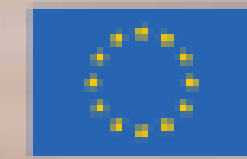




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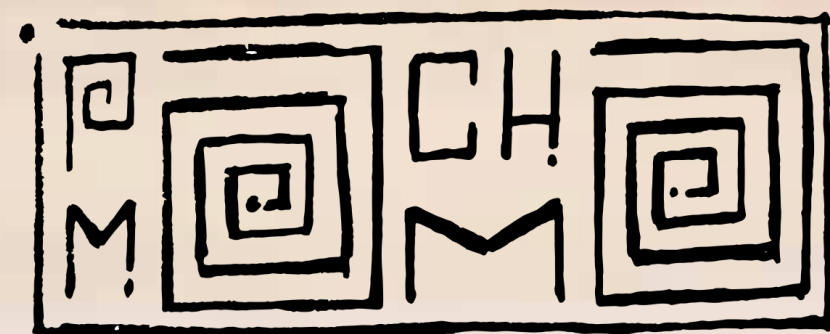


Erasmus+



# FERMENTING TO CONNECT

2023-1-IT03-KA152-YOU-000145329





# Description of the project

"Fermenting to Connect" is a Youth Exchange project co-founded by the Erasmus+ programme, centred around the fascinating world of food fermentation.

The mobility will last 12 days, from October 7th to October 18th and we will be staying in the beautiful countryside of Vicchio, in the province of Florence (Italy).

The project will host 30 participants coming from 5 countries (Italy, Slovenia, Croatia, Hungary, France).

Through hands-on activities and workshops, visits to local organisations, and other non-formal learning activities, we will transform how young people perceive food, promoting sustainability and health.

**Our goal** is to revive the cultural bond between people and their food, while fostering cultural interaction, rediscovering cultural heritage, promoting a healthy lifestyle, and encouraging ecological sustainability.





# Objectives

The "*Fermenting to Connect*" youth exchange project is driven by **four main objectives**.

Fostering cultural interaction among young people by integrating diverse traditions from participants, local communities, and organisations involved.

Rediscovering and enhancing the cultural heritage passed down to us by our predecessors.

Promoting a healthy lifestyle among young people, with a particular emphasis on nutrition.

Encouraging young people to adopt an ecologically sustainable way of life.





# Results

As active participants in the "*Fermenting to Connect*" project, your motivation and proactive involvement will be essential in producing the following meaningful **results**:



**Production of a comprehensive blog** to gather fermentation methods, recipes, and non-formal education approaches developed during the project.



**Creation of an online space** (probably a Discord server) for continued sharing of suggestions and explorations about fermentation methods after the project.



**Production of a brief aftermovie** of the project to share on social media.



**Publication of an article** on social media channels and local publications, raising awareness about the youth exchange, about fermentation and its cultural significance, and about the Erasmus+ program.



Participation in one of the last days in an **eco-focused market** in Florence to share our journey through fermentation with local people and at the same time promote the Erasmus+ program and its opportunities.

As these results are very ambitious, it is important to note that for this project we are looking for **dedicated and motivated individuals** who are genuinely interested in exploring the world of fermentation. While the project includes dedicated free time for participants to relax and explore, active participation, enthusiasm, and a proactive approach are vital in shaping the success of our project outcomes. Together, we will create a **vibrant community** of young fermentation enthusiasts and leave a lasting impact on the preservation of traditional knowledge and the promotion of a sustainable lifestyle.



# Preparation

Before the mobility, participants are encouraged to engage in a few preparations together with their national group to maximise their learning and intercultural experience.

- Firstly, they should gather **information about the fermentation tradition in their own country** and, in collaboration with their group, prepare a short presentation to share with other participants.
- Additionally, participants are invited to **select some fermented product** from their culture that will be explored during the exchange.
- Bringing some **starter cultures typical of their country** is highly recommended.
- Moreover, the participants should start **brainstorming ideas and planning for their intercultural night**, to celebrate diversity through food, music, and creative expressions.

