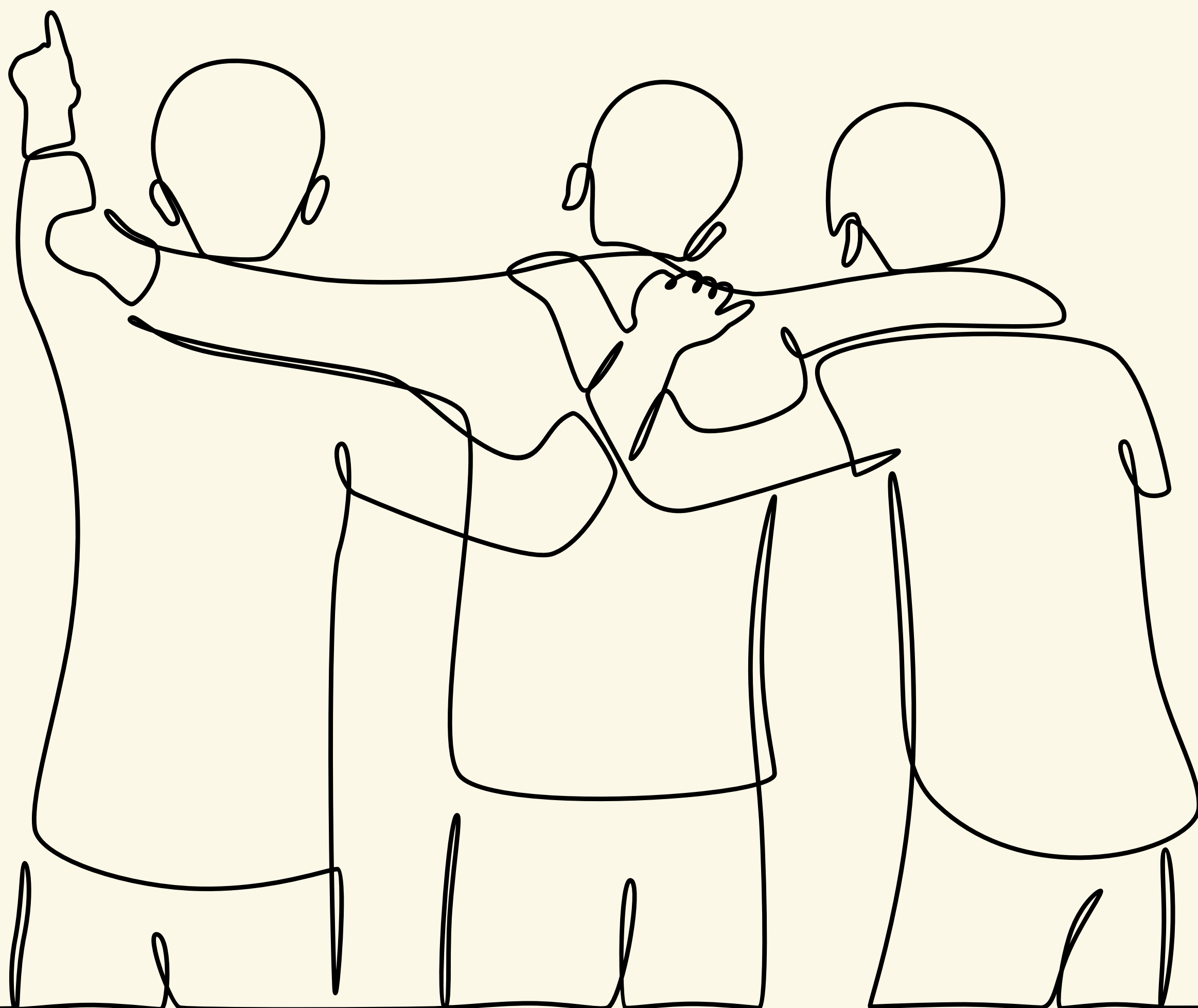Good practices for entrepreneurship training through the valorization of the European Cultural Heritage

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SE-MOVEH

SE-MOVEH: Social Inclusion and Employment Opportunities through the Valorization of European Cultural Heritage

SE-MOVEH

Taurisano, Italy 2022

This eBook has been realized in the frame of the project "SE-MOVEH: Social Inclusion Opportunities through the Valorization of European Cultural Heritage"

The Partnership

Fatoria Pugliese Diffusa APS (Italy)

Institutul National al Patrimoniului (Romania)

E-Seniors (France)

Genista Research Foundation (Malta)

TABLE OF CONTENTS

ABOUT ERASMUS+

Erasmus+ is the EU's programme to support education, training, youth, and sport in Europe. The 2021-2027 programme places a strong focus on social inclusion, the green, and digital transitions, and promoting young people's participation in democratic life.

It supports priorities and activities set out in the European Education Area, Digital Education Action Plan, and the European Skills Agenda. The programme also

- supports the European Pillar of Social Rights
- implements the EU Youth Strategy 2019-2027
- develops the European dimension in sport

Erasmus+ offers mobility and cooperation opportunities in

- higher education
- vocational education and training
- school education (including early childhood education and care)
- adult education
- youth
- and sport

Key Action 2: Cooperation among organisations and institutions

This Key Action supports:

- Partnerships for Cooperation, including Cooperation Partnerships and Small-scale Partnerships;
- Partnerships for Excellence, including Centres for Vocational Excellence, Teachers Academy, and Erasmus Mundus Action;
- Partnerships for Innovation, including Alliances and Forward-looking projects;
- Capacity Building projects in the field of youth;
- Not-for-profit European sports events.

www.erasmus-plus.ec.europa.eu
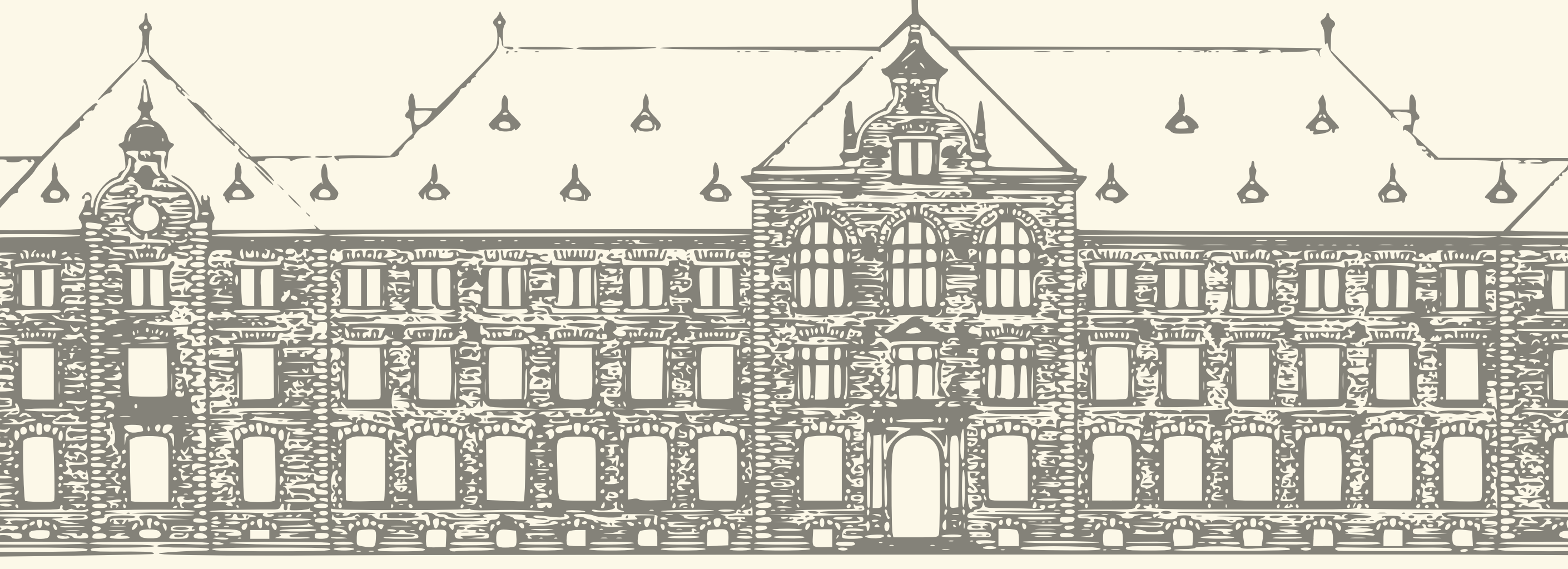
ABOUT SE-MOVEH

"SE-MOVEH: Social inclusion and EMployment Opportunities through the Valorization of European cultural Heritage" is a 24 months project, involving 4 different organizations coming from Italy, France, Malta and Romania, working in different but interconnectable sectors: education of disadvantaged young adults, ICTs, Environment, EU Participatory Democracy, integration of migrants, Cultural Heritage, Public Services, Social Entrepreneurship. The cross-sectorial aspect of the project represent its strength: partner organizations with different backgrounds and specifities, but with a common objective.

2018 was European Year of Cultural Heritage and it is a priority to valorize it. This Strategic Partnership intends to do so, by supporting Social Inclusion and Entrepreneurship of disadvantaged young adults.

After sharing best practices, thanks to the study visits in the different Institutions, the project partners will co-design a unique Training model for entrepreneurship through the valorization of the European Cultural Heritage, which, after being tested at local communities level, will be released as an E-book. This output will be the main result of the Strategic Partnership and it will be freely available in the online young and adult education resource platforms EPALE and SALTO, on the project's blog and on Social Media Platforms, so as to be used from any other organization and adapted to the specific contexts.

Thanks to the implementation of 3 International meetings (Preparatory, Intermediary and Dissemination) + 4 Learning/Trainings activities + 4 local educational activities, about 32 participants (Staff members, educators and trainers) will increase their skills and competences and at least 30 young adult learners (disadvantaged, unemployed citizens and migrants) per Country will participate in the community experimentation of the new methodology.

www.semovehproject.home.blog

This eBook is AVAILABLE to EVERYONE who is ready to apply it in its community.

GOOD PRACTICES AND ITS METHODOLOGIES

The SE-MOVEH project's state of the art is to raise Adult Educators, through the implementation of a new educational methodology that starts from the exchange of best practices from the 4 partner organizations with different backgrounds, working in sectors, such as Cultural Heritage, Adult, and Digital Education, Entrepreneurship, Inclusion of disadvantaged citizens, the inclusion of migrants. This exchange merged into one educational methodology with the aim to *develop entrepreneurial initiatives for the valorization of the European Cultural Heritage.*

SE-MOVEH project is a natural prosecution of what was and is done together since it is the result of a common strategy for *fighting social exclusion while supporting young disadvantaged adults in their entering in the labor market as protagonists.*

Fattoria Pugliese Diffusa APS (Italy) brought its experience of Entrepreneurship education and the various examples of valorization of Intangible Heritage for social integration of disadvantaged young adults. Their practices among Intangible Heritage is a wealth of knowledge and skills that is transmitted through it from one generation to the next.

Institutul National al Patrimoniului (Romania), started to offer virtual access to museum collections or outdoor monuments to disadvantaged citizens. As a public entity with a heavy background in the field of National and International Heritage, they brought to the SE-MOVEH the methodology of education regarding the Tangible Cultural Heritage with the disadvantaged young adults.

E-Seniors (France) was able to add a new target group (disadvantaged adults) to its previous project of digital education and promotion of digital heritage. They realized face-to-face workshops in classes by presenting different projects and concrete digital applications aiming at promoting national and EU cultural heritage. It was theoretical learning combined with interactive sessions by using innovative tools afterward.

Genista Research Foundation (Malta) showed practical systems in various sectors of farming and other sustainable practices where one is expected to take greater care of our environment and the health of the consumer.

NATURAL HERITAGE

RINELLA NATURE RESERVE

 Genista research foundation was given an abandoned military zone in the village of Kalkara in the Rinella valley to create the Rinella nature reserve in a very densely populated area in the south of Malta. The project started in 2001 and is an ongoing project.

Stakeholders

Genista research foundation volunteers, schools and their students, university students doing internship programs, volunteers doing Solidary corps projects, elderly and residents.

Objective and impact

To offer training and understanding of traditional farming methodologies
To offer training on understanding the importance of natural habitats
To train on traditional water conservation methods
To train on alternative energy provision

Target group
Cultural and Social background

Most of the participants are from disadvantaged groups and agricultural communities.
Each activity has between 10 and 20 participants starting from 5 to 70 y.o.

Activities

The project involved a number of activities over the years which included the following:

- Restoring an old military zone and converting it into a nature reserve in a densely populated zone by cleaning and restoring the area back into its natural habitat.
- Restoring all damaged water cisterns.
- Restoring the natural water channel.
- Converting the buildings into zero emission offices by installing solar panels for the provision of electricity needs.
- Organising training for farmers and residents on the principles of traditional farming methodologies without using any additives.
- Organising activities of interactive lessons for children to understand the natural environment and learn on the historical buildings which included a 1st WW military building, a 17th century building which hosted military ammunition, a military communication building.
- Organising activities like dancing and yoga in nature.

WIED IL-MIELAH GHARB

Wied il-Mielah Gharb project is a project which involved the granting of 3 European regional funds projects to conserve the rubble walls, prevent water loss and create a walking trail in nature through the Gharb local council.

Objective and impact

The objective of the project was to collect runoff water, prevent flooding in the village and make use of the water for irrigation, it also involved structural works to collect the water through various pipes installed in the village, teaching how to restore rubble walls and water cisterns and through the trained workers do restoration works on the damaged rubble walls along the valley to prevent soil loss.

