

Taste & Memories



Erasmus + KA1 Youth Exchange

from 17 to 25.07.2022

Marseille/Trescléoux (France)



κύκλησις | cyclisis
Εκπαίδευση Περιβάλλον Πολιτισμός



K-GEM

WOMAN AND YOUNG ENTREPRENEURSHIP
CENTRE ASSOCIATION



culture
& éducation
non formelle



www.bokrasawa.org



Welcome!

This document will walk you through what you need to know
when you safely land to Marseille.

We are happy to meet you and hope you will
enjoy your time with us!

PARTNERS



Bokra Sawa culture & éducation non formelle (Marseille - FRANCE)

Bokra Sawa is an association (literally “tomorrow together”), based in Marseille, works in the field of cross cultural and non- formal education. Bringing Euro-Mediterranean youth together aiming to promote on shared values and experiences.

While tackling youth around the Mediterranean stressing needs, empower them with tools to raise their causes while bringing them into dialogue to explore diversity, inclusion, accessibility and freedom of movement. Enhancing youth initiatives and voices to create an equal, active dynamics around the Mediterranean shores while exploring means of their potential contributions to foster their shared decision making.

For more informations : www.bokrasawa.org



Asociacion Chefugee (Madrid - SPAIN)

Chefugee started as a solidarity project in 2016, with a group of 5 volunteers who believed in the power of food as a tool for cultural integration. The project aimed at giving refugees and asylum seekers in Madrid the opportunity to promote their culture, receive professional and social visibility, as well as donations through culinary events.

Whereas the events varied from lunches, dinners, to catering services and cooking classes, the main characters were always the refugee chefs - The Chefugees.

For more informations : www.chefugee.org



Associazione di promozione sociale Kora (Passignano sul trasimeno - ITALIA)

Associazione Kora was founded in August 2015 to promote social and cultural awareness for its members (mainly youth) through outdoor life, socialisation opportunities, nutrition and sustainability. Kora is situated in Passignano sul Trasimeno in the educational farm “La Buona Terra”, where it collaborates with other entities who have their activities on the farm.

The Association offers itself as a place of gathering ; promotes self-production and growing of own food following the seasons ; promotes the use of eco-friendly and appropriate technologies, such as: eco-building, water recycling, rainwater harvesting, etc. ; promotes a culture of healthy lifestyle as an added value for the entire community; promotes lifelong learning.

For more informations : www.associazionekora.it

PARTNERS



**Cyclisis Education - Culture - Environment
(Athens - GREECE)**

Cyclisis is an independent non-profit institution activated in the field of Education, Culture and Environment, located in the suburbs of Patras. We are an active player in European and Greek national level focusing in the promotion of intercultural awareness through research and practice.

Our Mission is to bring people and institutions from both culture and education sector in communication, together with business sector and local communities representatives. Cyclisis connects Education, Culture and Environment in theory and practice. Our activities : European projects planning and implementation; Research, monitoring and evaluation; Networking; Publishing and Campaign development.

Together with our partners we conceive, organize and coordinate projects in the following fields: Non formal adult education and training, Educational Policy, Intercultural Dialogue, Sustainability and Innovation, European conferences.

For more informations : www.cyclisis.gr



**Woman and Young Entrepreneurship Centre Association
(Ankara - TURKEY)**

Woman and Young Entrepreneurship Centre Association is a non-profit organization and founded on March 2008, since 10 years, we are non-political organisation, and working which aims at empowering youth, human rights, woman, democracy, promoting peace and integration among people with different backgrounds, through assisting them in acquiring knowledge about different traditions and cultures, developing their tolerance and acceptance.

Our vision is providing non-formal educational based opportunities for not-integrated youngsters, students, workers, womans and to give them a chance to be included, to learn better and to be guided along a career path and social and vocational life. It cooperates with social and educational sector organizations to promote policy changes and improvements to services.

For more informations : www.k-gem.org

DESCRIPTION OF THE PROJECT

SUMMARY

“A history of Taste and Memories around our Mediterranean countries” is a youth mobility project ☀ ! For 7 days (+ 2 travelling days) 29 participants from France, Greece, Italy, Spain and Turkey aged from 18 to 30, will meet in a rural house "Gîte de Mont Garde" in Trescléoux, and share and work on the links between migration and Mediterranean culinary heritage in its historical, geographical and social dimensions. The project aims at **understanding Mediterranean history and memories** through its inhabitants coming from all around the Mediterranean Sea. To do so, workshops will be organized to help the participants producing a citizen documentary that will be exposed through an internet blog showing the results of the work with photography, interviews, traditional recipes, etc.