It is important to note that once selected, participants will receive detailed information and guidance from their Youth Leader, ensuring that the preparation phase is a collaborative and supportive experience for everyone involved.





# The activities

Although the final program will be finalised during the preparatory visit, the structure of a typical day is represented in the image on the right.

In the first days of activities we will start to know each other with some **name games, team building activities, and other interactive activities.**

In the central part of the exchange we will engage in many hands-on workshops where we will explore some **fermentation techniques** (*Kombucha, kefir, other fermented beverages, tempeh, koji, kimchi, brined veggies, etc...*). There will also be presentations and other interactive activities to stimulate reflections on the importance of fermentation, in relation with the objective of the project.

One day we will leave our house to visit some ecological places around the area. Then we will start to prepare our dissemination event that will happen in a **big eco-market** in Florence. We will go there a full day and we will present some fermented products to the public and we will talk about **Erasmus+**.

The last days will be for **final reflections, evaluations, Erasmus+ opportunities, Youthpass sessions, farewell celebrations, and more!**

7.30 - 8.30	Breakfast
9 - 11	Activity
11 - 11.30	Coffe break
11.30 - 13	Activity
13 - 15.30	Lunch break
15.30 - 17	Activity
17 - 17.30	Coffee break
17.30 - 19	Activity
19 - 19.30	Reflection
19.30 - 21.30	Dinner
21.30 - 23	Special nights (only 4 nights) / Free time

# Preparatory visit

The Preparatory Visit, scheduled from September 16th to 17th, 2023, in the hosting area, will involve five group leaders representing the participating organisations, along with an Italian facilitator.

This visit aims to finalise the activity program, make adjustments based on participant expectations, and foster discussions on methodologies and concerns. It includes site visits, such as the venue and local market, as well as fermentation workshops to assess knowledge levels. Team-building activities will strengthen the facilitators' group cohesion and ensure high-quality program delivery. We will create together a small dictionary of fermentation terms to overcome potential language barriers on such a specific topic.





# The hosting organisation - Pachamama

Pachamama Cultural Association, founded in 2017, is a youth-oriented organisation focused on local and global issues. We have implemented projects such as "Orto Colto" and "Rifiutiamoci!" that involved educational workshops on the environment and food waste in elementary schools. We've collaborated with the local administration on the "Sieve Jam" project, providing opportunities for young artists to decorate a wall in a degraded area. We've managed a youth centre called "Il Gabbio" within the municipal library and organised cultural events promoting young artists.

Recently, we've taken on the management of an urban park through the project "P'Orto", involving youth in the design and maintenance of the space following the principles of Permaculture.

We actively promote holistic lifestyles, sustainable practices, and inclusive dialogue within our community.





# The partners



- **Vestigium Association (Croatia)**

Ecological-creative organisation based in Zagreb, Croatia. It was founded in 2011 with the aim of improving the quality of the community by addressing social issues and providing a multifunctional space for various initiatives. The association strives to bridge the gap between people, foster socialisation, and cater to the needs of all community members, including families, children, and older residents.

- **Zavod Sobivanje ob gozdu Vojnik (Slovenia)**

Association dedicated to fostering a harmonious relationship with nature and promoting sustainable living. Through activities like land regeneration, permaculture, and self-sufficiency, they encourage individuals to explore their connection to the natural world. The organisation offers workshops and educational programs for various groups, promoting a deeper understanding of sustainable practices and the importance of community living.



- **Szatyor Association (Hungary)**

Founded in 2011 in Etyek, Hungary, aims to raise public awareness about the positive environmental impact of sustainable living and conscious consumption. They promote ecological approaches in education, projects, event management, and social entrepreneurship. The organisation provides a platform for sharing knowledge, experiences, and best practices related to socio-ecological sustainability. As an alternative green organisation, Szatyor sets a vivid example of how mindful behaviour, healthy living, organic food production, and fair economics can be integrated into daily life.



