



Youth exchange: FOOD FOR INCLUSION

When:

- **APV** 1st – 3rd of March
- **Youth Exchange** 15th – 22nd of April

Where: Santa María del Campo, Burgos - Spain

Who:

- **APV:** a member of the organisation / group leader from each country
- **Youth Exchange:** 5 partners with 6 participants (18 – 22) + 1 group leader (18+) from Spain, Italy, Hungary, Latvia and Greece. GENDER BALANCE

Partners:

- Világjáró Önkentés (Hungary)
- World at our home (Latvia)
- Associazione di promozione sociale Joint (Italy)
- K.A.NE. (Greece)
- Asociación Brújula Intercultural (Spain)

SUMMARY OF THE PROJECT

The aim of the exchange is to provide an intercultural learning experience for young participants by sharing moments of inclusion through **FOOD** and carrying out activities that follow non-formal education methods.

During the exchange, activities which will be carried out will promote intercultural inclusion and learning, such as workshops, role plays, intercultural evenings and teambuilding. In addition,

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through the aforementioned activities, students will acquire new knowledge about food, food cultures, and so on, through which they will promote a healthy lifestyle and teamwork.

Main goals

- Provide the participants with an intercultural learning experience;
- break the stereotypes about the food and underline the various food cultures;
- increase knowledge about food from different countries;
- inspire the participants to develop a passion for cooking;
- learn from each other using food as an educational tool;
- make the participants more aware of the possibilities of the sustainable food;
- promote healthy Lifestyle and sports to struggle physical problems due to a sedentary life;
- give the participants the opportunity to visit a local food production;
- creation of the recipe book, with all the dishes prepared during the exchange.

Short description Participants Profile

The project involves non-formal activities on the concept of “Food for inclusion”. This through a mix of NFE activities.

Participants should have:

- interest in taking part in a multicultural experience;
- interest in the topic of the youth exchange;
- a basic level of English
- **IMPORTANT:** the group leaders need to be able to run a workshop about food

During the workshops the participants will have time and space to share experience, points of view and to influence each other through creative means. These actions will be filmed to create a video which will represent and divulgate the project.

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Travel costs and participation fee

The travel costs will be covered up to the amount based on distance calculator. Food and accommodation will be 100% covered.

ITALY	275€
HUNGARY	360€
LATVIA	360€
GREECE	360€

Accommodation

The Youth exchange will be held in the province of Burgos. The venue is essential and adequate to host the entire group. The selected venue has different activity rooms with all the necessary facilities which we can use.

Transport

The way to arrive in Burgos is simple, the airport of Madrid is only two hours away from the city of Burgos (there are other airports with low cost trips in cities close to Burgos, as well as Santander) and it has a regular bus service connected with Burgos.

About BRÚJULA Intercultural

BRÚJULA Intercultural is an association created in June 2017 in the province of Burgos (Spain) with the aim to promote mobility and learning opportunities among young people in the region. This association is created by different people with extensive experience in the area.

Citizen participation, responsibility and involvement in the social, environmental, cultural and youth field are the main characteristics of the Association "BRÚJULA Intercultural".