ERASMUS+ YOUTH EXCHANGE
BELLUNO, MAY 4-8TH 2022

Erasmus+

NINA APS

EAT GREEN, BEHAVE CLEAN AND BUILD THE DREAM!



VISION & MISSION



Food lies at the heart of our lives. It links us to our natural and social environment in a unique way. But our food system is **unsustainable**.

Food insecurity and **sustainability** are widely recognized as among the most significant global challenges facing humanity in the 21st century, linked to a range of other challenges including malnutrition, biodiversity loss, climate change, soil degradation and water quality.

NINA APS has come forth in order to raise **young people**'s awareness on **sustainable patterns of food consumption and production** for climate change mitigation, enabling them to develop and learn about green practices and behaviors, and to influence **institutional decisions**, so they can lead us to a sustainable global food system.

THE EXCHANGE

The project has aimed to:

- promote sustainable diets to reduce the impact on the planet and **protect human rights**;
- promote **local** alternative food systems, local producers and territorial markets;
- fight against **food waste**;
- promote **sustainable food education** and knowledge sharing dissemination;
- fight against **climate change** and promote an **equal access** to healthy, sustainable and fair food.







TARGET & SCOPE



THE PROJECT HAS INVOLVED **26 YOUNG PEOPLE** COMING FROM **ITALY**, **SPAIN**, **GREECE**, **POLAND** AND **ESTONIA**, WITH THE AIM TO BECOME MORE CONSCIOUS ABOUT THE NEXUS BETWEEN FOOD CONSUMPTION, HUMAN RIGHTS, AND ENVIRONMENTAL ISSUES, SUCH AS CLIMATE CHANGE, AND TO GAIN VALUABLE **LIFE-SKILLS** DURING AND AFTER THE PROJECT LIFETIME.

Thanks to the many activities carried out throughout the exchange, like the visit to different organic and dairy farms of the territory, participants have understood the value and the right cost of the food they eat daily, and have acquired all the necessary tools to understand how their **decisions** positively influence socio-economic dynamics, preventing human rights violations and the degradation of the environment.

The youth exchange has been, and still is, an opportunity to engage and empower young people to become **active citizens**, connect them to the European project, as well as to help them acquire and develop competences for life and their professional future.

The methodological approach has been based on **EU Youth Strategy**, focusing on engaging, connecting and empowering young people, through an implementation across different sectors.

THE PARTNERS

The exchange has been carried out in partnership with:

BANK ZYWNOSCI W OLSZTYNIE

The Polish **Food Bank** has been sourcing and distributing food to people in need, through organisations and social institutions from the entire region. Its mission is food waste prevention done not only within food aid, but mainly by making a change in people's awareness.

INSTITOUTO PROOTHISIS KAI PISTOPOIISIS PROIONTON AGRODIATROFIS

The Greek **Institute for Promotion and Certification of Agri-food Products** has been supporting producers and businesses in the agri-food sector with the creation of an integrated marketing strategy for local products and the interconnection of agricultural production with tourism.

ASSOCIACIÓ JUVENIL CULTURE CLASH BARCELONA

The Spanish NGO **Culture Clash Barcelona** focuses on using arts and creative expression in order to promote non violence, solidarity, tolerance, and innovation of solutions to world problems, such as ecological problems, conflict, discrimination, and youth unemployment.

MTÜ RABARADA

The Estonian NGO **MTÜ Rabarada** fosters and promotes STEM and environmental education; sustainable, socially responsible and environmentally friendly entrepreneurship practices; healthy lifestyle, e.g eating habits; local heritage; collaboration with local communities, and supports local initiatives for responsible citizenship.

THE PROJECT HAS CONTRIBUTED TO THE EFFORTS THAT EUROPEAN INSTITUTIONS ARE MAKING TO ADDRESS FOOD SYSTEM CHALLENGES.





