



Between the **7th and the 14th of May 2016**, the Farmers Association of the Cristuru Secuiesc Area organized the Youth Mobility entitled **Leading Our Communities to Appreciate Local Products or L.O.C.A.L. Products.**

The exchange hosted **31** young participants from 4 EU countries: *Italy, Spain, Slovenia, Hungary and Romania.*

During the **8 days** of this mobility, the participants taught and **made local products** typical to their own communities. They understood, analyzed and developed the current trends of supporting and **promoting local products**, met with experts and visited local producers and elders. They also had a community event in the local market.

The project promoted the importance of putting value on local products among participants and local producers. It ensured inter-generational dialogue through the transfer of basic knowledge and values, gave specific skills to the participants ensuring their development and set up new partnerships.



Day 1

On the first day of this exchange we met together for the first time. Most participants went to the local market early in the morning, to see where the outcomes of the following seven days will be presented on the event of the last day. Then, it was the presentation of each participant, of the project and the activities and then we did a visit to the local museum of Cristuru Secuiesc in which there was an Hungarian special day. We could see and taste some typical Hungarian and Romanian local products.



After that, we did a game in which each group had to order some words to make a significant phrase relates to the objectives of the youth exchange. Then we made mixed groups and each group had a topic: hopes, fears, contributions and rules. We had to ask every participant for these things and then, we made a scheme in a big paper to put it on the wall. We decided what were our hopes, fears, how could we contribute, and the rules of the youth exchange. Before lunch we made a funny game to learn the names of the others.

After those things we received an interesting explanation about ERASMUS+. And finally we made a treasure hunt game to discover Cristuru Secuiesc. At the end of the first day, it was the Intercultural Night in which the participants of the different countries explained and brought some of their country local products.

Day 2

In the morning we learnt how to cook a light Italian beer with the Italian team who came from the area of Tramonti and Amalfi Coast. The variety of local biodiversity allowed to make this area unique but there are also some other production that are now emerging and always strictly connected to what the land has to offer. This is the case of the beer. Especially in Tramonti is possible to taste homemade beer from native hop plants, often flavored with other local elements (see chestnut, lemon, carobs, chamomile, etc..).

Our group from Italy wanted to share their knowledge in the making of a beer, showing the whole process of production with the use of simple tools so that everyone can learn. Beer was chosen over other products because it is something different from the usual tradition and it has a lot of potential for future development.

Brewing is composed of several phases, starting from the preparation of the malted barley or other cereals, to the milling in order to obtain some kind of flour which will be then mixed with warm water. This water will be heated up to 65-68°C so that the malt can become wort (in this process we will see the conversion of starch into sugar).

This process will create a mass that will be regularly mixed and taken to different temperatures step by step in order to make it more soluble. At this point it is time for filtering the wort from the solid remains so that it will be possible to start boiling (for at least one hour). Hop, which will give the typical bitter taste and the aroma of the beer, is added during this phase.

After this, the wort is cooled down to allow fermentation. This part is divided in two more phases. In the first one yeasts are added to convert sugars and amino acids into alcohol, carbon dioxide and aromatic essences. The second is the maturation, where the liquid has to rest for a certain period before being ready.





Equipment

- 1 big pot (30lt) – stainless iron or aluminum
- 1 thermometer
- 1 filtering bag
- 1 cooling coil or a tank with cold water where to put the pot
- 1 stick for mixing which can resist to boiling water
- 1 burner (fire, stove) to boil 30 liters of wort vigorously
- Wheat, yeast, hops and other ingredients
- 2 barrels or baskets (25-30lt capacity) with a lid, to store the wort for fermentation
- Many thirsty people
- Tankards

Then while the beer was resting after boil some of us played a bit of football with Sebastian and spent time with other leisurely. At the end of the morning we finished the beer, putting the stickers on the bottles of beer made in the Advance Planning Visit to give away at the local market next Saturday.

After lunch, in the lunch break some of us went to the top of the hill to see the cross and the view. In the afternoon we made the presentation of each country's. Then we watched a documentary of cocoa and we talked about it. This night was a free night so we could play cards with the others.

Day 3

After breakfast, we went to Criseni, to see the local Straw Hat Museum. We tried on straw hats, got to know the local techniques and equipment and the legacy of the whole village in making straw hats. We laughed to the ridiculous idea of the weather casting stone (if you cannot see it it's fog, if its wet, its raining! lol).

After that we went to the Salt Mine of Praid. The bus took us down into the mineshaft. We saw as much as the average bat, because the Mine had some electrical problems, so not everything was lit. the salt has medicinal properties, especially to those who have asthma. A guide presented us the history of the mine and talked to us about the various uses of the mined salt, including the local products they make out of it.