Stakeholders

Local residents from the rural village, young people and farmers

Target group
Cultural and Social background

Local residents, farmers, and young people are interested in learning traditional restoration methodologies. At the training and practical session attended 10-15 people ranged between 16 to 60 y.o.

Activities

- 🌿 Teaching of how to build traditional rubble walls.
- 🌿 Teaching on how to conserve water cisterns
- 🌿 Restoration of rubble walls to protect water and soil runoff after storms
- 🌿 Restoration of the valley bed to serve its original use of providing a space for natural habitat, water catchment and as an area for street run off water which would otherwise create flooding and loss of water.
- 🌿 Creation of a nature trail for residents and tourists

https://www.gharbnet.com/about?pld=173#places

BUSKETT GARDENS

Buskett gardens project, a LIFE+ supported project to restore rubble walls, conserve and plant endemic and native trees restoration of a NATURA 2000 site

Objective and impact

The project aims to conserve the habitats of EU importance composed of mature trees at Buskett, along the watercourse and the banks of Wied il-Luq (Poplar Valley). The Annex I habitats targeted by the project include:

- Priority Habitat 5230 – *Arborescent matorral with Laurus nobilis. This is a habitat typical of humid maquis characterised by dense thickets of Bay laurel trees. The foliage is evergreen and aromatic with a sweet scent.
- Habitat 92A0 – Salix alba and Populus alba galleries. Although denoting the presence of Willow and Poplar, this habitat is also characterised by Elm and Ash trees, all of which are deciduous (leaf-shedding) and typical of riparian woodlands.
- Habitat 9320 – Olea and Ceratonia forests. This is a maquis habitat represented by small to medium-sized evergreen trees, mainly Olive and Carob and other associated shrubs like Lentisk and Buckthorn, which are able to thrive in dry conditions.
- Habitat 9340 – Quercus ilex and Quercus rotundifolia forests. In Malta, this woodland habitat is represented by old forest remnants composed of evergreen Holm Oak trees. These trees are known for producing acorns.
- Habitat 9540 – Mediterranean pine forests with endemic Mesogean pines. This type of woodland is made up of mature Aleppo Pine trees. The leaves are evergreen and needle-shaped, with a characteristic turpentine smell. Like other conifers, these trees produce their seeds in cones

BUSKETT GARDENS

Activities

- Various measures were undertaken through the LIFE Saving Buskett project to stabilise the soil in areas supporting Annex I habitats and include the repair, restoration and rebuilding of retaining dry stone walls and arches defining part of the watercourse.
- Planting of characteristic trees.
- Invasive alien species, which compete with the native trees were removed to enhance the quality of the existing habitats.
- Educational talks for school children, residents of the surrounding areas and farmers.
- Networking with European stakeholders to share good practices and methodologies.

http://lifesavingbuskett.org.mt/

Stakeholders

Ministry of the environment, environmental NGO's and schools

Target group
Cultural and Social background

The general population, but specifically residents of 3 surrounding villages, farmers, and school children. Throughout the 4 year project, 4000 participants between 5 to 70 y.o. took part in the various activities organised.

Valorizing the Natural Heritage
## LOCAL ACTIVITY

Through this activity, GRF gave an overview of examples of cultural heritage initiatives that used traditional conservation and restoration methodologies, offering new skills and opportunities and increasing the cultural heritage.

The heritage chosen had a combination of rural heritage sites which included farming zones and mostly 15th and 16th-century historical buildings, which through the restoration works enabled these buildings to be used by NGO's further promoting the upkeep and proper use of these buildings.

TANGIBLE HERITAGE
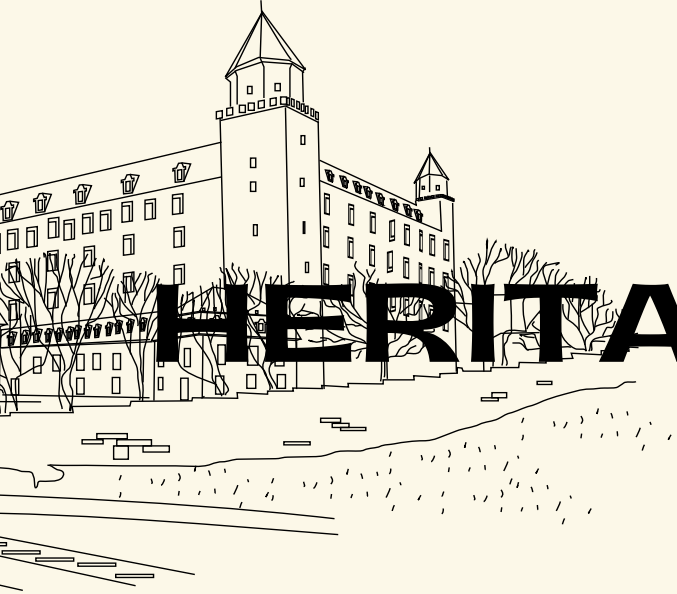
HERITAGE AT THE CROSSROADS

Heritage at the crossroads. The digitization of stone crosses, hero monuments and historical landscapes from Prahova county was a project that aimed to document, research, digitise and protect stone crosses, hero monuments and historical landscapes from Prahova county. The project and its results were very well received by the general public, by specialists in the cultural field and especially by the Prahova communities. Due to the good practices used throughout this project, it became a milestone for other similar initiatives in other regions where this type of heritage is present, for example the counties of Argeş, Buzău, Olt, or Vâlcea, all located at the foothills of Carpatians.

Stakeholders
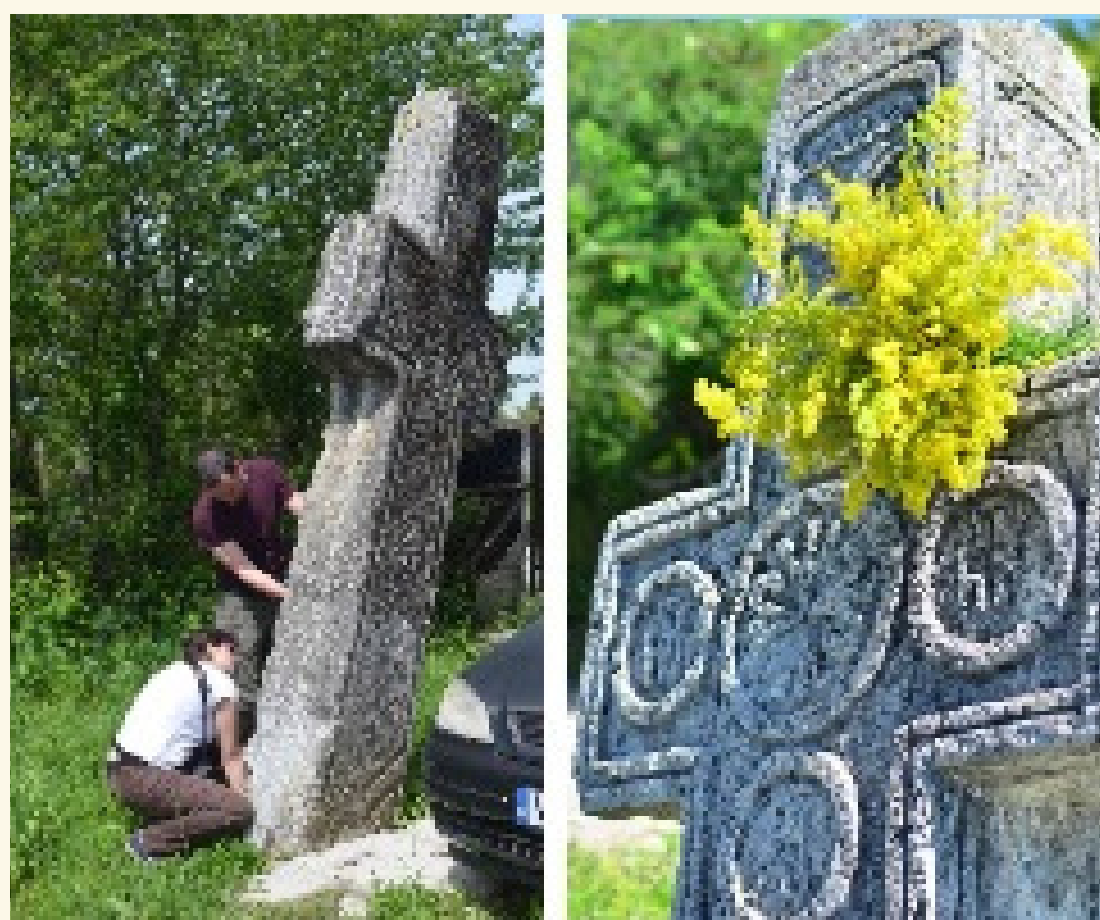
Partners in the project were: Eurocentrica Association, the National Institute of Heritage and the Directorate for Culture of Prahova County. The project took place with the support of the local teachers, the Prahova County School Inspectorate and the local authorities.

Activities

The project started with the field identification of the stone crosses, commemorative monuments, and historical landscapes on the territory of Prahova county. In this exploratory step of the project, we realized that the number of 50 stone crosses and 5 First World War memorials recorded in the 2015 Romanian List of Historical Monuments, was actually significantly higher in the field. The identification activity went hand in hand with the documentation activity, which was carried out through photography (2D digitization), mapping, and cataloging.

Later, some of the monuments were selected for photogrammetry and 3D reconstruction, historical and epigraphic research, and an assessment of the state of conservation and the possible risks to which they were subjected. The images, together with the documentary information were grouped in a database in the form of analytical records, according to the model recommended for the evidence of historical monuments.

The next stage was the creation of the website www.monumentelararascruce.ro, where all these records were uploaded, along with photos and the interactive map, and where there is a continuous update of the information.
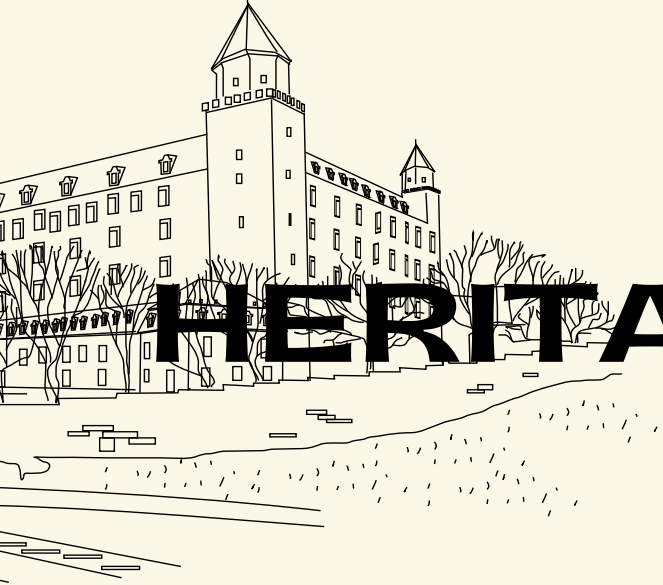
HERITAGE AT THE CROSSROADS

Target group - Cultural and Social background

The results of the project were very well received by the general public, by specialists in the cultural field, and especially by the Prahova communities. The background differs completely, the beneficiaries belong to a wide range of cultural and social environments: researchers, teachers, students from the cultural communities, agricultural communities, and disadvantaged groups.

Throughout this project, we also focused on the effort to include the local volunteers in our activities, as well as to sensitize and educate the young audience in the spirit of appreciating and preserving material cultural heritage.

Throughout this project, we collaborated with at least 300 participants aged between 7 to 90 y.o..
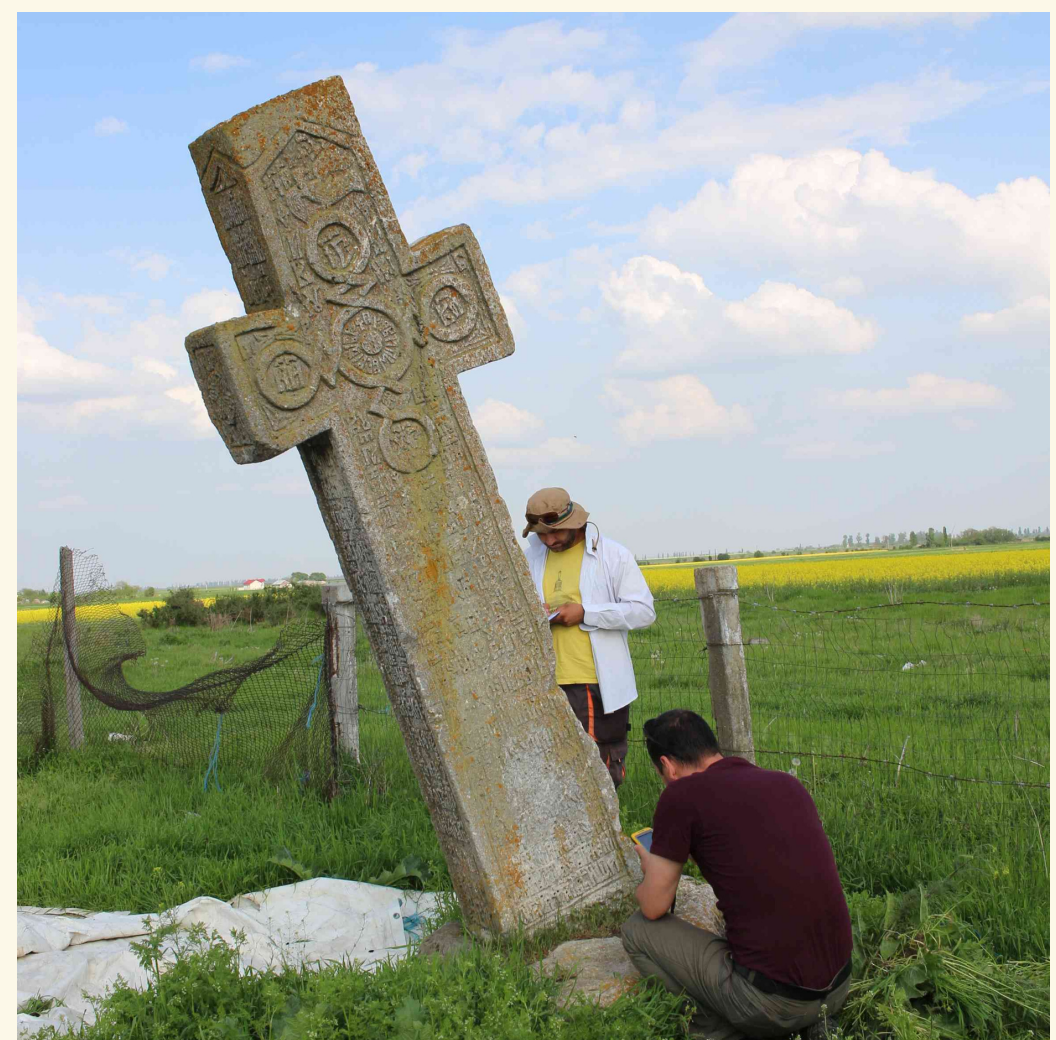
The main objective was to document, research, digitise and protect a minimum of 200 stone crosses from Prahova County, dated between XVI - XIX centuries, a minimum of 100 monuments dedicated to commemorating the participation of the local Prahova communities in the First World War, erected between 1920 and 1940, monuments that continue the commemorative practice established by stone crosses, as well as 10 historical landscapes from Prahova that preserve the memory of the First World War. At the end of the project, the results were much higher than what we initially prepared for - we found 330 stone crosses, 100 monuments of heroes and 10 historical landscapes.