THE ACTIVITIES

All learning activities are designed in accordance to the project's objectives, respecting the main principles of the **non-formal education** and are in line with the general policies, objectives and priorities of the Erasmus+ programme, for example:

- **energyzing/ice breaking activities** to allow participants to get familiar with other participants, feel comfortable with sharing one's point of view without fearing judgement;
- **role play activities** to develop empathy and get a different insight and perspective of how things are;
- **team building activities** to create a smooth and pleasant environment where participants can create synergies that might lead to new movements, projects and activities even once the exchange will be over;
- **problem-solving activities** to give space to innovative and creative solutions;
- **group activities and discussion** to exchange point of views, create a cooperative environment and to allow participants to discover new cultures, habits, and ideas;
- **outdoor activities** and visits to virtuous realities to try local organic food and see how it is produced;
- **cooking activities** to get first-hand experience.

FOOD EXCHANGE & WASTE

There is no more powerful mean than food to meet and know new **cultures**. When we are happy with what we eat, we also feel more open to find solutions and listen to the others. Food often reconciles people and creates **social cohesion** even among different cultures and countries.

With this consideration in mind, one of the activities that was carried out during the project has been the **intercultural dinner**: each team prepared traditional dishes from their own countries using organic and sustainable food, and shared them with the others. This dinner became an opportunity to exchange traditions and habits, to learn from each other about the role that food plays in our own lives.

In order to concretely fight food waste, all the remaining food at the end of the project was used to cook **revisited dishes,** thanks to the contribution of our Polish partner **Bank Zywnosci w Olsztynie**. Nothing went to waste, and everyone managed to do their part in keeping an open mind for trying new recipes and tastes.

We have collected the **recipes** of some of the dishes that have been cooked during these two activities, with the aim to give new ideas on how to use the food we have in our own kitchens and to *spice up* a little our food habits and tastes.





(CONTROVERSIAL) POLISH STRAWBERRY PASTA

Ingredients:

- pasta (as much as you want)
- strawberries (at least 150 g per person)
- cream/yoghurt (more or less)
- optional for gym rats: protein powder
- some sugar/sweetener



Preparation:

1. Boil the pasta in slightly salted water, drain.
2. Wash the strawberries and tear off the stalks (zero waste fun fact: they are edible! but they will change the taste of this dish). Slice and put into a bowl.
3. Add sugar and mash strawberries with a fork or mix for a while in a chopper/ blender (I also add protein powder ~Ola).
4. Stir in the cream/yoghurt.
5. Put the pasta in plates and pour the strawberry sauce over it.

POTATO PANCAKES / KOTLETS (PLACKI ZIEMNIACZANE)



Ingredients:

- 6 medium potatoes, peeled and finely grated
- 1 medium onion, finely grated
- 2 large eggs
- salt (to taste)
- black pepper, to taste
- 1/4 cup all-purpose flour, plus more as needed
- 2/3 cup vegetable oil, for frying
- Granulated sugar or sour cream (for garnish; tzatziki will be great, too!) or our favourite mustard.

Preparation:

1. In a large mixing bowl, mix the potatoes, onion, eggs, salt, and pepper.
2. Add enough flour to bind the mixture together while leaving it somewhat thin.
3. In a large, heavy skillet set over medium-high heat, add vegetable oil to a depth of 1/4-inch. Heat until hot, but not smoking.
4. Drop tablespoonfuls of potato mixture into the skillet and spread out to form a 3-inch circle that's about 1/4-inch thick.
5. Fry until brown on the bottom (don't turn until the pancake is brown or it will stick), about 3 to 5 minutes. If needed, reduce the heat to medium to prevent burning.
6. Turn the pancake and fry the other side for 3 to 5 minutes or until golden brown and crisp.
7. Drain ready pancake on paper towel (it will soak the oil).
8. Serve with granulated sugar (team sweet) or sour cream (I'd add a pinch of salt to the cream ~Ola).