In promoting our regional and local diverse traditions and culinary heritage, the participants open to the history and memories of our cities and inhabitants and prevent from stereotypes and discriminations. Through this project, we want **to discuss the wealth and diversity of our actual cultures and share this knowledge to different communities and generations.**

DESCRIPTION OF THE PROJECT

Taste and memories are shaped by the history of our civilisations, education and territorial specificities. They tell the story of our experiences, the places we discover and the communities we grew up in, lived in and gathered with. At some national, regional and local scales, every territory has its own specificities that are part of its heritage.

Our project suggests that **we retrace the history of our culinary heritage** in analysing its origins, influences and place in our actual societies that are built with mixed cultural populations that have been migrating through the past. For centuries, mediterranean inhabitants have lived with the same climate and similar resources, although, every society and community is related differently to food, the way of consuming, eating, and gathering around a table.

In previous youth mobility projects, we often used participants' culinary heritage as a way of sharing about our own cultures, traditions, resources and knowledge. Beyond the culinary issue, we learn about a country's culture and resources, traditions, festivities, etc. During this project, we will add **an environmental and healthy touch making our traditional dishes preferable for other people**. Indeed, we will talk about new techniques and cooking tips to have a balanced meal. All what's told would be obvious in the internet blog in which there will be all the recipes of each group and the pictures of the dishes, that will be based on the modern techniques of new media's workshops.

ACTIVITIES

The project is based on non-formal education, experiential learning, participants' centred approach, blended learning.

- Non-formal education methods to share dreams and hope
- Practical experience on cameras
- Simulation games and capacity building activities
- Intercultural dialogue
- Team building and group dynamics
- Common work on a pedagogical tool
- Self-expression and personal reflection
- Evaluation
- Learning digital skills

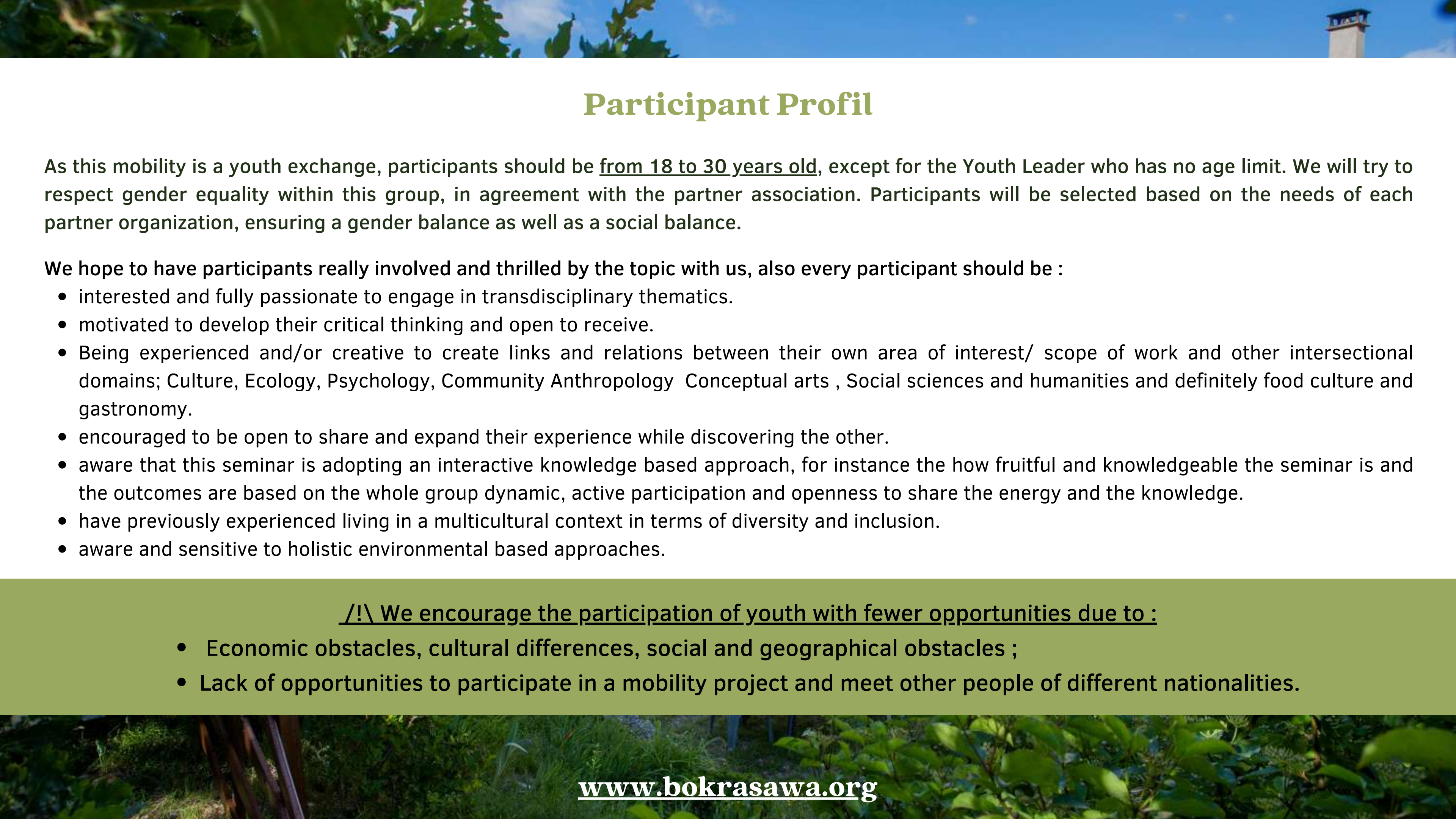
The main language of the exchange will be English.

