



*an eu curriculumM for
visual disabiliTies
RehabilitatOrs*



LITHUANIAN UNIVERSITY
OF HEALTH SCIENCES

How to make a toast Simulation scenario for VIP

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1 Activity 2 “Making toast”

Items needed for activity:

Food tray, toaster, plate (dark colour), packaging of a toaster, bread, wooden cooking tongs.

Before starting VDR will help you familiarise yourself with the parts of the toaster (where the *tactile dots* indicating the selected temperature are etc.)

1. Put your blindfold on.
2. Follow the VDR instructions. On the table in front of you will have a tray with the toaster and a plate on it.
3. VDR will show you how to check if the toaster is hot or not, and how to plug the toaster into the socket.
4. The VDR will provide instructions on the location of the bread on the table, and you will be required to remove a slice of bread from its packaging.
5. VDR will instruct you how to place the bread into the toaster slots and how to adjust the temperature.
6. When the toast pops out, VDR will instruct you how to remove bread from the toaster safely and how to place it on the plate.

2 Activity 3 “Spreading butter on a toast”

Items needed for activity:

Food tray, drawer with cutlery, plate (dark colour), bread and butter.

1. Put your blindfold on.
2. Follow the VDR instructions. You will find a tray on the table in front of you, featuring a plate with toasted bread and butter.
3. To begin, you will need to locate a table knife in the drawer among the other cutleries.
4. VDR will instruct you how to take some butter and how to spread it on the bread. The VDR will explain how to check if the entire toast is spread evenly with butter.

During the activity, try to imitate different VIP emotions. You may be unmotivated, unwilling to continue activities, show different emotions (like anger, frustration and other emotions). You can say that: “maybe we should not try it, I probably won't need this activity in my life”; “you don't know anything in this situation, this is my life, this has never happened to you”.

You may show a lack of confidence in your abilities: “I'll never succeed, I've tried before, but it didn't work” “It is too difficult to me” “It is impossible to do this without vision”.