BAKED POTATO WITH LEEK AND CRANBERRIES CHIMICHURRI

Ingredients:

- 6 potatoes
- 1/3 of leek
- 1/2 cup of parsley
- 1/2 cup of coriander
- Few leafs of fresh basil
- 100 ml olive oil
- 2 garlic cloves
- Dried cranberries
- Salt and pepper
- 1/4 of teaspoon chilli flakes
- Juice of 1 lemon



Preparation:

1. Cook potatoes *al dente* and cut into half or wedges, set aside.
2. Prepare chimmichurri: Cut parsley and coriander, shred leafs of basil, place everything into a bowl. Chop garlic. Then add olive oil, garlic, cranberries, chilli flakes and lemon juice to herbs. Salt and pepper, so its clearly salty, mix everything until herbs are covered with olive oil and spices.
3. On plate put potatoes, sprinkle boldly with sauce and on top of it add chopped leek.

VEGAN BIGOS

Bigos is also known as Hunter's Stew which might tip you off on the fact that this is traditionally a non-vegan dish. But let's make it vegan.

Ingredients:

- 680 g sauerkraut, with juice
- 400 g white cabbage
- 400 g mushrooms
- 350 g smoked tofu, optionally substitute half of with vegan paprika sausage
- 15 g dried mushrooms
- 2 onions
- 1 garlic clove
- 3 bay leaves
- 3 heaped tbsp tomato paste
- 1 tbsp paprika powder
- 8 prunes
- 200 ml vegetable stock
- 125 ml red wine
- 5 allspice
- 1/2 tsp caraway seeds
- 4 tbsp vegetable oil
- salt + pepper



Preparation:

1. Pour boiling water over the dried mushrooms and let them soak for 20 minutes. In the meantime, prepare the remaining ingredients. Finely dice the onion and garlic. Roughly dice the prunes. Cut the smoked tofu into 1 cm pieces. Cut the mushrooms into quarters or sixths (depending on their size). Cut white cabbage into thin strips. Crush allspice and caraway seeds with a little salt in a mortar.
2. Fry the onion with the vegetable oil in a large saucepan at medium temperature for 4 minutes. Add the tomato paste and garlic and stir-fry everything until it changes color. Deglaze with red wine and let simmer a little. Now add all other ingredients. But first dice the dried mushrooms finely and pass the soaking water through a coffee filter or a very fine tea strainer to filter out any contamination.
3. Bring the Bigos to a boil once at high temperature and then simmer at low temperature with the lid closed for at least 60 minutes.
4. Season the stew with salt and pepper. Serve with bread or potatoes.

ITALIAN TIRAMISÙ

Ingredients:



- 250g mascarpone cheese
- 3 eggs
- 2 spoons of sugar
- Savoiardi (how many you need to fill in an oven dish)
- Cocoa powder
- Cooled down coffee

Preparation:

For the cream:

1. Separate the yolk from the whites, then whiskthe egg whites.
2. Whisk the yolks with the sugar until it becomes a very light-yellow cream.
3. Mix the new yellow cream with mascarpone and the whisked whites, with slow movements down-up without smashing them. It should become a dense cream, almost white colored.

How to assemble it:

1. In the oven dish, do a first layer of cream.
2. Dip quickly the savoiardi into the coffee, without making them too wet or smashing them.
3. Do a layer of savoiardi by putting them in rows on the cream in the oven dish.
4. Do a second layer of cream, and another one of savoiardi until the oven dish is full.
5. When reached the top of the oven dish, do a last layer of cream; you should properly dover all the savoiardi.
6. Leave it in the fridge for at least 4 hours.
7. Cover it with cocoa powder on top before serving.

