

KITCHEN ABC

2019-1-HU01-KA105-060704

Booklet



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„Contents of the project do not necessarily reflect the opinion of the European Commission or the Hungarian National Bureau, whose responsibility do not cover the scope of the project.”



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Kitchen ABC

The Erasmus+ Program¹

Erasmus+ is the European Union's program for education, training, youth and sport for the period of 2014-2020. It integrates seven different programs within the EU into a more complex system, providing a strong network of cooperation amongst every branch. The current program has a budget of 14.7 billion euros and supports numerous projects throughout the continent. Thanks to a more simplified code on finances, organisations can apply for the grant easier – thus, nearly 4 million European citizens could benefit from the program.

Almost 10% of the youth is eligible to apply, which means that over 500.000 young applicants can take part in the program.

According to the program, the most important aims of any project should include the following: developing key competences of the youth; increasing their presence in the democratic public life and on the job market as well; activating intercultural communication; encouraging social accepting and solidarity; forging a strong relationship between youth and the job market; improving youth work conditions; supporting youth policies; distribution of results; increasing visibility and broadening capacity for youth living in countries outside of the EU.

The Erasmus + program aims to address the contradictory yet interrelated problem of labor shortage and unemployment by providing participants with learning, training and experience opportunities. At the same time, it improves the quality of the European education, vocational training and youth support system, fostering the professional development of education professionals and young workers, and closer cooperation between education and the world of work.



¹ A fejezetben szereplő képek és szöveg forrása: www.eplusifjusag.hu

In Hungary, the Erasmus+ program's education and training chapters are coordinated by Tempus Public Foundation, while NCSSZI Erasmus+ Youth Program Bureau is the office for the youth chapter.

Applicants are welcomed to apply in the following three categories of Erasmus+:

- Mobility of Individuals (KA1),
- Cooperation for Innovation and Exchange of Good Practices (KA2),
- Support for Policy Reform (KA3).
- Applicants may apply in three subcategories within the KA1 – Mobility of Individuals categories:
 - Mobility for youth workers
 - European Volunteering Service
 - International youth exchange programs



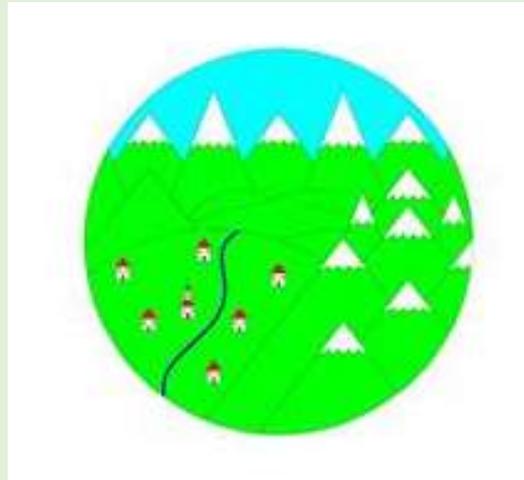
The program called „INTERNATIONAL YOUTH EXCHANGE” targets youth between the ages of 13-30 and gives the chance to participate in a training program that is at least 5 and at most 21 days long. The main aim of the program is to let the youth participate in a training that deploys various non-formal learning methods to improve their competences in various fields, depending on their field of interest.

- Youth realise projects and prepare them before the youth exchange program jointly.
- The exchange program offers an opportunity for participants to get to know new cultures, customs and ways of living, thus enabling them to strengthen their competences and improve their solidarity and democratic moral code.
- A project can be realised with a bi- or multilateral cooperation between different EU and outside of EU countries, and it has to take place in one of the participating countries.



Participating organizations

Kárpátkanyar Association



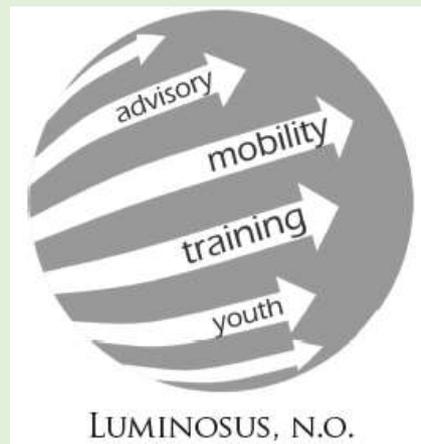
The Kárpátkanyar Association is a new organisation which was founded by ardent young adults in 2015 Sepsiszentgyörgy to protect their environment, and the most significant values of the Kárpát-medence. Our members before this work at other organizations as volunteers. They didn't give up these jobs, but they thought the earned experiences will more effective in a collective organization.

