

Eat Smart Food Fair // Palermo

8-13 September 2013

General programme of the Food Fair

	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6
AM	Arrivals	Introduction to the project, Screening of the documentaries and discussion about the local workshop	Preparation of the cooking workshops Coordinators meeting	Cooking Workshops at La Città del Gusto	Visit with Association Libea Terra	Departures
PM		Culinary-cultural visit of the City. Meeting with Chef Peppè Giuffrè	Buying ingredients needed for the workshops Coordinators meeting	Preparation of Eat Smart Food Fair Public Event > Evening < Public event at Nuovo Montevergini theater	Final Evaluation, Planning of next tasks	

Daily Report and Evaluation By Participants

DAY 1 / Sunday September the 8th / Arrivals day

Objectives:

- to know each other better
- to set up the best logistic conditions for the participants

MORNING

The French groups arrived in the morning and had the possibility to discover freely the city of Palermo.

AFTERNOON

Italian and French groups meet at the end of the day and took part together in an ice-breaking activity.

DINNER

Italian and French groups had dinner at Sicilian restaurant *Baciamo le Mani*, located in the city centre.

Chinese and Vietnamese participants arrived later on in the evening. They were picked up at the airport and brought to their accommodation place.

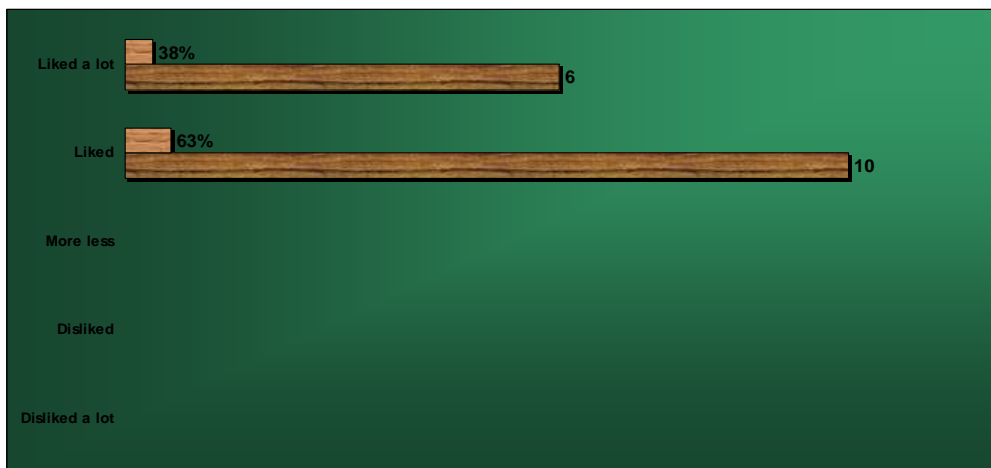
DAY 2 / Monday September the 9th / XXX

Objectives:

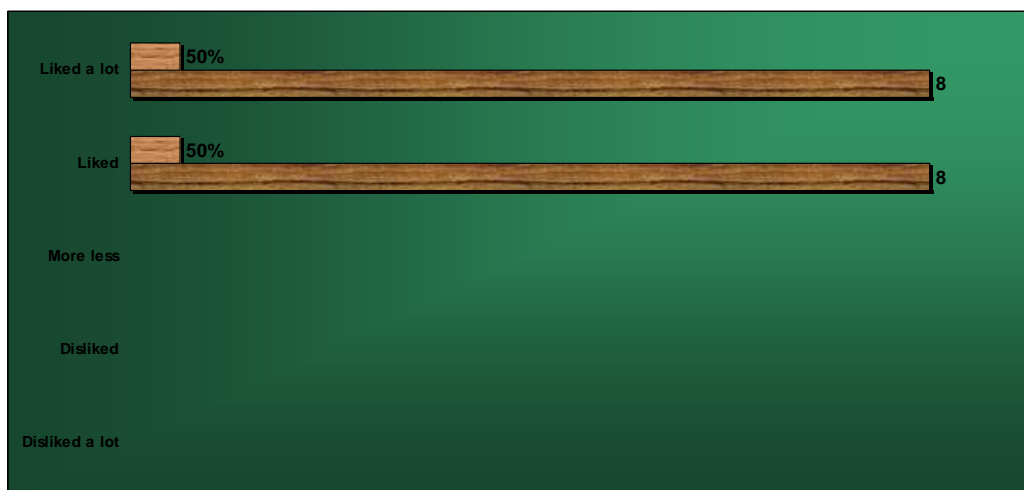
- to know each other better and create an effective group cohesion
- to set up a good learning and working atmosphere
- to detail and clarify the programme and objectives of the Food Fair
- to learn from the results of local work achieved, within the whole group
- to confront local realities with the aims of Eat Smart

MORNING

1. Ice-breaking activities and introduction to the Food Fair.



INTRODUCTION TO THE FOOD FAIR



ICE-BREAKING GAMES

The following activities took place:

- Introduction by Vito La Fata, President of CESIE
- Roundtable of names
- Introduction by the project's coordinator

-Energizer:

The animal calls: the participant are given an animal name secretly, among these four: snake, rabbit, elephant, chicken. They have to close their eyes – this is controlled by the trainer – and find their other animal peers, just by shouting the animal call. At the end four groups are made and all of them are asked to make a nice animal sound for the whole group.

