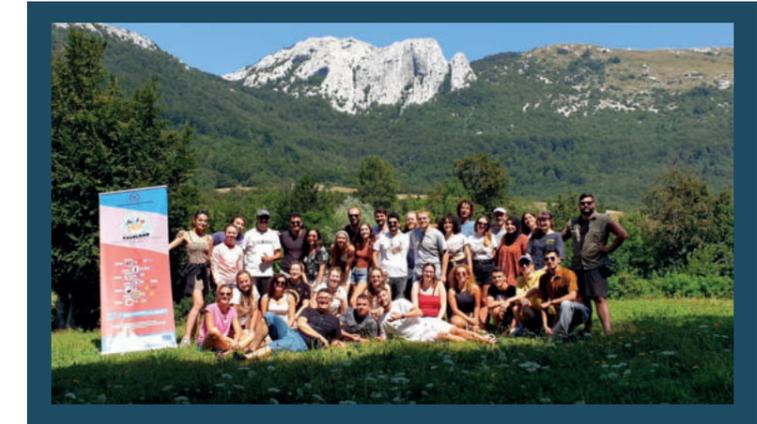
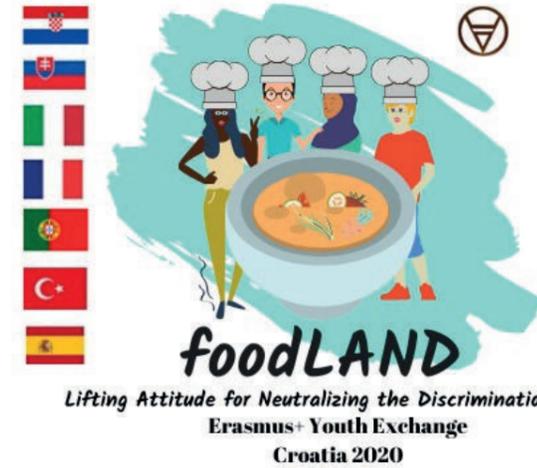


PROJECT DESCRIPTION



“foodLAND: Lifting Attitude for Neutralizing the Discrimination” is an Erasmus+ Youth Exchange project gathered 35 people from 7 different countries in a lovely hobbit village in Baske Ostarije in Croatia between 12-20 August 2020. The participating countries are Croatia, France, Italy, Portugal, Spain, Slovakia and Turkey. The aim of the project is to fight against increasing discrimination through using the power of culinary and heritage in the frame of non-formal education.



Food culture is more than just a biological action; it is an important mirror of the cultural inheritance, reflecting the identity and history of societies. Although it differs from region to region, culture to culture, as a reflector of the identity of societies, it is unifying and common denominator, in terms of it is a basic need of human being. Such important that, so many recipes and products are protected by UNESCO. Based on the culinary culture, it is possible to observe the belief and lifestyle of society, even interactions intercommunal. This situation is a cultural wealth and treasure with its all aspects and needs to be protected and maintained. From this point of view, our project unites culinary cultures in a

The Agency for Mobility and EU Programmes (AMEUP) is the National Agency responsible for the implementation of the following Programmes and initiatives in Croatia. Even officers from AMEUP enjoyed foodLAND in Velebit on the 6th day of the project.

Erasmus+ programme

Erasmus+ is the EU's biggest programme to support education, ophe Programme, assist applicants and beneficiaries in the process of creating and running a project, select projects to be funded and monitor them.

35 participants has organized this project in magical place CAMP VELEBIT. Kamp Velebit is located 927m high up in Baške Oštarije settlement on the Velebit Mountain; only 20 min ride away from the Adriatic Sea. The entire camp overlooks Ljubičko Hill (1320m) and Božin Hip, the southernmost of the famous Beaver's Hips complex and has a lovely Ljubica Stream passing through.



Introduction of Partner Organisations of foodLAND



Portugal



Associação Reencontro

Cultural, Social and Educative association, located in the center of Portugal, in Vila Nova de Tazem. It's purpose is to promote social, recreational and cultural activities and initiatives. At the time, it's main project is to build an residence to support young people that suffer from domestic and social violence.

Participants:

Inês Costa
Edgar Rodrigues
Viviana Fonseca
David Pinto
Dinis Rodrigues

ACD La Hoya

ACD La Hoya is Spanish Cultural and Sport association is based on the principles of cooperation, integration, environment protection, solidarity, humanity and universal human values and promotes an environment in which the community will be able to create, think, realize their ideas and build positions and reactions on important issues.

Develop activities in the rural community as art, sport and culture, also dedicated to the successful implementation and participation of European projects to bring the youth and senior Europe closer.

The main aim is to give the youth and community possibilities to spend their time (Sport, arts, workshops, Culture, Europe), to support bottom up initiatives of the community, improve social work and facilitate the integration of young people into society especially those of rural areas by involving them in our work, and encouraging their creative spirit that helps increasing youth participation in both local community and society in general.



Spain



Participants:

Miguel angel Payá abadisa
Clara Cecilia Krause
Sofia latorre jarrega
Paloma romero agulló
Jurena boix candela



Slovakia



Tatra Youth Group

Tatra Youth Group consists of young and experienced people in Erasmus+ who aim to spread the knowledge across the society in Slovakia and Europe.