Our members have wanted to make a collaboration for the karpatian and karpat-medence's tourism, cultural, social, educational, gastronomy, charitable and environmental protection activity improvement, popularization, organization.

Our main aims to protect the natural and constructed values in this regio. And also to protect those people' identity who live there, to get know with others more about the several ethnic groups' culture, therefor they might be closer for a greater purpose. We think it is important to assure same possibilites for the poor, help them, support them, and also make awareness raising campaigns.

More over our main activity to organize several trips for to get more knowledge about our home. This have other goals too for example to activate the citizens mainly the youth, and to interpret those countrysides, values which can be dissappear without encouregment. And It's also support the traditional agriculture, local production which they can aquire during the programs.

Luminosus, n.o.



Luminosus n.o. is a non-profit organisation founded in 2008 with the aim of helping Bodrogköz and the Ung region to make significant societal, social and cultural progress. Their main activities include the organisation of English language courses (for every age group at every level), the organisation of seminars and conferences, tender monitoring/ writing/ implementing, counselling in EU training programs and tenders. They also closely cooperate with European host institutions participating in the Life Long Learning – Leonard da Vinci program, plus they function as an ECL regional language centre. The organisation has been working with and for the youth for long years, keeping a close eye on their job market opportunities, while also trying to insure their future, be it their homeland or abroad. They have many years of experience in organising youth exchange programs. Luminosus have organised an Erasmus+ program in Slovakia in 2017, and they also participated in several other programs as partner organisations, both of which providing the necessary amount of experience needed for organising a youth exchange program.

Fundacja Szkoła z Kultúra- 'Szkoła z Kultúra' Foundation



“Szkoła z Kultúra” is a foundation started back in 2015. Its main aim is to support educational activities in the schools of Jablonka, with a particular focus on culture and sport. This also motivates and supports students to take part in volunteering work.

Students collect donations, clothes and food for those in need. However, the aim is not only to help people but animals as well. Youth taking part in the project are truly involved in the issue of animal rights and they would also like to share their experiences with youth from other European countries.

The school also organises events themed around ecology in order to raise the youth’s awareness about humanity’s impact on the environment (global warming, pollution etc.). Personnel actively engaging in the work of the foundation are teachers of the school complex. Many of them teach subjects related to a specific profession (economy, cooking, architecture etc.). Apart from implementing their lesson plans, every teacher of the school complex plus those teachers who take part in the work of Szkoła z Kultúra Foundation educate their students and raise awareness to topics such as animal rights and the fight against animal cruelty.

One of the team leaders in the project is an English teacher who is also responsible for maintaining cooperation with other countries’ organisations, and who has taken part in numerous professional trainings which focussed on issues such as the improvement of youth employment and finding partners for future projects.

II. Ferenc Rákóczi Transcarpathian Hungarian Institute



II. Ferenc Rákóczi Transcarpathian Hungarian Institute has grounded for 18 years, chosen by the students on a democratic election, which is independent from political parties and works as an youth civil service, its activities are for the society.

Main tasks:

- They stand for the students' interests regional, national, at the Institute, at international services
- make and support culture, youth, travel-connections home and international civil services in addition make partnerships with other services(educational institutes)
- support cultural, professional, public and sport activities to the institute's students, also support the traditions and make new ones
- coordinate the life of the institute, for instance.: to give information about competitions, scholarships, jobs for students and other opportunities.
- make chance and opportunities for the youngsters, in this way we can support their lives
- moreover, make cultural events for example proms, parties, and other events (freshmen camp, student days, prom)
- It's activities are extensive and their partnerships are strong. Their members, volunteers and the youngsters have large potential. Their numbers are increasing, their potential, connection and experiments are diversified. These youth arrive several times in Hungary and they have opportunity to know more about the Erasmus+ programs.

