

## ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE

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| Activity n°                 | 1                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                           |             |
| Participating organisations | The Scout Association of Malta + 4 other partners |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                           |             |
| Venue                       |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Duration  |                                           |             |
| City                        | Country                                           | Start date                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | End date  | Activity duration (excluding travel days) | Travel days |
| Mellieha and Gozo           | Malta                                             | 17-Aug-15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 22-Aug-15 | 6                                         | 2           |
| Activity Programme          |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                           |             |
| Timetable                   | Activities                                        | Non-formal & Informal learning methods used                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |                                           |             |
| DAY 1 - Spark Provocation   |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |                                           |             |
| AM                          | Registration                                      | Foreign and Local participants will arrive and register. They will have time to settle in before the activities start. Upon arrival they will be presented with a detailed activity programme.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |                                           |             |
|                             | Orientation and Campsite Set-up                   | The hosting team will receive the participants and a basic orientation of the campsite will be held. Following this, all the tents will be set up with all necessary personal equipment.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |                                           |             |
|                             |                                                   | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                                           |             |
| PM                          | Official Opening                                  | The official opening will be done with all participants in attendance. Local Authorities and relevant commissioners from within The Scout Association of Malta will be invited to attend. A brief understanding of the objectives and use of Erasmus+ funding will be incorporated in this activity - including the YouthPass methodology. This will enable the participants to further realise what the aims of this project are before the activities take place.                                                                                                                                                                                                                                                                                                                                                                                           |           |                                           |             |
|                             | Ice-Breakers and Team Formation                   | The youth exchange will emphasise the importance of the patrol system. This means that members will work within a mixed team made up of different nationalities and with a gender balance for the whole duration of the exchange. The youth exchange will try to move away from showcasing one's own country and origins but rather move towards a collaborative environment focusing on a European and international dimension. Several ice-breaking games will be held at this point to ensure team cohesion and that everyone is introduced to one another in a fun and relaxed way. The participants will be encouraged prior to the project implementation stage to get to know each other and connect via social media. These icebreaking games will however kick off the teamwork and collaboration between the participants on a more personal level. |           |                                           |             |

