

THE CRISCO RECIPES BOOK

13 good practices from Europe



August 2019

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Aleksandri Community Garden



Country: **Estonia**

City: **Tartu**

Participants: **25 to 100**

Budget: **€ 5'000 a year**

Time: **7 days a week**

Space: **open garden or house with a big garden**

Website: <http://elavtartu.weebly.com/>

Intro

Using an abandoned area or garden for social inclusion and activities. Inclusive activities and opportunities for sustainable and inclusive community.

You will need:

- Abandoned garden
- Connection with the city
- Strong and motivated leader
- Motivated community/ NGO

Guidelines:

1. Close to the central area.
2. Create social activities in the garden (for different kind of people). Mainly learning-by-doing and learning together activities.
3. Workshops, group works, lectures, free time spending etc. in the garden.
4. Support relationship between neighbourhood and the garden community (invite people to the garden).
5. Support new initiates in the place.
6. Organize plant beds, pizza oven, shed, bonfire place, table, chairs.

Tips

- All the things are reused
- Garden with a lot of green area (trees, grass, different plants)
- Bring together very different groups
- Find a lot of partners

Book Terrace



Country: **Lithuania**

City: **Jonava**

Participants: **7600 unique visitors per year** (only on library working hours – additional visitors number after library working hours is unknown).

Budget: **no yearly budget needed** (if book terrace is under the library's control)

Time: **working 24/7 all year**

Space: **not important** (it could be different size depending on available space)

Website: www.jonbiblioteka.lt

Intro

Book terrace is a part of the municipal library of Jonava where people could come and read books outside the building or just take some of them at home. It could be useful as a place where different events could take place, also this is an attractive place for people where they can chill and spend their leisure time with a book.

You will need:

- Space outside (the best solution is the space near the public library)
- Educators / entertainers (or existing library workers)
- Funding for installation

Guidelines:

14. Build terrace with all additional stuff, for instance, chairs. All furniture could be installed according to the needs.
15. Fill in book terrace with books.
16. Organize some events in book terrace to get more popularity of this place.
17. Contact primary schools and kindergartens and invite them to visit book terrace. Welcome them with some games and additional funs that children leave book terrace with the best emotions.
18. Invite popular public figures to come for a meeting with community in book terrace.
19. Improve your terrace.

Tips

Do not be afraid of experiments while you are creating your own book terrace 😊

Dance Well



Country: **Italy**

City: **Bassano del Grappa**

Participants: **70 a week**

Budget: **€ 10'000 a year**

Time: **1 hour for 2 times at a week**

Space: **museum**

Website: www.operaestate.it/dance-well-2

Video EN:

www.youtube.com/watch?v=19Zt1b2vzyM

Intro

The practice consists in dance classes for people living with Parkinson's and the wider local communities. The approach is artistic and focuses on the development of artistic skills to dance.

You will need:

- Availability of spaces of culture (museums, churches, monasteries... where the environment is beautiful and aesthetically, spiritually, artistically dense).
- dance trainers
- good music
- people living with Parkinson's

Guidelines:

1. develop/recruit teachers with specific skills to lead dance classes for people living with Parkinson's.
2. artistic context where to propose the dance classes (no anonymous studios or rehabilitation gyms)
3. have access to dance events, initiatives, programs, residencies to develop the participants' culture of dance
4. propose the classes to the wider communities/citizens and therefore create the bases for inclusive groups
5. offer the classes free of charge
6. have no dead line
7. Change teachers often: Every one to two months the teacher who guides the dancers changes so that they are stimulated at different levels and by different approaches.
8. There is NO RIGHT NO WRONG: the importance of the INTENTION OF MOVEMENT is proposed more than of the movement itself.

Tips

- Know yourself, and the other, through the dance.
- Create connection between people and cultural places.
- Every *limit* can become a possibility

Inclusive city tour



Country: **France**

City: **Strasbourg**

Participants: **Around 10 people per group**

Budget: /

Time: **2-3 hours**

Space: **The city centre**

Email: aldastrasbourg@aldaintranet.org

Intro:

Visit some places in Strasbourg in order to reflect on the obstacles that impede the inclusiveness of public places. The activity involves visiting public places of different types, with a different composition and scope in order to question the inclusiveness of this place (access for people with reduced mobility, prices, languages, etc.)

