

“A daily plate of peace and non-violence:

How our values should and can be represented in our food consumption ”

24.-29.09.2019 Krems an der Donau (near Vienna)

Background of the project

“First we eat, then we do everything else” M.F.K. Fisher

Eating is one of the most important things you do and for sure it's also important in workcamps and youth exchanges. Cooking and Eating can bring a group together, it can show you how similar and how different people are, it helps you to get satisfied and happy. Many values can be represented in our food consumption - and food is connected to climate change, to social injustice, to capitalism and exploitation.

As SCI from its beginning almost 100 years ago had worked for the goal of a culture of peace and non-violence also food consumption and its impact on social inequalities and a sustainable planet need to be addressed to follow a holistic approach. So with “A daily plate of peace and non-violence: How values should and can be represented in our food consumption” we want to strengthen a sustainable and just food consumption on SCI projects and in the environment of all participants. The project is going to raise awareness and promote critical reflexion of current practices of food consumption in youth exchanges, seminars/ trainings and workcamps/ short term volunteer projects.

At this seminar in Krems, close to Vienna, we want to discuss on the connection between peace work and the food system and produce a new cookbook and toolkit, for which we already have a draft. We shall also discuss how these aims and ideas can be promoted in our own current or new project ideas we develop in our local communities.

We will be 19 participants from different European countries (Austria, Belgium, Croatia, Germany, Hungary, Italy, Ireland, Poland and Spain).

Outcome

We're going to produce together

1. a cookbook and guidelines on food consumptions in camps, trainings, seminars, meeting, workshops and youth exchanges as well as
2. a toolkit with non-formal education (NFE) methods for workshops and activities on the topic of a sustainable food consumption.

We believe that both publications will be necessary to improve the ecological and social impact of the projects because the cookbook will give tools for such a change, but change will only be possible if the participants of a project are aware of why they are doing things a certain way. For this reason, also educational tools are necessary to create an impact during and beyond the SCI projects.

About the venue: The seminar will take place in the youth hostel of Krems an der Donau. Krems is located about 80 km north-west of Vienna in the district of lower Austria. It's a beautiful old town with interesting buildings next to the Danube and it's surrounded by the wonderful landscape of the Wachau, which is together with the old town of Krems part of the UNESCO world-heritage. The Hostel is close to the train station, in the city center. With the train it's about 1 hour to Vienna.

Methods: We're going to use a broad variety of non-formal education methods, such as worldcafe, snowball discussions, research, silent exhibition, simulation games, theatre, visual harvesting, arts, energizers, role games, teambuilding games and more. There will also be projects visits to local initiatives.

Participants Profile - Krems an der Donau – seminar

All participants selected for this project must meet the following criteria:

- as the main parts already passed: having some basic knowledge about the impacts of food to the environment, climate crisis, social justice and animal rights; or willing to spend some time preparing with materials provided by the trainers
- be 18 years old or older
- be able to come to the seminar by train or bus, due to the high impact of flying on climate crisis (If you think that there is no other way than coming by plane, please contact the prep-team)
- be able to work in English language
- be interested in the project topics and have strong motivation to act as multiplier afterwards
- have a strong motivation to work on the toolkit and/or the cookbook
- commit to implement the learned knowledge and skills in practice back home;
- commit to send a report of the seminar to your sending organisation;
- be motivated to work with people from different backgrounds

Please note that there will be a few opportunities to visit Krems or Vienna, but that this is not a "getting to know the region" project. On some days the seminar also foresees evening sessions.

Applications should be sent to your own SCI branch, which will each select their own participants and then notify SCI-D. All those accepted will later receive a detailed info-sheet. Deadline for applying is **01.09.2019**

Financial and practical conditions of participation:

All essential costs of the programme in Krems (including food, accommodation and training) will be covered by SCI-D. The food will be plant based, in line with the project's objectives.

International travel costs will be reimbursed 100% up to the following maximums per person:

Poland, Italy, Germany, Ireland, Belgium, Spain: 275 €

Croatia, Hungary: 180,00 €

Austria: 20 €

Contact

If you have any questions regarding the project, don't hesitate to contact us: val_weidinger@yahoo.com

You should send your application to your sending organisation:

*Service Civil Internatioal Deutscher Zweig e.V. **Germany**; Servizio Civile Internazionale **Italia**; Vrijwillige Internationale Aktie **Belgium**; STOWARZYSZENIE JEDEN SWIAT **Poland (warsztaty@jedenswiat.org.pl)**; SEIRBHIS DEONACH IDIRNAISIUNTA TEORANTA **Ireland**; Service Civil International Österreich **Austria**; VOLONTERSKI CENTAR ZAGREB **Croatia**; Servicio Civil Internacional **Spain**, Utilapu **Hungary***

**We are looking forward to your application :-)
The coordinating team Simon and Valerie**