



Application

Programme	Erasmus+
Action Type	Mobility of young people (KA152-YOU)
Call	2025
Round	Round 3

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Context

Project Title	We are what we eat!
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Project Acronym	WAVE
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Project Start Date (dd/mm/yyyy)	Project Duration	Project End Date (dd/mm/yyyy)	National Agency of the Applicant Organisation	Language used to fill in the form
31/05/2026	6 months	29/11/2026	IT03 - Agenzia nazionale per i giovani	English

You can find the contact information of all National Agencies at the following webpage: [List of Erasmus+ National Agencies](#).

Project Summary

Please provide short answers to the following questions to summarise the information you have provided in the rest of the application form.

Please use full sentences and clear language. In case your project is accepted, the summary you provided will be made public by the European Commission and the National Agencies.

What do you want to achieve by implementing the project? What are the objectives of your project? Please specify from the perspective of youth work practice.

Through this project, we aim to empower young people to become more aware and responsible regarding the environmental, social, and health-related impacts of food production and consumption. Our primary objective is to foster a deeper understanding among youth about the importance of sustainable and plant-based diets, not only on a theoretical level but also through direct, hands-on experience.

From a youth work perspective, the project is designed to:

Increase awareness among young people about the environmental footprint of food systems, ethical concerns related to production and consumption, and the health benefits of sustainable diets.

Provide practical skills by involving youth in intercultural cooking workshops and other experiential activities that promote plant-based, low-impact food choices.

Foster intercultural exchange by using food as a tool to share stories, traditions, and values from different cultures, creating a space for dialogue and mutual learning.

Promote non-formal and peer-to-peer learning, encouraging active participation, collaboration, and critical thinking. The project will use inclusive and engaging educational methods that respect the diverse backgrounds and experiences of the participants.

Ultimately, we want to support young people in becoming agents of change in their communities, equipped with the knowledge, tools, and motivation to promote sustainable lifestyles and intercultural understanding.

What activities do you plan to implement? What is the number and profile of the participants involved?

We plan to implement a 6-day educational program structured around the stages of the food production chain, combining theoretical learning with practical, participatory activities. Each day will be divided into a morning and afternoon session, using non-formal and peer-to-peer education methods to engage participants.

The planned activities are as follows:

Day 1: Introduction to the program and self-assessment. Participants will calculate the environmental impact of their current diet (e.g., carbon footprint, water usage) and complete an initial questionnaire to assess their baseline knowledge and attitudes.

Day 2: Focus on water consumption and CO₂ emissions linked to food production, with interactive discussions, games, and workshops.

Day 3: Exploration of the environmental impacts of deforestation, soil degradation, and marine ecosystem damage caused by industrial fishing.

Day 4: Analysis of the social and economic impact of global food production on local communities, including labor exploitation and land grabbing.

Day 5: Discussion about the use of pesticides and their impact on both the environment and human health.

Day 6: A nutrition expert will be invited to discuss the health aspects of sustainable diets, with a focus on plant-based nutrition. The day will also include a final survey to assess what participants have learned and how their attitudes may have shifted.

Each day will include hands-on intercultural cooking workshops, allowing participants to prepare plant-based meals from their own and other cultures, promoting sustainability and cultural exchange through food.

The project will involve 30 young people in total, specifically 5 participants (4 participants + 1 team leader) from each of 6 countries: Italy, Romania, France, Spain, Czech Republic, and Poland. These countries were chosen based on their high per capita meat consumption to better target awareness-raising on plant-based alternatives.

Participants will be young people aged 20–30, a key age range where individuals often begin living independently and making personal decisions about what they eat and purchase. They will be selected based on their motivation to engage in sustainability and intercultural learning, regardless of previous knowledge or experience.

What results and impact do you expect your project to have?

The project aims to generate a meaningful and lasting impact on the participants and their communities by increasing knowledge and awareness of the environmental, social, and health impacts of food production and consumption.

Expected results include:

- A measurable increase in awareness among participants about the consequences of industrial food production, including its impact on climate change, water use, deforestation, biodiversity, ocean health, and local communities.
- Improved knowledge of sustainable and plant-based diets, including their benefits for both personal health and the planet.
- Enhanced practical skills, especially in preparing plant-based meals, enabling participants to apply what they've learned in their daily lives and become more conscious consumers.
- Stronger intercultural understanding, as participants share culinary traditions and perspectives on sustainability from their own countries.
- Greater motivation and capacity among young people to become active agents of change, spreading what they've learned in their communities through peer education and example.
- Pre- and post-program surveys will be used to assess learning outcomes and personal growth, helping us evaluate changes in knowledge, behavior, and attitudes.

In the long term, the project aims to contribute to the creation of a network of young individuals committed to promoting more sustainable food systems in Europe, starting with small but impactful changes in their own lives and local environments.

Summary of Participating Organisations

Organisation name (Organisation id, Country 2-letter code)	Country of the Organisation	Role of organisation	Type of Organisation
Spółdzielnia Socjalna Zielona Stacja (E10103821, PL)	Poland	Applicant Organisation	
New Europe Foundation (E10196408, PL)	Poland	Partner Organisation	



Summary of Activities and Participants

Activity Type	No. of Activities	No. of persons	Participants with Fewer Opportunities
Youth exchanges - Member States and associated countries	1	33	6
Total	1	33	6

Project Budget

☐ The National Agency has requested a financial guarantee.

Budget Summary

Budget items	Grant
Individual Support (EUR)	16 830,00
Inclusion support for organisations (EUR)	750,00
Organisational Support (EUR)	3 750,00
Total Grant (EUR)	21 330,00

Budget Summary per Activity Type

Activity Type	Youth exchanges - Member States and associated countries
Individual Support (EUR)	16 830,00
Inclusion support for organisations (EUR)	750,00
Organisational Support (EUR)	3 750,00
Grant (EUR)	21 330,00

Budget Summary per Activity

Activity id	YEXMS01
Activity Type	Youth exchanges - Member States and associated countries
Individual Support (EUR)	16 830,00
Inclusion support for organisations (EUR)	750,00
Organisational Support (EUR)	3 750,00
Grant (EUR)	21 330,00

Applicant organisation

OID	Legal name	Country	Region	City	Website
E10103821	Spółdzielnia Socjalna Zielona Stacja	Poland	Śląskie	Gliwice	https://www.zielonastacja.org.pl/

Partner organisations

OID	Legal name	Country	Region	City	Website
E10196408	New Europe Foundation	Poland	Śląskie	Zawiercie	https://neweurope.pl/

Participating Organisations

To complete this section you will need your organisation's identification number (OID).

If you have an OID number please introduce it in this section.

If you are not sure if you have OID number, you can check here: [Organisation Registration System](#)

If you do not have OID number, you can create one here: [Register New Organisation](#)

According to the Programme Guide, each organisation (OID) can be involved in a total of 5 Mobility of young people applications per application round. The maximum number includes all applications in this action, regardless of whether the organisation is a coordinator or a partner. Once this limit is reached, it will not be possible to submit further applications with the same organisation (OID).

Applicant - Spółdzielnia Socjalna Zielona Stacja (E10103821 - PL)

Organisation ID	Legal name	Country
E10103821	Spółdzielnia Socjalna Zielona Stacja	Poland

Applicant details

Legal name	Spółdzielnia Socjalna Zielona Stacja
Country	Poland
Region	Śląskie
City	Gliwice
Website	https://www.zielonastacja.org.pl/

Profile

Is the organisation a public body?	Is the organisation a non-profit?
No	Yes

Type of organisation

Background and experience

Please briefly present your organisation/the group.