Participants:

Simona Drábiková
Denis Dufala
Alzbeta Bumbálová
Anna Duranová
Dominik Slavkovský

Nomadways

Nomadways is crafting art for social change! We do kick-ass international workshops for artists, educators and youth workers.

Participants:

Myriam Oualha
Rayane Oualha
Sabrina Berchi
Corentin Imbert
Guilhem Cagnin



France



Italy



Our mission is to promote an understanding of active participation of young people with fewer opportunities and to develop different ways to ensure their impact on the local community by using non-formal education and intercultural learning methods. Oriol organizes cultural events, seminars, workshops and study sessions to promote creativity, entrepreneurship, youth employment and to share experiences, ideas and imagination in order to foster social cohesion, active youth participation and inclusion.

Located in rural area of veneto region, our target group is youngsters with social, economical and geographical obstacles in order to give them chance to express themselves and their needs and promote their active participation in our local community.

Participants:

Manuel Berto
Noor Boulaghzalate

SOCIAL MEDIA CAMPAIGNS

Youth Eurasia

Youth Eurasia is a youth association established that carries out studies on adults and youth in the fields of environment, ecology, social-cultural issues, youth rights, active citizenship, social inclusion and soft skills development for establishing solidarity, cooperation and integration on societies. Target group has includes marginal groups, migrants, unemployed individuals, students and young people with fewer opportunities to ensure their active participation in civil society activities.

Participants:

Meriç TAHAN
Tugay OZKAN
Guler Dilara SAGBAN
Mehmet ODUNCU
Yuliia SHEVCHUK
Onur SARIOGLU



Turkey

Youth Organization Veles

Youth Association Veles is a newly founded independent organization located in Zagreb, Croatia. Our focus is on informal education through Erasmus + platform.

Participants:

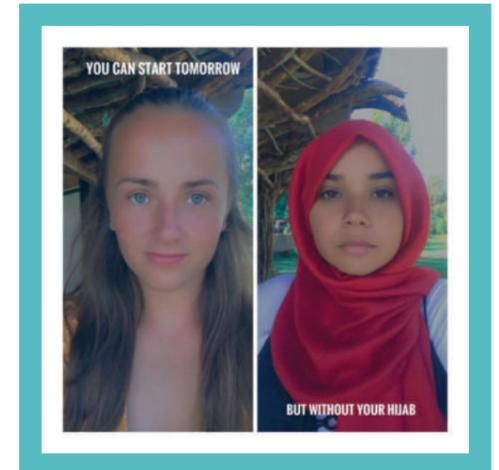
Maja Milas
Nenad Jankovic
Filip Kolar
Sara Veceric
Tena Spiljak
Andrej Aleksandrov
Fran Kezele



Croatia

Religious Discrimination

This image is based on one real situation that occurred with one of the project's participants. She faced religious discrimination when applying for a job. This is just one example that shows how these wrong behaviours are deeply rooted in our society.



Physical differences



Instead of focusing on the differences that we all have as human beings, we should focus in the collective effort to share a more inclusive and global view of our society.

You can't veganize this!

We have decided to consider the meme pop culture as well, and we came out with this. The classic couple angry woman – annoying cat was just fitting one question that appeared during the project: can everything be veganized, or some recipes are so sacred that they can be done in only one way? We don't know. What we know is that we made a sort of moussaka with lentils instead of meat and everybody liked it.



VIDEO MAKING WORKSHOPS

GROUP-1 Hobbit discrimination

We wanted to make the video to show some forms of discrimination, but instead of targeting a direct group of people we decided to use hobbits (since we're in Crobit) to shed awareness that way.



GROUP-3

Homophobic and discriminating behaviours that woman and LGBT Communities face on the streets are still pretty real, unfortunately, and with this video we make the effort to fight it, quite literally.



GROUP-2

The purpose of the video was to show in an ironic way that we still have in our society different kind of discrimination (gender, ethnicity, food...) and that we should fight against them



GROUP-5 Breaking Prejudices

Gender discrimination is the topic of this video, but this time, we see situations where women can be better than man.



GROUP-4 Undiscrimination Land

The message here is to accept and respect each others differences (physical, linguistic and cultural). In Kamp Velebit we made it possible. Simple activities can make the best connections. We want people to join this mindset.



