



FOOD CONNECTS

INFO PACK

CONTACT MAKING SEMINAR



GENERAL INFORMATION

Healthy lifestyle is nowadays really important topic, which should be good presented also to youngsters. Association of innovative approaches of healthy lifestyle was established with that purpose. Next to local activation, which is already giving back good results, association decided to start a process of transferring good practices on international level. First step to this goal is organisation of contact making seminar in which youth organisations will be included (organisations that already work in the field of promoting healthy lifestyle among youngsters). Contact making seminar is a base to start good and qualitative platform and cooperation. Next to contribution on local levels of included organisations seminar will also foresee new activities on international level.

Aims of the project are:

- Connecting partners.
- Knowing work and activities of partner organisations.
- Presentations and transfer of good practices.
- Network of youth organisations with aim of promoting healthy lifestyle among youngsters.
- 4 new ideas for international projects in frames of Erasmus+: Youth in Action.
- Creation of e-platform for informing and sharing good practices.
- Theory of healthy food and lifestyle.
- Presentation of NFE workshop models in topic.
- Awareness of differences among different cultures and nations considering healthy lifestyle and healthy food.
- Activation of youngsters.
- Intercultural education and dialogue.

Contact making seminar will be held in Slovenia in July 2015. It will represent meeting point of 16 youth workers from 5 EU countries. Contact making seminar will last 8 working days.



WHO ARE WE?

Association of innovative approaches of healthy lifestyle (Društvo inovativnih pristopov zdravega načina življenja) is a young association. The purpose of the Association of innovative approaches to healthy lifestyle (hereinafter DIP) is to promote a healthy lifestyle through various activities. The association focuses primarily on reducing stress and promoting a healthy life and eating style. Our activities are mainly related to experiential workshops on cooking and food, non-formal education (lectures, workshops) and the promotion of healthy eating habits among young people.

The objectives of the association DIP are:

- Promotion of healthy lifestyles among young people.
- Raising awareness of the importance of healthy lifestyles among young people.
- Developing innovative models of activities for young people.
- Encouraging active participation of young people.
- Creating the conditions for a better flow of information on healthy lifestyles among young people

You may find us also on Facebook: [Društvo inovativnih pristopov](#).

And here is our like page on Facebook: [Gooda Foda](#),



PARTNERS IN SEMINAR?

Each partner will cooperate in contact making seminar with 3 members/youth workers. Target age is 24+. Gender is not important. We focus on youth workers that have motivation to carry the idea of the project further.

Evropske centrum mladeze Breclav/European Youth Centre Breclav z.s. – CZECH REPUBLIC

Contact: eycb.info@gmail.com

www: www.eycb.eu

EYCB is non-profitable nongovernmental organization founded by young people for young people in 2007. Our main aims and activities are informing and raising awareness of the European Union and its educational programs; promoting self-fulfilment and personal development of young people through educational programs of the European Union and developing non-formal education, intercultural dialogue, international cooperation and active civil society. As we know trainers of this project and we talked about it in one of last year seminars where we met, we were thinking that also topic of raising awareness of healthy lifestyle would be good one to start activities in our local environment. So with the brainstorming and ideas what we could do we decided to join this project and get new skills and competences.

Associazione Culturale Beyond Borders Corato – ITALY

Contact: associazionebeyondborders@gmail.com, elenatorelli@yahoo.com,
stefaniaromeo@msn.com

www: <http://associazionebeyondborders.blogspot.com/>

Beyond Borders is a cultural association active since 2013 based in Apulia, Italy, that has the purpose of developing an intercultural attitude among youngsters and adults. The activities promoted by the association are:

- National and International Youth and Adult Exchanges and Training Courses;
- Local and International Voluntary work;
- Non-formal education activities, meetings, debates, language courses, movies in original language;
- Language courses, translation services;
- Cultural-touristic activities;

Our staff is composed of Foreign Languages graduates and students. We love to discover other cultures; we create all kind of events in our society in order to give local youngsters the occasion to discover a world Beyond Borders!



Future in Progress – ROMANIA

Contact: Future.ro@outlook.com, [Alexandru andreescu@ymail.com](mailto:Alexandru_andreescu@ymail.com)

www: www.facebook.com/Future.in.Progress

We are an informal group of young people active in youth work, whose mission is to raise the active and responsible involvement of youth into social, cultural and educational life of the communities.