What are the activities and experience of the organisation in youth work? Please provide information on your organisation's / group's regular youth work activities.

Please give information on the key staff/persons involved in this application and on the competences and previous experience that they will bring to the project.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Youth mobility (KA105)	3	2	0	0
Mobility of young people (KA152-YOU)	4	1	3	0
Newcomer organisation	No			
Less experienced organisation	Yes			
First time applicant	No			

Partner Organisations

Organisation ID	Legal name	Country
E10196408	New Europe Foundation	Poland
No. of participating organisations		2

New Europe Foundation (E10196408 - PL)

Partner organisation details

Legal name	New Europe Foundation
Country	Poland
Region	Śląskie
City	Zawiercie
Website	https://neweurope.pl/

Profile

Is the organisation a public body?	Is the organisation a non-profit?
Yes	Yes
Type of organisation	

Background and experience

Please briefly present the organisation / the group

What are the activities and experience of the partner organisation in youth work? Please provide information on your organisation's / group's regular youth work activities at local level.

Please give information on the key staff/persons involved in this application and on the competences and previous experience that they will bring to the project.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Youth mobility (KA105)	5	1	0	0
Mobility of young people (KA152-YOU)	2	2	6	2
Accredited projects for youth mobility (KA151-YOU)	1	1	0	0
Newcomer organisation	No			
Less experienced organisation	No			

Project Rationale

In this section, you are asked to explain the aims of your project, what you want to achieve and what are its expected benefits on participants and participating organisations. Make sure to read the questions carefully and address all sub-questions.

Needs and Objectives

Why do you want to carry out this project? Please describe the issues and needs you want to address and your project's objectives.

Scientific researches show that diet is one of the most impactful things when we speak about environmental and social issues. Food production accounts for over a quarter (26%) of global greenhouse gas emissions. Half of the world's habitable land is used for agriculture. 70% of global freshwater withdrawals are used for agriculture. 78% of global ocean and freshwater eutrophication is caused by agriculture. After some data analysis we found that people do not have enough correct information in order to make more sustainable choices regarding their food consumption in their daily life. According to Keisyafa et al. student's awareness of sustainable diets or healthy eating patterns every day is still low. The lack of awareness of students towards a sustainable diet leads to an increase in carbon footprint. It is necessary to increase the awareness of students towards a sustainable diet in reducing carbon footprints to support SDGs 2030 [Journal of Agriculture and Food Engineering 3 (1), 67-74, 2024]. The project is designed to fill this gap regarding information, giving them the necessary skills and knowledge to change their dietary daily habits. Information will be theoretical in order to raise their awareness and knowledge, but also practical and directly related to making dishes that they can use in their daily life.

How does your project link to the objectives of the Erasmus programme and those of Youth Exchanges?

In order to gather five people from six different countries, we promote learning mobility of individuals and groups, fostering both non-formal and informal education in order to promote active participation among the subjects involved. During the project, participants will be asked to be engaged in energizers and cultural evenings, together with the cooking of their own and other participants' meals, in turn experiencing cooperative action and cultural exchange, together with creative and innovation-related skills. In addition to that, we will ensure inclusion and equity among participants, organizing the exchange in a place equipped with facilities that will make it possible to attend the project by anyone, including people with physical impairments. Lastly, we will make sure that everyone feels safe and included, no matter the nationality, gender, race, or sexuality.

Our project promotes intercultural dialogue amongst different nations, through cultural evenings and everyday energizers. The development of skills and attitudes of the participants objective, will be achieved by participation in ecology related lectures and activities, that encourage active participation and help them gain experience and real life skills. Throughout our course, young adults will have an opportunity to learn, grow, and find motivation to continue sustainable lifestyle after the project ends.

Another important objective that will be met in our project is strengthening European values and fighting stereotypes. This will be achieved by general integration and cultural evenings hosted by each country group. As our main goal is raising awareness amongst young adults, this goal will also be achieved, by a variety of lectures regarding ecological lifestyle. The surveys and real life examples of CO2 emission's effects on the environment will stimulate the engagement in our participants, and their work with social media will help get to even bigger audience and make a real and long term change.

Impact

How will your project benefit the young participants involved in the project, during and after the project lifetime?

The project will provide young participants with a valuable opportunity to improve their knowledge about the impact of food consumption and dietary choices on both personal health and the environment. Through interactive workshops and collaborative activities, they will be equipped with the tools to take greater responsibility for their own dietary habits and make more informed and conscious decisions. The exchange will also empower them with practical skills to prepare and consume more sustainable and responsible meals, reinforcing their capacity to lead by example in their communities. As a lasting outcome, a handbook will be produced, developed by the participants themselves, which will include the key information, tools, and reflections gained throughout the project. This resource will not only support continued individual growth but also facilitate knowledge-sharing beyond the duration of the exchange. Additionally, the project will foster intercultural connections, allowing participants to create meaningful relationships and form a network of young individuals committed to the spread of European values and a shared mission for sustainability. This network could serve as a foundation for a broader European movement of environmentally-conscious youth. Finally, by actively engaging in collective actions and decision-making processes during the project, participants will better understand their role in driving change and will be empowered to contribute meaningfully to society through active citizenship, both during and after the project's lifetime.

How will your project benefit the organisations or the groups of young people implementing the project, during and after the project lifetime?

The project will bring significant benefits to both the partner organizations and the groups of young people involved. For the organizations, it will be an opportunity to expand their expertise in sustainability education, particularly on the link between dietary choices and environmental impact. Through collaboration and implementation, they will strengthen their capacities in delivering high-quality non-formal education activities, develop innovative educational tools (such as the final handbook), and build lasting partnerships across Europe. The project will also enhance the visibility and credibility of the organizations within their local and international communities, reinforcing their commitment to youth empowerment, inclusion, and environmental sustainability. By involving young people in every phase of the project—from planning to dissemination—organizations will cultivate new youth leaders capable of promoting sustainable lifestyles and European values beyond the project's duration. For the groups of young people involved, the project will foster the development of key competencies such as environmental awareness, intercultural communication, teamwork, and digital and creative skills. Through experiential learning (workshops, shared cooking experiences, cultural evenings), they will gain both theoretical knowledge and practical abilities that can be applied in their everyday lives and shared with others. The production of a handbook co-created by the participants will ensure that the learning outcomes are tangible, transferable, and long-lasting. Ultimately, the project will leave both the young participants and the implementing organizations better equipped to act as multipliers of positive change, laying the foundations for future initiatives and joint actions at the European level.

What would be the impact of your project beyond the participants and participating organisations, at local, regional, national, if any European level ?

The impact of the project goes far beyond the direct participants and partner organizations. Through the open-access handbook—developed collaboratively by the young participants and made freely available on the project's online platform—the project aims to reach a broader audience across local, regional, national, and European levels. This handbook will serve as a valuable educational tool to improve public awareness about the environmental and social impact of food consumption and dietary choices. It will provide accessible, user-friendly resources for individuals to take greater responsibility for their dietary habits and acquire practical skills for preparing and consuming more sustainable meals. Aligned with the European 2030 Agenda and the Sustainable Development Goals (SDGs), the content of the handbook promotes concrete action towards a sustainable, low-emission lifestyle. By empowering individuals across different communities with knowledge and tools, the project supports the EU's broader sustainability objectives and encourages a cultural shift towards conscious consumption. Its dissemination will facilitate community-level initiatives and educational activities, foster civic engagement, and strengthen environmental literacy. In this way, the project contributes to the creation of a more informed and active European society committed to sustainable development.

