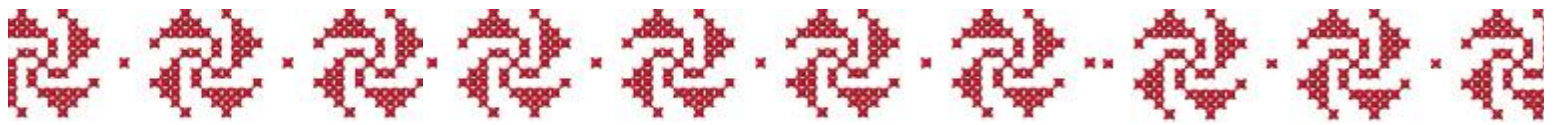


# My past is my future



Guideline about creative  
heritage sapience workshops

2014



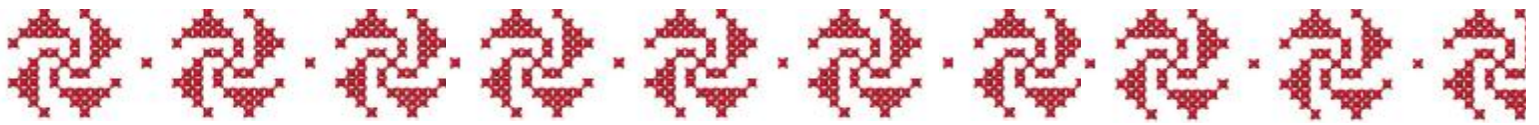
*“A people without the knowledge of their past history, origin and culture  
is like a tree without roots.”*

Marcus Garvey



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## INTRODUCTION

The HEARTS project is a Grundtvig Partnership Project under the Lifelong Learning Programme financed by European Commission.

The main subject is to promote the cultural diversity revaluing the heritage from partner, focused at affectivity and solidarity traditions, to empower persons and communities identity and enhance their social inclusion and development.

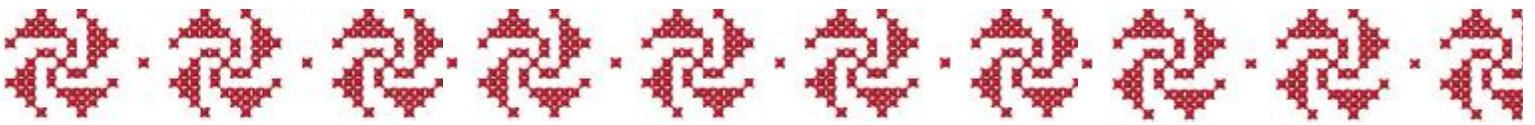
Main problems are seniors isolation, demotivation and low recognition as society enriching citizens, lack of learning opportunities supporting more active and creative live, namely to overcome the digital impairment and improve European belonging relationship; the same time younger citizens will have a real chance to deep their own cultural identity and reinforce as well the European diversity belonging, improving traditions sapience skills, strengthening also their social inclusion pathways.

### Our Project aim:

- ü Tackling the exclusion and loneliness problem among older people;
- ü Encouraging them to participate actively in their communities and engage them in active citizenship by giving back their sapience potential;
- ü Creating full opportunities for them to transmit the identity values and human sapience to new generations;
- ü Reinforcing individuals, groups and creating common European identity values.







HEARTS project is supported by a network of four countries: Romania, Turkey, Italy and Greece. The following organizations represent the four countries: Bucovina guides, Bolu Halkın Eğitimi Geliştirme ve Destekleme Derneği, AIM Network, and Computer House. Despite of they are neighbor countries they show linguistic, cultural, social and religious diversity. This diversity was not an obstacle for cooperation but the confirmation that diversity is an added value.

**Bucovina Guides** – The association was established in 2010. Even from the beginning, the aim of the organization was to offer professional services in outdoor activities and share this passion with as many people as possible. BGA organizes different types of activities from short trips to local historical monuments and monasteries for the elderly, to more extreme activities for adventure seekers. Moreover, another purpose that our organization has is to help children from orphanages to develop in healthy and constructive ways. We want to encourage them to be responsible, to protect and love the natural environment and we try to help them find a passion that can help them escape from their everyday life.

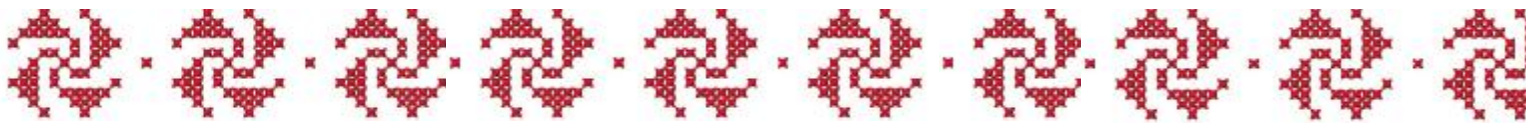
The NGO's site is [www.bucovinaguides.ro](http://www.bucovinaguides.ro).



**Bolu Halkın Eğitimi Geliştirme ve Destekleme Derneği** The foundation was established mainly for supporting public education and the learners. We provide financial and organizational assistance to İzzet Baysal Public Education Center. We also organize seminars and fairs to introduce the benefits of public education to the society. We provide guidance to the learners for selecting appropriate courses for their specific needs. Our foundation also work in rural areas by organizing small scale fairs and exhibitions to integrate villagers to the city society. We support teaching traditional handcrafts to save them being forgotten. By working on traditional handcrafts and arts we have good communication with seniors and youth. In some ways our foundation provides an informal medium for intergenerational learning and interaction.

The NGO's site is <http://www.boluhegd.org>.





