

"FAT" : Food. Art. Track

(Youth exchange KA1 – Program Erasmus+ Youth)

= Newsletter #1 =

Date of the exchange:

22th to 31st October.

Date of the APV:

APV

Venue:

IME mathalin (Chemin du Cougeron, 32000 Auch)
2h00 from Matabiau - Toulouse mainTrain station

Organisations:

FONDATSIA UCHENE ZA PROMYANA / Bulgaria
EURO-NET / Italy
CUBIC - Cultur & Bildung im Context / Austria
La Vibria Intercultural / Spain

Number of participants:

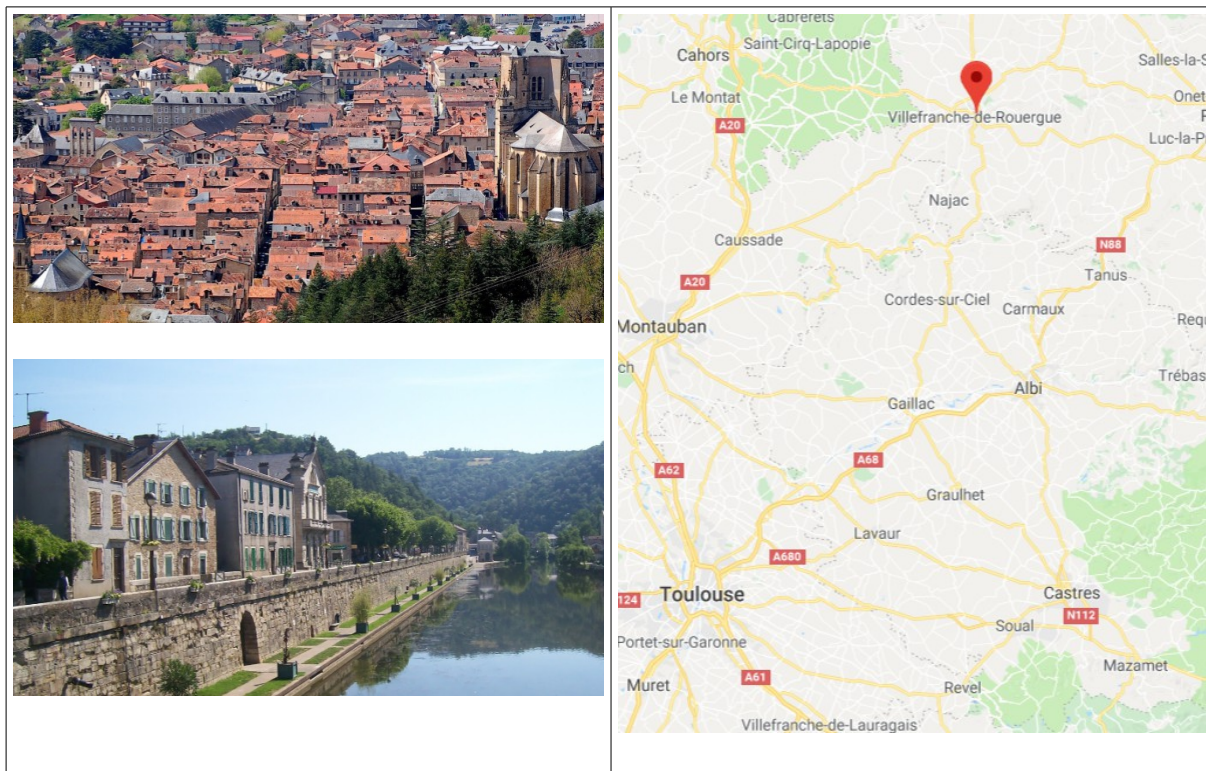
5 young people and 1 leader from each organization.
(Young people (18-30 years old) + 1 Adult/leader (18years old and more – no limits)

Media Commun Occitanie is a non-governmental organization, based in France (Toulouse). This ONG works in the field of non-formal education. Since 2006, we propose and run educational projects and workshops through media (radio, Web-tools...), art with young people and young adult in Toulouse and its Region. Our NGO is members of the French Federation for Unesco since 2015.

Media Commun is willing to present a new KA1 project: an exchange on "cooking" topics and "DIY art". Starting from food, we want to reflect the cultural diversities and reinforce the European citizenship! Participants will cook together, and they will share their own traditional recipes and create a booklet to reflect their experiences.

We want to encourage, develop and promote the mutual understanding between the European young using educational tools, Food, Art and Local culture (as well as any form of its artistically and social expression). We wish to involve them to express themselves individually and collectively through activities (trans-disciplinarily of the artistic practices) in order to make an exhibition.

We will run the YE in Villefranche de Rouergue (20 000 habitants.)



www.villefranchederouergue.fr/

We choice because Agriculture is important in this places... Villefranche de Rouergue has a range of industries, small fabric, famers specializes in food processing, exploiting celebrated regional foods ...

