

Title: Culinary journeys in the corral and cloud

Number of exchange participants: 9 (preferably 5 girls+4 boys)

Age of exchange participants: 15-18 years

Number of guardians: 1+1

Place of exchange: Przemyśl, Poland

Exchange date: April 21-26, 2023

The project we want to do is in line with the assumptions of the Erasmus + program. When implementing the project, we want to indicate the possibilities of production, processing and preparation of dishes from organic products. Organic food is considered healthy and safe because of the way it is produced. Such food is produced without the use of chemicals and artificial fertilizers. By implementing our project, they also want to establish intercultural dialogue, deepen their knowledge among young people about new cultures and foreign languages. Young people will gain practical and theoretical knowledge of organic farming production. Our action is a response to the current ecological challenges and concern for climate change.

In our project, we want its participants to acquire practical skills and knowledge of healthy organic food. Therefore, our actions will be mainly based on practice. On the first day of work, a trip and workshops are planned at the Educational Farm. Participants will take part in ecological and culinary workshops. Young people will learn how to produce organic food in a traditional way. The workshops will be an opportunity to learn about the history and heritage of the Polish countryside. We plan to conduct language workshops the next day. Participation in the workshop will contribute to a better understanding of the partner country and will be the basis for reducing the language barrier. Historical workshops will be another activity. Participants will learn about the history and heritage of Poland, Slovakia and the city of Przemyśl. The next activity will be a trip and workshop on the organic farm. Young people will take part in the harvest and processing products from organic farming. Then, participants will take part in IT workshops organized at the university. They will gain knowledge in the use of new technologies in activities related to the production and production of safe organic food. On the last day of operation, we will conduct culinary workshops. Participants will prepare regional dishes from their place of origin. . Young people from Polish Slovakia will take part in the project. Two groups of young people from each group, 9 people from Poland and 9 people from Slovakia will participate in the project. Young people from Poland are 15-18 years old participants of the 9-13 Labor Corps in Przemyśl. Youth from Slovakia are people involved in Youthfully Yours SK and young people who participate in projects carried out by this organization.

Young people participating in the activities will develop their cognitive skills. Participation in the project will have a large and positive impact on the development of personality and interests of young participants. Through the implementation, young people will gain practical and theoretical knowledge about healthy organic food. Our activity will contribute to the promotion and dissemination of pro-ecological and pro-health behavior. The implementation of the project will affect the cooperation between communities from the participating countries through the exchange of ideas and talks between project participants. Knowledge and acquired skills will surely initiate a change in eating attitude, using healthier and more environmentally friendly food. Participation in the project will allow

young people to build a sense of responsibility for their health and the natural environment now and in the future.

Travel costs: the project provides for funds for Travel using ecological means of transport in the amount of PLN 2310 €

Extraordinary project costs: we have foreseen €380 for the purchase of Covid-19 tests for 9 participants if necessary.

Notes: please bring Slovak flags and traditional recipes. I am also sending the initial ACTIVITY PROGRAMME.