

2~12 AUGUST 2017, **ARETXABALETA**, BASQUE COUNTRY.



COOK |  | **TALK**



CONTENT OF THE PRESENTATION:



- Introductory video
- Description of the event
- Date and Location
- Participants
- Host organization



Wait online to display the video or type in the link below



<https://youtu.be/uu6mmpZIFBs>

DESCRIPTION OF THE EVENT



- Participants will teach each other how to cook traditional food from their own countries.
- They will learn to respect different gastronomical cultures, hygiene practices and personal habits (halal, vegetarian, ...)
- They will be assisted by a professional cook.
- Trough daily and kitchen activities participants will learn to separate properly the waste for recycling:

PAPER

GLASS

PACKAGING

ORGANIC

OIL

WASTE

OTHERS



DISPOSING THE WASTE PROPERLY CLASSIFIED IS COMPULSORY BY MUNICIPAL LAW

Following this system we recycle an 80% of the waste!

THE FIRST DAY THERE WILL BE A WORKSHOP ABOUT RECYCLING

All participants are kindly required to take this issue seriously as a key element of the event,
because recycling is a learning content of this youth exchange.

PAPER

GLASS

PACKAGING

ORGANIC

OIL

WASTE

OTHERS

DESCRIPTION OF THE EVENT



- The professional cook will provide hygiene and safety instructions
- Each day will be dedicated to the cuisine of a different country: breakfast, lunch, dinner and any other meals following the tradition.
- Participants from other countries will also help to cook the meals.
- Therefore the steps to cook the recipes will be explained before cooking and task will be assigned to groups
- Cooking process will be recorded on video
- A team will edit the videos and upload each recipe to the social media
- Doing so, everybody will be able to reproduce any recipe back home
- All participants are requested to take part in the cleaning tasks
- Girls and boys are expected to share task equally
- Additionally there will be a initial workshop to prevent harassment during the event and to provide useful guidelines.



DESCRIPTION OF THE EVENT



- Through different methodologies:

Video forum, games, small group talk, theatre, ...

participants will exchange ideas about relevant topics such as:

Environmental hazards

Gender equality

Challenges of the Euromed region

Religious tolerance vs. violent extremism

Human Rights and the situation of the refugees

Freedom of speech vs. Hate speech

Ect...

- Each group is required to prepare a topic and the methodology in advance



LEARNING OBJECTIVES



- Participants will learn to cooperate and live together with people from different countries overcoming cultural and language barriers.
- Participants will be invited to a ethic, religious and Philosophical dialogue:
- Cooking together and sharing meals among youngsters with different believes regarding food is the context for a value exchange.
- Participants will learn hygiene and safety rules in the kitchen and how to cook for big groups.
- They will reflect on gender roles in the kitchen and cleaning activities, and put in practice gender equality by sharing tasks fairly.
- All the activities will follow recycling rules regarding the waste generated. Participants will discover a successful waste management model.



LEARNING OBJECTIVES



- Participants will win autonomy by self organising part of the tasks and team work skills by cooperating with others in shared tasks.
- Participants will introduce their own culture. This will make them reflect about it and discover how others perceive it.
- Participants will teach each other about minority cultures, countries without Estate, refugee status, religious believes, gastronomy,...
- Participants will introduce a current topic they consider important. This requires from them to think about it more deeply.
- Participants will learn to discuss in a foreign language with other youngsters who doesn't share the same background, about current issues that other participants consider important.



DATE AND LOCATION

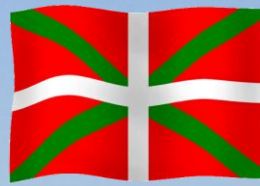


- From 2 to 12 of August 2017
- In Aretxabaleta, Gipuzkoa,
BASQUE COUNTRY (Spain)

Click on the map to open Google Maps



ARETXABALETA is a small city of 7000 inhabitants in the province called GIPUZKOA



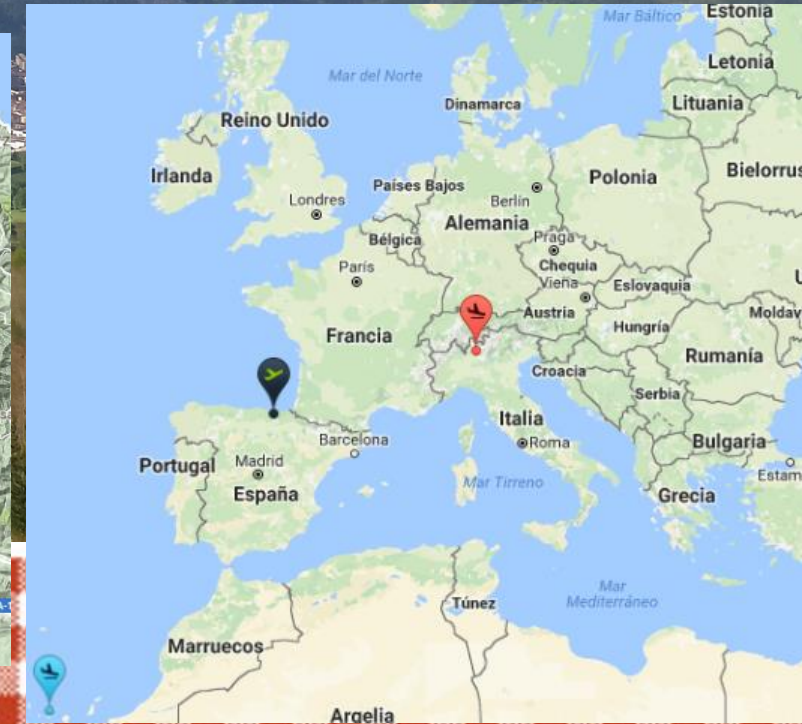
It belongs to the **BASQUE COUNTRY**, an Authonomous Community of Spain.

