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Scalable Socially Responsible Slow Food Tourism (SReST) Methodology

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Activity 1.4: Designing Scalable Socially Responsible “Slow Food” Tourism (SReST) Methodology

SO1: SReST Tools for Solutions: Integrating Tools, Mapping and Finetuning the “Slow Food” Tourism Mode

December 2024

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1. Introduction

The main objective of the “*Socially responsible slow food tourism*” (SReST) project is to promote “slow food” tourism in the Danube region and enhance the employability of vulnerable groups by providing solutions that enable the valorisation of agrobiodiversity and gastronomic heritage and a fair distribution of generated benefits, including the well-being of host communities. Project specific objectives are:

1. to create a shared framework and tools for solutions by finetuning the “slow food” tourism model for the valorisation of agrobiodiversity and gastronomic heritage and engagement of vulnerable groups through capitalization of existing tools and stakeholders' mapping;
2. to test scalable SReST tools for solutions that lead to innovative tourism offer by valorising agrobiodiversity and food heritage, respecting socio-cultural authenticity and providing benefits to vulnerable groups and other members of host communities;
3. to evaluate pilots and transfer SReST final solutions along with the virtual ecosystem for acceleration of socially responsible “slow food” tourism, facilitate knowledge exchange with other Danube projects (capitalization) and mobilize relevant multi-sectoral and multi-level decision-makers.

The project will help enhance local agricultural value chains while preserving local communities' natural and cultural diversity and promote sustainable tourism as a pathway for food heritage protection also by engaging vulnerable groups (youth, elderly, disabled, migrants, etc.) in rural and suburban partner areas. Joint solutions to enhance socio-economic development and to promote alternative models and competitive new tourism products of “slow food itineraries grounded in agrobiodiversity and food heritage” will be developed and tested in different territorial contexts of pilot regions.

As a starting point, project partners identified seven partner regions in which specific analysis and other project activities would be implemented. These regions are:

1. Primorsko-notranjska region in Slovenia,
2. Krk island in Croatia,
3. Bratislava in Slovakia,
4. Hajdú-Bihar County in Hungary,
5. Sarajevo in Bosnia and Herzegovina,
6. Western Serbia region and
7. Northern Montenegro.

The implementation of socially responsible “slow food” tourism practices in SReST partner regions started with mapping inputs, outputs, processes and stakeholders and is followed by pilot testing of various solutions. This document outlines the methodology for implementing pilot actions in partner regions.

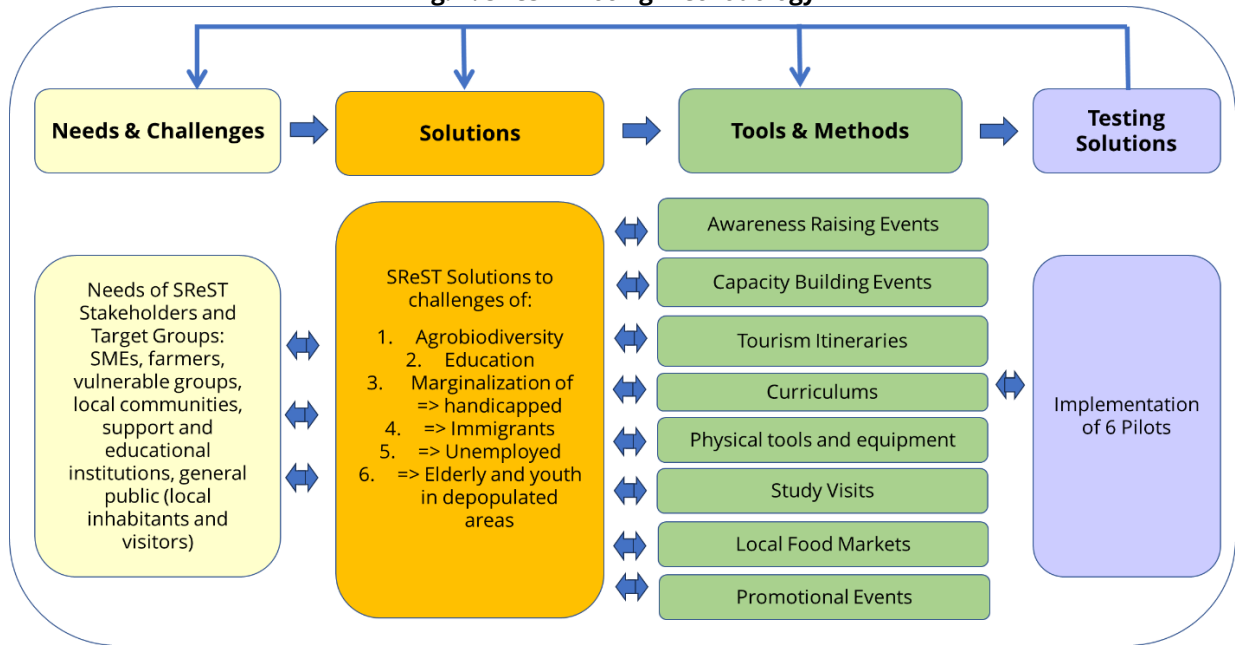
2. SReST Methodology for the Piloting Process

During the mapping process, SReST partners conducted a comprehensive analysis to identify the specific characteristics of products and processes, as well as the needs and challenges faced by their stakeholders and target groups. To address these challenges, SReST solutions will be explored through a piloting process, utilizing various tools and methods, as illustrated in **Figure 1**. SReST pilots are designed to test key components of a socially responsible “slow food” methodology, focusing on the following objectives:

- i. Developing diverse agrobiodiversity tourism itineraries that showcase local agricultural practices and biodiversity;
- ii. Establishing a curriculum on “slow food” practices tailored for educational institutions;
- iii. Creating opportunities for young chefs with disabilities to engage creatively with agrobiodiversity assets, fostering inclusivity in the culinary field;
- iv. Actively involving the immigrant community in the “slow food” tourism sector, promoting cultural exchange and economic participation;
- v. Addressing unemployment among vulnerable groups by leveraging the potential of “slow food” tourism to generate job opportunities;
- vi. Revitalizing depopulated rural areas by engaging both youth and elderly populations in “slow food” tourism activities, strengthening community ties.

Through these pilot initiatives, we aim to drive meaningful change by promoting sustainability, inclusivity and community empowerment within the food and tourism sectors.

Fig. 1: SReST Piloting Methodology



Pilots will be implemented in the following partner regions:

- Pilot 1: Creation of tourism itineraries valorising food heritage on Krk island in Croatia and Primorsko - Notranjska region in Slovenia,
- Pilot 2: Creation of the curriculum on “slow food” tourism practices for educational purposes on Krk island and other places in in Primorsko - Goranska County in Croatia and in Bratislava in Slovakia
- Pilot 3: Young chefs with disabilities working with agrobiodiversity assets in Sarajevo in Bosnia and Herzegovina
- Pilot 4: Engagement of the immigrant community in “slow food” tourism Primorsko-Notranjska region in Slovenia
- Pilot 5: Solving unemployment of vulnerable groups by “slow food” tourism in Hajdú-Bihar County in Hungary,
- Pilot 6: “Slow food” tourism solutions for participation of rural youth and elderly in depopulated areas of Western Serbia and Northern Montenegro.

2.1 Piloting Tourism Itineraries that Celebrate Food Heritage

2.1.1 SReST Tools and Methods

Tourism itineraries that celebrate food heritage offer immersive experiences that connect visitors with local culinary traditions, agricultural practices and cultural identity. By showcasing regional specialties, traditional cooking methods and farm-to-table experiences, these itineraries highlight the deep-rooted relationship between food, history and community. They also support small producers, promote biodiversity and foster sustainable tourism, ensuring that culinary heritage is preserved and shared with future generations. The following tools and methods can be applied to effectively create such sustainable tourism experiences:

1. Capacity Building and Awareness-Raising Events

These events provide stakeholders with the knowledge and skills needed to preserve, promote and leverage local food heritage. Awareness-raising fosters a shared understanding of the value of food heritage in tourism and its economic, cultural and environmental significance.

Building capacity among local producers, chefs, tour operators and other stakeholders ensures that they are equipped to create authentic and high-quality experiences for tourists. It also fosters a sense of pride and ownership in the region's food traditions, motivating communities to contribute to sustainable tourism development. The awareness-raising events will focus on educating the general public about the importance of preserving agrobiodiversity and cultural heritage while presenting practical pathways for achieving these goals. The capacity building events will be targeted to a narrower circle of stakeholders- i.e. tourist boards, regional agriculture development

agency, local providers and schools, for whom we will organize educational activities with proposals of practices they could implement.

2. Study Visits to Best-Practice Destinations

By observing successful examples from other destinations, local stakeholders can gain practical insights and inspiration for their work. Study visits expose participants to innovative approaches to showcasing food heritage, enabling them to adapt and replicate strategies that work. They are also beneficial for stakeholders to get new ideas, establish new connections and see what the food heritage means in tourism. Learning from established best practices minimizes trial-and-error, accelerates the adoption of effective methods and allows for the identification of opportunities for collaboration and exchange. These visits can also foster motivation and demonstrate tangible benefits of investing in food heritage tourism.

3. Presentation of Local Agrobiodiversity at Gastronomic Events

Showcasing local agrobiodiversity at gastronomic events highlights the unique flavours, products and agricultural practices of the region. This not only educates tourists and residents but also connects food heritage to cultural identity and sustainability.

Gastronomic events are an engaging platform to promote the region's food heritage to a wider audience, create market opportunities for local producers and strengthen the value chain. Celebrating agrobiodiversity encourages preservation of traditional crops and culinary techniques, enhancing the authenticity of the tourism experience.

These events will combine local cultural traditions with gastronomy and agrobiodiversity. Activities such as cooking shows with local ingredients, food tastings and other educational activities will fully engage participants.