We believe that active and responsible involvement of youth into social, cultural and educational life of the communities can be achieved through development. And promoting healthy lifestyle and good food among youngsters is one of methods we use to achieve all this. We have loads of experiences with projects and workshops that we want to share and develop more.

At the same time we believe that capability of young people to be very creative and spontaneous represent the key of a better future for Europe.

Our main objectives aim to:

- develop young's people initiative;
- create a proactive attitude toward education among young people;
- bring awareness over European and universal values in the field of education as the main foundation for a better life;
- to implement the practices used within the frame of non-formal learning to as many levels as possible in order to bring efficiency in the youth interaction with the social, cultural and educational environment.

Grupo de Jovens Novo Mundo - PORTUGAL

Contact: gj.novomundo@gmail.com

www: <https://www.facebook.com/gj.novomundo>

The Youth Group Novo Mundo (New World) was created in August 2013 with the mission of promoting healthy lifestyle and active citizenship values among the young's from the cities of Seixal and Almada.

Our name was inspired in the courage and ambition of the Portuguese navigators to reach and discover "new worlds to the World" during the 15th and 16th centuries.

The main objective is the empowerment of young's in order to facilitate the acquisition of new skills and competences based on non-formal education and experiential learning, creating opportunities for young's discover a new dimensions of interaction where it's possible every person have the same opportunities to succeed in life being different and making the difference. Our main focus is promoting healthy lifestyle. Having in mind the needs and preoccupations of the young's from our local communities, our group is actively involved in the creation and promotions of activities in several areas like: Youth Employment and Entrepreneurship, Sustainable Development and Healthy Life Styles, Art's, Culture and Technology, Intergenerational Dialogue, Sports and Outdoor Education, social exclusion and



involvement of young's with fewer opportunities, promotion of local networks and valorisation of local patrimony and natural ecosystems.

We also provide information about national and international mobility opportunities, EVS, entrepreneurship, training and education, self-development, vocational orientation and career opportunities.



PROGRAMME?

1.7.2015 Wednesday	2.7. 2015 Thursday	3.7.2015 Friday	4.7.2015 Saturday	5.7.2015 Sunday	6.7.2015 Monday	7.7.2015 Tuesday	8.7.2015 Wednesday	9.7.2015 Thursday
Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Getting to know each other, programme presentation, expectations, house rules	Partner presentation market (Italy, Romania)	Field day – good practices of healthy lifestyle activities	Good practices – presentation from partners	Brainstorming and networking	New idea is connecting us	Presentatio n of new project ideas	Departures
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
	Team building activities, Healthy lifestyle and young people	Partner presentation market (Slovenia, Portugal, Czech Republic)	Field day – good practices of healthy lifestyle activities	Erasmus+: how to put our topic into programme Platform time!	New idea is connecting us	New idea is connecting us	Final evaluation	
Accommodation time	Daily evaluation	Daily evaluation	Daily evaluation	Daily evaluation	Daily evaluation	Daily evaluation	Youthpass and Mobility tool	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Getting to know each other	Intercultural evening	Party in town	Party in town	Free evening	Intercultural evening	Free evening	Farwell party	



PREPARATION FOR CONTACT MAKING SEMINAR?

- Intercultural evening: each country will have a chance of presenting their traditional food and drinks, music and culture. Please prepare 20 minutes presentation; projector and loud speakers are available. Bring also some of your music or a YouTube playlist link.
- Presentation of your organisation: as this is a contact making seminar each organisation can use more time to present your work. Please prepare 30 – 60 minutes presentation. You may include also some interesting activity. Till 15.6.2015 let us know how long your presentation is. If we will have more short presentations we may use free afternoon for some sightseeing or sport activities☺. Bring also some info materials with you. Projector and computer are available.
- Good practices: think of activities your organisation did already in topic of healthy lifestyle. If none, please detect them in local environment. Your presentation should take 30 minutes. Projector and computer are available.
- Platform: During contact making seminar common platform of five organisations will be established. Platform will be later on connected by mails and web portal. All participating organisations need to prepare basic information in English about their work and at least 3 good practices of activities about the topic. During contact making seminar contract about responsibilities among partners will be signed. Draft of contract will be prepared in June 2015 and sent to all partners. Responsible persons should read it and agree on it. During contact making seminar one workshop will be dedicated to practical arrangements about platform and in that workshop some of ideas can be adjusted or changed. The signature of contract (common agreement of partners) will be proceeded during contact making seminar, so make sure that one of participants is legible to sign it in the name of partner organisation.
- New idea is connecting us: One of the aims of contact making seminars is to prepare 4 new projects in frames of Erasmus+: Youth in action, which will connect platform and our partnership in upcoming year (2016). You may brainstorm the ideas of projects in advance. All partners need to participate in at least one of new projects. Our plan is to apply new ideas on October deadline.

WHERE AND WHEN?

[MCC hostel](#), Celje, Slovenia

1.7.2015 - 9.7.2015 (from Wednesday to Thursday)



- Participants will be accommodated in dorm rooms, by gender.
- Bed linen and towels are provided in hostel.
- Wi Fi free
- Working rooms are in the same building.
- Breakfast, lunch, dinner and two coffee breaks will be organized.
- There is a small kitchen in hostel and a fridge as well.
- Weather: should be [nice](#) 😊



TRAVEL?

As mentioned CMS Food Connects will take place in Celje, Slovenia. Arrival date to location ([MCC hostel](#)) is 1.7.2015 before dinner (18.30); departure date is 9.7.2015 after breakfast.

Laura and Nina can help you to find the best way of travel. Please contact us for more details.

Otherwise, there are plenty possibilities to come to Slovenia. Most used is plane connection to Ljubljana (Ljubljana Jože Pučnik Airport), Graz (airport in Austria) and Zagreb (airport in Croatia). From all airports you can find bus/train connection to Celje. Our accommodation is nearby Celje train station, on walking distance.

Travel costs (travel costs can be repaid to amount mentioned under):

Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant	Total Travel Grant Requested
Slovenia	Slovenia	0 - 99 km	4	0.00	0.00
Czech Republic	Slovenia	100 - 499 km	3	180.00	540.00
Italy	Slovenia	100 - 499 km	3	180.00	540.00
Romania	Slovenia	500 - 1999 km	3	275.00	825.00
Portugal	Slovenia	2000 - 2999 km	3	360.00	1080.00

You are legible to use public transfer. Costs of car drive or car rental cannot be repayed. Make sure you **keep all travel documents!**

As you return from CMS, you should send all travel proofs to:

DiP

Vešenik 33a

3210 Slovenske Konjice

Slovenia

... and scanned to mail 1810dip@gmail.com.

As we receive travel proofs and your bank data we will be able to transfer you travel costs. Another important part of receiving travel costs repayment Mobility tool evaluation has to be filled in by all participants during last day of contact making seminar!



EXPECTED OUTCOME?

- E-platform
- International network of 5 organisations that carry out activities connected with healthy lifestyle and healthy food
- 4 new projects applied on October 2015 deadline of Erasmus+: Youth in action
- Great week for 16 youth workers and volunteers



CONTACTS?

General contact: 1810dip@gmail.com

Trainer team is composed of two trainers with past experiences in Youth in action programme.

Laura Krančan: (+386) 41 93 19 40



Nina Lukavečki: (+386) 31 37 88 84



Emergency contacts:

- MCC hostel: (+386) 3 490 87 40 and (+ 386) 40 756 009
- General hospital Celje: (+386) 3 423 30 00
- Health centre Celje: (+386) 3 543 40 00

Location:

MCC Hostel
Mariborska 2
3000 Celje
Slovenia



OTHER INFORMATION?

- Erasmus+ covers travel cost up to amount mentioned in section "travel".
- Please keep all your travel documents.
- Cost of travel will be repaid as we receive your perfect documentation (plan: July 2015) and when all participants fill in Mobility tool – *of course in case that NA will transfer us project money already in that time.*
- Participation fee: 50€ per person (it will be calculated from travel repayment, so you don't need to bring money to CMS).
- All partners are supposed to cooperate with 3 participants in **100% of activities.**
- Make sure you take care of health insurance (European blue card).
- Mobility tool evaluation has to be filled in by all participants during last day of contact making seminar.



BASIC SLOVENIAN WORDS?

Some basic Slovenian words that you can use while staying over here:

- Thank you: HVALA
- Please: PROSIM
- Hey: ZDRAVO
- Good morning: DOBRO JUTRO
- Good afternoon: DOBER DAN
- Good evening: DOBER VEČER
- Good night: LAHKO NOČ