

**Youth Exchange**  
**Intercultural Communication through Culinary Arts**  
**Call for Participants**



**9th-15th September 2013, Oucmanice, Czech Republic**

## **Project description**

We are living in an era where pre-packaged products and ready cooked meals are commonplace in supermarkets, tempting us with the illusion of healthy and quick meals. But the reality is completely different; one of the best ways to stay healthy is cooking your own meals, preferably with your own cultivated ingredients. Over time we noticed that young people are increasingly lacking these skills, unaware of the wealth and diversity of the environment and disconnected from the food chain. Considering current population growth and environmental concerns, we believe it essential that young people develop an awareness of how to provide the basics of life for themselves in a healthy and sustainable way.

The main objective of this youth exchange is to discover a healthy way of life in the 21st century through different cultures and customs. We want to embrace a slower pace of living with greater consideration of how we cook, shop and cultivate food. “Intercultural communication through culinary arts” aims to open minds to diversity, to raise awareness of nutrition, to improve cooking skills, to explore the relation between food and the environment from a different perspective as well as learning about other culinary traditions.

## **Who we are**

This youth exchange has been developed by an informal group from Prague, Czech Republic in cooperation with Community Support Foundation from Bacau, Romania. Building on our experience as educators, facilitators and project coordinators, we decided to form the Prague Amateur Gastronomy Society in order to organise this youth exchange and connect with people who share similar ideas about sustainable food practices.

## **Working Methodology**

The whole exchange will be based on methods of non-formal learning, meaning that participants will take an active role in the learning process. This means that we have an active, participatory, non-academic approach with as many outdoor based activities as possible! We expect that participants share, exchange experiences, build experiences together and share opinions.

A variety of methods will be used including, role play, interactive presentations, artistic interventions, interactive exercises, task-based learning, reflection and discussion. Visits to good practice organisations will also be included in the programme as well as ‘hands on’ sessions related to growing your own food.

A central part of the programme will be the daily, group-cooking task facilitated by a young chef who also has experience teaching cooking skills in intercultural groups.

## **Profile of participants**

“Intercultural communication through culinary arts” is a bilateral youth exchange between Czech Republic and Romania, and will involve 16 participants from the two countries. Belonging to an organization/institution or experience in non-formal education is not a necessary condition, only energy and enthusiasm!

Participants should:

- ❖ Be residents of either **Czech Republic** or **Romania**
- ❖ Be prepared to **actively** participate
- ❖ Feel comfortable communicating in **English**
- ❖ Have basic **cooking** skills
- ❖ **Value** the topic of the youth exchange
- ❖ Come with an **open** mind
- ❖ Enjoy working **outdoors**

## **Practical details**

“Intercultural communication through culinary arts” will last for 7 days, between 9<sup>th</sup> and 15<sup>th</sup> September 2013 in Czech Republic, at Ekocentrum Paleta in Oucmanice. As the programme will begin on the morning of Monday 9<sup>th</sup>, participants are asked to arrive on the evening of Sunday 8<sup>th</sup>. Travel information will be provided closer to the time.

Ekocentrum Paleta will provide accommodation as well as breakfast and lunch. Participants will be required to cook the majority of evening meals as part of the programme.

The project is financially supported by the Czech National Agency for the Youth in Action Project. Accommodation, food and programme costs are covered by the organisers. 70 % of travel costs will be reimbursed by the organisers after the event- this will only be available to those who attend the whole youth exchange and provide receipts and/or invoices for all travel costs.

The working language of the youth exchange is English.

## **How to get involved**

Simply fill out the attached application form and email it to:

Ramona Costin ramo\_chi(at)yahoo.com by **24th August 2013**