PARTICIPANTS of foodLAND

1



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Paloma	Spaghetti	Trivial	Trainspotting	Cinema
Sofia	Sushis	Uno	Titanic	Art/Music
Clara	Burger	Uno	Mama mia	Having fun
Miguel	Macarons in his mother's sauce	Betrayal at House on the Hill	Interstellar	Crossfit
Yurena	Pastas	Uno	Spirited away	Reading Books



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Nour	Pizza alla verdura	Monopoly	Cara Sevda	Theatre
Manuel	Hummus	Dungeons and Dragons	Dark	Video games, Twitch



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Mehmet	Kebab	Uno	Inception	Wasting his time
Onur	Kebab	Monopoly	Game of Thrones	Walking in nature
Meriç	Hamburgers	Joker	Breaking Bad	Fishing
Dilara	Pizza	Jenga	Requiem for a Dream	Shopping and movies
Tugay	Fajitas	Monopoly	Gran Torino	Photography, camping



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Anna	Kebab	Uno	Dirty Dancing	Travelling
Sim	Sushis	Avalon	Harry Potter	Floorball
Dominik	Tosos Salmon	Poker	The Prestige	Music,Cinema
Alzbeta	Burito	Poker	The Wall	Sport,Art
Denis	Mum's Food	Dixit	8 Mile	Blog,Airsoft
Nenad	Cevapi	Poker	Game of Thrones	Travelling

PARTICIPANTS of foodLAND

2



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Myriam	Asian Food	Kems	Burlesque	Music,Cinema
Corentin	Tiramisu	Risk	Momy	Guitar
Sabrina	Spaghetti	Scrabble	Parasite	Photography
Guilhem	Raspberrry Cheesecake	D'art D'art	Mountains May Depart	Cinema
Rayane	Lasagnes	Cranium	Inception	Babyfoot



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Yuliia	Pizza	Backgammon	Muhtesem Yuzyl	Collecting Magnets



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Augusto	Ratatouille	Chess	V for Vendatta	Computer Games
Paola	Pastas	Tutti Frutti	Breaking Bad	Painting



Name	Favorite Food	Board Game	Movies/Series	Hobbies
Karlo	Sarma	Catan	Hacksaw Ridge	Bicycle
Sara	Tortilla	Dixit	Breaking Bad	Dance
Filip	Sarma	Poker	Amelie	Game Dev
Tena	Fish	Secret Hitler	The Last Dance	Training,Reading
Maja	Watermelon	Cards Against Humanity	Ghostbusters	Music,Video Making
Bruno	Beer	Belotte	The Matrix	Chilling



Name	Favorite Food	Board Game	Movies/Series	Hobbies
David	Pizza	Chess	Maze Runner	Running,Judo
Dinis	Cod fish	Chess	Family Guy	Outdoor Sports
Viviana	Spiritual Cod Fish	The Sims	The Flash	Wathching Movies
Edgar	Hamburgers	Chess	Ocean's Eleven	Party
Ines	Roasted Octopuss	Cluedo	Friends	Sleeping



Tortilla de patatas (Spanish Omelet)

Sometimes the simple things are the best, and anyone who has tried a warm slice of Spanish omelet, known locally as 'tortilla de patatas', will have to agree. Read on to discover everything you need to know about this national culinary treasure, from its humble origins to the secrets of its preparation.

The Origins

Perhaps due to it being such a simple dish similar to many other egg-based omelets, little is known of the exact origins of the Spanish omelet. The first reference to the dish is believed to have been found in an anonymous letter addressed to the court of Navarre dating from 1817. The letter details the poor conditions of the populations around Pamplona and the Ribeira, stating that many make do with only a few eggs cooked as a tortilla with potato, breadcrumbs and other simple ingredients to feed five or six people. One popular tale states that it was an army general called Tomás de Zumalacárregui who first invented the dish as a cheap and easy way to feed his troupes during the siege of Bilbao, and yet another version of the story states that it was in fact a poor farmwife who invented the dish, one day when the general visited their farm and requested to be fed.



“Some Traditional Recipes from Participating Countries of foodLAND Project”



INGREDIENTS (4 Guests):

- 5 Eggs
- 500gr of potato
- 1 onion
- Salt
- Extra virgin olive oil

COOKING:

Add olive oil to a 10 or 12 inch skillet over medium heat. (It's best to use a skillet that is at least 1 1/2 inches deep.)
 Add sliced potato and onion to the pan; they should be mostly covered with olive oil (add a little more oil if needed).
 Season with 1 1/2 teaspoon sea salt.
 Cook on medium-high heat, maintaining a gentle boil, for 8-12 minutes, turning occasionally, until potatoes are just fork tender. Don't overcook them!
 Drain potatoes, reserving oil for later use. Taste and season potatoes with more salt, if needed. Allow them to cool for a few minutes.
 Meanwhile crack the eggs into a bowl and season with about 1/2 teaspoon of salt. Beat the eggs together and pour over the cooked potatoes and onion and toss to coat
 Add a little bit of oil to the bottom of a 10-inch non-stick skillet over high heat. Once hot, pour potato mixture into it and cook on high heat for 1 minute. Reduce heat to medium-low and cook for about 5 minutes.





Cozido à Portuguesa (Portuguese Stew)

A common Portuguese dish, mainly eaten in winter, is cozido à portuguesa, which somewhat parallels the French pot-au-feu or the New England boiled dinner. Its composition depends on the cook's imagination and budget. An extensive lavish cozido may include beef, pork, salt pork, several types of charcutaria (such as cured chouriço, morcela e chouriço de sangue, linguça, farinheira, etc.), pig's feet, cured ham, potatoes, carrots, turnips, cabbage and rice. This would originally have been a favourite food of the affluent farmer, which later reached the tables of the urban bourgeoisie and typical restaurants.



