



Diet Sharing

Key Action 1, Youth Exchange – Erasmus Plus
March 2015 – Putignano (Italy)

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 region of Puglia, 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. On November 17th, 2010, UNESCO recognized this diet pattern as an Intangible Cultural Heritage of Italy, Greece, Spain and Morocco.

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. Furthermore, Diet Sharing will develop the awareness of living together in Europe, appreciating and respecting diversities and go beyond prejudices and stereotypes. A popular aphorism tells: “We are what we eat”. Diet Sharing tries to make aware of the importance to protect own health by eating healthy, against the uniformity of food. Finally, it aims at fostering slow food rather than fast food.

Thirty guys (aged 18-25 years old), from 6 countries (Italy, Spain, Greece, Bulgaria, United Kingdom and Poland) for 9 days take part in lots of activities whose main goal is to facilitate intercultural dialogue and social inclusion thanks to food subject. Some activities scheduled are: 1. Cooking workshops: preparation of traditional dishes of a participating country. Therefore, each participant can empathize with an unknown culinary culture. In another workshop, there will be the creative preparation of a new dish, created from the union of the different cultural ingredient. 2. Artistic workshops: the first one, concerns the making of traditional food using the papier-mâché, an ancient and traditional artistic art of Putignano, the city which will host the activities. The second one is about Human Library, an artistic way to share and discuss own personal stories. 3. Group games: each participant will guess which European country fits its typical food. 4. Round table: discussions, with participation of experts in the field, will focus on the advantages of eating healthy and valorization of the culinary diversities against a growing uniformity of food. 5. Project workshop: development of ideas

and projects for a better awareness of eating healthy, increasing the value of local food, if possible. So that the exchange will be also a good time for comparing different strategies for a better participation in local and global political decisions, using the rights of an active and democratic citizenship.

Important will be the team building group activities, to better get to know each other and break some barriers based on stereotypes and prejudices. The methodology to be used throughout the project is non-formal and informal learning. The activities will be both outdoor and indoor. Together with the partners, we will have in charge the organization and monitoring of the activities, an efficient strategy of visibility, a positive impact in the local community and good management of public fund. Finally, it will be our duty to get to know our local culture by guided visits, in order to show the realization of some traditional products, which make "Puglia" territory famous all over the world: oil mills (extra-virgin olive oil) and cheese factory (mozzarella). Every participant will be in turn a promoter of his culture, in order to get to know the traditional food of his original region by enjoying an intercultural night, where different local stakeholders will be invited. Thus, 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. In a long term prospective, it will be laid the foundations for future European projects about these subjects, with the aim to reinforce much more the ideas and the goals fixed, where young participants will be the promoters.