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|                     | De-Briefing and Food Provocation | <p>The first part of this session will focus on what Farm to Fork Youth Exchange is all about. The whole programme of the project as well as the expected aims and expected outcomes will be explained and discussed with the participants. Although this would have already been agreed and ensured beforehand, the session will allow direct interaction between participants and possible suggestions to ensure that the youth exchange will directly impact all the young persons taking part. The youth exchange will try to emphasize the difference between the group's goals and each participant's personal goal. Throughout each activity, the youth exchange will tackle its main objectives but allow each young person to set and try to achieve his or her own personal goals.</p> <p>The second part of the session will be entitled 'Food Provocation', which aims to see what level of awareness each participant has with regard to food issues. This will allow the mixed nationality teams to get a better perspective of each person's background and knowledge on this topic. Following this group session, the teams will be invited to present what in their opinion are the current food-related challenges both inside and outside the EU. This will be the first main challenge related to teamwork, so the session will be aided through teamwork and communication.</p> |
|                     | Day Evaluation                   | <p>Day Evaluation will be carried out through an interactive fun process and avoiding the use of paper questionnaires. The project has a certain focus on raising development awareness and sustainable development issues. It is important to show the participants how they can modify their day to day actions in a development and environmentally friendly way. Avoiding the unnecessary use of paper is one such initiative. Participants will also be asked to discuss the next day's activities during each evaluation session of the project - to be better prepared and be in the right frame of mind for each activity.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                     | Campfire & BBQ by the beach      | <p>Finally the day will end by a BBQ Dinner next to the nearby beach where every team will have to prepare their own food. This will provide a hands-on approach and another challenge related to teamwork as everyone would have a different understanding of how to handle food. Necessary items will be given to ensure a hygienic process throughout the activity. Participants will be briefed before the activity on how to ensure their own and each others' safety while cooking. Finally the night will wind down by a small campfire where each country will present some songs or small plays in front of the fire. This should strengthen intercultural exchange between the participants and allow them to get to know each other more.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| DAY 2 - Food Basics |                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Breakfast           |                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| AM                  | Orienteering Basics              | <p>The day will start with a basic orienteering session. This will allow all participants to learn the basics of using a compass, maps and using codes. This will challenge them to improve their skills especially mathematical, and allow them to navigate and understand maps better (using teamwork). This session will help the youths participate more actively in the next session.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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|                       | Food Basics & Hygiene Challenge                      | <p>The Food Basics &amp; Hygiene Challenge will consist of a series of checkpoints around the campsite area.</p> <p>The group will split into teams ensuring a gender and nationality balance. The teams will have to navigate the course using a number of maps, compass and codes to find the checkpoint master. Once found the team will be further tested with a fun interactive team challenge and eventually a puzzle or small sessions that will tackle the main areas of food basics and the importance of hygiene within the food industry, preparation and cooking.</p>                                                                                                                                                                                                                                                                                                                             |
|                       | Lunch                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| PM                    | Energy vs Food: Archery, Kayaking, Food without heat | <p>Hectic busy days in front of laptops lead to us to opt for the easiest options when we feel hungry, ie fast food. This activity challenges this routine. The session will use a number of activities that require a lot of participation and energy, to allow the youths to go back in time when life was much simpler. Through the use of archery, kayaking and cooking food without heat; the young members will be taken to the pre-historic age of hunting tribes. This will also serve to enable the participants to reflect on the fact that we need food for energy, allowing them to appreciate how important food is and that they should try to eat as healthily as possible.</p>                                                                                                                                                                                                                |
|                       | What just happened?                                  | <p>This session will allow the youths to reflect on the topics tackled during the day: Food Basics, Food Pyramid, Food Hygiene, Food Transportation and Handling but most of all the need to move away from a sedentary and inactive lifestyle and be active physically while complementing this with a healthy diet. Reasons why these are not always achieved will be written down and solutions brainstormed together. This will be a good opportunity to discuss the thought-provoking topics tackled so far. It will also prepare the participants to reflect during and after each activity about what they have just learned.</p>                                                                                                                                                                                                                                                                      |
|                       | Dinner: Backwoods Cooking                            | <p>The day will conclude with learning how to use different types of outdoor cooking tools. Instead of the normal setup of cooking within a kitchen or on open fire, the young members will have to cook underground. This is called 'backwoods cooking' which involves covering of foiled food with embers under the earth, a skill which is disappearing in today's civilised world. The activity is designed to be fun and engaging and will be a new experience for most of the participants. This will end the food basics day. It will allow participants to reflect on the fact that civilisation has developed on several fronts. Participants will also learn that there are several ways of cooking and that outdoor cooking is how many people around the world cook their food every day. This will be a good opportunity to reflect on development and issues faced by developing countries.</p> |
|                       | Day Evaluation                                       | <p>Day Evaluation will be done through an interactive fun process and avoiding the use of paper questionnaires.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| DAY 3 - Food Security |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Breakfast             |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

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| AM                                        | Industrial vs Organic Food Production & Permaculture | <p>This session will take all participants to the Bahrija Oasis of the Permaculture Research Foundation Malta (PRFM). A number of workshops and interactive sessions will be held in collaboration with this NGO to give an insight on the industrial, organic and permaculture farming process. The sessions will use a hands-on interactive approach to tackle the following objectives: (1) give the participants a basic understanding of these systems of food production along with their advantages and disadvantages (2) To emphasize the effective design in good land-stewardship</p> <p>(3) To raise awareness among participants about using the land to harness rainwater, wind and solar energy, while growing nutritious toxin-free food through permaculture.</p> <p>(4) To use these working models as the basis of study for combating issues of food security and desertification, for achieving cleaner air and restoring biodiversity.</p> <p>(5) Emphasize the importance of using ecological designers within food production.</p> |
| Lunch                                     |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| PM                                        | Presentation: Food Security                          | <p>2015 is the European Year for Development and one of its priority areas is Food Security. This session will involve MEUSAC which is the national contact point for the EYD 2015. The presentation will give a direct insight of what the European Union is currently facing in terms of food security and what it is planning to do. This will allow the participants to increase their awareness of the EU policy within this sector and the effects on those who are not able to secure food both within and outside EU. The activity will therefore focus on the EU but also take into account other parts of the world. Participants will be introduced to the issue of food security and will realise that development is a varied topic with local, regional and global relevance.</p>                                                                                                                                                                                                                                                           |
|                                           | Brainstorming on possible local actions for EYD      | <p>More often than not the public authorities tend to invite the public to participate in policy making through the use of debate. MEUSAC will support the youths to come up with more interactive sessions or activities to tackle the issues of Food Security. This brainstorming will focus on highlighting the following issues: (1) Food Security themed month (European Year for Development 2015) in October (2) Possibility of local actions in relation to this topic once youths are back to their home country (3) Possibility of use during Reach-Out Day of this youth exchange (see Day 6).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                                           | Traveling to Gozo                                    | <p>Participants will travel with all their belongings to the island of Gozo where the rest of the project will take place.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|                                           | Day Evaluation                                       | <p>Day Evaluation will take place during the ferry trip between Malta and Gozo. This will also help to make it more interesting for the participants. The next day's activities will also be discussed.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Dinner                                    |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                                           | International Presentations                          | <p>After all the travelling, the participants will be allowed to mix within an informal setting by having an international gathering. All contingents will be asked to bring over some food and drinks from their respective countries. Participants will be invited to participate in some festive dancing. Each contingent will be asked to showcase their country's traditional food industry via video clips. This will introduce the aspect of artisanal food production that will be tackled during the next day.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| DAY 4 - Food production and Supply Chains |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