-Ice-breaking game:

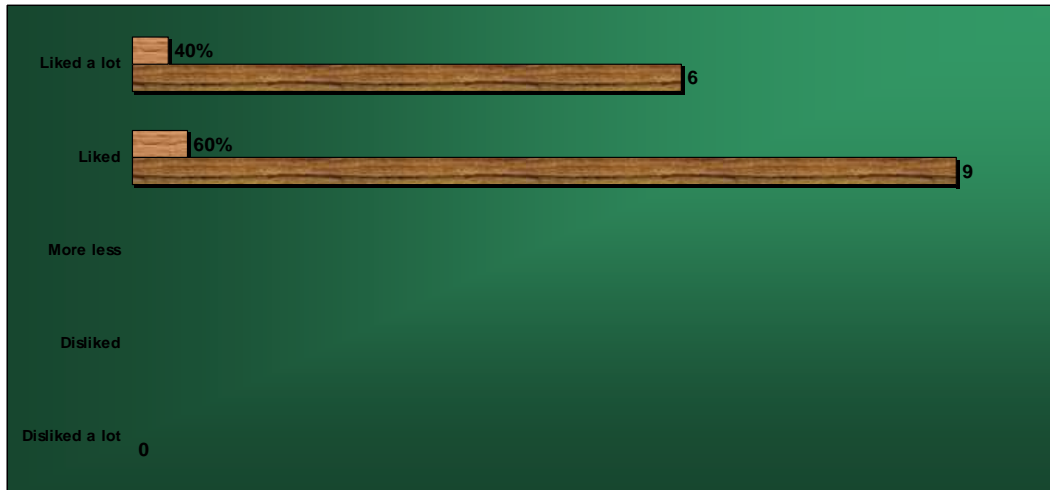
Speed dating: Participants draw a clock on a blank sheet of paper, with 6 different times (2, 4, 6, 8, 10 and 12pm). They are left 5min to set up 6 appointments with 6 different persons. This made, the trainer announces what time it is, and leave 2 minutes for each meeting, with the following discussion topic:

- Why are you here?
- What is your occupation?
- What is your favourite dish?
- What is the strangest thing you have ever eaten?
- If you were an animal?
- In which colour would you paint the world, and why?

2. Presentation of the schedule

The detailed programme of the week was presented to the group, through a powerpoint presentation. Questions and specific issues were discussed, in particular the preparation of the Cooking Workshops and Eat Smart Food Fair Public Night organized on DAY4.

3. Sharing of local work and documentaries.



DOCUMENTARIES AND LOCAL WORKSHOPS

Since the time was too short to watch all documentaries, we chose to screen only extracts of them and discuss them one country at a time, while they were screened in the room. All national groups were asked about how the local activities increased the awareness of youngsters about the need to revisit culinary traditions and be careful to have a healthy lifestyle starting by eating healthy food; as well as how they introduced responsible consumption issues in their workshops.

All documentaries can be watched here:

[Eat Smart, East meets West for sustainable food lifestyles](#)

www.youtube.com/playlist?list=PLivtOKkDMT26WKGnlvjXukJQFsa3D1ihL

Vietnamese group:

The local working group approached the workshops through the relationships between young people and elderly ones, by organising a dinner for elderly, prepared by the young participants. Also interactive games were used to raise awareness about healthy food. At last an eco-village was visited to deepen the topic.

French group:

The group visited a local farm applying sustainable practices. They organised cooking activities with kids in a retirement house, and games to promote healthy food and the way to have fun through cooking it.

An expert transmitted knowledge about the importance of taste and sustainable production methods, and the participants visited a local shop offering local products.

Chinese group:

The group visited a plantation of blueberries, which is a new trend in China. They used to be imported with the environment impact that we imagine, and are now grown locally to reduce the transport distance. They also set up cooking workshops applying the principles of Eat Smart. A nutrition expert provided knowledge and advice to link eating habits and health.

Italian group:

In Palermo, the local working group visited different places in which food is sold, a regular market and a market of local products. They interviewed people in the street and collected opinions about responsible consumption habits. Traditional cooking workshops took place in a famous pastry shop of Palermo. Finally, Italian participants visited an organic farm.

LUNCH

It took place at Villa San Giovanni, in which traditional food was served.

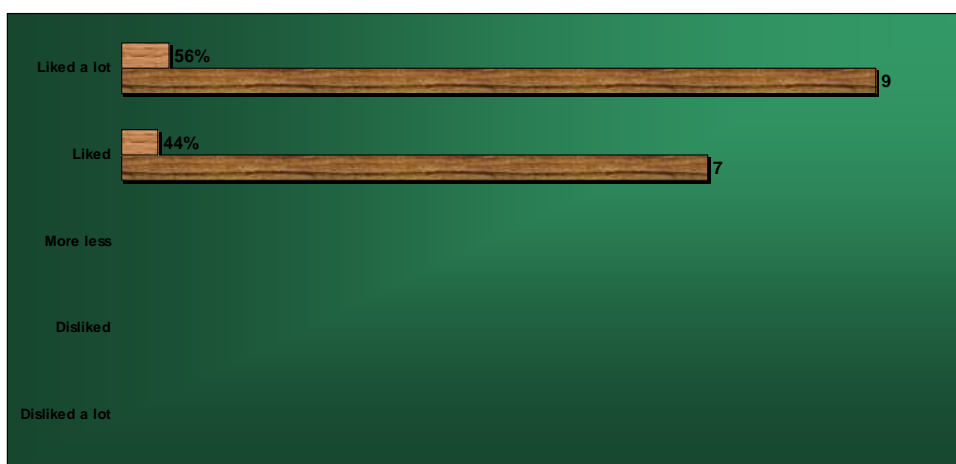
All dishes were explained by the Chef who came personally to describe the ingredients and way of cooking.