INGREDIENTS:

- Beef
- Pork
- Chicken
- Assorted Smoked Sausages like Morcela, Chouriço, Alheira or Farinheira
- It might also contain various other bits of animal- perhaps pig's ear or foot with some potatoes, carrots and cabbage thrown in a single pot with different ones added at different times



Bryndzové Halušky (Slovakian Potato Dumplings with Bryndza Cheese)

A national dish of Slovakia! Halusky are like soft gnocchi, somewhat similar to German Spaetzle noodles. It's mixed with a slightly tangy, yet creamy Slovakian sheep cheese called Bryndza and topped with fried bacon. Bryndza can be hard to find outside of Slovakia, but you could try substituting another soft cheese like feta, cottage, goat cheese, etc. The flavor will be totally different but it's close as you can get without Bryndza. When I visited Slovakia, my friend introduced me to this dish. I had the chance to eat it with fresh brynza goat cheese in Spisské! I got this recipe from a Slovakian cookbook and translated it with some help.



INGREDIENTS (2 guests):

- 2 medium potatoes
- 1 cup flour
- 1 tsp salt
- 150 grams smoked or regular bacon (block)
- 1/2 Tbsp vegetable oil
- 125 grams bryndza or other soft cheese like feta, goat or cottage
- 50 ml cream (optional)

"Some Traditional Recipes from Participating Countries of foodLAND Project"



Bryndzové Halušky (Slovakian Potato Dumplings with Bryndza Cheese)

COOKING:

Bryndza cheese will give you the "authentic" flavor, but you can use other soft cheeses like feta, cottage cheese, maybe even goat cheese. I used a mild cottage that's available where I live in Japan. Block bacon works great since you can cube it :)

Grate the potatoes and place in a bowl.

Mix flour and salt with potatoes until you get a thick, sticky dough.

It should easily stick to your spatula or spoon. If not, add a few more tablespoons flour until it does.

Chop bacon into small cubes and fry in 1/2 Tablespoon oil on low heat until crisp and brown.

Meanwhile bring a large pot of water to a boil and add some salt to it.

Test a small spoonful of the halusky mix in the boiling water. It should cook into a soft dumpling in 3-4 minutes. If the mix seem like it's not holding together, add more flour to thicken.

The traditional way to make the halusky is to put the batter on a cutting board and cut small dumplings (about 1 x 2 cm) directly into the boiling water. If you have a special halusky (or spaetzle) sieve or press, you can use that too.

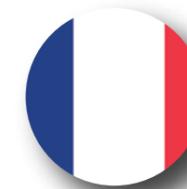
Drip several halusky dumplings in at a time. They will sink to the bottom so give them a quick stir.

Cook halusky until they float to the top and have changed color. Strain out with a slotted spoon, hand strainer and place into a colander to drain. Repeat the boiling process until all the batter is cooked.

Once all halusky are cooked, let drain for 2-3 minutes minutes.

Transfer to a large bowl and mix with the cheese until evenly coated. If you like it extra creamy, mix in some whipping or heavy cream.

Divide halusky onto plates and top with the fried bacon!



Gratin dauphinois

INGREDIENTS:

- 5 cups whole milk
- 2 pounds baking potatoes, peeled and cut crosswise into 1/4 inch slices
- 1 1/2 cups heavy cream
- 1 1/2 cups c1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/16 teaspoon (pinch) freshly grated nutmeg
- 2 tablespoons butter, softened
- 2/3 cup grated Gruyere cheese

COOKING:

- Peel the potatoes and cut them into thin round slices.
- Grease the gratin dish with the margarine.
- Place the first layer of potatoes in the dish and then a layer of cheese and so on. Salt and pepper.
- Mix together the milk and crème fraîche and pour the mixture over the potatoes. Cook in the



"Some Traditional
Recipes from
Participating Countries
of
foodLAND Project"



Baklava

In baklava, layers of crisp phyllo dough alternate with a sugary spiced nut mixture, and the whole thing is then soaked in fragrant sweet syrup made with honey, lemon and cinnamon. The recipe can be a bit time consuming, and isn't really a first-time baker's recipe, but if you can put together a cake well enough on your own then this is a good next step in your baking education.



The tissue paper-thin phyllo dough is fragile and breaks easily if not handled properly, but the end product is forgiving so don't fret if it all falls apart. My first time I just made a mess of dried out phyllo and butter and the baklava tasted wonderful regardless.

