INTERNATIONAL ERASMUS+ SEMINAR

SEM&VOL

Délégation de Solidarités Jeunesses





Bon appétit



From November the 13th to the 19th 2026 (travel days included) in Dordogne - FRANCE

10 Countries
20 participants (> 18 Yo)
1 Trainer

Bon appétit is a 7-day Erasmus+ seminar that will take place in France, bringing together 20 young Europeans to explore the connection between food,
sustainability, and creativity through cookng together.

The program includes workshops, outdoor activities, and group projects to raise environmental awareness about food/cooking practices and build skills in creative thinking, teamwork, and cultural exchange. The experience aims to foster personal growth and active engagement in making changes regarding how we choose and prepare food.

Objectives:

The focus of this project will be on raising awareness of sustainable food practices and how to make changes in the everyday habits regarding how we choose food that has health and environmental impact.

In addition we will also put accent on the intercultural aspect, sharing our traditions around the home meals, practices and recipes as a way to learn more about each culture.

Methodology:

The project follows a non-formal education approach, combining experiential learning, creative expression, and group reflection in the kitchen. Key methods include:

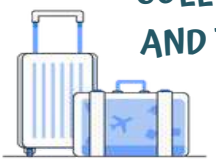
- Workshops the aim to question, explore and reflect on the practices of sustainability in the kitchen.
- Collective cooking that boosts team-work and "thinking outside of the box" by giving cooking challenges to the different teams.
- Activitives that focus on discovering the different cultures and traditions aroung food.
- Collaborative group projects that promote creativity, cooperation, and decision-making on the subject of food preparation and cooking.
- Daily reflection sessions which will give participants the opportunity to reflect upon and give feedback on the day's activities.



PRATICAL ARRANGEMENTS AND INFO :



TRAVEL REIMBOURSEMENT IS PROVIDED UP TO THE ERASMUS+ LIMITS GRANTS



ACCOMMODATION IN COLLECTIVES ROOMS, FOOD AND TRAINING MATERIALS ARE PROVIDED.



PARTICIPANT PROFILE (> 18 yo) : YOUTH WORKERS OR YOUNG WITH EXPERIENCE IN MOBILITY PROJECT





WHO ARE WE ?

The association Sem&Vol, affiliated to Solidarités Jeunesses, works towards :

- the voluntary participation of all in social life – at local, national and international levels,
- a local development respectful of the individual, the environment and cultural heritage,
- intergenerational, intracultural, intercultural and international meetings and exchanges,
- tangible peace-building actions,
- reflection, practices and projects in the field of environmental education in line with a sustainable development approach.

The association is also expanding the action of the National Movement of Solidarités Jeunesses in the Dordogne, supporting the momentum in favour of rural life, in order to allow as many people as possible to :

- actively contribute to the development of their region (cultural heritage, heritage sites, environment, social life, ...),
- take part in national and international mobility programs (short-, medium and long-term volunteering),
- have access to diverse cultural and intercultural practices (territory development, presence of international volunteers, european exchanges),
- benefit from the resulting dynamic atmosphere which encourages people to get involved in other projects and actions adapted to the Périgord (the Dordogne),
- connect with people, create new openings and broaden theirs horizons.

TAVO EUROPA

Solidarités JEUNESSES

Erasmus+

Join with Tavo Europa !

Educator Pass 2026.

You are welcome to join our new educational programme for 2026! Dive into non-formal learning exploration with an Educator pass 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.

For more projects:

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:
https://www.facebook.com/groups/1861322217744993

TAVO EUROPA



Contact Us!

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