You will need:

- One or two guides per group speaking the local language and English
- Availability of indoor facilities (cinema, café, community centre etc.)
- One questionnaire per person with
- questions about the site and the possibility of scoring the site
- The participation of a person from certain places to have a more complete presentation, a greater immersion in the places
- An outdoor activity on the theme of inclusion prepared in advance
- Good weather!

Guidelines:

1. Identify inclusive places in the city
2. Make a choice of locations and do a mapping
3. Contact places such as community centres, cinemas, etc. to obtain availability
4. Find an outdoor activity to do on the theme of inclusion
5. Organize the tour by thinking of a plan A and a plan B in case of withdrawals and by thinking of the timing
6. Have a discussion (a pic-nic for example) with the group of participants at the end of the tour to discuss inclusion according to their answers on the questionnaire, create the debate

Tips:

- Be as flexible as possible, have several options in case of unforeseen circumstances

Inclusive Image Theater



Country: **France**
City: **Strasbourg**

Participants: **Around 20 people**
Budget: **€ 200**
Time: **2 hours**
Space: **indoor or outdoor large space**

Email: inana.network@gmail.com /
aldastrasbourg@aldaintranet.org

Intro

An introductory activity to image-theater inviting participants to explore different concepts linked to inclusion through body and mind awareness. From connecting to each one's singular experience of exclusion vs inclusion, participants progressively move collectively towards building new inclusive realities using non-verbal communication.

Skills: empathy, creative problem solving, initiative, self-actualization, cooperation.

NB: The activity is inspired by exercises developed by Augusto Boal in "*Games for Actors and non-actors*".

You will need:

- Availability of a space big enough to allow the participants' movements
- A sound system to play music
- A playlist of music¹
- Paper sheets and pens
- 1 facilitator per 10 participants

Guidelines:

1. Set ground rules of the activity: take care of oneself & of the others. Invite them to use non-verbal language during the activity
2. Warm-up activity: individuals greet each other with different parts of the body named by the facilitator (touching is optional)
3. Space awareness: guide individuals to move in the space paying attention to the outer environment first, and then to the inner environment Alternate and invite them to be attentive to changes in speed, quality and needs of movements.
4. Exercises².
5. Once they stop moving, ask them to sustain the image for a minute. From there ask them to say words that come to their minds out loud. After one minute: let go.
6. Debriefing³

Tips:

- Try out the activities before putting them in place with a group.
- For each activity, show an example to the group
- Create a peaceful and quiet atmosphere in the group

1. Example: Playlist crisco, a playlist by Camille Didion on Spotify

2. Examples: "*Complete my image*": Group in peers A & B. A runs into space and shape a spontaneous statue and maintain it. B completes the statue of A shaping a statue as well. B maintains the statue. A runs to another place in the space to shape a new statue that B will complete. Continue 5 minutes and change roles.

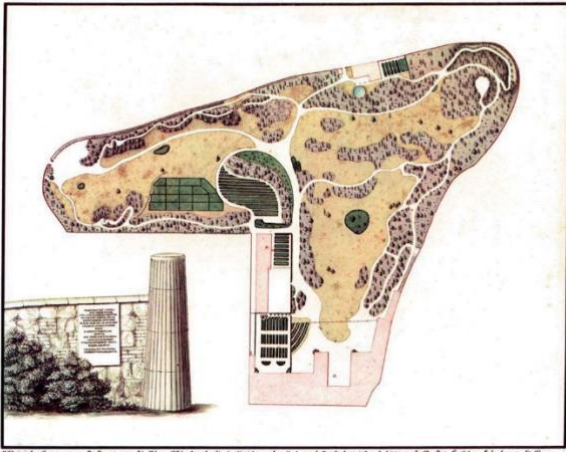
"*Exclusive image*": Group in peers A&B. Ask participants to think about one situation in which they generated exclusion. A uses B as a piece of clay and sculpt his own situation in the body of B without talking. Once the image is shaped, A places him/herself in front of this image and completes it. Change roles. After conclusion, give 5 minutes to participants to exchange about what they imagined of each one's situation and ask them to shape one common image and to remember it.