4. Participatory Development of Food Heritage Tourism Itineraries

Involving stakeholders ensures that itineraries reflect the authentic character of the region's food heritage and addresses the needs and preferences of both locals and tourists. Participation fosters collaboration and alignment of goals among producers, businesses and local authorities.

Stakeholder engagement leads to the co-creation of itineraries that are well-rounded and inclusive, drawing from diverse perspectives and expertise. It builds a sense of ownership and commitment to the success of the tourism initiatives, ensuring long-term sustainability and community support.

Together, these tools and methods form a holistic approach to creating meaningful, sustainable and marketable food heritage tourism products. They enhance local capacity, ensure authenticity, build community cohesion and connect the region's unique culinary

traditions with broader tourism trends. This not only elevates the profile of our respective regions but also fosters sustainable development and cultural preservation.

2.1.2 Pilot Testing in Krk (Croatia) and Primorsko - Notranjska Region (Slovenia)

During the mapping of products and stakeholders on Krk Island, key findings revealed a slow but growing interest among local providers in artisanal products. However, the supply remains insufficient to meet the demands of local restaurants and even small shops. The limited products available are priced up to twice as high as comparable items from other regions or lack official registration.

Additional challenges include inconsistent product quality and irregular availability, making it difficult for providers to rely on local goods daily. This issue is further compounded by a lack of transparency and traceability, as some restaurants falsely claim to offer local products, such as Krk lamb or Krk sheep cheese, while instead serving low-quality, inexpensive substitutes.

As a result, local agrobiodiversity faces significant threats. The number of farmers has sharply declined in recent years, with the Krk sheep breed now being the least populous among Croatian native sheep breeds. Traditional agriculture, particularly sheep farming, plays a vital role in preserving the landscape and overall biodiversity. This is a result of centuries of sustainable farming practices and careful landscape management. These trends underscore the urgent need for targeted interventions to preserve the island's agricultural heritage and support local producers.

Moreover, on Krk island, there is a notable lack of awareness about the importance of cultural and gastronomic heritage among local tourist boards, municipalities and, to some extent, the general public—especially younger generations. This is reflected in the almost total absence of programs to support local breeds, traditional crop varieties or farmers in general. Consequently, tourist-oriented events often fail to reflect local culture or showcase traditional products, further worsening the situation.

The situation is also challenging in Primorsko – Notranjska region in Slovenia. The municipality of Postojna, one of the 6 municipalities in the Primorsko - Notranjska region, is dominated by seasonal tourism. In the past, the entire tourism sector was based on one of the biggest tourist attractions in Slovenia - the Postojna Cave. Unfortunately, this has led to highly seasonal mass tourism. The attraction has ended up in the private hands of a local businessman who lacks interest in preserving the gastronomic diversity and gastronomic heritage of the region. The tourist gastronomic offer and cuisine have adapted to the mass of tourists who want fast food, fast service and, above all, big money, with limited regard for the local, seasonal and traditional.

Study visits to best practice destinations are an important source of learning. The SReST project already took several stakeholders from Primorsko - Notranjska region to Carinthia and stakeholders got a lot of new ideas, made new connections and saw what the food heritage means in tourism.

Throughout the pilot we will be focusing on reviving the interest in local breeds and varieties and the traditional farming techniques necessary for their survival, among general public and local government and tourist boards. We will also work on strengthening the skills for their commercialization and incorporation into the tourist offer (tourism itineraries) via local short supply chains.

LEGEND:

Primorsko - Notranjska Region activities
Krk island activities

Type of activity	Detailed description of specific activities	Planned time of implementation
1. AWARENESS RAISING ACTIVITIES & CAPACITY BUILDING ACTIVITIES		
Cross-border exchange of local operators SReST participating with stakeholders as exhibitor		March 2025
Festival of wild food	Educational workshop Edible and wild plants - Jože Podboj, Belsko 3 x Educational workshop on wild food for stakeholders Educational Workshops for children Preparation of local, eco food in schools External expertise workshop for stakeholders	May 2025
Festival of local cuisine	Notranjska Open Kitchen	June 2025
Workshops for school children on the importance of local seasonal foods	The workshop, "Discover and Taste Krk – "Slow Food" for Children," is designed as an educational journey that guides children through understanding and applying the concept of "slow food". Its aim is to raise awareness about the importance of healthy, local, and seasonal ingredients. Through a series of activities, children will learn about eating habits and actively engage in recognizing, planting, and preparing food as part of the learning process. Several	February-March 2025

	workshops will take place in cooperation with elementary school Malinska. Min. number of participants: 20	
Intangible heritage workshop for service providers	We will organize a 40-hour certified interpreter guide course from Interpret Europe (leading organisation in the sector of heritage interpretation) for interested service provider that we are working with on the project. The goal of the course is to make the participants more aware of the intangible gastronomic heritage, how to valorise it, and how to present it to visitors. The course will be an important methodological asset for the creation of participative itineraries as well. Min. number of participants: 8	February 2025
Organic gardening intergenerational workshops	A series of workshops intended in interesting children, youth, and elderly, in the importance of local food provisioning and organic growing methods. The workshops will be both capacity-building for the teachers, as well as awareness-raising hands-on workshops for the children/general public. Activities included: compost building, making of clay seed balls, setting up raised beds planting plant guilds. Min. Number of participants: 50	March-April 2025
Foto workshop on local agrobiodiversity	A seasoned local photographer will conduct a workshop for the Krk Foto Club, focusing on the food heritage of Krk that we previously mapped. The workshop will be accompanied by one of our colleagues, who will provide participants with insights into the significance of these heritage elements for the local environment and culture. The photos taken during the workshop will form the basis for a small exhibition highlighting local agrobiodiversity. Min. number of participants: 10	March-April 2025
Practical workshop on collecting and culinary valorisation of local wild plants	An awareness-raising workshop will be organized for the general public to encourage greater inclusion of wild herbs in their diets. A foraging expert will be invited to lead the session, demonstrating how to identify various types of wild herbs, discussing their nutritional value, and showcasing healthy and creative ways to prepare them properly. Min. Number of participants: 10	April 2025
Working with wool	As sheep wool was an important part of local identity which is currently under great threat, we will organize a series of workshops with different experts, including washing and dyeing with natural dyes, felting, weaving. Min. Number of participant per workshop: 10	May-October 2025

Lectures on how to add value to local varieties	We plan to organize two or three lectures/workshops—one focusing on Krk Broskva, one on Krk olive oil, and one on oak acorns. These sessions will include best practices for protecting and enhancing the value of these products through commercialization, transformation and certification.	February 2025 & September 2025
Stone drywall workshop	The workshop will be organized for anyone interested in the skill of stone drywalling, and for the employees of KD Dubašnica working on heritage issues. This is skill protected by UNESCO as intangible heritage is necessary for any type of natural-friendly agriculture in our karst fields. In the workshop a unique example of a shepherd's hut called "mošuna"'s walls will be rebuilt by participants in a two-day workshop combining theoretical and practical knowledge from drywalling experts. Min. number of participants: 7	April-May 2025
Workshop head to toe use of Krk sheep	A workshop will be organized for catering school students and restaurant workers, focusing on a zero-waste approach to utilizing Krk sheep. The goal is to promote a more sustainable use of sheep meat throughout the year. As an outcome of the workshop, a brochure will be created to serve as both a resource and a reminder for participants. Min. Number of participants: 7	May 2025
Round table on traceability of Krk sheep products	We will organize a round table with key regional stakeholders to discuss strategies for improving traceability and adding value to the gastronomic offerings related to Krk sheep, with the aim of protecting the breed. Invited stakeholders will include representatives from tourism boards, municipalities, the HoReCa sector, and regional agencies for food and agriculture.	May 2025
Cultural landscape panel discussion	A panel discussion on the topic of cultural landscapes will be organized to foster a deeper understanding of this heritage category, which encompasses knowledge, skills, and their spatial manifestations. The panel will feature experts such as ethnologists, conservators, architects, and specialists in dry-stone wall construction. The discussion will address issues such as the possibilities for protecting landscapes shaped by pastoral practices.	October 2025
2. STUDY VISIT OF LOCAL STAKEHOLDERS TO A BEST PRACTICE DESTINATION		
Study visit at Slow Food Presidio at Local action group Karst	Location: Devin, Nabrežina	March 2025
Study visit of stakeholders from	Location: Krk	May 2025

Primorsko - Notranjska region to destination Krk		
Study visit to Terra Madre Cheese	Location: Bra, Piemonte	September 2025
Study visit of local stakeholders to a best practice destination Istria region	We have already implemented this activity as a precursor to other activities, bringing 10 local stakeholders (chefs, farmers, restaurant owners, fishermen, tourist board directors...) to the region of Istria, which is considered a best-practice destination in Croatia in terms of valorising agrobiodiversity. We visited regional agriculture and rural development agency, interpretation centres focused on local gastronomy, shops with local produce, agro-tourism providers.	November 2024
3. PRESENTATION OF LOCAL AGROBIODIVERSITY AT LOCAL GASTRONOMIC EVENTS		
Festival Koline	Koline at Andrejevi, Ekotourism Andrejevi, Narin. Štorja s Kolinami, Bistro Štorja, Postojna	November – December 2025
Green Karst culinary academy	Dinner in organization of Ekotourism Hudičevac, Hotel Pira and Hunting family Črna jama	November 2025
„Sensa“	Sensa is a local tradition – the run for cheese, in which the shepherds traditionally ran and the fastest one got a blessed cheese as a reward. This year we will organize a 3-day event „Cheese fest“, which will include some of the capacity-building activities listed above, but also cooking with local ingredients, concerts, etc.	End of May 2025
„Dubašljanska Gaštronomija“	Dubašljanska Gaštronomija will be a one day cooking show event with a fair of local producers, and local music.	First half of September 2025
4. DEVELOPMENT OF TOURISM ITINERARIES VALORISING FOOD HERITAGE		
Working meeting with stakeholders	Restaurants, Visit Postojna Organization, RDO Green Karst Creating new itineraries in gastro tourism in region, connecting restaurants with local and seasonal cuisine and local heritage providers, managers of natural sites, story telling providers, bee keepers Main task: to create new local gastronomic experiences Three- and Seven-day Tourism Itineraries Valorising Food Heritage	April 2025
Presentation of tourism itineraries	The workshop on intangible heritage will serve as the starting point for creating new itineraries. Working with	January- December 2025

	external experts, we will develop 3-day and 7-day itineraries throughout 2025, showcasing some aspects at the <i>Dubašljanska Gaštronomija</i> event. The finalized itineraries will be presented in leaflets and tested through organized interpretative walks by the end of 2025.	
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2.2 Piloting the Curriculum on “Slow Food” Tourism Practices