https://monumentelarascruce.ro/

INTERNSHIP AT THE NATIONAL HERITAGE INSTITUTE

At the National Institute of Heritage, we encourage students from various faculties, especially from Art and Humanities fields within the University of Bucharest, to complete their compulsory yearly internships at the Institute, doing volunteering work. Through this initiative, we provide an opportunity for young professionals engaged in university studies to experience how it is like to get actively involved in the field of cultural heritage and to gain practical experience for their future careers. In this way, students and young professionals have the possibility to collaborate with a public research institution like the National Heritage Institute, to work with professionals from the cultural heritage field and to exercise, develop skills and integrate in this field of activity. Their chances to become future specialists and also to be hired in temporary or permanent positions increases with their experience gained through internships and volunteering programmes. They also become qualified in documentation and research of cultural heritage in all its fields (archaeological, mobile, imaterial), to work and to be involved in developing databases in order to document and disseminate cultural heritage and also to develop skills in scanning and indexing cultural resources.

For a long time, the process of employment in permanent positions in the Culture field was blocked and the only chance to bring new members in the team was through temporary collaboration contracts. Only in April 2019 the law which blocked hiring of new permanent employees was modified. That gave the possibility for cultural heritage professionals to take the exam for being hired in permanent positions at the National Institute of Heritage.

Although the national legislation now permits to hire permanent employees in this field, the number of qualified personnel is still under-sized. There is an obvious imbalance between the attribution that the National Institute of Heritage legally has and the low number of professionals currently covering all the tasks. Thus, involving volunteers in the ongoing projects represents an advantage for the both parties involved.

Academia and the cultural heritage field in Romania can often be difficult to access by students and young professionals, and through this initiative we are working towards improving this situation. Every student willing to get involved in the Institute's projects is given the opportunity to do so.

Training the volunteers can be a challenge, but is also one of our Institute goals. Besides research, documentation, protection and advocating cultural heritage, there is also an educational mission that this institution has, i.e. educating people to acknowledge, to preserve and to protect cultural heritage. And in this case, it is about educating young professionals and forming and qualifying future professionals in this field.

https://cimec.ro/echipa/

INTERNSHIP AT THE NATIONAL HERITAGE INSTITUTE

Stakeholders

Students are presented with the opportunity of completing their annual internship at the National Institute of Heritage within the Digital Heritage Department during the advisory classes held at the University of Bucharest. The two institutions have a partnership that makes the collaboration possible.
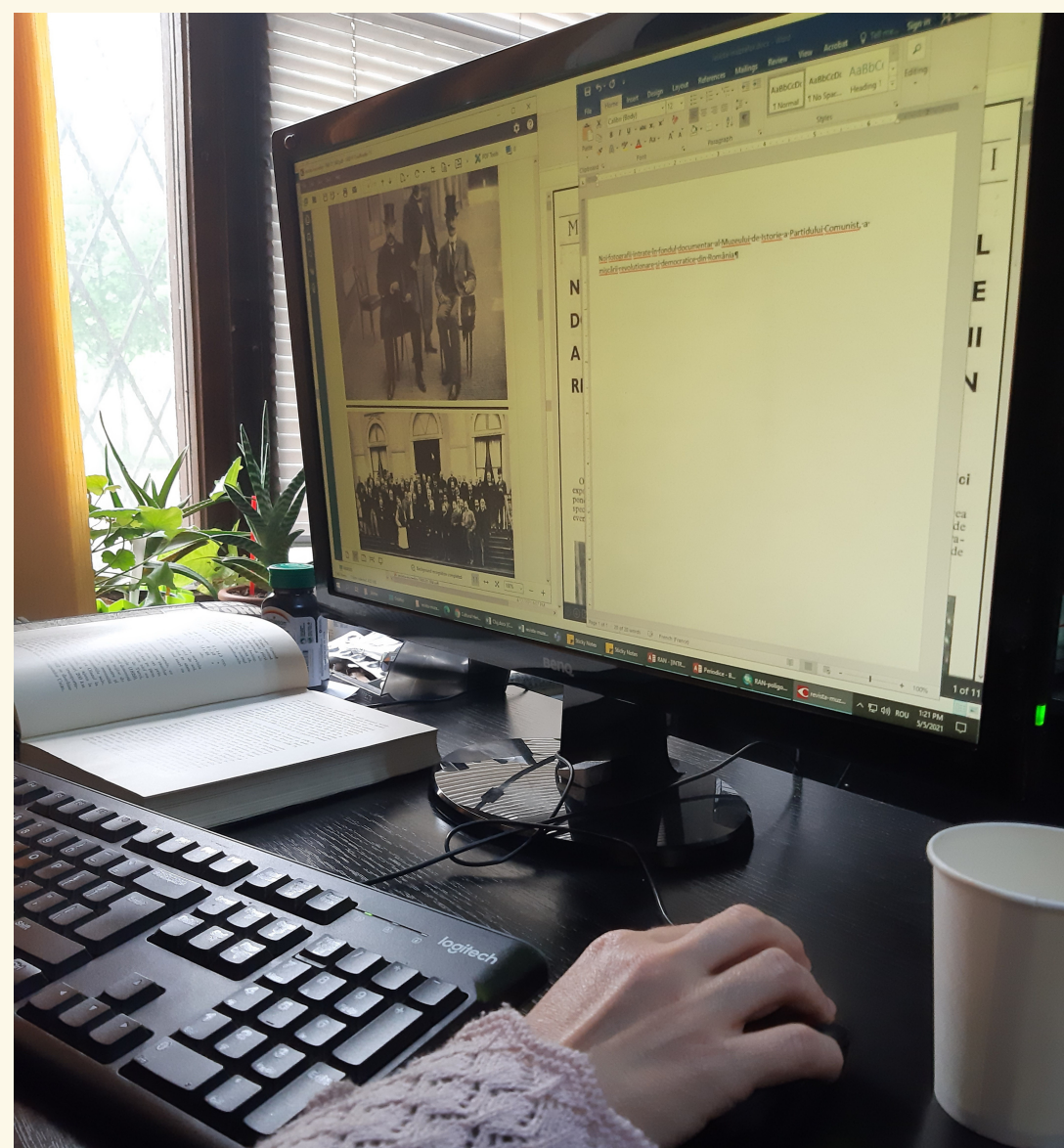
Activities

After the interview with some of the responsible members of the Digital Heritage Department and the final selection which depends on their expressed interest for the digitization of cultural heritage, on their understanding of some important notions regarding this field and on their general digital skills, students go through an extensive training. They learn about the principles and standards of cataloguing and digitising publications and archives, about the tools and methods of documentation of cultural heritage and how to work with databases. Only after that, they choose some tasks and experiment with how it is like to work in a government institution.

Target group – Cultural and Social background

The majority of our volunteers come from the Faculty of History, University of Bucharest, but there are also students from the Faculty of Letters or from History of Art. Each year brings a new generation of enthusiastic students, and their number is always different. In 2021, we worked with 21 students who chose to do their speciality practice at our department. 7 of them chose to continue to work as interns in different projects based on their scientific interests and their skills. So far, in 2022, our Department has 10 volunteers and 2 collaborators. The difference between a volunteer and a collaborator is that the internship is unpaid and the purpose is more educative and the collaboration is a paid internship with specific targets and obligations. Those two collaborators were former volunteers. As the volunteers are usually engaged in undergraduate studies, with some of them in postgraduate studies, their ages range between 19 and 24 years old.

CENTENARY OF ROMANIA. 3D PERSPECTIVES

The general goal of the project was to promote the Romanian cultural heritage related to the First World War and the Great Union through new information technologies. As a subsidiary, the aim was also to educate young people in the sense of active involvement for the preservation and valorization of the national cultural heritage, the introduction of heritage goods in the pre-university education process and the increase of the communities' sensitivity towards the local cultural heritage, especially that which is directly related to the events associated with the First World War and the Great Union of 1918.

About 70 high school students participated in the workshops, to whom the techniques and principles of terrestrial and aerial photogrammetry were presented. Each workshop began with an introduction that defined the concept of cultural heritage, which was followed by discussions about the celebration of the Great Union of 1918 and the Centenary of Romania. It was also mentioned that in 2018 Europe is celebrating the Year of European Cultural Heritage.

The main objectives of the project were:

- Conservation through digitization (photogrammetry and 3D modeling) of a collection of cultural goods, mainly from the period of the First World War (1916-1918) owned by the "Teohari Antonescu" Giurgiu County Museum;
- Educating young people in the sense of active involvement for the preservation and valorization of the national cultural heritage;
- The introduction of heritage goods in the pre-university education process with the objective of a better knowledge of the events and a reconciliation of the young generation with history;
- Increasing the sensitivity of local communities to the national cultural heritage, especially that which is directly related to the events that led to the Great Union of 1918.

CENTENARY OF ROMANIA 3D PERSPECTIVES

Activities

The main activity was to make 3D digital copies of 30 cultural goods from the permanent exhibition dedicated to the First World War and the Great Union in the Teohari Antonescu County Museum: medals, weapons, uniforms and furniture as well as two commemorative monuments belonging to the immovable heritage: the Monument of the French Army of the Danube and the Heroes' Mausoleum located in the city of Giurgiu.

Other activities were the organization and running of workshops regarding the digitization techniques of cultural heritage in collaboration with the partner schools in Giurgiu: Ion Maiorescu National College, Nicolae Cartojan Theoretical High School and Sfântul Gheorghe Secondary School No. 1, but also disseminating, informing and promoting the project by organising several conferences and organising two thematic trips, which took place in the city of Ruse in Bulgaria and in Targoviste.

Stakeholders

The project was implemented by three partners: "Teohari Antonescu" County Museum, the National Institute of Heritage, "Nicolae Cartojan" Giurgiu Theoretical High School, "Ion Maiorescu" Giurgiu National College

Target group – Cultural and Social background

The members of the target groups were mainly young high school students from Giurgiu county as well as curators, restorers and historians from the "Teohari Antonescu" Giurgiu County Museum. Also a specific target group was represented by the local community who benefited from a better knowledge of the cultural heritage assets and the local history of the First World War and the Grand Union of 1918 During the project more than 100 persons were involved in the activities. The average range was between 15 and 19 years old, representing the group of students from local high schools and between 30 and 70, representing the professionals from the county museum.

https://sketchfab.com/cimec/collections/muzeul-judeean-teohari-antonescu-giurgiu-b64bef5f46ea41bd97b21891fafea426

Valorizing the Tangible Heritage
LOCAL ACTIVITY

INP organized 2 local activities in this project, both kept in disadvantaged youth communities from small Romanian towns with few work opportunities. The activities were different, as the local heritage differs and so are the existing opportunities in the field of cultural heritage.

1 Held at the Oltenița Culture Directorate, in the small town of Oltenița, on the Danube's shore, Southern Romania – for the students was focused on teaching the participants about the local heritage and history and on giving them tools for better understanding and protecting their cultural heritage.

The participants learned about what objects discovered in archaeological sites, manufactured thousands of years ago, can mean for us today and what they meant for those who created and used them. Throughout discussions about where we can get our information about ancient artifacts from, where we can see them, how we can interact with digital models of them, and how we can integrate them into our interests and activities – the participants discovered what it means to create digital copies în 2D and 3D for mobile cultural objects, how to do it and how to promote it between their peers or outside their region. INP encouraged the participants to be open to employment and entrepreneurial opportunities in the domain of cultural heritage, as they obtained skills for promoting it through the held workshop.

