



“Diet Sharing”
Key Action 1, Youth Exchange, Erasmus+
24th – 30th March 2015
Putignano, Italy

Information Pack

Project description

“The idea of the Italian association “L’isola che non c’è” for the youth exchange Diet Sharing comes from the desire to promote cultural diversity and social inclusion, bringing together people from different cultures and backgrounds, by the knowledge of different culinary cultures, the Mediterranean diet in our case. The region of Apulia, which host this project, is known as a symbol of this diet which belongs to its culinary and cultural heritage. During these years, the Mediterranean diet gained a high appreciation insomuch as today it complies with the indications of the most modern food pyramids. Diet Sharing is an opportunity for young people to take an active part in the knowledge and awareness of the cultural diversities. From food tradition to identity strengthening, Diet Sharing represents an opportunity to better understand the importance to protect and promote our own culinary identity, namely people’s behaviors and habits (a popular aphorism tells: “We are what we eat”). The participants will develop a greater awareness of mutual cultural recognition and appreciation of diversity, the culinary one in this case, which represent the foundation of a good coexistence and tolerance among different European people.”

Participants profile

- 4 participants (2 females + 2 males) 18-25 aged;
- someone interested in food, cooking, healthy diet;
- someone who wants to develop himself by travelling and discovering;
- someone with a basic level of English, around B1 level (not obliged);
- someone with fewer economic and social opportunities (not obliged).

Leader group profile

- 1 group leader (female or male);
- no aged limit (but better maximum 30 years old);
- someone who already took part in some intercultural experience abroad;
- someone with a good English level (B2 level).

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The exchange will gather participants from the Euro region, with a special focus on Italy as a host country.

Number of participants

COUNTRY	PARTNER	PARTICIPANTS	GROUP LEADER
ITALY	Associazione culturale "L'Isola Che Non C'è"	4	1
BULGARIA	Association "Professional Forum for Education"	4	1
GREECE	AKADIMIA POLITON (CITIZENS' ACADEMY)	4	1
POLAND	Stowarzyszenie na rzecz Dzieci i Młodzieży "Uskrzydłamy"	4	1
SPAIN	La Vibria Intercultural	4	1
UNITED KINGDOM	Hammersmith & Fulham Volunteer Centre	4	1
6	6	24	6

Working language

The entire seminary will be held in English (helped from "international way" to communicate).

Financial conditions

The project will be financed by European Commission. Therefore food, accommodation, internal trips, activities will be fully covered, and also 100% of travel costs will be covered **up to 170€**. There is no participation fee.

VERY IMPORTANT! We ask you to buy the tickets for each participant previously; during the exchange we will refund you up to 170€! To receive the reimbursement you have to be sure that: you have the original boarding passes, original invoice and payment instrument (payment order, receipt, etc.), original tickets.

Also, at the time you buy the ticket, we ask you have to fit the flight ticket into the budget of each country:

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	Number	Departure city	Arrival city	Max per person 100% A/R	
Association "Professional Forum for Education"	5	Sofia	Putignano, Italy (A/R)	170.00 €	
AKADIMIA POLITON (CITIZENS' ACADEMY)	5	Glifada-Athens	Putignano, Italy (A/R)	170.00 €	
"Stowarzyszenie na rzecz Dzieci i Młodzieży "Uskrzydłamy	5	Niezdara	Putignano, Italy (A/R)	170.00 €	
La Vibria Intercultural	5	Terrassa	Putignano, Italy (A/R)	170.00 €	
Hammersmith & Fulham Volunteer Centre	5	London	Putignano, Italy (A/R)	170.00 €	

Where to come?

The exchange will take place in **Putignano**, Province of Bari, Region of Puglia.

You should take into consideration the **BARI Palese airport** (where we are able to pick up you by car or similar).

Or You can arrive by train till **Putignano Station** where, also, we are able to pick up You. If you choose this case, tell us and we will give you the information to buy tickets.

When to come, when to leave?

23th March is the arrival day, but in case of necessity, you can also arrive on 22th March or on 24th (in the morning).

31 March is the departure day, in case of necessity, you can also leave on 1st April.

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When to buy a ticket?

You can start finding and buying tickets. If you need help and support, please do not hesitate to contact us!

Ps. If some participants gives up at the last moment, we pray you to buy the new ticket by your own. Thank you for comprehension.

Thank you for your attention!

Contact person:

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