AFTERNOON

A culinary-cultural visit had been organised specially by renowned guide Jean-Paul Barraud.

After the didactic lunch, the participants were presented few important location of the City: the Normans Palace, the Cathedral, iQuattroCanti, Piazza Bologni.

They then gathered on the roof of the Restaurant La Rinascente, were works internationally famous chef PeppèGiuffrè. There, a *cassata* (Sicilian dessert made with cream, sponge cake and crystallized fruits) was made live by him in front of the participants, who had the chance to taste it then. The chef PeppèGiuffrè and the Chefs participants exchanged about traditions of pastry in their culture.



CULINARY-CULTURAL VISIT

DINNER

Pizza at *Beati Paoli*

DAY 3 / Tuesday September the 10th / Preparing the workshop and Eat Smart Night

Objectives:

- together specific information useful for the cooking workshops preparation and implementation
- to set up the logistic preparation of the Eat Smart Night
- to discuss specific aspects linked to the coordination of the project

MORNING

The participants were divided in two groups: video makers and cooks.

1. The video makers decided on how to set up the shooting and photographs of the day after (workshops and evening event).
2. The cooks (+other participants) were asked to come up at the end of the session with the following elements:
 - recipes considered for the cooking workshops (in English) including photos
 - preparation timeand schedule
 - ingredients needed &quantitiesspecific tools needed
 - how to involve the participants
 - organisation of the group and division of tasks during the workshops

After that, the Chefs and other participants went to visit the place where they would have held the culinary workshops on the next day in order to plan how to use the space there: the kitchen of La Città del Gusto.



PREPARATION OF THE WORKSHOPS

LUNCH

Organic lunch at *Café Garibaldi*

AFTERNOON

Cooks and other participants went to buy all products needed for the following day and brought them to the kitchen of La Città del Gusto.

Coordinators had a meeting in which they discussed administrative issues, feedbacks by the financial coordinator of CESIE was given individually to all coordinators about the financial reports that they provided for the first half of the project. The next steps of the project were planned (local events, final meeting in Vietnam, dissemination activities).

DINNER

Sicilian dinner at *Il Vicolo*

DAY 4 / Wednesday September the 11th / The cooking workshops and the Eat Smart Food Fair Public Night

Objectives:

- to promote healthy food and sustainable consumption habits through: 1/active participation and learning by doing; 2/transmission of information awareness raising through different channels (watching the 4 documentaries, tasting food, discussing with participants, viewing the “live cuisine” session)
- to reach a high quality of the organisation and logistics activities which were new to some of the participants
- to reach a high quality of the workshops contents, and an effective participation of all the participants
- to ensure a large diffusion of the results of the project during the Eat Smart Night
- to discover new tastes, and foster intercultural dialogue through eating, between Italian audience and Chinese, French, Vietnamese participants

MORNING

At 9.45 participants arrived in the Palazzo Branciforte and were welcomed into the kitchen of La Città del Gusto. The latest has 12 cooking stations which were enough for our 3 workshops.

The attendance list was full before the event (5 persons for each of the 3 workshops); 2 participants of the Chinese workshops did not show up.

After an introduction of the project and of the morning activities, the cooking teams started to work and prepare their dishes. All recipes, ingredients and pictures of dishes were set up on the cooking stations.

Participants were 13 (2 men and 11 women), from all ages. On each workshop, one Italian translator was present for participants who did not speak English.

CHINESE WORKSHOP			
Description	Only 3 participants took part. The Chinese team divided and chose to make two dishes at a time with two cookers each. Participants could move freely from one to another and took part to the preparations.		
Difficulties	One participant was vegetarian and was a little reluctant to cook meat pieces. Slower communication due to the language barriers.		
Success	Great interest and curiosity of participants, who discovered and learned unknown dishes and cooking methods, far from what they imagined before.		
CHINESE RECIPES			
Pot-stewed dish	Tea eggs	Cold noodle	Black Salad fungus
<ol style="list-style-type: none"> 1. wash all the ingredients 2. cut the potatoes into slices 3. boil the water, 4. then put all the ingredients into it separately for 1~2 minutes 5. prepare another pot 6. add the spices (staranise/ cinnamon/ginger/shallot) and soy sauce, rice wine, salt add water, just above the ingredients 7. use high fire to boil, then low fire to stew for 1~2 hours 	<ol style="list-style-type: none"> 1. boil the eggs, then knock the egg shell 2. boil the water, put staranise, tea leaves/salt/ soy sauce into it 3. put the eggs in 4. boil with high fire, then low fire to stew for 30 minutes, then put down the fire, 5. let the eggs soak for several hours 	<ol style="list-style-type: none"> 1. boil the noodle, and put them into cold water and quickly get them out, dry them and stir with small amount of oil. 2. heat the oil, add staranise, peppers, shallot, ginger, stir fried, then get them out 3. add minced meat in, stir fired 4. put the soy bean sauce, stir fried, put water above the meat, then boil 5. add sugar, boil with high fire, until there is no water 6. put the sauce just made on the noodles, put celery, shallot, cucumber, sesame on the noodle 	<ol style="list-style-type: none"> 1. add black fungus into cold water, until it becoming soft 2. put them into the boiled water 3. get them out and put into cold water 4. stir them with soya sauce, vinegar, pepper powder, sesame oil, sugar