We went back to Cristuru Secuiesc to have lunch. We had fruit soup, which was a surprise for foreigners, for locals only the pineapples were strange. After lunch we went to Sighișoara. We went on a tour in the medieval part of the city. Attila, our guide told us that it was a Saxon town, which had rich guilds. He told us about Vlad Tepes, on whom the story of Dracula was based upon. After that the group had free time, so many people went to see the Impaler's birth house. The scariest thing there was the wine. After this experience we went to buy some souvenirs, then we went back to Cristuru Secuiesc.

We had the Italian night after dinner, and we learnt the traditional dance of their region, and we played karaoke.



Day 4

After the breakfast we learned an easy and quick way to make soap from used olive oil with the Spanish team. The olive oil we used was a Local Variety of Olive, that it is produce only in the Valle del Guadalhorce area. It is very juicy and flowered. It has very good healthy qualities. It is served in plates on tables. Its is the first olive in Spain with Origin denomination recognized by Europe. We used 2 litres of this used olive oil to make a soap that can be used for washing clothes



When we finished the soap we wrapped the soap that was mad made in the Advance Planning Visit and put stickers with the brand on it. After the workshop we visited the museum, where we saw the collection of pot ceramics, wine cellar and we talked about the local wine producers and production and how to promote the local wine in the museum cellar.

In the afternoon we visited two local producers, first we met a herbalist, who produces teas. We talked about how he started his business and the difficulties he faced. We had the opportunity to buy his teas. After that we went to a local farmer. He talked about his work in the fields and in the greenhouse. We returned to our place and did some energizers and evaluated the exchange as this was the middle of it. We discussed the local production situation in Romania and our own countries. After the dinner we had a Spanish cultural evening, when we learned interesting facts and learned how to dance Sevilliana dance.

Day 5

After the breakfast we went walking on a 5 km long road to the neighbour village, where the local herbalist lives. The walk was very interesting because we saw the nature, local farms and local inhabitant's. When we arrived at the herbalist place we saw many beautiful things. She has three dogs who are trained to find truffles. Truffels are a very expensive kind of mushroom's and speciality. She has a beautiful garden with a lot of places to sit. We had three different workshop, one was making labels for the syrup and jam, the other one was making syrup and bottling it and last was preparing the rhubarb jam. After the workshop we had time to visit her shop where we could see what she is making from local herbs that she pick's from the meadow. We could also buy her products, like tea, jam, palinka, spices and syrup.



After the visit we went back the same way and went directly to lunch. For lunch we had egg soup, potato and steak covered with corn flakes. We had similar dessert like the Slovenian KREMŠNITA (vanilla pudding with cream and sugar on the top of the dough). Then we had a short break and then a long presentation about Leader program. We learned about agriculture and he told us that the other countries put money on the first place, but he prefers the experience and to use the nature (to use what nature gave to us, not more). And he also told us a very interesting thing; that is better to mix everything that it is living together, than seed them separately. He talked about the founding – they can use 20 % of the money for their needs or for what they think is useful for region, but the other 80 % goes to the things that are less important. He explained to us what is different between development and innovation, because the modern farmers are focused on the profit, which is killing the fields (for example: after 20 years plants won't have their inner food in the ground).



When the presentation was finished, we had an evaluation, where we talked about the day (how we liked it or didn't liked it and what would we change) and had dinner, that was great, fries and BBQ steak. For entertainment we listened the presentation from Slovenien group. We played quiz, got presents and we also danced their national dance called polka. We learned that Bratislava is not in Slovenia. :)

We returned to our place and did some energizers and evaluated the exchange as this was the middle of it. We discussed the local production situation in Romania and our own countries. After the dinner we had a Spanish cultural evening, when we learned interesting facts and learned how to dance Sevilliana dance.



Day 6

In the morning the Hungarian group showed us how to prepare and bake their traditional cookies/biscuits with a local berry jams.

Börzsöny area is well known in Hungary for his berries, they are the main producers of different type of berries in Hungary. In Szob is the biggest Hungarian factory where this berries (black, red and yellow currant, strawberry, raspberry, mulberry, gooseberry and elderberry) are processed, the Szobi Szörp factory. But many locals have small business by making different type of products, in what they use berries, like jam, syrup, cookies, compot.

What we did was a type of cookie with different berry jams in it. This cookie is more like a biscuit, called Omlós Linzer. In this biscuit we needed flour, eggs, butter and sugar. We made little circles and we stuck two circles together with the jam.

The whole group was divided into 5 smaller groups. The first one did the dough, next one was stretching it then they cut it in to small flower forms. Another group was baking it and the other put the jam between the two baked cookies. At the end of the process we also packed and labelled them for the giving them as a gift at the local market.

