



Erasmus+

KA1 - Learning Mobility of Individuals

Association “Terra di Mezzo” – Italy

Project: “From tastes to tastes “

Practical Information

Project Legal Name: **“From tastes to tastes”**

Hosting Organization: **“Terra di Mezzo” (ITALY)**

Project Start Date: **1 March 2018**

Project Total Duration: **8 Months**

Project End Date: **31 October 2018**

Dates of the preliminary visit (APV):

28th-29th April 2018 ITALY (Ricadi – Calabria) (excluding travel days)

Dates of the meeting: **8st – 17th June 2018 ITALY** (Ricadi – Calabria) (excluding travel days)

Countries: **All Programme Countries & 5 young people from each organization**

Each partner will organize **a group of 5 young people aged between 18 and 30** (and 1 leader) and the group must be done by ensuring as far as possible the gender balance.

Action: **Erasmus+ KA1**

Budget: **Accommodation, food, activity costs 100% will be covered within the program.**

Most importantly: **There will be a contribution to travel expenses based on the distance in kilometers as shown in the Erasmus program.**

Venue: **RICADI/ Italy (Calabria)**

Contact: **If you are interested, please send us the attached form filled out partnership in every part to our email address terradimezzoaps@gmail.com or info@terradimezzoaps.eu**

PROJECT SUMMARY

Producing, cooking and eating food is culture, and nutrition is a language: you learn to eat as you learn to speak and first food experience affect you indelibly. Every food is the reflection of a culture and distinguishes one from another. But it is also true that modern food has been “standardized” to adapt more and more to “global” palate. In this way, it has lost its connotation of element of communication, culture, tradition, history of communities and peoples who have based their own social identity on the culinary and gastronomic traditions. Furthermore, food performs symbolically a number of social and cultural functions that point to interaction between the personal identity of the individual and the community from where he/she comes and where he/she lives, opening up to welcoming, meeting and exchange moments. Appreciating food, conviviality, the work of the producers and the importance of variety and biodiversity is a key value in the enhancement of one’s sense of belonging to a community and in finding close to other peoples and cultures.



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In addition to homologated flavors, there is also a reduced ability of the sense of smell. It has a particular significance when talking about the relation between the sensory experience, lived through food consumption, and the definition of social identities, since the olfactory organ has the capacity to define the so-called “olfactory landscapes”, a division of the territories and peoples according to olfactory boundaries based on different cooking practices, and therefore of the recreated smells.

There is also a consideration of food from the aesthetic and artistic point of view, perceived through the sense of sight, so that the combination of food, art and cooking becomes at the same time an aesthetic experience.

Also the sense of touch plays an important role in living food through a sensorial experience, too often reduced to “unidentified edible object”.

Finally, the last sense involved in tasting food is that of hearing. It needs to memorize the different food preparation: from the simmering of “ragù”, to the frying of potatoes, to browning roast beef, different sound and music come from cooking and food consumption.

The aim of the project is to propose, through cooking and food consumption jointly, the five senses as a window on the world, element of closeness, even before linguistic differences can create separation.

The sensory patterns will be realized through the involvement of older women of the community, rediscovering the ancient recipes passed on orally. The dissemination will be realized also through a video in the participants’ different languages.

During their stay, participants will have the opportunity:

1. to present their local and national culture;
2. to learn the local and national culture of the partner countries and the host country through the presentation of experiences sustainable especially for what concerns agriculture and tourism for the development of local production;
3. to co-operate among peers for the construction of an intercultural project;
4. to experience cooperative learning, peer education to practice, to be teachers and students;
5. to gain practical skills and improve communication skills.

The main objectives of the project are as follows:

- Developing skills to do an independent research project;
- Promoting knowledge of the different cultural expressions;
- Promoting the comparison among young people, with the aim of finding points of contact and to enrich the cross-cultural training;
- Encouraging the development of a European consciousness, stimulating reflection on the differences in cultures and values.

The different activities will use informal procedures and appropriate methodologies: team-building, peer-education, cooperative learning, role-play, debates, outdoor activities, learning by doing and workshops.

The association “Terra di Mezzo”, together with the other project promoters, will organize the learning program to improve and upgrade the skills in the field of cultural promotion, exchange of knowledge, using innovative methods and best practices already tested.

The objective of the project is to promote creative thinking, knowledge of the cultural heritage of the partner countries and supporting the socialization experiences, comparing the results with similar initiatives at European level.