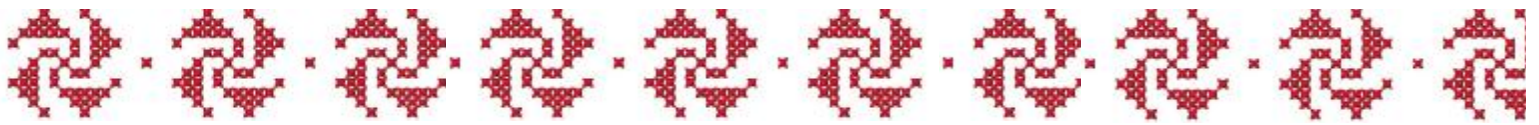
AIM Network is an Intercultural Italian organization, based in Ferrara. Although, it is a local, small size organization, it has an international view, thanks its participation in various European projects and the different cultural background and origin of its members. The board members come from different expertise and this peculiarity gives to the association a wide range of action. They mainly deal with Intercultural mediation and integration of the immigrant pupils in the schools as well as social integration of sensitive members of the society.

The site is <http://www.aimnetwork.eu/>



**Computer House** - Our center is an educational center with two functions. First is a computer learning center with adult classes and second, a center offering free courses for unemployed people at risk but older people who want to enrich their knowledge in computer learning. In offering learning of basic skills. It works as a volunteer in personal coaching, guidance to re-education, job openings, placements and job seeking to a variety of marginalized groups. In the center are Working towards the vocational rehabilitation of learners and promote the europass.





## HEARTS RESEARCH

About the values, lifestyles and communication of elderly and young people

### SOCIOCULTURAL BACKGROUND

Which objectives and topics in this project? All together, we built a dedicated questionnaire, in order to observe our socio-cultural background: values, competences, needs and hopes, quality of life and opinions about intergenerational communication.

We collected a total of 400 questionnaires: 200 in Aged people ( $\geq 60$  years) and 200 in Young people ( $\leq 30$  years), in the four countries of the project; above you can see the main results of our survey.



#### *Experiences to share*

Aged people would share ethical general values (as integrity, honesty, dignity, philosophy, respect), their life's experience and would like to make their wishes for the future.

Young people would share their personal experiences in art, music, sport and travelling; they would talk together; they would to teach the benefits of technology and to teach reading and writing to illiterate old people.

#### *Competences*

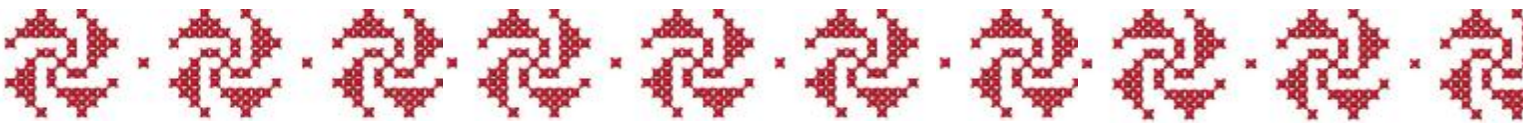
**WORK**

**COMMON SENSE**

Aged people can do very well: handmade things, cooking, crafts/fix things/do-it-yourself, their own work, drawing, making friends. Young people can do very well: PC/ICT skills, sports, playing musical instruments, listen/encourage/build relations, cooking.

In both groups, the majority of people would like to teach and share their skills with others.





### *Desire of learning*

Aged people would like to learn foreign languages, to play a musical instrument, to better use computers, to painting, to improve their medical knowledge. Young people would like to know many languages, to play musical instrument, to improve their ICT knowledge, to practice different sports, to cooking and driving. They all show the same desires, without differences due to age or nationality.

S i n c e r i t y

### *Hobbies*

Both aged and young people claim to have as hobbies: music, travelling, reading, photography, arts; young people in all countries like to practice sports and to play music.

F r E E d o M

### *Voluntary activities*

A large number of people, both aged and young, carry out voluntary social, cultural, ecological and health related activities.

### *Values*

The main value indicated is respect, both in aged and young people, followed by honesty, family, friendship, loyalty, solidarity/helping each other, common sense, sincerity, freedom, respecting religious holidays, work, being against discriminations

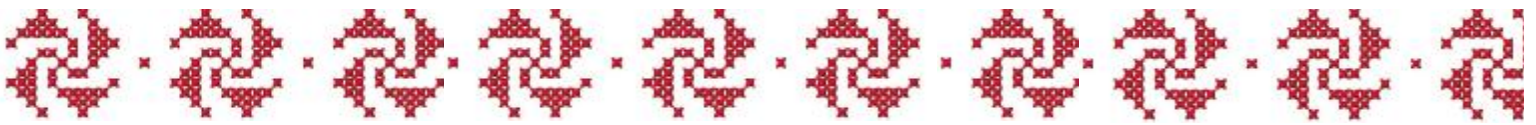
S o l i d a r i t y

### *Intergenerational communication*

Easy or difficult, or non-existing? Rare, occasional, frequent? The answers have a great variability, showing a broad spectrum of opinions, probably reflecting the difficulty to define "communication" and the differences of its contexts.

Among the *factors hindering the intergenerational communication*, aged people identify: different age, experiences, education, values, concepts; lack of sharing, listening, respect; television and technology.





Young people highlight: difference of age, experience, values and priorities , customs; lack of communication and common activities; social networks, modernism and globalization.

FRIENDSHIP

Factors and activities facilitating the intergenerational communication? To organize or share activities together, to travel/work together, to find common interests; respect, tolerance, patience, avoiding criticism; and ...to communicate, of course.

### *Learning and improving skills*

About one half of elderly are interested in computing and technological skills, with a relevant percentage of ICT-competent; youth are more interested ( average 78%) in learning or improving ICT. Aged people show relevant interest (64%) in learning craft or traditional skills and young people to declare a great - unexpected - interest in it (76%)

Respect

Elderly and youth, in our sample, think to be very different but, hey are very similar! They share indeed ethical general values, liking, dreams, needs for learning, opinions about communication.

