

Workshop scenario

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Organization: Foundation RISE

Workshop title	Health on a fork. Senior Citizen Researchers study eating habits.		
Field	Health, healthy eating, not wasting food		
Estimated number of presenters	2	Estimated number of participants	10-15
Duration of a single workshop	60-120 minutes	Number of workshops	2
Workshop periodicity	about a week off		
Necessary equipment	Laptop, projector, device for measuring water hardness and quality of fruit and vegetables		
Necessary materials	Office supplies, basic cooking equipment, basic fresh food items		
Workshop objectives	<ol style="list-style-type: none"> 1. Increasing the awareness of seniors about nutrition, 2. Analysis of eating habits of the elderly, 3. Quality control of water, fruit and vegetables to which seniors have access. 4. Developing guidelines for building healthy eating habits. 		
Methods of work	<ol style="list-style-type: none"> 1. Discussion 2. Mini-lecture 3. Own work - collecting data using a questionnaire 4. Work in groups 		
Workshop program	In attachment		
Expected effects of the workshop	<ol style="list-style-type: none"> 1. Increasing knowledge on how to conduct citizen research. 2. Increasing knowledge on the methodology of social research. 3. Increasing knowledge about healthy eating. 4. Raising awareness about not wasting food. 		
Evaluation methods	<ol style="list-style-type: none"> 1. Evaluation of workshops by participants (survey) 2. Qualitative evaluation of the research tool 		

Attachments:

Attachment no 1

Workshop scenario

Workshop no 1

Duration approx. 60 minutes

1. Introduction and general discussion
 - a. Debate on nutritional values.
 - i. What is healthy eating for senior researchers?
 - ii. What do they think about healthy eating?
 - iii. Where do they get their knowledge about healthy eating from?
 - b. An introduction to what citizen science is.
 - i. Role of citizen science for the elderly.
 - ii. The role of citizen science for the community.
 - c. Joint determination of the strengths of older people as researchers in the field of citizen science.

Typically, citizen science projects serve scientific, educational, civic and entertainment purposes at the same time, though with different emphasis on the individual goals.

From the perspective of scientific research, volunteers are an important resource sharing their free time, skills, computing power and sometimes even financial resources (e.g. through crowdfunding). They are a large "hidden resource" of the scientific staff, whose passion, interest and fresh perspective are often lacking in full-time researchers. Large-scale research projects that rely on the collection of large amounts of field data often depend on volunteers.

Looking at citizenship science from the perspective of education, it is a modern and interactive form of education, counteracting the passive "pumping" of knowledge in traditional school lessons. In projects of this type, implemented on the Internet, schools, museums, libraries and art galleries, the dry and abstract knowledge given in the classroom turns into a specific object of one's own (often creative) exploration, exploration and experimentation. From a democratic perspective, citizen science teaches cooperation and gives the opportunity to learn from experience of scientific research, which is an important element of modern civilization, political decisions and state funding.

However, from an entertainment perspective, participation in citizen science projects is one form of edutainment, especially when participants solve research projects while playing computer games.



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2. Explanation of the project methodology
 - a. Purpose of the project
 - b. Method of implementation of the project
3. Discussion of the research tool.
4. Presentation of a case study showing the success of research in the field of citizen science.
 - a. Case study no 1 – Galaxy ZOO

Galaxy Zoo is an online astronomy project that started in 2007. It involves participants classifying galaxies based on images taken automatically by the Sloan Digital Sky Survey telescope with a diameter of 2.5 meters, located at Apache Point Observatory in New Mexico. This project was inspired by another project, Stardust@home, where Internet users were asked by NASA to find traces of space dust in Stardust mission images. Galaxy Zoo is a joint project between the universities of Oxford and Portsmouth and Fingerprint Digital Media from Belfast.

The project involved almost 100,000 volunteers who made almost 350,000 classifications.

Case study no 2 – Christmas Bird Count

The Christmas Bird Count (CBC) is a census of birds in the Western Hemisphere, conducted annually at the beginning of winter in the Northern Hemisphere by volunteer birdwatchers and administered by the National Audubon Society. The goal is to provide population data for use in science, especially in conservation biology, although many people participate for recreation. The CBC is the world's longest-running citizen science survey.

For example, the 101st count, in the winter of 2000–2001, counted 52,471 people at 1,823 locations in 17 countries (but mainly in the US and Canada). The 113th count (winter 2012–2013) was attended by 71,531 people in 2,369 locations.