- **EcoFairly (France)**

EcoFairly is an internationally focused organisation dedicated to promoting ecological and sustainable living through education, projects, and partnerships. With a strong emphasis on permaculture, eco-construction, and sustainable practices, they actively engage in various initiatives. In addition, EcoFairly plays a pivotal role in managing a cooperative supermarket that prioritises ethical and sustainable food choices. Through their diverse activities such as fundraising, training courses, internships, workshops, and collaborations, EcoFairly advocates for a participatory society and strives to foster a global perspective on sustainability.





# Profile of participant

Strong motivation and genuine interest in the topic of food, particularly fermentation.

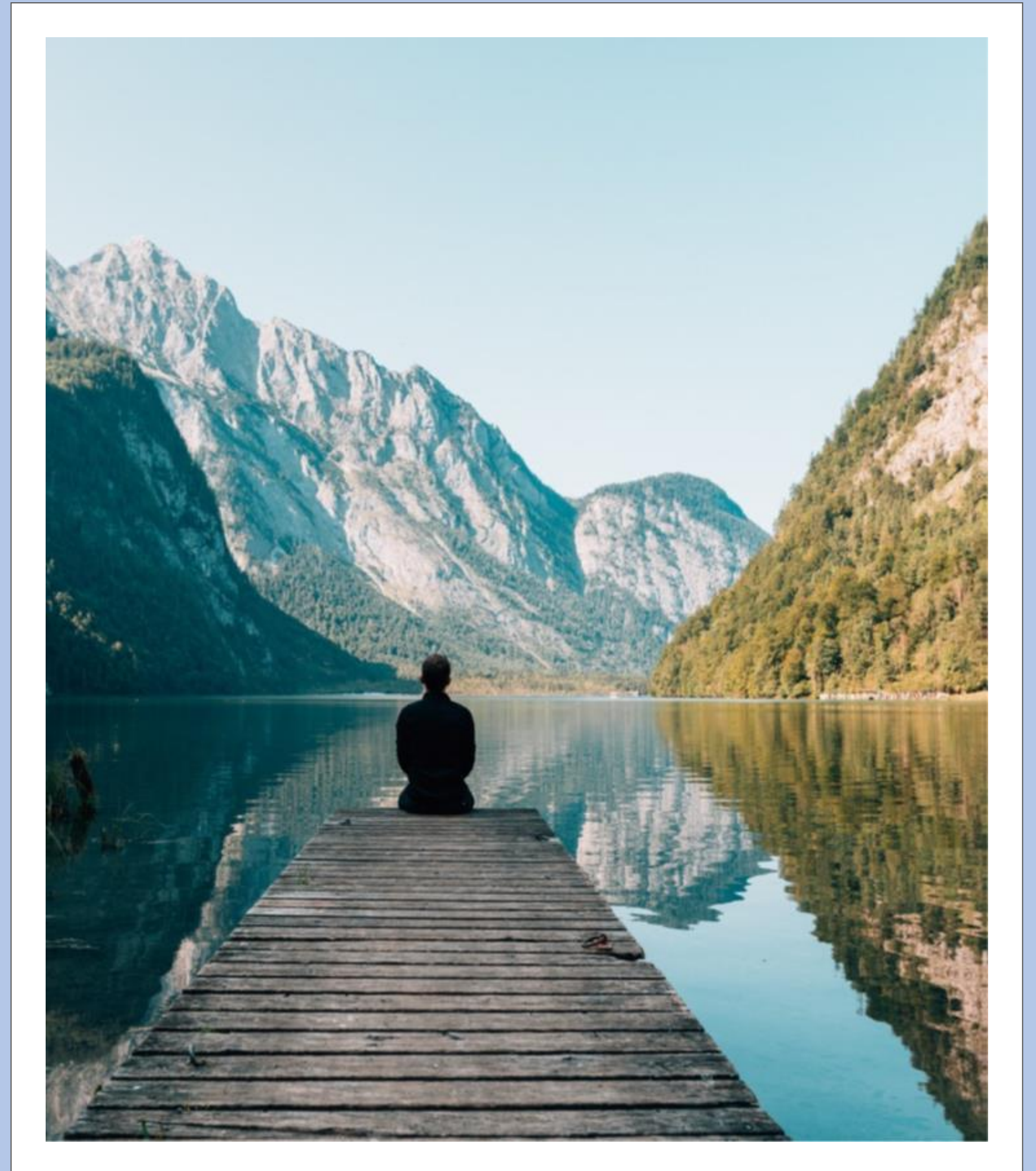
Good English level.