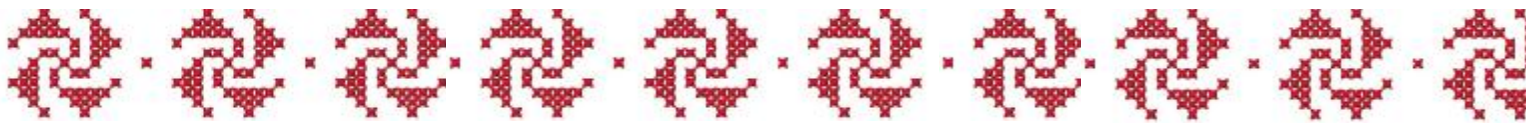
The list of values results very interesting and reflects, in all groups, the presence of deep- non superficial values and of a high level of social cohesion: respect, solidarity, honesty, loyalty, helping, common sense are the most represented values. In their dreams: health for all, a peaceful life, a better world, work, family and self-realization. If they had a magic wand, almost all cases of our sample would change the world: politics, economy, to eliminate wars, injustice, indifference.

NO discrimination

Our sample represents, with very little difference among groups and countries, a society full of ideals, centered on social well-being, open to "the others": this is strongly encouraging for our project.







## GOOD PRACTICES IN ARTS AND CRAFTS

### ROMANIA

1. The organizer: The townhall of the village Blajeni, Hunedoara county



The name of project: The Involving of young people in capitalization and recovery of local traditional values

"The saving and protecting the tangible and intangible cultural heritage for future generations can take place only through a consistent joint with economic, social and cultural development of the present generation."

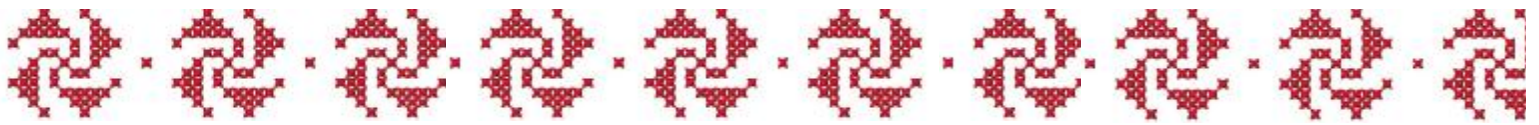
The identification and the use of key persons among rural communities and putting them face to face to the new generation to realize the natural transmission of "to know-how" is the easiest way, in terms of finance and methodological for keeping traditions.



In this way it is mediated a contact between the key persons and the persons which are receiving knowledge, after completing the educational intervention they will remain and will coexist in the same space, united by a bond created by the project. Also among the younger generation (especially young people from rural areas) shows a low level of understanding and

appreciation of authentic traditional values in the context of new technology penetration and a low degree of trust in their community values.



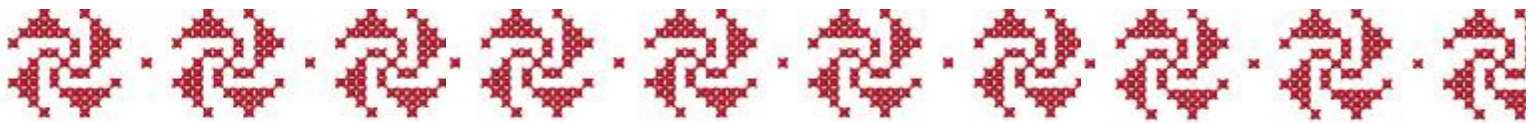


The workshops of processing wood and textile fibers revealed the old techniques work, used for centuries in harnessing local resources. The tool used was the authentic one: the horse for making “șița”, the axe, distaff, etc. There have been revealed the work steps, the working materials preparations and the practical applications have been made as well. As in other ethnographic areas of the country, the women from “Moți Country” were skilled to work their clothes with which one they was proud in the village or in the fairs in which they participate throughout the year. Fortunately, some of the tissue secrets or embroidery, etc. have not lost, there and are still some people which can transmit the knowledges, even is increasingly difficult.



“Șița” was one of the favorite of the locals for rooftops and annexes. This method can be successfully used also today, being a cheaper option, with a very pleasant look and with a totally clean process technology. The fact that students of this area learn to make shingle helps to save a valuable skill, but it also offers them the possibilities to practice their technical skills and, why not, they could orient to practice a traditional craft.





2. The organizer: International Museum of the decorated eggs - Vama  
The name of project: Workshop for decorating eggs

The egg museum is an important tourist destination to find out everything about tradition in Bukovina, about the skillful art of decorating the Easter eggs, now well-known all over the world.



*In the old technique of dying the egg they used a "bath" of colour, the motif being traced with natural bees-wax with the help of the "kishitza" - a stick ended in a piece of metal within which there is a hair taken from a horse tail or a hair from a pig meant to limit the flow of wax. This technique called "batik" is still used today but in early 1900s there appeared a new technique- the decoration of the egg with wax in relief.*



*The Slavs claim the batik technique to be theirs (including their famous "pisanka"), but the technique of the wax in relief is unique in the world.*

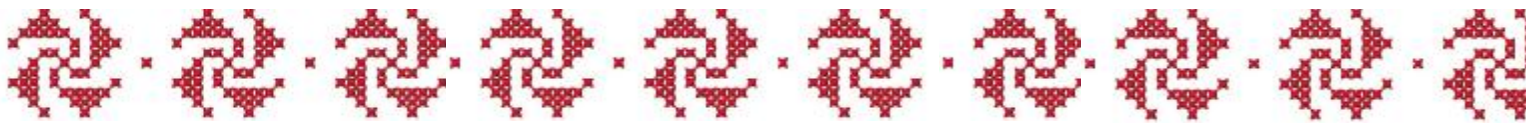
*"All these activities dedicated to the egg stand for my love for tradition and customs."*

Traditions, beliefs, superstitions about Easter eggs or about the egg as the symbol of the creation of the universe have existed all around the world, but people know less and less about that.

Throughout the year here are organized workshops for teenagers and also for adults persons. The "teachers" for these workshop are old people from Vama which are knowing this tradition from when they were young. At the practical activities the staff from







museum executed each operation with the explanation accompanying it.