After the lunch we had a presentation from the Association Civitas. Orbán Árpád was the CEO of the association and they are promoting and helping the local products to be present and put on the shelves in the big chain supermarkets. They also try to promote the importance of the development of local products in small and more rural communities. He also presented us some good examples like Zetea where there is a small producing manufacture where the people can go and produce their local products in to processed fruit products. In this kind of manufactures they can do syrups, jams, juices and other products that can be made from fruits.





In the afternoon we had this simulation game about fair trade. We were all divided into a groups and every group represented each factor in the coffee producing chain. We had to think about how the price of the final product is „put together” in a way that each group had to put their price for themselves. And after that we had to discuss about the prices and to come in the common level of it. It was very educational in a way that it showed us how the price and the arrangements of the price are done. We also learned about what fair trade is and is basically it means helping the „third” continent countries to not take to much advantage of them.

In the evening we had the guest an old lady from this community. She told us about her life, how it was to live 70 years ago. She survived the Second World War and she lost her father and her stepfather so she had started to work very soon (at the age 12) although she really wanted to learn and study. Then she had to marry very soon because the work around the house needed a man. She was very enthusiastic and we heard a lot of interesting and useful information from her about the times when man had to produce everything by the hand and by themselves.

Day 7

On the seventh day, after breakfast, we made Funšterc (egg omelette) is Slovenian national dish also known as knapovsko sonce (coalminer's sun) or knapovska torta (coalminer's cake) or "šmorn". It is a traditional dish from Zasavje region. In the past it was especially popular among coal miners and their families due to its basic ingredient - egg. Egg belonged to non-standard dishes because of low living standard of the population. The omelette must have been thick and round, but also tender and puffy. It was yellow like the sun, which the coal miners couldn't see while working underground. They took funšterc into coal pits and ate it at break, but only at special days. The dish is prepared by mixing white flour with water, eggs and salt. This mixture is then poured into a baking tin and baked.

Everybody were involved in the process. All the people showed their cooking skills. Once it was baked we cut each round piece into 4 smaller pieces and we added the local jams and honey on them. Then we wrapped these into separate wrappings and added the label to them.

In the afternoon we took part in the World Cafè, where we discussed about the relation between local producers and the role of the individuals, the community, the government and the EU. Then we had some time for write our self-reflections for the Youthpass competences. The weather was really sunny so we got the chance to play volleyball in the garden.

In the evening we had Hungarian intercultural night. It was really funny because we had to prepare a choreography with Hungarian music and songs.



Day 8

The last day of this youth exchange started with mixed feeling: excitement for our activity in the local market and melancholy for this experience was about to come to an end. We had to wake up earlier to be able to set up our stand at the local market and not to miss the peak hour when more people would be there.

Like a little army we marched to the market of Cristuru Secuiesc with our boxes of products that we prepared in the workshops of the past days, under the eyes of the locals who started wondering what we were up to.

When we arrived at 8.30 the place was just about to get crowded. We got a nice wooden stand in which we displayed all of our products with their colorful and shining packaging, everything made by hand, and we didn't have to wait much before the first person approached us and asked for information. The stand was divided in a small sectors for each product (beer, biscuits, soap, syrup, jam, pancakes), with labels in English and Hungarian. Some kids from the local school helped us distributing some fliers to attract people and they thought us how to say "For Free" in Hungarian.

Local people were amazed to see that we were gifting them with these products and they asked our facilitators about this project. Also other farmers got curious and left their stands to have a "taste" of our countries. This was one of the most fulfilling experiences of the whole youth exchange and it really helped us create a connection with the local population.



Once back at the meeting room we started draw our conclusions on the project and reflect on what we learned. Before the final evaluation there was also space for the planning of new future projects and cooperation. This youth exchange produced a lot of great ideas, mixing competences and motivations from all the partners organization. What better way to meet again if not in another project like this one? Brains are at work as we speak.



In the afternoon we completed the final evaluation and received the Youthpass Certificate we elaborated ourselves in the previous day. After dinner we collected memories to bring home, by writing whatever we felt on a paper stuck to the back of all the participants, waiting to get home to read it and smile again remembering our great time here. We couldn't help to throw a little goodbye party with music, games and even a cake to celebrate Zsofi's birthday.

The perfect ending for a youth exchange that will forever remain in our hearts, that has showed us the importance of preserving and promoting local products, that has made us more self-aware and confident in our own means and in relating with people from different cultures. Our minds are now filled with curiosity and desire to explore the world and always return back richer to our communities, prepared to support them and make a difference. We are the local products of our lands after all!



Erasmus+

The project was funded by the European Union. The content of this brochure does not reflect the official opinion of the European Union. Responsibility for the information and views expressed in the poster lies entirely with the author.