| Breakfast |                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| AM        | Artisanal Hands-On!                | <p>The youths will be given two paths to choose from: the Milk or the Tomato one! According to the route selected, those youths will have to go in the actual field and support the farmer/herder. The ones selecting the milk route will go to a sheep farm where they will be briefed about the workings of the enterprise. Apart from seeing how sheep are milked manually, they will then experience making the Gozitan cheeselets by hand. These cheeselets are hand-made and a traditional delicacy of Gozo. The other route will take the youths to a field full of ripe tomatoes ready for picking. The youths will learn about the use of gravity irrigation and about crop-rotated rotation, followed by a hand-picking of tomatoes. Afterwards they will visit a workshop where they would experience how to make tomato puree. Once again this activity brings home to participants the reality that food takes time and preparation to make. This should foster added appreciation to the importance of food and why it should not be wasted, making healthy food choices and taking time to prepare nutritious meals.</p> |
|           | End-Processing at Industrial Stage | <p>The second stage of this trip consists of reuniting both groups and taking them to an industrial setting; The Magro Food Village. This village consists of three parts: the tomato processing plant, the dairy milk/yogurt plant and artisanal food workshop. The youths will be guided through a tour of the whole village and processes while giving due attention to the supply chain and commercial industrialised aspect. The need for certification especially with food hygiene and sustainable food chains will be discussed and debated. The difficulties of bringing a product to market and how both suppliers and manufacturer ensure quality will be also tackled. This will help participants to realise how lengthy the food production stage is - and to start looking at the food they eat in a different way. It will also help them see food from a food producer's perspective and learn about production costs. This will be a new experience for everyone involved.</p>                                                                                                                                        |
|           |                                    | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| PM        | Appreciating Supply Chains         | <p>A discussion will revolve around sustainable supply chains. The youths will be helped to differentiate between artisanal and industrial approaches. The sessions will help youths appreciate that the food supply chains are often long and involve collaboration from a lot of different partners. Certification for sustainable food is hence not as easy as one might think, and appreciation needs to be given to the plate full of food that we often find in front of us.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|           | Sustainable Fishing                | <p>This session will be done in collaboration with Fish4Tomorrow. This is an organisation formed by different Maltese NGOs and environmentalists and works on the challenges facing Maltese and European fisheries. Over the years, the coalition has worked with numerous stakeholders, carried out research, lobbied on local and European levels, and campaigned in order to create a culture of sustainable seafood consumption. Taking place within a traditional fishing port in Gozo, the participants will explore this topic and the need for fishing regulations. Participants will reflect on the importance of sustainability and how human actions impact the environment.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                             |