Valorizing the Tangible Heritage
LOCAL ACTIVITY

2 Held on the archaeological site Noviodunum, next to the small town of Isaccea, which shares the border with Ukraine on the Danube. The participants were young adults that come from disadvantaged, poor local communities, students, and volunteers from the region. During the activities, they learned about the Noviodunum citadel and its history, as well as about the archaeological excavations that take place there every year. The staff members discussed with them the importance of the local heritage for the community through its valorization and about the benefits of including it in the national tourist circuit.

The participants took part in the archaeological excavations together with specialists in the field and they were taught a basic set of skills needed for this kind of work – what are the steps of unveiling the past and why it is important to follow them. It was presented the danger of removing objects from their historical context by unveiling them without following the excavation rules and what are the legal ways to notify the authorities in case they encounter archaeological finds.

The workshop also included a discussion about the impact that climate change has on the CH in the area, as the Danube (an important resource for the city's economy and labor market) has dropped to record levels, bringing out to light ruins that were not known/researched until today.

Through these activities, the participants were given an overview of examples of CH initiatives, as well as tools for the valorization of the mobile cultural heritage and the archaeological heritage.

DIGITAL HERITAGE
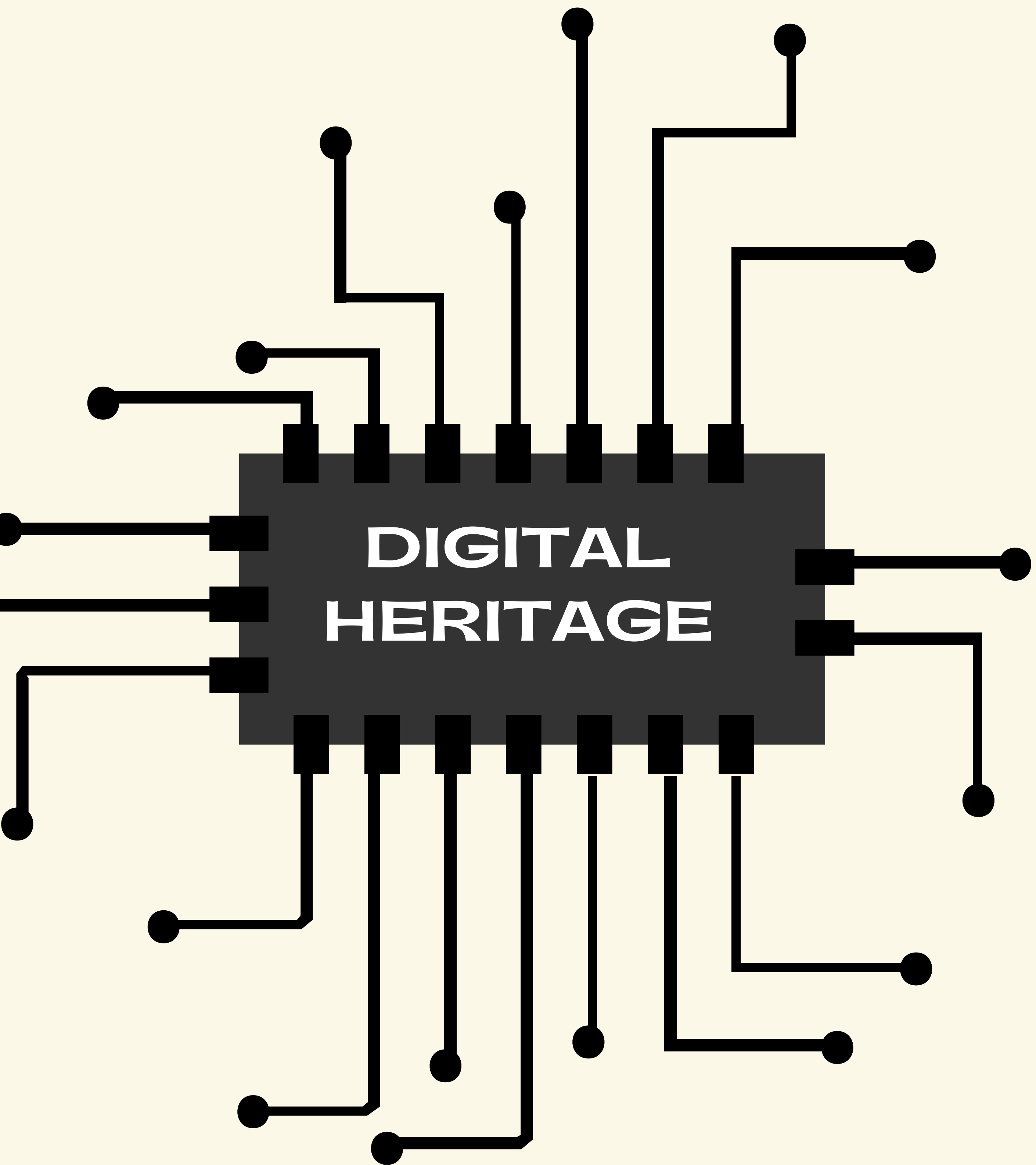
GOOGLE ARTS AND CULTURE

Google Arts & Culture (formerly Google Art Project) is a service launched by Google in February 2011, allowing users to virtually visit various museums or cultural and heritage projects, and to view high-definition images on a wide variety of themes.
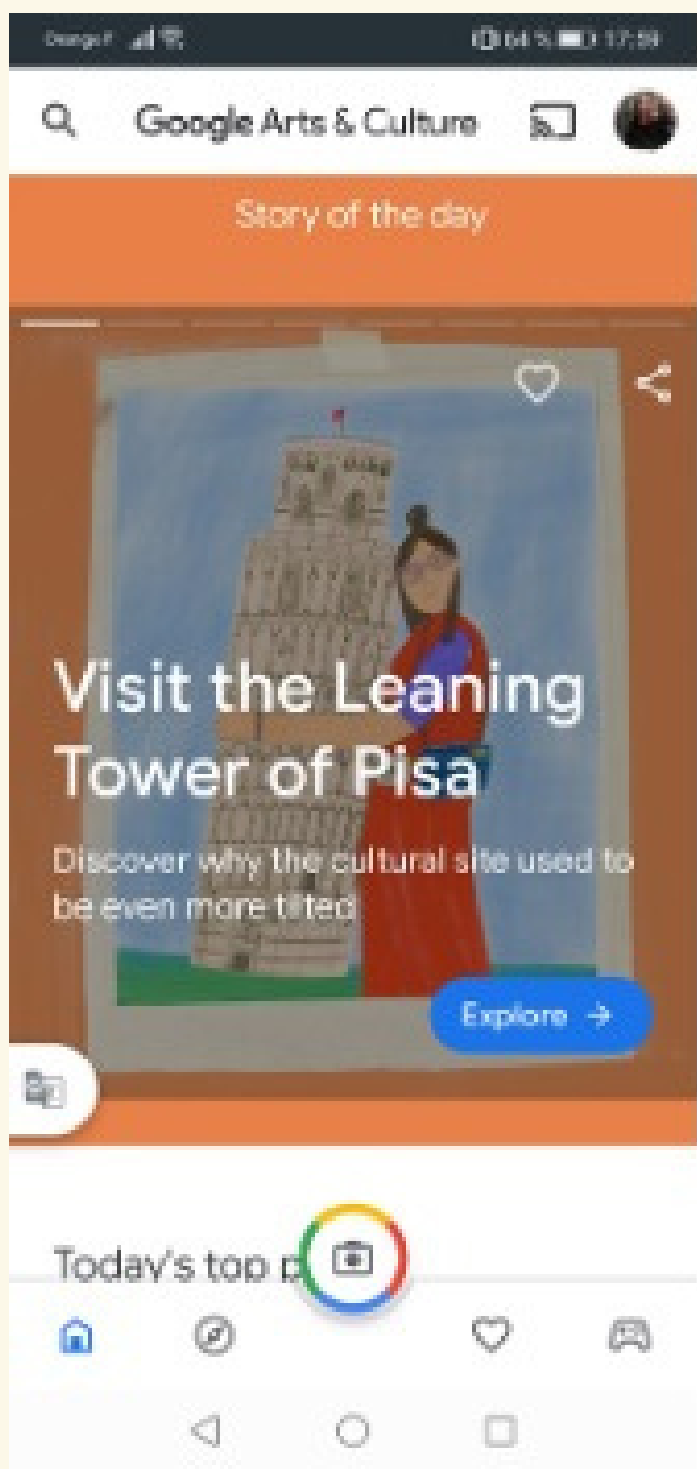
Stakeholders

This app is very beneficial for museums, willing to show their collection to a larger public that doesn't have the opportunity to come physically to their museums. The readers and users can have more explanations about each masterpiece with its history.

Also, different types of public or private organizations can use this tool with their users or members in order to let the user get familiar with artwork, artists and museums.

Target group
Cultural and Social background

Through this Google app, you can have access to a gallery of the most important artworks presented in different museums all around the world. This tool allows users to display a 3D version of the masterpieces available in different museums. This app is useful to search for more information about arts and culture, about artwork, specific artists and even go through a 3D experience.
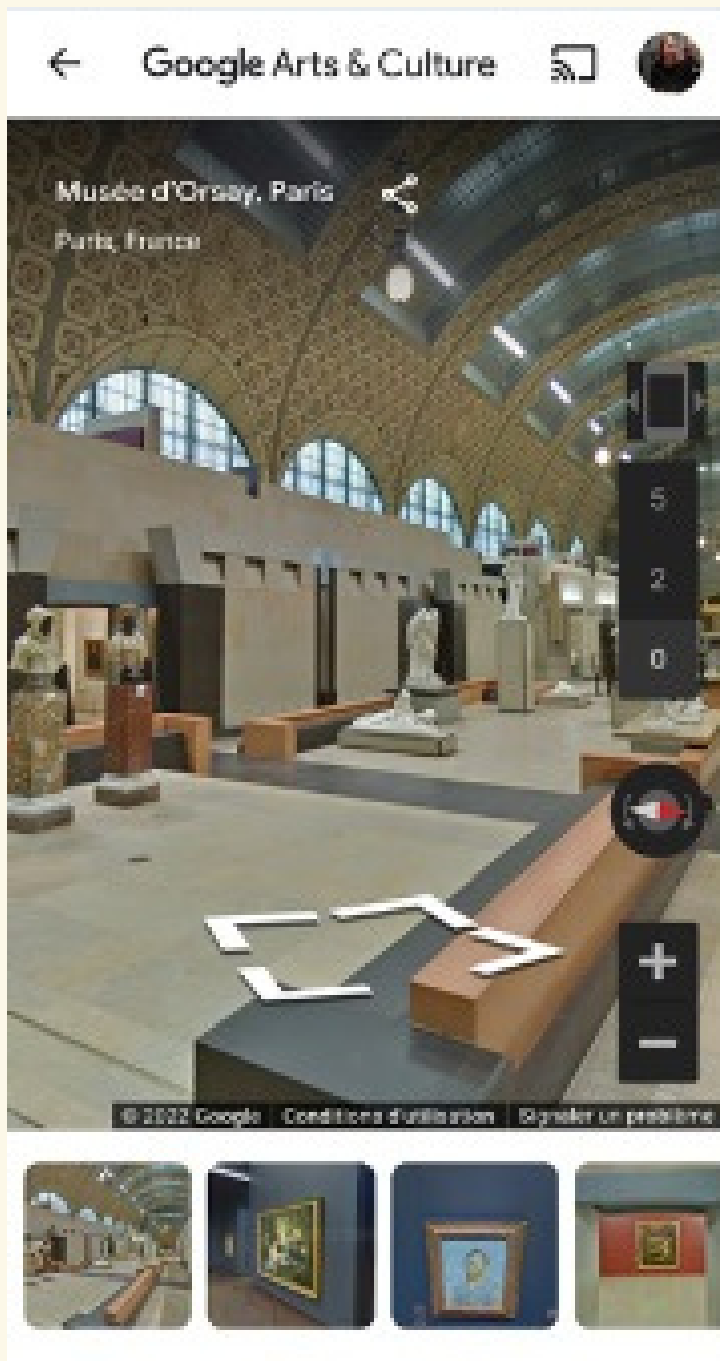
Also, users can have access to different cultural techniques very specific like the art of sushi making.

The app is available on Apple Store and Google Play but also available online through a computer
https://artsandculture.google.com/

STEPS

Step 1: Registration on the platform

1. Download the Google Arts & Culture app from your mobile phone in your marketplace or go directly to the website https://artsandculture.google.com/
2. Login by using your Google account. (Note: you do not need to create a new account. Use the one that you previously created and log in by inserting your username and password).
3. Click on "log in"

Step 2: Browse the app

1. Starting from the homepage, you can browse artworks, places, games and museums from the homepage. Some suggested items are already displayed.

2. You can also start from the menu on the top left side of your screen and browse the "Collection" by clicking on it. You can explore it according to the alphabetical order or to their location on the map. Choose one by touching the screen and scroll though the list, or zoom the map by using your fingers.

3. By clicking on the items you want to read, all the related information will be displayed. You can look for information about the artworks, their artists and museums.

4. Some museums will feature a Pegman option (the yellow man icon). By clicking on it, it will allow you to experience a virtual tour of the museum.

