

“Sustainable Heritage:

Traditional Foods and Green Gastronomy in Europe ”

◇ Purpose:

To promote the connection between tradition, sustainability and gastronomic innovation through an intensive international program involving students and teachers from several European countries.

Through the proposed project, we want to popularize the culinary products identified in traditional gastronomy in rural regions and to approach gastronomy as an innovative tool for the development and promotion of tourism.

Sustainable management of gastronomy in rural areas requires creating opportunities to treat ancient culinary recipes in the context of their historical, cultural and social factors. The growing popularity of gastronomic tourism as part of broader sustainable tourism development strategies requires studying the dynamics between heritage, tourism and creative entrepreneurship.

Beyond individual academic development, the program emphasizes knowledge transfer and community engagement. Students produce educational materials to raise awareness about food heritage and sustainability, ensuring that their research reaches a wider audience through cultural institutions, communities, and online platforms. These outcomes prepare students for careers in education, policymaking, research, media, and the food industry, equipping them with research skills, intercultural communication, and interdisciplinary problem-solving skills. By the end of the program, they will have strengthened their theoretical foundation and practical expertise, becoming competent professionals and engaged global citizens.

◇ Objectives:

1. Understanding the concept of a **circular food economy** and the role of traditional products in sustainable development.
 2. Promoting **gastronomic heritage** as a green cultural and economic element.
 3. Creating **sustainably reinterpreted recipes** and intercultural exchange of culinary practices.
 4. Developing digital skills through online activities (collaborative platforms, digital storytelling).
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◇ Program structure:

📺 Virtual component (before mobility)

- Online presentations about gastronomic traditions from partner countries.
- Activities on topics: sustainable nutrition, food ethics, waste reduction.
- Working in international mixed teams: each team documents a traditional local product and how it can be produced more sustainably.

We decided to increase the number of credits allocated to BIP to 5, to encourage student participation.

Online program : starts on **01.10.2026** and consists of pre-registered courses and ends on **05.11.2026**

Physical program : starts on **18.10** and ends on **23.10.2026**

Students will form mixed international teams, which will present a traditional local product and how it can be produced in a more sustainable way;

They will visit local producers and sustainable farms.

"Green Traditional Food" Contest - reinterpretation of a traditional recipe in an ecological version

Cultural exhibition/intercultural evening

Final reflection and evaluation session

2 Physical component (e.g. 5 days in a host university)

- Practical culinary workshops with local products.
- Visits to traditional producers and sustainable farms.
- “Green Traditional Dish” competition – reinterpretation of a traditional recipe in an ecological version.
- Cultural exhibition / intercultural evening.
- Reflection session and final evaluation.

◇ Results:

- **Green Taste of Europe** ” digital guide (collection of sustainable traditional products and recipes).
- Network of students and teachers involved in green gastronomy.
- Intercultural and sustainability skills developed.
- The possibility of continuing collaboration through an Erasmus+ KA2 or European research project.