



From 13 to 21 of march



MASTERCHEF

YOUTH EXCHANGE

La Pobla de Claramunt

A project by:



With the support of:



INFO

Dates: From 13 to 21 of March
Place: La Pobla de Claramunt (45 min from Barcelona)
Participant countries: France, Italy and Spain
Total participants per country: 7
Youth leaders per country: 2

We need to know all the participants details before 15 of february. You can upload the info here:

<http://bit.ly/2hP95w2>

AIM

To know more about the transversality of food: health, taste, culture, enviroment and pasion.

And have fun while cooking, cooking and cooking

OBJECTIVES



Arouse passion for cooking

- To have fun while cooking
- Develop creativity
- Savor the food



Learn about Mediterranean diet

- Discover the common points between our countries
- Learn how to cook the typical spanish, french and italian food.



Promote local and ecological food

- Fight against prefabricated food and fast food
- Meeting with local producers in town



Intercomprension among latin languages

- Practice a little French, Italian and spanish, apart of english



To do our own cookbook

- With all the recipies that we will do every day plus those tipicals of each country



Learn a lot with no formal education

- Develop a critical thinking
- Increase personal autonomy

HOW TO ARRIVE

The meeting point will be in the house "EL CASTELL DE LA POBLA"

From Barcelona Airport:

- 1 Take the Aerobus to Plaça Catalunya.
- 2 Take the rail "FGC" from Plaça Catalunya to LA POBLA DE CLARAMUNT. It is the rail line Barcelona-Igualada R6
- 3 Once you arrive to La Pobla de Claramunt, you have to walk around 8 min to reach the house. It's easy: take the street Els masets, it's a rural way. You will pass under a motorway bridge and... WELLCOME! We will be waiting for you!



Getting lost? Call us!

Ares - (+34) 669 175 718
Maria - (+34) 610 632 600

FINANTIAL ISSUES



The maximum reimbursement for the travel costs by country are:

Italy participants: 170€
French participants: 80€

After the project, please send the ORIGINAL tickets and boarding passes to the following address:

La Vibria Intercultural
Av. Jacquard, 1
08222 Terrassa
Spain

The money will be transferred to your organization's account after the project.

HOMEWORK



Learn the best way to cook...

Both Italian and French participants should find the best recipe of their country to do a workshop to other participants (example: home made orecchietti and home made quiche lorraine). They should know how to do all the process, because they will teach other participants. Tell us what you will need!

Intercultural night!

What do you want to share with us? It can be licors, food, dances, songs, games, mythology... whatever that we cannot find about your country!!! Prepare a good presentation of your culture with all the group.

Grandma's recipe

We want the best grandma's recipe of each participant.

A lot of energy to cook, have fun and meet people!!!

Allergies and special needs

In this YE it is specially important to be aware of your food needs. Please let us know as soon as possible to: info@vibria.org

CONTACT US

www.vibria.org
info@vibria.org