



EC(H)O QUEST:

Crafting a Sustainable Experience
21-22/04/2024



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SUBJECT OF THE EVENT

We have decided to organize a **sustainable traveling event** that took place on two different days between **Comacchio** and **Ravenna** to promote an area of Italy, the **Po Delta**, and above all to raise awareness among students and the community through a day where they can learn or refresh some sustainable practices that should increasingly become part of our good habits.

The event was divided into **3 separate moments and locations**: the event included a first part where the students took part in a **bike tour** in the Comacchio Valleys organized by the Cooperative Le Tracce, which focuses on sustainable and accessible tourism in the Comacchio area. The initiative was open to everyone, and for this reason, we obtained the sponsorship of the municipality of Comacchio.

In the second part of the event, the day after, we moved to the Ravenna location “Ex Azienda Agricola Marani” of ENGIM Emilia-Romagna. There, in the kitchens of the school, the students of the Restaurant Operator course put their skills into practice to **prepare a menu based on the availability of seasonal foods**, under the guidance of a teacher.

Finally, back at the main headquarters in Ravenna, we ended the day by **planting some aromatic herbs and vegetables** in our garden.

PRELIMINARY ACTIONS FOR THE EVENT

Launched in 1971, the **UNESCO “Man and Biosphere” (MAB) Program** is an intergovernmental program aimed at establishing the scientific basis for **improving the relationship between humans and the environment**. The MAB Program combines the practical application of natural and social sciences, economics, and education to safeguard natural and human ecosystems, promoting the sustainable development of territories from economic, social, and environmental perspectives. In this sense, the MAB Program enhances people’s capacity to efficiently manage natural resources for the well-being of both local communities and the environment.



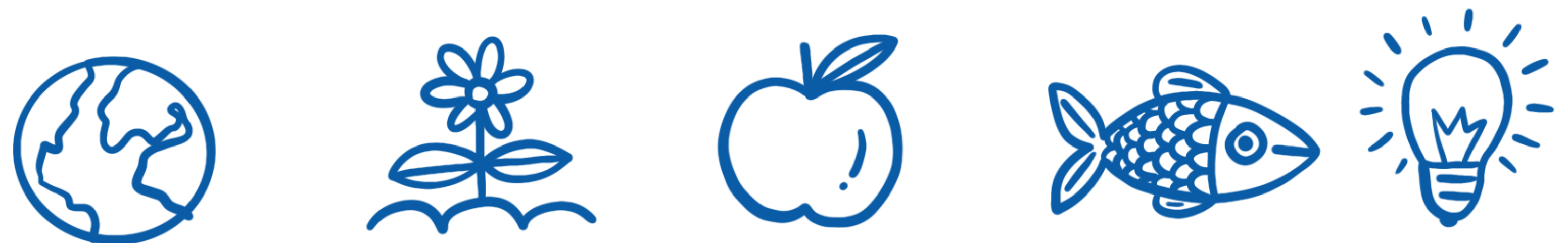
1971- 2021 50 ANNI DEL PROGRAMMA MAB UNESCO
 Precursore dello sviluppo sostenibile



The project bank of the Po Delta Biosphere Reserve Action Plan addresses 11 out of the 17 United Nations Sustainable Development Goals (UN SDGs). Most projects focus on “sustainable cities and communities” and “life on land.”



This very large naturalistic area is located right near our city, but in our opinion, it is not well known enough, especially among young people. Raising their **awareness** of protecting and keeping an area like this alive is certainly one of the main objectives of the event.





PARTNER

The **Coop Le Tracce** is registered in the National Register of the Third Sector (RUNTS) and the regional register of Emilia-Romagna, focusing its work on the most vulnerable categories, starting from the disabled and women, living in the Po Delta territory and the inner lowlands of Ferrara. Its objective is to stimulate **active participation** and **revitalize the community** from the bottom up to improve the living conditions of the reference context.

The organization offers itineraries, courses, workshops, events, and manifestations to valorize the environmental, historical, artistic, cultural heritage, and to **develop and promote cultural tourism** on the Po Delta, a rich historical and storytelling location that allows for a direct, unmediated relationship between the traveler-pilgrim and the territory.

*"We cannot solve our problems
with the same thinking we used when we created them."*

ALBERT EINSTEIN



THE EVENT

The day began with a **bike excursion** in the Comacchio valleys, to experience together with other participants a **sustainable tourism experience** around the city of Comacchio. Halfway through the excursion, they arrived in a natural area where human presence has not been able to integrate with flora and fauna that inhabit it. In fact, the many waste materials present were collected by the students, who made a short stop, equipped with gloves and garbage bags, creating a small **“plastic-free” moment**. The participants were able to realize that if each of us, when spending time in nature, decided to clean up even just the area around us, instead of leaving our waste there, certainly some places would be less polluted by human presence.