Topic

Please select up to three topics addressed by your project

Environment and climate change

Green skills

International relations and development cooperation

Project Details

In this section, you are asked to provide further details on your project, the activities you will implement and how you will address crucial elements of a quality project such as preparation, identification and documentation of learning outcomes etc.

Please enter the different activities you will carry out in your project.

Id.	Activity Type	Activity Title	Number of participants	Number of persons	Total grant (EUR)
YEXMS01	Youth exchanges - Member States and associated countries	We are what we eat!	30	33	21 330,00
Total			30	33	21 330,00

Participant contribution and fees

If used, the size of the participants' contributions must remain proportional to the grant awarded for the implementation of the activity, must be clearly justified, collected on a non-profit basis, and may not create unfair barriers to participation (especially concerning participants with fewer opportunities). Additional fees or other participant contributions cannot be collected by other service providers chosen by the beneficiary organisation. **(Erasmus Youth Quality Standards)**

Are you planning to charge participation fees ?

No

Activity (Activity YEXMS01, We are what we eat!, Youth exchanges - Member States and associated countries)

Description of the activity (Activity YEXMS01, We are what we eat!, Youth exchanges - Member States and associated countries)

Id.	YEXMS01
Activity Type	Youth exchanges - Member States and associated countries
Activity Title	We are what we eat!
Is this activity itinerant?	No
Country of destination	Poland
Start date	21/09/2026
End date	26/09/2026
Duration Excluding Travel (days)	6
Number of groups	
Total No. of Participants	30
Out of which No. of Participants with Fewer Opportunities	6
Total No. of persons	33
No. of Accompanying Persons	1
No. of group leaders	1
No. of facilitators	1
Total Activity grant	21 330,00 €

Please describe the background of the participants in each participating group and how each group was formed. Please also provide information on the group leaders, the age of the participants and how country balance is ensured. If necessary, explain how the gender balance is respected.

Please describe the role and involvement of the participants from each participating group in all phases (planning before submitting application, preparation, implementation of activities and follow-up).

What will the participants learn about the chosen topic of the activity? Which learning outcomes or competences (i.e.

knowledge, skills and attitudes/behaviours) are to be acquired/improved by participants in the activity?

What are the basic elements of the activity? Please describe at the very least the venue(s), non formal learning methods used, aims of the session etc.

How will the groups of participants cooperate and communicate between them to prepare and follow-up on the Youth Exchange?

Flows summary (Activity YEXMS01, We are what we eat!, Youth exchanges - Member States and associated countries)

Activity ID	Flow Id.	Country of Origin	Country of Destination	Start Date	End Date	Duration Excluding Travel (days)	Total No. of participants	Total No. of persons
YEXMS01	1	Poland	Poland	21/09/2026	26/09/2026	6	30	33
Total No. of participants							30	33

Flow 1 : Summary

Activity ID	YEXMS01
Flow ID	1
Flow with facilitators only	<input type="checkbox"/>
City of Venue	Miedzybrodzie Bialskie
Group	
Total No. of participants	30
Out of which No. of Participants with Fewer Opportunities	6
Total No. of persons	33
No. of facilitators	1
No. of Accompanying Persons	1
No. of group leaders	1
Country of Origin	Poland
Country of Destination	Poland
Start Date	21/09/2026
End Date	26/09/2026
Duration Excluding Travel (days)	6
Green travel	<input checked="" type="checkbox"/>
Travel Days	4
Duration Including Travel (days)	10

Flow 1 : Budget

Individual Support

ID	No. of persons	Country of Destination	Duration per person in days	Grant per person (EUR)	Total Individual Support Grant (EUR)
1	33	Poland	10	510,00	16 830,00
Total			10		16 830,00

Travel

To estimate the distances between places, please use the European Commission's https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

Green travel	<input checked="" type="checkbox"/>
Distance Band	
Exceptional costs for expensive travel	<input type="checkbox"/>
No. of persons	33
Grant per person (EUR)	
Total Travel Grant (EUR)	

Organisational support

No. of Participants	30
Grant per Participant (EUR)	125,00 €
Total Organisational Support Grant (EUR)	3 750,00 €

Inclusion support for participants

Number of persons in the mobility flow	33
Number of persons for inclusion support	
Inclusion support for participants (EUR)	0,00 €
Description and justification of expenses	

Inclusion support for organisations

Number of participants in the mobility flow	30
Number of participants for inclusion support	6
Inclusion support for organisations (EUR)	750,00 €

Exceptional costs

Id	Exceptional cost type	Description and Justification	Number of participants supported with this cost item	Eligible costs (EUR)	Requested grant (EUR)
Total			0		0,00 €

Budget summary (Activity YEXMS01, We are what we eat!, Youth exchanges - Member States and associated countries)

Budget Items	Grant (EUR)
Organisational Support Grant	3 750,00
Individual Support Grant	16 830,00
Inclusion support for organisations	750,00
Total Activity Grant	21 330,00

Project Design

Preparation, support and follow-up

How will you prepare the participants before the start of the activity (e.g. intercultural, linguistic, risk-prevention etc.) and how will you support them during and after the activity?

Before the start of the activity, participants will receive a comprehensive infopack outlining all relevant details about the project, including the schedule of activities, daily tasks, accommodation, safety measures, and contact information. To prepare them on a thematic level, participants will be encouraged to read “EATING FOR TOMORROW – The European Youth Manifesto for Sustainable Food Systems” (2021), which provides a youth-centered perspective on sustainable food systems and aligns with the core topics of the exchange. Intercultural preparation will include informing participants about the *intercultural evenings, during which they will be invited to bring something representative of their country—preferably sustainable, locally sourced, and plant-based products. Participants will also be asked to bring and be ready to cook a vegetarian dish from their national cuisine, along with a written recipe to share with the group. Additionally, practical preparations will involve reminding all participants of the necessity to bring their European Health Insurance Card (EHIC) to ensure coverage in case of health-related incidents.

During the activity, the organizing team will provide ongoing support through daily briefings, reflection sessions, and accessible team members who will be available for any questions or issues. After the activity, participants will be invited to contribute to the dissemination of results, remain engaged through follow-up initiatives, and stay connected via an online platform where resources, recipes, and the project handbook will be shared to foster continued learning and collaboration.

What measures will you put in place to ensure the safety and protection of participants?

To ensure the safety and protection of all participants throughout the youth exchange, several precautionary measures will be put in place in line with Erasmus+ guidelines. Before the activity, participants will be reminded to bring any necessary personal medications they may need in case of illness, and they will be informed of the importance of carrying a valid European Health Insurance Card (EHIC) to guarantee access to healthcare if needed. During the exchange, all activities will be conducted with full respect for participants’ privacy and consent, ensuring that their personal boundaries and data protection rights are upheld at all times. Facilitators will play a proactive role in monitoring group dynamics and ensuring that no participant is left behind or excluded, promoting a safe and inclusive environment. In the event of any aggressive behavior or potentially dangerous situations, the facilitators will intervene immediately to prioritize the safety and well-being of all individuals involved, following pre-established risk prevention protocols. These measures aim to create a secure, respectful, and supportive environment in which participants can engage and grow both safely and confidently.