FRENCH WORKSHOP	
Description	French has chosen quite complex dishes, requiring long time preparation and the use of the oven. They started right away the two first dishes, under the supervision of their chef. The latest divided himself the tasks between the participants and the rest of the team, and helped whenever it was necessary.
Difficulties	Long time preparation of the pastry, which wasn't finished in time.
Success	Demonstrative preparation of the "choux" and of the caramel thrown in the air to make thin threads. Good participation and communication with Italian participants, due to the cultural proximity.

FRENCH RECIPES

<p>Quiche Lorraine</p> <ol style="list-style-type: none"> 1. Preheat oven to 200°C. 2. Lightly grease a fluted 3cm deep, 23cm (base), loose-base flan pan. 3. Line base and sides of flan with pastry. Trim excess. Line pastry with baking paper. Half-fill with dried beans or rice. Bake for 10 minutes. Remove paper and beans. Bake a further 10 minutes or until golden. 4. Heat oil in a frying pan over medium-high heat. Add onion and bacon. Cook for 3 minutes. Drain on paper towels. Cool. Sprinkle over pastry. Top with cheese. 5. Reduce oven temperature to 180°C. Whisk remaining ingredients and salt and pepper in a jug. Pour over bacon. Place onto tray. Bake for 30 to 35 minutes or until set. Stand for 5 minutes. Serve. 	<p>Choux pastry</p> <ol style="list-style-type: none"> 1. Place water and butter in a saucepan over medium heat. Cook, stirring, for 3-4 minutes or until butter melts and mixture just comes to the boil. 2. Add all the flour to the butter mixture at once and use a wooden spoon to beat until well combined. Place over low heat and cook, stirring, for 1-2 minutes or until the mixture forms a ball and begins to come away from the side of the saucepan. Set aside for 5 minutes to cool slightly. Whisk 1 egg in a small bowl and set aside. Whisk the remaining egg in a small bowl, then add it to the flour mixture, beating well with a wooden spoon. Gradually add a little of the reserved egg and beat until the mixture just falls from the spoon but still holds its shape. 3. Preheat oven to 200°C. Brush a baking tray with oil to lightly grease. Spoon 25-30 teaspoonsfull of the mixture onto tray, about 3cm apart. Alternatively, use a pastry bag fitted with a 1.5cm-diameter plain piping nozzle to pipe the profiteroles onto the baking tray. Brush the tops with a little of the remaining egg. Bake in preheated oven for 25 minutes or until the profiteroles are puffed and golden. 4. Remove from oven and turn the oven off. Using a skewer or a small knife, pierce the base (or top) of each profiterole to release the steam. Return the profiteroles to the oven and leave them for 15 minutes to dry out. Remove the profiteroles from the oven and transfer to a wire rack to cool. 	<p>Boudin aux pommes</p> <ol style="list-style-type: none"> 1. Prepare pieces of bread to make the toasts. 2. Prepare stewed apples: Slice the apples and place in a medium pan with sugar and water (1 tablespoon for 500g of apples). Cover the pan and put it on the hob over a medium heat. When it comes to the boil, put the timer on for 5 mins and leave to cook. 3. Give it a stir after about 4 mins, the apple slices will start to dissolve and become fluffy. Cook for a further 1-2 mins or until the apple is fluffy but a few chunks are still visible. Taste the mixture, adding more sugar if required. 4. Meanwhile: slice the blood sausages and put them in the oven so that they are grilled. 5. When it is done, put the stewed apples on the bread and then the slices of blood sausages on the top. 6. You can eat them cold or lukewarm.
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VIETNAMESE WORKSHOP

Description	The Vietnamese team had only 3 participants, because the 3 other ones had their visa requests refused by the Italian embassy in Vietnam. They had decided to assign one person for each dish, and asked to the participants to choose which they preferred.
Difficulties	Since they were only 3, the Vietnamese team could possibly lack “workforce” (but they managed well).
Success	Great reputation and fame of Vietnamese food, appreciated by participants for being both healthy and colourful. The latest were happy to learn a cooking they liked a lot before coming to the workshop.