Step 3: Plan your group activity

1. After selecting a common interest, ask your participants to carry out some research about a selected topic.
2. Look for a shared topic (e.g. choose an artist or art movement) and look for information around you. Are there any museums nearby?
3. Share the link of your museum/artists with your friends.
4. Experience a virtual tour. Take part on a virtual tour inside the museum and explore its history and masterpieces. We suggest you a list of museums offering online virtual tours like "Musée d'Orsay" for instance!
5. This app also gives you the opportunity to create a gallery of your favourite masterpieces, virtual tours, collections, games and experiments. By clicking on the heart icon, you will be able to create your own gallery (click on "Favourites") and become an art curator. You can publish your gallery/tour by sharing the link with whoever you want.
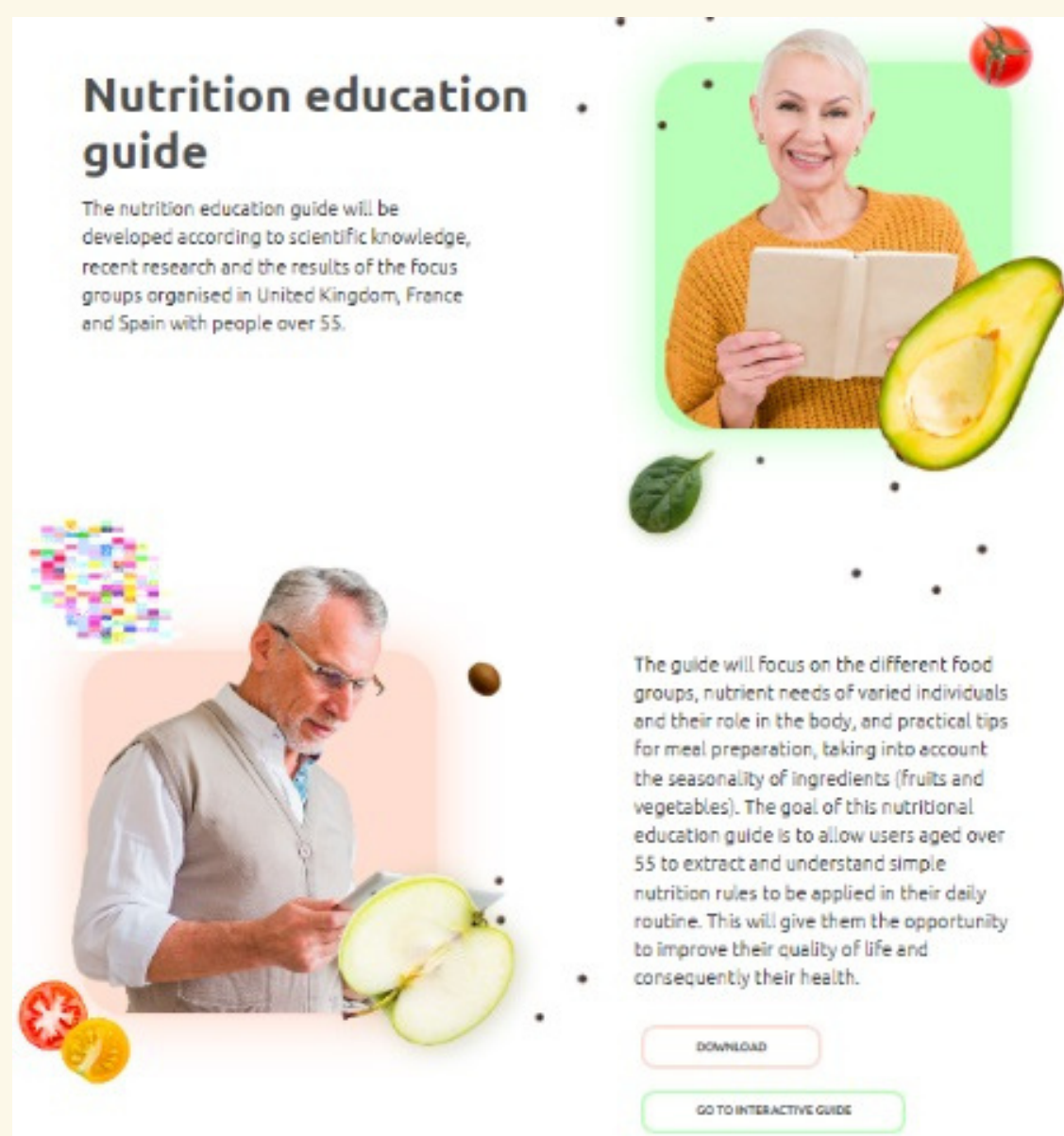
FOOD GAMING FOR ACTIVE AGEING PROJECT
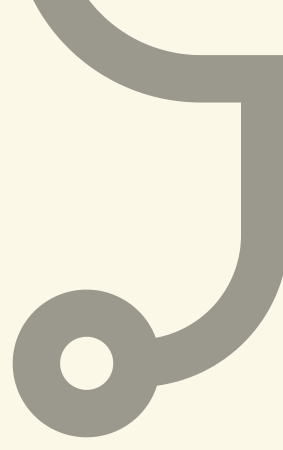
Food gaming for Active aGeing is a project that aims at promoting good nutrition habits and healthy lifestyle among older adults, to improve the quality of their lives and reduce the risk of chronic diseases and cognitive decline. A nutritional guide as well as 2 games have been developed in the framework of this project which ended in April 2022.

During the project user-friendly and interactive games were produced and published. Through these games, participants will learn healthy eating habits while having fun. In fact, Serious Games are a good motivating tool which benefit cognitive function in healthy older adults (as the study confirms "Clinical trial design of serious gaming in mild cognitive impairment"), and could also be used to improve other health aspects, including physical capability, metabolic and cardiovascular health.

Stakeholders

Nutrition education guide

The nutrition education guide will be developed according to scientific knowledge, recent research and the results of the focus groups organised in United Kingdom, France and Spain with people over 55.

The guide will focus on the different food groups, nutrient needs of varied individuals and their role in the body, and practical tips for meal preparation, taking into account the seasonality of ingredients (fruits and vegetables). The goal of this nutritional education guide is to allow users aged over 55 to extract and understand simple nutrition rules to be applied in their daily routine. This will give them the opportunity to improve their quality of life and consequently their health.

DOWNLOAD

GO TO INTERACTIVE GUIDE

Partners of the project are: E-Seniors Association (France), Abertay University (United Kingdom), AIJU (Spain), VITECO (Italy). In addition, the games developed in the framework of this project as well as the nutritional guides are beneficial for the general public, senior people 55+, caregivers as well as professional nutritionists.

Target group
Cultural and Social background

At least a basic level of knowledge of IT is required (how to use a PC, keyboard and a mouse). This game is available to various cultural and social backgrounds and is suitable to all persons speaking English, Spanish, Italian or French. This game can be played in an autonomous way on one's computer or online device. There is no need for a teacher or a support staff. This project as well as the activities completed targets **older adults of 55+ y.o with no severe motor impairments.**
It can also benefit nutritional specialists as well as medical stakeholders acting in the field of health aging and active living.

# FOOD GAMING FOR ACTIVE AGEING PROJECT
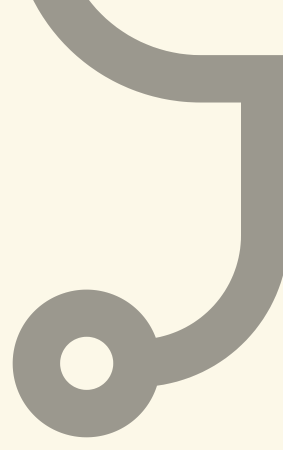
Activities

A nutritional guide document was drafted by the Nutritional expert and can be consulted by the general population.The guide focuses on the different food groups, nutrient needs of varied individuals and their role in the body, and practical tips for meal preparation, taking into account the seasonality of ingredients (fruits and vegetables).

The goal of this nutritional education guide is to allow users aged over 55 to extract and understand simple nutrition rules to be applied in their daily routine. This will give them the opportunity to improve their quality of life and consequently their health. Two games are also available on the gaming platform: Health chef (where persons can practice their culinary skills by creating recipes from France, Spain, Italy and UK online) and A good day (a game that allows to analyze one's daily habits with a serie of minigames after each question)


https://foodgaming.eu/
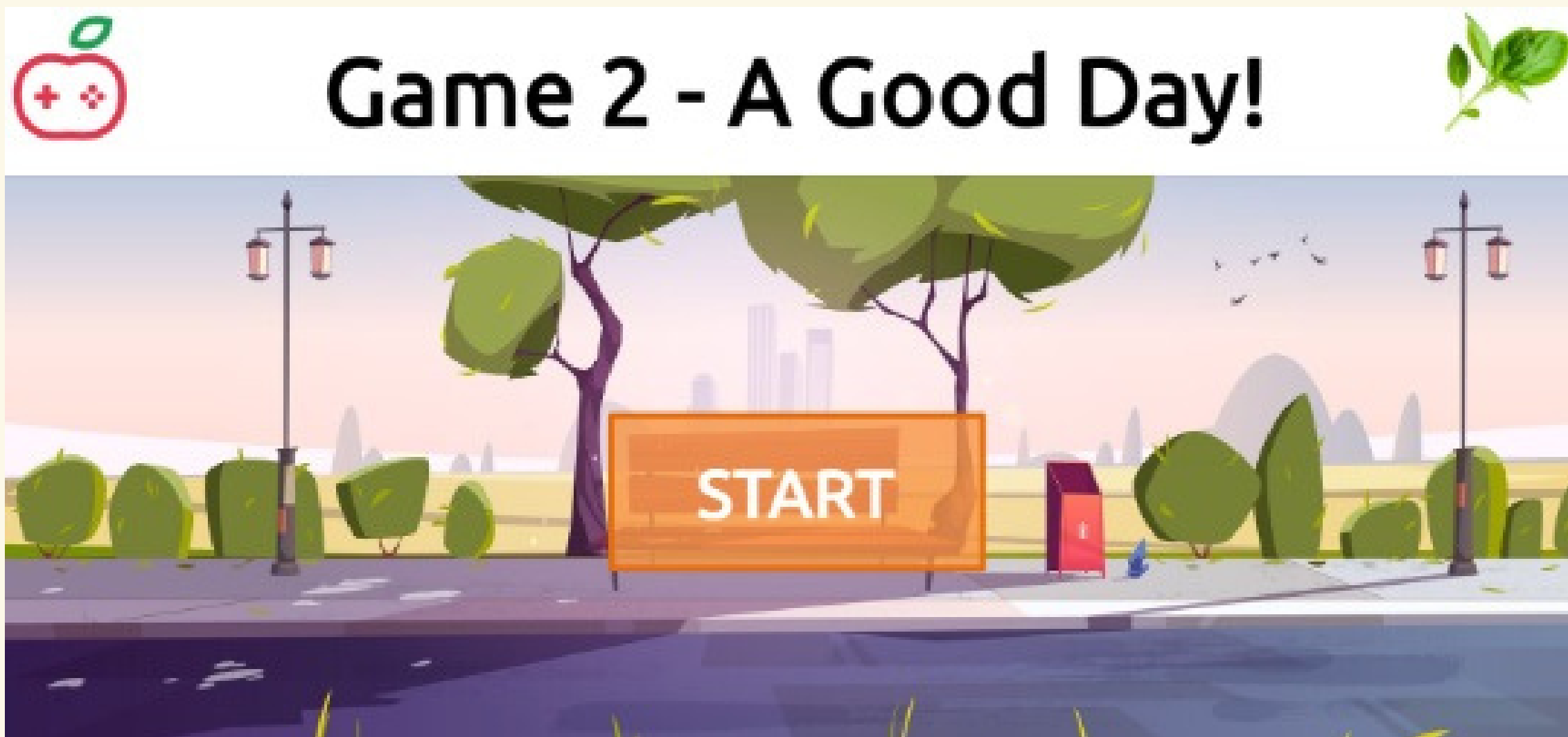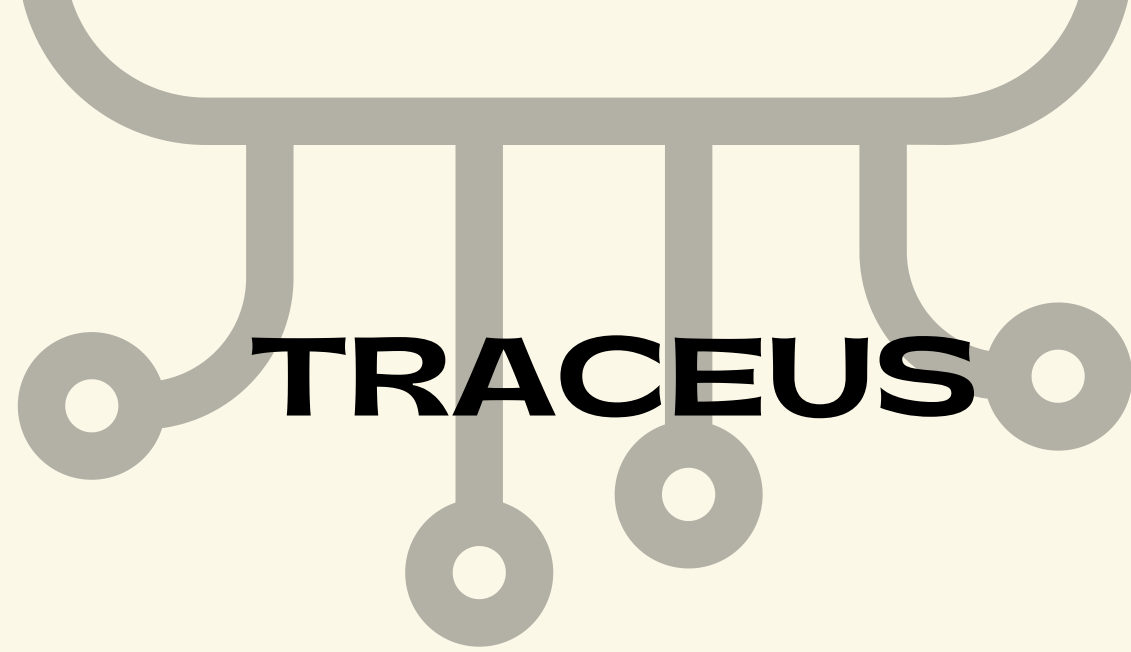
TRACEUS

The objective of TRACEus is to share recipes from kitchens in your country of origin in order to improve digital learning for senior citizens. This innovative approach uses food culture as a vehicle for mobile learning and social integration. Mobile technology can be a tool for lifelong learning and facilitate intergenerational communication.

