



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



TRAINING COURSE



13 - 21 September 2025

Arrouquelas and Rio Maior, Portugal





Rural life with sustainable bites!

General description: Training course on healthy eating habits for sustainability based on Sustainable Development Goals.

Programme Erasmus+

Key Action: Learning Mobility of Individuals

Erasmus Accreditation in Youth Code: 2020-1-PT02-KA150-YOU-000007725

Grant Agreement No.: 2024-1-PT02-KA151-YOU-000214470





Rural life with sustainable bites!

The themes of our training course:

Sustainable eating, which often emphasizes whole foods and plant-based options, can improve personal health by reducing the consumption of processed and unhealthy foods. Learning about sustainable eating and diets is crucial for young people because it equips them with the knowledge to make informed choices that positively impact both their health and the environment. By understanding the environmental implications of their food choices, they can reduce their carbon footprint, conserve natural resources, and support ethical farming practices. This knowledge empowers them to contribute to a more sustainable and equitable food system, ensuring a healthier planet for future generations. Our training course topic concerns the farm to fork strategy and the Promotion of Plant-Based Diets. In particular, our training course aims to: make youth workers capable to support intercultural dialogue of young people and learning and feeling European; being able to develop the skills and attitudes of young people; strengthening European values and breaking down prejudices and stereotypes through youth work activities; raising awareness on socially relevant topics, thus stimulating engagement in society and active participation.





Overall aim of the project

The overall aim of our training course is to make capable youth workers to empower young people with the knowledge, skills, and motivation to adopt and promote sustainable eating practices, specifically focusing on plant-based diets, within the framework of the farm-to-fork strategy. By addressing the importance of sustainable eating and its positive impact on personal health and the environment (SDG 3 - Good Health and Well-Being, and SDG 12 - Responsible Consumption and Production), the project seeks to foster intercultural dialogue, skills development, and the promotion of European values among the participating youth workers, while also contributing to climate action (SDG 13 - Climate Action).





Objectives of the Training Course

The objectives of the Training Course “Rural life with sustainable bites!” are:

- To make youth workers capable to raise awareness among young people about the benefits of sustainable eating, emphasizing whole foods and plant-based diets, in alignment with SDG 3, SDG 12, and SDG 13. Participants will gain an understanding of how their dietary choices influence personal health and contribute to sustainable consumption and climate action.
- Through interactive workshops, discussions, and experiential learning activities, the training will educate youth workers about the environmental implications of various food choices. By understanding the connection between their diets and their carbon footprint, participants can contribute to reducing the environmental impact of their food consumption, supporting SDG 12 and SDG 13.
- Creating a multicultural and inclusive learning environment where participants from different backgrounds engage in meaningful intercultural dialogue. This will promote understanding, tolerance, and cooperation among European youth, enhancing their sense of European identity, in line with the spirit of SDG 17 - Partnerships for the Goals.



Objectives of the Training Course

The objectives of the Training Course “Rural life with sustainable bites!” are:

- -Equipping youth workers with practical skills related to sustainable nutrition and advocacy for plant-based diets. Participants will learn how to plan and prepare balanced plant-based meals and develop communication skills to effectively convey the importance of sustainable eating to their peers and communities, aligning with SDG 4 - Quality Education.
- By participating in activities that encourage collaboration, critical thinking, and empathy, participants will develop a stronger connection to European values such as diversity, inclusion, and environmental responsibility, contributing to SDG 16 - Peace, Justice, and Strong Institutions.
- The training will inspire and encourage active engagement in societal issues by providing participants with the knowledge and tools to advocate for sustainable eating practices within their communities. Participants will be empowered to take a leadership role in promoting positive change, contributing to SDG 17.



Methodology of the Training Course

The methodology of the training course will be a participatory and experiential methodology designed to engage and empower participants. Experienced international trainers' team will support the learning process of participants with the following non-formal learning methods:

- Interactive workshops to educate participants about sustainable eating, plant-based diets, and their connections to SDG 3 (Good Health and Well-Being), SDG 12 (Responsible Consumption and Production), and SDG 13 (Climate Action). Workshops include discussions, hands-on activities, and group exercises to enhance learning and promote critical thinking.
- Experiential learning: participants engage in practical experiences, such as visits to local rural farms, markets, and sustainable food initiatives, providing first-hand exposure to the concepts of farm-to-fork strategies, ethical farming practices, and sustainable food production methods.
- Skill-building sessions focused on sustainable meal planning and preparation, empowering participants to create balanced and nutritious plant-based meals. These sessions equip participants with practical skills aligned with SDG 4 (Quality Education).





