

Charter of European Rural Communities



Europe for Citizens Programme

Strand 2 Measure 2.2 Networks of Towns | Decision n.º 2014 - 2343 / 001 - 001

"Goodbye to waste of food and hello to the sustainable consumption of food"

Activity plan and financial information | Youngsters | 2015 - 2016



Co-funded by the
Europe for Citizens Programme
of the European Union



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General presentation of the project

The project "Goodbye to waste of food and hello to the sustainable consumption of food" is conceived accordingly to the overall objectives of the program "Europe for Citizens" for the period 2014 - 2020, namely the promotion of European citizenship and improving conditions for civic and democratic participation at the level of the union. At the same time it meets the objectives of the European Growth Strategy "Europe 2020", namely the reduction of emissions of greenhouse gases and the reduction of the number of people at risk of poverty or social exclusion.

The ultimate goals of the project are to reduce food waste, reduce CO2 emissions, contribute to a better environment, contribute to healthier and more sustainable consumption and lifestyles. These objectives will be worked for a period of two years from rural communities, who will later present conclusions to be spread throughout the European Union. In the meetings to be held, the themes of food waste and sustainable consumption will be presented by mobilizing participants for the prevention and the adoption of appropriate measures.

This project presents a strong European dimension, given that it involves 28 rural communities from each of the EU countries, united by the so-called "Charter of European Rural Communities". This organization was established in 1989 and has grown according to the enlargement of the European Union. This network of rural communities will re-meet the need to rethink and reflect on the issue of food waste and sustainable food consumption, facing these challenges and allowing them to achieve the project objectives together, in a more efficient and conscious way.

The holding of meetings and the exchange of experiences and best practices with a European dimension among young people from the 28 rural communities in the "Charter of Europe", allows the achievement of the specific objective of promoting democratic and civic participation of citizens programme, especially the younger ones, at EU level, developing their understanding of the process of elaboration of EU policies and promoting opportunities for social and intercultural engagement and volunteering at Union level.

These young people will gather enabling cooperation, knowledge sharing, exchange of experiences, opinions and values and deepen intercultural dialogue at European level. The municipalities organize the meetings in the communities, in close collaboration with local organizations, and most of the work is done by volunteers. During the meetings, all participants will

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stay in community host families, which allows a real insight into the way of everyday life of the host community.

This experience stimulates respect and the growth of genuine European identity, sitting at the same dining table citizens of many EU countries. The site www.europeancharter.eu will function as an electronic platform for the transfer and exchange of information, for contact with other networks and communication during and after project completion. The media will be able to know about the project, in order to spread the theme of food waste and sustainable consumption and encourage the creation of synergies with other projects working on the same problem, reaching the widest possible audience.

Project activities plan

The project will be developed in six meetings. Throughout 2 years, 3 workshops, 2 network meetings and a final conference will be held. Young people from the partner municipalities, five young people from the Youth Coordination Team and also two participants from Samuel / Portugal (responsible for the project) will participate in every meeting.

In the meetings, young people from across Europe will join, promoting cooperation, knowledge sharing, exchange of experiences and opinions and developing values and intercultural dialogue. Young people will be housed in host families, in order to obtain a true picture of the way of life of Europeans, encouraging mutual respect and the growth of genuine European identity.

The ultimate goal is to contribute to changing habits and behaviours of Europeans in what concerns the food waste and waste production and to promote the sharing and dissemination of good practice. The project will begin with a presentation on the subject and all countries should reflect and share their starting point with the other participants. A work plan for future meetings, and specific measures to encourage young people to adopt more sustainable and responsible practices will be developed.

The theme will be discussed from various perspectives, including the side of environmental pollution and energy waste, as well as the loss of food along all the links from production to the consumer. In the meetings dynamics that lead to the change of attitudes by example will be promoted, by preparing meals, juices, smoothies, with small caliber or misshapen products. They will also create posters and promotional material for the parties to promote this issue in

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their communities. Gastronomic nights and a supportive market with environmentally friendly products will be held.

To explore these key issues furtherly a questionnaire will be applied later to the families of the 28 EU countries. The result should be compiled in a final report and contribute to the definition of specific measures to be applied in each of the 28 communities. At the meetings of the network, it is intended to have the confrontation of ideas and the exchange of experiences between young people and adults. At the final conference, pioneering practices and good designs will be displayed as "Zero waste", the cooperative "Ugly Fruit" and Lisbon, the first capital of the world "Zero Waste".

