



ERASMUS+

Funded by UE



Food as intercultural dialogue

Food as a basis
for healthy
living



FOOD REL/ACTION

16th October – 25th October 2023

(including travel days)

PARTNERS: Ayuntamiento de Maracena

Seiklejate Vennaskond

Asociacija Tavo Europa

Democracy and Law Youth Community



WHERE: Sant'Agata de' Goti ITALY



SUMMARY

By elaborating on the 17 Sustainable Development Goals of the 2030 Agenda, in particular Goals 3 - "Ensure healthy lives and promote well-being for all at all ages" and 12 - "Ensure sustainable consumption and production patterns", the overall project objectives were defined: to initiate and maintain healthy habits and to consolidate the use of healthy food recipes and to collect them in a multimedia recipe book containing recipes from all partner countries; willingness to disseminate knowledge and experience in the field of healthy eating through social media, trying to positively influence their peers; to spread the rules of proper nutrition among different people of other ages; to draw attention to the essential points of an unhealthy diet and its influence on the human organism, to the diseases of civilisation linked to an over-processed diet. By educating on correct eating patterns, one can permanently change reality and shape the eating habits of future generations, also having an impact on the environment.

The detailed objectives are: to explore the rules of proper nutrition, the problems of the modern world related to the over-consumption of processed foods including too much sugar, salt and unhealthy fats, to support international cultural heritage through the recipes of traditional dishes from the participating countries, and to propagate a healthy lifestyle. During the exchange, participants will get to know the culture of other countries, broadening their knowledge of national cuisine and food traditions. By participating in the project, the young people will develop language skills by familiarising themselves with the English vocabulary of the culinary and catering field. The aim of the project will also be to encourage participants to prepare healthy and nutritious meals, making them aware that communal cooking can also be fun and that taking care of one's health and the food we consume could be a possible future career path. Finally, young participants will be able to understand how food can be a vehicle for socialising, because talking about food means talking about oneself and one's history, and eating meals together means establishing deep and lasting relationships with others.

MAIN GOALS

- Working on a common theme with the group, speaking in front of an audience, listening and creative thinking skills.
- Giving participants the opportunity to develop their critical thinking skills.
- To acquire positive behaviour that will accompany them throughout their lives on topics such as conscious food consumption, smart shopping, rediscovery of traditions, healthy eating, psycho-physical well-being
- To gain enthusiasm in the fight against thinking that creates inequality and discrimination.
- Promote diversity, tolerance and respect for human rights.
- Improving intercultural awareness.
- Create magazines for personal or other purposes.
- Learn more about intercultural dialogue and become aware of tolerance towards differences.
- Gain knowledge about concepts such as participation in democratic life, active citizenship, intercultural dialogue, social inclusion and solidarity.
- To participate more actively in social life.
- To have a greater awareness of the European project and EU values.
- Promote non-formal learning and increase motivation to participate in future non-formal education.
- Promote active participation in project planning, preparation, implementation and evaluation.

PARTICIPANT PROFILE

- interest in taking part in a multicultural experience (give priority to people who have had few or no opportunities to live experiences of this type and/or experience intercultural learning activities);
- interest in the topic of the youth exchange;
- a basic level of English;
- age range 18 to 30 years old;
- group leader no age limit, with previous experiences in Erasmus+ projects and a good knowledge of English.

Each group must consist of 5 young people + 1 group leader.

Please note: in order to be eligible, the group must consist of a minimum of 4 young participants + the group leader.

All participants will receive a YOUTH PASS at the end of the mobility action.



PREPARATORY VISIT

There will be a Preparatory Visit on 12th and 15th September 2023 (including travel days). Participation in the Preparatory Visit is for the group leader + 1 young participant. Both will then have to take part in the YE in September in order to be reimbursed.

Travel costs for the VP will be reimbursed up to a maximum of 275€ for Bulgaria, Lithuania and Turkey and up to a maximum of 360€ for Estonia. In addition, board and lodging costs and anti-covid testing (if necessary) will be covered by host organisation.

ACTIVITIES OF YE:

LINGUISTIC-CULTURAL PREPARATION Purpose: overcoming communication barriers, enriching English language skills (including vocabulary), integration, cultural exchange.

CONFERENCE: "Health threats from poor nutrition" - good and bad eating habits. Objective: creating correct eating habits, strengthening local identity.

WORKSHOP: 'The food pyramid'. Objective: to know the rules of correct nutrition to improve health awareness and health promotion, creating nutrition education.