VIETNAMESE RECIPES			
<p>Fried Spring roll/ Chànem</p> <ol style="list-style-type: none"> 1. Soak mushrooms in hot water for about 1 hour or until it is soft. Trim and discard hard stems. Drain and pat dry. Chop mushrooms coarsely. Set aside. 2. Soak cellophane noodles in hot water until it soft and pliable. Drain and cut it into 1-inch lengths. 3. In a large mixing bowl, combine egg, mushrooms, scallions, onions garlic, meat, crab meat, noodles, salt, ground pepper and cornstarch. Use your hand to knead it gently. Set aside and refrigerate for at least 15 minutes. 4. Prepare a pastry brush, a bowl of warm water, and a dampened dish towel. Use dampened pasty brush to dampen whole surface of rice paper and place it on your work surface. Dry excess liquid with dampened dish towel. It will need about 2 minutes to soften the rice paper. 5. When it is pliable and soft, place about 2 tablespoons filling of fillings on the lower third of rice paper area. Shape the filling into about 3-inch long log and 3/4-inch diameter. Then fold in rice paper on each side. Roll over the remaining edge to enclose the fillings. 6. Repeat this procedure with the remaining ingredients. Put your rolls in a platter and do not stack it or it may stick to each other and tear. 7. Heat oil over medium heat or about 325-350 F. It is important to use moderate low frying temperature to prevent the rolls from bursting and bubble skin. Add rolls and fry it about 5 to 10 minutes or until crispy and golden brown. 8. Remove from the heat and drain it well. Transfer it to serving platter. Serve it warm with vegetables, herbs and dipping sauce. 	<p>Chàlá lot</p> <ol style="list-style-type: none"> 1. In a bowl, combine the beef with one of the seasoning options and cornstarch. Use your fingers to mix well. Set aside to marinate while you prepare the leaves. 2. Use scissors or your fingers to detach the leaves from their center stems. Make sure to keep the leaf stem attached to the leaf. You'll need it later for creating the rolls. 3. Put a leaf on your work surface, matted side up. Take a bit of meat (about 2 tablespoons) and use your hand to shape it into a small sausage of sorts. Place the meat on the leaf, about 1/3 of the way below the pointy tip. 4. Pour a little oil in a pan, put wrapped beef in boiling oil and fry in 2-3 minutes and then flip the side to prevent leaves from burning. 5. Serve with white rice is better 	<p>Gác sticky rice</p> <ol style="list-style-type: none"> 1. Soak the glutinous rice over night and when ready to make the xoi, drain and allow to dry 2. Add Gac oil to the rice along with the salt. Mix well to fully coat all the grains of glutinous rice in beautiful gac red 3. Steam the rice until almost fully cooked—about 20 minutes or so. 4. Then add sugar and coconut milk—mix and cook for another 5 minutes. The rice should be semi sweet, but not too sweet—but adjust to your liking. 	<p>Young sticky-rice sweet soup/ Chècômđôxanh</p> <ol style="list-style-type: none"> 1. Boil mung bean with water 3-5 minute, skim from the pot. Continue to boil mung bean with low heat until it becomes soft (30 minutes) 2. Add dried young sticky rice and a little bit of salt and sugar. Continue cooking in 10 minutes. 3. Add sugar to taste. 4. In a small bowl mix tapioca powder with 1 cup of water. Pour mixing tapioca liquid into the bean and rice soup while another hand stirs the soup in 5 minutes. 5. Add vanilla and stir in 5 minutes. 6. Let the soup cool in fridge. 7. When the soup gets cool, pour coconut milk on the top of soup and then coconut copra. 8. Serve cold with ice, mixing everything before eating.



COOKING WORKSHOPS

LUNCH

Sicilian dishes at *Baciamole Mani*

AFTERNOON

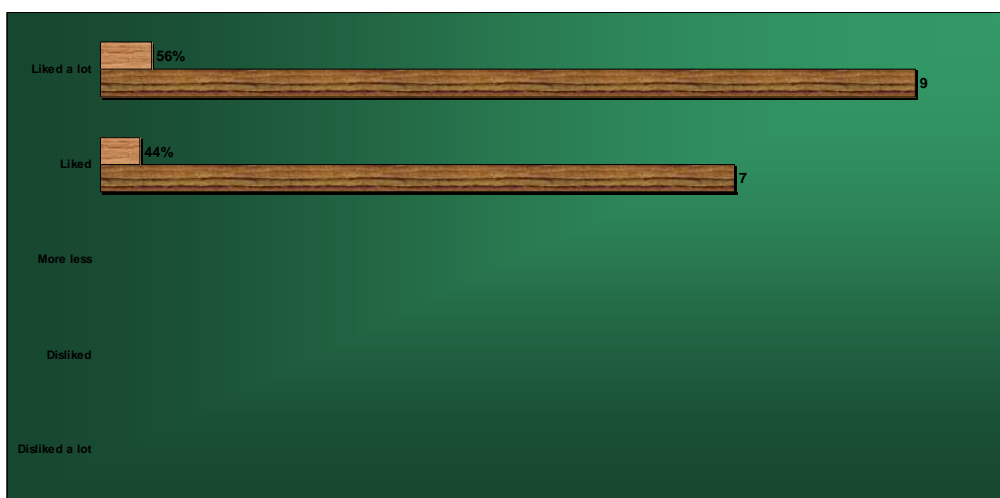
During the afternoon, the group gathered at Nuovo Montevergini theater. Here the detailed programme was explained and tasks were divided.

