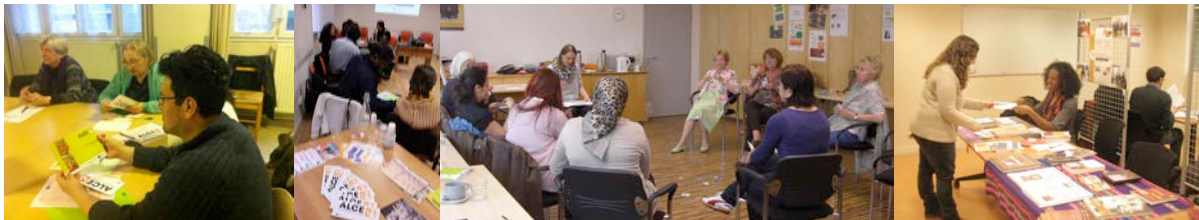




A year full of great experiences, friendships and delicious recipes is over with the first project year of ALCE – *Appetite for Learning Comes with Eating*.

After the Active Learning Training Course and the learning mobilities, the main focus is the development of the Pedagogical Manual.



After the successful roadmap of cultural events in Italy, France, Lithuania, United Kingdom and Austria, the final training module took place in every country. The trainers got feedback from the participants on the whole training process and supported the women to assess their learning outcomes and key competences and skills they have gained.

In Austria some of the participants decided to do a language course, because through the project they learned to become more open and took the opportunity to speak and ask more during the sessions.

For many of the women in the United Kingdom, the ALCE course was a chance to escape from their daily routine and to also find an activity that helped reduce mental health problems like depression and anxiety, reduce exclusion and inactivity whilst learning new things. A lot of the women remarked that taking part in the ALCE project had helped them to realise that they have the ability to do many things they did not think was possible and it has motivated them to participate in other learning activities.

Through the ALCE project Lithuanian women increased their awareness of multiculturalism in Europe, established close contacts with youth volunteer centre Patria and participated in joint food related activities. The ALCE participants in Lithuania admitted that the project gave them energy and youth, increased their self-esteem, gave them the opportunity to find new friends and to know people better, opened their minds and increased tolerance. They especially appreciated the activities of planning and implementing the local culinary event and were proud to see their names and recipes in the [Recipe Book](#).

The women are very happy that they have a good connection to each other and became friends during the project. They are planning to do more events in their cities to keep in touch and to spread the idea of ALCE and the importance of transmitting intangible heritage. Also the Recipe Book is a brilliant result of their cooking sessions which they want to spread across their local communities and to their friends.

In Italy some of the women, encouraged by all that they had learned and by the enthusiasm of learning and living new experiences, decided to do a voluntary project abroad for senior volunteers.

From the experience in Liverpool the project has encouraged and inspired many of the women to participate in other non-formal learning activities and to pursue volunteering opportunities at non profit organisations supporting women and children.

In Paris the ALCE Ceremony was held in April. Each participant received a certificate of attendance accompanied by a video. It was a beautiful moment, with smiling faces remembering the nice moments shared together during the cooking sessions, the journey to Palermo or the local event with the group of women from Austria.

Now it's clear that through cooking, so many things can be reached when people are open minded and willing to learn new things from people of different nationalities, backgrounds and ages.

Everyone is looking forward to the final meeting in Kaunas, Lithuania in September 2014, where the ALCE Pedagogical Manual will be presented to adult educators, NGOs and educational institutions. This will be another opportunity for the women from the ALCE project to meet and tell others about their experience throughout the training.

The ALCE experience will be presented during The European Conference on Cultural Studies 2014 in Brighton, (24th-27th July, 2014). For more information about the Conference visit the official website <http://iafor.org/iafor/conferences/eccs2014/>.

Help us to improve our work by replying to 5 questions in our [online survey](#).

For more information and recipes go to: <http://www.appetiteforlearning.eu>



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