What activities are foreseen after the end of the Youth Exchange? How will the participants follow-up on the activity?

Following the end of the Youth Exchange, a series of follow-up activities are foreseen in order to ensure the long-term impact and sustainability of the project outcomes, both at the local and European level. Each national group of participants will organize a local food festival in their respective countries, using ingredients sourced from local producers to prepare and showcase the meals and recipes they experienced during the exchange. These festivals will serve as moments of celebration, dissemination, and engagement with the local community, promoting sustainable food practices and the values shared during the exchange. On this occasion, the project handbook, developed by the participants, will be presented publicly and shared in digital form via QR codes, making it easily accessible to all attendees and beyond.

During the events, participants will take an active role by sharing their personal experiences from the youth exchange, explaining the knowledge they acquired about food systems, nutrition, and the environmental impact of dietary choices. This direct involvement of young people as ambassadors of change will strengthen their communication skills and empower them to act as multipliers of the project’s results within their local contexts. These festivals will also provide an opportunity to engage families, schools, youth organizations, and local authorities, thereby amplifying the project’s visibility and relevance on a broader scale.

Beyond the local dimension, participants will be encouraged to stay connected through a digital platform, forming the basis for a growing European network of environmentally-sensitive youth. This network will facilitate ongoing communication, collaboration, and the sharing of initiatives related to sustainability, healthy living, and active citizenship. Through this community, young people will continue to inspire one another and explore new opportunities for joint action, advocacy, and possibly future Erasmus+ projects. In this way, the Youth Exchange will not end with the final day of activities but will instead serve as a catalyst for lasting impact and ongoing youth engagement at both national and European levels

Recognition of learning outcomes

How will you support participants to be aware of what they have learned and which competences they have developed or improved? Please remember to include the methods that support reflection and documentation of the learning outcomes in the daily timetable of each activity.

To ensure that participants become fully aware of the knowledge, skills, and competences they develop throughout the Youth Exchange, the project will integrate structured reflection and evaluation moments into the daily timetable. These tools are designed not only to foster individual growth but also to enhance group learning, motivation, and engagement. One of the central tools will be the use of Kahoot quizzes at the end of each thematic workshop. These interactive, game-based sessions will help participants consolidate what they have learned, maintain high levels of attention and energy, and foster a fun, competitive atmosphere. By responding to tailored questions based on the content of the workshops, participants will have the opportunity to measure their understanding in real-time. At the end of the exchange, a cumulative Kahoot ranking will be presented, and participants who place in the top three will receive sustainable prizes such as second-hand printed t-shirts or items made from organic cotton, encouraging both learning and eco-friendly practices.

In addition to the quizzes, participants will be invited to complete a daily written reflection survey, where they will be asked to write a short paragraph summarizing what they have learned during the day's activities. This practice promotes deeper personal reflection and helps participants to internalize their learning outcomes, both in terms of knowledge (e.g., nutritional facts, sustainability issues) and transversal competences (e.g., teamwork, communication, intercultural understanding). These reflections will also serve as useful documentation for youth workers and facilitators to monitor the progress of the group and make adjustments to the program if necessary.

Throughout the exchange, facilitators will encourage participants to link their learning to the Youthpass competences, especially in areas such as cultural awareness, personal development, and sense of initiative. This reflective approach, combining playful evaluation tools with written self-assessment, will support participants in recognizing and articulating their growth. It will also prepare them to effectively fill out their Youthpass certificates, ensuring that their learning is recognized and can be carried forward into future educational, personal, or professional contexts.

The Erasmus Programme promotes the use of instruments/certificates like [Youthpass](#) or [Europass](#), to validate the competences acquired by the participants during their experiences abroad. Will your project make use of such European instruments/certificates?

Yes

Which one(s)?

Youthpass

Participant with fewer opportunities

Are there participants involved in the activities who face situations that make their participation in the activities more difficult?

Yes

Which types of situations are these participants facing?

Disabilities

Cultural differences

If any, please explain the particular measures (accompanying person, reinforced preparation etc.) you will put in place to cater for the specific needs of these participants and/or to support their participation.

In line with the values and inclusion principles promoted by the Erasmus+ programme, the project will implement a range of tailored measures to ensure the full and equal participation of young people with disabilities and/or from culturally diverse backgrounds. First and foremost, the hosting facility will be equipped with the necessary infrastructure to accommodate participants with physical disabilities. This includes accessible rooms, barrier-free access to all areas of the venue, and adaptations that allow all participants to move freely and safely, as well as to take part fully in workshops, group activities, and social events.

To guarantee inclusive participation throughout the exchange, a team of facilitators will offer constant support, monitoring individual needs and ensuring no one is left behind. Should additional assistance be required, ad hoc funding will be allocated for the transportation of participants with disabilities, and, when necessary, to cover the costs of accompanying persons or translators, such as a sign language interpreter for the hearing impaired. These arrangements will be coordinated with partner organizations during the preparation phase to make sure that each participant receives the support they need from the very beginning of the project.

Cultural diversity will also be welcomed and respected as a key strength of the exchange. Participants' religious, cultural, and dietary needs will be carefully considered and integrated into the project design. For example, during meals and cooking workshops, dietary restrictions and preferences—including vegetarian, halal, kosher, or allergy-related requirements—will be accommodated to ensure that every participant feels comfortable and respected. Intercultural dialogue will be encouraged through activities such as intercultural evenings, where participants will be invited to share elements of their culture in a safe, inclusive, and celebratory environment.

Overall, the project is committed to removing barriers and creating an environment where all participants—regardless of ability or background—can fully engage, express themselves, and benefit from the Youth Exchange experience.

Virtual learning/Blended activities and use of virtual components

Do you foresee Virtual/Blended activities and/or the use of any virtual component, before, during or after the activity?

Yes

If yes, please describe them.

The project foresees the integration of virtual and blended components before, during, and after the activity, in line with the Erasmus+ programme's commitment to digital transformation and environmentally sustainable practices. These virtual elements will not only enhance the quality of the learning experience but also help reduce the environmental impact of the project by minimizing the use of paper and printed materials. Participants will be encouraged to work primarily on laptops or mobile devices, and only when absolutely necessary, documents will be printed using recycled paper.

During the exchange, several digital tools will be incorporated into the daily programme. Each workshop will conclude with an interactive Kahoot quiz, aimed at reinforcing key learnings in a dynamic and engaging way. This will also allow facilitators to assess knowledge retention and adjust content if needed. At the end of the week, participants will be ranked based on their cumulative Kahoot scores, and those in the top positions will receive eco-friendly prizes, such as printed second-hand or organic cotton T-shirts. To further support learning reflection, a daily digital survey will be shared, where participants will write a short paragraph summarizing what they learned during the day's activities. This will help them consolidate their knowledge and identify the competences they are developing.

Participants will also use online tools to calculate their ecological footprint, linking personal data with environmental impact and encouraging them to reflect on how to reduce it. In preparing the final project outcome—a digital handbook on sustainable food practices—participants will use online design tools collaboratively, thus enhancing their digital skills while avoiding the environmental cost of physical production. Presentations during the workshops will be supported by PowerPoint or equivalent software, allowing for a more structured and visually engaging learning experience.