"*My inclusive city*": Groups of 5 or 6. In each group, all participants shape one by one their ideal image of an inclusive city, using the other's bodies as clay, in silence. Once participant 1 shaped his/her image, he/she integrates his/her image and sustains it. Randomly, another participant withdraws from the image to shape his/her own image taking participants one by one. – and so on until all participants shaped their image. Once concluded, ask participants in silence to shape a common image of the ideal inclusive city that everyone agrees with. Each group presents its image.

"*Timeline*": Ask all participants to group on one side of the space and draw an imaginary line at the other end of the space, in front. Participants enter the space peer by peer (Activity 5) and place their image of exclusion on the imaginary line with their bodies. Once all peers shaped their images on the line, ask participants from there to move forward (at least 10 steps) all together in slow motion transforming progressively their posture towards a collective image of inclusion.

3. how was the experience? What did I discover about myself? What can I do to become more inclusive? Suggest participants write a letter to themselves define concrete objectives to become more inclusive in their lives. If possible, send them the letter three months later.

Giardini Parolini



Country: **Italy**

City: **Bassano del Grappa**

Participants: **50 to 500**

Budget: **€ 15'000 a year**

Time: **7 days a week**

Space: **public garden**

Telephone: **0424 519620**

Intro

Promote the existence of the garden in the local community, with a particular focus on schools and associations.

You will need:

- A public garden
- Local associations and schools
- An event you want to promote
- A team of volunteers

Guidelines:

1. Put in contact associations and schools with the local government who manage the garden
2. Visit the garden, talk to the gardener and to people who take care of the park
3. Arrange the spaces for the event with the help of gardeners and local government workers.
4. Promote the event throughout a good communication strategy
5. Make sure association or local government contact volunteers to help in managing the event.
6. Try to create a facilitate access for people with reduced mobility.
7. Invite a public authority to open the event.

Tips

- Open-air life style
- Garden as a workshop area

Living Library



Country: **Slovenia**

City: **Novo mesto**

Participants: **150**

Budget: **€ 1'000**

Time: **4 hours per event**

Space: **school and the city**

Mail: **drpdnm@gmail.com**

Intro

The Living Library is a tool that seeks to challenge prejudice and discrimination. It is set by the Council of Europe. It works just like a normal library: visitors can browse the catalogue for the available titles, choose the book they want to read, and borrow it for a limited period. It promotes equal human rights.

You will need:

- availability of schools, faculties and libraries (other public spaces)
- NGOs available to host
- coordinator
- promoters
- librarians
- 'books'

Guidelines:

1. Identify the needs of the local community – the most discriminated groups of people, the needs of target groups of readers (young people are interested in self-harming behavior, addictions, LGBTQ).
2. Planning: space, time, timing, climate, partners (NGO's), making a network of institutions and NGO's working with the excluded groups.
3. Identify the most suitable profiles of books (they are all volunteers), preparing the catalogue.
4. Workshops with participants: 'books' have to identify 5 stereotypes, communication with participants – not to give advice, if they don't want to answer the questions they don't have to – safety; 'librarians' have to learn about basic human rights, about the procedure of the method and guidelines how to take care of the 'books'; promoters have the same course as librarians and focus more on informing the public.
5. Coordinator has to manage the whole process and he has to adjust the program of the book accordingly – it depends whether it is a focused library (eg. survivors of WWII) or not.
6. Evaluation: what were the questions, how did they feel, what is to improve, identify which books were read the most - it depends on the geographical area and the needs of it.