WORKSHOP II: "Do you know what you eat and drink?". Aim: to organise a research workshop, on the difference between water and sugary drinks, on the benefits of drinking water and natural fruit juices, on raising awareness of nutrition, on activating interest in healthy food, on activities leading to correct eating habits.

COOKING LESSONS: Preparation of a multimedia cookbook containing healthy recipes and popular meals in each partner country + a recipe created ad-hoc by the young participants with all the typical ingredients presented during the presentation activities in each country. Objective: to share good recipes from different regions of Europe, to improve the ways of eating, especially of the young society, to replace unhealthy ingredients with correct ones, to activate creativity and innovation during the preparation of the book, to stimulate imagination, to improve English language skills, to promote cultural heritage

WORKSHOP III: 'From shopping to health'. Objective: to familiarise participants with the rules for healthy and safe shopping, including the correct reading of product labels.

WORKSHOP IV: 'From the garden to the table'. Participants will visit a farm, learn about seasonal products, then harvest them and prepare a dish to eat during the end-of-day meal. The aim: to emphasise the importance of consuming seasonal and 0 km food in order to contribute to the reduction of emissions caused by transporting food from distant countries.

"A PLATE OF HEALTHY TEMPTATIONS": a practical workshop on preparing healthy snacks and inviting passers-by in Via Roma to taste them. Aim: to shape awareness of the need for practical use of dietary rules as an important part of prevention, to form correct eating habits, to create multicultural cuisine, to combine different snacks from the regional traditions of the exchange countries, to increase culinary interest, to promote local identity, European cohesion, to create positive relationships with passers-by and to promote healthy eating.

TRAVELLING:

The nearest airport is **Capodichino** in Naples.

The nearest railway station is **Caserta**.

Once arrived at this airport or station you will find our shuttles that will take you to our small village.

Please note: other airports and/or arrival stations are not covered by the grant.

Organization	Country	Budget
Maison du Monde	Italy	20 €
Ayuntamiento de Maracena	Spagna	275 €
Asociacija Tavo Europa	Lithuania	275 €
Democracy and Law Youth Community	Turkey	275 €
Seiklejate Vennaskond	Estonia	360 €

Costs related to travel in Italy (Napoli airport/Caserta station-Sant'Agata) and those related to food and accommodation, are entirely covered by the host organisation.

Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities of the project. **Travel expenses will be covered after collecting travel documents on condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets.** Private cars, Taxi and first-class tickets will not be reimbursed! Please book the cheapest mean of transport.

Please note: as stated in the 2023 Programme Guide, travel days are ONE for arrival and ONE for return, up to FOUR travel days are allowed ONLY if environmentally friendly means are used for the journey.

Any variation must be communicated in good time to the organising association and approved by the NA.

ACCOMODATION

Participating groups will be hosted by the B&B "La Perla del Sannio" <http://www.laperladelsannio.it/>. Participants will be divided by gender into rooms of three. Each room has a private bathroom. We recommend that you bring personal towels in compliance with the anti-Covid regulations, as well as personal hygiene products.

WHAT TO PREPARE

- ✓ Two ice breacking and two energizer game;
- ✓ Video presentation covering one or more of the following topics: environment, climate crisis, recycling of materials, strategies to curb the consequences of climate change.
- ✓ Intercultural evening: presenting your country through typical food, games, dances.

HEALTH:

All the participants coming from the EU should bring their European Health Card. They can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. **Please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country.**



We highly recommend you to make a health and travel insurance for the full duration of your time in Italy.

If you have any allergies or you need to take regular medications, please arrange these things by yourself as we are unable to provide them for you. Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the youth exchanges activities, then please let us know what they are and how best to assist you.

COVID-19 SPECIAL MEASURES

The association Maison du Monde will provide participants with anti-contagious safety devices from Covid-19, such as masks, sanitizing gels and body temperature meter. All environments where activities will take place will be sanitized. Everything to guarantee the development of the project in full safety and in compliance with current regulations regarding the Covid-19 situation.

If necessary for the travel, the cost of anti-Covid tests (PCR and Antigenic) will be reimbursed.

We kindly ask participants to buy an insurance, to cover the costs in case of quarantine. We will not be able to cover nor the cost of the insurance, nor the costs of quarantine, but will support the participants to find an accommodation for the quarantine and help them in everything they will need.

DEADLINES

We kindly ask you to select your participants by 1st September 2023 and to send us possible travel options.

Once we have agreed on the best travel option, you can proceed to purchase your tickets. We recommend that you send us an email confirming your ticket purchase. **No later than 15th September 2023.**

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FACEBOOK PAGE OF THE ASSOCIATION MAISON DU MONDE

<https://www.facebook.com/maisondumonde2019>

