



Infopack

2022-2-RS01-KA210-ADU-000101821

FL4LF

Food Literacy for Local Food

Torrecuso (IT)
2-8 Dec.2023



Co-funded by
the European Union

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About the project



FL4LF project aims to create a community-based learning model that promotes Food Literacy and supports multi-at-risk adults, contributing to social inclusion, sustainable habits and Local Food issues.

LTTA - Learning, Training, Teaching Activity will take place in Torrecuso (BN) - ITALY on 2-8 December 2023 (2nd and 8th are considered as arriving and departure days).

This activity will be attended by 4 people from each partner organisation (12 participants at the project level).

Profile: adult educators

Main activities:

- training workshops
- study visits
- group works
- assessments
- dissemination

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Please take into account the covid-19 situation and check the requirement when the mobility arrives.

Did you Know? The Phlegraean volcanic system, located north-west of the city of Naples, is constantly monitored and in recent weeks tremors "outside ordinary parameters" have been recorded. For the safety of anyone traveling to or passing through the area, we warmly invite you to stay updated on the news and study the evacuation plans at the following links: [Regione Campania](#) [Protezione civile](#)

If you have any doubts do not hesitate to contact us by email at gramignaadv@gmail.com or on Whatsapp at **+39 3274084934**

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Infopack

Where we are and how to get there

TORRECUSO

Mariano Montanolo

A quick introduction to your destination

Torrecuso is a small village in the province of Benevento, in southern Italy.

The small village has about 3,000 inhabitants and is located in the Taburno Regional Park, on the slopes of Mount Pentime (1,200 meters above sea level). Torrecuso was born as a castle built by the Longobards to defend and guard the city of Benevento, capital of the Longobard Duchy of the Centre-South.

The ancient village has a medieval layout. The Castle dominates everything. This was built according to the architectural canons of the time: a triangular structure with three towers. A castle with three towers is still today the official coat of arms of the Municipality of Torrecuso. Around the Castle develops the whole Historic Center which has remained almost intact and recently recovered.

At the end of the 18th century, under the dominion of the Marquises Cito, the ancient castle with three towers was converted, by the architect Barba, into an eighteenth-century palace in the Vanvitelli style.

The remainder of the building houses the Sannio food and wine chain and the annexed "school of taste" of typical local products.

Torrecuso is renowned for its winemaking tradition: about 1300 hectares that give life to both white (Falanghina, Coda di Volpe, Fiano) and red (Aglianico, Piediroso) wines.



The nearest town: Benevento

Benevento is 20 km far away from Torrecuso and 100 km from Naples.

About its name:

After a long series of wars, the city was conquered by the ancient Romans who, following the victory over Pyrrhus in 275 BC, changed its name from Maleventum (bad omen) to Beneventum (happy event), today's Benevento.

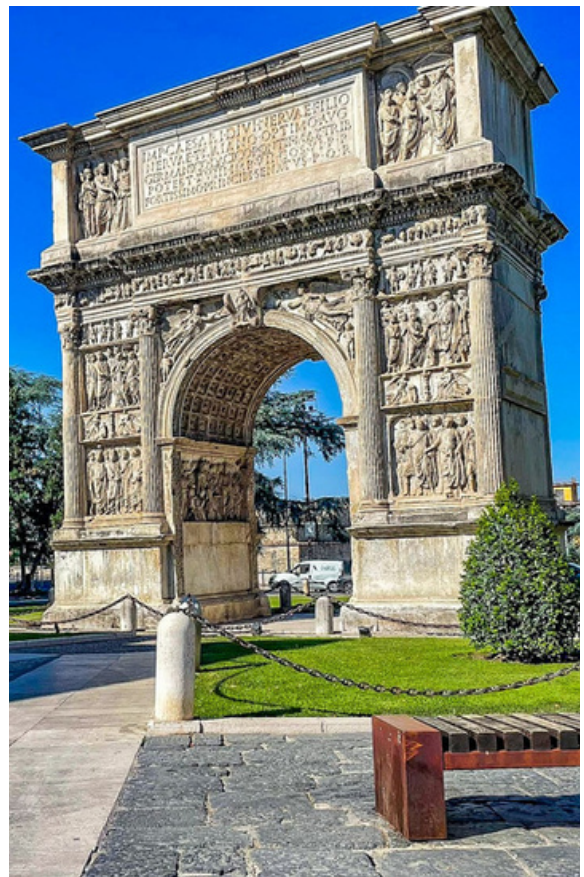


To visit:

Since June 2011, the church of Santa Sofia, built in 760 by the Lombard duke Arechi II, has become part of the UNESCO World Heritage Site.

The symbol of the city is the Arch of Trajan, which appears to be one of the Roman triumphal arches with the best preserved reliefs.

The Roman theater was inaugurated in 126 under the emperor Hadrian. It measures 90 meters in diameter and could hold about 10,000 spectators; it was covered with polychrome marble, and its atriums were decorated with stuccos and mosaics. Today much of the marble covering has been lost; the cavea, the scene, the first and part of the second of the three orders of arches have come down to us.



How to reach the meeting

The nearest airport is Capodichino in Naples (about 100 km far away from Torrecuso).

Other options are Rome (Ciampino and Fumicino) or Bari.

From Naples airport you can take the bus to Benevento and then we can come to pick you up by car.

Please, check here the bus timetable: [AIR Campania](#)



To buy bus tickets you can use this App: [Moneygo](#)



To reach the bus station you have to go out from the airport, turn left and walk for about 10 mins. When you will see second roundabout, accross it and continue on the right way for 1 min.