2.2.1 SReST Tools and Methods

The creation of a curriculum on “slow food” tourism practices is crucial for enhancing knowledge and awareness of agro-biodiversity and food heritage tourism in the face of modern threats like industrial agriculture, globalization and the homogenization of food cultures. These pressures risk eroding local traditions, biodiversity and the unique heritage tied to regional cuisines. By focusing on “slow food” principles, the curriculum emphasizes sustainable practices that protect agro-biodiversity and preserve ethical traditional food production and heritage-focused tourism that supports local economies and ecosystem conservation.

The curriculum on “Slow Food” Tourism practices - *Good practices of “Slow Food” from Danube region* - will not only equip learners with the knowledge to appreciate and promote agro-biodiversity but also provide the skills to develop responsible tourism initiatives that contribute to local economies and environmental conservation.

Learners will gain skills in sustainable tourism planning, marketing of local food products and community engagement, as well as knowledge of agroecological systems, traditional food preparation and the cultural significance of regional cuisines and other topics.

In order to achieve required quality of curriculum, consultations with stakeholders, including farmers, chefs, tourism operators, local communities, educational institutions are crucial in developing this curriculum to ensure its relevance and applicability. Stakeholders bring diverse perspectives, practical insights and authentic experiences that enrich the content and align it with real-world challenges and opportunities. Their input helps create a curriculum that respects local contexts, meets the needs of the industry and fosters collaboration across sectors to promote and celebrate food heritage while promoting responsible tourism.

As an additional value, the curriculum should not only foster a deeper appreciation for sustainable food practices but also serve as a catalyst for behavioural change, encouraging participants to adopt and advocate for responsible consumption and production habits. More importantly, it aims

to ignite the entrepreneurial spirit of youth by equipping them with the tools and knowledge needed to develop innovative agro-tourism ventures. By blending traditional food systems with modern business strategies, the curriculum should empower young people to create sustainable enterprises that celebrate local heritage while contributing to economic growth and environmental stewardship. This entrepreneurial focus ensures that future generations can sustain and adapt these practices in a rapidly changing world.

2.2.2 Pilot Testing in Primorsko - Goranska County (Croatia) and in Bratislava (Slovakia)

As stated at the end of previous subchapter, the crucial element for creation and pilot testing of the curriculum are the consultations with stakeholders. The stakeholders, either associated partner, subjects identified during mapping but also any other relevant subjects identified during the preparation of the curriculum and final pilot event are to bring their knowledge, experience and good practice examples in order to facilitate these to the young people, showing them possibilities of utilising traditional “slow food” approaches in tourism, allowing them to realise their potential and help economic growth and sustainability of their region.

The prospective viable stakeholders will be reached out to during project period 3. Depending on their preference (as we must respect the availability of each subject based on their entrepreneurial nature) meetings will be held either physically or digitally. We assume that there will be need for direct meeting in order to describe the project motivation and the Pilot activity planned to take place. Once agreed upon cooperation, a round table networking event should be organised, during which idea sharing/brainstorming sessions will take place in order to increase the quality of curriculum and possibilities of testing its functionality. Interested parties will be also invited to join the Socially Responsible Slow Food Tourism Pact (A2.1). The consultations with stakeholder would be conducted in Bratislava region (SK), Prešov region (SK) and Primorsko - Goranska County (HR).

The Pilot testing itself should take place in project Period 4. University of Economics has a tradition of organising a Youth Erasmus as a form of Summer School activity, during which secondary school students are invited to the University to learn more about processes and education possibilities at universities, which helps them make better decision to find their desired career paths and study relevant subjects. Here we see a huge potential of ideal testing ground, as it introduces young learners to the concept of sustainable food systems and agro-biodiversity at an early stage, fostering environmental awareness and ethical values before they make academic and career choices. This exposure can spark interest in food-related studies and careers, potentially attracting a new generation of students to fields like agroecology, sustainable tourism and food heritage preservation.

Moreover, secondary school students bring fresh perspectives and curiosity, which can serve as a valuable testing ground for refining the curriculum's content and delivery. Their feedback helps

identify areas that may need simplification, additional engagement or clearer connections to real-world applications. By tailoring complex concepts to resonate with younger learners, universities can better prepare for more inclusive and impactful education at all levels. Finally, such testing creates a bridge between secondary and higher education, showcasing the academic possibilities and career pathways associated with “slow food” principles. It inspires students to see the practical and entrepreneurial opportunities in this field, cultivating a generation that is not only environmentally conscious but also motivated to innovate within sustainable food systems.

For the needs of piloting, we have already conducted desk research on the most relevant topics to be presented, discussed and worked upon in the to-be-created subject. The preliminary topics in the curriculum are as follows:

1. “Slow Food” and healthy lifestyle: From local food to wellness.

This theme focuses on linking the “slow food” philosophy with the concept of healthy living, which includes quality nutrition, support for local producers and wellness activities. It emphasises the importance of slow eating and conscious food choices.

2. Zero Waste philosophy in “Slow Food”.

This theme focuses on connecting the Zero Waste philosophy with the values of “slow food”. The aim is to present ways to minimize food waste and promote environmentally sustainable eating.

3. Food of Future: “Slow food” vs. the rapid globalization of food.

This theme explores the contrast between the “slow food” philosophy, which promotes local, traditional and sustainable approaches to food and the process of globalisation of the food industry, which is characterised by mass production, uniformity and rapid distribution of food to the global market.

4. The Art of “Slow Cooking”: A Return to Traditional Techniques.

This theme focuses on the revival and celebration of traditional cooking techniques that are associated with the philosophy of “slow food”.

5. Clean production techniques

This theme explores clean production techniques aligned with the “slow food” philosophy, focusing on environmentally friendly and ethical approaches like agroecological, organic, biodynamic and regenerative farming.

6. “Slow Drinks”: Traditional drinks for the modern generation.

This theme focuses on the concept of “slow drinks” as part of the “slow food” philosophy. It highlights the value of traditional beverages that have cultural, historical and environmental significance, while trying to address the needs and desires of the modern generation.

7. “Slow Food” and travel: How to be a responsible tourist.

The theme explores the connection between the “slow food” philosophy and sustainable and responsible travel. The aim is to show how travellers can actively contribute to the

preservation of local culture, traditions and the environment through the selection of authentic culinary experiences.

8. Urban Farming and urban “slow food” initiatives.

The topic deals with the concept of urban agriculture and its connection to the “slow food” philosophy. It highlights how growing food in urban environments can contribute to sustainability, reducing the carbon footprint and supporting local communities.

9. “Slow Fashion” and its connection with the “slow food” philosophy.

This theme explores the parallels between “slow food” and the “slow fashion” movement, highlighting the shared values of sustainability, ethical production and respect for tradition.

10. Local gastronomic heritage through the eyes of young people.

This theme focuses on the unique local gastronomic traditions, which are an integral part of its cultural heritage. It explores how young people perceive traditional dishes and what role they play in their contemporary lifestyles.

11. “Slow Food” as a path to community building and social connection.

This theme highlights how the “slow food” philosophy contributes to strengthening interpersonal relationships, local communities and cultural heritage. It explores how eating together, sharing recipes and supporting local producers brings people together and creates a sense of belonging.

12. Modern technologies and digital tools in the “slow food” movement.

This theme focuses on how modern technology and digital tools can support the goals of the “slow food” movement, particularly in the areas of promotion, education, information sharing and engaging the wider public.

13. “Slow Food” activism and advocacy: Become an ambassador for sustainability.

This theme focuses on the role of individuals and communities in promoting the values of “slow food”. It presents ways that people can actively contribute to a sustainable and equitable food system through advocacy, education, and community action.

Under current stage of development, the preferred form of holding the subject is present in person. This is due to the fact that in most of the presented themes, organisation of an excursion to a local producer, service provider, farm, hotel, restaurant or any other relevant tourism body or organisation could be a possibility.

Based on our empirical academic experience however, we know that it is often not easy to organise field visits for varying reasons (availability, budget, legislation and internal organisational rules...). Due to this factor, we propose the possibility of organising of the lectures in a hybrid setting. This would also allow to easily provide cross-border good practices from other regions to be shared transnationally. At the same time, mentors from practice might be more willing to partake in the training programme, removing the need to travel, thus saving them time and finances.

During the 13 weeks of training, students would be continually working on a team project which would be presented at the end of the course. Currently we are working with two possibilities of the final project layout:

- a) Business planning – Students would be preparing a business plan for a new product or a service that would be provided in their local region based on the principles of “slow food” approach.
- b) Travel itineraries creation – Students would be preparing interesting travel itineraries and guides, highlighting valuable gastronomic experiences in their region that are in line with “slow food” approach.

Currently, we are leaning to the second option as it is more in line with the goal of the project activity goal of creating “slow food” itineraries grounded in agrobiodiversity and food heritage. However, we are also curious about feedback received from the stakeholders during the preparation stage. Preferred final project can be also selected based on the attendees and their field of study.