After the exchange, the virtual component will continue through online follow-up meetings, providing participants with a space to stay connected, share updates on local dissemination events, and support each other in maintaining the project's momentum. This blended approach ensures continuity, inclusivity, and a wider reach of the project outcomes.

Please provide an estimated share of participants (excluding accompanying persons, group leaders, trainers and facilitators) that will use Virtual components in their activities.

40

Environmental friendly practices

Will you include sustainable and environmental-friendly practices in your activities?

Yes

Please describe them and mention how will you raise the awareness of participants on these sustainable practices?

The project is designed with a strong emphasis on environmentally friendly practices, both in its educational content and in its practical implementation. Through a series of interactive workshops, participants will be actively engaged in exploring key sustainability issues such as plant-based diets, overconsumption, water footprint, and the impacts of chemical usage in food production and consumption. These sessions aim to raise awareness and foster critical thinking about how everyday dietary choices and consumption habits contribute to environmental degradation, while also providing practical tools to adopt more sustainable lifestyles. The workshops will combine non-formal education methods such as group discussions, simulations, and hands-on cooking experiences to ensure that participants develop both knowledge and practical competences in sustainability.

Beyond the workshops, the entire Youth Exchange will be run in a way that reflects the values being taught. Food served in the canteen will be locally sourced wherever possible and will display its CO2 footprint, encouraging participants to reflect on the environmental impact of their meals. In line with circular economy principles, prizes and small gifts given to participants—such as T-shirts or souvenirs—will be either second-hand or made from recycled materials. Daily life at the exchange will also be structured to promote sustainability: facilitators will closely monitor and guide participants in the proper sorting of waste, while also raising awareness about avoiding unnecessary use of resources, including food, water, and energy.

In terms of communication and documentation, the project will minimize its ecological footprint by prioritizing digital tools. The project handbook, which contains key information and outcomes, will be made available online, eliminating the need for paper and ink. Participants will be encouraged to work on laptops or mobile devices, and when printing is necessary, it will be done on recycled paper. Throughout the exchange, participants will not only learn about environmental responsibility but will also experience it as a lived value, making sustainability an integral part of both the content and the delivery of the project. This holistic approach ensures that young people not only understand but also embody sustainable practices, becoming ambassadors of change in their local communities and across Europe.

Project Management

In this section we want you to describe several aspects of how you will manage your project and make sure that the participants have a high quality learning outcome. Please read the questions carefully and answer to all sub-questions.

How will you manage the project (agreements with partners etc.) and make sure that it is done in line with the Erasmus Youth Quality Standards? You will find the quality standards further down in the application form.

The project "We are what we eat!" will be managed through clear agreements and continuous collaboration between the partner organizations involved. At the core of our management strategy is a partnership agreement that will be signed by all involved organizations. This agreement will define in detail: the distribution of tasks, deadlines, roles in activity preparation and delivery, responsibility in logistics and safety, communication strategies, and financial arrangements. We will ensure that all partners are actively involved in every phase of the project — planning, implementation, evaluation, and dissemination — in line with the Erasmus Youth Quality Standards on transparency, shared responsibility and partnership. To guarantee effective implementation, we will organize regular online coordination meetings before and during the project (via Zoom or similar platforms), and use shared tools (Google Drive, Trello, shared calendars) to keep track of the progress, documents, and tasks. A dedicated coordination team will monitor the timeline, and ensure coherence between the different phases and partners' contributions.

Our project is directly aligned with the policy priorities of Erasmus+: we aim to raise awareness among young people about the environmental and social impacts of food systems, particularly how diet choices affect CO₂ emissions, water use and land exploitation. This responds directly to the European Youth Goal n.10 (Sustainable Green Europe) and contributes to the EU Youth Strategy by empowering young people to become more responsible, active citizens in line with the SDGs 2030. Inclusion and diversity are key principles of our project. We will ensure the participation of young people with fewer opportunities (e.g., economic, geographical or cultural barriers), and the mobility will take place in a venue that is fully accessible to individuals with physical impairments. Cultural diversity will be celebrated through intercultural evenings, shared cooking experiences and group reflection, promoting a sense of belonging and mutual understanding. Environmental sustainability will not just be a topic of reflection, but also a practice: we will reduce food waste, avoid single-use plastic, use local and seasonal products for meals, and promote responsible resource use during all project activities. Young people will be actively involved in all stages of the project, from preparation to the co-creation of a final "Handbook for Sustainable and Responsible Diets", which will be one of the core outcomes. They will lead cooking workshops, support the design of communication campaigns, and propose ideas for dissemination via social media and local communities. This ensures a participatory approach and the development of real-life competences. All activities will be based on non-formal education methods: learning by doing, peer education, team discussions, and real-world simulations (e.g., building sustainable weekly menus based on environmental data). Learning outcomes will be discussed and identified together with participants, and tracked throughout the exchange. Each participant will receive a Youthpass certificate, recognising their non-formal and informal learning achievements. We will guarantee full preparation and support to all participants: in the weeks before the mobility, each partner will organise preparatory meetings (online or in person) to explain the objectives, introduce the topic of sustainable diets, prepare for intercultural exchange, and address practical needs (travel, insurance, logistics). During the project, experienced youth workers will provide continuous support, mentoring and mediation if needed. An internal monitoring and evaluation plan will include regular check-ins, daily feedback rounds, and final evaluations, both qualitative and quantitative (surveys, observation, reflection sessions). Feedback will be collected and analysed to improve future initiatives, and to document the impact of the project. Finally, the results will be widely shared: each partner will organise at least one dissemination event locally, and all the digital materials (photos, videos, infographics, the handbook) will be made available online and promoted via social media. The EU funding will be clearly acknowledged in all communication outputs. Through this project, we aim not only to create a temporary learning opportunity, but to foster long-lasting behavioural change in participants and to strengthen the capacity of youth organisations to address sustainability in everyday life.

How will you organise the practical and logistical part of the project (e.g. travel, accommodation, insurance, visa, social security, mentoring and support, preparatory meetings with partners etc.)?

The practical and logistical organisation of the "We are what we eat!" project has been designed to reflect our core values: sustainability, inclusion, safety and intercultural collaboration. All arrangements will be made in strong coordination with the partner organisations, through a structured timeline and shared planning tools (e.g. Google Drive, Zoom, WhatsApp groups), ensuring smooth communication and clear responsibilities for every step. We will prioritise the use of low-impact transport options wherever possible, in line with our project's environmental values. Participants will be encouraged to choose trains or buses instead of flights for short or medium distances, and we will cover green travel costs as per Erasmus+ guidelines. To reduce anxiety and ensure cohesion, we will help participants travel in small intercultural groups when feasible, especially for youth with fewer opportunities or those travelling for the first time.

Participants will stay in an eco-conscious venue surrounded by nature, where sustainability is a lived experience. The chosen location will offer shared rooms to promote bonding and intercultural exchange, while guaranteeing accessibility for people with physical impairments. Meals will reflect the project topic: menus will be mainly plant-based, using local and seasonal ingredients, and designed by the participants themselves during interactive "diet labs" and cooking workshops. A rotating kitchen crew of participants will be in charge of meal preparation, fostering responsibility, creativity and group spirit. During this activity the group will be not left alone but guided by two experts.

All participants will be covered by insurance for travel, health, and accidents, in accordance with Erasmus+ rules. The host

organisation will also maintain an emergency protocol with contacts of nearby health centres and have trained staff available on site. A safety briefing will be held on the first day and a “well-being team” (two volunteers and one team leader) will monitor emotional and physical well-being throughout the mobility. We will also provide a quiet room for participants who may need a break or personal space.

