

BACK AND FORTH

16/06/2023 – 29/06/2023



ENVIRONMENT AND TRADITIONS AROUND THE PLATE





THE PROJECT IN FEW WORDS

What is the relationship between traditional food (and culture at large) and environmental sustainability? As traditional meals often have ingredients that have a high impact on the environment (like meat and dairy products), should we give up our traditions or there is a possibility to keep together culture and sustainability? Is traditional cuisine discriminatory, as number of vegetarian and vegan people are rising?

As sustainable food habits and inclusion are core values at Kora, we decided to investigate more on these questions with a questionnaire. The questionnaire triggered the interest of many young people and was filled out by 92 people from different European countries. We noticed that a first reaction for many when choosing a more sustainable diet is looking elsewhere, at food from other countries which are traditionally vegan or vegetarian, while neglecting adaptation of their own culinary culture. Thanks to this investigation we realised which are the core issues regarding the relationship between environmental sustainability and culture/traditions. The project will involve several non-formal education activities, such as cooking workshops, debates and intercultural learning activities.

MAIN SUBJECTS

- Food and environmental sustainability
- Cultural identity and traditions
- Intercultural learning
- Awareness - action - dissemination

OBJECTIVES

- Provide participants with knowledge about food choices and their impact on environment
- Share and increase awareness about national/regional traditions of participating countries
- Investigate the concept of cultural identity and its connection to food traditions
- Promote the introduction of environmental sustainability in traditional recipes and meals
- Provide practical cooking skills to participants
- Raise awareness on differences and similarities of participating countries' cultures and traditions
- Provide young Europeans tools to reduce their impact on the environment through food choices

Associazione di promozione sociale Kora

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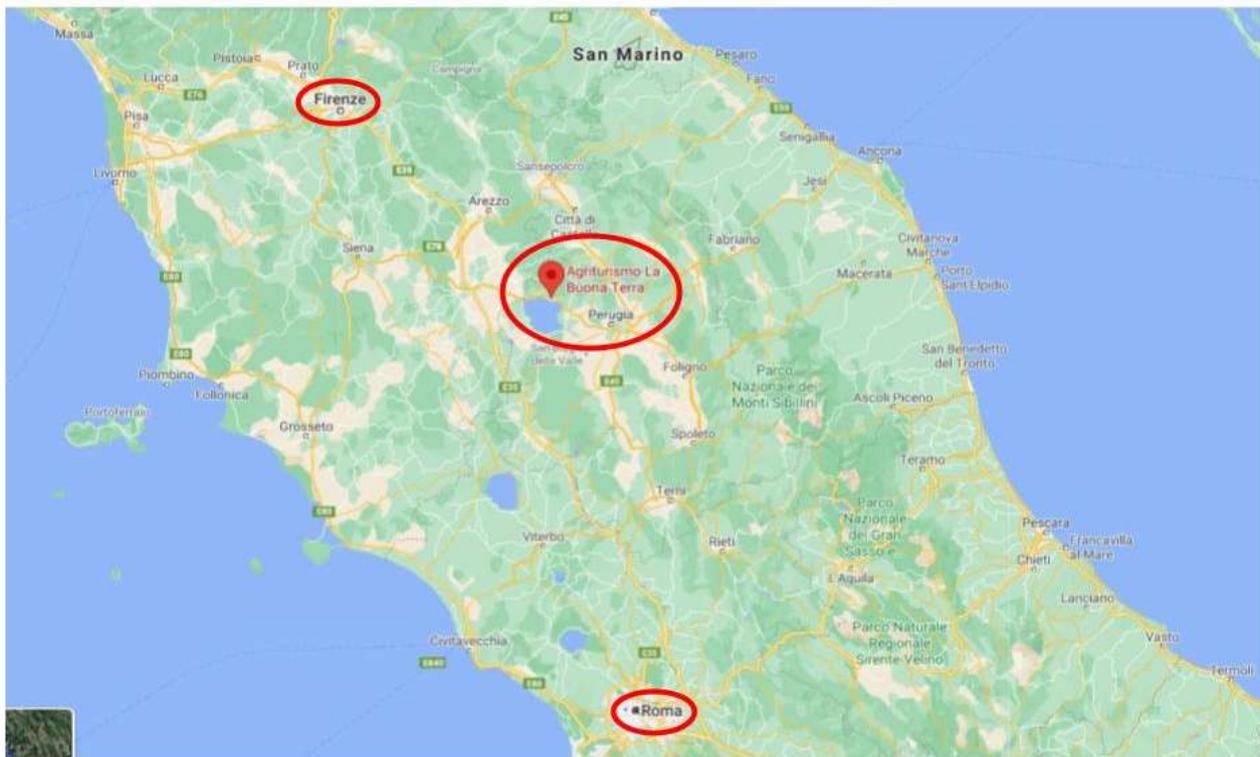
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PARTNERS

- Kora - Italy
- EcoFairly - France
- ALTER Network - Bulgaria
- Asociacion Bidaia - Spain
- Dreaming OPEnly - Germany
- Puzzle OptimEast - Romania

LOCATION



The participants will be hosted on the educational farm [Buona Terra](#), where they will stay in a big house. The rooms will be shared and will have mixed nationalities. Please keep in mind that the venue is 30 minutes walk from the first shop.

