

IL VERDE, IL BIANCO E IL ROSSO SULLA TAVOLA EUROPEA

Summary

If your application is successful, the summary below will be used as the description of your project and will therefore be part of your grant agreement. It may also be used in an official LLP compendium and for other information purposes. Finally, it will be used by the European Commission to advertise your Workshop in the annual Grundtvig Workshops Catalogue. You are therefore requested to formulate it carefully.

TITLE: IL VERDE, IL BIANCO E IL ROSSO SULLA TAVOLA EUROPEA

DATE: 05/11/2012 – 10/11/2012

PLACE: LECCE

THEMS - Volunteering, Health education, intercultural education

AUDIENCE – European citizen from 25 to 45 years old, from Mediterranean's areas where it is strong to establish a nutrition diet.

NUMBER OF PARTICIPANTS: 18

MAIN ACTIVITIES- The workshop objects regarding health education concerning diet and healthy way of life.

The main purpose is to get to know products from the Mediterranean diet focusing on sustainable nutrition models in SALENTO. the area, Salento, historically linked to the production of olive oil, pasta, fruit, vegetables and vine.

The project develops in 3 Paths, each one offers the opportunity to perform different activities:

THEORETICAL PATH

Action 1: Training seminars with volunteers supported by local experts in food and wine heritage.

1. PRATICAL PATH

Action 2: Themed tours

2.1 – Guided tours and testing of products in place of production

Action 3: Workshop

3.1 – **L'albero di ulivo e l'olio-** Olive's tree and oil- (1°- 2° day)

3.2 – **Dalla spiga dorata al primo piatto-** Corn process- (3° day)

3.3 – **Mani in pasta per un giorno.-** Bread workshop- (4° day)

3.4 – **Il rosso in cantina.-** Wine experience-(5° day)

3.5 – **La fattoria didattica.-** Teaching farm- (6°- 7° day)

2. PATH OF COMPARISON

Action 4: Meeting for discussion

EXPECTED RESULTS – At the end of the activities must be achieved the following targets:

- Support the mobility of adult learning and training.
- Strengthening off International relation with organization involved in education.
- Disclosure of an educational approach based on workshop.
- Create awareness regarding health an correct way of life.
- Developed among learners the knowledge of mediterranean diet.

LOGISTIC INFORMATIONS – The participants will be accommodated in Lecce at Hotel TIZIANO. Seminars and meetings will take place in “Officine Cantelmo”, reachable on foot from the hotel.

The itinerant character of the workshop will allow to have everyday meals in different locations, dinners will have an international impression.

The learners helped by chef offer by UNPLI will cook dishes from their own traditional cusine using biological and biodynamical ingredients.