



# Call for participant

**Choose Your Food !** *European Youth Exchange*

You are between **18 and 30** and ready to take part in an intercultural adventure ? To meet other European youngsters ? Discover and talk together about how our food goes from the garden to our plates ? Discover different tastes of Europe ? Explore a mountainous and forested region ? Then, come and take part in this project with your **desires** and your **creativity** !

With the watchwords **discover, exchange, create and share**, different activities will be organised :

+ **Meetings & tastings** with committed local producers (bread, vegetables, juices, dairy products, wine, beer, etc.) & visits to local markets.



**Solidarités  
JEUNESSES**  
RÊVER. CONSTRUIRE. TRANSFORMER

## Practicals informations

### For who ?

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

### When ?

From Thursday **August 22nd** to Thursday **September 5th**

### Where ?

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

### Accommodation and food ?

Accommodation in 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

+ **Participative games & cooking workshops** (spontaneous, friendly, organised, etc.) with local people and youngsters (interviews for podcasts, walks, international meals, etc.) while also debates on the quality of our food, the impact of our production methods on our environment, ... Between body and mind ; )

+ To conclude our project, **create & co-organise** an event to meet, exchange and share ideas and tastes: "Welcome to the Restaurant of our Dreamed Europe !". Depending on the creative path we will take together, we'll add photos, podcasts, videos, etc. to our restaurant room ; )



## Solidarités Jeunesses (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 Martin at :

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