

# FOODPRINT

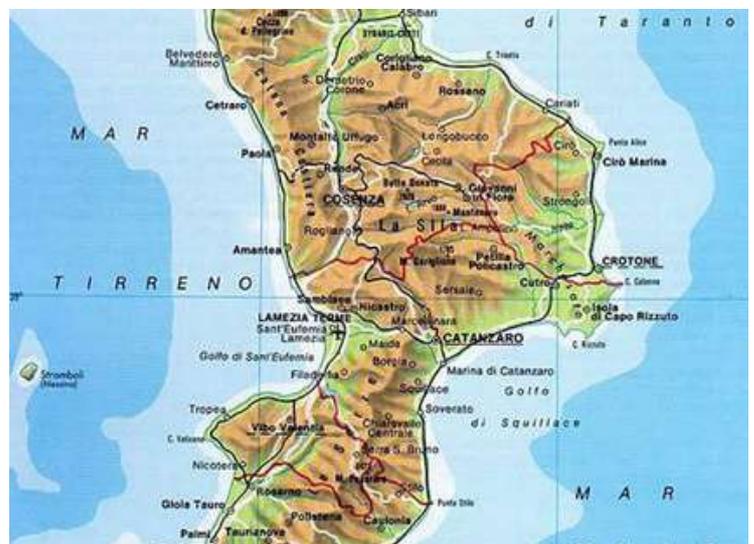
*Erasmus+ Youth Exchange*

**VENUE:**

**"FUSCALDO APARTMENT"**

**FUSCALDO PROVINCE  
OF COSENZA**

[HTTPS://WWW.FACEBOOK.COM/FUS  
CALDOAPARTMENT](https://www.facebook.com/fuscaldopartment)





*The **FOODPRINT** youth exchange is a non formal education project aiming to promote sustainable development among youth.*

*During the activities the young participants will:*

- strengthen their intercultural knowledge through sharing and discovering local traditions related to food*
- become more aware about responsible consumption and sustainable production of food*
- develop their digital competences in the process by creating a booklet with recipes, good practices and useful tips.*



# ACTIVITIES & DATES

## *Preparatory visit (APV)*

- *Dates: 29.08.2022 - 01.09.2022 (29th and 1st are travel days, 30th and 31st working days).*
  - *2 people per organization (1 group leader + 1 participant).*
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## *Youth Exchange*

- *Dates: 24.10.2022 - 01.11.2022 (8 days of activity + 1 travel day split between arrival and departure, best if activities can start on 24.10. at least in the late afternoon/evening)*
  - *6 people per organisation (5 participants + 1 group leader)*
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## *Before & After*

*Each national group will be involved in online activities (starting August-September) to prepare the activities that will take place in Italy. After returning home, each group should carry out dissemination activities to share their experiences and information about the project with their local community.*



# TO GIVE YOU AN IDEA ABOUT POSSIBLE ACTIVITIES & TASKS...

## ***Before the exchange (August - October)***

- *online meetings among the groups of participants to get to know each other and decide on specific interests and tasks*
  - *little research of typical local products and recipes (taking pictures or videos of food and cooking could be nice)*
  - *take some notes about the food you buy and eat usually*
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## ***During the Exchange***

*A youth exchange is about sharing, debating, discovering and learning by doing things. So don't expect lectures, but:*

- *sharing what you found out during the preparation*
- *visits to local farmers and other stakeholders*
- *discovering more about the environmental impact of food production and consumption*
- *getting new ideas for more sustainable food habits*
- *outdoor time in the Catena Costiera and Fuscaldo*
- *intercultural evenings*
- *creating a digital booklet of sustainable recipes and tips*
- *cooking workshops (possibility to be confirmed)*

## ***Back home***

- *Dissemination activities: sharing your experience and the booklet with people from your area and online*

# PARTICIPANT'S PROFILES

*Total of 36 participants from 6 different countries (Italy, Spain, Greece, Latvia, Austria and Romania). Each group will be formed by 5 young people (age 18-25) and 1 group leader (age 18+).*

*We are looking for **participants** that are:*

- not experts on the topic of food sustainability, but are*
- willing to share local habits and traditions about food and products from their home culture,*
- curious, ready to learn from each other and discover about more environmentally friendly and sustainable food practices,*
- participants with fewer opportunities or facing certain barriers are very welcome (for example: from disadvantaged or rural areas with high unemployment, not perfect level of English, migrant or minority background, etc.).*

**Group leaders** should have previous experience and support the members of their team in order to facilitate their full participation.





## **HOW TO ARRIVE TO FUSCALDO?**

*The best airport to arrive is Lamezia Terme.  
Otherwise you can fly to Naples or Rome.*

*From Lamezia, Naples or Rome look for trains to  
Paola or Fuscaldo. From Paola or Fuscaldo stations  
the hosting organization will provide a shuttle  
service in accordance with the arrival times of  
participants.*

*<https://www.trenitalia.com/en.html>*

***Be aware! Train's prices are changing often*** (same  
as flights), so book your tickets well in advance  
(don't wait for the day of your trip).

# TRAVEL BUDGET PER PERSON, FOR EACH OF BOTH ACTIVITIES: APV AND YOUTH EXCHANGE

AUSTRIA 275,00 €

GREECE 275,00 €

LATVIA 360,00 €

ROMANIA 275,00 €

SPAIN 275,00 €



## *Conditions for travel costs reimbursement:*

- *Travel proposals and their costs need to be approved by Paolab (coordinating organisation) in advance. Don't make any bookings without coordinating with Paolab first.*
- *Full participation in all the activities (preparation, exchange in Italy and dissemination after the exchange).*
- *Presenting all tickets, boarding passes, etc together with the correctly filled reimbursement form for your whole national team.*

# EMERGENCY NUMBERS AND EUROPEAN HEALTH INSURANCE CARD

*112 Carabinieri*

*115 Fire brigade*

*118 Sanitary emergency contact*

*113 Police*

*Bring with you European Health Card*

*Here more info about it:*

*<https://ec.europa.eu/social/main.jsp?catId=559>*



# **PARTNER ORGANIZATIONS**

***AUSTRIA European Multidisciplinary Organization for Training and international Consulting***  
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