



Fork and Future

Call for participants

Fork and Future *European Youth Exchange*

Come and dive into the world of **sustainable food** through shared cooking, reflection and exchanges, and discover how our food choices impact the environment, our health and society – all in a cross-cultural and friendly atmosphere!

With the watchwords **discover, exchange, create and share**, you will get to:

- ✚ **Meet** and share moments with local residents, like cooking workshops

- ✚ **Visit** local agricultural and craft production sites and local markets

- ✚ **Take part** in wellness workshops such as meditation in nature



Practicals informations

For who ?

Youth from **18 to 30** years old from **Belgium, Estonia, Italy & France**

When ?

From **Tuesday, August 19** to **Wednesday, September 3**

Where ?


At **Fouday** – 67130
(Alsace in France)

Accommodation and food ?

Accommodation in a collective house with another volunteers. Meals will be provide and cook by the participants in turn. We give priority to vegetarian dishes.

Costs ?

No participation fee – Travel costs will be partially covered according to the Erasmus+ calculator



Take part in group activities & workshops (fun, spontaneous or organised, friendly...)

Discuss and think about food challenges and the importance of balanced, local, quality food ; **explore** more responsible and local practices and choices and improve our well-being, both mental and physical

To conclude our project, **create & co-organise** a "market of the future"! Depending on the creative path we will take together, we'll add photos, podcasts, videos, etc. to our final result



Solidarités Jeunes (SJ)

is a popular education movement and association that places solidarity, voluntary commitment and political will at the heart of its project. Our choices and actions are an affirmation of our vision of a society where progress is first and foremost social, where respect for people and their environment is a fundamental and shared value, and where the freedom to choose, to dream and to resist is both innate and supported.

More precisely, you will live in a **community** and will have the opportunity to participate in the organization of our **collective adventure**: everyday life, cooking great intercultural meals, proposing or/and playing games, organizing our free time... You will be assisted by 2 French facilitators during the project & leaders from your country.

For 2 weeks, through all these **diverse activities**, built in the spirit of **non-formal education**, we will have the opportunity to build together a diverse and collective vision of living and doing together ! Join the adventure !



If you want more information,
please contact Joanna at :

grandest@solidaritesjeunes.org

+33 7 81 74 56 70