



INFOPACK

THERE'S MORE THAN GRASS

19.10.2019 - 27.10.2019
VALGAMAA, ESTONIA



ABOUT THE PROJECT



Dates: 19.10 - 27.10.2019

Venue: Karumetsa Apartment, Valgamaa

Involved countries: Estonia, Italy, Spain and Hungary

Participants: 4+1 group leader per country

In today's world veganism and plant-based diet is widely spreading. Still there are so many myths and wrong understandings going around.

Together with 21 youngsters from Estonia, Italy, Spain and Hungary we want to break those myths by bringing our national cuisines into plant-based versions. Through daily cooking workshops we are going to learn methods how to replace animal products, how to cover all your nutrients and other aspects related to veganism.



PARTICIPANT'S PROFILE



- 18-30 years old
- interested in the topic of veganism
- interested in developing your cooking skills and ready to cook a lot ;)
- love the life of Erasmus+
- not scared of the breezy winds of Estonia

GROUP LEADER'S PROFILE

- 18+ without the upper age limitation
- youth worker or has previous experience in team leading or Erasmus+ projects
- good command of English
- willing to support his/her team throughout the project

HOW TO APPLY

The application form will be open until **25.08.2019**

<https://forms.gle/KLZ8e8gRZmTHa8vx7>



SCHEDULE



7.30-8.30	breakfast
9.00-9.30	energizer by national team
9.30-13.00	cooking workshop by national team
13.00-15.00	lunch & free time
15.00-18.00	workshop
18.00-19.00	reflection groups
19.00-20.00	dinner
21.00-..	evening programme

PARTNERS

Estonia - Partner Up Estonia

Italy - YOUth Connect

Spain - Ayuntamiento de Maracena

Hungary - Kooperáció Egyesület



TRAVEL DETAILS ✈️



The best option is fly to Tallinn or Riga (Latvia). Once we have gathered everyones travel itineraries we will provide you with further information how you will reach the destination.

PLEASE NOTE: There is maximum 2 checked in luggages allowed per national team. Sharing is caring :)

Do not buy the tickets before getting the confirmation from us. Send your possible itineraries to partnerupestonia@gmail.com

Estonia - 20€
Hungary - 275€
Spain - 530€
Italy - 275€

Tickets bought without confirmation will not be reimbursed.

PLEASE KEEP ALL YOUR TICKETS AND TRAVEL DOCUMENTS! Without them we will not be able to reimburse you.

You are also allowed to take 5 travel days before or after the project to enjoy Estonia. We can't cover your expenses on these days.



PREPARATION PROCESS



Each national team needs to prepare:

- a lunch menu with their national dishes but in a veganised version. There should be a short presentation before cooking with the original recipes and what did you use for replacing. Each menu should contain an appetizer, a main dish and a dessert. If you need any support how to replace something please contact Ingrid. However, today most of the recipes are probably already veganised and they should be easy to find. :) PLEASE SEND THE RECIPES WITH THE LIST OF INGREDIENTS THE LATEST ON **01.10.2019**
- An interactive presentation/game/show for the intercultural evening. Maximum 45 minutes and please bear in mind, that there will be NO PROJECTOR included. So be creative. For the intercultural evening it is also nice to bring something to drink/eat from your country. There will be a list of non-vegan ingredients you should avoid when choosing your snacks for the intercultural evening.
- A 30-minute activity/energizer for mornings.



ACCOMMODATION



You will be accommodated in Karumetsa Apartments - 5 in each. Each apartment has its private bathroom and kitchen where we will be cooking. Bedlinen and towels are provided. Free Wi-Fi will be all over the venue.

Link: <https://www.visitestonia.com/en/karumetsa-apartment>

WHAT TO BRING

- Cooking ingredients we don't have in Estonia (keep the receipts)
- Something that represents your country for intercultural evening
- Warm clothes suitable also for some rain. Estonia in the end of October can be really tricky
- Your own toiletries and products you may need
- Happy face and a big appetite :)



CONTACT US 



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