The desired impact of this curriculum integrates knowledge, competence, and skills to prepare students for meaningful engagement in “slow food” tourism. By understanding the philosophy of “slow food”, its environmental benefits, and its role in preserving cultural heritage, students gain insights into creating sustainable and authentic tourism experiences. They develop the competence to analyse destinations, collaborate with local producers, and design innovative tourism products that respect traditions and support communities. Practical skills in communication, data analysis, itinerary planning, and business strategy equip students to address real-world challenges, balancing ecological sustainability with economic opportunities in the dynamic field of “slow food” tourism.

2.3 Piloting the Engagement of Young Chefs with Disabilities in “Slow Food” Tourism

2.3.1 SReST Tools and Methods

The concept of “slow food” emphasizes sustainable, local and mindful food practices, which align with principles of accessibility, community involvement and cultural appreciation. These are values that can be particularly meaningful for young chefs with disabilities. The implementation of capacity-building events for young chefs with disabilities is essential for promoting greater engagement in “slow food” tourism, as it encourages inclusivity, diversity and empowerment within both the culinary and tourism industries.

With this respect, key elements need to be addressed for effective implementation. These are:

- **Promoting inclusivity and equal opportunities**

Young chefs with disabilities may face barriers to entering the culinary industry, especially in specialized fields like "slow food" tourism, which often involves niche skills, small-scale operations and sustainable practices. Capacity-building events provide them with the tools, knowledge and networks to overcome these barriers, ensuring they have equal access to opportunities for training, employment and entrepreneurship in the industry.

- **Building skills specific to “slow food” tourism**

“Slow food” tourism is deeply rooted in the philosophy of sustainability, tradition and local culture. For young chefs with disabilities, these events can teach specialized skills such as:

- Knowledge of local, sustainable ingredients: this can include training on sourcing local products and working with seasonal products.

- Food preservation and fermentation techniques: these are often key in “slow food” traditions, and teaching these processes in an accessible way can empower chefs with disabilities to create distinctive products or dishes.
 - Food storytelling: the “slow food” movement emphasizes the story behind food. Young chefs with disabilities can be trained to communicate their own unique journey and experiences, bringing depth to the cultural context of their work.
- **Addressing specific needs for effective implementation**

For capacity-building events to be effective, they must be tailored to the specific needs of young chefs with disabilities. These needs can include:

 - Physical accessibility: Venues and events should be physically accessible to all participants. This may involve providing accessible kitchens, equipment and mobility aids, as well as ensuring transportation to and from events is accommodating.
 - Assistive technology and tools: Some young chefs with disabilities may require assistive technology (e.g., adaptive kitchen tools, speech-to-text software or sensory tools) to participate effectively in cooking activities and training sessions.
 - Flexible training formats: Offering a variety of learning formats—such as visual, auditory and hands-on training—can ensure that participants with different types of disabilities are able to engage with the material. Additionally, providing extended time for tasks or smaller group sessions can help create a more supportive and individualized learning environment.
 - Disability awareness and support: Trainers, mentors and event organizers should be trained in disability awareness to ensure they can effectively communicate with and support chefs with different types of disabilities. This includes understanding the unique needs of participants, offering encouragement and fostering an inclusive, respectful environment.
 - Mental health and well-being support: Engaging in capacity-building requires not only physical skills but also emotional resilience. Events should offer mental health support or workshops that address the psychological challenges young chefs with disabilities may face in the culinary world, helping them navigate potential stigma and build confidence in their abilities.
 - Tailored career support: Providing career development sessions specifically designed for young chefs with disabilities can help them better understand the dynamics of the “slow food” tourism sector, identify job opportunities, and access entrepreneurial resources. These events can also teach self-advocacy skills and how to navigate the industry, especially in terms of working with chefs, restaurateurs and tourism operators.

- **Networking and collaboration**

By participating in capacity-building events, young chefs with disabilities can connect with others in the “slow food” movement, from local farmers to food tourism operators. This network provides opportunities for collaboration, mentorship and career advancement that might otherwise be inaccessible due to physical or social barriers.

Capacity-building events tailored for young chefs with disabilities are highly relevant in fostering a more inclusive, diverse and sustainable “slow food” tourism industry. These events help address the specific needs of young chefs with disabilities by providing the skills, knowledge and resources necessary for effective participation, while also creating a more inclusive culinary ecosystem that reflects a wider range of experiences and backgrounds. By doing so, the slow food movement can become a more accessible space for everyone, enriching both the culinary world and the tourism experience.

2.3.2 Pilot Testing in Sarajevo Canton in B&H

Our pilot initiative of engaging young chefs with disabilities in “slow food” tourism will be implemented in Sarajevo Canton area, where the largest number of people with special needs in Bosnia and Herzegovina live and/or are educated. Also, the mapping process (in which the slow food products, producers and other relevant stakeholders were identified within the “SReST” project) was conducted in Sarajevo Canton (with special focus on Bjelašnica mountain and Nišići plateau).

The main objective of the pilot is to train and facilitate the employment of people with disabilities (PWD) in the catering industry through the preparation of “slow food” i.e. traditional dishes (such as Keške, Ašura, Cicvara, Kljukuša, flower sirups such as Rosa damascena or elderly flower), as well as modern dishes and culinary explorations with micro-vegetables, sprouts, edible flowers, wild collected berries, mushrooms.

The training will integrate the knowledge and use of locally produced food from the 2 target areas. The local raw or processed products are in particular local cereals and crops from Nišići plateau and Bjelašnica including barley, triticum, buckwheat, wheat, local roots and potatoes, wild blueberries, wild garlic, aronia, rosehip. These products offer wide gastronomic possibilities, organoleptic properties and nutritional benefits. By the same way, they will support the small local producers. The target group will learn old recipes (that need to be cost effective and adapted to the catering sector) and the use of locally produced food.

The primary target group is vulnerable groups, targeting people with disabilities (PWD) who will undergo training, while the beneficiaries of the project will be local communities, tourists and restaurants who will have the opportunity to enjoy authentic traditional and modern dishes. The expected target number of direct beneficiaries is 10 PWDs to be trained and certified. This target group has many different profiles and needs depending on the type of disability (sensorial or psychosocial or motoric).

Activities to be implemented within the Pilot:

Type of activity	Detailed description of specific activities	Duration and timeline of activities
1- CAPACITY BUILDING ACTIVITIES - TRAINING ACTIVITIES		
Professional training for the PWDs	Capacity building and awareness raising are the core and integral part of the proposed pilot activities. Professional training for PWDs in the production of "slow food" by the organization of training that will cover various aspects of preparing traditional and modern dishes, with an emphasis on cooking techniques that promote the use of local ingredients and the preservation of tradition.	Beginning of March to end September 2025
Identification of the Direct beneficiaries PWD	Training for 10 people with disabilities: Selection of at least ten people with disabilities from Sarajevo Canton, who will go through the training program and identification of their capacities and motivation. PWDs who are interested in "slow food" will be identified and motivated during one month.	Duration 1 month March 2025
Definition of the training curriculum and selection of the trainers for the target group	Thematic training units will cover: selection of ingredients for dishes, preparation of specific traditional and modern dishes including cooking techniques, sanitary standards and use of local and innovative ingredients, as well as the basic business skills needed for success in gastronomy.	Duration 1 month March 2025
Education	Education: Duration of 3 months, focusing on the skills of preparing traditional and modern dishes.	Duration 3 months April to June 2025
Practical work	Practical work and exercises: participants will apply what they have learned through practical training in a professional kitchen and will also visit restaurant kitchens in the project area for the purpose of practical training in partnership with restaurants and hotels.	Duration 2 months July and August 2025
Certification of participants/ direct beneficiaries	Upon completion of the training, participants will receive certificates confirming their training, which will help them find work in the gastronomy sector	End of pilot project - September 2025

2 - PROMOTION AND COMMUNICATION ACTIVITIES FOR THE FACILITATION OF EMPLOYMENT OF PWD AND RAISING PUBLIC AWARENESS ABOUT THEIR NEEDS AND CONTRIBUTION TO THE COMMUNITY'S SOCIO-ECONOMIC DEVELOPMENT

<p>Organization of 2 info events</p>	<p>These events will serve to promote the project, network with local communities and encourage awareness of the importance of employment of PWDs. The media will be involved to ensure that the information reaches a wider audience. Info events are planned in such a way that the professional chefs with whom users would practically work and prepare "slow food" for event participants are hired, where the media representatives and key actors are invited, and lunch for all of them would be prepared. Along with lunch and socializing, they would tell a nice story and send a positive message through the media. The location can be at the premises of the selected organisation or some facility in Bjelašnica or Nišići.</p>	<p>Duration of 4 months for all promo events and activities June to end September 2025</p>
<p>Organization of a "Chef competition"</p>	<p>At the end of the pilot project, the selected pilot organisation will organise a chef competition, which will refer to people with disabilities who have completed the entire training process. This will serve as a platform to showcase the skills of the participants and promote traditional and modern dishes, and will also attract the attention of the media and local communities.</p>	<p>Duration of 1 month between July and end September 2025</p>
<p>Organization of one event such as "Networking Event" or a "Career Day"</p>	<p>This event will be organized in order to create links between people with disabilities who have completed education and potential employers, with the aim of integrating them into the labour market, where their work and achievements in the field of "slow food" preparation would also be presented.</p>	<p>Duration of 1 month between July and end September 2025</p>

Deliverables and impact expected from Pilot 3 are:

- Special training curriculum for educating PWDs to prepare "slow food" products designed
- 10 PWDs theoretically and practically trained for preparing "slow food" products and awarded certificate for their newly acquired skills
- 2 promo events organized promoting pilot action among wider audience
- PWDs are linked with potential employers.

