



BREADucation



## ERASMUS + TRAINING COURSE

funded by the European Union  
through the Erasmus+ Program

Promoter: CLUB for UNESCO of AMALFI

### WHEN?

3-11 May 2019  
(arrival/departure)

### WHERE?

Venue: TRAMONTI (Amalfi Coast)

ITALY



SOLIDARITY TRACKS



United Nations  
Educational, Scientific and  
Cultural Organization



Federazione Italiana  
dei Club e Centri  
per l'UNESCO



Erasmus+

Club per l'UNESCO di Amalfi

## THE PROJECT

*In 7 days in the Amalfi Coast we will explore the power of wheat-products - such as bread - and develop educational methods and entrepreneurial initiatives around this intercultural and important food!*

Bread is a basic element of nutrition in many parts of Europe and the Mediterranean. It has this role since prehistoric times due to its nutritional value, its economical price and the simplicity of the culinary use of its main ingredients, the cereals. Moreover, the bakery industry until today is an important sector of entrepreneurship, it is linked to a dynamic market, open and highly polarized.

After industrialization of agriculture and food processing in the whole market, it benefits from the recently returned trend of diversification. Bread has always kept its social, cultural and economic value and importance. Therefore, we want to draw the attention of young people to this issue for educational purposes but also as perspectives for themselves.

During this course, we will approach the subject of “education in alimentary matters”, with special focus on cereal-based food and bread in particular, the subject of a “sensorial and nutritional education” as well as the one of “social entrepreneurship” in the sectors of bread and bakery. This way we will give them knowledge and background information, but also perspectives of activities in their hometowns to create their future that foster human health and also economic growth.

During this training course, the participants will exchange views and experiences about education both in cereal-based nutrition (in its many forms, and mainly bread) and in social entrepreneurship in the field of bread-industry, as well as develop some technical and pedagogical competences. We will also set up a practical workshop, in which the participants will be involved in baking different types of bread, and, afterwards, they will apply their newly gained competences by organizing an educational experimental workshop in favor of the local youth in which they will apply various pedagogical tools, mainly based on the non-formal education methods.

At the end of the training course, drawing inspiration from the newly developed competences, the participants will create an educational tool for the benefit of the youth workers. This tool will act as a precious pedagogic interdisciplinary resource for youth workers, young people, and parents.

Objectives:

- International experience and good practice exchange about nutrition and learn about characteristics of wheat and wheat-based products
- Develop educational competences concerning this topic for the benefit of the local communities', including awareness raising about health and environment
- Discovering various bakery products and the methods of making bread and approaching potential ideas of social entrepreneurship in the sector of bakery
- To promote innovative practices like a non-formal education in cereals-based, food oriented social entrepreneurship, create an individualized learning process, cooperative forms of learning and develop critical as well as creative thinking skills.
- Create an educational tool to propose socio-educational actions around the nutritional education of young people (in particular bread)

## THE PARTICIPANTS

As the contents of the project will largely depend on participants, we expect all participants to have a REAL motivation to explore these topics and apply them afterwards.

Here are the minimum criteria for participants:

- Involved in youth work or interested to be involved in future
- Are interested in topics (nutrition, food culture, social and ecological entrepreneurship) and believe that these are issues that need to be promoted
- Are interested in exploring non- formal learning and entrepreneurial learning with cereals and cereal-based products

Each partner will send 2 participants.

We also ask you to try to ensure **gender balance**.

## HOW TO APPLY

In order to apply, you have to fill the application form online:  
[https://docs.google.com/forms/d/e/1FAIpQLScirI7ltfirikE4\\_Ch0GBBJwpU9pa2-3w3bo3PN8URkmuaEFA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScirI7ltfirikE4_Ch0GBBJwpU9pa2-3w3bo3PN8URkmuaEFA/viewform?usp=sf_link) and submit it by Wednesday, March 6 the very latest.

If your organization already knows the participants AND they perfectly fit the profile, please ask them to apply even sooner so that you can start buying tickets as soon as possible.

Remember that in Erasmus+ there are the travel limits, so, the sooner you buy the tickets, the bigger the chance that you can get reimbursed even 100%.

## PREPARATIONS

Every evening we will organize a special **cultural aperitif** before dinner, where one country team per day will prepare and bake bread for the team to TASTE (so it's small quantities). This is part of the programme and will help understanding cultural related topics and also give us some possibility to explore the topic deeper. Therefore, we ask you to prepare accordingly:

- Research and prepare a recipe which you are ready to cook. This includes preparing details about the ingredients and the history of this product.
- Send us AS SOON AS POSSIBLE but no later than March 31<sup>st</sup> a list of ingredients and tools necessary, a description of the type of bread, the steps of making and some pictures. We will start preparing some graphical content with this beforehand.

## PARTNERS AND TRAVEL

We will reimburse travel expenses according to the travel budget approved by the NA and based on the distance calculator.