In all these meetings, these themes will be a constant, through various activities and dynamics: Disposable zero - offer to each participant at the meeting a mug that will accompany him/her forever, thus not using disposable cups, eliminating glass bottles and cans. Do not use disposable plates. Zero waste of water - have water supply for those who want to drink (with his/her own mug) and zero food waste – eating the right portion only! Self-service where each one serves according to their needs and hunger. After each meeting, a consolidated report on the findings will be held.

The internet will function as a platform for the transfer of information and to help establish contacts with other networks and encourage participants to continue to work and communicate after the meetings. All this work should culminate with the implementation of promotional and outreach material, including posters, flyers, DVDs, websites, as well as the final report of the entire project.

Dissemination

Project results and meetings where all participating countries will be present will be divulged. Each country should disseminate the findings in their own community, to a wider audience and not just to participants in the activities.

Local responsables will be encouraged to work the theme of food waste by implementing concrete measures to encourage the inhabitants of their communities to adopt them. The rationalization of food waste and the promotion of sustainable food consumption should include the participation of all sectors of society and involve companies, organizations and citizens themselves. This project will play a key role with regard to the mobilization of all communities to cooperate in the dissemination of good practices used in different countries.

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The pursuit of the objectives of this project and its subsequent disclosure will enhance the growth potential of the participating countries, contributing to the achievement of the objectives of the European Growth Strategy "Europe 2020", in particular the reduction of emissions of greenhouse gases and reduction of number of people at risk of poverty or social exclusion. The organization Charter of Europe plays a key role in identifying good practices in promoting mutual learning and defining rules to avoid food waste and promote sustainable consumption. The project and its results will be published in the local, regional and national media in order to give coverage to the meetings, and a press conference at the end of the meeting will be held to local newspapers. Pamphlets and DVD will be developed for the dissemination of results, as well as in the Charter of Europe website.

Impact and involvement of citizens

Being a project aimed at young people, it is expected that the results and conclusions of the various meetings have, initially, triggered greater civic awareness of a problem that affects us all and that is included in the concerns of Community Europe in particular the objectives of the European Strategy for Growth "Europe 2020, namely the reduction of emissions of greenhouse gases and the reduction of the number of people at risk of poverty or social exclusion. In the medium / long term, it is expected that in every community there is a real reduction of food waste and the consequent reduction of CO2 emissions, contributing to a better environment and to healthier and more sustainable consumption and ways of life. These objectives will be worked for a period of two years from rural communities, who will later present conclusions to spread throughout the European Union. In the meetings to be held, the themes of food waste and sustainable consumption will be presented, mobilizing participants for the prevention and for the adoption of appropriate measures. This project presents a strong European dimension, given that it involves 28 rural communities from each of the EU countries, united by the so-called "Charter of European rural communities." This network of rural communities, with a variety of locations, more or less developed, will recognize the need to rethink and reflect on the issue of food waste and sustainable food consumption, facing these challenges and allowing to achieve the objectives of the project, together, in a more efficient and conscious way. The holding of meetings and the exchange of experiences and best practices with an European dimension among young people from the 28 rural communities in the "Charter of Europe", allows the achievement of the specific objective of the programme: promoting democratic and civic participation of citizens, especially the younger ones, at EU level, developing their understanding of the process of drafting of EU policies and promoting

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opportunities for social and intercultural engagement and volunteering at Union level. These young people will meet allowing cooperation, knowledge sharing, exchange of experiences, opinions and values and deepening intercultural dialogue at European level. The municipalities organize meetings in the communities, in close collaboration with local organizations, involving all citizens or those who already have an active role in organizations as well as those who have no such experience, and most of the work is done by volunteers. During the meetings, all participants are received in host families from the community, which allows them to have a real insight into the way of everyday life of the host community. This experience fosters respect and the growth of genuine European identity, sitting at the same dining table citizens of many EU countries. In addition to the specific objectives of the project, this contact between people allows the strengthening of European cohesion.

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Project activities

Event Number		1 – Workshop in Bucine			
Date		Type of activity	Venue of the activity	Number of people indirectly reached	
Start	End			Invited	Local
28/05/2015	31/05/2015	Workshop	Bucine – Italy	42	8
Content					
Day 1 - Arrival of participants and get together with host families.					
Day 2 - Presentation on the topic of food waste and situation of each city / country.					
Day 3 - Definition of strategies to engage young people in small rural communities of Europe in the fight against food waste and visit to examples of good practice.					
Day 4 - Summary of the results. Start of preparation of promotional material and update of the project website. Press conference with local newspapers.					
Expected results					
Promotion of European identity by sharing culture and lifestyle. Confirming the intercultural dialogue and friendship among participants. Knowing the starting point on the topic and outlining a plan of action with specific proposals to involve young people. Exchange of experiences and knowledge of rural Europe. Dissemination of good practices. Working in the brochure and DVD for dissemination of results. Updating the website. Presentation of the results of the meeting to the media.					

