



Messzelató Association

Dembinszky 4-6, 1071 Budapest , tel. +361 7856978, egyesulet@messzelato.hu

“New Flavour of Your Life: Promoting Active Citizenship and Health Awareness through Gardening in Towns and Cities ”

PROJECT MEETING

September 26th-30th, 2014

Host institution – Messzelató Association, Budapest, Hungary

Plan of Activities

Friday 26th September 2014

Time	Activity
14.35 to late evening	Arrival day Hotel accommodation at Centrooms Guesthouse
19.00	Welcome dinner at Építész Pince

Saturday 27th September 2014

8.30 - 9.30	Breakfast - <u>Szatyorbolt</u> (sustainable example 1)
10.00-14.00	Introduction and energizer Going to Golya bar ((sustainable example 2) Session 1&2: Monitoring Session: Coordinators' /learners' reports on the project activities carried out so far in their organizations a) results and benefit of the second course “Celebrating the Harvest – Food Preservation Techniques and the Traditions of Harvest Feasts” implemented in their institutions b) local project activities (including info on continuation of urban gardening activities, dissemination, evaluation of project results, and preparation of common products – if relevant) implemented in June- September 2014 c) Discussion about organizing local events and learning group developments Coffee Break – collecting fears and expectations
11.00-11.20	
13.00	Lunch at Golya
14.00 -18.30	14.00-15.00 Session 3: Field Trip to Leonardo garden and Grundkert 2.0_ garden established by learners (exchange of experience of the host institution in involving locals into the projects activities and the best practice of maintaining the urban gardens)

	<p>15.30-16.00 Session 4 Restaurant Day – how to organize it? Organizing a little food event in a pop up way to experience how to organize a “healthy food event” in a garden.</p> <p>16.00-18.00 Session 5 “Tour” in Grundkert 2.0 garden with tour points A - solar oven, B- clay masonry oven, C- raised bed D - compostbins</p> <p>15.00-18.00 Session 6 Seed and plant exchange event held in Grundkert for to join in “on the organizational site” and experience “how to” organize a local seed exchange event on your own.</p>
19.00	Dinner at Jelen Bistró
20.00	Voluntary evening programme: Rudas Spa or Folk Dance Club Loyola Cafe

Sunday 28th September 2014

8.30-9.30	Breakfast at <u>Szatyorbolt</u>
10.00-12.00	Visiting Szimpla Farmers Market (sustainable example 3)
13.00 -14.00	Lunch at Szimpla Farmers Market
14.00-17.00	Guided tour in the inner city of Budapest
17.00-18.30	Session 8: practical workshop: seedpaper making and natural colouring
19.00	Dinner at Jelen Bistró
20.00	Voluntary evening programme – Night life of Budapest – Szimpla Bar

Monday 29th September 2014

8.30 -9.30	Breakfast at <u>Szatyorbolt</u>
10.00- 11.30	Going to Müszi – daily meeting room (sustainable example 4) Session 9: Preparation of the common product of the project – the booklet
11.30	Coffee break
	Session 10: Preparation for the meeting in Turkey and further activities of the project
12.00- 14.30	Session 11: Evaluation of the meeting
14.30 – 17.30	Free time
18.00	Wine Testing and Farewell dinner at <u>Szatyorbolt</u>

Tuesday 30th September 2014

8.00	Breakfast at <u>Szatyorbolt</u>
9.30	Check out. Departure of participants