We will support any participants who may require a visa by providing official invitation letters and assistance in compiling the necessary documentation. Although all participating countries are expected to be visa-free, we are prepared to assist if exceptional cases arise. Any issues related to social security (e.g. EU Health Card) will be checked in advance with participants. Each participant will be assigned a youth leader or “buddy” before the project. These mentors will provide guidance, emotional support, and ensure inclusion during the activity. A dedicated moment every day — the “Circle of Reflection” — will be used to check on participants’ well-being, share emotions, and reflect on learning experiences, creating a safe and empathetic group dynamic.

At least two online preparatory meetings will be held between all partners to discuss responsibilities, logistics and risk prevention. In addition, each organisation will conduct a national pre-departure meeting with its participants. These meetings will cover practical matters (what to bring, what to expect), but also begin the educational process by introducing themes like sustainable diets, European values, and cultural openness.

All participants will receive a clear info-pack detailing logistics, house rules, sustainability expectations (e.g. water/electricity use), and group responsibilities. The project will integrate the principles of non-formal education in its logistics too: participants will co-create group agreements, organise tasks in working groups (media, kitchen, cleaning, evening activities), and rotate responsibilities to promote ownership and learning-by-doing. By aligning every logistical aspect with our project’s message — that even daily choices like food and transport can shape a better world — we aim to make the logistics not just supportive, but pedagogical and transformative.

Partnerships

How and why did you choose your project partners? What experiences and competences will they bring to the project?

The selection of the project partners for "We are what we eat!" was informed by both shared values and empirical data on food systems. In particular, we analysed official statistics on daily meat consumption per capita (source: FAO/Our World in Data, 2022) to identify countries where dietary choices have a significant environmental impact.

Given the project's focus on raising awareness about the link between diet and sustainability, we decided to involve a group of countries that together represent a diverse range of food cultures, consumption behaviours, and awareness levels:

Spain is the country with the highest meat consumption among the group (285g/day/person). This makes it especially relevant for discussions on how traditional food habits can be rethought in light of sustainability goals.

Poland, France and Czechia all show high and increasing levels of meat consumption (223–232g/day). These countries offer valuable contexts for exploring behavioural change and the challenges young people face in shifting toward more sustainable diets.

Italy, with slightly lower average consumption (199g/day), brings the example of the Mediterranean diet — traditionally rich in plant-based ingredients and recognised as both healthy and sustainable. Italian participants will contribute real-life examples of how a nutritious diet can also be environmentally friendly.

Romania, while having the lowest consumption among the group (190g/day), is undergoing a dietary transition, particularly in urban areas. This context makes it ideal for raising awareness among young people before consumption patterns become less sustainable.

This strategic mix allows the project to tackle the issue of food and sustainability from multiple cultural and behavioural perspectives. By combining countries with different habits, levels of awareness, and environmental education frameworks, the project creates a unique learning environment where participants can compare experiences, reflect critically, and inspire one another.

In addition to this data-driven approach, the selected organisations also bring strong competences in youth work, non-formal education, environmental awareness, intercultural learning, and creative communication. Together, the consortium ensures the credibility, reach, and impact of the project, while making sure that the topic of sustainable diets is addressed in a relevant and locally grounded way.

How will you communicate with them?

We will ensure clear, continuous and transparent communication with all project partners throughout the entire process: from the preparatory phase to the evaluation and dissemination stages. To do this effectively, we will combine structured tools, regular updates, and a collaborative attitude based on mutual trust and shared responsibility.

A dedicated communication plan will be defined during the first preparatory online meeting. This will include agreed procedures for decision-making, timelines, feedback exchange, task division, and reporting.

We will use the following communication channels:

- Email: for official communication, confirmation of decisions, and sharing documents.
- WhatsApp group: for fast, informal daily communication and reminders.
- Google Drive: to create a shared folder where all materials (documents, contracts, presentations, activity plans, feedback, media, dissemination tools) will be uploaded and accessible to all partners in real-time.
- Zoom or Google Meet: for monthly coordination meetings (preparation phase) and weekly online check-ins during the implementation and follow-up phases. Minutes of each meeting will be recorded and shared.

We will hold at least two formal online preparatory meetings before the mobility to finalise the educational programme, define logistics and ensure that all partners are aligned on their responsibilities. During the youth exchange, daily debriefs will include the team leaders to address any emerging issue quickly and collectively.

After the mobility, we will schedule a final evaluation meeting and use a shared document to collaboratively write the final report and analyse the feedback. Each organisation will also be responsible for updating others on local dissemination efforts and sustainability follow-ups.

Our communication style will reflect the project's values: inclusive, transparent, youth-centred and environmentally responsible. We aim to model the same care and responsibility in communication that we are promoting in participants' dietary and environmental behaviours.

How will you monitor and coordinate their contribution?

To ensure a smooth and effective implementation of "We are what we eat!", we will adopt a structured monitoring and coordination strategy that values transparency, shared responsibility, and proactive engagement from all partners.

First, during the preparatory phase, we will co-create a Project Implementation Plan. This will define:

- clear roles and responsibilities for each partner,
- expected outputs and deadlines,
- tools for reporting and internal communication,

- indicators for measuring each partner's contribution during all project phases (preparation, implementation, follow-up, dissemination).

We will use Trello as digital project management platforms where each task is assigned to specific organisations with deadlines and status updates. This allows for visual tracking of progress and early detection of delays or bottlenecks. Partners will regularly update their progress, and the coordinating organisation will follow up in case of delays or unclear responsibilities.

A shared Google Drive folder will serve as a central archive for:

- educational content and contributions (e.g. workshop plans, cultural activities),
- dissemination materials,
- photos/videos,
- reports and evaluation tools.

To coordinate the contributions:

- We will hold monthly online meetings before and after the youth exchange, where each partner will present a short status update.
- During the mobility, we will organise daily team leader briefings, ensuring continuous flow of information and real-time problem solving.
- Each organisation will appoint a main contact person responsible for internal coordination and communication with the applicant.

Monitoring will be both quantitative and qualitative:

- Each partner will complete short internal reports before and after the mobility, reflecting on their input.
- Feedback will also be collected from participants to assess the quality of each organisation's preparation and support.
- A final evaluation document will gather all outcomes and provide space for self-assessment and future improvements.

By involving all partners in decision-making, fostering transparency, and using digital tools efficiently, we ensure that contributions remain balanced, meaningful, and aligned with the project's goals. This approach not only ensures accountability but also strengthens the long-term cooperation and trust among the organisations involved.

Which other actors (organisations or individuals) will be involved and how?

In "We are what we eat!", a limited number of external actors will be involved, carefully selected to ensure added value to the learning experience while respecting the budget and scope of a KA152 project.

We plan to involve three key professionals during the youth exchange:

- a nutritionist, to explain the health aspects of sustainable diets;
- a chef, to support participants in designing and preparing accessible, plant-based meals;
- an expert in environmental sustainability and food systems, who will provide a broader overview of the environmental impact of food production and consumption.

Their role will be mainly educational and practical: they will each run one or two sessions (interactive lectures or workshops), contributing to the knowledge-building phase of the project. These sessions will be integrated into the overall learning process and supported by non-formal education methods.