4 participants from each one of the next municipalities:

- Bièvre;
- Hepstedt;
- Kandava;
- Lasse;
- Lefkara;
- Moravce;
- Polva;
- Sary Poddvorov;
- Troisvierges;

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Event Number		2 – Network meeting in Zagare (Lithuania)			
Date		Type of activity	Venue of the activity	Number of people indirectly reached	
Start	End			Invited	Local
30/07/2015	03/08/2015	Network meeting	Zagare – Lithuania	117	8
Content					
<p>Day 1 - Arrival of participants and get together with host families.</p> <p>Day 2 - Presentation of the results of the meeting in Bucine - Italy. Discussion of the topic: food waste and climate change.</p> <p>Day 3 - Exchange of experiences between countries. Production of posters with images and key phrases to reduce food waste.</p> <p>Day 4 – Summary of results and continuing the development of promotional material.</p> <p>Website update. Press conference with local newspapers.</p>					
Expected results					
<p>Promoting intercultural dialogue and strengthening of friendship between those involved. Recognition of the similarities and diversity. Exchange of experiences on food waste and climate change. Reflection between citizens of different ages and gender. Production of posters with pictures and tips for reducing food waste in small rural communities. Working in the pamphlet and DVD. Site update. Presentation of the results to the media.</p>					

4 participants from each municipality.

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Event Number		3 – Workshop in Nagycenk (Hungary)			
Date		Type of activity	Venue of the activity	Number of people indirectly reached	
Start	End			Invited	Local
15/10/2015	18/10/2015	Workshop	Nagycenk – Hungary	42	8
Content					
<p>Day 1 - Arrival of participants and get together with host families.</p> <p>Day 2 - Presentation of the results of the meeting in Lithuania. Discussion on responsible consumption of food and sustainable practices for the reduction of waste.</p> <p>Day 3 - Preparation of a table napkin, to distribute in canteens and restaurants with images and key phrases on the topic. Conducting a cuisine night with environmentally friendly products.</p> <p>Day 4 - Conclusions and development of promotional material. Site and DVD update.</p>					
Expected results					
<p>Reflection on responsible food consumption and waste production. Food waste accounts for much of the waste produced, with consequences in social, economic and environmental levels. Thus, the aim is to define concrete action strategies to reduce the production of such waste in small communities. Preparation of promotional material to schools and restaurants on food at the right dose. Encouragement to the use of smaller caliber / “ugly” products by having an European cuisine night.</p>					

4 participants from each one of the next municipalities:

- Bienvenida;
- Esch;
- Ibanesti;
- Kannus;
- Nadur;
- Ockelbo;
- Slivo Pole;
- Tisno;
- Zagare;

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Event Number		4 – Workshop in Polva (Estonia)			
Date		Type of activity	Venue of the activity	Number of people indirectly reached	
Start	End			Invited	Local
14/04/2016	17/04/2016	Workshop	Polva – Estonia	46	4
Content					
<p>Day 1 - Arrival of participants and get together with host families.</p> <p>Day 2 - Presentation of the results of the previous meeting. Discussion of practices to reduce the loss of food since its production until it reaches the final consumer.</p> <p>Day 3 - Realization and dissemination of practices to reduce the loss of food from the production to the consumer. Promoting healthy and sustainable lifestyle to enjoy the food the most. Share of European culture and cuisine. Dissemination of good practice, a book of healthy recipes with leftovers or parts of products usually thrown away. Spreading the diversity of European culture and the way of living. Dissemination of results in the brochure, website and DVD.</p>					
Expected results					
<p>Reflection and dissemination of practices to reduce the loss of food from production to the consumer. Promoting healthy and sustainable cooking habits to enjoy the food the most. To share European culture and cuisine. To disseminate good practice, a book of healthy recipes with leftovers or parts of products usually thrown away. To spread the diversity of European culture and the way of living. Dissemination of results in the brochure, website and DVD.</p>					

4 participants from each one of the next municipalities:

- Bucine;
- Cashel;
- Cissé;
- Desborough;
- Kolindros;
- Medzev;
- Nagycenk;
- Naestved;
- Samuel;
- Stryzow;