Tips

- Before the first workshop you need to attend one and try out different roles
- Sharing the methodology with other potential coordinators and broader public
- Network of living libraries and they can share between them (some 'books' don't want to be visible in their own environment)

Private Dinners



Country: **Denmark**

City: **Vejle**

Participants: **One host per 3 – 4 guests**

Budget: **€ 0 - 30 per participant**

Time: **One Evening for the event, some hours during the months before the event.**

Space: **Private homes**

Mail: **vifin@vejle.dk**

Intro

Giving visitors, migrants or others the chance to experience everyday living in the country, by inviting them to a dinner in a private home. To see the home and hear about life in the respective countries.

You will need:

- An administrator to match hosts and guests
- Information material
- One host per 3 – 4 guests with a home
- Information about the hosts
- Information about the guests
- Transport possibilities (to the private homes and back)

Guidelines:

1. Create information on the event: Date, time of day, in which context, possible payment for the food, short information about the guests (as a group), number of guests to receive, deadline for responding to be a host and contact person.
2. Spread the information in relevant channels: Local papers, relevant groups/pages on Social Media, own network etc.
3. Collect the hosts and information about them (language(s) spoken, willingness to adjust to special needs regarding food, information about their home (smoking, allergies, animals – to know if they have special requests/situations, and if they are willing adjust to special needs), willing to transport the guests
4. Collect information about the guests (special needs regarding food, allergies, disabilities etc.)
5. Match hosts and guests (consider diversity and a common language)
6. Give hosts and guest information about each other.

Tips

- Ask guests to bring a small present from their own country.

Sharing bread recipes from all over the world



Country: **Belgium**

City: **Brussels**

Participants: **70**

Budget: **€ 300 a evening**

Time: **1 evening and a few hours of preparation**

Space: **Training kitchen "La Marjolaine"**

(<http://www.ecoles.cfwb.be/iejetterbeek/iei/serv/restop.html>)

Mail: **crisco@etterbeek.irisnet.be**

Intro

Sharing food (and bread in particular) is a factor of cohesion. The idea is to put forward several citizens of the neighborhood coming from different origins, thanks to a cooking workshop of bread recipes from all around the world. A good occasion to promote multiculturalism and citizens' participation.

You will need:

- A large kitchen and a place to eat together
- 5 or 6 enthusiastic volunteers willing to share a bread cooking recipe
- A reliable NGO partner
- A gourmand and curious public from the neighborhood
- At least 2 facilitators

Guidelines:

1. Find a good NGO partner, well established in the neighborhood, with whom contact and collaboration is easy.
2. Find the place for the event (spacious, where you can cook with a lot of people, and preferably with a "restaurant" part: an educational kitchen was for us a perfect choice)
3. With the support of the NGO, find 5 or 6 volunteers from different countries willing to share a bread recipe from their native countries. Listen to their suggestions, and give them the support and the training they need to become great and proud cooking trainers!
4. Advertise the event (newspapers, social media, website, emails...). Prepare, together with the volunteers, a mini cookbook with the recipes of the evening and some explanations about their origins.
5. "D-Day": prepare 5 or 6 "cooking tables" where people can cook the different breads. Bake together, and then taste it!
6. Make sure the atmosphere is relaxed and conducive to exchange and mutual respect and you can be sure people will meet and discover their neighbors as they never did!

Tips

- Be open to propositions from the volunteers: they will certainly have some ideas you did not think about
- Propose some tapenades with the breads!
- A bar and a musical atmosphere are very helpful to make the evening a great success!

Sommerfugle- bevægelsen



Country: **Denmark**

City: **Vejle & surrounding areas**

Participants: **5 to 250**

Budget: **€ 6'000 a year**

Time: **2 -3 days a week**

Space: **gardens, rooftop gardens, i.e.**

Facebook:

www.facebook.com/groups/929584263846722/

Intro

1. We try to save the butterflies by making people grow more butterfly friendly hostplants for the larvae
2. We make loneliness prevention by making inclusive urban spaces

You will need:

- A rooftop or a piece of land
- Connection with the city and rooftop owners
- Seeds and garden tools
- Garden boxes & compost
- Access to water
- Coffee ☕
- Lots of passion
- Generous volunteers
- Good sponsors
- Lots of goodwill

Guidelines:

7. Talk passionate about making a difference
8. Get people involved in gardening for at higher purpose
9. Find good partners to share the work with
10. Support relationship between the participants
11. Educate the participants in different butterflies and their hostplants and gardening
12. Give speeches about your project whenever there is a chance
13. Try to get the newspaper and radio to tell about your project

Tips

- Co-manage a piece of land with someone who i.e. makes a dog forest or city gardens
- Make your inclusive urban spaces open to everyone
- Make a mix between social work and nature protection
- Work together for a higher purpose, it washes away the social differences
- Make activities across the generations

Spazi Comuni



Country: **Italy**

City: **Bassano del Grappa**

Participants: **3'000**

Budget: **€ 20'000 a year**

Time: **4 hours a week**

Space: **school and the city**

Mail: spazicomuni@bassanogiovane.eu

Intro

Involving schools, local administrations and educational agencies to contrast school dispersal, throughout student network, open schools, citizenship experiences.

You will need:

- availability of schools (spaces, collaborations and co-creations)
- NGOs available to host
- Promoter students
- trainers (creative experts)
- educators

Guidelines:

9. Identify contact persons (children and teachers)
10. Met them, starting from transversal needs (of different institutes) and to plan actions
11. Identify and meet NGO's and connect with children and teachers
12. Activate workshops with trainers who through creative activities include the needs of the young people with different life histories.
13. Identify "problematic" young people, to be included in the activities
14. Verify the improvement of the single condition of the pt.5 and the satisfaction of the needs pt.2.

Tips

- co-construct instead of proposing
- school in the city, city in the school

Taal Huis



Country: **The Netherlands**

City: **Delft**

Participants: **300 migrants**

Budget: **€ 30'000 a years**

Time: **15 hours a week (opening hours)**

Space: **Library of the city**

Mail: **a.elferink@dok.info**

Intro

In Taalhuis we advise people about learning the Dutch language and the law for integration. There are different groups such as migrants, expats and refugees. Also people who've lived in the Netherlands for a long time. Delft citizens are trained to practice the language with them. They come together once a week during a period of 1 year. It is a project where citizens work together, the municipality provides the space and the budget for the salary of a part-time coordinator (18 hours a week). It is important that the Dutch meet migrants to facilitate inclusion and improve participation of migrants.

You will need:

- Availability of a space (i.e. the library)
- A network of language schools and volunteers, spaces where people can practice.
- A language teacher to train the volunteers and give counseling.
- Learning materials and books.
- Advertisements for new volunteers.

Guidelines:

1. The coordinator from the municipality needs to have/develop an overview of the language schools, private initiatives to learn and practice Dutch, refugee help, network of professionals who inform and send the migrants, etc.
2. The Taalhuis needs to be open at least 3 times a week (in Delft from 14.00 until 17.30 o'clock).
3. People can come without making an appointment.
4. It is free of charge.
5. The language volunteers have a contract with the library and get schooling during the year.
6. For the migrants there is a cheap membership of the library to promote lending learning and reading books.

Tips

You need a lot of native volunteers to provide all the requests of the migrants. It is important that the citizens of your city know about this initiative. The network will spread the word!

Villa Angaran San Giuseppe



Country: **Italy**
City: **Bassano del Grappa**
Participants: **50 to 1000**
Budget: **€ 80'000 a year**
Time: **7 days a week**
Space: **heritage building**

Website: www.villangaransangiuseppe.it

Intro

Reusing a heritage building for social inclusion and social enterprises. The connection between beauty and ethic increases the quality of community life.

You will need:

- Heritage building
- Connection with the city
- Social enterprises and welfare activities

Guidelines:

1. Availability of a heritage building.
2. Create welfare activities in the building (for people with physical diseases, migrants, economical problem, neet... who are going to be the “inhabitants” of the place).
3. Activate social enterprises (like hostel, restaurant, bar, gym, vinery...) to attract the city and all the citizens (who are going to be the customers).
4. Support relationship between the inhabitants and the customers.
5. Support new activities proposed by the customers in the building to improve the level of social inclusion of the city.

Tips

- Co-manage a cultural good
- Inclusive beauty
- Contamination between social and art