2.4 Piloting the Engagement of the Immigrant Community in “Slow Food” Tourism

2.4.1 SReST Tools and Methods

Engaging the immigrant community in “slow food” tourism can enhance inclusivity, foster cultural exchange and enrich the overall culinary experience. Here’s why the proposed tools and methods are relevant:

Capacity Building and Awareness Raising Events

- **Empowering Immigrant Communities:** These events provide immigrants with knowledge, skills and resources to effectively participate in the slow food movement. They learn about local tourism systems, sustainable practices and how to present their culinary traditions.
- **Fostering Confidence and Leadership:** Capacity building instils confidence in immigrants, empowering them to take active roles in tourism initiatives, share their heritage and network with local stakeholders.
- **Promoting Inclusivity and Cultural Appreciation:** Awareness-raising events educate the broader community about the value of immigrant food traditions, reducing cultural biases and building mutual respect.
- **Encouraging Collaboration:** These events create opportunities for immigrants to collaborate with local producers, restaurateurs and event organizers, fostering long-term partnerships.

Presentation of Food Heritage by Immigrant Community at Local Gastronomic Events

- **Celebrating Diversity:** Immigrant food heritage introduces unique flavors, techniques and stories, enriching the gastronomic diversity of slow food events and attracting a wider audience.
- **Strengthening Cultural Identity:** Participation in such events allows immigrant communities to preserve and showcase their culinary traditions, fostering pride in their heritage.
- **Enhancing Visitor Experiences:** Tourists gain a more authentic and diverse culinary experience, aligning with the principles of slow food tourism that value tradition, quality, and storytelling.
- **Building Social Bridges:** By sharing food and its cultural significance, immigrants and locals can engage in meaningful dialogue, enhancing social cohesion and mutual understanding.
- **Economic Opportunities:** These events create opportunities for immigrant entrepreneurs to promote their food products and services, contributing to local economies.

Together, these activities ensure immigrant communities are not only participants but also key contributors to the success and richness of the “slow food” tourism movement.

Implementers of activities targeting immigrants need to have a wide range of skills, competences and personal qualities that enable them to work successfully in a multicultural environment and promote the integration and inclusion of vulnerable migrant communities.

The key areas are:

- Knowledge of and respect for the different cultural traditions, values and customs of immigrants.
- Ability to understand the culture shocks, prejudices and other barriers faced by immigrants.
- Skills to communicate effectively in a multicultural environment, even when language barriers pose a challenge.
- Knowledge of the basic culinary traditions of immigrant countries and local cuisine.
- Ability to plan and deliver workshops, cookery courses and events.
- Knowledge of the rules of food preparation and service in accordance with local regulations.
- Ability to present knowledge in a way that is understandable and adapted to the participants.
- Mentoring and assistance in integration into work, school or training programmes.
- Encourage immigrants to participate, learn and integrate into the local environment.
- Implementers must be able to build trust and create a safe environment for immigrants.

- Liaison with local organisations, the municipality, schools and other public institutions.
- Ability to present the project to the local community and promote events.
- Ability to adapt to the needs and expectations of different groups.
- Initiative in finding solutions and creating new opportunities.
- Working with vulnerable groups takes time and long processes.
- Understanding of migrants' rights, protection status and other legal frameworks.

A group of practitioners - experts in several fields, combining technical skills, cultural sensitivity and social responsibility – are very relevant for successful implementation of such initiatives. Their ability to build bridges between the local community and migrant groups is crucial for the success of the pilot activities and the sustainable integration of migrants.

2.4.2 Pilot Testing in Primorsko – Notranjska Region in Slovenia

The pilot activities will be carried out in the Municipality of Postojna, together with other municipalities of the Primorsko - Notranjska region. The municipality of Postojna is one of the "migrant municipalities" in Slovenia (along with Ljubljana, Koper, Maribor, Logatec and Novo mesto) where the Office of the Government of the Republic of Slovenia for the Integration and Care of Migrants has located its accommodation centres to accommodate migrants from non-EU countries who enter Slovenia either legally or illegally and apply for temporary protection or asylum in Slovenia. The following institutions are operating in the municipality:

- A residential centre for unaccompanied young people (children up to 18 years without parents), which operates as a 24-hour home for children who have fled to Slovenia illegally and who have already obtained temporary protection status or who have submitted an application and are still waiting for their status to be confirmed. There are currently 15 children in the home, but the number changes on a monthly basis. The residential centre is organised as a community, each child has a guardian/legal representative who takes care of him/her and represents him/her and arranges all official actions for him/her (as a parent usually does for a child). Many (leisure) activities are organised in the home, but of course the children have to attend either primary school (if they have not finished it in their home country or here) or they are enrolled in regular programmes at two secondary school centres or at the People's University. Children are involved in activities that the municipality carries out through its public institutions to integrate them into the local community, they learn the language, they are involved in after-school activities - sports, music, creative work, dance, etc. A few children - who are almost 18 - work here through student work, and most

of them in the catering industry. Three of them have already expressed their wish to get a better education in this field.

- The accommodation centre for Ukrainian refugees who have fled Ukraine since 2021 and already have temporary protection status or are still asylum seekers. Most of the people accommodated here are women with children, with very few men. All refugees have 14 hours of accommodation, food, the opportunity to talk, and children attend regular primary or secondary school. They are also included in the activities that the municipality organises for immigrants through public institutions - language lessons, creative workshops, etc.
- An orphanage with children from Ukraine (Slavina village), who applied for help to settle in Slovenia in 2021 and the municipality opened its doors to them. The orphanage has its own staff from Ukraine, and in addition Slovenian educators have been recruited because the previous team was too small for the volume of work. The children go to regular Slovenian kindergartens and schools.
- A work camp is also organised in the municipality for about 500 workers from Turkey, who are building the second line of the Koper - Ljubljana railway line in Slovenia (Orehok village).
- In the neighbouring municipality of Logatec, there is a residential centre for families (from non-EU countries), and the municipality of Postojna also occasionally involves them in additional activities.

The SReST pilot activity will bring together the migrant community and the stakeholders we have involved in the SReST project. In this way, migrants will actively participate in the local community through participation in culinary activities, they will come into contact with local people and will be better integrated into society. Through culinary activities, they will be able to present their culture and the cuisine of their countries of origin. They will also come into contact with the local cuisine of the country, municipality, community that has welcomed them. Through educational and awareness-raising activities, local people will get to know them, accept them better and embrace their culture.

The main purpose of the pilot is to involve vulnerable groups in the “slow food” tourism. In municipality of Postojna, we will actively involve immigrants or migrant communities settled in our community in the SReST project. The aim of the pilot will be to educate and train immigrants and facilitate their employment in the local community in the field of gastronomy and culinary arts. The project also aims to facilitate the integration of immigrants through the presentation of their culinary and gastronomic cultures from their countries of origin at the main gastronomic events in the municipality and the whole Primorsko - Notranjska region.

The SReST pilot action 4 is a holistic initiative with the main objective to integrate migrant communities into the local environment through culinary activities, with a focus on “slow food” tourism. It focuses on the education, training and integration of migrants in gastronomic activities and the promotion of their culinary heritage, while strengthening the sustainable tourism offer in the municipality of Postojna.

Key features of the pilot action:

Education and training: Migrants will receive workshops and training in gastronomy and culinary arts, which will improve their employment prospects in the local environment.

Cultural exchange: Migrants will be introduced to their traditional cuisine through culinary events, while learning about local Slovenian cuisine, which will help mutual understanding and integration.

Integration into the local community: by participating in culinary events and activities, migrants will take an active part in local life, which will facilitate their social integration.

Sustainable tourism: The pilot action supports the transition of Postojna from mass seasonal tourism to sustainable tourism based on local, seasonal and traditional cuisine. Migrant communities will contribute to the diversity and quality of the gastronomic offer.

Social cohesion: the project builds bridges between migrant communities and the local population and promotes acceptance of diversity through culinary and educational activities.

The pilot will facilitate the integration of migrants into the local environment, improve their employment opportunities and contribute to the enrichment of the local culinary offer. In addition, the project promotes sustainable tourism development and greater inclusion of vulnerable groups in social and economic life.

The pilot action is therefore not only a social project, but also an economic and cultural project that supports the strategic objective of the municipality of Postojna - the development of sustainable tourism and an inclusive local community.

The team of practitioners involved in the SReST project for the integration of the migrant community will work according to the following steps, which ensure a structured and efficient approach to the implementation of the activities:

1. Needs analysis and activity planning

❖ Understanding the community:

- Gathering information about migrant groups, their background, needs, skills and interests.
- Identification of local resources, partners and existing programmes that can be included in the project.

❖ Planning of activities:

- Designing a programme of activities based on the needs of migrants and the objectives of the project (workshops, events, training).
- Adapt the activities to the age, cultural background and level of inclusion of the participants.

2. Building trust and connecting with the community

❖ Establishing contact:

- Organising kick-off meetings with migrant communities to introduce the project.
- Creating an open and safe environment for communication.

❖ Involving local stakeholders:

- Liaising with local organisations, schools, cultural associations, businesses and other relevant partners.

3. Education and training of practitioners

❖ Team preparation:

- Implementers receive training on cultural specificities of immigrants, best integration practices and relevant legislation.
- Training on how to carry out activities in line with the principles of sustainable tourism and Slow Food philosophy.

4. Implementation of activities

❖ Organisation of culinary workshops and events:

- Migrants participate in the preparation of traditional dishes while learning about local culinary practices.
- Focus on interactive and experiential methods to encourage participation.

❖ Integration activities:

- Joint activities with local residents (creative workshops, sports events, cultural exchanges).
- Encouraging the active participation of immigrants in the organisation and implementation of events.

5. Monitoring and adapting activities

❖ Ongoing monitoring:

- Regularly collect feedback from migrants and the local community.
- Adapt the programme according to the findings and needs of the participants.