Age range between 20 and 30 years old.

Willingness to commit and be **available** for the entire duration of the project and commitment to engage in the preparation activity before the mobility.

Comfortable with **communal living arrangements**, as accommodation will involve sharing a room with other participants for the duration of the project.

**Open-minded and adaptable** to the rustic and natural environment of the countryside, understanding that it may not be as pristine or insect-free as urban settings.





# Profile of youth leader

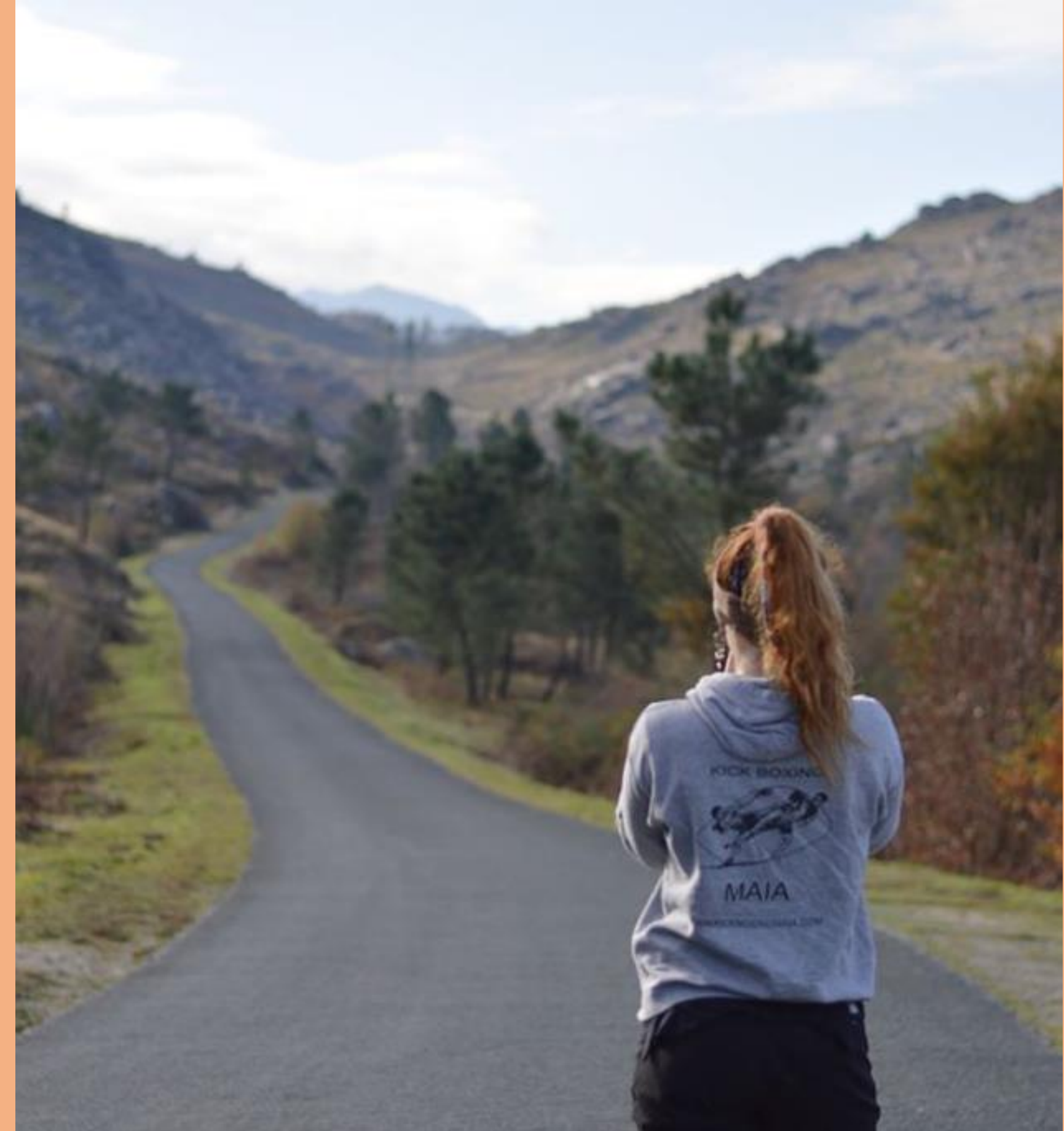
## Requirements:

- Age 23 or older (no upper age limit).
- Strong sense of responsibility and commitment.
- Experience in conducting workshops or seminars, preferably using non-formal education methods.
- Some cooking skills, with a particular emphasis on experience or experimentation with fermentation techniques.
- Good level of english

## Duties:

- Managing two or more activities during the mobility.
- Availability to participate in the preparatory visit.
- Participation in some online meetings before the mobility.
- Stimulating and motivating participants in their national group to engage in the required preparatory activities and creating a communication channel among them.
- Acting as the main point of contact between participants and the hosting organisation before and during the project.
- Being available for the follow-up of the mobility to ensure the successful attainment of project outcomes.

**These requirements and duties highlight the responsibilities that group leaders will have in managing project activities, supporting participants, and ensuring the project's overall success.**





# Costs and conditions

- The costs of food, accommodation and activities are covered by the Erasmus+ fundings.
- The travel from the participants' homes to the venue are also covered up to the limits that are described in the following table.
- Participants will have to pay their tickets and they will be reimbursed after the end of the project. **Please keep all receipts, invoices and boarding passes for every transport** you're taking, otherwise we cannot proceed to the reimbursement. We recommend buying online tickets when possible, so that you won't have to send physical tickets by post afterwards.
- The Erasmus+ program aims to support participant with lower opportunities. If you belong to some categories of **lower opportunities**, please mention it in the dedicated section in the application form and we will make an effort to assist you.
- Remember that before proceeding to buying your tickets **you should send your travel plan to your sending organisation**. Once they have approved the plan you can proceed to buying the tickets.
- **You need to attend all the activities of the training course** (and complete the evaluation sent by the National Agency) to get the refund.
- One of the main focus of this project is **ecological sustainability**. Therefore participants should try to arrive to the event with buses, trains, bicycle or sharing a car (**Green travel**). If they do so you will have more money to spend on travelling and more days to travel.

Travel budget		
Country of origin	Green travel (no plane, no boat)	Travel with plane and/or boat
Italy	23€	23€
Slovenia	210€	180€
Croatia	210€	180€
Hungary	320€	275€
France	320€	275€

Travel days		
Country of origin	Green travel (no boat, no plane)	Travel with plane and/or boat
Italy	2 (1+1)	2 (1+1)
Slovenia	4 (2+2)	2 (1+1)
Croatia	6 (3+3)	2 (1+1)
Hungary	6 (3+3)	2 (1+1)
France	6 (3+3)	2 (1+1)





# The venue

**Casa Rostolena**, located in the beautiful countryside of *Vicchio*, is the venue for our project. It is a house designed for field schools and retreats, offering **41 beds** with pillows, covers, blankets, and adequate heating. The **house** has recently been renovated and features well-equipped bathrooms, showers, and a fully equipped kitchen. The **outdoor space** includes amenities such as a football field, volleyball court, ping-pong table, bivouac area, wood-burning oven, amphitheatre, and a covered meeting and dining area with various gazebos.