***NOTE** : For those who are interested in buying souvenirs during the activities, we advise you to make the change before your arrival to facilitate the stay. You will not have the possibility to do it during the exchange on the spot, as we will be in a remote place of the city (exchange offices). Indeed, you will have the possibility to buy typical and local products, notably with the presence of the beekeeper, at the market of laragne...*

OBJECTIVE

In this Youth exchange, we aim to share the euromediterranean food's heritage and history! Here are the main outcomes:

- Bringing young people and professionals around the Mediterranean together to share their experiences around food culture and to connect the knowing that comes through their diversity in a safe, inclusive and equal space that Bokra Sawa intends to create among the nine days of Taste & Memories seminar.
- Enhancing dialogue oriented towards transdisciplinary thematic to bring the subject in a non – linear approach.
- The seminar dares and intends to ask questions around food not only as a cultural history and social act but also as a tool of communication, identity, traditions, collective/ individual memory. Food and its association with the geopolitical context, migration, land and climate violence, capitalism and its power dynamics all with food correlation to human's well being.
- To promote the culinary heritage and strengthen the feeling of belonging.
- Develop critical thinking in the contemporary / social modern context through sharing culture and experience.
- Discover the Culinary heritage in the Euro-Mediterranean region, and the traditional dishes.
- "Taste & Memories" is adopting an interactive, and participatory knowledge based approach, for instance. For instance, we are aiming to create a space where participants can express themselves and talk their thoughts freely. While giving room for participants to contribute with their previous experience in terms of creating and planning activities.
- We intend to document "Taste & Memories" experience, through recording, capturing instant images and writing the stories told around the circles and tables, writing our collective journal of food recipes aiming to create a blog to archive this shared experience.



Participant Profil

As this mobility is a youth exchange, participants should be from 18 to 30 years old, except for the Youth Leader who has no age limit. We will try to respect gender equality within this group, in agreement with the partner association. Participants will be selected based on the needs of each partner organization, ensuring a gender balance as well as a social balance.

We hope to have participants really involved and thrilled by the topic with us, also every participant should be :

- interested and fully passionate to engage in transdisciplinary thematics.
- motivated to develop their critical thinking and open to receive.
- Being experienced and/or creative to create links and relations between their own area of interest/ scope of work and other intersectional domains; Culture, Ecology, Psychology, Community Anthropology Conceptual arts , Social sciences and humanities and definitely food culture and gastronomy.
- encouraged to be open to share and expand their experience while discovering the other.
- aware that this seminar is adopting an interactive knowledge based approach, for instance the how fruitful and knowledgeable the seminar is and the outcomes are based on the whole group dynamic, active participation and openness to share the energy and the knowledge.
- have previously experienced living in a multicultural context in terms of diversity and inclusion.
- aware and sensitive to holistic environmental based approaches.