❖ Support to participants:

- Providing mentoring and one-to-one support to immigrants in attending events, learning or getting a job.

6. Connecting with the local environment and economic operators

❖ Establishing collaborations:

- Connecting migrants with local businesses, especially in the hospitality, tourism and gastronomy sectors.
- Promotion of migrants as active members of the local community contributing to development.

❖ Participation in major events:

- Presenting the results of the work of migrant communities at local, regional and national gastronomy and tourism events.

7. Project evaluation and follow-up

❖ Performance evaluation:

- Measuring the achievement of project objectives such as employment opportunities, integration and participant satisfaction.
- Analysis of the impact on the local community and identification of good practices.

❖ Planning next steps:

- Proposals for continuation or extension of activities.
- Transfer of lessons learned to other municipalities or projects.

8. Communication and promotion

- ❖ Raising awareness:
 - Active promotion of the project results and activities in the local community, media and social networks.
 - Raising awareness on the importance of integration and sustainable tourism.
- ❖ Networking with other similar initiatives:
 - Sharing experiences and cooperation with other projects or municipalities working on the integration of migrant communities.

These steps ensure that the pilot activities are implemented in a holistic and thoughtful way, where migrants are actively involved and the local community becomes more open and inclusive. The structure allows for flexibility and long-term sustainability of the project.

Activities implemented within the Pilot

Type of activity	Detailed description of specific activities	Duration and timeline of activities
Building trust and connecting with the community		
Education and training activities for practitioners		
Organisation of the initial kick-off meeting and creation of the expert team for the pilot	The purpose of this activity is to establish a common understanding of the SReST project objectives among all stakeholders, to form an expert team with clearly defined roles and responsibilities for the implementation of our pilot, to establish a communication framework and a cooperation structure between all parties involved (municipality, public institutions, NGOs, migrants, local community), to identify and invite all relevant stakeholders who will participate in the project, such as: representatives of the Municipality of Postojna and other municipalities in the region, heads of migrant centres and other organisations supporting migrants, local providers in tourism, catering and gastronomy, representatives of migrant communities and NGOs, educational institutions such as schools and the People's University.	<i>March 2025</i>

<p>Organisation of the initial kick-off meeting and creation of the expert team for the pilot (<i>continued</i>)</p>	<p>Establishing a team of experts: defining key roles in the pilot (Pilot Manager, Migrant Coordinator, Culinary and Sustainable Tourism Experts, Educators and Mentors for educational activities, Logistical Supporters and Communicators. Assigning responsibilities to individual team members - clearly define tasks and milestones for implementation. Discussion and feedback (open discussion of expectations, suggestions and concerns regarding the implementation of the project, gathering feedback to be taken into account for further planning).</p> <p>Key effects of the action:</p> <ol style="list-style-type: none"> 1. A clearly defined expert team with assigned responsibilities; 2. Successful kick-off meeting with a common understanding of the project objectives; 3. Communication framework for effective collaboration established; 4. Integration of key stakeholders who will be actively involved in the implementation of the pilot. 	<p>March 2025</p>
<p>Education and training of operators</p> <p>1 workshop</p>	<p>The aim of the education and training of the implementers is to ensure that all professionals and staff involved are prepared to work with the migrant community in a quality manner, understand the objectives of the project and acquire the necessary skills and competences to implement the pilot action.</p> <p>The main objectives are: to equip practitioners with knowledge on cultural diversity and the specific needs of migrant groups; to train practitioners to work with vulnerable groups in the fields of integration, gastronomy and sustainable tourism; to develop skills in mentoring, communication and organisation of activities that promote the integration of migrants in the local community.</p> <p><u>Key topics of the education and training:</u></p> <p>Best practices for working with vulnerable groups, methods to promote cooperation and understanding between migrants and the local community.</p> <p>Practical skills for working with migrants: Mentoring skills: How to build trust and support the personal development of migrants.</p> <p>Sustainable tourism and the “slow food” philosophy: Basics of sustainable tourism: focus on the integration of local resources, cultural heritage and</p>	<p>April 2025</p>

	<p>natural assets.</p> <p>“Slow food” approach: participants learn about the importance of seasonal, local and traditional cuisine and how to involve migrants in creating such gastronomic experiences.</p> <p>Organisation of culinary and other activities: How to organise and run culinary workshops involving immigrants and local people.</p>	
<p>Education and training of participants - pilot target groups, 1 or 2 workshops</p>	<p>The education and training of the migrant community is aimed at improving their employability, strengthening their competences to integrate into the local community and promoting their active participation in culinary and tourism activities in the framework of the SReST project.</p> <p>The main objectives are: to develop culinary and hospitality skills useful in local gastronomy and tourism; to encourage self-confidence and self-initiative to participate in social and economic activities; to promote cultural exchange between migrants and the local community through culinary and creative activities.</p> <p><u>Education and training content:</u> <i>Cultural orientation:</i></p> <ul style="list-style-type: none"> - Presentation of Slovenian culture, customs, traditions and legislation. - Migrants' rights and obligations: information on labour rights, social services and local opportunities. - Basic cooking and culinary techniques: preparation of local Slovenian dishes using seasonal and local ingredients. <p><i>Introduction to the “slow food” concept:</i> - Focus on sustainable, seasonal and local gastronomy. <i>Intercultural culinary workshops:</i> - Preparation of traditional dishes from migrant communities for inclusion in local gastronomic events. <i>Hygiene and safety in the catering sector:</i> - Basic rules of hygiene, food handling and quality assurance. <i>Employment skills workshops:</i> - How to write a CV, preparing for interviews and finding a job.</p> <p>Help with obtaining certificates: certificates such as HACCP or basic certificates for working in the catering industry. Communication and teamwork: How to work effectively with local people and colleagues in the workplace. Conflict resolution: Methods to manage cultural differences and misunderstandings. Self-confidence and motivation: Promoting</p>	<p><i>Duration 3-4 months, from April to June 2025</i></p>

	<p>independence and active participation in the community.</p> <p>Cooking workshops: Preparation of traditional Slovenian dishes and dishes from migrants' home countries.</p> <p>Simulation of the working environment: Practical exercises for work in the catering or tourism industry, e.g. simulation of restaurant service.</p> <p>Additional guidance: Short theoretical lectures supported by practical examples, videos and handouts. Individual support: Migrants are assigned mentors who accompany them through the training and provide help with practical tasks. Small group learning: Promoting networking and mutual support among participants. Involving local people as guest speakers, mentors or event organisers</p> <p>Expected effects: Migrants acquire basic knowledge of Slovenian and an understanding of the culture. Participants develop practical culinary skills and an understanding of the basics of catering. The acquired knowledge improves migrants' employment opportunities in the local labour market. Participants are ready to actively participate in culinary events and workshops within the SReST project. Strengthening of intercultural dialogue between migrants and the local community.</p>	
Certification of participants - migrants	Upon completion of the training, participants will receive certificates confirming their training, which will help them find work in the gastronomy sector.	<i>November 2025</i>
Identification and implementation of activities	The expert team of the pilot activities will identify activities/events involving immigrants to be part of the pilot action and explore possible ways of participation.	<i>February - December 2025</i>

Connecting with the local environment and economic operators		
Communication and promotion		
<p>Presentation of the results of the work at local and regional gastronomy and tourism events</p>	<p><u>Showcasing the results of immigrants' work and their involvement in culinary activities through participation in local and regional gastronomic-tourist events is a key step towards:</u></p> <p>Connecting migrants with the local community through a shared cultural expression - cuisine.</p> <p>Emphasizing intercultural dialogue and respect for diversity through the presentation of traditional dishes from migrants' countries of origin.</p> <p>Promoting employment opportunities for migrants through direct involvement in tourism sector activities.</p> <p>Enriching the gastronomic offer of the region by combining local and international flavours.</p> <p><u>Preparing for events:</u></p> <p>Migrants will work with experts to design menus that include dishes from their countries of origin and local Slovenian dishes.</p> <p>Food preparation: perfecting recipes, learning how to present dishes and optimising food preparation for a large number of people.</p> <p>Visual presentation: creating signs, leaflets and other materials that present the cultural background of the dishes.</p> <p>Training for serving: communication with diners, serving and answering questions about the dishes.</p> <p><u>Participation in events:</u></p> <p>Migrants will participate in the preparation, cooking and serving of food at stalls or culinary corners.</p> <p>Cooking demonstrations: a live kitchen where visitors can observe the preparation of dishes and learn about traditions.</p> <p>Interaction with visitors: Migrants will be encouraged to share stories about their dishes and cultures.</p>	<p><i>Duration of 8 months for all events and activities</i> <i>May to December 2025</i></p>

	<p><u>Connecting with local providers:</u> Strengthening cooperation with local caterers and food providers: an opportunity to involve migrants in catering activities in the long term.</p> <p><u>Networking:</u> getting to know tourism and gastronomy actors for further opportunities.</p> <p><u>Local/regional culinary events:</u> - Festival of wild food – Educational workshop Edible and wild plants 3x (Postojna, May 2025) - Notranjska Open Kitchen – festival of local cuisine (Postojna, June 2025) - Green Carst culinary Academy – JEJ MUZEJ (Postojna, November 2025) - Festival KOLINE – regional events at restaurants in Primorsko notranjska region (november 2025)</p> <p><u>Wooden stands</u> (up to 9) will be purchased for the presentation of the results of the activities at local and regional culinary events and for the promotion of the activities (cooking of specific dishes) at culinary events.</p>	
Organising and participating in intercultural cooking workshops	<p><u>Special events in cooperation with SReST. Organisation of thematic evenings on intercultural dialogue with food tastings:</u></p> <p>- cooking workshop with individuals from other cultures (Postojna, May 2025)</p> <p>- Intercultural cooking workshop - open kitchen (Cerknica, June 2025)</p> <p>- cooking workshop with individuals from other cultures (Postojna, December 2025)</p>	<i>Between February and December 2025</i>
Evaluation of activities		
Performance evaluation and follow-up, 1 x meeting	<p>Measuring the achievement of project objectives such as employment opportunities, integration and participant satisfaction. Analysis of the impact on the local community and identification of good practices.</p> <p><u>Planning next steps:</u> Suggestions for continuing or expanding activities. Transfer lessons learned to other municipalities or projects.</p>	<i>December 2025</i>

Expected deliverables and impact of the Pilot

1. Measurable pilot deliverables:

- Number of capacity building events: More than two capacity building events will be organised and 3 practitioners will be trained to acquire new skills in working with migrant communities.
- Number of participants: the pilot will involve at least 10 migrants from different groups and nationalities.
- Number of awareness raising and promotional events: The pilot will organise at least 2 culinary events and migrants will participate in at least 2 more culinary events at local and regional level.
- Media coverage: The events and successes of the project will be presented in local and regional media, raising public awareness.