Participants should be aware that some **rooms** may accommodate up to 12 beds, providing shared accommodation with other participants. Participants are not required to bring bed sheets or covers as they are provided at the venue.

Additionally, for those who prefer, there is the option of sleeping in *tents outside*.

The venue also includes a detached activity room, where the majority of project activities will take place, with the flexibility to utilise the outdoor space with good weather conditions.

Vicchio, the closest village with shops, bars and supermarkets, is 4.5 km away and it takes around 1 hour by foot. Please be aware of this and come prepared with everything you need to survive without going to shops everyday (cigarettes, medicines, favourite snacks etc...).





# The food

During the project, we will cook only **vegetarian meals**, including breakfast, lunch, and dinner, as well as two coffee breaks, one in the morning and one in the afternoon. We are committed to promoting sustainable practices, and therefore, we aim to source the majority of our food from local organic producers. This allows us to support the local community, reduce our environmental footprint, and provide participants with fresh and nutritious meals throughout their stay.

- For allergies and any kind of dietary restriction please make sure to communicate it in the application form and to your sending organisation.



# How to get to the venue

For this project we encourage the use of **Green Travel**, meaning avoiding planes and boats. If you manage to do so, extra budget and extra travel days are allocated.

To reach the venue without flying, participants can use Florence as their reference point.

We will pick you up (and drop you off) by car outside **Borgo San Lorenzo train station**, scheduling specific time slots based on individual arrival times.

We encourage national teams to **travel together** when possible, to strengthen the bonding among participants and to make the pick ups and drop offs easier.

Remember that before proceeding to buying your tickets you should send your travel plan to your sending organisation. Once they have approved the plan you can proceed to buying the tickets.





# Travelling by land - Train and Bus

- From your house to Florence (and back)

Florence is very well connected with **regional trains** (cheaper and slower) from all over Italy. It's also served by the high speed trains (more expensive and faster) and you can take them from Milan, Turin or Genova (recommended if you're coming from France), Bolzano, Venice or Trieste (recommended if you're coming from Hungary, Slovenia or Croatia). There are two high-speed train companies in Italy: **Trenitalia** (<https://www.trenitalia.com/en.html>) and **Italo** (<https://www.italotreno.it/en>).

You can also reach Florence **by bus**. The main company that operates in Italy is **Flixbus** so you can check their routes on their website (<https://global.flixbus.com/>). Other bus companies are **MarinoBus** (<https://marinobus.it/en/>) and **ItaBus** (<https://www.itabus.it/en/home>).

To plan the travel from your house to Florence by land we recommend using online resources such as <https://www.omio.com/>, <https://www.rome2rio.com/>, <https://www.thetrainline.com/>. However, we recommend not to buy the tickets on this platforms and to go to the official websites of the train/bus companies.

- From Florence to the venue (and back)

We will pick you up and drop you off in the town of **BORGIO SAN LORENZO**. To arrive in Borgo San Lorenzo you can take a **regional train from Florence Santa Maria Novella (SMN) train station**, and it takes around 45 minutes or 1h20 (depending if you catch the fast train or the slower one). There are also buses connecting Florence to Borgo San Lorenzo, but they are more unreliable and hard to find so we recommend using the train, which is easier, faster and you can easily **buy the tickets online** (<https://www.trenitalia.com/en.html>).

**TIP!** In Borgo San Lorenzo there are two train station. You have to get out at the main one, which is simply called Borgo San Lorenzo. The other one, to be avoided, is called Borgo San Lorenzo-Rimorelli.

Travel days		
Country of origin	Green travel (no boat, no plane)	Travel with plane and/or boat
Italy	2 (1+1)	2 (1+1)
Slovenia	4 (2+2)	2 (1+1)
Croatia	6 (3+3)	2 (1+1)
Hungary	6 (3+3)	2 (1+1)
France	6 (3+3)	2 (1+1)





# Travelling by plane

For those travelling by air, the nearest airports are **Florence Airport (FLR)**, **Pisa International Airport (PSA)**, and **Bologna Guglielmo Marconi Airport (BLQ)**.

