



# Seoul Soup Kitchen

Korea, Seoul

## Quick Overview

South Korea's rapid growth has led to significant polarization and serious levels of poverty among the elderly. In the heart of Seoul, there are programs aimed at preparing and distributing meals to these elderly individuals in need. This activity not only addresses immediate hunger but also engages volunteers in firsthand experience with the direct impact of South Korea's economic disparities.

## Program Description

The soup kitchen is only three stations away from the guest house. It is in a dynamic and exciting district with lots of specialized markets always full of life.

The local team is a non-profit organization called "Dail Community" that contributes and gives back to society in various ways, one of which is the soup kitchen they are running.

You will be part of the movement to eliminate hunger and share free meals with people in need. The soup kitchen typically feeds 800 to 1,000 people every day. Of course, there's a lot of work involved in this campaign both in front and behind the scenes.

In addition, you will be helping out from preparing the ingredients (washing, chopping, storing, etc.), to helping with actual cooking, and serving food or packing them into single portions on take-out trays, washing dishes, cleaning the tables and the kitchen. Whichever task you get to do it will undoubtedly be a greatly rewarding experience knowing you helped feed hundreds and thousands of people.

While the dishes offered may vary based on donations, they typically include traditional Korean home-style meals favored by the elderly. Volunteering at this soup kitchen offers a unique opportunity to indirectly learn how to prepare Korean home-style cuisine. Additionally, volunteers have the chance to share in the meals they've helped prepare once their service concludes, enriching their experience with communal dining.

### Program Activities:

- Work at the placement for a minimum of four hours a day.
- Prepping Ingredients: Washing, trimming, and chopping large amounts of vegetables and meat.
- Cooking: Mixing and cooking the prepped ingredients.
- Serving and Delivery: Serving individuals and delivering trays directly to those who are physically unable to come to the serving area.
- Dishwashing: Cleaning the trays after meals.
- Eating: Having lunch with the remaining food after serving is completed.

- Cleaning the Soup Kitchen: Tidying up the dining area, organizing chairs and tables, and assisting with any other necessary tasks.
- Be on time and always come to the placement well prepared as you will have a long day of food preparation and other activities
- Wear hairnets or caps to dislodge hair in place so it doesn't fall into food or equipment.
- Use aprons as it serve as a barrier against hot splashes, hot foods and other kitchen dangers.
- Be extra careful in using cooking equipment and utensils, especially sharp things such as knives, etc.
- Always wash your hands with soap and water right before you begin any recipe in order.
- There may be a change of time and schedules so please be patient and respect the advice of your local program coordinator.

## Aims & Objectives

- Lend a helping hand in the soup kitchen.
- Contribute to UN's 17 sustainable development goals - #2 Zero Hunger.
- Learn about Korea and interact with the local community.
- Give you practical experience in the kitchen and an insight into food preparation.

## Add-on: +Learning

- There is no +Learning add-on available for this program.

## Schedule

### Monday

- Orientation, Introduction meeting, House rules, Setting Expectations, Health and Safety Advice, handling of documents & Signing up of relevant documents and South Korea Do's and Don'ts, Dress Codes and basic Culture Lessons
- Seoul City tour

### Tuesday ~ Friday

- Assist at The Soup Kitchen
- Kyungdong Market Tour: A walking tour of Korea's oldest traditional medicine market after the soup kitchen activity.
- On one evening from Tuesday to Thursday, depending on the decision of the local staff,
  - We will visit Gwangjang Market, one of Korea's top traditional food markets.
  - We will visit a jjimjilbang near the accommodation, a popular Korean 'entertaining sauna' experience.

**\*\*\*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.\*\*\***

## Starting Dates

### During 2024

This program starts every week.

### During 2025

This program starts every week.

## Participant Criteria & Requirements

### Standard Requirements

<b>Minimum age:</b>	18
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	No
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

The following are further necessary for both the participants, local staff and everyones involved to have a meaningful, enjoyable and safe community program.

- Older participants or over 65 years are required to have a medical clearance as proof of their physical fitness as they may perform various activities.
- Participants below 18 years old need a signed parental consent as proof of involvement of their children in the program. If possible, accompaniment by an adult is highly advised.
- Due to the length and active nature of this program and as there are lots of cooking, preparing food and other activities, a decent level of fitness is required.
- Excellent time management and self-organizing and a strong desire to take on new challenges and learn as much as possible.

## Additional Equipment

- Comfortable clothes that you do not mind getting wet or dirty.
- Comfortable and sturdy shoes so you can move easily and comfortably.
- Bring Personal toiletries such as basic soap, shampoo, toothpaste and towels.

- An environmentally friendly sunscreen or lotion is also advised to protect you from the heat of the sun and please carry with you preventive agents during outdoor activities, such as mosquito repellents for insect bites or other insects that may irritate your skin.
- Moreover, bring Medicines with you especially if you have to take specific medicines regularly as well as other medicines for headaches and stomach aches.
- Refillable water bottles and hydration packs to stay hydrated throughout the day, particularly during the placement.
- We recommend everyone bring a functioning smartphone to use the map and taxi apps etc. and to use in their free time

### **Dress Code:**

- Personal Appearance. You may wish to bring a range of options from casual to business casual, similar to what you might wear at home. There is no strict restriction on the clothes you choose to wear in your free time, but please make sure you pack work clothes for the following placement.
- It is completely fine to wear Western clothes as long as they fit the local standards.
- Be thoughtful of the graphics, symbols or text printed on your clothing and avoid wearing clothing styles that might be inappropriate especially when visiting the Royal Palace and Temples in your free time.