

# TASTE YOUR TIME

- Youth Exchange
- 1° April – 7° April 2022 (travel days 31<sup>st</sup> March – 8<sup>th</sup> April)
- Ponzzone (AL), Italy
- 4 participants + 1 group leader per country



# HAVE YOU EVER...

... had lunch in a rush day?

... completed a meal without remembering what you were eating?

... felt that there was «no time»?

Sometimes, with all our tasks, problems, deadlines, it is a common perception to have no time. No time for meeting friends, no time to dedicate to our own hobbies, no time to eat or take care of ourselves.

The idea of this project was born when we decided to stop for a moment our frenetic life and take stock of the situation.





# STOP! TAKE YOUR TIME... TASTE YOUR TIME!!

**The main goal** of the project is the achievement of self-awareness, physical and mental well-being and personal development through food, nutrition and cultural exchange.

We will take a break from the rush of ordinary life and focus on our authentic objectives and intentions.



## JOIN US, IF YOU...

- Are aged 18-30 (if you are applying as a group leader, there is no age limit)
- Live in Italy, Slovenia, Bulgaria, Portugal or Greece
- Are person who experienced being full of tasks and feel the need for taking care of personal health and well-being
- Are motivated to take part in all the phases of the projet
- Would like to bring the results in your local community
- Are an enthusiastic and committed person
- Have a valid Covid-certificate



# WHAT ARE WE GOING TO DO TOGETHER?

Valorising our own time

SMELL

Sensorial experiences

Exploring time

Meditations

Cooking

TASTE

Walking in the nature

Empathy

What's my fire?

Self exploration

Km-0 products

Time and food

SIGHT

Intercultural recipes

Mixing ingredients

Contact with the ground

HEAR

Meeting local producers

Exploring the 4 elements

TOUCH

I am what I eat

Personal tips



# PROGRAMME FLOW

- **Preparation:** work in national groups for the design of a workshop to be implemented during the Youth Exchange. | Setting of the international dinner
- **Youth Exchange:** knowledge about how to eat healthy and eco-friendly, and how to support other people in doing the same | methods and tools to deliver activities with young people | creativity and imagination | ability to communicate in an international group | experience of self-discovery and discovery of the other people | cooperative and creative cooking | walking in the woods | meeting local producers | taste local food | analysing own habits
- **Follow-up:** implementation of local activities sharing the experiences lived during the project | online promotion of the project

# COSTS

- The project is funded through Erasmus+ programme, thus accommodation, food, materials, the programme and the travel costs up to the maximum allowed amount are fully covered.
- According to the rules of the Erasmus+ programme you can get your travel costs reimbursed up to the amount of 275€ (20€ for the Italians). If your travel costs are lower or same as this amount, you get reimbursement of 100 % of your real travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you.
- To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes and invoices (originals). ONLY if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs!
- The reimbursement is done usually approx. 2 -3 months after the project, once you send us the originals of the tickets and took part in all the phases of the project.
- We will only reimburse your travel costs if you participate in the whole project, the follow up and the evaluation after the project.



# VENUE

- During the programme we will live together in a group accommodation called “Ostello di Ciglione” (<https://www.ostellodiciglione.it/>) at Ponzone (AL).
- The accommodation is in 20 mins by bus from Acqui Terme, beautiful city in the province of Alessandria, North Italy. The accommodation is surrounded by nature, chosen with intention to create a calm space for the group to focus on learning from each other.
- Cartosio is a small village near Ponzone, where some activities will be carried out to enter in contact with local culture and to discover ourself and the territory.
- In the accommodation we will be sharing rooms in smaller groups; there is the chance we will be sharing a double bed (if you do not feel comfortable, we will agree at a solution). There is Wi-Fi available. We will have meals 3 times a day; smaller coffee breaks will be available during the day.





# COVID-19 POLICY

- Our intention is that the youth exchange is happening with maximum safety for everyone participating. We will inform you about the current regulations in Italy before and during the project. During the youth exchange we will take care of maximum safety. The venue where we are going to stay pays attention to maximum hygiene. We will ask you to bring your masks ffp2 and there will be disinfectants available all the time.
- Make sure that by the time of travel you fulfil all the current regulations, meaning that you are vaccinated, and you made the tests that are required.
- Before travelling, we will ask you to check the current regulations in your country. YOUth Connect not guarantee the refund of cancelled tickets; therefore, we invite you to stipulate a travel insurance with your airline (that can be covered by the project).





# PARTNER ORGANISATIONS

- GREECE: Ethical Paths - [Ethicalpaths@gmail.com](mailto:Ethicalpaths@gmail.com)
- SLOVENIA: ELU - [sara.drustvoelu@gmail.com](mailto:sara.drustvoelu@gmail.com)
- BULGARIA: Youth Senate Bulgaria - [youthsenatebulgaria@gmail.com](mailto:youthsenatebulgaria@gmail.com)
- PORTUGAL: AKTO – [geral@akto.org](mailto:geral@akto.org)
- ITALY: YOUth Connect – [international@youth-connect.com](mailto:international@youth-connect.com)

# ABOUT YOUTH CONNECT

YOUth Connect is a non-profit youth association that promotes and organises local, international and online activities addressed to youth.

Three principles inspire the organization:

- **Connections:** discovering connections between individuals, groups, organizations and communities, improving communication and analysing and resolving conflicts.
- **Contact:** establishing contact between young people and organizations, in order to achieve the same goals.
- **Change:** little changes help the change of the world.



# GRAZIE

Mail: [international@youth-connect.com](mailto:international@youth-connect.com)

FB: <https://www.facebook.com/YOUthConnectITSK>

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