"Some Traditional Recipes from Participating Countries of foodLAND Project"



Baklava

INGREDIENTS:

For the baklava:

- 1 pound of chopped nuts (almonds, walnuts, or pistachios are best, or use a combination of them)
- 1 pound of phyllo dough
- 1 cup of butter, melted
- 1/3 cup of sugar
- 1 teaspoon of ground cinnamon
- 1/3 teaspoon of ground cloves

For the syrup:

- 1 cup of water
- 1 cup of sugar
- 1/2 cup of honey
- 2 tablespoons of lemon juice
- 1 cinnamon stick

Finely ground pistachios for garnish (optional)

COOKING:

- 1-Lightly grease a 9x13 pan and set the oven to 350°F.
- 2-Thaw the phyllo dough according to manufacturer's directions (this may take overnight). When thawed, roll out the dough and cut the dough in half so the sheets will fit in the pan. Cover with a damp towel to keep it from drying out.
- 3-Process the nuts until in small, even sized pieces. Combine with sugar, cinnamon, and cloves. In a separate bowl, melt the butter in the microwave.
- 4-Place a sheet of phyllo dough into the pan. Using a pastry brush, brush the phyllo sheet with melted butter. Repeat 7 more times until it is 8 sheets thick, each sheet being "painted" with the butter.
- 5-Spoon on a thin layer of the nut mixture. Cover with two more sheets of phyllo, brushing each one with butter. Continue to repeat the nut mixture and two buttered sheets of phyllo until the nut mixture is all used up. The top layer should be 8 phyllo sheets thick, each sheet being individually buttered. Do not worry if the sheets crinkle up a bit, it will just add more texture.
- 6-Cut into 24 equal sized squares using a sharp knife. Bake at 350°F for 30-35 minutes or until lightly golden brown, and edges appear slightly crisp.
- 7-While baking, make the syrup. Combine the cinnamon stick, sugar, lemon juice, honey, and water in a saucepan. Bring to a boil, then reduce to medium low heat and let simmer for 7 minutes and slightly thickened. Remove the cinnamon stick and allow to cool.
- 8-Spoon the cooled syrup over the hot baklava and let cool for at least 4 hours. Garnish with some finely crushed pistachios of desired.



Italy

There are almost as many explanations for the origins of pasta puttanesca as there are ways to make it. Ostensibly a sauce invented and made by prostitutes, it was designed to lure customers with its powerful aroma. Whatever the origin, no better cold-weather pasta sauce has come down to us. Puttanesca can be made completely with ingredients from the larder; in fact, it can be prepared entirely without ingredients that require refrigeration, though a bit of a fresh herb at the end does help. The basis is a garlicky tomato sauce; canned tomatoes are preferable here. This is brought to a high level of flavor by the addition of anchovies, capers and olives. Red pepper flakes make things even better. The whole process is ridiculously easy.



Italy

INGREDIENTS

Salt to taste
 3 tablespoons olive oil
 3 or more cloves garlic, lightly smashed and peeled
 3 or more anchovy fillets
 1 28-ounce can whole plum tomatoes
 Freshly ground black pepper to taste
 ½ cup pitted black olives, preferably oil-cured
 2 tablespoons capers
 Crushed red pepper flakes to taste
 1 pound linguine or other long pasta
 Chopped fresh parsley, oregano, marjoram or basil leaves for garnish, optional

PREPARATION

Bring pot of water to boil and salt it. Warm 2 tablespoons oil with garlic and anchovies in skillet over medium-low heat. Cook, stirring occasionally, until garlic is lightly golden. Drain tomatoes and crush with fork or hands. Add to skillet, with some salt and pepper. Raise heat to medium-high and cook, stirring occasionally, until tomatoes break down and mixture becomes saucy, about 10 minutes. Stir in olives, capers and red pepper flakes, and continue to simmer. Cook pasta, stirring occasionally, until it is tender but not mushy. Drain quickly and toss with sauce and remaining tablespoon of oil. Taste and adjust seasonings as necessary, garnish with herbs if you like, and serve.

“Some Traditional Recipes from Participating Countries of foodLAND Project”

Some Activities Has Done during **foodLAND Project**

Massage

Energizers – appetizers

Ingredients:
Space enough for moving
Participants at least 20 (ideal amount 30)

Preparation:
The participants are divided into 3 groups and stand in parallel lines next to each other.

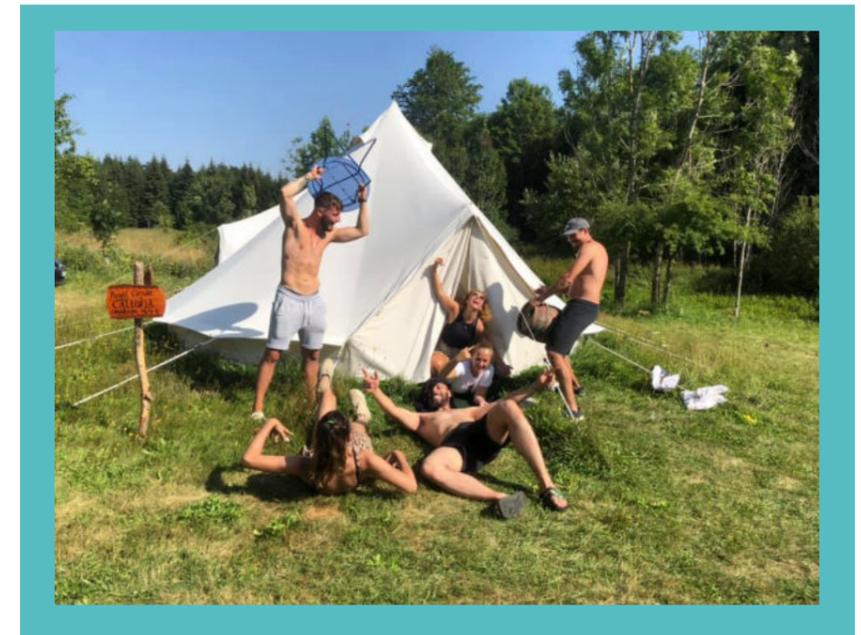
Process:
Following the instructions of a leader, the participants will give each other different kinds of massages on several parts of the body (according to the leader). Every time the type of massage changes, the participants rotate, so everyone massages and is massaged. Between the rotations the participants will perform quick physical activities (eg. squats).

