



**FOOD EXPLORATION:
COOKING, CREATING, CONNECTING.**
Youth Exchange

18.05.2026 – 25.05.2026

INFO PACK



Co-funded by the
Erasmus+ Programme
of the European Union



ABOUT THE PROJECT

When?

18.05.2026 – 25.05.2026

Where?

Roter Baum Berlin, Stendaler Str. 43

Topic

Food, Culture and Collective Expression

Dear Participant,

We are looking forward to meeting you and are excited to be together on the **Youth Exchange 'Food Exploration: Cooking, creating, connecting'**. This project invites you to explore how food can become a starting point for discovering culture, identity, and the many ways people connect with one another, using creative and non-formal learning methods.

For 8 days, you will live and work along with **28 participants** from different parts of the world. This exchange is made possible through a partnership between organisations from **ARCI Chieti (Italy), You in Europe (Greece), Tavo Europa (Lithuania) and Roter Baum Berlin (Germany)**. Together, through shared meals, discussions, hands-on workshops, and creative activities, we will explore the similarities and differences in our food traditions, habits, and everyday relationships with food.

The theme of this exchange goes beyond cooking together. Food will become a starting point to explore culture, traditions, and everyday practices across different countries. Through sharing recipes, stories, and experiences, we will reflect on both the differences and the connections between our cultures.

Your participation is not about being a professional cook or expert. It is about curiosity, openness, and the willingness to explore new tastes, ideas, and perspectives together. Whether you enjoy cooking, reflecting on culture, or expressing yourself through creative activities, this exchange offers space to experiment, collaborate, and build connections across cultures.



ABOUT THE PROJECT

PROJECT FLOW

During the first days of the exchange, we will focus on getting to know each other and exploring the theme of food from different perspectives. Through group activities, discussions, and interactive workshops, we will create a shared space where you can exchange experiences, traditions, and ideas connected to food and culture. Curiosity, openness, empathy and respect are the essential values as we begin to discover both the similarities and differences among us.

As the week unfolds, we will dive deeper into the practical and creative side of the project. You will cook together, share recipes from your home countries, experiment with new flavours, and explore food traditions through hands-on activities. Alongside these experiences, we will also include creative workshops and handcraft activities that will allow you to reflect on and document what they are discovering throughout the exchange.

Get ready to eat, cook, create, and use your hands! While reflection and sharing will be an important part of the project, another key element is learning by doing, exploring, experimenting, and expressing ideas through tangible, hands-on activities.

We enjoy transforming our shared experiences into something tangible, creations that reflects what we have explored together. You will discover it with the group during the exchange.



MOBILITY IN THE CITY We will provide you with the **transport tickets that you will use during the project and that will allow you to move around the city.**

On the first day we will explain how to go around the city and some tips and tricks.

MEALS

We will provide lunch at the workspace, and all dietary restrictions or allergies communicated in advance will be fully respected. Please make sure to inform **your organization about your dietary needs before the project begins.** For some activities, you will receive pocket money to cover food expenses. More details about this will be shared during the first days of the project.

YOUR TRAVEL You will be guided from the airport to the accommodation, we will give your organization the necessary directions or a person from Roter Baum (your host organization in Berlin) will come to pick you up.

Travel within your country to and from the airport is your responsibility and can be arranged in consultation with your group leaders. To do this, keep all invoices and boarding passes and give them to your group leader (travel within your country will also be covered and the basis for this is the original invoices and public transport tickets).

WORKING LANGUAGE

English is the working language of the project, remember that in order to participate you will need to have the basic knowledge to be able to communicate and take part in the activities.

INTERNATIONAL EVENING

During the project, an activity called "Intercultural Dinner" takes place. It is an informal activity that takes place outside normal working hours. In this case, **we connect and get to know each other through food, music and culture from other countries.**

The idea is that you **bring "gastronomic" specialities from your region or country (food and drinks)**, and then share them with the rest of the groups. Please, **note that it will not be possible to cook, but you can heat the food if necessary.** The international dinner will take place in the workspace we will be using every day during the project.

During the international dinner there will be no exchange of food only. As part of this event, we like to create a space where young people from each country can show the rest of the group elements of their culture. Therefore, we would like to ask you to think in advance about an activity to do that night.



ABOUT THE SPACE AND LUGGAGE

ACCOMMODATION

Participants will stay in a hostel in Berlin. **Detailed information about the hotel, including the address and facilities, will be shared with you closer to the project.**

In the hostel, rooms will be mainly organized by gender, with 3 to 5 participants per room. Each room will include participants from different countries, so we kindly ask you to respect the room assignments we have prepared. This arrangement is designed to give everyone the chance to connect and get to know each other from the very first day.

WORKING SPACE

During your stay in Berlin, the workspace will be **'Zentrale'**. The headquarters of Roter Baum Berlin and also the space for our international office. This place is in the district of Hellersdorf, where Roter Baum Berlin carries out most of its activities.



[Check the location here!](#)

YOUR LUGGAGE We recommend that you check the temperatures before coming to make sure about what kind of clothes you should bring, anyway, the weather changes constantly but we recommend that you bring warm clothes. You should bring with you:

- **Towels**
- **Slippers**
- **Your personal hygiene items**
- **Clothing suitable for being in nature in all weather conditions.**
- **In case you have a chronic problem (asthma, allergy, etc.), bring to the project the medicines you need and your health card.**
- **Food Intercultural Evening**



LOGISTIC AND CERTIFICATION

AGENDA In the other document you can find the agenda we have prepared for the project. It is possible that some changes will be made depending on the needs that may arise during the project, in any case, **you will be informed and we will go deeper into it on the first day of the project.**

It is essential that you respect the established schedules, the sessions are programmed and adjusted to the time marked on the agenda.

CERTIFICATION Every participant is individually entitled to receive Youthpass Certificate which confirms participation and validates the non-formal learning experience of the projects financed and implemented under EU programmes. Self evaluation and validation of participants learning experience are important as such and the document can be of benefit in terms of the educational end employment future. Through Youthpass, the European Commission ensure the Youth Exchange activity is recognized as a non-formal learning experience.

***In case it is necessary or required by your school, workplace or any other entity, Roter Baum as organisation and host of the project can provide you with a paper to justify your absence.**

If you have any questions, please do not hesitate to contact us!



Contact Us!



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Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

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