Kárpátikum Foundation



Eger-based Kárpátikum Közhasznú Alapítvány was founded in 2006 and currently has 5 affiliates in other counties apart from the headquarters. Its projects focus on the following areas:

Researching and spreading the innovative methods of regional development. Helping closing up those regions lagging behind socially and economically by applying well-known and well-working examples from the European Union in local environments and also by mobilising the youth and strengthening their social responsibility.

Forming a nature- and society-friendly mindset within the communities in the Carpathian basin; strengthening a sense of national belonging. Both aims revolve around activities focussing on training and motivating the youth.

The organisation has already realised several, mainly sustainability related programs: popularising renewable energy sources, training regional developers, developing underdeveloped local regions, supporting cross-border Hungarians, photo contests, popularising environmental protection and organising camps.

„Kitchen ABC”

The Kitchen ABC exchange program aims to create an intercultural lexicon by the young people from five countries with non-formal and informal learning methods, while collaborating and learning from each other. It's about to represent number of values: it contains sustainable, environmental friendly, global, european and local values; helps the job creation for young people; provides opportunities and shows dangers as well.

Our important goal is to enable a number of disadvantaged young people to participate in critical thinking empowerment programs where participants jointly design, implement, and jointly evaluate and promote their work.

The Kitchen ABC 9-day-long international youth exchange was organized in a non-formal learning environment with 45 participants from five countries (Poland, Hungary, Romania, Slovakia and Ukraine). 9-9 participants from each country.

We included 3 disadvantaged participants from Poland, 6-6 from Hungary, Romania and Slovakia, and 9 from Ukraine. To make the project more effective, we also organized a preparatory meeting with a total of 10 people.

After learning about the importance of the European Union, the Erasmus + program, the Youthpass and the key competences, kitchen-themed days followed.

After reviewing the food ingredients, we compared global-local relationships. We have explored the complex utilization of the kitchen and its ability to create jobs with innovative and creative tasks and provided the opportunity for our own analysis. We had an international day, showing the diversity of our kitchens, craft activities and product demonstrations. After analyzing the relationship between forests and the kitchen, we also called attention to dealing with hazards. By attending good practices, we raised awareness of the knowledge we have gained, and we have also sought to enhance creativity in Eger, Poroszló and Bükk National Park. As well as summarizing what has been seen and learned, it is very important to mention that we have documented learning and added new knowledge to our lexicon every day to create an innovative product.

Key competences of the project

Non-formal and informal learning methods were used to facilitate the development of competences. Our exchange program provided opportunities for young people to develop their competences, to become acquainted with new cultures, habits and lifestyles, to be tolerant, to develop initiative and to achieve these through peer learning method.

During the exchange, we sought to mutually motivate young people and to collectively strengthen their new knowledge. We provided an opportunity for the education of democracy and to establish the potential of common work together.

Several key competences were decisively present in our exchange program, and they also affect their lifelong learning.

Foreign language competence: All events were held in English, but the languages of the 5 participating countries were also used throughout the project.

Science competences have also been developed, and **technological competences** have also come to the forefront. It is very important to place the emphasis on science, as this year the young people of the 5 countries perform less well in the different surveys. They will be able to think locally and globally.

In the case of **entrepreneurial competence**, a positive change has taken place, however we felt this was the most difficult task. It was also our aim to utilize innovations caused by external factors in the future.

Learning to learn and highlighting its importance has been an important part of the project. Following teamwork, project work and peer learning, we felt it was important for young people to be able to apply the new knowledge and skills at home, in the workplace, in education and later in a business.

Interpersonal and civic competences gave young people the opportunity to try themselves in an intercultural environment, as they were able to get to know, learn and embrace different cultures, which help them to integrate into their communities. In the evenings' cultural programs, all young people gained insight into European diversity, but in addition, many program elements developed their relationship with internationalization.

For the sake of intercultural learning, we organized cultural evenings where participants could discover each other's traditions by presenting local food, music and job-creating short films, and of course, **cultural competence** developed there.

Digital and mathematical competence were present throughout our project, and logical and critical thinking was also strengthened..

Program

Day 1.