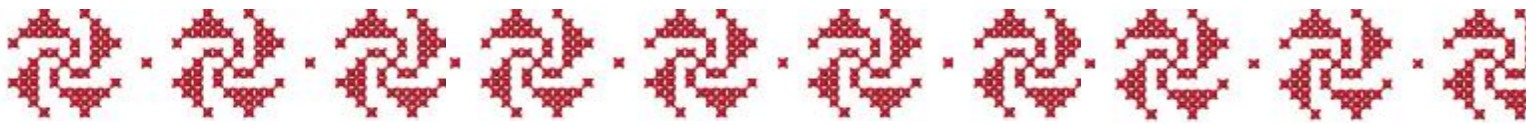
Then, after they giving to each one eager an egg and tools, they passed to the every "student" and examine how working and they intervene if necessary, to encourage and remind some basic operations or symbols necessary.



After making you familiar with the symbols and the techniques of decoration you can work upon an egg all by yourself and why not discover an unknown dormant artist in the depth of your soul!

The objectives of these workshops is to transmit and to keep alive this very important tradition from Bukovina and also they want to create more common activities for young and senior people.





3. The organizer: Bucovina Guides Association

The name of project: Ceramic art for teenagers, Suceava

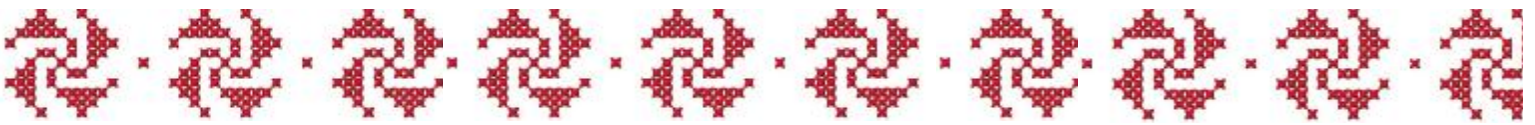


The clay crafting workshop, brought together Nine students aging between 15 and 19 from “Mihai Bacescu” Technical college had the opportunity to learn how to create clay objects. The training, which was really popular at some point in the past, was thought by the popular artisan Carmen Cristea and it lasted for about two hours. The activity was initiated by Bucovina Guides Association especially for the HEARTS European Project, supported by

GrundtvigPogramme.

The workshop took place on the 27th of September in the Centre of Conservation and Promotion of the Cultural Traditions, in Suceava. The principal aim of this workshop was to raise awareness regarding the importance of perpetuating of the traditional crafts from one generation to another and educating the young people in this way. Thus, this opportunity represented one step forward to the preservation of the this crafting skills and knowledge within the Bucovina area.





## TURKEY

### 1. Organizer: IZZET BAYSAL COMMUNITY COLLEGE - CITY of BOLU

#### The Name of the Course: NEEDLECRAFT COURSE FOR AGED PEOPLE AND YOUNG PEOPLE

"Cultural heritage is the legacy of physical artifacts (cultural property) and intangible attributes of a group or society that are inherited from past generations, maintained in the present and bestowed for the benefit of future generations. Cultural heritage includes tangible culture (such as buildings, monuments, landscapes, books, works of art, and artifacts), intangible culture (such as folklore, traditions, language, and knowledge), and natural heritage (including culturally significant landscapes, and biodiversity)."

#### Intangible culture



"Intangible cultural heritage" consists of non-physical aspects of a particular culture, often maintained by social customs during a specific period in history. The ways and means of behavior in a society, and the often formal rules for operating in a particular cultural climate. These include social values and traditions, customs and practices, aesthetic and spiritual beliefs, artistic expression, language and other aspects of human activity. The significance of physical artifacts can be interpreted against the backdrop of socioeconomic, political, ethnic, religious and philosophical values of a particular group of people. Naturally, intangible cultural heritage is more difficult to preserve than physical objects."

Considering the importance of preserving the cultural heritage and the traditions, IzzetBaysal Community College and BoluHalkınEgitimin





GelistirmeveDesteklemeDernegi work together forthe conservation and transferring the cultural heritage and traditions to the young generations. To do so, these two associations give free courses to young people along with the aged people. By this way, the young people and old people have these courses together, work together and exchange their ideas in the courses.

In this course, the old people transfer their knowledge and new ideas to the young people about the traditional Turkish needlecraft and the course creates a warm cooperation between young people and old people.

## 2. Organizer: IZZET BAYSAL COMMUNITY COLLEGE - CITY of BOLU

### The Name of the Course: TRADITIONAL FOLKLORE COURSE FOR AGED PEOPLE AND YOUNG PEOPLE

Turkish folk dance is an important part of the Turkish folklore. Turkish folk dance is very diverse and comprehensive in figures, costumes and cultural regions. It has distinctive dance styles. The Turkish folk dance carries the original characteristics of the region which it belongs to. People who are experienced in folk dance are invited to the ceremonies to perform their dance styles and to teach the richness of the figures to young people.

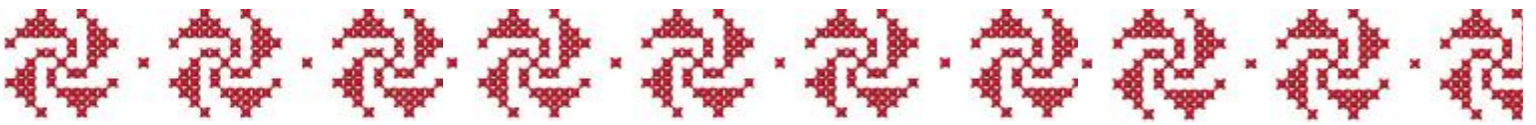


IzzetBaysal Community College and BoluHalkınEgitiminGelistirmeDernegi pay great

importance to the preserving and teaching the traditional folk dance to both young people and the aged people. People at any age can enroll for any dance course for free in the association. So the young people can find an opportunity to learn the folk.