Green Kitchen
GAME EDITION



Once back in the center of Comacchio, we headed to our school, where the students engaged the external participants in an awareness-raising session. With the help of the students specializing in IT, a small **sustainability video game** was developed and presented to the guests. It was an interactive quiz-like game where the storyline involved grocery shopping and then cooking a dish in the kitchen. To progress in the game, players had to answer questions that made them reflect on the wrong behaviors we might have when shopping or cooking.

aeca



ENGIM

Formazione Orientamento
Cooperazione Lavoro

Green Kitchen

Game edition

INIZIO



genially

1/9

DOMANDA N°1

Stai uscendo di casa per andare a fare la spesa. Cosa devi assolutamente ricordare di portare con te?



CORRETTO

Cerchiamo di limitare lo spreco di plastica e anche se qualche volta dimentichiamo la nostra busta, possiamo sempre riutilizzare quelle che acquistiamo come sacchetto della spazzatura!

Andiamo alla prossima domanda !



Per produrre un qualsiasi piatto viene emessa CO². Quali di questi piatti ne produce di più per essere servito?
Mettili in ordine

- 1
 - 2
 - 3
 - 4
- A. Hamburger
 - B. Cous Cous di verdure
 - C. Sushi
 - D. Lasagna al forno

SOLUZIONE

CONTINUA

Hai finito di tagliare le verdure preparando un pranzo abbondante e ti sono rimasti molti scarti

Le conserve per farci un brodo vegetale



Le butto nella raccolta dell'umido

MENU

Spoja lorda alla
carbonara con
asparagi

Pizza alle verdure
dell'orto

Pollo ai peperoni

Petto di pollo arrosto
e contorno di verdure

Pancakes alla
confettura di prugne
Crema chantilly e
frutti rossi



CATERING

The day after, in the kitchens of our school, together with the students of the **Restaurant Operator** and **Agro-Food Processing Operator** profiles, a **lunch** was prepared following all the good habits learned through the game. **Seasonality and zero-kilometer** were the two main parameters considered in the dish preparation. In fact, with seasonal fruits and vegetables, eggs, and chicken meat from the school's own farm, they were able to prepare various dishes. Regarding the crockery, we preferred to use the classic ones, which were then washed following the **best methods to minimize water waste**.

This menu, designed together with our chefs, was agreed with the students who chose for each dish what the sustainable characteristics of the latter should be.

*"We do not inherit the Earth from our ancestors;
we borrow it from our children."*

NATIVE AMERICAN PROVERB



*"We are living on this planet
as if we had another one to go to."*

TERRY SWEARINGEN,
Nurse & Winner of Goldman Environmental Prize in 1997





SHARING MOMENT




The afternoon ended with an activity led by a tutor from our school, who taught the participants to **plant various vegetables**, continuing the discussion on the seasonality of fruits and vegetables.

The kids took on this activity with resourcefulness, as many of them had never been in a vegetable garden to plant vegetables. Concluding the event with this activity helped the participants to **increase their environmental awareness**, which in this specific case means respect for the land, which, if treated in a sustainable way, with patience and commitment, gives back the effort made.

"There is no delight in owning anything unshared."

SENECA




Ec(h)o Quest:

crafting e sustainable experience

📍 21 Aprile, Comacchio - Ravenna



PROGRAMMA:
 "Su e giù per Comacchio"
 escursione in bici
 ore 10.00
 Via Edgardo Fogli, 34 - Comacchio
 (ex Palazzo Vescovile)

Lezione di cucina anti-spreco
 ore 13.30
 presso ENGIM Marani
 Via Romea Nord, 244 - Ravenna