2. Increased social integration of migrants

- Connecting migrants with the local community: migrants will become more involved in the social life of the municipality and the region through culinary activities.
- Intercultural dialogue: People will learn about migrants' cultures, traditions and cuisine, increasing mutual understanding and reducing prejudices.

3. Increased employment opportunities for migrants

- Gaining practical skills: Migrants will be trained to work in the hospitality and tourism sector and gain experience in the field.
- Connecting with employers: Through participation in events, they will be connected with local caterers, farmers and entrepreneurs, which will enhance their chances of long-term employment.

4. Enriching the region's tourist and gastronomic offer

- Increasing gastronomic diversity: Migrant cuisine will contribute new dishes and flavours to the existing offer, improving the attractiveness of the region for tourists.
- Sustainable tourism: The pilot will support the development of an integrated tourism offer based on the integration of local traditions, seasonal ingredients and sustainable practices.

5. Sustainable models for the inclusion of vulnerable groups

- Development of inclusive practices: The pilot will lay the groundwork for future projects on the inclusion of vulnerable groups through gastronomy and cultural activities.
- Transfer of good practices: The results of the pilot will be shared with neighbouring municipalities and other regions in Slovenia and beyond.

6. Long-term impact

- Sustainable impact: The cultural and gastronomic activities will continue after the end of the project, creating lasting links between migrants and the local community.
- Increased visibility of the region: Postojna and the Primorska - Notranjska region will become synonymous with cultural diversity, inclusion and innovative sustainable tourism.

Results of the pilot will not only be short-term, but will have long-term effects on social cohesion, economic development and the visibility of the region. The pilot will serve as a model for integrating migrant communities into the overall development of towns and regions, with a key focus on sustainable tourism, gastronomy and intercultural dialogue.

2.5 Piloting the Engagement of the Unemployed Vulnerable Groups in “Slow Food” Tourism

2.5.1 SReST Tools and Methods

Engaging unemployed vulnerable groups in “slow food” tourism offers a pathway to economic empowerment and social inclusion. By providing training, skill development and job opportunities in sustainable food production, culinary arts and agrobiodiversity tourism, individuals gain support for meaningful employment. This approach fosters community connections, preserves local food traditions and promotes responsible tourism, creating a more inclusive and resilient food ecosystem. The following concept of capacity building events for unemployed vulnerable groups can be effectively applied:

Bridging skills gaps: Unemployed vulnerable groups often lack the specific skills required to participate in the tourism industry. Capacity building provides tailored training in areas such as food preparation, sustainable agriculture, hospitality, marketing, storytelling, empowering them with the skills/expertise needed.

Encouraging social inclusion: Capacity-building events serve as platforms for social interaction and collaboration, reducing isolation and marginalization of groups concerned. By involving vulnerable groups in the "slow food" activities, participants can find a sense of belonging and purpose, which is crucial for their socio-economic reintegration.

Promoting local economic development: "Slow food" tourism emphasizes local and sustainable food production, creating opportunities for vulnerable groups to contribute through guiding,

farming, or cooking. Capacity building provides them new income generation opportunity while improving their self-sufficiency.

Preserving cultural and gastronomic heritage: Vulnerable groups often possess unique cultural and culinary knowledge. Through training and engagement, they can leverage their heritage, ensuring its preservation and adding value to the tourism experience.

Building confidence: For many unemployed individuals, vulnerability originates not just from a lack of resources but from a lack of confidence in their abilities. Structured capacity-building activities provide a supportive environment for improving skills and boosting self-esteem.

By addressing the needs below, capacity-building events can effectively enable unemployed vulnerable groups to engage practically in "slow food" tourism, creating pathways to economic empowerment and social inclusion.

Access to education and training: Vulnerable groups require accessible, affordable, and flexible training opportunities. These should include:

- basic skills in cooking, farming, or hospitality,
- technical knowledge about sustainable practices and food safety,
- soft skills like communication, teamwork, or customer service.

Mentorship and support networks: Ongoing mentorship and the establishment of supporting networks help participants combat challenges, share experiences, and stay motivated. This is particularly important for those who may lack confidence or face systemic barriers.

Language support: For those with limited literacy or language skills, capacity building events/programs must be tailored to be inclusive, using visual aids and practical demonstrations.

Flexible scheduling: Many unemployed individuals, especially women, have caregiving responsibilities so offering flexible schedules is crucial for their participation.

Connection to market opportunities: Capacity-building activities should link participants with actual opportunities, such as partnerships with local actors, restaurants, tourism operators.

2.5.2 Pilot Testing in Hajdú-Bihar County (Hungary)

Piloting the engagement of the unemployed vulnerable groups in “slow food” tourism will take place in Hajdú-Bihar County in Hungary. The following activities will be implemented:

Pilot activity	Timeframe	Details	Outputs
Assessment of local resources and needs to understand the existing “slow food” tourism opportunities	Period 2-3 11/2024 - 01/2025	<ul style="list-style-type: none"> Conduct a summarized county analysis of existing “slow food” tourism assets (local farms, traditional food producers, markets, restaurants, eco-friendly accommodations) in Hungarian and discuss it with local stakeholders Engage local municipalities and tourism offices to identify potential areas for job creation Ask the unemployed population to assess their skill levels, interests 	<ul style="list-style-type: none"> “Slow Food” Stock including jobs and skills
Developing the frames of skill-building programs to support the unemployed groups to equip with the skills necessary for participation in “slow food” tourism via capacity building events	Period 3-4 01/2025 - 11/2025	<ul style="list-style-type: none"> Offer workshops on organic farming, traditional Hungarian agricultural methods (e.g., growing local grains, herbs, vegetables), and sustainable food production techniques Culinary Arts workshop/event in traditional local cooking methods, focusing on “slow food” principles like using local, seasonal, and organic ingredients, collaborate with local chefs or cooking schools Contribution to improve tourism & hospitality skills through dedicated events 	<ul style="list-style-type: none"> “Take it Easy” workshop – basic skills Culinary Arts workshop Thematic workshop – Hospitality and storytelling
Fostering local collaborations and networks to connect unemployed individuals with existing businesses and organizations in	Period 2-4 11/2024 - 11/2025	<ul style="list-style-type: none"> Establish a Local “Slow Food” Network/Task Force involving farmers, producers, restaurant owners, accommodation providers and cultural institutions Organize community events where unemployed 	<ul style="list-style-type: none"> “Slow Food” Task Force Campaign and event series Local Table Initiative (mentorship)

<p>the “slow food” tourism sector</p>		<p>individuals can meet with local business owners for potential internships, apprenticeships, or part-time employment opportunities</p> <ul style="list-style-type: none"> • Create a base for future Mentorship Programs to match unemployed individuals with experienced professionals in “slow food” tourism (farmers, chefs, tour guides, etc.) to provide hands-on learning 	
<p>Promoting local food culture in tourism packages to create attractive “slow food” tourism experiences that highlight the involvement of unemployed groups</p>	<p>Period 3-4 01/2025 – 11/2025</p>	<ul style="list-style-type: none"> • Develop unique experiences through the pre-design of tourist packages that offer visitors a chance to experience local food traditions, such as cooking classes with local chefs, farm visits, foraging tours, or traditional food markets where they interact with locals, including unemployed individuals trained in these roles • Making the base for community-based tourism to encourage visitors to stay in small rural accommodations (e.g., guesthouses) run by locals and unemployed individuals who have been trained in hospitality services • Collaborate with tour operators to create “farm-to-table” tourism packages that emphasize the work of locals and the unemployed in food production and preparation • Organize “slow food” festivals/fairs/events to showcase local produce and dishes 	<ul style="list-style-type: none"> • Farm-to-Fork Adventures & Culinary Escapes • Host with Heart programme

2.6 Piloting the Participation of Youth and Elderly in “Slow Food” Tourism in Depopulated Areas

2.6.1 SReST Tools and Methods

Engaging both youth and the elderly in “slow food” tourism can help revitalize depopulated areas by fostering intergenerational connections and preserving local food traditions. Youth bring innovation and energy, while the elderly contribute valuable knowledge of traditional culinary practices and agricultural heritage. By involving both groups in learning and sustainable tourism initiatives — such as farm-to-table experiences, gastronomic events / food festivals, capacity building and awareness raising events — communities can create new economic opportunities, strengthen social cohesion and breathe new life into depopulated regions. After the mapping process and based on the results obtained, several challenges can be identified and the following tools and methods can be applied to address these challenges:

1. Capacity building and awareness raising events

A series of educational events (workshops and trainings) on different topics and the organisation of study visits to good practice destinations can significantly contribute to knowledge and awareness among stakeholders within the targeted area.