3. Organizer: HALKIN EĞİTİMİNİ GELİŞTİRME VE DESTEKLEME DERNEĞİ - CITY of BOLU

The Name of the Course: MAKING TRADITIONAL TURKISH TEA

Turkish tea is a way of life for our culture. Wherever you go in Turkey, tea will be offered as a sign of friendship and hospitality, anywhere and any time, before or after any meal.

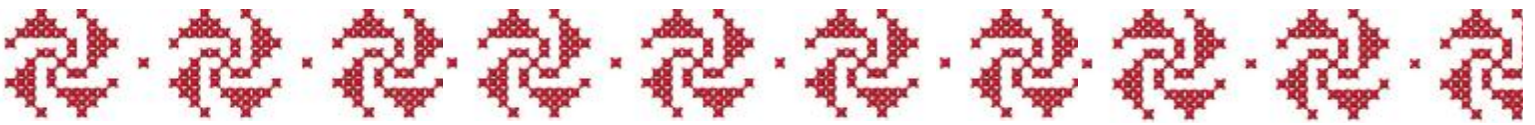
Tea for Turkish people is an obsession, an addiction, a daily routine, a ritual, a welcome gesture, a conversation starter, a break from work, a Turkish breakfast companion, a pastime favorite. These are many roles and faces of the Turkish tea. As a visitor to a shop, a public office, a friend's house in Turkey you are often served a tulip-shaped glass of hot crimson tea with two tiny sugar cubes and a little spoon to stir. And the pleasure of hugging that beautiful glass with your fingers and feeling the warmth of the tea on your palm does its magic as it comforts you and lets the conversation flow.

#### Production Stages of Turkish Tea

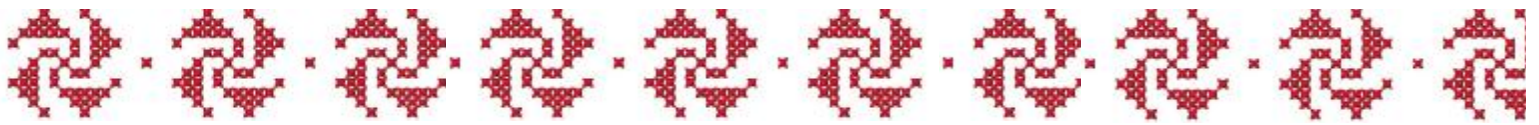
The production of tea in Turkey mainly started in the early years of the Republic along the eastern Black Sea Region. Many of the tea plantations are centered around the town of Rize, and from the Georgian border to Trabzon, Arakli, Rize, Karadere and Fatsa (near Ordu), reaching in some places 30 kilometers inland and reaching the height of around 1000 m.

Production of Turkish tea is carried out in a campaign of 6 months between May and October which offers the best climate. It's produced with no chemicals and no chemical additives.





- Withering is the process by which the 70 - 80 % water content is reduced to 50 - 55 % in special baths.
- Rolling is the operation in which the cell extract of the withered tea leaf is spread over the rolled leaf surface, of fresh tea leaves is cut, ground and rolled in various tea manufacturing machinery, and the oxidation process begins.
- Fermentation is the event whereby the black tea acquires the desired color, acidity, brightness, odor, and aroma by changing the biological structure of the chemical compounds existing in the cell extract of the rolled fresh tea leaf as a result of the effect of oxidizing enzymes.
- Drying is the process by which the humidity level of tea leaves rolled and fermented in the drying furnaces is reduced to 3-4% by stopping the oxidation, so that the tea is rendered storable and packagable.



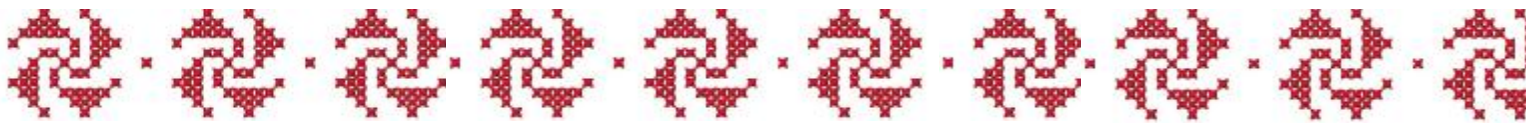
- Sorting is the process by which the dry teas coming out of the furnace are sorted according to thinness, thickness and quality by screening them through the standard mesh wires.

### How to Make Good Turkish Tea

- Tea must be stored in closed packages in such a way that it is not affected by humidity and external odors.
- For best results, lime-free water, a tea-kettle and a porcelain teapot are recommended.







- After rinsing the clean teapot with lukewarm water, put in one teaspoon of tea per person, whilst the water is boiled in the tea-kettle.



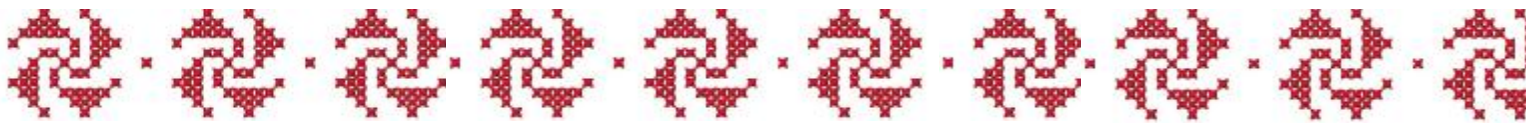
- Boiling water from the tea-kettle is poured into the teapot.

- The flame under the tea-kettle is turned down and the teapot is placed onto the tea-kettle so that it boils with the steam underneath.



- The tea must brew for 10-15 minutes.