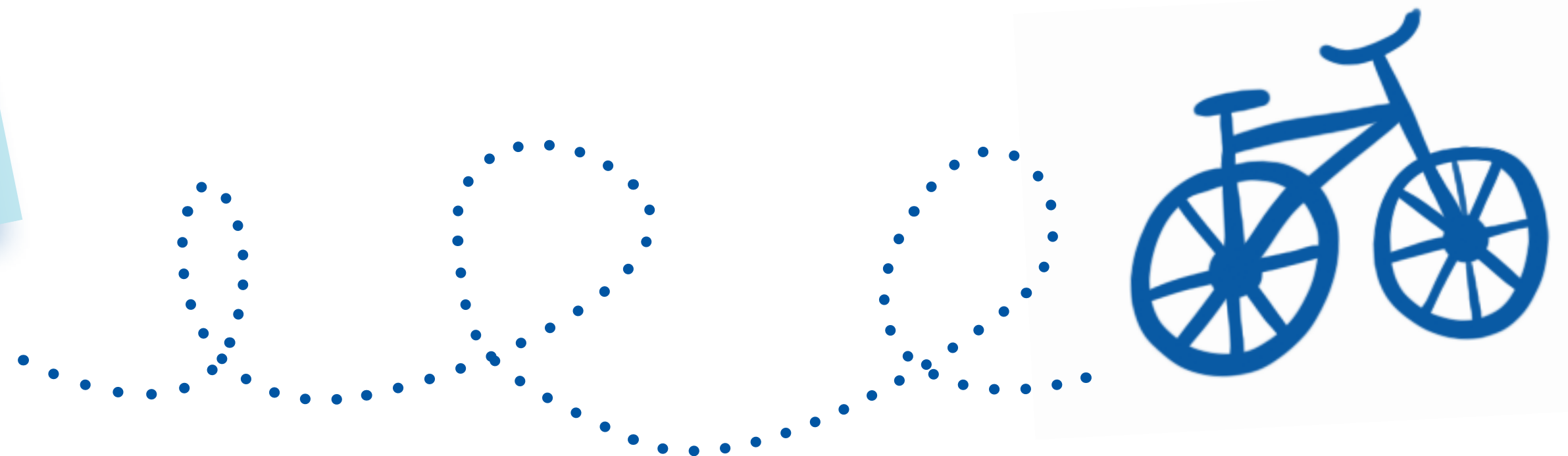
videogame interattivo

Gli allievi del corso di Operatore della Ristorazione hanno elaborato un videogame interattivo con la collaborazione degli studenti del ramo informatico.



ACHIEVED AWARENESS AND RESULTS

The **preparatory activity** started a few months before the event. The students were sensitized to the topic through the viewing of documentaries, reading newspaper articles, and engaging in gamification with websites like <https://www.wethefoodtheplanet.org/it/>, which inspired the creation of our video game, or <https://impact.economist.com/projects/foodsustainability/interactive-world-map/> to increase awareness regarding food sustainability in different countries around the world. The activity was spread on our social channels through a poster created by our **Graphic Operator** students and also thanks to word of mouth from the Le Tracce cooperative in the Comacchio area.



The guests of the bike excursion, who then joined the event, were pleasantly surprised because spending a Sunday morning practicing **sustainable tourism** is already a day well spent. Being individuals interested in environmental issues, they had no trouble following our students in the video game presentation, and it was natural for them to join us in collecting plastic waste to help clean up the area.

What made the event particularly pleasant were the places in which it took place, in fact we believe that to receive the most from educational activities, students must be able to carry them out in environments where beauty, in this case natural beauty, is evident.

*"If your plan is for one year, plant rice.
If your plan is for ten years, plant trees.
If your plan is for one hundred years,
educate children."*

CONFUCIUS



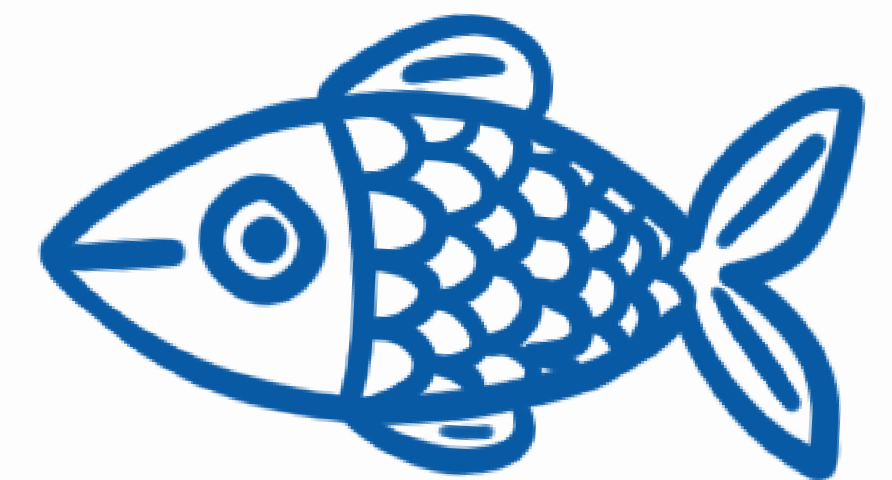


The students were able to experience various teaching methodologies, all aimed at learning sustainable practices and environmental awareness.

Through brainstorming, peer-to-peer learning, and team building, the students demonstrated their deep sensitivity, typical of the new generations, towards our planet. Thus, the "quest" turned into a discovery of methods, practices, and habits that if consistently respected, would help both us and our planet.

*"When the last tree is cut down,
the last fish eaten, and the last stream poisoned,
you will realize that you cannot eat money"*

NATIVE AMERICAN PROVERB



Thank you
FOR YOUR ATTENTION!



Formazione Orientamento
Cooperazione Lavoro