/!\ We encourage the participation of youth with fewer opportunities due to :

- Economic obstacles, cultural differences, social and geographical obstacles ;
- Lack of opportunities to participate in a mobility project and meet other people of different nationalities.



Participant Role & Responsibility

As we expect that the participants will be involved and thrilled by our youth exchange, you will have some preparatory tasks to complete. Here find attached the details of all the tasks for this youth exchange :

BEFORE

- Interculturel Food Night : We are curious to know your traditional dish made with special ingredients ; herbs and spices; so we invite you to share your culinary heritage with us. (Bring the dish that reminds you of home.)
- Bring photos with your family or firends where you were eating all together during a special moment
- Each organization has to prepare a participative exercise showing their spoce of work in relation of food ! (food and migration, non formal education...) So we can create a network of diverse pedagogical tools and get to learn form each other. Prepare an energizer. Bring spices and ingredients that represent your individual/collective culture. Bring a photo of friends/family that represent a warm moment for you.

DURING

- Each day each country will cook for the group a plate (apatizer, main dish and desert) that represents their cultural heritage while elaborating in its traditional practices, music and the story of the ingredients used (Don't worry their will be nights where we won't cook all together)
- Realizing the intercultural night :)
- Your active participation and contribution is mandatory to foster the cross cultural dialogue.
- Enjoy our togetherness and stories shared around round tables.

AFTER

- Don't hesitate to share our project to your friends by posting photos of activities in social media (Instagram, Facebook and more...)

CALENDAR

Here found the details of all activites that we are expected to do !



Arrival day: 17/07/2022 - Departure day: 25/07/2022
(travel days included : height nights in Trescléoux)



CALENDAR

During the seven days of the seminar (travel days excluded) we are going to :



1. Arrival Day
2. Presentation of the Project & Know each other (Promotion of the culinary heritage, Strengthen the feeling of belonging and Diversity, Erasmus + Program...)
3. Discover our diversity through this place, learn from the biodiversity and the balanced ecosystem of this place. (Ferme du Coq : visit of an organic farm)
4. Contemporary realities on culinary migration : Prejudices and cultural codes, access to foreign food, impact on our culture (Lagrand : visit of the old village and its Ecomuseum)
5. Dialogue and workshops about collective and individuel identity (Laragne : visit of the market and discovery of local and typical products)
6. Food and trans sensational memory (Meeting with with a beekeeper and dialogue on ecofriendly culture)
7. Our bodies as inhabitant in nature (Workshops and dialogue at Lake Riou)
8. Sharing best pratices and ecodiversed policies in structures (Final Report)
9. Departure Day

ACCOMMODATION

Here found some pictures and information about your accommodation : gitemontgarde-buech-baronnies.com



Place

We are situated in a natural place with forests and hills, this big green area is your home so please enjoy and respect it during these days !

We are out of the city, if you are looking for a place to rest, to be in harmony with nature... this is it !



Bring on !

For these beautiful days, don't forget to take a cap/hat, sun cream because it will be very hot and the sun will be there ! Also take a jacket and a sweater for the evening because the nights are fresh.

Concerning the equipment, bring with you your towels, your hygiene products (shampoo, soap...) and a bathing suit.



Rooms

Your rooms are shared, but you will be with members of your own gender to respect each other's privacy. These rooms include sheets, plaids and pillows.

PRATICAL INFORMATIONS

The door-to-door transport costs, that is to say from your home at the meeting point in Marseille, is covered by the association up to :

COUNTRY	BUDGET FOR TRAVEL FOR EACH PARTICIPANT	NUMBER OF PARTICIPANTS
SPAIN	275	5 + 1 Youth Leader
GREECE	275	4 + 1 Youth Leader
ITALIA	275	4 + 1 Youth Leader
TURKEY	360	4 + 1 Youth Leader

We are refunding the travel expenses of the participants on the basis of calculation of the Erasmus+ agency, however the latter advance these costs. The budget allocated to travel from the place of dispatch to the place of work is calculated according to a number of km /€.