The farm gives great importance to self-responsibility and respect of nature. Some ground rules will be given during the stay, to respect the place, inside and outside, to respect people living in the surroundings, to respect the animals, to control the environmental impact (water, electricity...) and to create a safe and enjoyable environment for the whole duration of the project.

The address of the farm is: *Via Campagna 26, 06065 Passignano sul Trasimeno, Italy.*

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Figure 1 - The view from the farm on the Trasimeno lake.

PARTICIPANTS

*5 participants + 1 leader per partner,
36 participants in total*

Participants must be **young people aged 18-30 interested in the topic** and who are willing to discover more about it. The main point is the **commitment** of the participants to be involved. When it comes to the **groups' leaders**, they should have taken part in the *Lead Up!* Training Course organized by Kora in October 2022. In any case, the commitment of the participant must be a priority during the selection. Participants will bring back from the youth exchange **skills and competences** that can be shared and used in the activities of the organisation.

Listing the various criteria of selection:

- **Motivation** regarding the **topic** of the youth exchange;
- Good level of **English**, at least to understand everything and be able to express oneself on any topic
- **Commitment** to organise a small **dissemination event** after the youth exchange.

Even though it is not a primary requirement, it would be appreciated if the participants participating in the youth exchange belong at some level to the **category of fewer opportunities**. It is not mandatory, but partners are asked to check that on candidates, and, if similar conditions are given among more candidates, prefer to involve youth workers with fewer opportunities.

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WHAT TO PREPARE

- **Country Presentation:** one of the projects' activities will be a presentation of each country on the topic of food, environment and traditions. The presentation can focus in small or big aspects and should be no longer than 10 minutes. There will be time during the project to prepare it, but it's important that everyone starts to research and think about good practices, bad practices, particularities, etc.
- **Intercultural Night:** Each national group should prepare a presentation about their country for the Intercultural Night. It can include theater sketches, traditional dances, songs, quizzes about national culture and history or/and local food... Be creative!
- Participants should take **clothes** for any type of weather condition and activity. Keep in mind that during the project we will be in the countryside, on a farm. Bringing sport clothes will help participants to feel more comfortable during the activities.
- Take your **ID** documents and keep your **travel documents** like tickets, boarding pass etc. Take really care about travel documents, without them, it will NOT be possible to get the reimbursement of travel costs.
- Anything participants feel to share with others about their culture/traditions (clothes, snacks, beverages...).

TRAVEL DATES

Ground rule: contact the sending organisation/partner or directly Kora (for contacts see below) before buying flight tickets. Kora is not responsible for tickets purchased without consultation.

For the Youth Exchange participants are expected to arrive the **16th of June 2023** before 8 pm. It is possible to arrive later if for some reason transportation is cheaper, but Kora must be informed in advance. Departure day is the **29th of June 2023**, before 1 pm. Please consider the traveling time to the airport of departure from Passignano sul Trasimeno. The project activities will start the 17th of June after breakfast and will end the 28th of June after dinner.

GREEN TRAVEL OPTION: We as Kora, in agreement with the European Commission, encourage participants to travel avoiding flights, when possible, for environmental reasons. Meaning using means of transportations such as trains, buses, ferries, or car sharing.

If that is your case, you are allowed:

- To have a higher travel budget: for example, 320€ instead of 275€. Check the table below for more detailed information.
- To have two traveling days for the outbound and two traveling days for the inbound.

ADDITIONAL TRAVEL DAYS

Arrival and departure dates are flexible if participants want to visit Italy before or after the official dates. If this is the case, please read carefully: participants have the possibility to travel up to 2 days extra from the official dates of the project and still get the travel reimbursement. Meaning: participants can arrive in Italy

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the 14th of June and leave the 29th of June **OR** arrive the 16th of June and leave the 1st of July **OR** arrive the 15th of June and leave the 30th of June. For the extra days, Kora does not provide food and accommodation.

Keep in mind that if the travel itinerary does not respect these rules, there will be no reimbursement. Contact us for any doubt: we will support you planning your trip.

TRANSPORTS

Arrival point: Train station of Passignano sul Trasimeno.

Participants are expected to arrive on the **16th of June after 1 pm.**

Once in Passignano sul Trasimeno train station, staff members will come and pick you up by car/van at a fixed time, and we will drive you to the farm. **Pick-up times are:** 2 PM, 5 PM, 8 PM. If you arrive later, get in contact with the staff.

If you really can't find trains to Passignano sul Trasimeno check trains for **Terontola-Cortona** and let us know, staff members will pick you up there.

Official website for **train** transportation: [Trenitalia](https://www.trenitalia.com)

Connections by **bus:** [Flixbus](https://www.flixbus.com)

The closest international **airports** are:

- Perugia (PEG): 30 km
- Florence (FLR): 163 km
- Rome Ciampino (CIA): 188 km
- Rome Fiumicino (FCO): 205km
- Bologna (BLQ): 250 km

- From **Perugia airport:**

There are buses from the airport to Perugia Ponte San Giovanni train station. There are only 3 buses per day (morning, midday and afternoon). Please get in contact with us if you arrive to Perugia airport, so we can suggest the best option.

- From **Florence airport:**

Take the bus to central station (Firenze Santa Maria Novella).

There is a bus every 30 minutes. One-way tickets are 6 € and return 10 €, and tickets can be bought online or directly on the bus. The travel time is 30 minutes.

From Firenze Santa Maria Novella take regional train towards Foligno (or Spoleto) and get off in Passignano sul Trasimeno.

Consider that the last train from Florence to Passignano departs around 8 P.M.

Please double check these information because schedule and prices can change. Contact us for any doubts.

- From **Bologna airport:**

Take the Aerobus bus to central station (Bologna centrale).

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There is a bus every 11 minutes. One-way ticket is 6 €, and tickets can be bought online or directly on the bus. The travel time is 25 minutes.

From Bologna Centrale take a train to Passignano sul Trasimeno; there are no direct trains, you will have to change once or twice according to the time of the day. Prices also vary according to the time of the day. Please double check this information because schedules and prices can change. Contact us for any doubts.

- From Rome Ciampino:

Take the airport bus to Roma Termini train station. The travel time is 60 minutes.

From Roma Termini train station take a regional to Passignano sul Trasimeno. Please let us know if none of the train solutions match as there can be other options as well.

Please double check this information because schedules and prices can change. Contact us for any doubts.

- From Rome Fiumicino:

Go to the train station inside the airport. Here you can take a train to Roma Tiburtina for 8 €. Travel time is around 40 minutes.

From Roma Tiburtina you can take another train to Passignano sul Trasimeno.

Please double check this information because schedules and prices can change. Contact us for any doubts.

***IMPORTANT:** Note about train tickets in Italy. If you don't have electronic tickets (as PDF), the ticket must be bought from the ticket office or ticket vending machine (see figure 3 below) of Trenitalia. **All tickets must be stamped in the machine** (see figure 3) **prior to getting on the train!** If not a penalty of 100€ can be required.



Figure 2



Figure 3

TRAVEL REIMBURSEMENT

It is fundamental that you keep all your **original travel documents**: bus and train tickets, invoices, boarding passes... **The reimbursement cannot be done without these documents.** Participants will be reimbursed up until a maximum amount granted by the European Commission.

Consider that taxis and first-class tickets cannot be reimbursed.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself. Buying tickets in advance will help you avoid that scenario.

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***IMPORTANT:** If you are traveling with **RyanAir** and you use their app for the boarding pass it is essential that you make a screenshot of the boarding pass before the departure. That is because the boarding pass will disappear from the app once the flight lands.

Maximum reimbursement per distance (the distance band is calculated from the official address of the sending organization and the hosting location):

Distance	Standard Travel	Green Travel
0 - 10 km	0 €	0 €
10 – 99 km	23 €	23 €
100 – 499 km	180 €	210 €
500 – 1999 km	275 €	320 €
2000 – 2999 km	360 €	410 €

Participants will be reimbursed after the end of the training course, once they provided all the original travel documents, including the train, bus and shuttle tickets of the return trip, which have to be sent by post if they are not digital. Further and detailed instructions will be given during the project.

ADDITIONAL INFORMATION COVID RELATED

At the moment, to enter in Italy, there isn't any specific rule, but check further **information about COVID** measures [check out here](#).

WHAT TO BRING

- Towels
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Comfortable shoes and clothes (keep in mind that you will live in a farm)
- Warm clothes (weather in spring can be unpredictable)
- Torch (if you want to go explore the surroundings in the night!)
- Slippers (or indoor shoes)
- Personal drinking bottle
- Whatever you feel you would need for any time spent away from home (cigarettes, medicines, chocolate... Consider that you will live far away from the village and the shops)

CONTACTS

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