Food and traditions, through cooking recipes, preserve our cultural identities and will thus be preserved and safeguarded for future generations, in order to develop new skills and improve social cohesion.
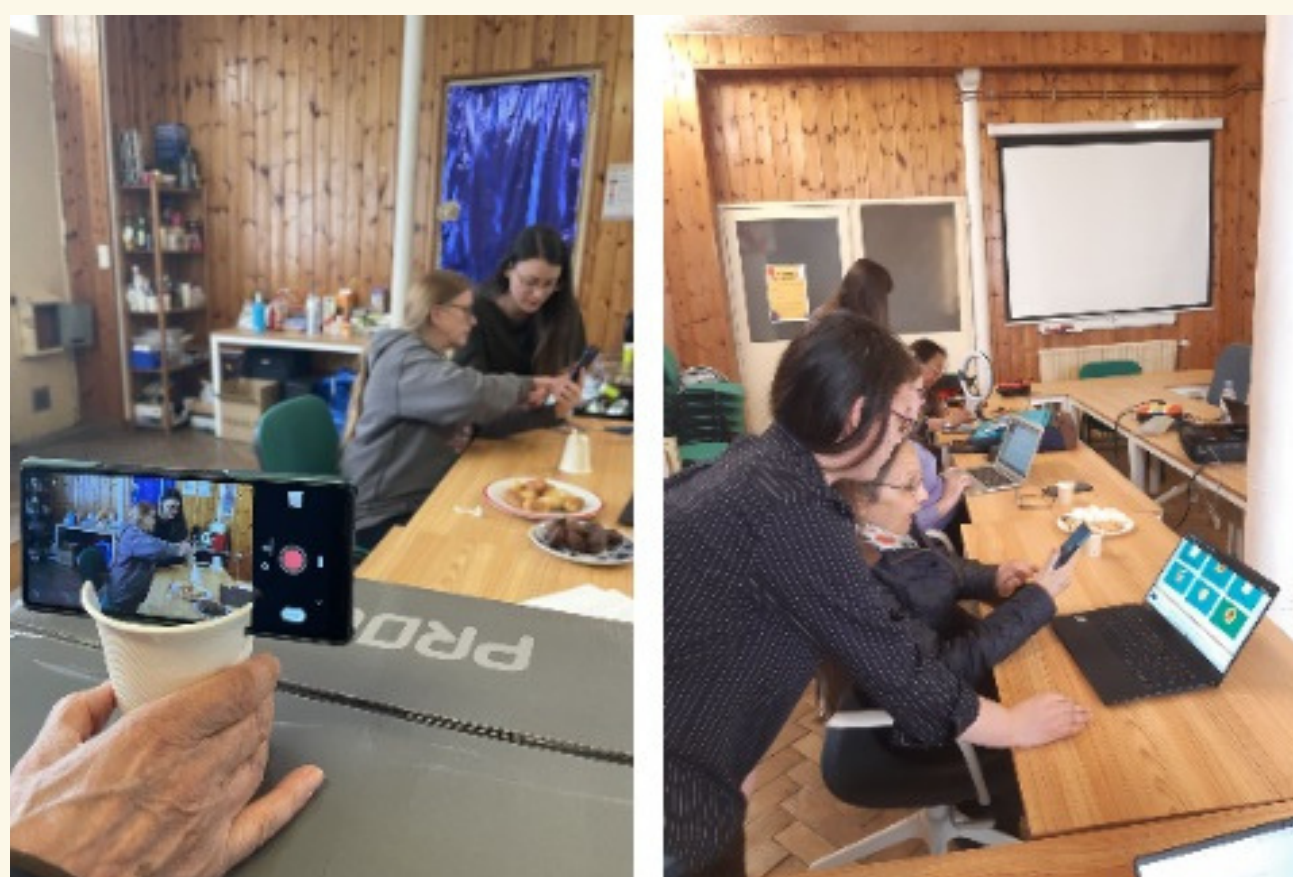
The project's implementation team is currently producing and making available new and innovative curricula, open educational resources in the form of small online videos created by older people and migrants, available on Youtube and on the project website, and innovative educational methods and training courses for older people and migrants.

It will support social integration through said tools, involving adult citizens, migrants, and refugees as protagonists sharing and promoting their identity and culture. Ultimately, it will pave the way towards greater participation by older people and migrants for mutual learning and promote knowledge and appreciation of tradition and achieve a fruitful relationship across the generations and communities.

Stakeholders

To develop these activities a team of nutritionists and IT specialists was involved. It can be useful for older adults as well as trainers and educators

Target group
Cultural and Social background

All interested in cultural exchange and recipes from other countries. No specific background is needed for these activities. It is always advisable that the users-to-be have at least very basic IT skills to know how to navigate the platform. Otherwise, they might need some support from their peers or beloved ones. Some training can be organized in a group for instance during IT classes for adults when 1 trainer and 4-6 seniors are united. Also, it can be a good developing activity in retirement homes. Evaluation can be submitted by the end. This activity and training are adapted for older adults from 60yo, their formal and informal caregivers and also adult educators.
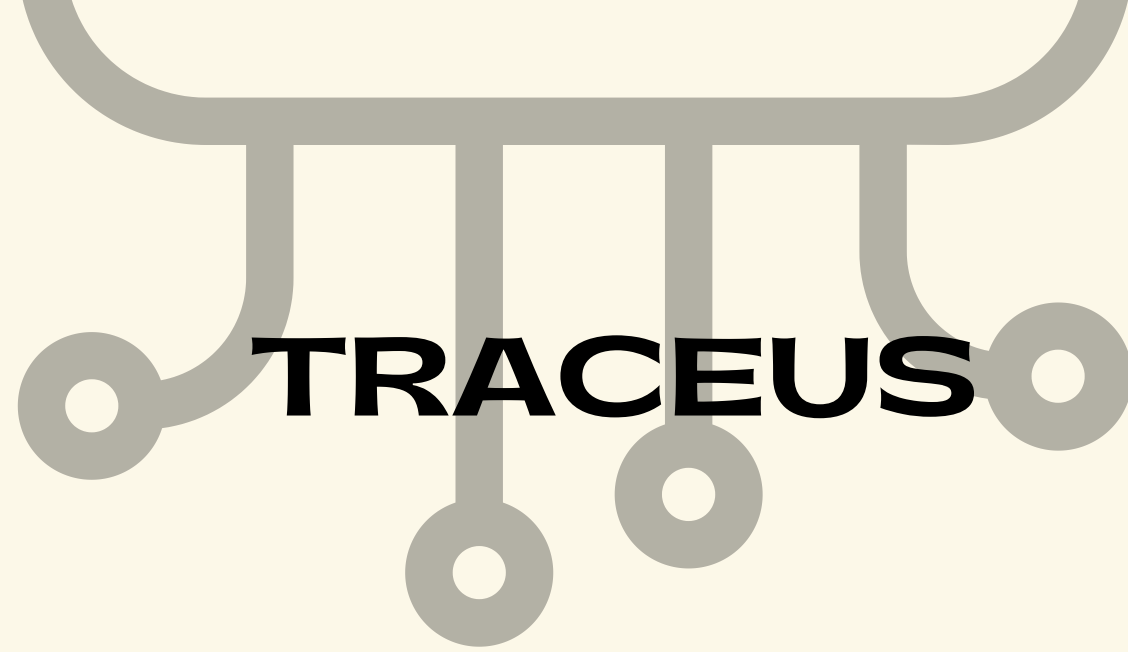
TRACEUS

Activities

TRACEUS seeks to develop and curate a database of recipes, cuisines and traditions (storytelling/singing/dancing) associated with European cuisines using mobile technology as a learning tool. The project illustrates and provides an accessible model which builds on harnessing inclusive technology learning for citizens at risk of being "e-excluded" in the traditional sense and ensures that their culinary customs and traditions (storytelling, music, dancing) are recorded and curated in an accessible way. It thus uses mobile technology as a learning tool as well as a resource for lifelong learning that can also facilitate intergenerational communication.

Three main elemntsare being developed in this framework:

1 Authoring training/Training Manual: an online training course, consisting of both online and face-to-face elements, (curriculum) for older adults and migrants, who would like to become authors of digital learning materials, and record/video their recipes and traditions/cultural stories relating to their cuisine.

Following each training, the seniors and migrants progressively designed and filmed their videos, in which they presented a recipe and the story behind it, and then learned how to edit and publish their video online.

2 Online Platform: a host environment for the tools and resources of the project that will feature information, tools and resources to support the online learning of the project's target groups, and which will then remain accessible to all after the project.

3 Testing/Implementation: a specific wellbeing survey (based on the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)) with the participants prior to and after the project to assess the impact on their wellbeing and collect data which could potentially lead to further research on the psychological impact of engaging in this type of activities.

https://traceus.eu/

Valorizing the Digital Heritage
LOCAL ACTIVITY

Being in charge of the Digital Heritage and the digital approach of the SE-MOVEH methodology, E-Seniors focused on the digital tools like applications (Google Arts and Culture, virtual museums, etc.), as well as websites and platforms to share recipes or traditions from EU countries that are very helpful for people not living in the country itself. So they can easily access the different cultures of the EU and be closer to their heritage. Also, creating digital content like videos or sharing pictures of specific travels promotes social inclusion among participants.

It was pointed out by the young adults that attended the local activity that digital skills are big criteria in the labor market as entrepreneurs and in bringing the cultural heritage closer to the disadvantaged people that cannot access it.

INTANGIBLE
HERITAGE

CENTRO DI CULTURA POPOLARE

The "Centro di Cultura Popolare" ("Center of Popular Culture") from Melpignano is a cultural center that works in the field of tranining, In the "Other Training" sector, for the promotion of the Intangible Heritage, for Education for Sustainable Development and the valorization of rural culture. CCP was founded in 2014, with the headquarters Melpignano (LE) thanks to the grants of Puglia Region- Project NIDI, New Business Initiatives. The activities are taking place on their place or in the public spaces, in collaboration with schools, community administrations, other socio-cultural and artistic associations, the offices of the Juvenile Court, Multifunctional Day Centers, Therapeutic Communities, thus increasing the number of participants.

Their activity ranges from Theater to Music, Dance, Canto, Arts in all its forms (graphic, pictoral, plastic, visual, etc.), to rural culture and to gastronomy and wine, without neglecting the discovering and the valorization, especially among young generations with geographical and social obstacle, of techniques and ancient crafts, of agriculture, manual art and crafts. The main object of their studies is the knowledge of the community's Intangible Heritage. With a network of farms and tour operators, CCP develops proposals, actions and activities in the field of experiential, responsible and eco-sustainable tourism. It has anagreement with the Association BAI-Authentic Villages of Italy within the programme "Hospitable Villages".
In particular they are organizing meetings, conferences, internships, courses, study plans, studies and "memory archives", but also guided tours, animated trips and study holidays.
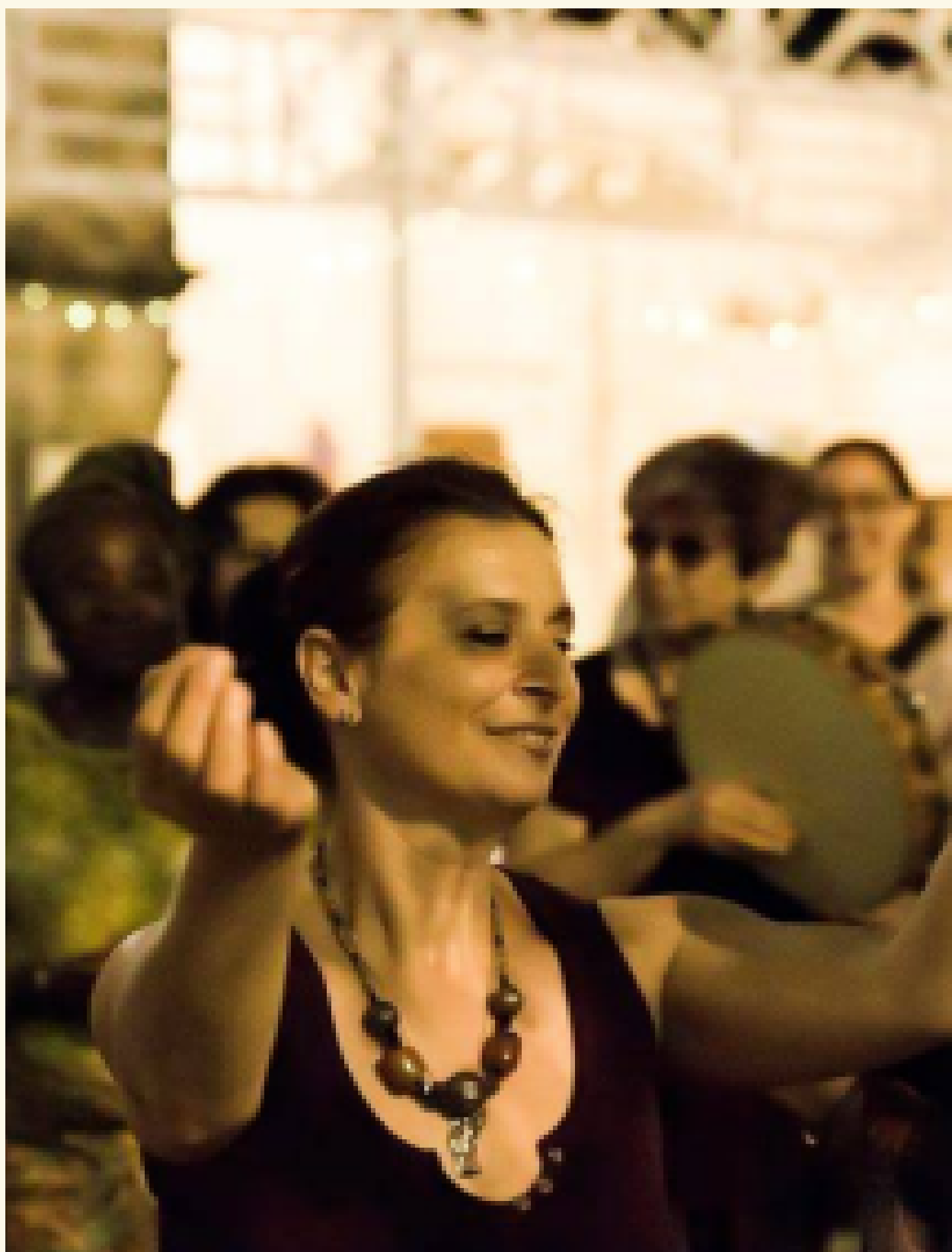
Target group
Cultural and Social background

