

WE ARE VOLUNTEERS OF ESC EKOCENTRUM!

We are long-term volunteers from different parts of Europe who are working in an NGO called Fundacja Ekorozwoju. We create awareness about climate change to fight against it. For this reason, we are proud to present our workshop about food and our health.

<http://ekocentrum.org>



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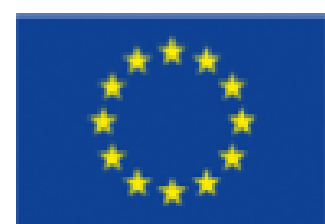
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ABOUT EKOCENTRUM

Fundacja Ekorozwoju is a non-governmental organization which mission is to support development in harmony with nature, through active cooperation with residents, other organizations, and participants of broadly understood public activity

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WHAT WE DO

In this workshop, we discuss the environmental topics of agroecology, food waste, sustainable foods, food alternatives and organic food. In order to make the message more engaging, we created some games related to the topics discussed.

The main objective of this workshop is to teach people about the importance of sustainable practices in relation to food consumption and food production, highlighting the ecological issues associated related with food. We also want to give alternatives that can possibly change the day-to-day food habits of the participants of this workshop.

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WORKSHOP PLAN

- Time: Two versions: one of them takes 45 minutes another takes one hour and half.
- Participants: minimum 10- maximum 20
- Age: Above 15 years old

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