

PRESS RELEASE

ALCE makes lasting impact on migrant and senior women and non-formal education

Five organisations from Italy, United Kingdom, Austria, France and Lithuania collaborated together to enhance the transmission of women's knowledge on non-tangible heritage to European communities through the exchange of food traditional recipes and natural curative methods.

ALCE provided a unique learning opportunity for 100 young migrant women and senior native women from across Europe to increase their key skills and competences and to gain confidence to re-enter education, volunteering and the job market.

The ALCE project officially ended on 31st October 2014. During the 2 year project, ALCE involved 100 women from young migrant and senior native communities across the 5 countries through a series of non-formal learning activities as part of a training course which brought together migrant and native women from diverse communities within a culinary related intercultural and intergenerational setting. It supported the learning mobilities of 20 women to participate in learning activities in another European country. ALCE also engaged with 350 community members through a Cultural Roadmap of events which took place in each country and celebrated culinary and curative traditions and fusion intercultural recipes lead by the women involved in the training course.

The ALCE project targeted trainers and educators working on intercultural and intergenerational dialogue promotion, local communities and adult education professionals to increase their skills and competences in non-formal education and provide a tool for adult education facilitators to use participatory learning in intercultural and intergenerational settings. The success of ALCE has highlighted to decision makers the importance of the recognition of non-formal learning particularly among marginalised learners.

The work carried out in each partner country has left a lasting impact on young migrant and senior native women, trainers and the adult education field. The women have been inspired to do language courses, motivated to volunteer and participate in other non-formal learning activities, have increased confidence to travel abroad and increased awareness of multiculturalism in Europe. Furthermore, the project has increased social wellbeing by reducing isolation and inactivity, and has helped to reduce mental health problems such as depression and anxiety.

Reflecting on her ALCE experience, Daniela Yepes from Colombia, one of the learners from France says, *“it was a great opportunity to share beautiful moments and culinary treasures with other people. I enjoyed this European project very much. It should be repeated as soon as possible”*.

The ALCE partnership has developed a range of innovative products and materials to showcase the work achieved by the women participants and trainers. The Recipe Book titled, ‘Around the World on a Carpet of Flavours’ is a collection of the traditional and fusion recipes and natural remedies shared among the women representing over 25 different cultures and nationalities.

The Pedagogical Manual titled, ‘Training Resource - Innovative approaches for participation and inclusion of migrant and senior women’ was developed by the trainers, who delivered the training course in each country. The manual is a resource to support trainers facilitating non-formal learning processes in different learning environments and also offers a resource for local communities to improve knowledge of their culinary and cultural heritage and to develop intercultural and intergenerational activities.

All the project outcomes including the Recipe Book and the Pedagogical Manual are available for download on the [ALCE website](#).

The ALCE project will continue to share its experiences, results and impact at local and European level in the adult education field. A new international training course based on the ALCE themes offered to adult education staff will be launched in 2015! Click [here](#) for more information.

For more detailed information about the project and how you can use the ALCE outcomes in your own learning environment and community, please contact the Project Coordinator CESIE at email maja.brkusanin@cesie.org.

Share your ALCE experiences!! If you plan on organising an event or training activity based on the ALCE themes or using the Recipe Book or ALCE Manual please let us know!

Further Information:

ALCE (Appetite for Learning Comes with Eating) was a two year Grundtvig Multilateral project funded under the EU LifeLong Learning Programme. It involved five partners: CESIE (Italy), Merseyside Expanding Horizons (United Kingdom), Verein Multikulturell (Austria), Elan Interculturell (France) and Senior Initiative Center (Lithuania). The aim of the ALCE project was to support young migrant women between 18 and 40 years and senior native women over 60 years through the development of an intergenerational and cross cultural non formal learning programme. The project objectives were to break social isolation of certain groups suffering from multiple discrimination, to develop the intercultural and intergenerational dialogue between the two groups of women and to encourage adult learning through the recognition and validation of the competences (literacy, civic, entrepreneurial) acquired by the women.

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