The educational center is collaborating for two years with RE-VOLUTION, a Juvenile Service of the Juvenile Justice Center for Puglia and Basilicata of the Department of Juvenile and Community Justice, that is offering an alternative educational system to the detention of young adults (16-21 y.o.). CCP counts 11 staff members and a variable number of learners counting minors, adults and seniors reaching more than 200/year

CENTRO DI CULTURA POPOLARE

Methodology

The didactic, training, searching and in depth methodologies follows the new experimental forms of "Integrated and personalized methodology" where the "theoretical lesson" is merging with the "practical and experiential" one, and the traditional one where the "transmission of knowledge" arrives from a "teacher" who has been able to preserve the knowledge of itself, "bear-witness" of a particular teaching, that is the results of a research or investigation.

'Popular culture' is seen as the 'architect' of the current changes, being marked as a 'source of inspiration' for creative, artistic, and expressive purposes. The 'communities' rich in this 'culture' are the protagonists of the cultural and pedagogical project where the eco-sustainability,respect for nature and earth, conservation of biodiversity, the enhancement of cultural heritage, is present, from the artistic to the landscape, the archaeological, the environmental, to the 'intangible' one.

Activities

- GROWING IN THE NATURE- Training project for minors and "young-adults" from the Center of Juvenile Justice of the Court of Lecce.
- MEDIOEVALIA NEL BORGO I and II Edition - Artistic and cultural animation programme for the valorization of monumental evidence and the historical and cultural heritage of the area of Leverano (LE)
- FESTIVAL MAGNA GREECE "Music and Ancient Flavors" Pieve Emanuele (MI) XX Edition - Workshops for Schools "Tamburello Tarantella"
- WOVES AND WIRES - Training courses on artisan weaving and days of animation "Harvest Canvas" with the involvement of the Migrant Communities and with the SPRAR of Lecce, Galatina and Termoli.
- EDUCATIONAL TOUR of GREECE SALENTINA "Stin Kardia - Lab At the Heart of Food" March 2019 "-" Grecìa Salentina: traùdia u kristù, strine intorno al focolare Dicembre 2019" -CAMPUS Creative Holidays- Summer Creative Field- The Oasis of Conviviality
- THE MARKET OF THE RIGHT- Organization of a market of KO Products with cultural animation and interventions of valorization the local agricultural and artisan productions
- CAMPAGNE 2019 "The Nature that Cures - Preparation of oleolites, ointments and creams" - Excursions: - "The Narrative Forest" -"Soleto Sulitea, the Crypt of Saints Stephen and Sofia"- "The megalithic Salento, specchie, dolmen and menhir"
- LAB "At the Heart of Food" - Internships and training meetings on traditional cuisine and the valorization KO of Sal products

CENTRO DI CULTURA POPOLARE

Impact

The CCP should become a "school" (popular university) for the dissemination and promotion of culture, for the professional training, caring out as a first objective the conduction of permanent training activities. Their 'students' are participating in activities in order to learn, to deepen a passion, to socialize, to get back into the game, to create a new job opportunity, to have more opportunities or simply to get out of the 'disadvantaged' area. The role of the CCP is to bring anyone who has the curiosity and willing to learn closer to culture, to qualify professionally or develop an interest.

CCP contributes to the reintegration into society of the young guests of the structure, coordinating and managing the Art and Nature lab "Growing in nature", which includes the "Orto Raccolto, Giardino Colto" initiative, designed to cultivate the body, mind and soul. It is an educational path (ecological citizenship) and training at the same time.

Through the joint learning of traditional agricultural and artistic techniques, learners are offered not only the opportunity to learn how to design and manage a VEGETABLE GARDEN and a GARDEN through all the necessary interventions for their construction and maintenance, but also to participate in installations and artistic performances, designed to trigger the identity processes linked to places (place identity).

www.facebook.com/ccpmelp
ignano/

ARA ARTIS
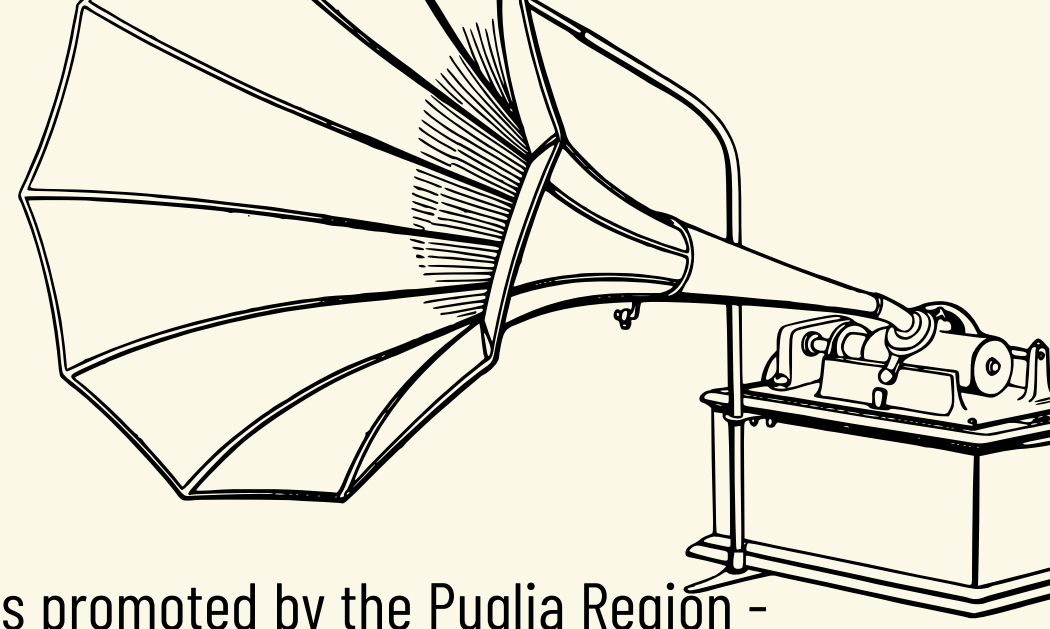
In December 2021 FPD APS was the winner of the call for proposals promoted by the Puglia Region - Località Comuni - for the "Ara Artis" project.

It is a social innovation project, capable of generating positive impacts on the plan individual and collective. Objective: to recover the role of functional and practice community with people who collaborate to develop their own and others' realization, within one space that bets on the promotion and enhancement of the territory, its culture, and of its artistic traditions. The Casa Turrita is among the most beautiful civil constructions of Presicce's historic center. Originally it was one defensive tower, known to the inhabitants as Torre di San Vincenzo, built most likely around the half of the 16th century. Only later was it enlarged, restored, and adapted to a noble residence. The Casa Turrita is among the most beautiful civil constructions of Presicce's historic center. Originally it was one defensive tower, known to the inhabitants as Torre di San Vincenzo, built most likely around the half of the 16th century. Only later was it enlarged, restored, and adapted to a noble residence. The property is spread over two floors, the left wing of the ground floor is the candidate space for the measure Common places. It has two entrances: an internal avenue that is accessed to the Garden and a wooden door of historical value from which you access the portion of space. In particular, the premises available are 3 rooms, an ordinary bathroom and a bathroom for disabled people (5 rooms in all). In one room there is also an ancient fireplace.

Methodology

The informal cooperative learning methodology, assisted by intercultural elements, give it an international feel, the project generates spaces in which to experiment with a model of inclusive citizenship that restores role and dignity to each person. This methodology based on the principle of positive group interdependence will be implemented in all project phases, ensuring the sustainability of the initiative.

ARA ARTIS
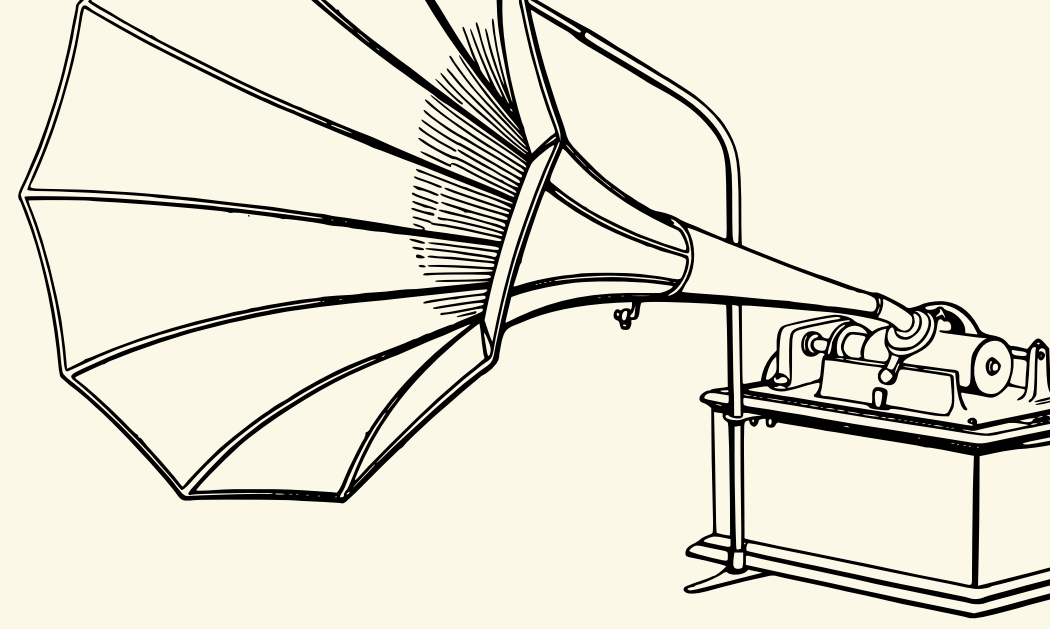
Activities

The leitmotif revolves around the high value of the conservation and enhancement of tangible, intangible, natural, and digital heritage, by encouraging practices participatory. The project aims to crystallize those areas of intervention, towards which APS has been directing its business mainly for several years, educating respect for the principles of legality.

MACROAREA A – Natural Heritage

- *Extraction of active ingredients:* workshops to learn the techniques of extracting the principles active from aromatic plants and the relative transformation;

- Garden recovery: restoration of the garden which will be the setting for cultural events and workshops.

- *Ortho-therapy practice:* experiments of the discipline to facilitate the learning of techniques - cultivation and improve mental well-being through contact with nature. -

 Guided tours: with experts to discover the architectural and landscape beauties less known of the territory.

MACROAREA B - Intangible Heritage

- Sustainable agriculture: experiments of ancient sustainable agriculture practices in a dialectic relation between innovation and tradition;

- Performing arts: theater, music, and visual arts workshops focused on the expressive use of the body;

- Ancient crafts: knowledge and transfer of skills linked to the ancient craftsmen's trades;

MACROAREA C – Digital Heritage

- *Digital literacy:* informal education workshops on the aware use of computers and technological devices to reduce the "Digital Divide"

- *Digital archive:* creation and promotion of a digital archive on the historical memory of the territory;

- *3D printers:* informal workshops on the creation of 3D products;

- *Web Radio:* dissemination of good practices carried out by young people, promotion of initiatives, stimulating participation at various levels.

MACROAREA D - Material Heritage

- *Aggregation center*: the headquarters will serve as a meeting center for citizens and organizations that want to participate in associative life.

- *Foresteria:* a guest room will be able to host volunteers, artists, and local and international experts who in various capacities they will contribute to the realization of the activities;

- *Events:* Casa Turrita will become a place for cultural entertainment events in co-planning with the artistic realities of the territory.