The closest airport is NAPLES, otherwise you can also check flights to Rome but in this case, please be aware to plan at least 3 hours extra. Important for the booking of your flights: Please look for flights arriving max. early afternoon (if you arrive to Naples) and leaving min. late morning to be able to arrive at and depart from the venue. Transport early in the morning or late in the evening can be difficult.

**Before purchasing any tickets, send us your travel plan and wait for our approval** as we can suggest you the best route and find the cheapest solution.

The table below shows the limit we can reimburse for each organization. Please keep also in mind, that to your travel expenses you will have to add a fee for the local transport to Tramonti.

Organization	Nr of participants	From	Travel budget p.P.
DADYA YOUTH COUNCIL	2	Turkey	Eur 275
LUDBRESKA UDRUGA MLADIH ENTUZIJASTA	2	Croatia	Eur 275
Asociace TOM CR, TOM 21105 DUMANCI	2	Czech Republic	Eur 275
Mladinski Senat Strumica	2	former Yugoslav Republic of Macedonia	Eur 275
Asociación de Desarrollo Social Participativo IMAGINA	2	Spain	Eur 275
MITTETULUNDUSUHING YOUTH SENATE TALLINN	2	Estonia	Eur 360
AVENTURA MARAO CLUBE	2	Portugal	Eur 275
FUNDACJA RA I DO MIEDZYNARODOWE CENTRUM WSPARCIA MLODZIEZY I DOROSLYCH	2	Poland	Eur 275
MONOPATIA ALLILEGIIS	2+2 staff	Greece	Eur 275

## THE VENUE – TRAMONTI, AMALFI COAST



The Coast is very famous around the world for its beautiful landscape and because it is listed among the UNESCO World Heritage sites (recognized as such since 1997). The Amalfi Coast has an ancient

history for its main town, Amalfi, was an independent Maritime Republic from the 7th century until 1075, extracting itself from Byzantine vassalage in 839. It rivaled Pisa and Genoa in its domestic prosperity and maritime importance before the rise of Venice. The famous Amalfi Tables, a maritime code which was recognized in the Mediterranean until 1570, is a symbol of the prosperity and power once the Republic had. In medieval culture Amalfi was famous for its flourishing schools of law and mathematics. Flavio Gioia, traditionally considered the first to introduce the mariner's compass to Europe, was a native of Amalfi. The Republic rapidly declined in importance after it was attacked and conquered by the Normans in 1073 and later by the Pisans in 1137. Still today, the old town and the historic heritage of the area remind of those times. The most recognizable element of the landscape today, the terraces, have been built in Medieval time by monks in the many monasteries of this region, to enable agricultural productions.

You will be located in **Tramonti**, a town at the Amalfi Coast, some kilometers inside the land and up the mountains. It was a strategically important part of the Maritime Republic of Amalfi, as it guarded the coast from any possible attack from the mountains. In fact, there once were several towers and military castles that could easily communicate any danger directly to the coast. Furthermore, it used to be and still is the green heart of the Coast and an important supplier for wood and agricultural products.

## ACCOMODATION

You will be hosted in an old monastery build in 1487, where people are accommodated in a very mystic atmosphere. Rooms with private toilet will be shared by 2 or 3 participants of the same sex. Some people might be also asked to share a double-bed. We are sure you will enjoy the location as there is plenty of room and also a very nice colonnade. Some of the indoor activities will be held in the same building.



BREADucation - Preliminary Programme

Time / day	Day Arr	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day Dep		
8.30 - 9.15	Arrivals	Breakfast									
9.30 - 13.00		Getting to know each other, Introduction, Rules, etc.	Exchange realities good practices partner organisations	Health aspects and how to motivate young people	Entrepreneurship and good practices / experience exchange and local visit	Traditions of the Amalfi Coast	Educational workshop and reflection	Creation of a pedagogical tool	Farewell and departure		
13.00-16.00		Lunch									
16.00-19.30		Exchange realities bread and bakery products young people	Nutritional education - expert discussion and baking workshop	Cultural aspects of bread and cereals	Social entrepreneurship (world caffè) and examples of social bakeries (skype)	Preperation: educational workshop for kids	Creation of a pedagogical tool	16.00: Local presentation BETA version of the tool 18.00: Final: evaluation, closing, future cooperation			
19.30		Reflection (reflection groups) & youth pass									
20		Cultural country aperitif - traditional bread sharing									
20.30		Welcome Evening	Dinner								
After 21.30			Intercultural night	Magazine creation / Prezi update	Magazine creation / Prezi update	Magazine creation / Prezi update	Free evening	Magazine creation / Prezi update	Youth pass and farewell evening		

## CONTACT

In case of questions or need for support, we are available:

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*Should you have any more questions, please do not hesitate to ask!*

***We are looking forward to spending some exciting and inspiring days with you here in beautiful Tramonti!***



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