



Messelátó Association

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

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

PROJECT MEETING REPORT

3 rd international meeting, September 26th-30th, 2014 in Budapest, Hungary
Host institution – **Messelátó Association**

Participants

Partner institution 1 (host) – Messzelátó Association, Hungary

3 persons - Ms. Tünde Udvarnoki, Ms. Nóra Benedek, Ms. Annet Gulyas

Partner institution 2 (coordinator)- Pakruojis Adult and Youth Education Centre, Lithuania

4 persons - Mrs. Rima Leimontienė, Ms. Eglė Kriukaitė, Mrs. Ilona Mačiulienė, Mrs. Alma Petrulaitienė

Partner institution 3 – Dodo ry., Finland

5 persons - Ms. Maria Nordlund, Ms. Becky Hastings, Ms. Minna Kontkanen, Mr. Lynn Gueck, Mrs. Pirjo Gueck

Partner institution 4– Toroslar Halk Eğitim Merkezi, Turkey

4 persons - Mr. Yusuf Gülgen, Mrs. Nilgün Çıtak, Mrs. Ayse Degirmenci, Mr. Murat Karakus

Partner institution 5 – Balvi Further Education Centre, Latvia

9 persons - Ms. Maruta Castrova, Mrs. Lauma Kalva, Mr. Agris Veismanis, Ms. Zinaida Logina, Mr. Agris Apšenieks, Mrs. Renata Gavenyte, Mrs. Edīte Kaufmane, Ms. Biruta Kindzule, Ms. Inese Paidere

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) 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
10.00-14.00	c) Discussion about organizing local events and learning group developments

11.00-11.20	Coffee Break – collecting fears and expectations
13.00	Lunch at Golya
	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)
	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.
14.00 -18.30	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
	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.
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 Tasting 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

PROJECT MEETING RESULTS

1. Sessions 1&2 and part of session 10 were organized for **monitoring the partnership performance from June to September 2014**. Coordinators and learners presented their reports on the activities and in their institutions. It has been evident that

- all partners continued the urban gardening activities or courses in their institutions. This has been beneficial for the participants as well as for their town or city communities in terms that they supported the sustainable community and healthy living ideas (Hungary, Finland, Turkey), implemented new ideas in their institutions (Pumpkin Garden in

- Latvia), made the town environment more attractive (Lithuania);
- partners from Lithuania, Latvia and Turkey started the course/activities on the topic "Celebrating the Harvest – Food Preservation Techniques and the Traditions of Harvest Feasts". The provided material and learners' feedback emphasized the results and benefit of the course activities, namely the possibility to get aware of the European culture during the cooking classes, to learn new food preservation techniques, to get more ideas from the group members, to spend their free time in a friendly and supporting environment;
- coordinating institution from Lithuania updated the webpage placing the material provided by partners;
- institution from Hungary prepared/published the required number of the poster the Restaurant; the quality of this product has met the expectations of the partners, and it has been produced on time.

It has been agreed that

- partners from Lithuania, Latvia and Turkey will carry on further course activities on the topic "Celebrating the Harvest – Food Preservation Techniques and the Traditions of Harvest Feasts" in September – November (responsible – coordinators Rima, Lauma and Nilgun from the aforementioned institutions);
- partners from Finland and Hungary will organize activities or a course on harvest or food preservation techniques after the meeting and will make use of the pack of the collected learning material placed on the webpage and G –Drive (responsible – coordinators Maria and Tunde from the aforementioned institutions);
- there is a need to place more material illustrating activities of the institutions from Finland, Hungary, Turkey, and Latvia for the dissemination purposes - in the Gallery part of the webpage (responsible – coordinators from the institutions).

2. The material and ideas for the activities „Healthy Food and Living“

The participants were involved in sessions 3 -8 to get the ideas for further activities in their countries for their groups of learners as well as other community members. The sessions and sustainable examples were parts of the host institutions workshop on promoting and supporting healthy living and eating habits, creation of conscious and active community by introducing such initiatives as sharing seeds and exchanging plants, organizing local Restaurant day, charity food events, ecological seedpaper making activities, supporting local farmers.

There were the following agreements made

- the partners will organize the Restaurant Day as a common action on 15th November 2014 by organizing an event in their institutions and/or making a network of other local organizations, citizens for to join the action. The promotion of the action should be done through the project Facebook page and on www.restaurantday.org (responsible – all partners and their project groups);
- the institutions will organize the activities on the topic „Healthy Food and Living“ from November 2014 to March 2015 by adopting the Hungarian institution's experience and adding their own ideas to meet the needs of the learner groups (responsible-all partners).

3. Preparation of the common product of the project – the booklet

The partners worked in groups to give the suggestions for the following aspects related to the preparation of the booklet: the target group, the contents and the distribution of tasks.

It has been agreed that

- the target group of the booklet should be adult educators;
- the topics/chapters of the content of the publication should

be „Courses‘, „Initiatives/actions“, „Workshops“; all other suggestions for the content and layout as well as the possible title should be given on a separate Google Doc by the 10th October (responsible – institution from Lithuania for creating the document, all partners for placing the final suggestions);

- the layout/designing the layout of the booklet (without proper texts) should be done by the 15th December 2014 (responsible – institution from Hungary);
- the texts with images and photos for the booklet should be ready by 16th February 2015 (responsible – all institutions);
- the professional editing of the texts should be done by 16th March 2015 (responsible – institution from Latvia);
- the draft of the booklet (draft versions for printing and the online PDF for placing on the webpage) should be ready by the beginning of April (responsible – institution from Hungary).

4. Preparation for the meeting in Turkey and further activities of the project

The partners have discussed the preparation for the meeting in Turkey and agreed on the following aspects:

- The meeting will be organized on 10th - 14th April 2015 (the partner from Turkey will make a final confirmation about the date in one week after the meeting having received the message from the institution from Lithuania as a confirmation that the dates are suitable for it as a coordinating partner).
- The work programme will be focused on the results and benefit of the course or activities on the topics "Celebrating the Harvest – Food Preservation Techniques and the Traditions of Harvest Feasts" and "Healthy Food and Living".
- During the meeting partner institutions will evaluate the draft of the common product – booklet before the institution from Turkey starts the publishing arrangements.

The coordinators of the partner institutions emphasized the further activities of the project and they have agreed that

- the Skype Conference Meeting for monitoring the project proceedings, discussing the achieved results and preparation of the common products should be organized between the 26th-30th January 2015 (responsible- institution from Lithuania).
- the exact dates for the final meeting in Lithuania in June 2015 will be suggested and discussed during the Skype Meeting (responsible – institution from Lithuania).