Between my legs

Ingredients:
Participants at least 5

Preparation:
Figure out your favourite movie/TV show and sit in a circle

Process:
When everyone is ready, one by one the players will tell their chosen film, when everyone has said theirs the process will start again, but "between my legs I have *insert favourite film*" will be added. this time added.



Find out the dancer

Ingredients:
Space enough to make a big circle
Participants at least 10

Preparation:
Everyone stands in a circle

Process:
A person leaves, and a dancer is then chosen. Everyone imitates the moves. The person that left comes back, and by looking at everyone dancing, the original person doing the moves has to be discovered.

Hi ha ho

Ingredients:
Participants as many as possible
Space enough to make a circle (for every participant)

Preparation:
Stand in a circle.

Process:
A person says "hi" while pointing his/her hands to whoever they choose. The chosen one has to react immediately by pointing his hands to the sky while saying "ha". The people standing next to that person also have to react quickly and say "ho" while pointing at the chosen person. Now, the *ha* person will be the one saying *hi*, starting the cycle all over)

Some Activities Has Done during **foodLAND Project**

Teambuilding activities - salad Name game (adjectives)

Ingredients:

Participants as many as you want

Preparation:

Think about and adjective that starts with the first letter
name

of your

Process:

Every participant will say the adjective they thought about and then
say their name. They should also try to remember the name and
adjective of the 3 people that did this before them. If someone feels
prepared, they can try to repeat the name and adjective of the whole
group).

4 things about you

Ingredients:

Paper for each participant,
something to write with for everyone

Preparation:

Each participant must come up with 3 truths and 1 lie about
them, then write it down in a paper.

Process:

All the participants should talk to each other while showing their
sentences. They have to guess which one is the lie. The objective is to
get to discover the lies all the participants wrote. If the sentences are
interesting, the participants should tell the stories behind them to get
know each other.

to



Team building

Ingredients:

video recorder for each group
access to social media and internet for each group
camera for each group
paper for each group, and one big for the logo
colours for the logo making

Preparation:

Everyone is divided into 5 teams. Each group will make an activity.

These activities are video making, human bingo, logo design, taking
a photograph of all the participants, create a profile on social media)

Process:

The groups must communicate with each other in order to achieve
their goals and correctly represent what everyone thinks of the project.

Photos

Ingredients:

Camera or mobile phone that can take pictures for each group.

Preparation:

Participants are once again divided into groups

Process:

Each team has to come up with original ideas for several photos
concerning the following topics: discrimination in Velebit, proof that
hobbits exist, crazy campers, happy meal and 0 waste. In the end the
be shown, and the teams will vote the best set of photos. Creativity and fun will
add a great touch to this challenge)

Some Activities Has Done during **foodLAND Project**



how

Activities about discrimination – first dish

Discrimination in each country
 Ingredients:
 Participants from different countries ... at least 3 for each country
 Paper for each group
 Pen for each group

Preparation:
 The participants coming from the same countries will think about discrimination is present on everyday life in their hometowns)

Process:
 Each team will present their struggles and answer as any questions as they can. Discussing and trying to find a solution is not required but it is very much welcome.

Discrimination types

Ingredients:
 Whiteboard 1
 something to write with 1

Preparation:
 think about different discrimination types
 Process:
 people will share their ideas about different types of discrimination and make a list. They should explain those types of discrimination, and, in case some are related, point it out and explain your point of view.

Discrimination performance

Ingredients:
 a list of discrimination types (see previous task)
 Preparation:

participants will be divided into teams, and then given 2 or 3 discrimination types
 Process:
 The participants will have to think of a way to represent the topics they were given in a roleplay that will explain their concerns. They will show it to the other teams and share their ideas. It can be emotional or funny, but the point has to come through and not get lost trying to impress the others. The other groups should guess the type of discrimination represented.

Some Activities Has Done during **foodLAND Project**

Last 6 people on earth

Ingredients:

a list of people with descriptions
Participants between 5 and 24
Paper.... 1
something to write with 1

Preparation:

write down the list of the people you are going to be
eliminating with
to this
some description about them. There should be a twist
description that will be added in the

Process:

There are two ways to do
this activity. You can either have roles and
then get people to try to convince others
about how useful and
important they are, or you can just discuss with
others about who you think has
an important role for humanity and for starting
new civilisation and
society. There are 24 characters, even though this
is flexible and can be adapted
according to the number of participants.

In the first round, half of the characters
will be eliminated, and after
some more surprising info (aka. Twist) about
them will be added, and once
again people will have to kill off half of the
people left).