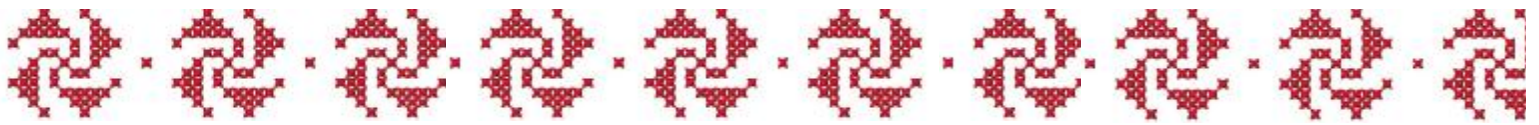
- The tea is then ready for pouring into the small tea glasses, usually 1/3 or 1/4 full depending on how dark or how light you prefer your tea;



- The tea glass is then topped-up with hot water from the tea-kettle;

- Now, tea is ready for service.  
Good Appetite!





## ITALY

1. The organizer: Municipality of FrattaPolesine, Aim Network, Gruppo viachiaruqi135

The name of project: Workshop on Art & Craft in Metal works  
Dedicated to Grundtvig European Project HEARTS

### Metal works in iron and other metals

Wrought iron is an ancient tradition in the area of Ferrara. According some historians the name of the city comes from the iron who traded here. Also the job of working the iron is at the origin of one of the most common surnames: Fabbri.

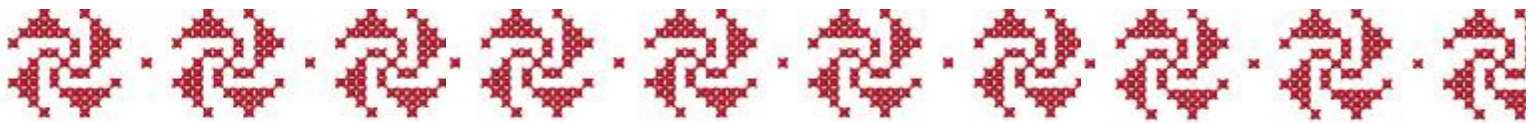
The tradition has continued to the present day, from a crafts necessary for everyday objects to an artisan artistic wrought iron chandeliers are made, beds, gates, planters. With the same traditional techniques, you can work metals to make small decorative items for the home or public places, and each one is unique and original!



Our workshop was made by a senior craftsman and artist and took place in a country fair, to show and teach to younger people the stages of manufacture. The inner aim is to help them to develop their manual skills and creativity and keep some traditions . The initiative was, by his choice , aiming in particular - but not only - for young people with disabilities , with

the intention of making a lab with them continuously. The work was made by using recycled materials of various kind.





2. The organizer: Melo Elderly Center, Aim Network, Gruppo viachiarugi135

The name of project: Urban agriculture in Ferrara

Dedicated to Grundtvig European Project HEARTS

### An example of Urban agriculture in Ferrara

Once upon a time in an Italian city named Ferrara there were beautiful gardens full of flowers and rare plants, cared by aged people. Every spring flowers and vegetables enriched these gardens made their owners happy and proud of them. Every day they meet to talk about their gardens, exchanging ideas and advice as they happily pass their time. Ferrara has been always an agricultural city and this tradition is deep seated in the minds of the people. This tradition was preserved also in urban areas but with the urbanization of the city became weak. Thus, 30 years ago in parallel with the urban development, the Social Centres for Elderly have been developed. These centers have promoted an increase of urban agriculture in Ferrara by giving pieces of land to the elderly. The aim was to attract elderly in a healthy life out of the apartment and help them to socialize.



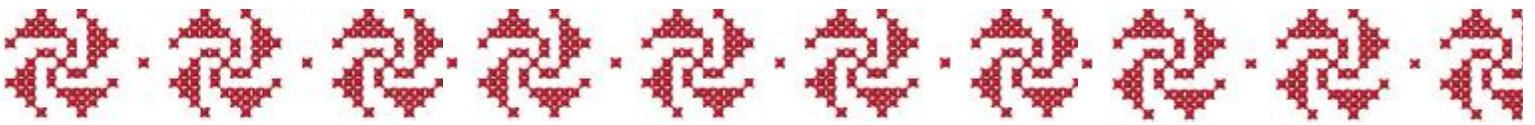
The centers rent out these pieces of land, measuring 25 mt<sup>2</sup>, for a minimum price of 23 Euros per year. This simple formula allows the elderly to have a piece of land and cultivate it. They only have to obey some simple rules to maintain a pleasant neighborhood for all.

### Our experiment

Our story starts in December 2012 during the first meeting of HEARTS in Ferrara, when we chose Melo Elderly Centre as the venue on the first day of the meeting. The directors of the centre explained to us how the Elderly Centre work







and we were very interested especially in the management of the gardens. We very found these activities very interesting and we decided to join them in this project by adopting a garden of our own in order to learn about agriculture, and to meet the elderly people to promote the advantages of HEARTS. During this experiment, we have shown our youngest members the advantages of being in contact with elderly people and we have started an intergenerational dialogue between them.



In this task was involved all my family friends and new acquaintances from the other gardens. All our neighbors helped us with their advises and work in the field in order to create a nice vegetable garden such as the others. During these consultations about the best vegetables to plant the suitable position and the kind of irrigation many friendships were born. We started to talk about us about our families and soon I realized that working in the fields is a good way for social integration against solitude.



Paolo, our neighbor offered to give us some strawberry plants from his own garden and also to plant them in the ours.

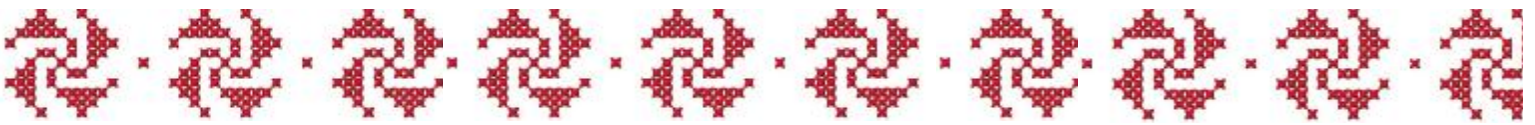




Young people learn from the elderly the human sapience. There are a million advantages to sustaining Urban Agriculture:

- HEALTH: physical activities, mental health, food quality.
- Leisure outdoor activities and contact with the nature
- Social participation and social interactions with integration and inclusion of sensitive members of the society.
- Environmental awareness, composting, water recycling
- Economic integration
- Social integration
- Food control
- Solidarity





### 3. Name of the project: WORKSHOP IN FRESH EGG PASTA MAKING

Organizer : Aim Network

Dedicated to Grundtvig European Project HEARTS

Pasta everywhere in the world is synonymous with Italian cuisine. This workshop set up by Aim Network dedicated to the European Project HEARTS, involves the fresh pasta making geared toward young people. Hence, our aim was to show to our young learners, how to make our traditional fresh pasta as well as to our European partners in order to open a window in the creativity in a economical crisis moment. The workshop follows the traditional steps for pasta making.



