



Erasmus+



REFUGIUM

Flüchtlingshilfe e.V.

INFOPACK

YOUTH EXCHANGE

“Healthy Food: A Tool For Integration”



From 02/07/2022 to 07/07/2022

Braunschweig, Germany

Project description

“Healthy Food: A Tool For Integration” is a project about healthy diet, correct and active lifestyle, local products and integration through food experiences. According to Eurostat, the number of overweight people in Europe is between 36% and 55%; a

correct information about active lifestyle and balanced diet could prevent this kind of disease.

We also believe that food has an important part in the process of integration of people: in a world dominated by digital technology, the social participation to a lunch or a dinner can be a perfect moment for sharing different cultures and tradition through eating specific kinds of food from different countries. Members of different ethnic groups often use the food to identify themselves as part of their group, distinct from other cultures.

European cuisine has a wide range of variety, and the history of Europe can be found in the history of all the traditional dishes that are around the continent. Food is a perfect way to better discover our common origins as European people, and this project has the aim to identify similarities and differences in food cultures.

In fact, underline the importance of consuming local products together, which have a huge connection to the country of origin and to the history of Europe, is a fundamental step to make people recognize and understand their cultural differences, promoting integration between those cultures.

In addition, we believe that local communities should increase the possibilities to grow their own food, and decrease the dependence on global food players.

As said in advance, each country has its own traditional food, and these traditions should be kept, both for the nation's pride, identity and nation brands, but also for tourism. People travel to various places, and their aim is to taste local food produced locally which can not be found somewhere else. In tourism zero km food (the food produced, sold and eaten locally) has a huge role.

The specific aims of the projects are:

- raising, through non formal education, the participants' awareness on balanced diets and the risks of obesity
- encourage healthy eating – through increased skills and knowledge of food preparation and cooking methods
- inform the participants about the principles of “Slow Food” movement;
- discuss the importance of food as a fundamental part for a social integration
- facilitate the exchange of information between the participants about their different food cultures,
- raise the awareness about the importance of consuming local products and Zero km food
- share the best practices on how to integrate different social groups through the use of food
- promote, through non formal education, an active lifestyle
- discover the variety and the similarities in the traditional dishes of Europe
- encourage active citizenship, create lasting bonds and express creativity

Countries involved



Working language

The working languages of the Youth Exchange will be German and English. A translator and interpreter will be available during the entire duration of the project.

Participation in the Youth Exchange and the workshops

All the participants are expected to participate fully in activities, unless you are ill.

Unauthorized absence from activities and workshops is not permitted.

The workshops are done and run, so that all the participants will be able to share their point of view. We expect you to be very participative and involved in the Youth Exchange and with the subject.

If less than 80% of the program is attended, it will not be possible to be reimbursed for the international travel costs.

The workshops are done by groups, depending on the theme of the workshop, the groups can be mixed or not.

We film and photograph all the activities and workshops. These images are for the own use of Ivoire Diaspora Braunschweig e.v.. If you have any problem with it, don't hesitate to tell us, and we will manage to not film or photograph you.

COVID-19

Given the new health situation, we are obliged to ask all participants to come with masks and health standards will be taken to avoid developing the disease. All of the partners will remain vigilant about respecting the standards set by the government.

Access/Transport :

Address of Place of Accommodation

Hotel Lessinghof

Okerstraße 13

38 100 Braunschweig

FOODS AND NEEDS

The specificity of this project lies in the actions that will be implemented.

For any particular diet, allergy or diet, please mention it on the request form that you will receive later.

Some daily tasks like doing the dishes will be done by the participants. This task will be carried out in groups of 3 people, changing every day. The goal is to make this action a moment of exchange and sharing.

If this organization does not follow, you can tell us about it, we will find another solution. A schedule will be proposed and posted in the activity room.

WHAT TO BRING WITH YOU

For this Youth Exchange, we kindly ask you to prepare in advance these 3 events:

1. **The presentation of your organization.** We demand you to bring clear information about the main activities of your organization, so that you can present it at the organization gallery during the project.
2. **The cultural evening.** Each country group will have to organize a cultural evening, where you will have to present some elements of your culture, in any way you want (sketch, songs, presentation, game, map, posters, and postcards about your country/region/town...). You can use PowerPoint or any other visual medium for your presentation, you are totally free!
3. **The international coffee.** This event is a special moment of the YE, we will discover each country by some gastronomic specialties (food and/or drinks). You are free to do whatever you want. You can cook a traditional meal such as a starter, a main meal, or a dessert, or you can bring some traditional delights.

If you decide to cook, please prevent as before, so we can manage to provide you the tools you will need. The meal that you will prepare has to be a simple one because you will have around 2 hours to cook it. If you want to bring the ingredients you will need, it's possible, we will have a fridge, if needed. If it's not possible, thanks for informing us in advance so we can manage to have time to go shopping.

You also need to bring:

- Laptop
- Personal hygienic kit and towel set
- medicine that you usually take
- Your artistic skills! Any talent that you can share with us, which you definitely will need during creativity workshops.

TRAVEL COSTS AND REIMBURSEMENTS

We will refund you based on actual costs incurred and on presentation of:

- Invoice of the plane ticket
- Boarding Pass with the clear mention of the passenger
- All other transportation-related bills

All refunding procedures will be done after the training project and directly to your sending association, which is the official partner of the project.

We undertake to reimburse you no later than 15 days after receipt of your supporting documents or invoices.

Sending Association	Country	Means of transport	Package per person	Participants number
Ivoire Diaspora Braunschweig e.v.	Germany			5
FÉDÉRATION DES DIASPORAS	France	Bus, train, flight	275€	5
Scialla Aps	Italy	Bus, train, flight	275€	5
Greek Youth Mobility - GYM	Greece	Bus, train, flight	275€	5
SEIKLEJATE VENNASKOND	Estonia	Bus, train, flight	275€	5
Mellan Bron	Sweden	Bus, train, flight	275€	5

OTHER INFORMATION

Early arrivals (1 or 2 days before the beginning of the project), or late departures (1 or 2 days) after the project) will be the own responsibility of the participants. So all the participants have to be at this project location on the first day morning, and leave it on the last day during the day.

So, if you want to stay a few days longer, before or after this project, we will not be able to host you at this project location. So, you will have to find a place to stay on

your own, and all your costs during these days will be yours to pay. If you have difficulties with it, contact us, we can give you some information.

CONTACT

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