



Youth exchange “GREET & EAT”

A collection of various Indian dishes including a bowl of dal, a plate of rice with vegetables, a plate of fried bread, a plate of fried fish, a plate of fried chicken, a plate of fried vegetables, a plate of fried fruit, and a plate of fried flowers.

- To live a learning multicultural experience
- Discover different cultures through food and traditional recipes
- Raise awareness about the impact of food choices on the environment and promote the decreasing of the individual ecological footprint
- To promote inclusion and to break cultural barriers



PROJECT PRESENTATION

Greet & Eat is a project coordinated by Hors Pistes (France) and Kora (Italy) together with the partner organisations ServiceBureau Jugendinformation (Germany) and YoWo (Poland).

The **youth exchange** will gather **28 young people** altogether, embracing different **cultures**, sharing traditional **food** recipes and raising awareness about food choices and their potential impact on the **environment**.

The group activities will be based on sharing and discovering different cultures through the language of food and traditional recipes, that will be done and experimented altogether as a **group**. Discussions will be raised from these activities, about the awareness of our own food choices and their impact on the environment and what we can, individually and collectively, do to decrease our ecological footprint.

Group games and dynamiques will be a daily part of the project. The group dynamiques, animation and facilitation methods used will be based on **non-formal education**, horizontal **learning** and decision-taking, individual and collective expression and action.

The intercultural exchange will be held on a **pedagogical farm**, Buona Terra in the middle-countryside of Italy, near Perugia.

The farm is plant-based, so there are no animals here. It's cultivating lots of aromatic plants, like lavender which is then turned into oil, along with a lot of fruits and vegetables, grown on an ecological process. And, of course, a cooking lab to cook all this delicious food and herbs!

For 8 days, you will share an **eco-lifestyle** with participants coming from different countries in a big house, sharing rooms. You will live, sleep, talk, play, share, cook and eat together!

The activities timetable will be defined with the youth leaders during the preparatory visit. All the participants will receive it a few weeks before the youth exchange.



PARTICIPANTS

*6 participants + 1 youth leader per partner organisation
4 partner organisations from Italy, Germany, France and Poland
28 participants in total*

Participants will 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 be +18 years old.

MOBILITIES

1) Advances Planning Visit (APV)

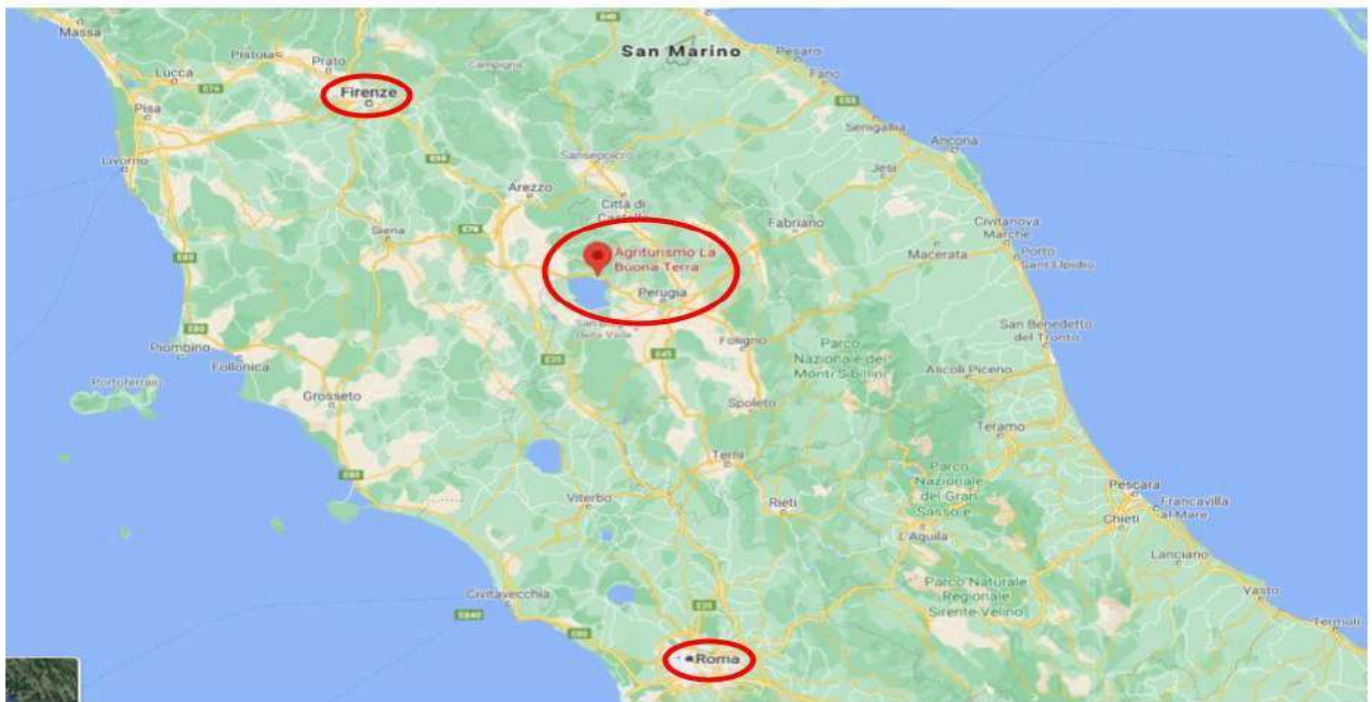
There will be an APV where the youth leader from each group should participate. The APV will happen on the **18-20th of June 2023** (18 and 20 are travel days).

2) Youth exchange

The youth exchange will happen **from the 17th to the 24th of July 2023** (17 and 24 are travel days).



LOCATION



The participants will be hosted on the educational farm [Buona Terra](#), where you 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.



TRAVEL INFORMATION

Every group should send to the project coordinators (Silvia from Hors Pistes and Simone from Kora) their travel proposal and wait for confirmation before to book the tickets.

Arrival point: Train station of Passignano sul Trasimeno.

Participants are expected to arrive on the 17th of July after 1 pm and before 7pm.

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.

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

Connections by bus: Flixbus

The closest international airports are:

- Perugia (PEG): 30 km
- Florence (FLR): 163 km
- Rome Ciampino (CIA): 188 km
- Rome Fiumicino (FCO): 205km (usually the cheapest options)
- 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.



- From Bologna airport:

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

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.

- 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 of Trenitalia. All tickets must be stamped in the machine prior to getting on the train!

Group & Country	Travel budget	Green travel budget (no plane, no boat)
YoWo - Poland	275 euros	320 euros
ServiceBureau - Germany	275 euros	320 euros
Hors Pistes - France	275 euros	320 euros
Kora - Italy	23 euros (10-100 km) or 180 euros (100-500 km)	210 euros (100-500 km)

Hors Pistes will reimburse the travel costs to the organisations after receiving a virtual copy of all the tickets, around 1 month after the end of the youth exchange.



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



CONTACT

Silvia and Coline from Association Hors Pistes

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Simone and Joe from Associazione Kora

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Thank you for reading, see you soon !