



KA1 Youth exchange project "Feel Food " BRINDISI - ITALY

- **Name of the project:** Feel Food
- **When:** 05/12 OCTOBER 2015
- **Where:** Brindisi – Italy
- **Who:** 4 young people 18-25 + one group leader no limit age
- **What:** traditional food and intercultural learning, promotion of healthy life style participation, active citizenship.

Ingredients of "Feel food " will be culture, tradition and identity, senses and health; mixing all these we will have cooperation among participants who will discuss and learn and reflect about food and its multiple meanings! Food carries a cultural and historical peculiarity, that young people should learn and preserve. Since ancient time food and banquet have represented a sharing moment, a representation of identity, a holy situation. We will discuss about all these meanings and some activities will involve also healthy food and Mediterranean diet.

OBJECTIVES

- To learn about food of different culture,
- To promote food of your own,
- To understand the different meaning of food and the importance of a good way of nutrition
- Disseminate material and immaterial assets as means of active citizenship
- To appreciate differences
- Intercultural learning

METHODOLOGY

Activities will enable participants to actively discover how to promote their territories, sharing knowledge and acquire new skills for marketing and tourism promotion. Non-formal methods will be used such as discussions, simulations, take video, workshops, theatre...



PREPARATION

- Prepare a short presentation of your organization
- Prepare a **presentation** about some (more than one!!) traditional recipes (ingredients, preparations, history etc)
- If necessary, to bring some ingredients for preparation of traditional dish
- Prepare a short presentation of your country and bring with you something representative of your country or city (food, music, traditional dress, drinks etc) for intercultural night
- One present for official visit to the mayor
- Bring tickets (plane, bus, train, ship), boarding passes, bills

TRAVEL INFORMATION

The project will be implemented in Brindisi, the city has airport, train station, bus station and port

Participants should be arrive on 05th October 2015 and leave from Brindisi on 12th October 2015

Reimbursement of The Travel Expenses

According to distance your maximum travel budget

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

Each country maximum travel cost per person

Belarus	170,00	KM 500 - 1999
Czech Republic	170,00	KM 500 - 1999
Romania	170,00	KM 500 - 1999
Serbia	80,00	KM 100 - 499
Tunisia	170,00	KM 500 - 1999
Turkey	170,00	KM 500 - 1999

- Each participants has to provide us their travel documents (flight, bus, train tickets and boarding cards)
- If the participants lose boarding cards, there won't be reimbursement according to rule of the European Commission.
- Visa expenses will reimburse %100 to participants according to documents and rule of European Commission.
- During the project participants are responsible for their insurance

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