Road sheet for the EatSmart Food Fair Public Night

19.40 – 19.50	Opening by Marie Marzloff (project coordinator CESIE)
19.50 – 19.55	Presentation of the project by Aurélien Leblay (local coordinator CESIE)
19.55 – 20.15	Presentation by member of Vietnamese group of the local work done + Vietnamese film
20.15 – 20.35	Presentation by member of French group of the local work done + French film
20.35 – 20.55	Presentation by member of Chinese group of the local work done + 3 Chinese participants sang traditional music + Chinese film
20.55 – 21.15	Presentation by member of Italian group of the local work done + Italian film
21.15 – 21.25	Intervention by Maestro Pasticciere Cappello who has been involved in the local activities of the project
21.30 – 22.00	Degustation + live cuisine
22.00 – 22.30	Degustation + live cuisine

Tasks division:

- *Last groceries and things to buy
- *Bringing the food from the kitchen to the event place
- *Prepare the spaces: tables, flyers and brochures, dishes, banner
- *Last preparation of the documentaries presentation, by coordinators
- *Preparation of the instant translation from English to Italian
- *Preparation of “live cuisine” sessions



PREPARATION OF EATSMART FOOD FAIR PUBLIC NIGHT

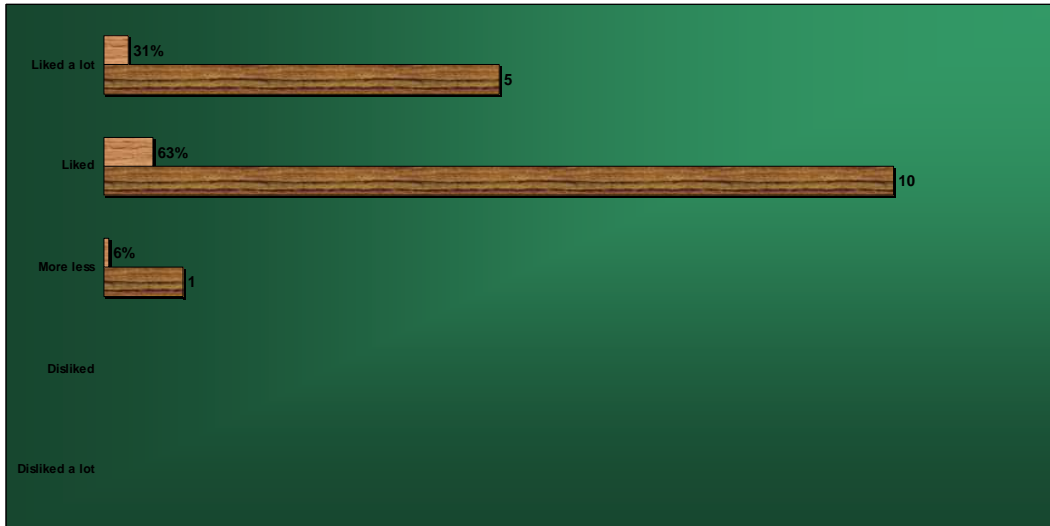
More than 105 person attended the Food Fair Public Night(participants included) –we didn't make all people signed the signature sheet as people kept on arriving all evening long-, watched the documentaries and heard the coordinators words. For each documentary, a brief presentation was made by the coordinators, with instant translation in Italian.

The Pastry Chef Cappello was also invited to talk about his way to apply responsible and healthy cooking within his business, and why he considers it important.

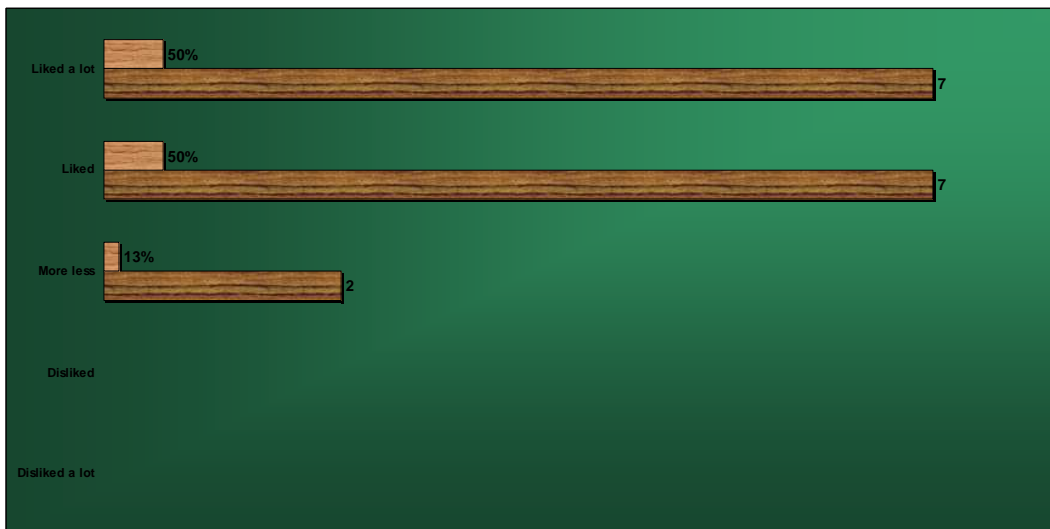
Afterwards the audience had the chance to taste and discuss new eating and cooking habits with the participants. Meanwhile, the “live cuisine” was the occasion for the group to cook live few dishes, and for the audience to see different ways of doing.

23.00: end of the event.