Recipe for 4 eggs fresh pasta.

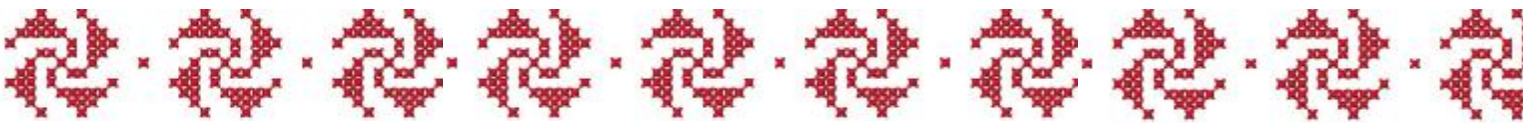
- ü 4 eggs
- ü 400 gr. flour
- ü Salt 1gr.

(try to get hold of Tipo '00' flour of "granotenero" flour - this is a very finely sieved flour, which is normally used for making egg pasta or cakes. In Italy it's called farina di granotenero, which means 'tender')

#### Method

Place the flour on a board or in a bowl. Make a well in the centre and crack the eggs into it. Beat the eggs with a fork until smooth. Using the tips of your fingers, mix the eggs with the flour, incorporating a little at a time, until everything is combined.





Knead the pieces of dough together - with a bit of work and some love and attention they'll all bind together to give you one big, smooth lump of dough! Once you've made your dough you need to knead and work it with your hands to develop the gluten in the flour, otherwise your pasta will be flabby and soft when you cook it, instead of springy and al dente. There's no secret to kneading. You just have to bash the dough about a bit with your hands, squashing it into the table, reshaping it, pulling it, stretching it, squashing it again. It's quite hard work, useful for fitness. You'll know when to stop - it's when your pasta starts to feel smooth and silky instead of rough and floury. Then all you need to do is wrap it in cling film and put it in the fridge to rest for at least half an hour before you use it. Make sure the cling film covers it well or it will dry out and go crusty round the edges (this will give you crusty lumps through your pasta when you roll it out, and nobody likes crusty lumps)



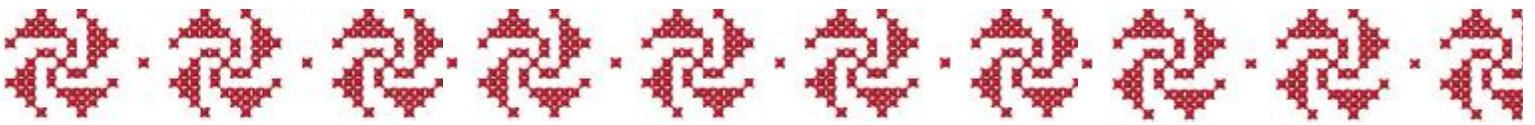
How to roll your pasta:

Dust your work surface with some Tipo '00' flour, take a lump of pasta dough the size of a large orange and press it out flat with your fingertips. Set the pasta machine at its widest setting - and roll the lump of pasta dough through it. Lightly dust the pasta with flour if it sticks at all. Click the machine down a setting and

roll the pasta dough through again. Fold the pasta in half, click the pasta machine back up to the widest setting and roll the dough through again. Repeat this process five or six times. It might seem like you're getting nowhere, but in fact you're working the dough, and once you've folded it and fed it through the rollers a few times, you will feel de difference.

It'll be smooth as silk and this means you're making wicked pasta!. Now it's time to roll the dough out properly, working it through all the settings on the machine, from the widest down to around the narrowest. Lightly dust both sides of the pasta with a little flour every time you run it through. When you've got down to





the narrowest setting, to give yourself a tidy sheet of pasta, fold the pasta in half lengthways, then in half again, then in half again once more until you've got a square-ish piece of dough. Turn it 90 degrees and feed it through the machine at the widest setting. As you roll it down through the settings for the last time, you should end up with a lovely rectangular silky sheet of dough with straight sides - just like a real pro! If your dough is a little cracked at the edges, fold it in half just once, click the machine back two settings and feed it through again. That should sort things out. Whether you're rolling by hand or by machine you'll need to know when to stop. If you're making pasta like tagliatelle, lasagne or farfalle, you'll need to roll the pasta down to between the thickness of a paper sheet; if you're making a stuffed pasta like ravioli or tortellini, you'll need to roll it down slightly thinner or to the point where you can clearly see your hand or lines of newsprint through it.



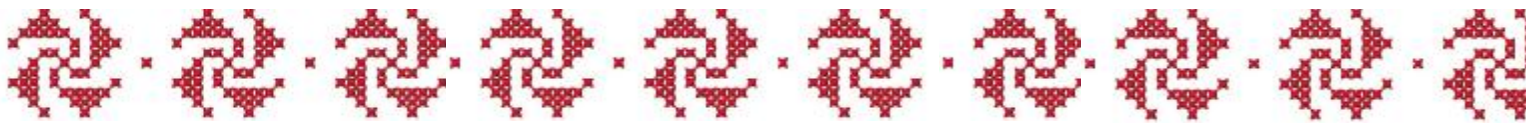
Once you've rolled your pasta (sfoglia), you can shape it or cut it straight away. Pasta dries much quicker than you think, so whatever recipe you're doing, don't leave it more than a minute or two before cutting or shaping it. Before drying pasta we start to prepare a characteristic dish of Ferrara tortelli with ricotta cheese.

