



Erasmus+



TRAINING COURSE

What's in your Plate?

25th August – 1st September 2015

Today capitalism and globalization have reached an extreme point : in every aspect of our life, we have a lot of choices but we don't know how to choose: the less expensive, better quality, no fat, more respectful of the environment, etc.

As a consumer, it became a real citizen duty to get correct information and to support a production that is respectful of the environment and the workers rights. Therefore, the youth workers have an important role in raising awareness about “What's in their plate”.

OUR AIM

The goal of this European TC is to give tools to our partner organizations and the European youth workers to be able to increase the youngster knowledge about the global food system. European youth has to become real actors of their consuming.

This TC will allow the participants to think on how to find concrete solution to improve their food consuming in their everyday life and their activities with youth people.

Doing that, we will increase the awareness of the participants about todays world food issues. « What's in your plate? » will approach different themes : feeding, different types of agriculture, how to use gardening to raise awareness about locale agriculture, biodiversity, intelligent cooking, etc.

METHODS

Participative methods will be used. The participants will have to be active and involved in every workshop: we want to encourage them to think, analyze and debate in order to be able to apply what they have learnt in their own activities and project among youth people. They will learn knowledge and know-how passed on during the training. Of course, the everyday life and cultural habits, especially the meals, will be really important time of the training.

VENUE AND DATE

The training will take place during 8 days (travelling days included) in Bédeille (Ariège, France), in an old farm rented by our organization.

There will be around 25 participants.

The training will take place between the 25th August and 1st of September (travels days included).

PROGRAMME

Regarding the activities, so far, there will be:

- The venue of an organization (“bleu comme une orange”) specialized on working with youth about their food habits.
- Exchange of good practices
- Venue of a science teacher to see the scientific point of feeding
- The string game
- Eco Farming discovery and permaculture.
- Building of an insect house.