Naples Airport - Bus stop to Benevento



If you come from Rome (Ciampino 220 km or Fiumicino 222 km) you can reach Benevento both by train and by bus.

To reach the train/bus stations in Rome you can use TERRAVISION bus or LEONARDO EXPRESS train and then the tube.

Trains to Benevento: you can check TRENITALIA and ITALO websites to view the timetables and to buy tickets.

Buses to Benevento: there are many options for example FLIXBUS, AIR, ETAC, DI MAIO, ITABUS.

You can buy the tickets at the train/bus stations, but we encourage you to do it in advance online (8th Dec is Holiday in Italy!)

If you prefer to flight to/from Bari (190 km) , you can reach Benevento by bus (i.e. FLIXBUS, MARINO BUS, ITABUS).

If you wish to rent a car, please visit the airport website and feel free to ask for our support.

Accommodations

Staying overnight in Torrecuso: the small town offers its visitors several bed and breakfasts and farmhouses with rooms.

On internet it is possible to examine the available options and our team will do everything possible to take care of your travels in the area by car.

Some recommendations:

- Cantine Iannella 1920

- La Dormiente

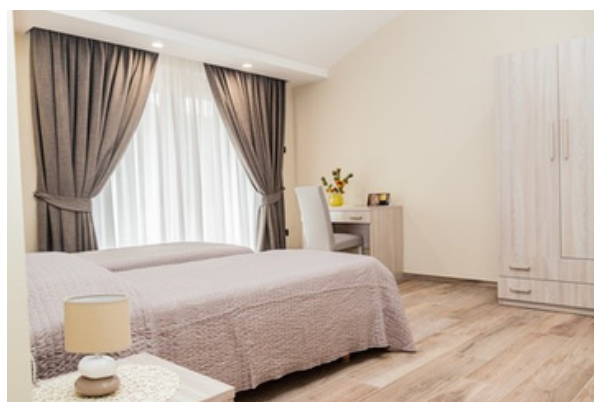


Cantine Iannella 1920:

double room, breakfast included:
80 euro/night

La Dormiente:

double room, breakfast included/
available kitchen:
55 euro/night



Food and restaurants

The typical dishes of the Gastronomy of the Province of Benevento

Benevento cuisine is made up of very simple specialties whose first courses are always based on homemade pasta.

Among the first courses of the Samnite cuisine, the rigorously hand-made preparation of the "Fusilli" deserves a prominent position: homemade pasta, using iron to work the wool, generally served with a ragout very similar to the Neapolitan one, tomato puree sauce simmered and enriched with meat chop and seasoned with plenty of grated Vitulano pecorino cheese.

Cattle, sheep, goat and pig breeding excel in the Sannio area. The meats are mainly enjoyed grilled. Cured meats are widespread and boast a vast variety (as well as cheeses such as Caciocavallo).

Among the side dishes of Samnite cuisine, fried peppers and stuffed peppers, porcini mushrooms, artichokes, pickles, etc. stand out.

Meals are accompanied by locally produced Aglianico (red) and Falanghina (white) wines.

Remarkable is the production of extra virgin olive oil, suitable for cooking or simply to be enjoyed raw.

The desserts cannot be missing (many flavored with the Strega liqueur). To name a few: nougats, tarts, rice cakes, fruit cakes and all those from the Neapolitan tradition.

There are many places where to enjoy traditional local food, we will be glad to recommend to you some of them and to cook some meals together.



About our activities

Gramigna will coordinate and host it in accordance with work package n.1 contents.

All participants will fill in the evaluation sheets, and contribute to its implementation and dissemination.

The goals:

- Food Literacy Knowledge: Deepen educators' understanding of food literacy concepts and local food systems.
- Effective Teaching Methods: Equip educators with engaging teaching strategies for adult learners.
- Curriculum Development: Enable educators to create relevant food literacy curriculum materials.
- Cultural Competence: Promote cultural sensitivity in teaching local food topics.
- Community Engagement: Encourage educators to connect with local food resources and organizations.
- Advocacy Skills: Train educators to advocate for food literacy initiatives in their communities.
- Familiarize, evaluate, adopt and disseminate the Project Results



2nd Dec. 2023:

ARRIVAL DAY - Welcome evening

3rd Dec. 2023:

10:00-13:00: FL4LF workshop scenarios

15:00-18:00: Home-made Pasta Workshop

18:00-19:00: Reflection and evaluation

4th Dec. 2023:

10:00-13:00: FL4LF workshop scenarios

15:00-18:00: Study visit: Gioosto: sustainable food ecommerce

18:00-19:00: Reflection and evaluation

5th Dec 2023:

10:00-13:00: Educational visit to agricultural company: meat processing and vegetable production

15:00-18:00: Study visit at Cantine Iannella: Local wines: from the vine to the wine

18:00-19:00: Reflection and evaluation

6th Dec 2023:

10:00-13:00: FL4LF workshop scenarios

15:00-18:00: FL4LF workshop scenarios

18:00-19:00: Reflection and evaluation

7th Dec 2023:

10:00-13:00: Study visit to the Lentamente's food processing laboratory

15:00-18:00: Study visit to the educational Laboratory of olive oil production led by Dr. Sebastian Limata

18:00-19:00: Final Reflection and evaluation

8th Dec 2023: DEPARTURE DAY - Goodbye breakfast

see
you

in

Torrecurso!!