### Tortelli con la ricotta

It is a typical recipe of Ferrara area and our young learners had fun to learn this preparation.







Recipe for 4 eggs sfoglia .

- ü 4 eggs
- ü 400 gr. flour
- ü Salt 1gr.
- ü For filling
- ü 50 gr. ricotta
- ü erbacipollina
- ü parsley



**Preparation:** Prepare the sfoglia and cut the strips into many 9 cm sided squares and stuff them with an adequate amount of filling, then fold into a triangle by joining opposite corners and make sure that the edges are well sealed in order to prevent the mixture from coming. To perfect "tortelli", grab the corners on the longest side of the triangle with your thumbs and index fingers and seal the two tips by raising your left hand and lowering your right hand. Ultimately, use your right thumb and index finger to raise the remaining corner. At this point, place them on a floured wooden board or table-cloth to prevent sticking. Boil water in a large pot, add salt and drop each square of ""tortelli". When they float to surface, remove them little by little and dish up. Season with melted butter, sage and grated Parmesan.



## GREECE

### 1. The organizer: Centre of ceramics

#### Name of the project: Creating ancient plate and

The educational programs are designed to familiarize adult students with all aspects of modern utilitarian pottery and folk life of yesterday, but also familiarity with the wider museum environment.

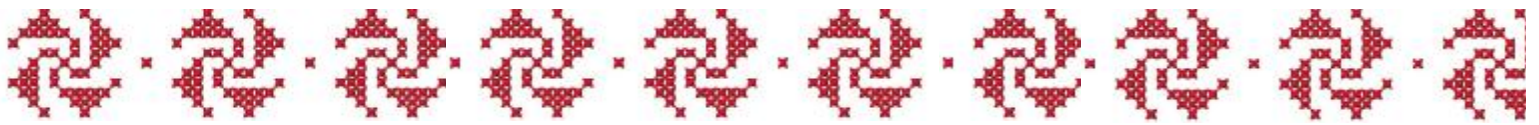


### SOME WORD ABOUT CERAMICS

A ceramic is an inorganic, nonmetallic solid prepared by the action of heat and subsequent cooling. Ceramic materials may have a crystalline or partly crystalline structure, or may be amorphous (e.g., a glass). Because most common ceramics are crystalline, the definition of ceramic is often restricted to inorganic crystalline materials, as opposed to the no crystal line glasses, a distinction followed here.

The earliest ceramics made by humans were pottery objects, including 27,000 year old figurines, made from clay, either by itself or mixed with other materials, hardened in fire. Later ceramics were glazed and fired to create a colored, smooth surface. Ceramics now include domestic, industrial and building products and a wide range of ceramic art. In the 20th century, new ceramic materials were developed for use in advanced ceramic engineering; for example, in semiconductors.





The workshop aims at learning the fundamentals of pottery manufacture with handmade techniques, decorating, glazing and firing of ceramic



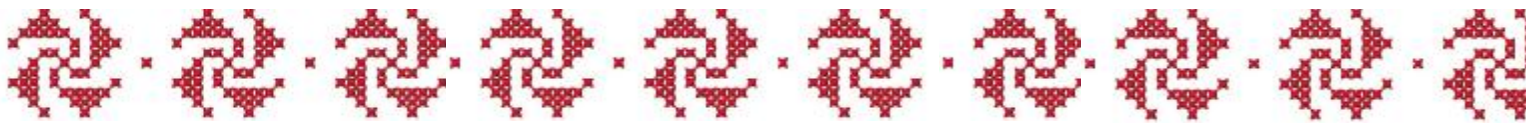
At the first level, there are specialized ways of decoration, firing and glazing, general information about the technology and chemistry of ceramics and glazes, basic introduction to the technique of wheel. During the second cycle courses specialize in thematic sections, analyzing major categories of ceramic technology and history.



Homework occasionally invited teach traditional potters and frequent cooperation with scientific institutions and universities in Greece and abroad for conducting specialized seminars. These seminars are thematic and teach these distinguished potters, artists and academics.







2. The organizer: InfoHub supplier, Greece

Name of the project: Culinary photo tours in the Peloponnese

Tour Duration: 5 - 8 day(s)

Group Size: 2 - 8 people

Specialty Categories: Photography and Videography Food & Wine



The Peloponnese peninsula is a perfect and all year round destination for a tailor-made photo tour. Explore your favorite places in the Peloponnese together with a professional photographer. These tours are known as culinary tours: it is a treat to photograph (the production of) traditional Greek products and to indulge in food, wine and olive oil in between and after photo shoots.

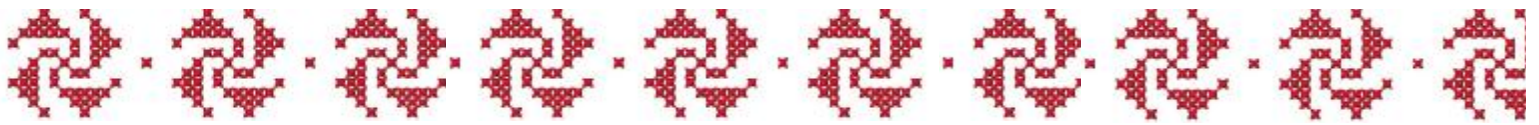


There are custom made photo tours for small groups with photography field trips to locations of your choice. There are plenty of ideas for the participants in travel tips to the Peloponnese. Depending on the topics of



photography you like to see included, we propose a number of locations that best fit the subjects the participants would like to photograph.





This publication is the final outcome of  
HEARTS(Heritage Empowering Affectivity and Revaluing Traditions  
and Solidarity) a project by LLP Grundtvig Partnership.

The project has been funded with support from the  
European Commission, trough Grundtvig Programme  
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information contained there in.

This publication has been supported by the  
Europe Commission, LLP Grundtvig Partnership.  
The Council of Europe is not responsible for the contents of  
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