**WE ARE**

Young, active senior year students trying to infect others with our ideas. We are tend to do more than speak – one of us is writing articles to magazines and wants to be a Chinese language specialist, while the other‘s area of interests is quite different – she is interested in arts (theatre, cinema, visual arts), and are going to be chemists. Without these interests we both are volunteering in council‘s cultural centre of Širvintos district which is our supporting organization. There we help organizing different cultural activities. This center is located in small East Lithuanian village called Širvintos. The main aim of it is to gather locals and provide them a possibility to expand their interests by taking part in diverse events, activities.

**WE SUGGEST**  
This autumn we would like to host a multilateral youth Exchange Project in Lithuania, on September 15 – 22 in training centre “Daugirdiškės” (www.daugirdiskes.lt). Have you ever been a part of a project that gives you the possibility to get to know other cultures while eating? If your answer is not you can change that by taking part in our international project! We would like to invite 6 partners from countries like Romania, Lithuania, Italy, Turkey, Poland and Sweden. We would expect 5 participant, gender balanced groups, aged 18- 30.

**IDEA OF THE PROJECT**

We want to gather youngsters from different countries and help them exchange information about their food traditions with all the participants of the project and introduce them to lithuanian food traditions. The main aim of this is to destroy all the stereotypesabout other countries traditions connected to their cuisine, familiarise participants with different nutricious practices.

**ACTIVITIES OF YOUTH EXCHANGE PROJECT**

* Discussions about healthy nutritious courtesy, different nutrition‘s practices (vegetarism, veganism, green eating);
* Active activities: morning exerciser, energisers, ice breakers;
* Visiting Lithuanian ethnic minor – Karaites – restaurants, chocolate factory;
* Every country presents its national foods, drinks and habits by the table (estetic, courtery, communication while eating);
* Participating countries‘ national foods, drinks degustation;
* Watching movies, lectures related to food;
* Practical excercises in groups (preparing dishes);

**FUNFING**  
We are planning to apply for the funding to the programme YOUTH in Action (deadline is 1st February).

**YOUR ROLE**

If you are interested, don‘t hesitate to contact us. Although the main part of activities are already planned, we are waiting for your own ideas with the aspiration that every country is involved in the project. As well we ask for a brief description of your organization, activities you do in the partner details documents.