ARA ARTIS
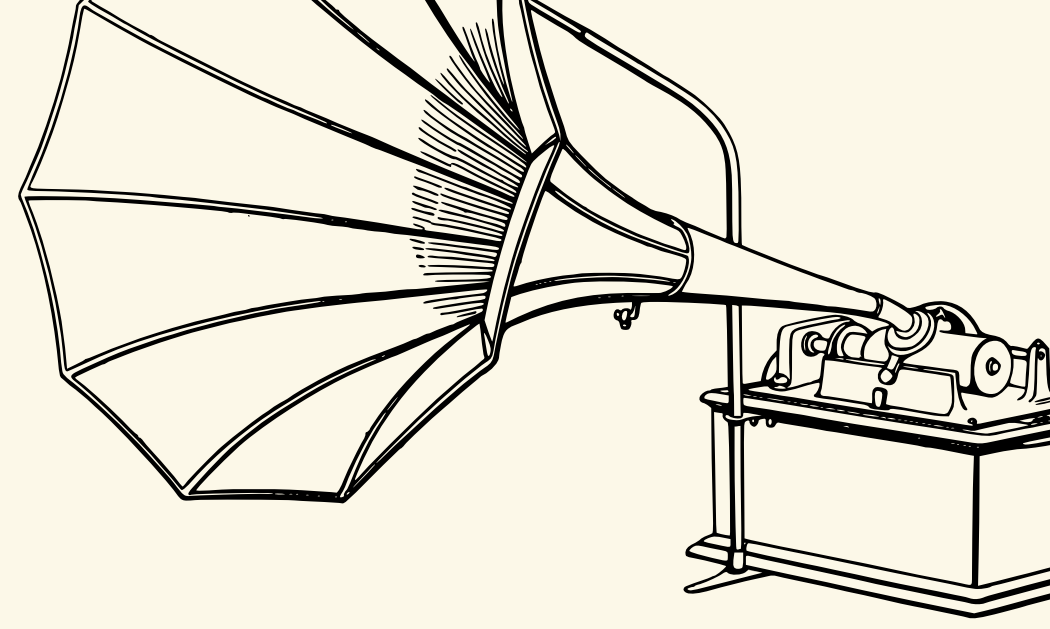
Stakeholders

The project is carried out in the municipality of Presicce-Acquarica. The youth context of the territory includes within it several e multifaceted problems concerning young people of different age groups. They need support on the aggregative and socialization level that can be given by the availability of autonomous spaces in which to organize one's free time and from participatory bodies such as associations. Some children and young people who live in situations of serious family distress will be actively involved in the process through the workshops and events. As for young people over 25 years of age, the problems change completely and the problem of work placement becomes the source of greater social hardship and there is again a growing and alarming migration. Organisms of participation will address these issues by involving young people themselves in the debate, trying to offer them tools to build a future based on their own personal ambitions and attitudes. But to do this also the Associations, especially the most active in the area, they need suitable spaces to generate inclusive and attractive activities for the community of reference.

Target group
Cultural and Social
background

The project introduces awareness of the high social value that networking generates by all organizations that promote spaces and activities for socialization and education non-formal and informal. "Ara artis" introduces two important dimensions for the well-being and empowerment of the territory: 1) activities related to the enhancement of cultural heritage, such as to awaken identity and a sense of belonging with the space and time in which one lives; 2) practices and knowledge on the issues of active citizenship, able to activate protagonism, autonomy of thought and instinct for mobility, allowing to acquire a vision of the world as an environment tailored to the citizen.

REMEMBERING

Memory as an exercise to stay active
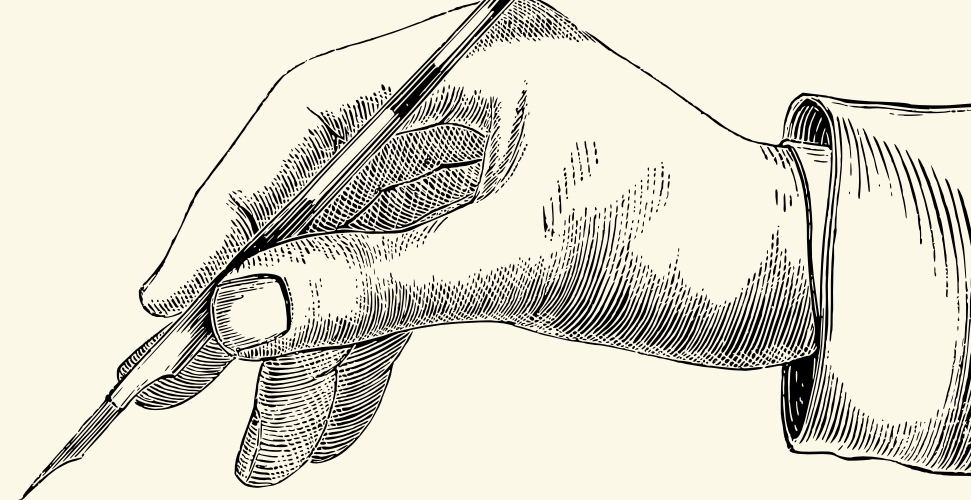
The memory of facts, personal stories, and historical events is part of everyone's experience. The project is aimed at people who have something to tell in relation to the territory they live in. The social fabric of a country is configured as a repository of the local culture.

With the help of a moderator, elders, politicians, entrepreneurs, and locals will be interviewed with the aim of building a digital historical memory by collecting precious testimonies in order to preserve and enhance the identity of places and their human capital.

Stakeholders

UNIEDA, U.P.T.E.R. Solidarietà, Fattoria Pugliese Diffusa are the main partners . For achieving the main aim, they've interviewed local citizens such as farmers, artisans, former entrepreneurs, and former politicians

Target group

Cultural and Social background

The activity is aimed at young people and adults over 18; socio-educational animators; volunteer teachers; speakers; journalists and all those who have a real interest in the history of places and those who have marked their identity.

Activities and Methodology

The activity includes itinerant workshops in some of the oldest villages located in the southern Salento area, during which the group of participants, led by a speaker, will carry out interviews with the locals: farmers, artisans, former entrepreneurs, and former politicians. Once the audiovisual material has been collected, the participants will create podcasts to be published on the radio channel of the Fattoria Pugliese Diffusa and on Youtube.

Valorizing the Intangible Heritage
LOCAL ACTIVITY

FPD targeted disadvantaged youth (migrants, youth from a rural areas, etc.). During the local activities, it has been concluded that Intangible Cultural Heritage (ICH), and more specifically the Salento ICH, drives innovation and creativity. Its elements have a deep root in the territories and communities and are the core elements for creating and developing new entrepreneurial skills. ICH is considered the most valuable asset of a community.

Another point that came into the discussion was the fact that the cooperation between cultural operators, citizens, and local entrepreneurs must be strengthened. Why? Because ICH can be preserved through business activity, by bracing sustainability of the cultural assets.

During these activities, some examples of good practices from the SE-MOVEH project were presented, and the diversity of approaches on how to valorize the European Cultural Heritage raised awareness of how important entrepreneurial skills, knowledge, and cultural practices, are for nourishing a creative process
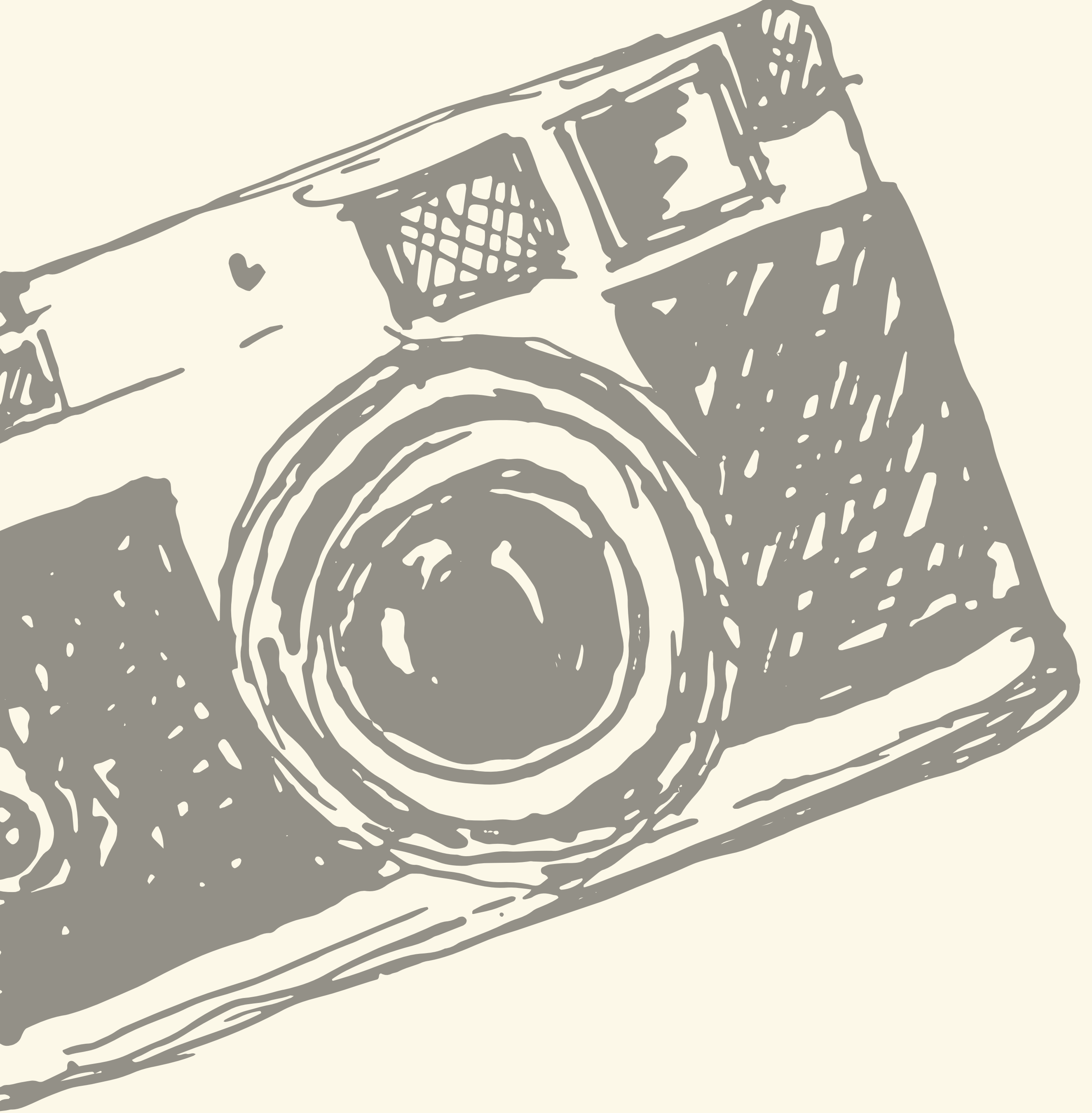
PHOTO GALLERY OF THE LOCAL ACTIVITIES

FATTORIA PUGLIESE DIFFUSA
–ITALY–
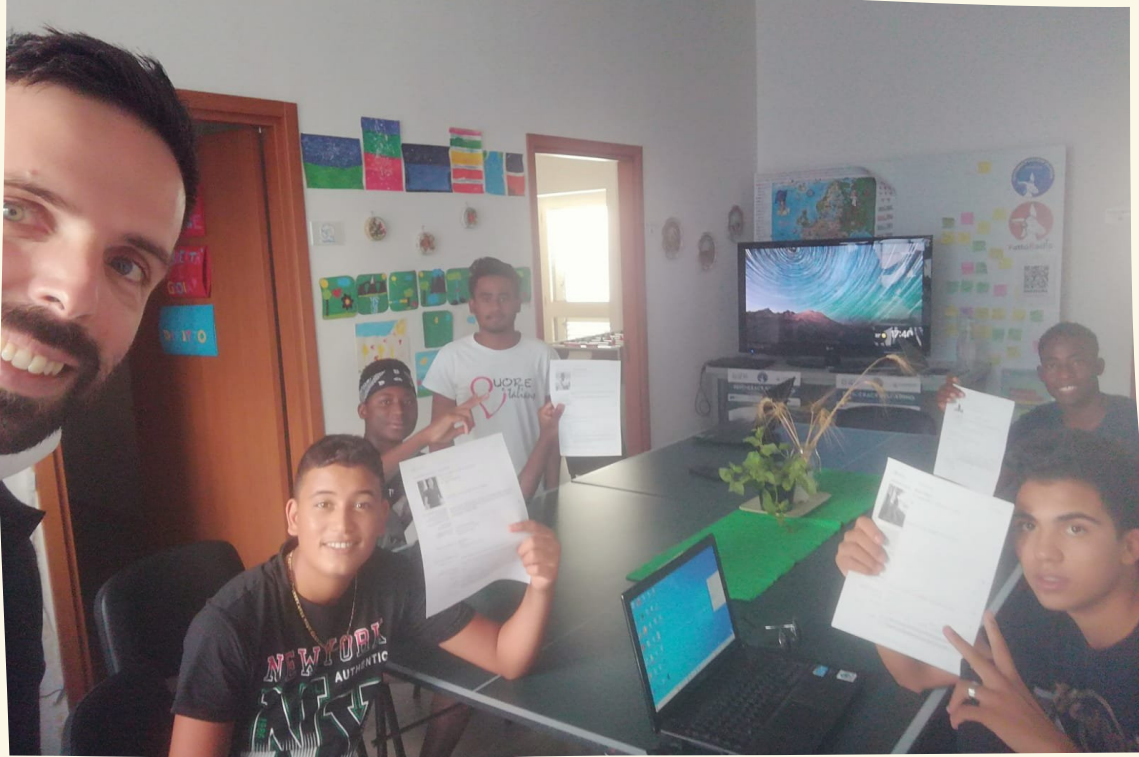
INSTITUTUL NATIONAL AL PATRIMONIULUI
– ROMANIA–

GENISTA RESEARCH FOUNDATION
–MALTA –

E-SENIORS
– FRANCE–

The images in this publication provide a general illustration of the project activities implemented between 2019-2022