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of the Council of Europe  
Itinéraire culturel  
du Conseil de l'Europe



# FLAVOURS OF EUROPEAN HERITAGE

Youth Exchange on Culture,  
Gastronomy and Rural Traditions

Spain, 8–15 June 2026



Co-funded by  
the European Union



# THE ORGANISATION

## Cooperation Network of the European Routes of Emperor Charles V

The Cooperation Network of the European Routes of Emperor Charles V was created in 2007 with the aim of promoting the historical, cultural and tourism heritage connected to the routes travelled by Emperor Charles V across Europe.

In 2015 the European Routes of Emperor Charles V were officially recognised as a Cultural Route of the Council of Europe, highlighting their importance for European history and cultural cooperation.

Today the network connects more than 60 cities and historical sites in over a dozen European countries, promoting cultural exchange, tourism and educational initiatives related to the legacy of Charles V.





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# THE PROJECT

**Flavours of European Heritage** is an Erasmus+ youth exchange that will bring together young people from different European countries to explore the connection between **gastronomy, culture and heritage**.

Food is one of the most powerful expressions of cultural identity. Through traditional recipes, local products and culinary traditions, participants will discover how gastronomy reflects the history and lifestyle of different European regions.

During the exchange participants will share traditions, cook together, and learn about the cultural heritage of the region of La Vera, famous for its gastronomy and traditions.

## Objectives

- Promote intercultural dialogue among young Europeans
- Discover traditional gastronomy and cultural heritage
- Encourage youth participation and active citizenship
  - Develop creativity, teamwork and communication skills

## Activities

- Intercultural cooking workshops
- Gastronomy and heritage sessions
  - Visits to local cultural sites
- Intercultural nights presenting national traditions
- Outdoor activities in the natural environment of La Vera





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# LOCATION

The youth exchange will take place in **Pasarón de la Vera**, a historic village located in the Extremadura region of Spain.

Pasarón de la Vera is declared a Historic Artistic Site and is located on the southern slopes of the Sierra de Tormantos, part of the Gredos mountain range.

The village is known for its **traditional architecture, natural environment and its connection to the history of Emperor Charles V.**

This unique rural environment makes Pasarón an ideal place for an intercultural youth exchange focused on heritage, gastronomy and culture.





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# ACCOMODATION

Participants will stay at **Campamento Las Castellanas**, located in Pasarón de la Vera, surrounded by nature.

Accommodation will be in shared bungalows separated by gender, with bunk beds and bathrooms.

The camp includes several common areas for activities, such as a kitchen and dining hall, multipurpose rooms for workshops, green outdoor spaces and a natural swimming pool.

All accommodation and activity spaces are located within the same area, creating a comfortable environment for learning, exchange and community life.





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# PARTICIPANTS

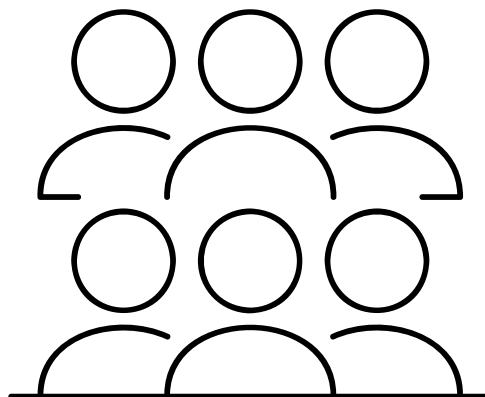
We are looking for **partner organisations from Erasmus+ programme countries.**

Each partner organisation will send:

- **3 participants**

Participants should be:

- +18 No age limit
- interested in culture and gastronomy
- motivated and open-minded
- able to communicate in English



# Contact Us!

**Project Coordinator in Lithuania**

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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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