BUCATINI ALL'AMATRICIANA



Ingredients:

- 320g bucatini (or spaghetti)
- 300g peeled tomatoes (when in season, 4-5 ripe red tomatoes)
- 120g seasoned guanciale in thick slices
- 50g grated pecorino cheese (delicate and not too salty)
- 1 chili pepper
- 1/2 white wine glass (dry and acidulous)
- extra-virgin olive oil
- salt
- pepper

Preparation:

1. If you're using fresh tomatoes, first things first you have to boil them for a few moments in salty boiling water, drain and cool them under running water. After having peeled them, remove the seeds and cut them into fillets.
2. In a pan (a iron one preferably) heat the oil and add the guanciale cut into strips about a couple of centimeters long. When the guanciale's fat starts melting, add the chili pepper. Brown the guanciale until it gets darker, then degazle with the white wine. Let it evaporate, then drain the guanciale and keep it in a hot place.
3. In the same pan put the crushed peeled tomatoes (or the fresh ones prepared before), balance the salt and cook them for the same amount of time for the pasta, that in the meantime you have put in a casserole with salty boiling water.
4. When the pasta will be almost ready, add the guanciale to the sauce and remove the chili pepper. Drain the pasta al dente and move it to the pan with the sauce. When it's not on the flame add the grated pecorino cheese and balance with some freshly ground pepper as you like.
5. Stir well and serve immediately, completing your pasta all'amatriciana with some more pecorino cheese.

PASTA WITH LAMON BEANS

Ingredients:



- 500g fresh Lamon beans
- 2 potatoes
- water (or vegetables broth)
- 100g bacon or lard
- 1 onion
- 100/150g egg tagliatelle (or ditalini pasta)
- extra-virgin olive oil
- butter
- salt
- pepper

Preparation:

1. Simmer the beans in plenty of lightly salted water for 10 minutes, then drain them and move them in a casserole with hot water (or broth) with peeled potatoes cut in pieces.
2. In a pan stir-fry a little bit of bacon in oil and butter; after few minutes add the chopped onion. Turn-off the stove when the onion becomes soft and transparent.
3. Drain the potatoes and the beans (while removing the legumes' skin if possible), then put them again on the heat in their broth, while adding the fried bacon and onion prepared before.
4. Add salt and pepper; once the soup starts boiling add the pasta and leave it on the flame until is ready. It's possible to add also pork rinds to give more flavor.

Pasta with beans is good hot, warm or cold too.



RED MOJO

Ingredients:

- 2 cloves of garlic
- 2 chili peppers
- 1 teaspoon of Sweet paprika
- ½ teaspoon of cumin
- 20ml Mild flavored olive oil
- 50 ml white vinegar
- Coarse salt
- You can also add a couple of almonds

Preparation:

1. Mix it in a bowl, then put everything in a blender until liquefied.
2. Serve with bread.



GREEK SALAD

Ingredients:

- Tomatoes
- Cucumber
- Onion
- Green pepper
- Olives
- Dried oregano
- Feta cheese
- Greek extra virgin olive oil

The amount of the ingredients depends on the portions you want to make.

Preparation:

1. Cut all the vegetables in one large ball and add some olives.
2. Season with salt and add a generous amount of olive oil.
3. Finally, add feta cheese on top and drizzle it with the oregano.

Most Greek people prefer to serve it with bread in order to mop up all of the juices.

TZATZIKI

A very appetizing, savory sauce that is almost always served with kebabs or souvlaki. It can also be served with baked potatoes, any meats and is surprisingly refreshing as a dip for vegetables!!

Ingredients:

- 300 g strained yogurt
- 1 cucumber
- 1/3 cloves of garlic
- 3 tablespoons vinegar, of white wine
- ¼ bunch dill, finely choppes, (optional)
- 2 tablespoons olive oil
- Salt
- Pepper



Preparation:

1. Peel the cucumber and grate with a cheese grater, using the large blades.
2. Put it in a bowl. Add a pinch of salt and 1 tablespoon of white wine vinegar. Toss and set aside to release its liquid.
3. In the meantime, combine the yogurt, 1/3 of a garlic clove (minced), 2 tablespoons white wine vinegar and 3 tablespoons of olive oil.
4. Mix until it is combined and creamy.
5. Squeeze the cucumber with your hands to release any remaining liquid. Discard the liquid and add the cucumber to the yogurt mixture.
6. Stir into mixture. Add pepper and adjust salt according to taste.
7. Add some finely chopped dill and your sauce is ready.
8. Refrigerate until needed.
9. Serve it with some carrots, peppers, cucumber and Greek pita bread!



THE TESTIMONIES

As a dissemination activities, participants are sharing their points of view through considerations, thoughts, and findings concerning good practice when it comes to sustainable and healthy food consumption choices.

We have collected some testimonies of the particpants to share which impact this project had on their daily food choices, and how the activities changed somehow their way of seeing food production and nutrition at large.



Such projects are always very valuable. Broadening horizons, meeting new people, language training. This trip was special for me. It allowed me to look more broadly at the food itself and its function, not only physiological but also social and psychological. The topics discussed during the exchange, related to sustainable food development, world hunger and food waste, changed my point of view on some issues in a significant way. For sure, I have learned to plan my food purchases and meals better, take into account the environmental aspect, and thus focus more on what is "here and now". These five days really gave me a lot to think about! Not to mention delicious Italian cuisine!

Aleksandra P., Poland

I am impressed with the variety of issues covered by the program. I learned more about sustainable agriculture and the resources that our planet provides, but also about the role and human rights of production and consumption. And although these are not topics directly related to my education, the exchange was conducive to the active acquisition of knowledge through discussion or action. I think it was possible thanks to the diversified experiences of the participants: our conversations continued long after the planned activities had ended.

Aleksandra B., Poland





I have very good memories of my participation in youth exchange within the Erasmus + program - numerous workshops, thanks to which I am more nutritionally aware. I recommend it to anyone who would like to know more about sustainable production and are interested in zero waste food cuisine. A great adventure, nice atmosphere and very tasty Italian food.

Julia, Poland



My great time in the mountains: beautiful views, great people, delicious food ... knowledge passed on in a fun way. The visit to the farm was an amazing experience. The people we met are wonderful, they love animals and care about ecological farming. The owners of the farm are an inspiration for me, the time spent on the farm with wonderful people, drinking delicious coffee and learning new things is my best exchange memory. It's nice to spend time with people who care about the environment and sustainable development.

Anna, Poland





During the exchange I was in a mindset that I wasn't there to share just my opinion but the facts and knowledge of food industry, food waste and sustainability from the perspective of Estonia or Northern Europe.
Mostly I was looking forward to meeting like-minded people who share the same passion for food as I. What surprised me though, in a good way of course, was actually how diverse our entire group was. There were international relations' students, nutritionists, food technologists, genetic engineers, chefs and just food and nature lovers. Because of our diverse group we could discuss certain topics in depth for hours on end due to everyone approaching the problem from their own professional perspective. That being said, it's difficult to put into words what I learnt. Mostly, I think, it was eye-opening (child labor, the dark side of chocolate) but also soul-warming to understand how passionate the Italians are about their food and drinks. How we are not so different – foraging plants and mushrooms – wild garlic being the common denominator. How we are what we eat so we better eat clean food. As a food enthusiast and little bit of a chef myself, I was very pleased with everything we did and saw. Come on, who wouldn't be happy in the Italian Dolomites, breathing fresh air and hearing songbirds early in the morning, eating fresh local cheese and petting farm animals?
If I had to choose my top 3 moments of the exchange, they would be: 1) eating fresh food made by locals, made from their own farm animals, 2) getting a glimpse of the real life of the Dolomites. Their respect for culture, food, and nature, 3) the blessed feeling of how lucky we are to have nutritious food on our table and cooking together with an international group, only to realize that we are all not so different as one might think. I can proudly represent the entire Estonian team by saying that we had a truly eye-opening and an in-depth cultural experience. We left for Estonia with our hearts full of appreciation and our bellies full of finger-licking delicious pasta.

Berit, Estonia

I decided to participate in this Erasmus+ Youth Exchange because I am passionate about sustainability and ways to be more sustainable in my personal life and in my country.
One part of Youth Exchanges I love is cultural nights where every group makes traditional foods of their country and shares them with everyone. This was also an idea I presented before the exchange. During the projects I shared my ideas on sustainability from a biologist's perspective, as I study genetic engineering. Though I am no expert, I hope my thoughts on organic farming and other sorts of agriculture and also green ways of living were insightful.
Other than learning more about different cultures in general, I also learned a lot about food production and agriculture in Italy. I found it very interesting. The topic that was the most impactful for me was human rights and child labor. I was not aware of a lot of social issues that are far bigger and closer to home than I thought. Though I have studied food technology to some extent, it was interesting to see how dairy products, like cheese and chocolate, are made. I was also able to work on my social skills like self-expression and communicating.
I believe this exchange had great topics and a wonderful location. I enjoyed being in nature, visiting farms, and being active throughout the week. I really like that most of the meals were vegetarian which is very much in line with the topic of the exchange. I think these aspects I have just listed should remain to some extent.
I would definitely recommend this to my friends who are interested in the topic of sustainability. For me the most memorable aspects of the exchange were the people with diverse professional backgrounds and areas of expertise, extraordinary location, and the topic of human rights. The latter being the most emotional one for me personally.

Linda, Estonia









I am intrigued about new technologies that make our food more sustainable. I wanted to get to know different cultures from different places and educate myself about their traditions. I learned about other cultures and traditions as well as sustainability in the food industry. In my school we have touched on this topic but not thoroughly. I aimed to change that and be more aware of the food industry's impact on climate change. I plan to implement these new ways of thinking further in my field of study, and in Estonia. I shared knowledge on how we deal with food waste in Estonia, and what we should change. As my field of study is environmental technology, I also contributed all the knowledge I have gained from there.

I got a lot of new insight on the social aspect of the food industry. Mainly about what is going on outside of Europe, but also within Italy. It really made me think critically about different certificates, and how you can never fully trust a products packaging. It is always better to trust, and buy, from local and transparent industries. During this exchange I had the opportunity to discuss different topics with an international group. It gave me more experience in expressing myself in another language. In a sense it challenged my critical thinking, everyone has a different view on subjects, and you must think clearly on what is true and what is not. I was pleased with this exchange. Following on from the topics we discussed during the exchange, I would recommend talking about greenwashing. It is a very important topic in sustainability and critical thinking. At times it seemed to me like a lot of the participants did not know about it at all. I would recommend it to my peers, who are also interested in sustainability. The most emotional was the experiment on food rights. Also, all the farm visits were very memorable and watching the chocolate documentary, as I love documentaries.

Merith, Estonia

I decided to take part in this exchange, because I have studied politics for many years and have developed a narrow view of these issues as a result and, thus, I wanted to broaden the scope of my understanding for such a crucial issue.
The multiplicity of experiences and views present throughout the exchange taught me many new ways to be sustainable, and live in greater harmony with the earth, through consumption patterns, as well as in many other aspects of life. I learnt many new things about the various cultures of the many groups present, alongside how better to communicate with those who English is not a first language too. This exchange also provided me with many new perspectives on how I can approach the issues of sustainability now I am back at my studies and at home, as they were good lessons that will be useful for a long time. The sincerity and passion the organisers put into this exchange shone through in the variety of activities and the liveliness of the discussions. This was also clearly shown in the wonderful locations we visited, alongside the many kind and interesting local people we were introduced to, who live and work in ways I was unaware still existed, both in their sustainability and their simplicity.
I would absolutely recommend this kind of an exchange to a friend or peer. For they were many memorable aspects but to select a few I would say, the permaculture farm was an idea and location I had no prior knowledge of, and was very interested to hear about, and see, due to its unique philosophy and unique practical approach. I also found the day which discussed child labour in the cocoa industry very moving, as for a long time I studied such issues politically and had become somewhat desensitised and alienated from the suffering and hardships such conditions place on people. Finally, I would have to say that all the people I met through this exchange were very memorable, as they were what bought this topic to life and gave it the impact it had, and without them it would not have been what it was.

Tom, UK & Estonia









This Erasmus+ Youth Exchange has been focused on raising awareness to us, young people from different European countries, on green and fair food practices. We have been able to experience first hand how organic food is produced and cultivated thanks to different visits to organic and dairy farms. Moreover we understood how we, as costumers, can improve the environmental situation and respect human rights by making sustainable choices when buying food.

As a human rights advocate, I was blown away in seeing how our whole food system is based on overconsumption, waste, exploitation of the environment, and also of people, but what I was able to see, thanks to the many activities and conversations we had, is that there's always hope. During this exchange, I met so many people who are doing their best in their field in trying to find a solution, either by organically producing food or making conscious choices, and it was reassuring to see how we are all contributing towards the same goal: creating a more sustainable way of living.

This exchange gave me the possibility to debate views and opinions with people with the same background as mine or a different one, and I was pleasantly shocked to see that the conversations that I had were more enriching than lectures at the university. I also has the possibility to mediate many conversations between my peers as a translator, and this made me realize how even when we don't speak the same language, our passion and soul can be seen in the way we behave and interact with each other and towards nature.

I am personally more aware now that by buying a certain food not only it has different consequences for myself and my body, but also for others and the environment. It seemed like we were living in a bubble where sustainability and human rights were the cardinal principles of our actions, and I feel that it should always be like this. This experience has taught me how humans are so intertwined with nature on every aspect, and as such we should do whatever is in our power to preserve it for future generations.

Rebecca, Italy

This has been my first Erasmus + Exchange and it could be said that the experience has been unbeatable. I decided to include myself in this project since I'm a student of economics and politics, therefore sustainable and green production is one of the topics in which I am most interested in.
In this regard, what we were able to learn first-hand far exceeded my expectations: meeting the local farmers, trying their products and ultimately living in this environment for a week was more enriching than any master class you can receive.
On the other hand, the debate and the exhibition of very diverse points of view and knowledge were encouraged, which made the learning even more complete since there was not only an ecological approach but also an economic, political, technological and even moral one, giving an incredible dimension to the subjects we were dealing with.
Beyond the professional aspect, what has marked this project has been the people who have participated, both organizers and participants. Belluno has been a perfect place to meet fantastic people and to exchange ideas, as well as to share and compare the differences between our cultures. Those responsible for the project were almost part of the group and we shared great moments with them as if they were some of the participants, highlighting even more the human aspect of this exchange and that in a certain way has allowed it to be as magical as it has been.
For its part, among the attendees, we found all kinds of interests and branches of knowledge, but above all they have been wonderful people willing to teach and listen to the others. Without a doubt, they have been the key to the success of this experience, and the pleasant memories that I will always keep. Not only as a social scientist, but as a person, this project has been enriching and valuable, and has allowed me not only to delve into a subject that I am passionate about, but also to meet people with whom I hope to be able to keep in touch for a long time.
Belluno wait for me and stay as green and beautiful as you are because I'm coming back.

Alejandro, Spain









I had an amazing time in Belluno! I learned a lot about sustainable food and met so many incredible people. This wasn't my first Erasmus+ project, I had done a couple more before it. But this one was certainly different: staying in a house in the middle of the gorgeous Dolomites, completely surrounded by nature... that's something else!

First of all, the topic of the project: sustainable and green food production. I wasn't too knowledgeable about this topic before coming here, but I never felt out of place. Both the organizers and the rest of the participants made me feel at home and helped me learn about this lifestyle that I had never tried before. We visited local farms, talked to the farmers, interacted with the animals, tried their food... it was so cool! I probably wouldn't have done any of this if it wasn't because of this project, and I'm so thankful for it. It opened my eyes and made me think about the food I eat in a different way.