- Arrival: Presentation of the accommodation, room allocation
- Greeting from the host organization, explaining the project objectives, and the policy of the accommodation and the exchange, than a common repetition of the code of conduct. Accident prevention education. Weekly program plan: The program plan has been posterized in the common room. Filling questionnaires in the knowledge and methodological of the topic.
- Introducing the participating organizations in an interactive form. (*Development of interpersonal and civic competence*)
- Games to get to know each other: In the first game, we tossed a ball to learn each other's name, and in the second game, we made a circle, with the one in the middle telling us his/her name and a statement about him/herself. To whom the statement was true, that had to sit in another chair. The one who had no chair was the next in the middle of the circle. (*Development of initiative, interpersonal competence*)
- Diversity Lesson: We learned the key words in the languages of all 5 countries: Hi, hello, thank you, please.
- Reflection: discussing daily events, questions, ideas
- 'Get to know each other' - night: Handing over gifts. Young people had the opportunity to get to know each other outside the programs.

Day 2.

- Energizer: We continued our training outdoors in a morning gym.
- Getting to know the ERASMUS system: This is an introduction to the ERASMUS system and why it is good to participate in mobility projects. Description and structure of the YouthPass certificate. Distribution of study booklet.
- The concept and characterization of peer-learning; Learning the 8 key competences through jigsaw puzzles (5 languages and English are displayed). (*Foreign language competence were developed and learning to learn were focus*)

- Roundtable Discussion: We defined common goals and defined how a "kitchen ABC lexicon" should be built. (*Learning to learn is based on competence and teamwork*)
- Drawing task: Young people tried to show the structure and environment of a modern kitchen in a way that they considered important. (*Own analysis, creativity comes to the fore*)
- Reflection and blog writing and learning diary.
- Coordination workshop: We discussed and briefly evaluated the activities of the last two days and discussed the tasks of the next two days.
- 'Get to know each other' – night 2.0: Astronomical presentation of Richards Novák (Kaptárkő Association), followed by situational exercises and a musical, dance evening.

Day 3.

- Energizer: Morning gym in the form of refreshing exercises.
- Food ingredients (3-3 specialty food ingredients per country) - Finding their international equivalent proved to be a difficult task (*Strengthening creativity and intercultural competences*)
- Statistical quiz game on interesting food data from countries in "mixed" groups. (*Mathematical competence comes to the forefront*)
- Global vs. Local: 5 big issues were debated (organic food, pastries, vegetables, fruits, mineral waters) and an impartial jury decided that the global team won with a few points. (*Improved communication and discussion, conflicting opinions*)
- "Say it in a song": Using the melody of an international hit, lyrics have been spent on the protection of global or local food and sung. (*In addition to developing foreign language competence, creativity is also a high priority*)
- Diversity Hour: Planting the tree of the exchange at the hostel
- Reflection, filling in a learning diary
- Slovak cultural evening: presentation of Slovak culture and gastronomy.

Day 4.

- Common morning gym
- Complete crosswords on the theme of the day: local products, specialties
- Poroszló strudel house: working together: making betyárbatyu together. (Focus on local added value and creativity)
- Visit to Eszterházy Károly University, Eger, where we tested several measuring instruments under professional and methodological guidance (technical-technological competencies developed)
- Ferenc Tóth's business. We got to know Eger's most important product: grapes. Together, we looked at the key aspects of processing, as well as business opportunities related to viticulture, as well as non-governmental contact points. (Focus on entrepreneurial competence)
- Nature Hour: Herbs were introduced and needed to be recognized. (*Development of foreign language competence*)
- Reflection, learning diary
- Coordination workshop: We discussed and briefly evaluated the activities of the past two days and discussed the tasks of the next two days.
- Hungarian cultural evening of the host organization. Surprise: dance house!

Day 5.

- Common morning gym
- The kitchen as a job creator: Designing businesses that are connected to the kitchen, taking into account the previous day's experiences. This was introduced through a role play by young people. (*In addition to entrepreneurial competence, creativity also appeared in the work*)
- Kitchen businesses in pictures: video presentation. (*Problem solving and critical business ideas come to the fore, and own analysis*)
- Innovations and traditions in the kitchen: Designing businesses in a complex way. The creation of 10 jobs was the focus of the task. (*Entrepreneurship Competence*)

- Label Design: The label for a kitchen business was designed by young people. (*We have developed entrepreneurial competences and initiative.*)
- Diversity class: we had a "fox hunt" and had to look for herbal stickers in the large courtyard of the hotel.
- Mid-term evaluation: Roundtable discussion.
- Introduction of Polish gastronomy: a cultural evening of our Polish friends

Day 6.