The other way to play this
game is not to roleplay and not to try to
convince others about your importance for the
humanity and for surviving. However, everyone can say his/her opinion
on who should be killed and
why. In this variation it is better if the whole crew
agrees on the people that are
going to be killed and on those who are going
to survive.

Videos about discrimination

Ingredients:

video recorder (phone can work) 1 for each
group
some apps to edit the videos 1 for each group

Preparation:

Divide the participants into groups (about 4 to 7
people per group and it is best if you put someone
who can edit videos into each group), you can watch
some videos from other projects for inspiration.

Process:

Each team has to come up with an idea about the
topic of the project (in this case: discrimination, hobbits,
food...) and make a short movie about it. The best way is
to make it funny or somehow interesting.



Social media campaigns

Ingredients:

access to internet and
social media for each group
enough examples 2/3 is

Preparation:

Find some good exam-
ples of campaign as for inspiration once again.

Process:

Stay in the same groups
as in previous activity, try to come up with an
original idea of campaign about
discrimination that can go viral (it can
be a video, picture, meme, quote...).

Some Activities Has Done during foodLAND Project

Activities about food – second dish

Culinary into for each country

Ingredients:

ppt presentations / videos for each nation
screen to play 1

Preparation:

Each national team should prepare a short presentation
typical foods and ingredients they use in their

about their
national cuisine.

Process:

Each team should present their prepared projects and should
answer any questions.

Inventing new recipes

Ingredients:

previous activity
paper one for each group
pen one for each group

Preparation:

Divide people in groups, each group should make just one part of the
dinner (dessert, salad, main dish) (make sure that people with special
diets will be able to eat as well.

Process:

Each group should think about new recipe, ideally, they should
combine some parts of national recipes or ingredients previously
presented.

Intercultural nights

Ingredients:

National food to taste for everyone as much as you want
something to represent your country with.... as much as you want.

Process:

Show the others your culture and let them taste it

Keeping track of the project - dessert

Hopes, fears, contributions

Ingredients:

three types of post-it notes (different colors) 1 for each participant
a board 1

something to write with Ideally for 1 for each participant

Preparation:

Each participant has to write down a hope, fear and contribution
about the project and pin them into the whiteboard.

Process:

Once everyone has filled at least 3 pot-its, the leader will read them
out loud in order to try to avoid the fears and achieve the hopes. The
participants can discuss it, especially the part concerning
contributions. If everyone agrees, it may help to make the rules for
whole project.

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the

foodLAND Recipes: Participants Invented New Recipes During foodLAND Project

Cold Apertizer

Sushimole

Ingredients

Guacamole:

- Avocado (6)
- Tomatoes (2)
- Onion (2)
- Garlic Powder
- Lime Juice (of 2 or 3 limes)
- Salt

Sauce

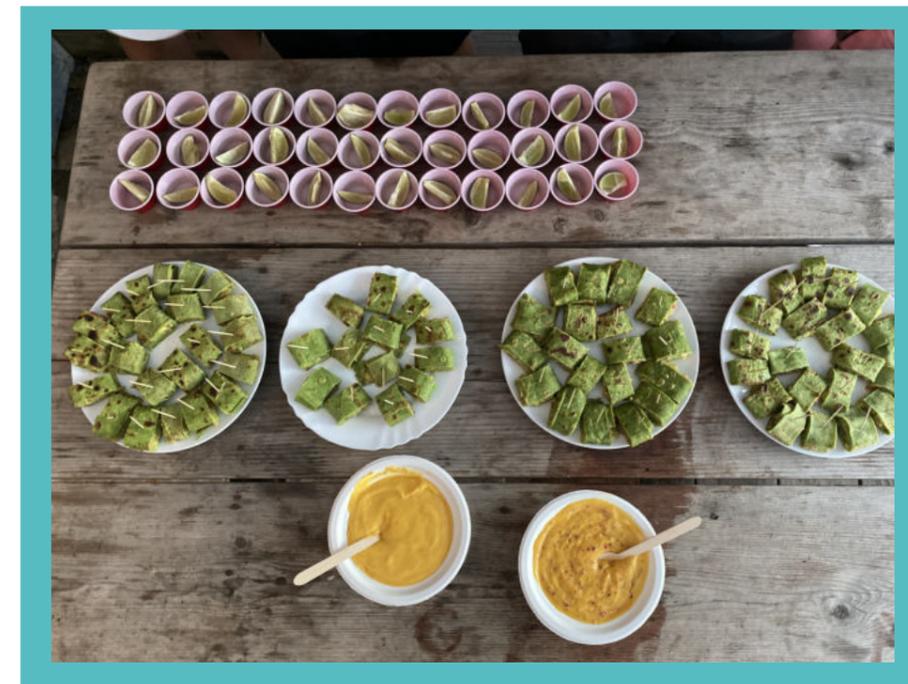
- Cheese (Cheddar)
- Milk (1 Glass)
- Butter (2 Spoons)
- Salt
- Paprica (Optional)

Crepe

- Egg (3)
- Milk (500 ml)
- Flour (3 glasses)
- Salt
- Spinaches
- Sun Flower oil

Inspiration

- Tapas
- Mexico



foodLAND Recipes:
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How did we make it?

Clean and peel the avacodos, then smash them with the spices (Garlic powder and salt)

Cut the onions and tomatoes in small pieces.
Mix it with the avacodos, then add the lime juice.

Pancakes

Take 3 eggs and mix with 500 ml of milk, add 300 gr of spinach, a pinch of salt and sugar. Grind with a mixer, also add 3 cups flour and two tablespoons of sunflower oil. Mix everthing well.

Sauce

Put three tablespoons butter in a sausepan and over low heat, add two tablespoons of flour, stirring, add a glass of milk and spices. Slowly adding Cheddar cheese, bring to smooth consistency.

Desert
Velebit Ghosts

Ingredients:

- Egg (12)
- Sugar (500 gr)
- Vanilla Sugar (6 packets)
- Baking powder (3 packets)
- Milk (1 Lt)
- Flour (1,5 kg)
- Oil (1 Lt)
- Mascarpone (500 gr)
- Pistache (2 packets)

Inspiration:

We have been inspired by the Turkish baklava with her pistache topping and we made a mascarpone whipped cream inspired by the Italian tiramisu . Velebit Ghosts is basically a "beignet" it pointed to a ball of dough fried in butter but we used oil , it came originally from France but a lot of other countries have it with different topping or cram,

How did we make it?

Put 1,5 kg flour in a big boul, add 12 eggs and 500 gr of sugar. Mix all of them.
Then, add baking powder, vanilla sugar, while adding slowly milk. Smash pistachios for the decorations.



foodLAND Recipes: Participants Invented New Recipes During foodLAND Project

Main Dish Veganation

Ingredients (quantities depends on how much you want to cook. You can play creatively with those)

- potatoes
- eggplants
- zucchini
- tomato sauce
- carrots
- onion
- bell peppers
- lentils
- basil
- garlic
- olive oil
- soy milk
- flour
- nutmeg
- salt
- margarine

Inspiration

It is inspired by moussaka, just veganized. The title itself is a joke about vegans, that in some cases are still “soft discriminated” and considered picky people that has made this choice just for trend. So we isolated ourselves in our “nation” while cooking it, but during the presentation everybody liked, meat-eaters or not :)



How did we make it?

For the layers:

Cut the potatoes, eggplants and zucchini in round slices they are gonna be the “bed” of the plate. Sauté them fast, just to make them drop the water that they have inside. Pour some olive oil in an oven tray and put the potatoes into, enough to cover all the bottom. Do the same with eggplants and zucchini, in order to have 3 layers.

Now, for the sauce:

Pour some olive oil in a pan. Cut the onions and start sautéing them. Do the same with the carrots and bell peppers. After 10 minutes of sautéing all together add the sauce and finally, the lentils. For improved flavour, now is the time for spices: we used garlic (1 clove for 4 persons), grated ginger and basil, but any combination that match your taste is appropriate. When you are satisfied about the sauce, drop it over your layers of potatoes, eggplants and zucchini. The sauce is supposed to cover them entirely and to reach the bottom of the tray.

Finally, for the bechamel:

Put the margarine and the flour in a pot. Add milk gradually until you reach the desired quantity and finally, add some grated nutmeg as a finishing touch. Pour it in the tray, over the sauce, until you have a final white layer. Oven cook everything at 180°degrees for one hour.

FoodLAND Recipes: Participants Invented New Recipes During FoodLAND Project

Open minded salad

Ingredients

- tartar
- carrots
- lettuce (green)
- tomatoes
- onions
- bell peppers
- sesame seeds
- olive oil
- olives (decoration)
- basil
- cucumbers
- salt
- pepper
- lemon juice

Inspiration

Our cultures have many similar ingredients for preparing salad, so we put different kind of ingredients to create an 'open minded' salad, since there are a lot of diverse savors and textures in that. Salad is already international by default, we have just chosen ingredients from our different cultures.

How did we make it?

Mix tartar with scraped carrots and lemon juice.
Cut all the vegetables into pieces and mix them with olive oil, salt, pepper, sesame seeds and a bit of basil.
Leave the salad in the fridge for 1-2 hours so all the flavours intertwine together.
Finally, drain the extra water from the salad with the tartar sauce.



Flakescrimination

Ingredients

- Sesame (1 Pack)
- Olive oil (1 Glass)
- Corn Flakes (1 Pack)
- Honey (1 Jack)
- Paprika
- Blackpepper
- Salt
- Chicken breast (2 kg)
- Egg (5)
- Onion

Inspiration

The most eclectic creation of the project. We tried to mix ingredients that apparently has nothing to do with each other in order to create a composition that in the end would have make sense. Corn flakes and money are not typical in salty recipes in any of our countries so we made this bold attempt. So, welcome the corn-flaked chicken!

How did we make it?

Marinate the chicken with honey and spices.
Scramble all the eggs.
Crush all the corn flakes.
Dip the chicken pieces to the egg and then cover them with crushed corn flakes.
Cut all the onions then mix with chicken.
Put everything in a big plate and add some oil, then leave it on the oven for 40 minutes.





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