Live Cuisine Recipes		
Chinese group	French recipe	Vietnamese group
<p>Mala spicy pot</p> <ol style="list-style-type: none"> 1. Wash and cut vegetable, boil the meat in water for 10 minutes 2. Pour oil into the pot and heating it, then pour and fry the thick bread-bean sauce. 3. put the red pepper, dry pepper, spring onion, ginger, garlic, green pepper, star anise and powder of Chinese prickly ash seed, and fry them, cook more tasty smell 4. put meat, vegetables into the pot, and fry them 5. add soy sauce, salt,sugar, mix them 	<p>Crêpes Caramel with salted butter</p> <p>Ingredients: 1 cup all-purpose flour, 2 eggs, 1/2 cup milk, 1/2 cup water, 1/4 teaspoon salt, 2 tablespoons butter, melted. For Salted Butter Caramel: 1/2 cup salted butter, 1/2 cup heavy cream 1 cup granulated sugar, 1/2 cup water, 1/16 teaspoon sea salt</p> <p>Preparation: To make the crepes: Process all the ingredients in a blender until the mixture is smooth. Allow the batter to rest in the refrigerator for at least 20 minutes before making into crepes. Melt a little butter in a crepe pan or large skillet over low-medium heat. Add 3 tablespoons of batter to the pan and swirl until the bottom of the pan is covered with batter. Cook the crepe for 1 minute, or until the crepe is slightly moist on top and golden underneath. Loosen the edges of the crepe, slide the spatula under it, and then gently flip it upside down into the pan. Cook for 1 minute and transfer the cooked crepe to a plate to keep warm. To make the salted butter caramel: In a saucepan set over medium-low heat, melt the butter in the heavy cream. Immediately remove from the heat and set aside. Place the sugar in a separate saucepan set over medium heat. Sprinkle the water over the sugar and allow it to dissolve over the heat without stirring. As the sugar begins to caramelize, occasionally shake and swirl the pan to evenly distribute the color. When the caramel is a rich golden color, remove the pan from the heat and carefully add the hot cream and melted butter to the caramel. Take care to stand back during this process; the hot caramel will bubble up the sides of the pan. Return the caramel to the lowest heat setting, whisking constantly. Cook and stir the salted butter caramel for 2 minutes over the low heat. Remove from the heat and season the sauce with the 1/16 teaspoon sea salt; stir until it is dissolved completely. To assemble the crepes: Spoon 2 teaspoons of the caramel sauce down the center of a warm crepe and roll into a cylinder. Alternately, spoon 2 teaspoons of the caramel sauce onto the center of a warm crepe and then fold it into quarters. Garnish with vanilla Chantilly cream and sautéed apples. Drizzle the crepes with additional caramel sauce, if desired. This crepes with salted butter caramel recipe makes 4 to 6 servings</p>	<p>Fresh spring roll</p> <ol style="list-style-type: none"> 1. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients. 2. In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce. 3. In another small bowl, mix the hoisin sauce and peanuts. 4. Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.



MOVIE + DISCUSSION



DEGUSTATIONS

DAY 5 / Thursday September the 12th / Visit of Libera Terra cooperative and evaluation

Objectives:

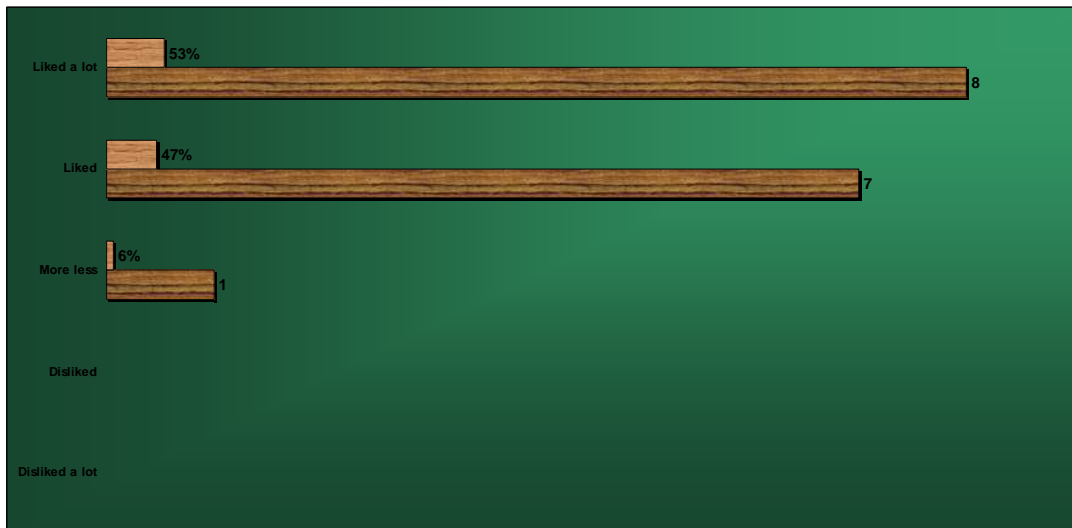
- to widen the field of activities, by discovering other ways of considering responsible consumption
- to make a first evaluation of the Food Fair, made by the participants
- to consider the next steps of the project

MORNING

The group went by minibus to the Cooperative I Cento Passi, located in the surroundings of Palermo. This agriculture cooperative produces wine and grapevine, and his managed by Libera Terra, a national association struggling against all kinds of mafias. The land is one of the “confiscated goods”: those were acquired by members of the mafias through illegal ways or with dirty funds. The state took the initiative to re-own them and entrusted the exploitation of them to organisations working for common good, such as Libera Terra. All explanations were given by an English-speaking guide from Libera Terra, and discussion went on.