We will involve local schools, youth centres, and NGOs working on environmental or educational topics. These institutions will contribute in two main ways:

1. Co-development and use of the final Handbook: they will be invited to give feedback on the handbook structure and content (especially on its accessibility and clarity), and they will receive the final product for free, with the possibility of using it in their own educational activities.
2. Social media collaboration: we will encourage local institutions to help us amplify the visibility of the project by sharing the participants' posts through their own channels and newsletters, thus reaching a wider youth audience and promoting awareness around sustainable food.

All media content will be created by the participants themselves, as a key part of their learning process. They will be responsible for:

- documenting activities,
- preparing posts for social media (Instagram, TikTok, etc.),
- working in small media teams to edit pictures, short videos, and graphics,
- co-creating communication material for the handbook.

This participatory approach allows us to keep costs low, empower young people with communication skills, and ensure that the project message is spread by the very people who experience it.

Evaluation

How will you evaluate your project's success? Which activities will you carry out in order to assess whether, and to what extent, your project has reached its objectives and results?

We will evaluate the success of "We are what we eat!" through a structured combination of quantitative and qualitative methods, involving all partners and participants in a continuous process of self-assessment, group reflection and results tracking. The evaluation will focus on three main areas: learning outcomes, project implementation quality, and impact.

Evaluation Activities and Timeline

1. Pre-project evaluation (baseline). Before the exchange, participants will complete a short online questionnaire assessing their:

- awareness of sustainable food systems and their environmental impact;
- current eating habits;
- expectations and motivations.

This will serve as a baseline to measure knowledge and behavioural change.

2. Ongoing monitoring during the mobility

- We will conduct daily reflection sessions (e.g. "circle of learning") where participants will discuss what they learned, how they felt, and what they want to improve.
- Team leaders and facilitators will take notes and share impressions in daily coordination meetings.
- An internal observation grid will be used to assess group dynamics, engagement, and participation.

3. Final evaluation with participants

At the end of the exchange:

- Participants will complete a final questionnaire to compare their knowledge, attitudes and intentions with the baseline.
- A creative evaluation session will be held (e.g. visual maps, "one word wall", post-it reflections) to capture emotions, personal growth and soft skills acquired.
- Participants will be invited to reflect on their contribution to group outcomes, especially the handbook and social media content.

4. Partner self-assessment

Each partner organisation will write a short evaluation report (template provided), including:

- quality of preparation and logistics;
- clarity of coordination;
- challenges faced;
- perceived impact on young people and the organisation itself.

This will feed into a collective final evaluation meeting (online) to reflect on lessons learned and future improvements.

5. Dissemination and external feedback

- We will track online engagement (likes, shares, comments) on the social media posts created by participants.
- Local stakeholders involved in the handbook will be invited to give feedback on its relevance and usability.
- A follow-up email or form will be sent to participants 1–2 months after the project to assess behavioural changes, e.g. in diet, awareness, or local action.

Evaluation and project objectives

The evaluation process will allow us to measure how well we achieved our key objectives:

- increased awareness among young people about sustainable diets;
- behavioural change in everyday choices;
- strengthened cooperation between organisations;
- production and dissemination of a useful educational output (handbook).

The evaluation will be youth-centred, inclusive, and focused on real impact. Results will be summarised in the final report and used to improve future projects.

Sustainability of the results

What will you do to make sure that your project continues to have effects also after it ends?

We are strongly committed to ensuring that "We are what we eat!" has a lasting impact beyond the mobility itself. To achieve this, we will implement a series of strategic follow-up actions and produce concrete, accessible outputs that can be used by participants, partner organisations, and local communities after the end of the project.

One of the main tools to ensure sustainability is the handbook co-created by the participants. This educational resource will include:

- practical tips on how to shift to a more sustainable diet;
- data and facts about the environmental impact of food choices;
- testimonials and ideas from young people across Europe;
- simple plant-based recipes from each participating country.

The handbook will be shared digitally and for free with local institutions (e.g. schools, youth centres, NGOs) that will be encouraged to use it in workshops, classes, and awareness campaigns. It will be available in English and potentially in national languages, depending on the capacity of each partner.

All communication and media content produced by participants (photos, videos, reels, infographics) will remain available on the project's and partners' social media accounts. We will create a digital archive or a shared blog where the best materials will be collected and shared even after the mobility ends.

We will also encourage participants to continue posting content, sharing their reflections and experiences after the exchange, acting as youth ambassadors for more sustainable diets.

Partner organisations will integrate the knowledge and tools developed during the project into their regular youth activities. For example:

- using the handbook in future workshops or exchanges;
- replicating selected activities (e.g. diet challenges, intercultural cooking evenings);
- collaborating with local institutions to raise awareness in schools or events.

Before the end of the project, each participant will be invited to write a personal sustainability pledge, identifying one or two specific actions they will continue after the mobility (e.g. reducing meat, sharing what they learned, volunteering). This pledge will be revisited after 1–2 months through a follow-up questionnaire, helping us evaluate real behavioural change and encouraging continuity.

Lastly, the partnership created through this project is designed for long-term collaboration. We aim to continue working together, possibly through new Erasmus+ projects, local initiatives or thematic networks focused on youth and sustainability. The trust and shared tools developed during this project (e.g. common templates, media kits) will remain available for future cooperation.

Are you planning measures to make sure that the results produced are used and beneficial to others beyond the project's lifetime? If yes, which ones?

We are planning several concrete and realistic measures to ensure that the results of YAO Faith Changes 152 are used, shared, and beneficial to others beyond the project's lifetime.

The main tangible output of the project will be the Handbook for Sustainable and Responsible Diets, co-created by the participants. It will be:

- published in digital format, free and openly accessible;
- shared via the websites and social media of all partner organisations;
- sent directly to a network of local institutions (schools, youth centres, environmental associations) who can integrate it into their educational activities;
- made available in English, and potentially translated (partially or fully) into local languages by partner organisations.

We will include a Creative Commons license (e.g. CC-BY-NC), allowing non-commercial reuse, to encourage further dissemination.

All project communication will be carried out using sustainable and re-usable formats: reels, infographics, blog-style posts. These materials will remain visible and shareable on the project and partners' social media platforms after the end of the mobility. Participants will also be encouraged to continue posting updates on their own behaviour change or local actions, increasing peer-to-peer impact.

Partner organisations will promote the project's messages and resources through:

- local follow-up workshops using materials from the exchange;
- participation in public events (e.g. sustainability days, school visits);
- collaborations with local youth workers and educators who can replicate activities (e.g. cooking labs, "diet footprint" games) in their own contexts.

We aim to reach non-participant youth and the broader community through these low-cost, replicable actions.

The knowledge, tools, templates, and educational content developed in the project will be retained and reused by partner organisations in future youth projects. The handbook, reflection activities, and workshop designs will become part of the internal toolkit of each organisation, allowing long-term use in new contexts, even with different topics.

A final digital summary of the project's outcomes (key moments, testimonials, photos, link to the handbook) will be compiled and shared via mailing lists and partner networks, ensuring that youth organisations, educators and local stakeholders can access and benefit from the results.

Dissemination of project results

How will you make your project visible outside your organisation and partner organisations? How will you share its results and success? With whom will you share the results?

We are committed to making "We are what we eat!" highly visible beyond the participating organisations and to sharing its results with a wide range of external audiences. Our dissemination and visibility strategy will focus on three levels: local, national, and international.