/!\ Thanks to note that we need all the INVOICES (especially the BOARDING PASSES) for the refund and Taxi isn't considered as a transport location.

PRATICAL INFORMATIONS

When you will arrive in Marseille-Provence Airport, you will need to join Marseille Gare Saint Charles to join the city of Marseille. Here found the main information to guide you in this route and to facilitate your preparation.

How to get from Marseille-Provence Airport to Marseille Gare Saint Charles ?

The association will not pick you up at the airport. The closest airport to Marseille is the Marseille-Provence airport (MRS). It is directly connected to the central train station and subway St Charles, by an airport shuttle bus.

Each 15 minutes, there is a shuttle bus, which moved to the train station in 25 minutes. The price of the Marseille Marignane shuttle for a single ticket is €10, if you opt for a return ticket, the cost is €16. This fare applies to all Marseille airport shuttles. Young people aged 12 to 25 (both included) are entitled to a preferential fare of €7 per journey.

To facilitate your route you can buy it online here :

<https://store.marseille.aeroport.fr>

/!\ Thanks to note that this informations are really important for the refund and the good pursuit of your exchange. Refunded by the host association, please make sure to keep your receipt, it should be a very small paper. Please, do keep every receipt and travel documents (boarding pass included) you will be given as payment receipts.



PRATICAL INFORMATIONS

How to get from Marseille Gare Saint Charles to Gite de Mont Garde (Tréscléoux) ?

Our accommodation is in a very remote area of the city, to ensure the best means of transportation. We will leave by bus so we have planned schedules to facilitate the coming of all. Also understand that the Departure check point is Gare Marseille Saint Charles and that you have 40 minutes to travel Marseille-Provence airport to Marseille Gare Saint Charles.

/!\ Please take transportation times into account when purchasing your flights tickets.

DAY	CHECKPOINT	HOUR OF DEPARTURE	HOUR OF ARRIVAL
<u>17/07</u> <u>ARRIVAL DAY</u>	Gare Marseille Saint Charles	17:30	20:30
<u>25/07</u> <u>DEPARTURE DAY</u>	Gîte de Mont Garde	11:30	14:30

/!\ Thanks to note that this informations are really important for the refund and the good pursuit of your exchange. Refunded by the host association, please make sure to keep your receipt, it should be a very small paper. Please, do keep every receipt and travel documents (boarding pass included) you will be given as payment receipts.



PRATICAL INFORMATIONS

A bus will take us together to our destination. Please note there will only be one shuttle on Sunday July 17 leaving Marseille Saint-Charles train station in Marseille at 5:30 pm and a shuttle back from the camp on 25 July will arrive to Marseille Train station at 3:00 pm.

/!\ Important : Due to this bus schedule, please make sure your flight ticket arrive to Marseille before 3:00 pm and takes off after 6:00 pm.

For Arrivals on 17 July 2022

The bus will leave at 5:30 PM
from Saint-Charles train
station in Marseille

This means that you will
have to arrive before 5:30
p.m at Saint Charles
station in Marseille

Arrival Flight to Marseille
should be before 3:00
PM to ensure you arrive
to the bus on time.

For Departure on 25 July 2022

The bus will arrive to Saint-
Charles train station in
Marseille at 3:00 PM

The bus will arrive to
Saint-Charles train
station in Marseille at
3:00 PM

Departure Flight should
be after 6:00 PM to
ensure you make it to
your flight at the airport

Please, do keep every receipt and travel documents (boarding pass included) you will be given as payment receipts.



BOKRA SAWA'S CONTACTS

Phone

Nassima +33 751 33 36 22

Nourane +20 106 331 92 59

Niccoló +39 331 874 61 35

Lucía +34 651 55 24 98

Catherine +33 686 85 41 13

Email

rencontres.bokrasawa@gmail.com

Web Site

<http://www.bokrasawa.org/>

Facebook

Bokra Sawa

Address

1, rue Consolat 13001 Marseille

EMERGENCY CONTACTS

Police

17

Pompiers

18

SAMU (ambulance)

15

Urgences

112

www.bokrasawa.org