After that, the participants stopped in the memorial of PortelladellaGinestra, in which 11 peasants were killed by unknown shooters on the 1st of May 1947.

The goal of the visit was also to break some prejudiced about the mafia phenomenon, and show that responsible consumption can also be considered in other ways.



VISIT OF LIBERA TERRA'S COOPERATIVE

LUNCH

Agriturismo San Giuseppe Jato: this “farm restaurant” is also a “confiscated good”, which produces now all the food served.

AFTERNOON

Energizer: participants were asked to get real close to each other, and to catch two hands possibly as far as possible. Then the goal is for them to keep hands hold and to rebuild a circle without knots.

Next steps of the project

Different subjects were explained:

It was asked to the participant to share as much as possible the links to the documentaries, to their friends and relatives, and on social networks.

We also talked about the three local dissemination events, in which some participants would possibly be involved.

We planned the way to collect all pictures and movies made during the Food Fair: a first selection will be made by the French video makers, before they send everything to the team of CESIE.

The final meeting in Hanoi was mentioned, as well as the necessity to keep in touch and let everybody know about any further development of the project.

Youth Pass

A presentation of the Youth Pass was made to the participants, explaining its principles and why it can be interesting for them in terms of employability. A presentation was used, detailing the 8 key competences:

- 1) Communication in the mother tongue
- 2) Communication in foreign languages
- 3) Mathematical competence and basic competences in science and technology
- 4) Digital competence
- 5) Learning to learn

- 6) Social and civic competences
- 7) Sense of initiative and entrepreneurship and
- 8) Cultural awareness and expression

A link to a questionnaire:

<https://docs.google.com/spreadsheets/viewform?fromEmail=true&formkey=dE43VTvtUi1PRDhKZVhMQ3ZMUXpWUVE6MA>, was proposed to the participant in order for them to fill it before October the 12th.

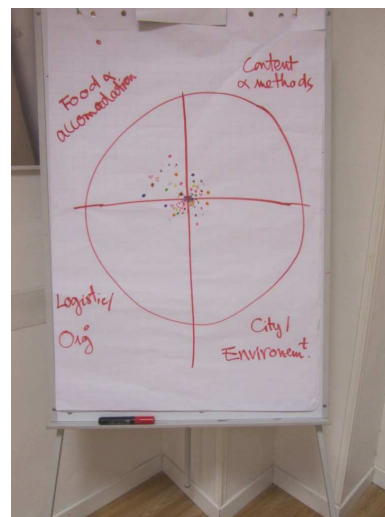
From their answers (on a voluntary basis) the youth pass will be edited and sent to them by post.

Evaluation

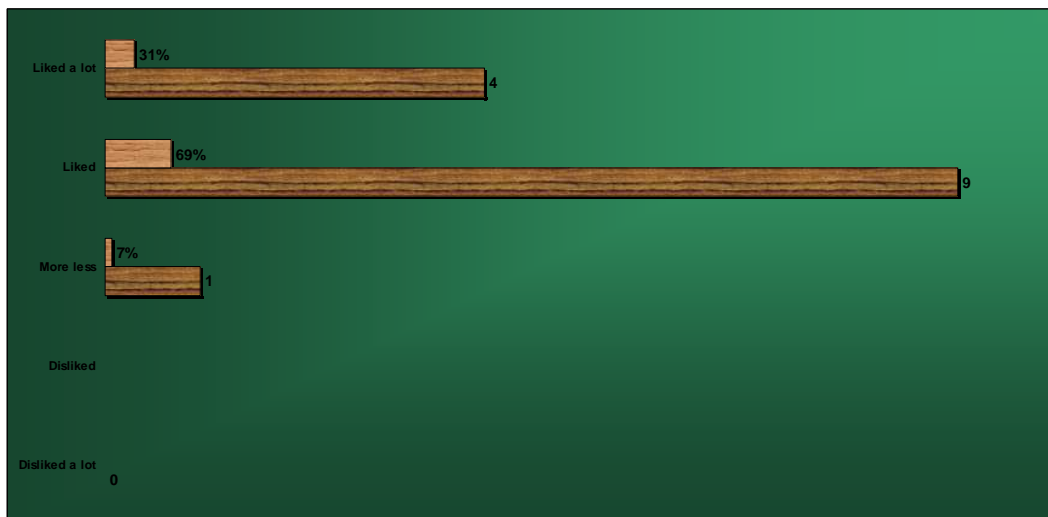
A first non-formal evaluation technique was used to have a first overview of participant's feelings. A flipshart was divided in a for quarter target, with four different fields to evaluate:

- Food & accommodation
- Content and methods
- Logistic and organisation
- City and environment

Participants had then to locate one point for each field according to their perception (center = best)



After that, a four pages questionnaire was given to them to be filled, with more details about: Logistic, Training Programme, Team And Working Atmosphere, Learning outcomes, Follow Up activities, Approach and methodologies, Human experience.



EVALUATION AND PLANNING OF THE NEXT STEPS

DINNER

Farewell dinner at *Il Vicolo*