Workshop no 2

Duration 90-120 minutes

1. Discussion about the research tool
 - a. Overview of the data collection process
 - b. Reporting any difficulties
2. Initial analysis of the results

Participants together with researchers (moderators) will conduct a preliminary qualitative analysis of the collected research results. Workshop participants at this stage can work individually or in groups, and then share their conclusions with the rest of the team. Participants, together with researchers, will try to isolate the basic, revealing categories of activities related to nutrition.

3. Making recommendations

On the basis of pre-analyzed qualitative data, the participants, together with researchers (moderators), will develop recommendations on healthy eating. They will focus primarily on the problems related to eating habits (both correct and incorrect) detected during the research.

4. Warsztaty zdrowego żywienia

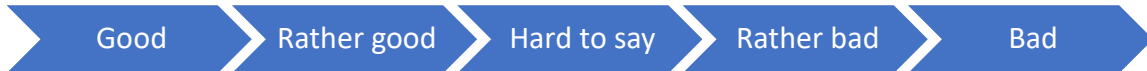
On the basis of the preliminary analysis of the collected data and the discussion on healthy eating and shaping proper eating habits, workshop participants will develop several (three to five) healthy and easy-to-prepare meals in groups. For this purpose, the workshop leader will bring basic products (fruits, vegetables, oils, dairy products, etc.).

5. Summary and conclusions
 - a. Discussion on the value and usefulness of the implemented activities.
 - b. Brainstorming on a vision for further development of this type of citizen science activities.
 - c. Evaluation of workshops.

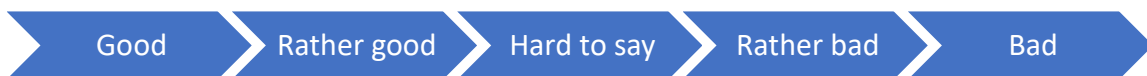
Attachment no 3

Evaluation survey

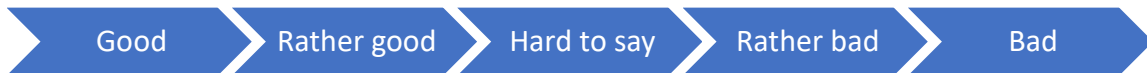
1. How do you value the workshops conducted?



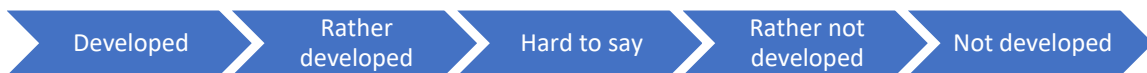
2. How do you assess the preparation of the moderators?



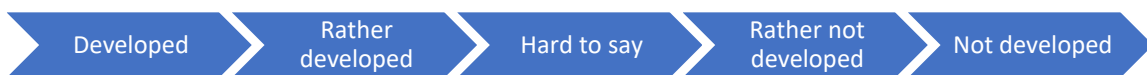
3. How do you assess the duration of the workshops?



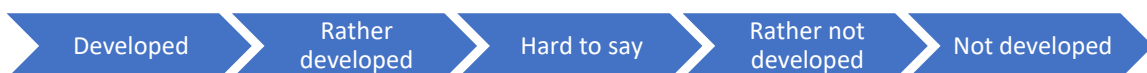
4. In your opinion, how did your skills related to the implementation of social research develop during the workshop?



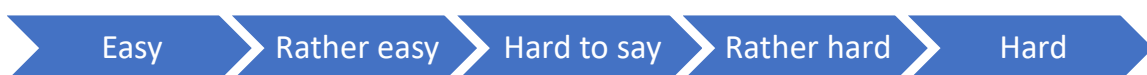
5. In your opinion, how did your knowledge about healthy eating develop during the workshops?



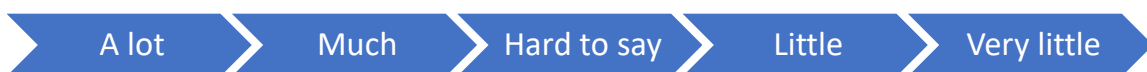
6. In your opinion, how did your awareness of managing food products in the household and not wasting food develop during the workshops?



7. How do you assess the difficulty of the research tool used?



8. How much time per day did you spend collecting data for the study?



9. How do you assess the time spent collecting data for the study?