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Event Number		5 – Network meeting in Medzev (Slovakia)			
Date		Type of activity	Venue of the activity	Number of people indirectly reached	
Start	End			Invited	Local
14-07-2016	17-07-2016	Network meeting	Medzev - Slovakia	118	7
Content					
<p>Day 1 - Arrival of participants and get together with host families.</p> <p>Day 2 – Results of the meeting in Estonia. Development of a questionnaire to be applied in the 28 countries, to better understand the behaviour of host families in terms of food waste and to realize its root causes.</p> <p>Day 3 - Sharing ideas and comparison of results between youth and adults.</p> <p>Preparation of juices, smoothies and cakes with low-caliber or misshapen and ugly products.</p> <p>Day 4 - Summary of results and continuation of the development of promotional material.</p>					
Expected results					
<p>Development of key issues to apply a survey to study the behaviour of families and avoidable food losses. Development of a joint conference allowing the exchange of knowledge among adults with more knowledge and experience and youth with greater openness to more sustainable practices. Promoting the use of low or misshapen products forming by example. Summary of conclusions and preparation of promotional material. DVD and site update. Press conference.</p>					

4 participants from each municipality.

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Event Number		6 – Final conference in Portugal			
Date		Type of activity	Venue of the activity	Number of people indirectly reached	
Start	End			Invited	Local
01-09-2016	04-09-2016	Conference	Samuel – Portugal	60	40
Content					
<p>Day 1 - Arrival of participants and get together with host families.</p> <p>Day 2 - Presentation of the results of the previous meeting.</p> <p>Presentation of projects - best practice in Portugal, "zero waste", "Cooperative Ugly Fruit" and "Lisbon first capital of the world zero waste".</p> <p>Day 3 - Evaluation of results of the project and compilation of a booklet, DVD and website.</p> <p>Solidarity market with environmentally friendly products.</p> <p>Day 4 - Preparation of a monument of the ecological island of Samuel, to mark the date.</p>					
Expected results					
<p>Analysis of the work developed during the project. Dissemination of results and recommendations. Presentation of a plan to reduce food waste, including concrete proposals and initiatives to be implemented by all partners. Commitments for the future. Recognition that food waste issues have an impact at the local level and an European dimension. Increase of European cooperation, culture and friendship.</p>					

2 participants from each municipality.

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Financial information

General information:

The project “Goodbye to waste of food and Hello to the sustainable consumption of food” got the maximum allocation allowed: 150.000,00 €.

This budget will be used for paying all the costs with the meetings in the next two years:

- Travel costs for the invited participants;
- Organisational costs to the municipality host;
- Organisational costs of the project: preparation of meetings, tools, communication costs, multimedia supports, dissemination of the project, etc.

Travel costs:

The payment of travel costs will be held in accordance to the distances between each municipality and host municipality in linear kilometers.

Each kilometer will be paid in 0,07 € to rich countries and 0,14 € to poor countries, according to the next table:

Country	Municipality	Classification
Austria	Lasse	Rich
Belgiun	Bievre	Rich
Bulgaria	Slivo Pole	Poor
Croatia	Tisno	Poor
Cyprus	Lefkara	Poor
Czech Republic	Stary Poddvorov	Poor
Denmark	Naestved	Rich
Estonia	Polva	Poor
Finland	Kannus	Rich
France	Cissé	Rich
Germany	Hepsted	Rich
Greece	Kolindros	Poor
Hungary	Nagycentk	Poor
Ireland	Cashel	Rich
Italy	Bucine	Rich
Latvia	Kandava	Poor
Lithuania	Zagare	Poor
Luxembourg	Troisvierges	Rich
Malta	Nadur	Poor

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Country	Municipality	Classification
The Netherlands	Esch	Rich
Poland	Stryzow	Poor
Portugal	Samuel	Poor
Romania	Ibanesti	Poor
Slovakia	Medzev	Poor
Slovenia	Morvace	Poor
Spain	Bienvenida	Poor
Sweden	Ockelbo	Rich
United Kingdom	Desborough	Rich
Portugal	Organisation - Samuel	Poor

This table respects the division approved by the European Commission.

In the travel costs are included the travel costs with YCT.

The travel costs will be transferred to each invited municipality after the meeting, and after validating presence lists and the reception of the report made by each municipality.

The contributions to the travel costs are explained in the table of financial information.

Organisational costs:

40% of the budget approved for each meeting will be transferred to the municipality host for paying the meeting organisation.

The transference will be done after the end of meeting, after the reception the report made by municipality host.

The indicated budget for each meeting it's **only a provisional value**.

To get the maximum value, each meeting should have the indicated number of participants. In case of the meeting having less participants, this value will be reduced harming all the project.

So, we beg all the municipalities to send youngsters to the meetings as provided.

If a municipality cannot be present, or cannot send the provided number of participants, they should contact with Samuel's Municipality and they will try inviting another country and be possible enabling to get the maximum number of participants, not harming the budget.