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WE ARE WHAT WE EAT: EXPERIENTIAL TRAINING ON FOOD, ACTIVISM, AND SUSTAINABILITY

Food connects us to nature, health, and society. **Let's act for a healthier and fair food system** — join us to explore how our choices can support well-being, the planet, and how we can raise awareness in our local community.



When: 24-28 May 2025



Where: Sunnyhills of Istria, Gradišče, Slovenia



Who: Young people (16y-30y) interested in food, activism, and ecology



Language: The training will be held in English

[**APPLY HERE**](#)



Contact Us

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Food is more than just sustenance — it reflects our relationship with nature, our health, and our place in society. Every meal we eat has a story, shaped by the land it comes from, the people who produce it, and the choices we make. What we put on our plates doesn't just impact our well-being; it also shapes ecosystems, influences communities, and leaves a lasting mark on the planet.

So, how can we ensure that our food choices support both ourselves and the environment? How can we transform the way we eat into a force for positive change? **Join us as we explore how to create a food system that is healthier, fairer, and more in harmony with the world we live in, and learn how to raise awareness in our local communities.**

What to expect

Join us for a 5-day experiential training, where you will:

- ✓ Explore your personal relationship with food and its impact on global ecosystems
- ✓ Learn the methodologies of street activism to engage and motivate communities to recognize unfair food systems and take action.
- ✓ Receive mentorship in carrying out local street actions which will be part of a wider campaign.
- ✓ Gain hands-on experience in establishing and promoting healthy and environmentally friendly eating habits
- ✓ Connect with like-minded young people from Slovenia and abroad

Practical information

 Accommodation (shared rooms), the full programme, and food are covered for all selected participants.

 Travel costs will be reimbursed — details will be provided upon selection.

Following the training, participants will receive mentorship to implement their own local street actions, spreading awareness and encouraging positive change. This is part of a larger campaign aiming to reach and activate over 3,000 young people!

 Limited spots available! Apply now and take part in shaping a healthier future for both people and the planet.

 Application deadline till 14th of April!

Disclaimer: This activity is part of the "Re:boot" project, co-funded by the European Union (DEAR program). The content is the sole responsibility of Focus and Lojtra, the event organizers, and does not necessarily reflect the views of the European Commission.

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