

DON'T
MISS IT



Explore the vegan food of our cultures

EnvironMental Food Heritage

YOUTH EXCHANGE
2ND - 13TH JUNE 2023
LA BUONA TERRA, ITALY



ALTER NETWORK

Co-funded by the
Erasmus+ Programme
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EnvironMental Food Heritage

Food is more than just fuel for the body. Food is my connection to the land. It is the most intimate connection to the land since I interact with all my senses. Food connects me to the people who were here before me and those who will come after me. With the people around me and some other people coming from far, far away.

In EnvironMental Food Heritage (EMFH), we tell the story of sustainable, local, vegan food and how it connects us with the generations before.

We search for old "vegan" recipes with local plants, for traditions & stories.

When the generations before us have consumed plant-based food? Why? What was typical for our regions?



What is it about?

LOCAL PLANT-BASED FOOD

In 10 days we will explore together plant-based recipes from our local cultures.

What is the favourite "vegan" recipe of your granny?

We will first collect the recipes and the stories that are coming with them. After that, we will cook and **share, share, share.**

At the end, we will create together the coolest cook book that unites our cultures, experiences and memories.



PREPARATION MAY 2023

We will meet online to get to know each other and prepare for the exchange.

EXCHANGE JUNE 2023

We gather to cook, share stories, make photos, eat and have fun!
We create the EnvironMental Cook Book, full of vegan recipes and stories from our cultures.

LOCAL ACTION JULY 2023

You will go to your home and share your experiences with friends and with your local community.
You cook together one of the recipes and share a photo with a hashtag :)

TIMELINE



COUNTRIES INVOLVED

BULGARIA
GREECE
ITALY
THE NETHERLANDS
GERMANY
SPAIN
UKRAINE
POLAND



ALTER NETWORK



KORA



Active
Green
Solution



**YOUTH
TGN**



We add Wings 

Stichting Liberta Care

LOCATION

LA BUONA TERRA, FARM

We are accommodated at the biological farm La Buona Terra, North Italy.

It is a place with a lot of history and tradition in producing biological food.

We are in group accommodation, so we share rooms and bathrooms.

The farm is located in a small town, close to Verona. You can come from Verona by train.



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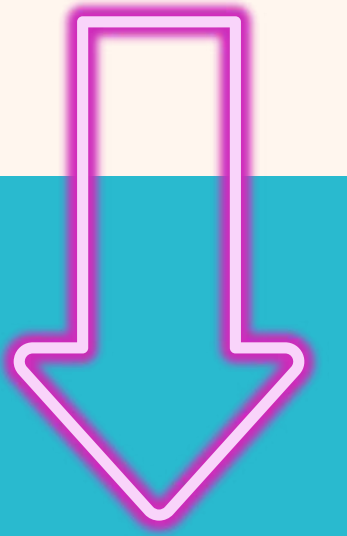




YOU ARE:

- Between 18 and 30 years old
- From one of the countries involved
- Ready to explore, cook and have fun

JOIN US



THE THREE BOLD STEPS

1. FILL IN THE REGISTRATION FORM [HERE](#)
2. You will receive an email with more information. Answer to us and BÒOK YOUR TICKET!
3. Pack your bags and come to ENJOY our cultures and food together!

We are

ASSOCIATION "ALTER NETWORK"

ALTER Network is a Bulgarian non-governmental organization that provides educational opportunities for young people from all over Europe. Our mission is to promote free expression and personal development by using theatre-based methodologies and embodied learning. We deeply believe that each person has the right to express their creative force and to exist in the world as they are. We work on topics like sex education, soft skills, communication and equality. Our team is from Bulgaria, Italy and Spain and our dream is to reach people from different parts of EU.

Connect us on: alternetworkoffice@gmail.com



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