Participants will form media teams during the project and will be responsible for documenting and sharing the project's key moments in real time. They will create:

- Instagram stories and posts,
- TikTok videos,
- short interviews and quotes,
- infographics and photo carousels.

These posts will be published during and after the mobility on the social media pages of all partner organisations and participants, using a common hashtag and branding. We will also encourage participants to tag local institutions and youth pages in their country, expanding the organic reach.

The Handbook for Sustainable and Responsible Diets, co-created by the participants, will be the flagship output of the project. It will be:

- shared in digital format on partners' websites and newsletters;
- sent directly to local schools, youth organisations, NGOs and eco-initiatives in each country;
- offered to educators and youth workers as a tool for workshops and awareness campaigns;
- promoted through our partners' networks (e.g. Erasmus+ National Agency contacts, SALTO, Eurodesk, or regional youth platforms).

We will also upload it to online repositories for open educational resources (OER), where possible.

After the youth exchange, each partner will organise at least one local follow-up or visibility event (e.g. in a school, youth centre or public space), where participants will:

- present the project,
- share their experiences,
- distribute the handbook,
- showcase photos and content produced during the exchange.

These events will target non-participant youth, local authorities, educators, and families, helping to amplify the project's impact.

A final project newsletter will be created and sent out to relevant stakeholders:

- youth NGOs,
- sustainability-focused organisations,
- schools and teachers,
- Erasmus+ multipliers and informal networks.

It will summarise the project's activities, share the handbook, include testimonials from participants, and invite recipients to reuse the materials.

We will inform relevant public institutions (municipalities, local youth departments, environmental education units) about the project outcomes and offer them access to the materials. This increases recognition of the project and creates opportunities for further cooperation or replication.

Through this multi-level dissemination plan, we aim to ensure that the results of YAO Faith Changes 152 reach a broad and diverse audience, inspire other young people and educators, and contribute meaningfully to the conversation around sustainable living and responsible food choices.

How will you involve participants in such activities?

Participants will play a central and active role in the visibility, dissemination, and follow-up activities of YAO Faith Changes 152, in full alignment with the non-formal and participatory learning approach of the project.

Participants will actively co-create the content of the Handbook for Sustainable and Responsible Diets:

- suggesting key messages and tips,
- writing short texts and reflections,
- contributing recipes from their own cultures,
- helping to design the structure and layout.

This will give them ownership of the main output and a reason to share it proudly within their communities after the project.

At the end of the exchange, each participant will be encouraged to take on the role of “local ambassador”, contributing to dissemination by:

- sharing their experience and the handbook with their friends, classmates, youth groups or online followers;
- presenting the project in a short informal session (e.g. at school, in a youth centre, during a local event);
- continuing to post content on their personal channels using the project hashtag.

To support them, we will provide:

- a media kit with ready-to-use visuals and messaging;
- a short guide on how to talk about the project and use the handbook;
- certificates and recognition to enhance their CVs or Youthpass.

Participants will also be invited to co-organise local follow-up events with their sending organisations, such as:

- dissemination workshops,
- cooking sessions or info stands,
- storytelling evenings.

These activities will reinforce their skills, visibility and self-confidence, while also spreading the project’s values to new audiences.

Erasmus+ Youth Quality Standards

Organisations implementing Erasmus learning mobility activities must adhere to a set of quality standards. These standards exist to ensure quality experience and learning outcomes for Erasmus participants, and to make sure that all organisations receiving the Programme's funding are contributing to its objectives.

Please OPEN THE DOCUMENT and carefully read the Erasmus+ quality standards presented below and confirm your agreement. [erasmus-youth-quality-standards_en.pdf \(europa.eu\)](#)

Subscribing to Erasmus quality standards

To apply for Erasmus+ accreditation, your organisation must subscribe to the Erasmus+ Youth quality standards and accept to be evaluated based on those standards. Since the Erasmus+ accreditation is valid for a longer period, your organisation's performance in maintaining the Erasmus+ Youth quality standards will also influence how much funding you may receive in subsequent years.

Please read the following statements carefully and confirm your agreement:

- ☒ I have read the above Erasmus Youth quality standards
- ☒ I confirm that I, my organisation and the co-beneficiaries (where applicable) adhere to the Erasmus Youth quality standards
- ☒ I understand and agree that Erasmus Youth quality standards will be used as part of the criteria for evaluation of the activities implemented under this project

EU Values

The Erasmus+ programme's implementation, and therefore, the programme beneficiaries and the activities implemented under the programme, have to respect the EU values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities, in full compliance with the values and rights enshrined in the EU Treaties and in the EU Charter of Fundamental Rights.

Article 2 of the TEU: The Union is founded on the values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities. These values are common to the Member States in a society in which pluralism, non-discrimination, tolerance, justice, solidarity and equality between women and men prevail.

Article 21 of the EU Charter of Fundamental Rights: 1. Any discrimination based on any ground such as sex, race, colour, ethnic or social origin, genetic features, language, religion or belief, political or any other opinion, membership of a national minority, property, birth, disability, age or sexual orientation shall be prohibited. 2. Within the scope of application of the Treaties and without prejudice to any of their specific provisions, any discrimination on grounds of nationality shall be prohibited.

Subscribing to EU Values

☒ I confirm that I, my organisation and the co-beneficiaries (where applicable) adhere to the EU values mentioned in Article 2 of the TEU and Article 21 of the EU Charter of Fundamental Rights

☒ I understand and agree that EU Values will be used as part of the criteria for evaluation of the activities implemented under this project

Annexes

The maximum size of a file is 15 MB and the maximum total size is 100 MB.

Declaration on Honour

Please download the Declaration on Honour, print it, have it signed by the legal representative and attach.

File Name	File Size (kB)
Total Size (kB)	0

Accession forms

Please download the accession forms, have them signed by the relevant legal representatives, and attach the signed forms here. You can attach a maximum of 90 documents.

Accession forms must be provided at the latest before the signature of the grant agreement.

File Name	File Size (kB)
Total Size (kB)	0

Timetable

Please attach the timetables for the physical events and mobility activities using the template provided.

File Name	File Size (kB)
Total Size (kB)	0

Other Documents

If needed, please attach any other relevant documents (a maximum of 6 documents). Please use clear file names.

If you have any additional questions, please contact your National Agency. You can find their contact details: [List of National Agencies](#).

File Name	File Size (kB)
Total Size (kB)	0

Total Size (kB)	0
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Checklist

Before submitting your application form to the National Agency, please make sure that:

- ☒ It fulfills the eligibility criteria listed in the [Programme Guide](#).
- ☒ All relevant fields in the application form have been completed.
- ☒ You have chosen the correct National Agency of the country in which your organisation is established. Currently selected NA is: IT03 - Agenzia nazionale per i giovani

Original content and authorship

- ☒ I confirm that this application contains original content authored by the applicant and partner organisations.
- ☒ I confirm that no other organisations or individuals external to the applicant and partner organisations have been paid or otherwise compensated for drafting the application.

Protection of Personal Data

Please read our privacy statement to understand how we process and protect [your personal data](#)

Please also keep in mind the following:

Accession forms of each partner to the applicant, should be submitted latest before the signature of the grant agreement. If the application is approved for funding, signed accession form will be considered as a condition for signature of the grant agreement.

The documents proving the legal status of the applicant must be uploaded in the Organisation Registration System, here: [Organisation Registration System](#)



Submission History

Version	Submission time (Brussels time)	Submission ID
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