Local stakeholders must be aware of the importance of preserving biodiversity through the preservation and protection of old varieties, local dishes that are in danger of disappearing and

products that are prepared in a specific way or are characteristic of the region. Workshops on various topics with the emphasis on bringing the concept of “slow food” closer to the users, the principles that must be respected, how and what tools “slow food” offers can be implemented.

The following topics are particularly relevant:

- introduction to the concept of Slow Food,
- importance and preservation of old varieties,
- importance of registration and certification,
- product development,
- tourist package development/packaging and serving,
- communication with guests,
- protection of environment,
- available funds for further development,
- promotion and sales of products / services.

2. Study visits for local stakeholders to a best practice destination

Experience has shown that the fastest way to transfer knowledge and experience are study visits. The exchange of experiences and networking will greatly influence the change the awareness of the involved stakeholders, and give them motivation to improve their knowledge and skills.

3. Purchasing of equipment for rural tourism households with young and elderly

A budget for procurement of equipment can significantly improve/facilitate small holders' businesses based on their specific needs. Mostly, these needs relate to the procurement of packaging (bags, glass box), procurement of fruit processing machines (squeezing juice), storage of products or inventory for the reception of guests (tables, chairs, sofas, bed linen, dishes, etc.).

4. Presentation of local agrobiodiversity at local gastronomic (food market) and promotional events

During the implementation of Pilot *Participation of Youth and Elderly in “Slow Food” Tourism in Depopulated Areas* partners organize local/regional and international events where small-scale producers, gastronomy heritage and biodiversity can be promoted. These events help them to improving visibility of the “slow food” concept.

Enhancing the visibility of small producers and promoting biodiversity are crucial for multiple reasons. Beyond simply supporting producers, these efforts help shift consumer perspectives. Raising local awareness about the importance of consuming locally sourced food not only strengthens the local economy but also fosters social sustainability within communities.

One key approach is organizing small-scale exhibitions at various levels, featuring 30-50 exhibitors who are directly involved in the pilot, as well as others interested in adopting “slow food” principles.

Another promotional strategy involves study visits for specialized domestic and international tour operators and bloggers with interests in gastronomy, sustainable development and thematic

travel. These events provide an opportunity to develop new tourism products in targeted regions while educating potential visitors about the area's cultural heritage and traditions.

Lastly, encouraging stakeholders to become members of the international Slow Food movement further enhances the visibility of small producers, integrating them into a global network that values sustainability, tradition and biodiversity.

2.6.2 Pilot Testing in Northern Montenegro and Western Serbia

Pilot testing of participation of youth and elderly in “slow food” tourism in depopulated areas is being implemented in the northern region of Montenegro and the western region of Serbia. This presents a significant challenge, as both areas are faced with rural depopulation. However, these regions are also exceptionally rich in cultural and gastronomic heritage, as well as in biodiversity.

Three partners of the SReST project are involved in the implementation of the pilot: NGO Kisele vode (Montenegro), Association of citizens Vedrina Polimlja and Tourist organization of western Serbia (Serbia). Activities planned by the partners of both countries will be focused on building the capacities of involved stakeholders, developing knowledge and skills, visiting examples of good practice, improving conditions through the purchase of equipment and promotion.

Most of the mapped stakeholders provide services on a small scale in conditions that need to be improved. Bearing in mind that the majority of those mapped are family businesses, we will not have problems with youth at the workshops, because there is a greater possibility that someone from the family can attend the workshops in addition to their permanent obligations. Workshop topics will be adapted to their needs.

Since there is a Slow Food community in Montenegro, several visits of good practice examples located in Montenegro will be organized for beneficiaries involved in the implementation of project activities in the territory of Western Serbia.

During the implementation of the pilot in northern Montenegro and western Serbia, workshops, promotion and procurement of equipment will be organized.

Workshops will be organized in periods 3 and 4 (a detailed plan is presented below).

Parallel to the workshops, the procurement of equipment will be realized, and this will happen in 3 periods. The equipment which will be used for capacity building and promotional events (exhibitions) will be procured before events.

Promotional activities will be implemented in period 5. They will include two parts, the organization of the fair and the organization of a study visit for tour operators and bloggers.

The plan for each segment is presented below:

1. *Capacity building and awareness raising events*

Tropic of the workshop	Period of implementation	Description	Unit/days	Region
Introduction to the "Slow-food" Concept	3	The first capacity building event will start with the description of the "slow food" concept. The workshop will be organized for at least 15 representatives of rural households, local restaurants, local producers, local tourist organization and representatives of project team.	2/4	MNE, SRB
Importance of Preserving and Protecting Old Varieties and Importance of Registration and Certification	3	It's important to share details about preservation and protection of old varieties and their registration and certification. This workshop will be organized in two locations including at least 15 representatives of rural households, local restaurants, local producers, local tourist organization per each workshop. It will be held in two locations in Montenegro and two locations in Serbia.	4/8	MNE, SRB
Tourism Product Development/Product Packaging	3	A very important skill which needs to be improved is the development of the tourism product/service and packaging of local products. The pilot will organize two-day workshop in each region for at least 15 representatives of rural households, local restaurants, local producers, local tourist organization per each workshop. One such workshop will be held in in Montenegro and one in Serbia.	2/4	MNE, SRB

Communication with Guests	3	<p>When we are talking about the “slow food” experience, tourists wish to learn about process of growing and preparing food. Therefore, it is very important to develop effective communication materials for guests. Story-telling is very popular and relevant for tourist experience.</p> <p>We will organize a total of 4 workshops, two per region for at least 15 representatives of rural households, local restaurants, local producers, local touristic organization per each workshop. They will be held in two locations in Montenegro and two locations in Serbia.</p>	4/8	MNE, SRB
Methods and Techniques of Food Presentation and Serving	3.4	<p>Another very important skill missing, is how can we present and serve food to tourist, because the traditional way of serving in our partner regions implies that we must offer big quantities of food, without aesthetic elements. We must take into account whether the food is served for tasting or as a meal. That is why these workshops will be led by renowned chefs, who will show participants how to best serve and present food. The emphasis will be on pairing food and drinks. We will organize a total of two workshops per region for at least 15 representatives of rural house holders, local restaurants, local producers, local tourist organization per each workshop. They will be held in one location in Montenegro and in one location in Serbia.</p>	2/4	MNE, SRB
Environmental Protection in Tourism	4	<p>Environmental protection is crucial for both regions, especially given the limited enforcement of national laws. Therefore, it is essential to raise awareness among the local population (project beneficiaries) about the importance of their personal contributions to maintaining a clean and tidy environment. We</p>	2/4	MNE, SRB

		will organize a total of 2 workshops, two per region for at least 15 representatives of rural households, local restaurants, local producers, local tourist organization per each workshop. They will be held in one location in Montenegro and in one location in Serbia.		
Available Funds – How to Provide Funds for New Investments	4	Funds are available to finance new ideas and improve conditions in tourism at the local, national and regional levels. Therefore, it is necessary to improve the knowledge and skills of all participants so that they can apply for some of the available funds themselves. We will organize a total of 2 workshops, two per region for at least 15 representatives of rural households, local restaurants, local producers, local tourist organization per each workshop. They will be held in one location in Montenegro and in one location in Serbia.	2/4	MNE, SRB
Sales and Marketing in Tourism – Social Networks	4	The last workshop will be focused on skills for sale and promotion. This topic is very interesting for youth, because they have good digital skills, but don't have a knowledge about sales and promotion in sustainable tourism sector. We will organize a total of 2 workshops, two per region for at least 15 representatives of rural households, local restaurants, local producers, local tourist organization per each workshop. They will be held in one location in Montenegro and in one location in Serbia.	2/4	MNE, SRB

2. Study visit of local stakeholders to a best practice destination

Place of visit	Good Practical case	Description	participants
<i>Bijelo Polje</i>	<i>Slow food member</i>	One day study visit will be held in Bijelo Polje. The visit will be organized in rural household Pesic who is a member of Slow Food since 2016. Presentation of host, discussion and degustation of specific product - leafy cheese.	Participants from western Serbia, youth and elderly who are involved in the project, will attend the study visit.
<i>Bijelo Polje/Berane</i>	<i>Rural householder</i>	One day study visit in rural household which will share experience about working in tourism field, about process of registration as well as about sale and promotion.	Participants from western Serbia, youth and elderly who are involved in the project, will attend the study visit.

3. Purchasing of equipment

Type of equipment	Description	Region	Period
<i>Equipment for participants' trainings</i>	Considering that through the project we have planned the procurement of equipment that can improve/facilitate the business of rural youth and elderly in depopulated areas. Mostly, this need is reflected in the procurement of packaging, procurement of fruit processing machines (squeezing juice), storage of products or inventory for the reception of guests (tables, chairs, sofas, bed linen, dishes, etc.).	<i>MNE</i>	<i>3</i>
<i>Equipment for event</i>	Cooking equipment for trainings within Pilot action. Cooking equipment will be purchased for the organization of capacity building events with local tourism service providers in collaboration with rural youth and elderly.	<i>SRB</i>	<i>4</i>

4. *Presentation of local agrobiodiversity at local gastronomic (food markets) and promotional events.*

Type of promotion	Region	Description	Period
Promotional event-exhibition	SRB, MNE	Two promotional events will be organized in Bijelo Polje/Zlatibor for at least 50 local, regional and international exhibitors. The events will take two days in each region. The participants will be involved stakeholders from two regions.	5
Study trip for tour operators and bloggers	SRB, MNE	5-day study trips (one per region) will be organized for specialized tour operators and bloggers who will visit the pilot region and mostly involved participants. Contracted Travel agency from both regions will create itinerary for study visit in each region.	5
Promotion material-flyers, business card	SRB, MNE	Promotional materials will include flyers with details of projects, which will be distributed during implementation.	5
Promotion material for events	SRB, MNE	Promotional material which will be distributed during promotional events: T-shirts, bags, cookers cloths etc.	5