

INTRODUCTION COURSE



Co-funded by
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MODULE 1 – PRE-COURSE

The pre-course aims to prepare newly resettled immigrants and refugees with no or little education for the learning process of a new language. Getting a basic introduction of how to master life in a new country, allows the participants to have more focus on the process of learning.

UNIT 1: BASIC LIVING SKILLS

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Introduction

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After finishing unit 1 of the Pre-Course, participants should have gained a basic and necessary knowledge of basic living skills in their new country.

Basic Household Skills In A New Country

- House appliances
- Electricity, water and indoor environment
- Food
- Clothing
- Sorting the rubbish
- Garden and outdoor area
- Easy maintenance
- Transport
- Basic financial knowledge
- Security



House appliances

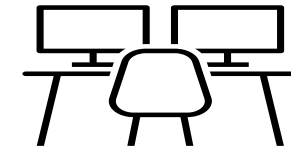
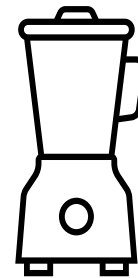
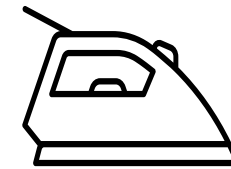
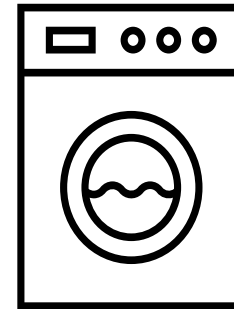
- How to use the:

Washing machine

Tumble dryer

Stove

Kitchen extractor



Electricity, water and indoor environment

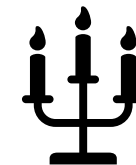
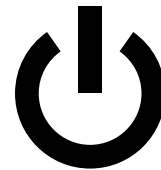
Electricity:

Temperature

App for electricity prices

How to reduce the
electricity bill

Fire safety



Electricity, **water** and indoor environment

Water:

Water leakage and moisture damage

Limit the time when using the shower

Limit frost damage

Reduce the outdoor use of water in the summer



Electricity, water and indoor environment

- Indoor environment:

Cleaning and cleaning equipment

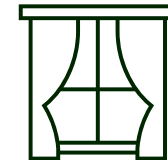
Dusting and hoovering

Temperature

Ventilation

Moisture

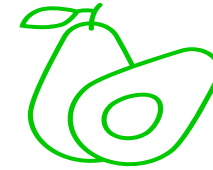
Mold



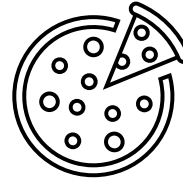
Poor indoor environment can cause health problems.

Food

Food for kindergarten,
school and work



Local food

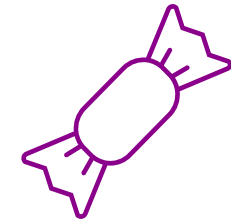
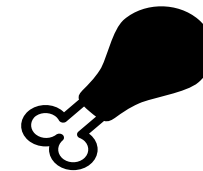


Nutrition

Vitamins

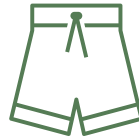
Food storage

How to plan the grocery
shopping



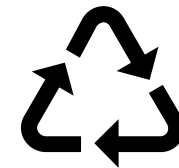
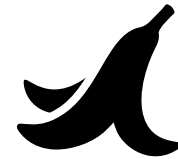
Clothing

Clothes for kindergarten
and school
Clothes for the winter
Clothes for leisure and
activities



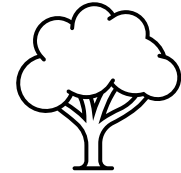
Sorting the rubbish

- Biowaste
- Residual waste
- Paper
- Plastic
- Hazardous waste



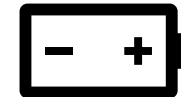
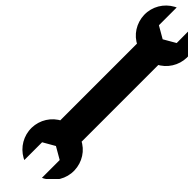
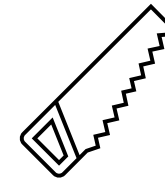
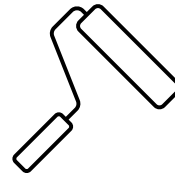
Garden and outdoor area

- Cutting the grass
- Planting flowers and trees
- Cleaning up the garden in the spring and autumn
- Weeding the weeds
- Keeping the garden and outside area nice and tidy



Easy maintenance

- Painting a wall
- Fixing screws in a table or chair
- Different screws for different materials
- Striking a nail with a hammer
- Assembling furniture
- Replacing light bulbs and batteries
- Cleaning drains



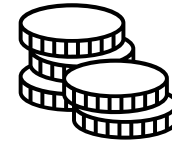
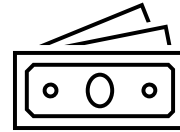
Transport

- Local transport
- National transport
- Timetables
- Tickets



Basic financial knowledge

- The value of money
- The cost of food and clothes
- Cash
- Bank account and bank card
- Savings
- Simple budget



Security

- Fire alarm
- Correct use of fire extinguisher
- Correct use of fire blanket
- Correct use of electrical equipment
- The use of candle lights and fireplace
- Locking the doors
- Insurance

