



YOUTH EXCHANGE ERASMUS+

CULINARY CROSSROADS

Magliano Sabina, Italy 1-8 April



Erasmus+



“Culinary crossroads”

Magliano Sabina (Italy)

1-8 April 2025



PROJECT'S DESCRIPTION:

Food is considered the element that most easily facilitates socialization and appreciation of different cultures. Currently, we are living in a historical period in which, despite the presence of various ethnic groups and cultures in Europe, integration remains increasingly problematic. Can food and gastronomic experiences help overcome these obstacles and break down social barriers such as stereotypes and prejudices? Can food promote intercultural dialogue?

The project also aims to enhance the local territory through its traditional products. This is not only a way to bring young people closer to their place of origin (helping them appreciate and rediscover it) but also to foster in participants a greater critical and conscious awareness of food.

- Project' objectives -

"Culinary Crossroads" aims to achieve the following objectives by creating an inclusive environment where young people can share and learn from one another:

- Promote social integration and multiculturalism through understanding, collaboration, socialization and the appreciation of diversity;
- Educate on nutrition and sustainability;
- Enhance and rediscover the cultural heritage of the participating countries, including one's own;
- Develop specific soft skills to instill greater self-confidence and belief in one's abilities;
- Reduce stereotypes and prejudices among young people from the participating countries;
- Promote youth mobility, the opportunities provided by the European Union, non-formal learning and a sense of belonging to the large multiethnic and multicultural community called Europe.



ORGANIZATIONS INVOLVED:

Hungary



: Kulturalis Életért Közhasznú Egyesület



Italy



: Gentle Giant



Turkey



: Samandağ Gastronomi Turizm ve Kültür Derneği



Serbia



: Daj Mi Ruku



Poland



: Dom Kultury "KADR" w Dzielnicy Mokotów m. st. Warszawy



PARTICIPANTS:

30 participants will take part in this exchange. Five for each organization plus a group leader. Range age should be preferably from 20 to 26 years old, group leader age should be preferably over 30 years old. Group leader must have experience in youth mobility, reliable, responsible and be able to speak a good English.

Important, for the sending partners:

Due to the specific topic of the project, we need highly motivated participants.

We are not looking for internet and social media addicted, lazy participants or people who see this project as a vacation funded by the European Union.

Instead, we are looking for enthusiastic individuals who are eager to learn more about the topic, actively participate in all activities, have an open mind and are excited to meet new people and build lasting friendships!



LOCATION:



The youth exchange will be held in Magliano Sabina, in Italy.



Magliano Sabina is a municipality in the Province of Rieti in the Italian region Latium, located about 50 kilometres (31 mi) north of Rome and about 30 kilometres (19 mi) west of Rieti. As of 31 December 2004, it had a population of 3,829. The municipality has a rich history, since the roman era and an extraordinary food tradition, especially that one connected with olive oil.





ACCOMMODATION



The accommodation will be in the following hotel:

[EcOstello Magliano Sabina](#)

www.ostellomaglianosabina.it

Via M. Falconi, 2 - 02046 Magliano Sabina (RI)



As for your accommodation, you will be placed in four-bed rooms. Every room has a private bathroom and bed lines are included. Meals will be provided in the structure. All expenses as regards travel (according to the framework of Erasmus+), meals, accommodation and visa are provided by the program!

It is very simple to reach Magliano Sabina. We suggest you to land in Rome.

From **Fiumicino airport**, take the train in the airport and stop in “Civita Castellana-Magliano”. From the airport there are many direct trains (the last one at 21:12) and the route takes 2 hours (it costs around € 11,00). Once in Magliano train station, there will be a public bus stopping 100m faraway the hostel. From **Ciampino airport**, take a shuttle bus (Terravision, SIT or Schiaffini) to Roma Termini, ticket costs around €6. From Termini take a subway to Roma Tiburtina (€1,50) and once you arrived in Tiburtina train station take the direct train to “Civita Castellana-Magliano” (around €5,00). Last train to Magliano from Tiburtina is at 22:00.

Here the website of Italian railway www.trenitalia.com



REIMBURSEMENT:



- ▶ Participants are responsible for booking their own tickets.
- ▶ Reimbursement will be processed once the Italian organization receives:
 - The group leader's report;
 - All travel tickets from national groups;
 - Participants dissemination (include one post before and one after the project on their social, final video dissemination and video interview dissemination);
 - Organization dissemination (include one post before, during and after the project on their social/website, final video dissemination and video interview dissemination).
- ▶ Reimbursement will be made immediately after we receive all the required materials. The funds will be transferred to your organization's bank account.
- ▶ Participants are allowed to travel up to one day before and one day after the official activity dates. However, accommodation and food will not be provided during this personal stay.
- ▶ Participants cannot travel in first class. Only in certain cases is possible to use taxi or travel by car but you must contact the project coordinator first.
- ▶ Before purchasing tickets, participants must submit and discuss their travel plan and expenses with the Gentle Giant organization. The maximum reimbursement for travel expenses is: *Hungary* €417.00/pp, *Serbia* and *Poland* €309,00/pp, *Turkey* is €395,00/pp and *Italy* €50,00/pp. For Turkish participants who require a visa, 200 euros per person are allocated.
- ▶ Any change in the travel itinerary, other than that agreed with the Gentle Giant, must be approved by them. Any changes not agreed upon will not be refunded.
- ▶ Airline, train and bus tickets must include the passenger's first and last name to be refundable. In case a travel ticket is missing, only the outward or return journey will be refunded.



- ▶ During the project, participants will cook dinner for themselves. This dinner will be part of the intercultural night, during which participants will prepare their national dishes. (We need to receive your ingredient list and recipe at least one week before the exchange takes place!) Please consider that the meal must serve 30 people, so pay attention to the quantity of ingredients. We recommend not cooking overly sophisticated dishes—keep it simple but delicious! The Italian organization will provide all the necessary ingredients. Participants will be responsible for cleaning their own silverware and dishes during dinner, as well as maintaining the cleanliness of their rooms.
- ▶ Breakfast will follow the Italian tradition, meaning it will be sweet.
- ▶ Due to the structure of the project, we cannot accept vegan participants. Halal food will not be available and we strongly discourage the participation of individuals with severe food allergies and/or intolerances.



INSURANCE:



We advise all participants that they will need to arrange their own travel insurance. European Health Insurance Card is mandatory to have.
<http://ec.europa.eu/social/main.jsp?catId=559>

PHOTOS AND VIDEO AGREEMENTS

We assume you are aware that this kind of projects are not only for direct participants itself but should be available to the bigger audience and all interested target groups, youth workers and NGOs. That is why we will take a lot of pictures of you and record videos with you during workshops. All mentioned will be posted on various social media, website and Youtube channel.

By participating in the project, you are aware and you consent to the publication of photos and videos in which you are present.

TASKS:



- ▶ Intercultural evening preparation, the participants will have the task of freely preparing and managing their intercultural evening, which will include the dinner. They will define a small timetable with the activities to carry out. They will be able to be projections of videos, games, quizzes, dances, music and anything else that can be useful for the success of the event. Furthermore, we recommend you to bring some typical products from your nation/town (food, beverage gadget and so on);
- ▶ "NGO FAIR" the national groups will have the task to introduce their organizations to the others during the mobility week (to strengthen international cooperation between the ngo here involved) sharing their histories, missions and whatever could be interesting to know. They can use brochures, flyers, power point presentation and so on;
- ▶ To prepare one energizer:
- ▶ Send to the Gentle Giant, maximum one week before the project, the ingredients list for your national dinner.

CONTACTS:



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