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|                              | Boat Trip & Cook-out                    | The day will wind up by taking a boat trip around Comino, where the youths will be allowed to relax, swim and strengthen their friendship. The trip will stop at Comino, a Natura 2000 site, where we will have a BBQ and small cook-out in the designated area where visitors are allowed to stay. Explanation of the historic and natural surroundings will be given by the local participants and hosting team. Every care will be taken to ensure that the natural landscape and delicate flora and fauna of Comino are respected. This activity will give the participants the opportunity to reflect on the environmental impact of human activity and how we are all responsible for conserving the environment. It will also illustrate another method of cooking and therefore another approach to food. |
|                              | Day Evaluation                          | chee                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| DAY 5 - Combating Food Waste |                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Breakfast                    |                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| AM                           | Tackling Food Waste                     | This morning activity will take place within Ta' Mena Estate. Ta' Mena Estate offers a unique experience where visitors can walk around and learn about crops, trees and food processing in the traditional way. Through this agri-tourism experience the youths will be go through a non-formal educational experience on avoiding food waste. Instead of trying to re-invent the wheel, this workshop will give youths the opportunity to learn how our grandparents used to prepare food. This will incorporate an element of cultural appreciation into the activity. Instead of choosing food with GMOs or unnatural preservatives, they will learn how to preserve organic fruit and preserve it for a longer time. They will also learn how to prepare compost by making use of natural ingredient.        |
| Lunch                        |                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| PM                           | Food Waste Plans in Different Countries | Every country will be required to deliver a small presentation about any existing national or regional food waste plans in their home countries. In case of lack of such strategies, the recently published draft of the Maltese one will be debated among the youths. A difference between commercial and household food waste is to be made, and discussion should focus on the latter one. This will allow the team to come up with an easy hit-list that youths living alone can do to reduce their food waste while living away from home (for education or work).                                                                                                                                                                                                                                           |
|                              | Preparation for Reach-Out!              | The youths will have to work within their teams to organise the Reach-Outs taking place the next day. While some logistical aspect for the day would have already been prepared by the hosting team, the social and interactive aspect will be handled by the international teams. The session will emphasize the use of Deming's approach i.e. the Plan-Do-Act-Check! This session will allow the teams to collaborate between each other to prepare both children/youths and community outreaches and experienced leaders will be supporting this process to ensure its success.                                                                                                                                                                                                                                |
|                              | Dinner                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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|                      | Day Evaluation                   | Day Evaluation will be done through an interactive fun process and avoiding the use of paper questionnaires. Tomorrow will be the final day of activities, therefore participants will be asked to reflect about their journey so far and what they have learned. As during other evaluation sessions, they will be asked to discuss the next day's activities and how they can make the most of them.                                                                                                                                                                                                                                                                                 |
|                      | Visiting Summer Sea-Side Village | The teams will be given a free evening at a nearby summer seaside village. This will allow the participants to unwind, solidify their friendships and discuss the day's activities together in a relaxed environment. This will be the final activity before the next day's dissemination efforts therefore participants will need to take this opportunity to solidify their approach and presentations. It will also be a good opportunity for them to reflect on how important nature and the environment are to us - they provide us with leisure, relaxation, food, habitat, etc.                                                                                                 |
| DAY 6 - Reaching out |                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Breakfast            |                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| AM                   | Children and Youths Outreach     | The first activity of the morning will involve taking the youths to a number of summer schools where children and youths spend their summer. The children from the summer schools will be asked to reflect on issues such as food security, healthy eating, organic food and their importance. The young participants of the Farm to Fork project will lead this activity. It will enable them to demonstrate what they have learned so far and to teach others through their experience. The youths will also share with the children what they have done this past week and what they have learned. Sessions prepared by the youths will take into consideration the children's age. |
|                      | Project Evaluation               | Following the first outreach session, an evaluation session will be held to discuss with the participants what could be improved for the next one. The group will also take this opportunity to reflect on and discuss the activities held throughout the project and whether their personal goals have been reached.                                                                                                                                                                                                                                                                                                                                                                  |
| Lunch                |                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| PM                   | Final Preparations               | The teams will be supported to carry out the last minute preparations for the activity in the late afternoon/evening. The youths will be in charge - meaning they need to take care of budget, logistics, time management and all aspect of the reach-out. Experienced leaders will be on stand-by to support and assist as required and not take over. Participants will be taught responsibility, and will be allowed to plan an event using teamwork - expressing their ideas and resolving any differences through discussion.                                                                                                                                                     |

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|  | Village Square Reach-out | <p>The purpose of this activity is to empower youths themselves to organise an activity that will allow direct interaction with people coming to the village square for the activity. Through the setup of a number of games and stands we will engage the general public to learn about the topics that the youth exchange has dealt with. The highlight of the night will be the interaction between the youths and the public to work together in an international team and cook traditional food of a foreign EU country. This will emphasize the concept that cohesion and collaboration within the EU is not only a political, but we should also promote it on all levels and aspects of society. The Reach-out will start from a springboard of food diversity and lead to intercultural dialogue.</p>    |
|  | Ending Ceremony          | <p>The Reach-out will be the final activity for the project. Participants will already have been given the opportunity to reflect on the project and what they have learned. An ending ceremony will be held during which the participants will be awarded a Youthpass certificate to reflect the competences gained through the project and as a commemorative gift. Participants will be encouraged to maintain contact with the new friends they will make and to genuinely reflect on the skills and concepts they will have learned. They will also be invited to be aware about how their actions impact the environment and other people and to live a more sustainable lifestyle. Participants will also be asked to share the knowledge and awareness they will have gained with friends and family.</p> |
|  | Departure                | <p>Participants will travel together to Malta. Foreign participants will be escorted to the airport in Luqa.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |