

EatinGood

Youth Exchange - 6th to 14th May (SPAIN)



Jenf



Erasmus+



Cofinanciado por el programa Erasmus+ de la Unión Europea



PROJECT SUMMARY

- **Organisation in charge:** JENF
- **Location:** rural house in Navas del Rey (Madrid region).
- **Type:** KA1 Youth Exchange.
- **Topic:** Cooking and nutrition. Also, responsible management of food will be a complementary topic.
- **Dates:** 6th to 14th May (arrival and departure days).
- **Countries:** Italy, Estonia, Slovenia, Armenia and Spain.
- **Age:** 18 – 30 years old.
- **Participants:** 6 per group (5+1 group leader with no age restriction).
- **Working language:** English.
- **Participation fee:** 40€.



PROJECT OVERVIEW

The main goal of the project is to develop cooking skills and learn about European gastronomy and more specifically into the participant's countries gastronomy. We will use cooking also as a tool to push intercultural exchange. Thus, it is foreseen activities when every group will teach others to cook their main dishes or explain us about their gastronomy. This will take around half of the program.

Regarding the other half of the workshops and activities, we will also approach other topics related to food like nutrition, raising awareness of the wasting food problem, or other creative workshops related to food somehow. Finally, cross-sectional workshops like teambuilding or knowing better Erasmus+ will complete the program.

Most of the workshops will involve practical work, especially those about cook. Actually, half of the meals will be prepared during these workshops.

Finally, the program includes many interesting and funny activities such as one-day visit to Madrid, night activities, daily games, intercultural dinner, country nights, and contests.

NOTE: every country group will be responsible of several sessions of the program. The success of the project is highly related to the success of those sessions, so we would like to strongly ask to all the participants to take them seriously and prepare them correctly before coming to the project.



PARTICIPANT'S PROFILE

Regular participant requirements

- To have high interest in cooking.
- To be between 18 and 30 years old.
- To speak basic English.
- To hold the European Health Card (EU countries) or medical insurance (Non-EU countries). If not, you might have to sign a document that exempts us from any responsibility related to eventual health care costs.

Group requirements

- Gender balance: (3 boys / 3 girls). To bring a 4/2 group, you must ask for it and been given permission.

Group leader's profile

- To have high interest in the topic and an active participation.
- To have a fluent level of English.
- Have experience in, at least, three KA105 projects.

COST

Travel, accommodation, food, materials, visits, activities... everything involving the Project is covered! So, you will only need some cash for your personal expenses. However, there is a fee of 40€ in order to improve the quality of the project since youth exchanges funds are low.

ACCOMODATION AND FOOD

The accommodation will be the rural house of El Grial, located in Navas del Rey, a town 45 min by car and 1h by bus from Madrid center. The nature and landscapes are very nice in the rural house, and there is a beautiful green path along a river just 20 min away from the accommodation.

Here you have a link of a video of our last project, where you can see how the venue is.

https://www.youtube.com/watch?v=-Bb2YxXbMUY&t=2s&fbclid=IwAR0kGA_jsiUMGtWmFgq_s_vi-K-iPR1MH89HCkPrqS1-e-JJwe16DLmzWQ

Participants will have breakfast, lunch and dinner, as well as food for breaks. A relevant amount of the meals will be the preparations of the workshops. There will be options for people with food restrictions (vegetarian, vegan, allergic, religious reasons, etc.), as long as they point it out in the corresponding form that participants will fill in before the Project, but we also ask you to be understanding.

IMPORTANT: some participants will have to share double beds (with people of the same gender). You need to be understanding because in these camps you do not have the conditions of an hotel. If you want huge comfort, think it twice.



TRAVEL

Participants must arrive to Madrid airport. Once participants are selected, they must look for their trip options and ask for approval before purchasing it; **VERY IMPORTANT**, if you purchase without approval you will be risking to be excluded of the exchange. Up to two large baggage will be allowed per group, meaning you shall share them. Actually, for a short trip like this and since may is a very hot month, this should be enough. You can also hire more pieces of baggage on your own. Obviously, this only applies for the flights (trains and buses do not usually have baggage restrictions).

You can enjoy the travel in order to stay some **more days in Spain doing tourism on your own** (we will not cover these extra days' hostels, food and other expenses). The limit is **4 extra days** in total between the advance and afterwards days.

The logistics to transport participants to the accommodation will be decided the final days before the project once we know arrival time of everyone. We will be in charge of this transportation. We will just tell one hour and one place in Madrid for you to be there.

After the project, travel expenses will be reimbursed. It is **VERY IMPORTANT** that participants provide all the tickets including price. E-tickets are preferred. **VERY IMPORTANT**: For the flight, you will need the **invoice showing the price and the pdf boarding passes**. Get PDF boarding passes or do a screenshot to your e-boarding pass. They expire from your phones after the flight. You might risk the price of the flight not to be reimbursed if you cannot deliver the boarding pass, which is a common mistake. You will send your tickets to us online; we will explain how during the project. Physical tickets must also be included in the online pdf, but also given in hand or by post.

Your tickets will be reimbursed up to the corresponding limit fixed by the EU depending on the distance band:

- **Estonia** 🇪🇺 **360 €**
- **Italy** 🇪🇺 **275 €**
- **Slovenia** 🇪🇺 **275 €**
- **Armenia** 🇪🇺 **820 €**
- **Spain** 🇪🇺 **0 €**

RULES

Basic rules about respecting each other will be mandatory: being on time, respecting the others, cleaning up after yourself, not making noise after midnight, following the accommodation rules, separating wastes, following the workshops and sessions actively. Anyway, in the beginning of the exchange, rules will be presented in detail.

It is very important that potential applicants consider this. There are two goals: learn and having fun. Do not come only with the second purpose. If you do not like cook or do not have interest on cooking, please consider other projects to go.

Serious misbehaviors, such as drugs consumption, violence, sexual harassment, theft or any other will result in us calling the police, excluding you from the exchange and not reimbursing your travel costs.

NOTE: reimbursement can be partially or fully removed to people who:

- Do not take part in the whole length of the exchange.
- Skip the workshops without permission.
- Repeatedly break the basic rules and not respect the warnings.
- Commit any serious misbehaviors.

GROUP'S PREPARATION

Every group will have some tasks. The group leader must act as coordinator in this preparation

- **Intercultural dinner:** it will be celebrated during the first day (29th). Every group must bring typical food and drinks from their country.
- **Cultural nights:** every group will have one cultural night. You will have 30-45 min to present your country through PowerPoint presentations, videos, quizzes, dances, songs, contests, etc. Try to be creative 😊. Do not include here gastronomical information here, since there will be workshops for that.
- **Sessions:** participants from all groups shall prepare three sessions.
 - **European cooks.** In this session, every group must teach the others to prepare a full typical menu from their country. The menu must include two starters, one main dish and one dessert. If there are ingredients that can be hard to find in a regular supermarket in Spain, bring them from your country. If you have doubts, do not hesitate to ask. You must also write the detailed recipes in a document before coming, and publish it in Facebook.
 - **Gastronomical presentation.** In this session, every group will have 30 min to present the gastronomy of their country. You can be creative in how you do it. You can use PowerPoint, Kahoot, quizzes, prepare a workshop, games, etc. Again, please, try to be creative.
- **Group leader's tasks:**
 - They will be the responsible to lead their group in the preparation and implementation of the sessions of their group.
 - They will have to assist to the group leaders' meetings proposed in order to do a proper tracking of the project and adapt the project to the in-real-time needs of the participants.
 - Help out in little tasks during the project, especially if they involve their group.

OTHER IMPORTANT ASPECTS

- **Insurances:** regarding health care and as mentioned in the Participants profile section, participants must hold their European Health Card (EU countries). If you do not meet this requirement when you come to the Project, we might require you to sign a document where you declare that you were informed regarding this issue and exempt us from any responsibility.
- **Weather:** in may it should be hot during the day and good during morning / night. Low chances of rain. You can check google for better and more accurate information (Navas del Rey, Madrid).
- **Communication:** once you are selected by your organization, you will contact us directly with your flight option; once you have purchased your flights and secured your spot in the project, you will be included on the Facebook group and will be required to fill in a form to give us basic information about yourself.
- **Things to bring:** we will provide a list of essential things you might have to bring and you should not forget.

CONTACT

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