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NEWSLETTER

 Erasmus+

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ON THE P@THS OF CULINARY TRADITIONS



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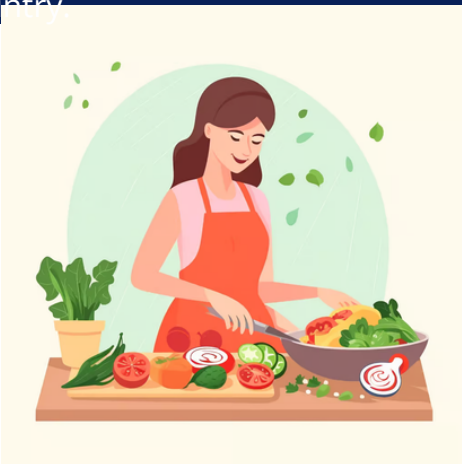


<https://pct-project.eu/>

CULINARY WORKSHOPS IN POLAND - "LET'S DISCOVER OUR TASTES"

Celebrating Cultural Heritage through Polish Culinary Workshops

As part of our ongoing Erasmus+ project, On the paths of culinary traditions, we recently hosted a vibrant five-day culinary workshop in Poland titled "Let's Discover Our Tastes." This activity brought together participants from Turkey, France, and Poland, with a shared goal: to explore and celebrate the culinary heritage of each partner country.



WORKSHOP OVERVIEW

Each day of the workshop focused on a unique aspect of our partner countries' culinary traditions. Here's a look at the daily program:

- **Day 1:** Welcoming session, introductions, icebreakers, and a discussion on each country's culinary heritage.
- **Day 2-3:** Demonstrations and hands-on practice preparing traditional starters, with each partner country presenting five unique recipes.
- **Day 4-5:** Exploration of traditional salads, homemade drinks, and side dishes, featuring four salads, two drinks, and four side dishes from each country.

These workshops provided hands-on experiences for participants to both teach and learn, creating an atmosphere of mutual learning and cultural exchange. A translator was present to facilitate seamless communication among participants.



LEARNING OUTCOMES AND PROJECT GOALS

Participants returned with newfound culinary skills and experiences they're excited to share in their own communities. This workshop also supported our project's objectives to:

1. **Foster Cultural Exchange:** Participants acted as both learners and teachers, sharing traditional recipes and learning new ones from other cultures.
2. **Enhance IT Skills:** Participants will use IT tools to document their experiences through videos, recipes with subtitles, and a digital cookbook. These materials will also contribute to an interactive website for sharing culinary traditions.
3. **Encourage Entrepreneurship and Language Development:** The workshop included a presentation on success stories from individuals who turned their culinary skills into successful businesses. This inspiration, combined with the multilingual environment, helped participants gain confidence in both entrepreneurial and language skills.

Green Practices – Embracing Zero Waste

With sustainability in mind, we adopted a Zero Waste approach throughout the workshops, making every effort to reduce food waste and highlight eco-friendly practices. This initiative will be part of all future activities, with a commitment to creating a conscious, sustainable culinary culture.

Expected Outcomes and Impact

Concrete outcomes include:

- **Recipe Collection:** 15 starters, 12 salads, 6 homemade drinks, and 12 side dishes from across the partner countries.
- **Digital Products:** Each participant will create recipe videos and presentations, contributing to a digital cookbook and an interactive website.

Participants, as they return home, will share their experiences and knowledge, promoting digital literacy and culinary traditions within their communities. This activity has empowered them to be active citizens, equipped with enhanced ICT skills, and a deeper appreciation for European culinary heritage.

Stay Connected

To stay updated on our project's progress and explore our culinary discoveries, follow us online:

- **Website:** <https://pct-project.eu/blog/>
- **Facebook:** [On the Paths of Culinary Traditions](#)