Then, the location: Belluno and its mountains are absolutely stunning. Hiking around the Dolomites with incredible views everywhere I looked, fully immersed in nature. One of the prettiest place I've been to without a doubt.

And last but not least, the people. We came from 5 different countries, and while our cultures might be different from one another, that didn't stop us from connecting. Quite the opposite, it made us thrive to learn more about these places, to know how they live, speak, act. This is always my favourite part of youth exchanges, you meet such cool people and make friends from all around Europe. Both the participants and the organizers were great!

Overall it's been a really positive experience, and I would recommend everyone to try an Erasmus+ youth exchange, and to get more informed about sustainable food production because it's a really important and interesting topic.

Luis, Spain

This was my first Erasmus experience and it really exceeded my expectations. Initially, I was very interested in the topic of the program as issues related to the environment and sustainability have piqued my interest a lot in recent years. In terms of the program activities, they brought me in touch with nature while at the same time I learned information about herbs that I did not know and also tasted different chocolates, learning to better judge its quality. In addition, the location where we stayed was wonderful as we were alone in the forest with a beautiful view, peace and quiet that the landscape offered you. The activities brought me into contact with new people about whom I learned habits and experiences that I had never heard of before, a fact that contributed to broadening my horizons. At the same time, I tried new foods (most of them with a lot of garlic, which drove me crazy😍) most of which were Italian and thus I came in contact with the tastes of the Italian citizens. Finally, the organizers were excellent people, with kindness and generosity that created a pleasant atmosphere between us and I quickly felt comfortable in the space.

Joanna, Greece









It was my first Erasmus exchange and it was a great experience. The first thing that sparked my interest was of course the topic of the programm. I am very aware of the problems around food waste, but didn't really know that many things. It was a good opportunity for me to learn new things about sustainability and what I can do in my everyday life to be more sustainable. My favourite part of the trip was visiting the farms around, tasting their food and walking in the forest. I really enjoyed meeting all these new people and learning about their way of living. It was very inspiring. I also liked all the activities that we did, everything was so well organised. The strongest experience for me was the thing we did with the food and the different classes of society. Last but not least, I loved meeting each and every of the people there. I learned a lot about the other cultures and their traditional food, and had a lot of fun dancing and singing.

Eleftheria, Greece

This was my first Erasmus+ Youth Exchange I did, and I think it couldn't have gone better.
It was an incredible experience, everything: the people I met, the place where it was done, the activities, what I could learn, and of course Sara and Bruno, along with the other participants, made it unforgettable.
To begin with, the place they chose gave the opportunity to be at peace with oneself, surrounded by nature, an idyllic atmosphere that accompanied each activity. Following the activities we did, all the workshops, documentaries that they showed us, I think they awakened my curiosity even more. There were many things that I had no knowledge of, such as everything that moves at the level of the exploitation of cocoa, and I found it very interesting and necessary to make it known, along with the work that NINA APS does, and to know what has moved them to create the association and their chocolate shop, how they export and how they work, and also the relationship with their workers.
It really seems to me that it's important to do what you are passionate about, working hard to create a better world with respect to your values, and to create something from scratch with that desire and transmit that illusion.
I would like to thank Sara and Bruno, and all the people I met and connected with them, for making this possible, to keep working hard and transmitting the passion they have, that vision of the world, to see that it's possible to do things differently, not only as dictated by the pre-established social rules.
Thank you from the bottom of my heart.

Irene, Spain





GOOD PRACTICES

Participants have learned:

- to plan food purchases and meals better;
- to take into account the environmental aspect;
- new ways to be more sustainable in their personal life and in their country;
- how of a lot of social issues related to food are far bigger and closer to home;
- the food industry's impact on climate change;
- to critically think about different certificates, and how you can never fully trust a products packaging;
- how it is always better to trust, and buy, from local and transparent industries;
- ways to deal with food waste, and what it should changed;
- that by buying a certain food not only it has different consequences for our bodies, but also for others and the environment;
- how humans are so intertwined with nature on every aspect.