Methodology of the Training Course

- Intercultural dialogue is fostered through various activities that encourage participants to share their perspectives and learn from one another's cultural backgrounds. This promotes understanding and cooperation, contributing to SDG 17 (Partnerships for the Goals).
- Participants receive practice in effective communication and advocacy techniques, enabling them to raise awareness and promote sustainable eating practices within their communities. This aligns with SDG 16 (Peace, Justice, and Strong Institutions).
- Participants actively engage in community projects related to sustainable nutrition, collaborating with local organizations and individuals to organize events, workshops, and campaigns that promote sustainable eating practices and align with SDG 17.
- Regular reflection sessions encourage participants to assess their learning, personal growth, and contributions to the project's objectives. Evaluation tools are used to measure the impact of the project on participants' knowledge, skills and attitudes.





Methodology of the Training Course

- Digital platforms are utilized to share educational resources, provide opportunities for virtual collaboration, and facilitate ongoing communication among participants, enhancing accessibility and reaching a wider audience.

By employing this participatory methodology, the project aims to create a dynamic and engaging learning environment that empowers young participants to become advocates for sustainable nutrition and environmental stewardship, contributing to the achievement of SDG 3, SDG 12, and SDG 13, while fostering intercultural understanding and promoting European values.

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



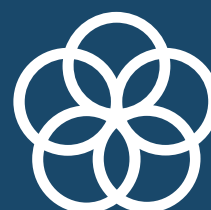
13 CLIMATE
ACTION



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



17 PARTNERSHIPS
FOR THE GOALS





Preliminary Programme

Hours	Day 1 Arrival day 13/09/2025	Day2 Getting to know day 14/09/2025	Day 3 Day of health 15/09/2025	Day 4 Day of the world and the EU 16/09/2025	Day 5 Day of SDG 17/09/2025	Day 6 Day of farm to fork strategy 18/09/2025	Day 7 Day of sustainability 19/09/2025	Day 8 Day of next steps 20/09/2025	Day 9 Departure day 21/09/2025
8.00 – 9.00	Arrival of participants	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Departure of participants
9.30– 13.00 (Including coffee break) Session 1 & session 2		Getting to know each other, Introduction to the Training course, Non- formal education, Erasmus+ objectives <u>Youthpass</u>	Energisers and brief recall of previous day What does health mean to you? Drawing your food pyramid Discussion about diets	Energisers and brief recall of previous days Video session How does money and income affect food? Problems in production	Energisers and brief recall of previous days What are the SDGs?	Energisers and brief recall of previous days Getting to know about farm to fork strategy and promotion of the plant-based diets	Energisers and brief recall of previous days Market visit, support seasonal food and locals	Erasmus+ programme especially youth exchanges Dissemination plan Future cooperation	
13.00 – 15.00 15.00 - 16.30 Session 3	Registration and accommodation	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
		Team building	Presentation by an invited speaker about nutrition	Starvation around the world	Cultural afternoon	Visit a local farm	Create a new ideal country. What do the residents eat? where does it come from? how?	<u>Youthpass</u>	
16.30 – 17.00	Coffee break	Coffee break	Coffee break	Coffee break			Coffee break	Coffee break	
17.00 - 18.30 (Including coffee break) Session 4	Welcoming ice breakers	Set up rules Map about expectations, fears and contributions Meaning of sustainability <u>Youthpass</u> reflection group	Write a list about the new information Start to create a short video in groups	What EU does for health, food and environment?	<u>Youthpass</u> reflection group	<u>Youthpass</u> reflection group	<u>Youthpass</u> reflection group	Evaluation of the training	
18.30- 19.00									
19.00-20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20.00-	Welcome party	International evening with locals	NGO Market	Movie evening	Karaoke evening	Treasure hunting evening	E+ Cafeteria	Farewell Evening	



Participants



Who can participate in the training course:

The participants are expected to be:

- youth workers who are working with young people with fewer opportunities mostly in rural areas.
- who are interested in sustainability and healthy lifestyle practices and wants to support young people' healthy lifestyles with local youth activities and European projects.
- ready to take part in the whole training course
- to be able to communicate English language.





Additional Information

Eligible countries:

EU Member States and associated countries.

Coordinator and host organisation:

“H2O” - Associação de Jovens de Arrouquelas

Official working language:

English

Organisations interested in applying (one or two places) in the training are required to submit a PIF along with their OID number and other relevant details. All candidates must be registered by the end of February.

Send your applications to:

alexandre.jacinto@h2o.pt / h2o@h2o.org.pt