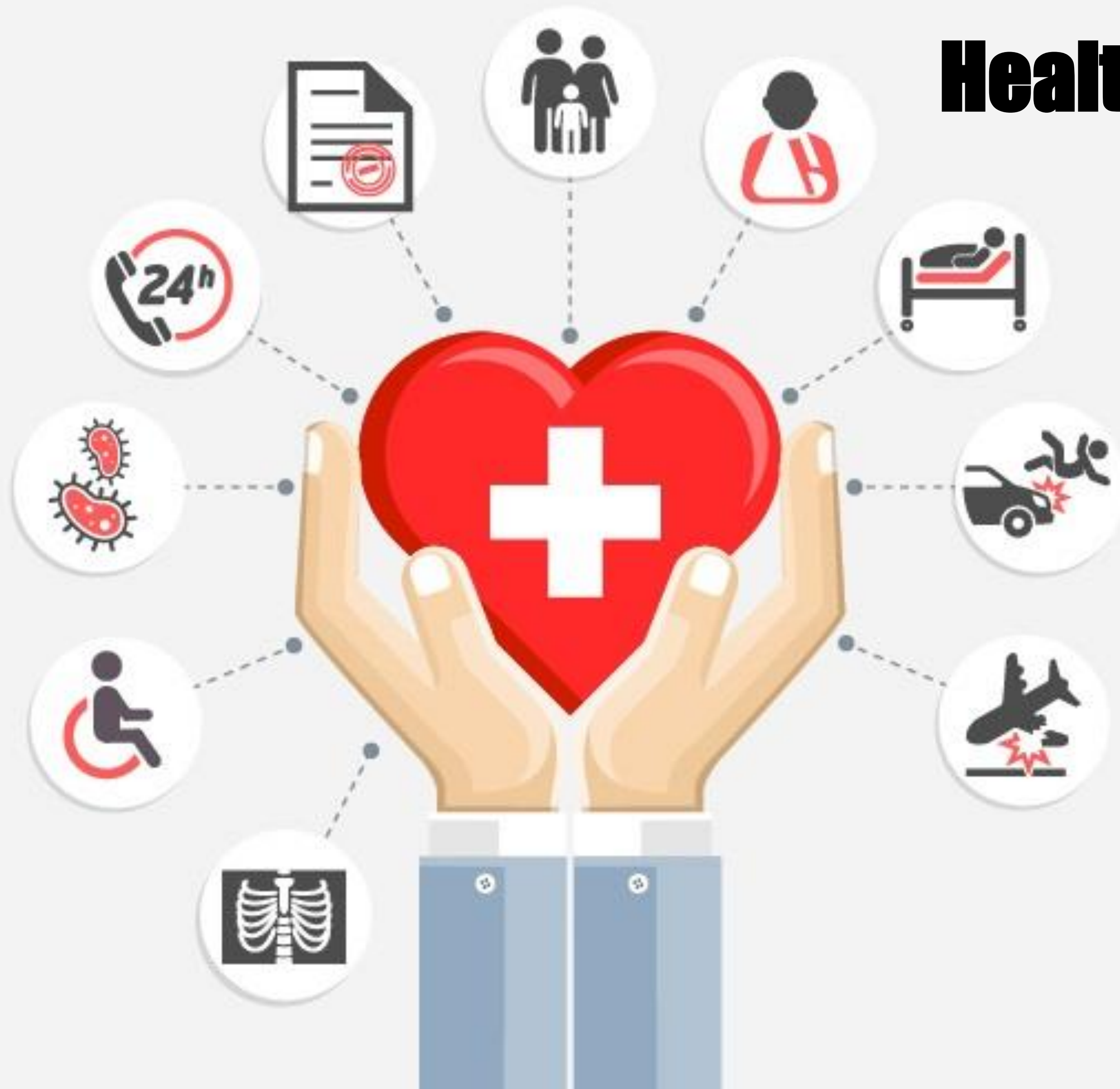
- From **Florence Airport**, participants can easily reach Vicchio by taking the tramway connection T2 from outside the airport to Florence Santa Maria Novella train station and then catching a train to Borgo San Lorenzo.
- From **Pisa Airport**, participants can take a train to Florence Santa Maria Novella train station and then proceed to Borgo San Lorenzo by train.
- For those arriving at **Bologna Guglielmo Marconi Airport**, they can take a little train from the airport to Bologna Centrale train station, then take a train to Florence and continue their journey to Borgo San Lorenzo by train. There is also a shuttle bus connecting directly Bologna airport to Florence SMN train station (<https://appenninoshuttle.it/?lingua=2>)

