

food(r)evolution

Infopack



Link

Erasmus+ accredited organization

22-30 August 2022
Altamura, Italy



Summary

Altamura, Italia

22-30 August 2022

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About Link

Altamura, Italia

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The organization Link APS is based in Altamura and works since 2003 on cultural, educational, environmental and social issues in Puglia and Basilicata, promoting international volunteering programs.



About Link

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food(r)evolution

Link APS believes in the opportunity that Erasmus+ offers to young people to broaden their the horizon, learn new competences and become citizens of Europe.

Link also believes in the possibility for the local communities to get acquainted with new cultures and become more open to diversity.

This is why, throughout Erasmus+ accreditation LINK decided to implement, since 2022, more youth exchanges.

food(r)evolution is one of them and you will be part of our 2021-2027 strategy.



The project

The project is an opportunity to invite young people to reflect on the theme of conscious consumption.

Through practical activities, visits and debates, participants will take a journey around food and become aware of the fact that even eating a bite is an act that involves responsibility.

The project also intends to touch on ethical issues related to nutrition and food production, as well as inequalities, and human exploitation.

The activities will help to reflect on the importance of nutrition related to health and wellbeing



Main activities

Chapter I

One of the main activities will be oriented to raise awareness on global issues such as unequal distribution of resources, food waste, unhealthy lifestyles and wrong eating habits

We will do it by playing games, watching short videos, stimulating debates and meeting some local experiences and good practice.



Main activities

Chapter II

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Another chapter of the exchange will consist of practical activities connected with local food such as harvesting zucchini and other vegetables to make preserves in jars to keep for the winter season. The activities will be hands-on and will be made in cooperation with local producers.



The heart of the project consists of tomato harvesting and transformation into sauce, following the local tradition. The sauce produced will be sold during a local solidarity market.

Main activities

Chapter III



Main activities

Chapter IV

food(r)evolution

food(r)evolution includes meetings with migrants engaged in tomato harvesting in the surrounding countryside and debates with organizations that work to support these workers.

The tomato sauce produced during the project will be sold during a solidarity market and the earnings will be donated to the organisations.



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Finally, these projects aim to get to know each other and build relationships.

Together we'll play some energizing games, discuss the topics of the project and evaluate the impact of the activities.

When



The project will be from the 22th to the 30th of August 2022 (travel days included)

Dates may vary a few days before or after, according to the needs of the partners



Groups composition

Four groups will participate in the youth exchange.

Participating countries:

France, Spain, Georgia, Italy.

We are still looking for a fifth partner organization.

Each group will be composed of 6 people: 5 youngsters (18-30) and 1 leader (no age limitation).

Participants

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Participants

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Participants Profile

The project is recommended for young people who are:

- Interested in the topics of food, health, solidarity;
- Willing to experience teamwork and share moments of community with an international group.



The places

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OASI SAN GIOVANNI

The participants will be hosted in Oasi San Giovanni, a place in the countryside, five minutes by car outside of Altamura. There is a kitchen, a large room for activities and eating together, a court for sports, and a garden where it is possible to hold activities. The participants will sleep in a dormitory, with four persons per room. There is also a separate accommodation for the leaders of the project. We will provide transportation between the accommodation and the activities. Food will be provided to the participants, with the possibility to accommodate for special diets.



The places

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AGORATECA

The activities will be hosted in Agorateca, a community library in the periphery of Altamura. This is the place where Link and its volunteers carry out their activities.



What to bring

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For your personal well-being

- Bedsheets and towels;
- Comfortable clothes and shoes;
- Clothes and shoes to get dirty working with clay;
- Sun cream;
- Hat;
- Mosquito spray;
- Personal care products and medicines;
- Transportable tools to spend your free time.
- Anything you need for personal comfort



What to bring

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For project's activities

- Motivation and good mood;
- Documents of any kind (pictures, videos, presentations, etc.) about the traditional construction methods with natural products diffused in your country;
- Documents of any kind (pictures, videos, presentations, etc.) about the traditional bread production practices prevalent in your country;
- Food, drinks, music, games etc., to present your country in the intercultural dinner

Financial rules

Money

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Travel, board and lodging expenses are covered by the European fund. Regarding the travel, the expenses will be reimbursed within the limits of the ceilings as foreseen by the User's Guide of the program Erasmus+ (distance calculator)

If you want, you can arrive one day before the beginning of the project and leave one day after the end. In this case, the accommodation expenses for the extra-days **will be NOT covered** by the budget, so they will be NOT reimbursed.

how to get reimbursed

To get reimbursed, you need to send us, at the end of the project, all the documents related to the travel (tickets, invoices, receipts etc.). Once you'll send the documents, the reimbursement will be done within 30 days.

Money



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How to get in Altamura



From BARI

There are two chances: one is by shuttle bus from (timetables [here](#)) and another one is by train. In this second case, you need to take a train from the airport (Bari K.W.) to Bari centrale and then from Bari Centrale to Altamura (information on this [website](#)). To get the train to Altamura you need to change the station. They are close to each other, the company is [Ferrovie Appulo Lucane](#)).

From another airport

From another airport, the connection will be discussed with the organization.

To sum up

When

22-30 August (travel included)

Where

Oasi San Giovanni and Agorateca,
Altamura, Italy

Who

5 youngsters (18-30) +
1 leader (no age limitations)

What

Making tomato sauce and other
activities connected with responsible
consumption

Contacts



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