- International Morning: Famous photos of international cuisine and their place on a map. (*Digital competence and interculturalism*)
- Indian restaurant in Eger: Interactive restaurant visit followed by lunch! (Own analysis)
- Visit to a furniture workshop and design kitchen furniture at a basic level. (*Technological competence developed*)
- Craftwork: We created several tables where we did crafts, led by our volunteer drawing teacher. Young people could practice many innovative elements. The best creations have been added to Kitchen ABC
- Diversity Hour: Exhibition of handicrafts
- Reflection, learning diary
- Coordination workshop: We discussed and briefly evaluated the activities of the past two days and discussed the tasks of the next two days.
- Strengthening cultural competences, this time we had a Ukrainian cultural evening.

Day 7.

- Energizer: morning gym
- Importance of forests, forest fruits and mushrooms. (*development of critical thinking*)
- Safari bus trip for two hours in the Bükki National Park around the hostel, the participants talked to each other about their own natural environment: the peer learning method prevailed
- Diversity Hour: Photos taken during the tour

- Creating the future: the groups have jointly formulated their common goals to protect the forests. (*critical thinking and self analysis*)
- The groups learned about the forest products of each country, such as honey, syrups, jams, etc. From these we have selected products that do not contain preservatives or other substances. We tried to find the "healthiest" product. Finally we tasted them.
- Reflection, learning diary
- The last cultural evening was held by the Romanian group.

Day 8.

- Gym on the field
- Dangers in the kitchen: After a brief introduction to the Ukrainian group, electrosmog measurement at the hotel. (*direct observation and strengthening of technological competences*)
- We had a round table discussion of the global and local issues we encounter in kitchens. We organized this exercise outdoors and put the herbs in the center.
- Just like on the second day, we had to draw a picture of the surroundings of our kitchens. The task illustrated the progress of the days.
- Finalizing the learning booklet, discussing the results and effects of the exchange
- Diversity Hour: Characterizing Other Cultures (Interculturalism)
- Coordination workshop: We discussed and briefly evaluated the activities of the past two days
- Farewell evening: We parted with the dance party last night. Dance house again on request!

Day 9.

- Evaluating the exchange, closing reflection: Everyone was able to share their experiences, competencies, skills and knowledge. This is important feedback for the project organizer so we know what to look for in the future. Topic knowledge questionnaires were completed to measure the effectiveness of the exchange.

- Dissemination of results: We discussed how we will disseminate the results of the project and outline the brochure.
- Discuss future collaborations.
- Issuing YouthPass Certificates: In a short evaluation, trainers evaluate how young people have progressed, what competences they have developed and what new experiences they have gained. Subsequently, the idea of the next Youth Exchanges was discussed.
- Farewell: After a short photo session, the participants left home.

We believe that the youth exchange was successful, with each participant gaining a lot of experience and knowledge over the nine days.

„One sentence about the exchange”

On the last day we asked each participant to summarize in one sentence what the "Kitchen ABC" Youth Exchange was for him / her:

Romania:

- It was great I learned a lot about kitchen
- Very useful tasks. I liked the games with herbs and the safari bus!
- Delicious meals by the participants, very tasty local foods. The participants were better in cooking than the hotel. ☺

Ukraine:

- The evening programs were the best!!! Cooking together is fun.
- Everything was great, I really enjoyed the programs.
- I'm happy I met many great people. My favourite part was the strudel-making in Poroszló.

Slovakia:

- Retro accommodation, with insects. I enjoyed the programs outside.
- Polish local food is very special, I hope we will cook together again and they teach the recipe. ☺
- The herbal recognition was very funny, I didn't know there are so many of them! ☺

Poland:

- It was great to get to know people from other countries. Hungarian dance house was really FUN! It is hard but very nice.
- I didn't like the hotel, it was dirty and smelly also the meals were fatty. I preferred our own meals we cooked.
- It was my first english-language exchange and it was very good. I was afraid I won't understand anything but I learnt a lot and met some very good people from other countries.

Hungary:

- My favourite part was the dance house and the handcraft workshops.
- Fantastic people! I learnt a lot from everybody. Thank you! (now I can say it in 5 languages ☺)

Photo-documentation











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**Felsőtárkány,
12.10.2019. – 20.10.2019.**