

To Eat or Not to Eat?

GREECE, 23-30/06/2015

A seven-day Youth Mobility Project on the importance of our daily habits as a basis for an economic and healthy lifestyle in the context of the Erasmus+ Programme, Key Action 1.

The Erasmus+ Programme is an opportunity for travelling abroad, to meet peers from different countries with different social and cultural backgrounds and to learn from each other through an active participation in joint activities of common interest. Erasmus+ Programme is specifically designed to support formal, non-formal and informal learning throughout the education, training and youth fields.

Project Summary

"To Eat or Not to Eat?" is a seven-day Youth Mobility Project based on learning by participation methodology, and aims to promote consideration about daily food waste by re-evaluating food consumption through the use of a specific questionnaire. The potential participants are youth workers, from Programme & Partner Countries, from different economical, social and cultural backgrounds (direct target group).

The project is expected to assist individuals to raise awareness on appropriate food consumption according to their actual needs and food waste management, by experiencing activities in a safe and friendly atmosphere during the training course. The participants will be able to transfer the new skills in their life and act as multipliers in the broad community.

The learning objectives

It will be based on non- formal education and particular emphasis will be given on the learning by participation methodology and experiential learning. The training will consist of intense and short live activities with innovative materials, such as team work, role- playing, artistic creation, social stories, brainstorming, movement games, behavioral rehearsal, modeling, feedback, etc. Particular emphasis will be given on the preparation phase (prior to Youth Mobility) and on the dissemination phase (after the end of Youth Mobility).

The participants are expected to:

- Develop critical thinking as part of decision- making processes.
- Understanding the difference between consuming and wasting food.
- Decrease food waste.

- Promote active citizenship by respecting the environment when not wasting food.
- Offer a better comprehension of no formal education for learners.
- Exchange experience and know – how.
- Co-formulate innovative strategies and utilise them in the local communities.
- Use specific questionnaires prior, during and after the implementation of the project which are related to food waste.
- Develop a questionnaire on food waste in terms of the dissemination phase.

Eligible countries

All Programme and Partner Countries.

Profile of the participants

Potential participants are youth workers who are:

- ✓ Above 18 years old;
- ✓ Able to use English as a working language;
- ✓ Ready to fulfill an open and active role at the youth mobility;
- ✓ Able to attend the full duration of the seminar.

Priority will be given to young participants with social and/or economic difficulties. Organizations/informal groups are encouraged to include them in their sending groups.

Organizations vs. participants

Each organization is expected to send **4 youth workers**. Prior to the Youth Mobility, the youth workers will keep a food diary (a food questionnaire provided by CHANCE) for 7 days.

Working language

English

Working methods

The mobility project will be based on non-formal education, a learning and training process, operating outside the routines of the formal educational system. It will be based on the learning by participation methodology, taking into account the participants' needs and interests. Training will be not a neutral, invisible process, but it will be flexible, combine experience and theory. It will encompass involvement, exchange of experience and it will require willingness to giving and receiving support.

The methods employed over the 7 days of the project will be:

- visual presentations;
- group work, group discussions and brainstorming;
- theatre games and role plays;
- study visits;
- case studies;
- group debates;
- artistic creations;

- use of questionnaire on food waste.
- outdoor activities.

Group size

40 participants

Dates and place

The Erasmus+ Youth Mobility Project will take place from 23 until 30 June 2015 (including travel days) in **Thessaloniki, Greece.**

Financial conditions (food, accommodation, travel)

Travel expenses (upon presentation of the relevant documents), food and accommodation will be covered by the Erasmus+ Programme. For the travel expenses, reimbursement will be provided according to the kilometric distance between the place of the organization and the city at which the YM is held.

Fees

There will be a participation fee of 30 euro / participant.

CHANCE's profile

The informal group "CHANCE" was established in 2009 in Thessaloniki, Greece. It occupies a group of new scientists – volunteers, and is coordinated by experienced young people, who have offered volunteer work in the past in several Greek NGOs. "CHANCE" aims to:

- Promote health, creating networks and implementing projects based on non-formal education and learning by experience methodology.
- Design programs that encourage social cohesion, protect the human rights and respect the environment.
- Empower young people, enhance and build their personal skills.
- Organize campaigns and initiatives that benefit the society.

How to apply

In the attached file you will find a word file (Applicant's ID) that you need to complete with information related to your NGO/informal group. Keep in mind that **the selection of the participating organizations will be according to specific criteria (e.g. similar actions or interests)** and will be announced to you via e-mail.

How to become partner

According to the Erasmus+ program (http://ec.europa.eu/programmes/erasmus-plus/index_en.htm), each organization or informal group has to register to the ECAS portal to obtain a PIC number

(<https://webgate.ec.europa.eu/cas/eim/external/register.cgi>)

The PIC number allows you to participate in the project as partner.

Additionally you have to provide us information about your

organization (fill attached file and sent it to us via e-mail).

Details for the registration procedures:

http://ec.europa.eu/research/participants/portal/desktop/en/funding/reference_docs.html

In case you have any queries, you can contact

Natassa Timologou: n.timologou@hotmail.com

Deadline for application: until 19th January 2015

Date of selection and Mandate sending: 22nd January 2015