HOW TO GET HERE?

You can take a plane to **BILBAO**
through Istambul, Paris, Rome, Milan, Madrid, London,
Barcelona, Brusseles, Frankfourt, Munich, Berlin, ...

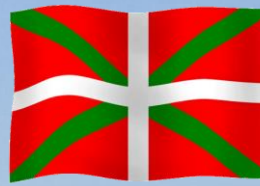


You can take a plane to **VITORIA**
through Milan/Bergamo (BGY) and Tenerife sur (TFS)



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HOW TO GET HERE?

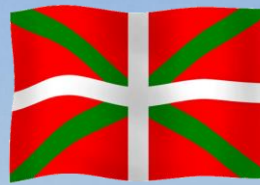
You can also come by **TRAIN**
to **VITORIA** or **ZUMARRAGA**
from other Spanish cities like:
Madrid, Barcelona, Reus, Valencia,...

And take a bus from there to
ARETXABALETA



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HOW TO GET HERE?

Or by **BUS** to **VITORIA**
from other European cities like:
Paris, Madrid, Barcelona,,...

And take another bus from there to
ARETXABALETA



WE WILL HELP YOU TO FIND THE BEST WAY



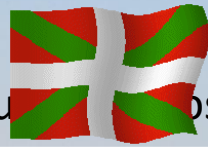
ONGI ETORRÌ!

(welcome!)



Basic BASQUE vocabulary examples

BASQUE CULTURE



BASQUE people have our own story and culture whose origin differs from the rest of the nationalities.

ENGLISH	BASQUE	SPANISH	CATALAN
Hello	Kaixo	Hola	Hola
How are you?	Zer moduz?	¿Qué tal?	Què tal?
(very) Well	(oso) Ondo	(muy) Bien	(molt) Be
Thank you	Eskerrik asko	Gracias	Gràcies
And you?	Eta zu?	¿Y tú?	I tu?
Please	Mesedez	Por favor	Per favor
Sorry	Barkatu	Perdón	Perdó
Good bye!	Agur!	¡Adiós!	Adeu!
Yes	Bai	Sí	Sí
No	Ez	No	No



ACCOMMODATION



- Participants will be hosted in an hostel with garden
- Most of the activities will take place there
- There is a big kitchen and a big dinning room
- There are big activity rooms
- 2-4 people bedrooms have wardrobe and shower
- Shared toilets are located out of the bedrooms
- Located in the heart of the town!



PARTICIPANTS



- We are looking for 4 participants from each country
- Between 18 and 30
- 2 boys and 2 girls preferably to keep gender equality
- To be a maximum of 40 youngsters
- At least 2 participants of each group should know how to cook
- **Participants must get in touch with the other participants from the same country in advance.**



PARTICIPANTS OF EACH COUNTRY



- They need to agree on what dishes they will cook
- **They need to coordinate with the hosting organization to buy the ingredients.**
- Fresh and delicate ingredients will be bought in the destiny but ingredients that are not available in the Basque Country must be carried from the origin (refund by invoice).
- **Specific details of the cooking procedure must be sent on advance to the hosting organization to make sure we have all the tools we need to prepare the food.**



PARTICIPANTS OF EACH COUNTRY



- They should also prepare an introduction of their country and activities for their cultural night.
- Each team must also work on a current issue and prepare a methodology to introduce the topic and generate debate.
- Participants need to use this [Application Form](https://goo.gl/forms/5O9CWRcatmrMlvq1) : <https://goo.gl/forms/5O9CWRcatmrMlvq1>



HOST ORGANIZATION



- [ELKARHEZITZEN](#) (which means “educating together”) is an umbrella organization of local small NGO’s that support developing projects abroad and social transformation initiatives at home, emphasising education.
- Some of our topics are: Fair trade, prevention of xenophobia, integration of migrant communities, gender equality, renewable energy, ethic banking, ...
- Despite having organised international gatherings before, this is our first youth exchange through Erasmus+



CONTACT INFORMATION



Iker Carrasco Mendez



Iker644590323@gmail.com



Whatsapp: 0034 644 590 323



Facebook: www.facebook.com/ikercarrascomendez





MILA ESKER!

(thank you very much!)