The main aims are to

- Share food cultures, exchange international perspectives about the topic, develop an intercultural competence, Improve lifestyle by learning about healthy products and their benefits;
- Raise awareness about healthy food, foster critical thinking around the topic of the exchange;
- Combine art, food, sound, photo, video... to improve social and civic competence of youth participation at local level (make a cook-booklet: paper and audio version);
- Promote the Erasmus + program in rural area (little town).

Concretely; we will make a cook-booklet: paper and audio version :

- Share food cultures by making meals for the European youth-exchange group;
- Create a cook-booklet (paper and audio one): workshop of sound recording to make audio program for the cook-booklet. And screen-printing/serigraphy in order to print the booklet;
- Be part on a little event from the NGO “les hauts parleurs” ;
- Propose an exhibition at the end of the activity ;
- Promote the activities of the Erasmus + Youth Program.

Where:

The activities will take place in AUCH city :

- [Lycée Beauregard : accommodation and activity places 1 (school)
- [Ngo les Hauts Parleurs (cultural places in the city center) : activity places 2.

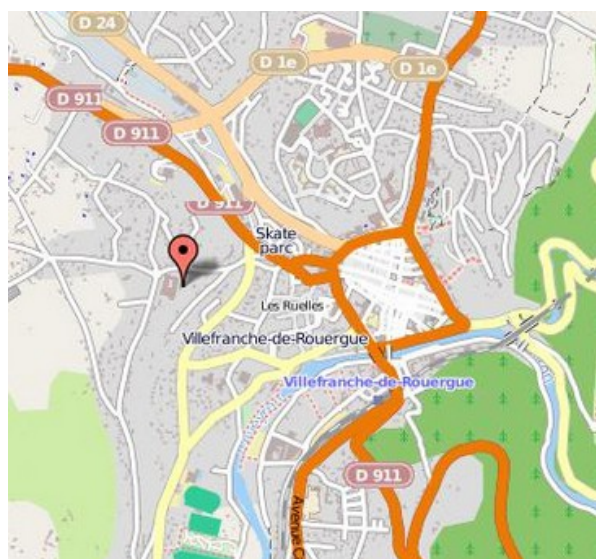
: accommodation - activities places

Direction:

Lycée Beauregard
Côte du Mas de Bonnet,
12200 Villefranche-de-Rouergue

Here, it will be our accommodation and
our lunch/dinner place

What you have to bring:
Sleeping bag/or sheet bed.
2 or 3 persons per rooms.



APV FINACIAL CONDITION.

Country	Leader	From	To	100% Cost (euro)
Spain	1	Madrid	Toulouse	180
Bulgaria	1	Beograd	Toulouse	275
Italy	1	Potenza	Toulouse	275
Austria	1	Innsbruck	Toulouse	275

YE FINACIAL CONDITION

Country	Number of Participant + leader	From	To	100% Cost (euro)
Spain	5	Madrid	Toulouse	180
Bulgaria	5	Beograd	Toulouse	275
Italy	5	Potenza	Toulouse	275
Austria	5	Innsbruck	Toulouse	275

**Toulouse – Villefranche de R. : retrun ticket by train/car : 30 euros more or less
last train about 18h30 from matabiau train station**

About the cost:

Board, lodging and program cost will be provided and paid by grant from French National Agency of the “Erasmus+ Youth” Program.

I need invoice/boarding passes or train tickets for each participant

Reimbursement will be done on base of presented and complete documents:

≥ Original of tickets with all informations:

- name and surname of passenger (necessary for flight tickets)
- price of ticket
- date of transaction
- date of travel
- number of ticket

about the Flight tickets please present together with boarding cards (both way) **and with an invoice. So I need boarding passes + invoices (with name on the both document)** and for the train the same.... (ticket + invoice)

by car please send me an email. (flakultur@gmail.com)

How to get Toulouse:

- [Type of travel: by Plane, train and bus. Travel costs from home to the venue of the project and return. Use of the cheapest means and fares (Economy class,

2nd class train ticket). Travel costs from home to the place where the Activity starts and travel costs from the place where the Activity ends to home.

[Airport Toulouse/Blagnac: www.toulouse.aeroport.fr

[French train company SNCF: <https://uk.voyages-sncf.com/en>

[Bus from Barcelona: *flixbus ouibus (maybe better way)*

French

How to get Villefranche:

[Villefranche de R. is “quite” far from Toulouse.

[French train company SNCF: <https://uk.voyages-sncf.com/en>

Planning draft

see other document draft (next page)

we will work on it during the APV.

Contact and Coordinator Person:

Logistic / Travel / cost: Sylvain - flakultur@gmail.com

<https://mediacommun.fr/>