching DVD featuring practical examples of the training.

The experience acquired during the pilot courses in Spain, Germany and Slovenia will also implement the development of this didactic material.

Moreover, the platform <http://suvot.intras.es> is proposed to be not only an informative website about SUVOT but also a support tool for both the teachers and the trainees involved in the project implementation.



**SPANISH RECIPES:** Cuisine is one of the main touristic attractions of Spain. It is based on the use of high quality ingredients like olive oil, fruits, vegetables, pulses and wines. This is the real Mediterranean diet, which has been recently added as an intangible cultural heritage of mankind. Each region has its own specialties: *paella* from Valencia, bean stew from Asturias, codfish from Basque country, *gazpacho* from Andalucía, etc. that is why Spain has an incredible number of typical dishes.

[EXAMPLES]

**SLOVENIAN RECIPES:** Slovenian cuisine has developed 170 recognised and typical dishes. A great range of flavours has been created, from original soups and buckwheat porridge to meat dishes and delightful desserts. The main ingredients are cabbage, beans and potatoes; we will know how Slovenians use these ingredients to cook typical *jota* or *bograč*, *Idrija žlikrofi* dumplings or *sauté* potatoes.

[EXAMPLES]

**GERMAN RECIPES:** Germany cuisine is more than sausages and beer. You can find numerous diverse dishes which are only typical to specific German regions. Potatoes, pork, cheese, cabbage, butter, etc. are used to prepare delicious dishes like *sauerkraut*, *brezel*, *bratwurst*, *knödel*, *kartoffelsalat*, etc. We are sure that German cuisine is going to surprise you and you could not resist tasting it!

[EXAMPLES]

**POLISH RECIPES:** The elementary ingredients of Poland's cuisine are cereal crops (such as rye, wheat, millet, barley and buckwheat), pickled vegetables (cucumbers, beetroot, cabbage and kohlrabi), fishes, cheese, etc. Herring is soured with spices and vinegar; this has remained as Poland's favourite national food. Meat dishes like Kielbasa, *zurek* (sour cream), a great variety of soups, desserts like *jablecznik*, etc. Polish food has much to offer you.

[EXAMPLES]

SUVOT newsletter n° 1

SUVOT newsletter n° 2

SUVOT newsletter n° 3

SUVOT newsletter n° 4

SUVOT newsletter n° 5

**THERAPEUTICAL EFFECTS OF COOKING**

29/10/2011

Last week...

**VOCATIONAL TRAINING FOR PEOPLE SUFFERING FROM MENTAL ILLNESS**

05/11/2012

A course about...

**COOKING EVENT IN GERMANY**

05/11/2012

An international event...

News about:

- Vocational and Education Training
- Cooking and mental illness
- Leonardo da Vinci programme
- VET and mental illness



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