Travel days		
Country of origin	Green travel (no boat, no plane)	Travel with plane and/or boat
Italy	2 (1+1)	2 (1+1)
Slovenia	4 (2+2)	2 (1+1)
Croatia	6 (3+3)	2 (1+1)
Hungary	6 (3+3)	2 (1+1)
France	6 (3+3)	2 (1+1)





# Health and travel insurance



- Every participant must bring their **European Insurance Card**. It is a mandatory requirement for all participants to provide their own health insurance.
- We suggest to have **travel insurance** because if you have to cancel your trip for a covered reason, it can save your investment, and it can also protect you against lost luggage, flight cancellations etc.



# What to bring

Range of layered clothing for all weathers. Check the forecast in this link <https://www.ilmeteo.it/meteo/Vicchio> as the early autumn season can be unpredictable.

**Pyjamas/night clothes** for sleeping in as you will be sharing dorms.

**Slippers** (to move inside the house without shoes).

Comfortable walking shoes for wandering around the place. Make sure to bring some **waterproof walking shoes** in case you see a rainy forecast.

**Towels and toiletries.**

**Head torch** for moving at night and going to bed without waking up others.

**Bug repellent**

**Water bottle and a tupperware**

**Ear plugs/ eye mask** if you sleep lightly





# Apply before August 8th by filling the form at this link

[https://docs.google.com/forms/d/e/1FAIpQLSe0GfKK-S6Y7Qq5t7CtXRE8KH78iiiu-RbJV33r\\_yGIM-QsxA/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSe0GfKK-S6Y7Qq5t7CtXRE8KH78iiiu-RbJV33r_yGIM-QsxA/viewform?vc=0&c=0&w=1&flr=0)

For information about the status of your application, please contact the partner organization of your country. You may be asked to attend some online meetings for the selection process.

## Certification

Every participant will receive a **Youthpass certificate** for their participation in the training. If you like, you can familiarise yourself with the Youthpass and the related concepts of key competences online. We will use the concept of the key competences to assess your learning experience.

**Youthpass**

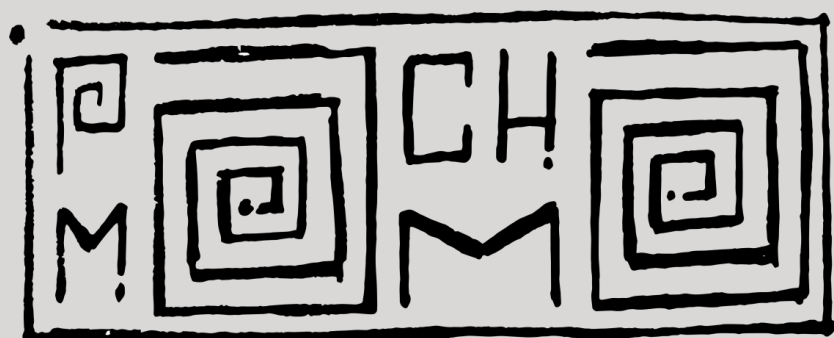


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**We are very looking forward to  
seeing you at “Casa Rostolena”!**

***If you have any questions or doubts  
contact us!***



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