| Good Practice General information | |
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| Title | **A suitcase of flavours (Origin title: Μια βαλίτσα γεύσεις)** |
| Country,  (region and municipality of implementation) | Cyprus |
| Organisation | Sigma Radio-TV ltd in collaboration with the Research Foundation of University of Nicosia (UNRF) |
| Timeframe  (start date, end date or ongoing) | 2015- to present |
| Level of implementation (local/regional/national/transnational/other) | TV show- all over the Cyprus |
| Webpage or other online info (link) | <http://www.sigmatv.com/shows/miavalitsageusis> |
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| Brief description (max 500 characters) | ‘The project is co-funded by the European Asylum, Migration and Integration Fund and the Republic of Cyprus, under an Action entitled: ‘*Understanding the Civilization of Foreign Countries through Cooking’*.  **Α suitcase of flavours’** is a cooking TV programme. The main aim of the Action is the production of a series of cooking shows from a number of different countries whose citizens are living in the Republic of Cyprus as a way to introduce the various civilizations under cultural, historical, educational aspects to the local society.  Gastronomy is an integral part of a culture. With the recipes’ presentation, people of Cyprus have the opportunity to learn how to prepare various dishes and/ or teas, while learning the culinary habits and traditions around world. |

| Good Practice Analytical description | |
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| Summary:  -main objectives  -challenge and goals  -activities  (max 1000 characters) | The aim of this project is to travel the world through gastronomy. It aims to develop a sense of acceptance of diversity and the reduction of Cypriots’ misperceptions for foreign cultures.  The “tour guides” of this project are the well- known chef George Tsoulis, the actress Christina Kyriakou and the TCN citizens, who live on the island.  Challenge and goals:  The acquaintance with the gastronomic culture of both TCN and Cypriot people and the influences that gastronomy has received from the direct and indirect interaction of other cultures.  In particular, the show highlights the coexistence of different cultures through cooking. The audience (regardless of cultural background) acquires knowledge related to the preparation of various dishes. At the same time, it is promoting the reduction of possible misconceptions that prevail regarding the different cultures. |
| Problems which aims to tackle (max 1000 characters) | This TV program aims to tackle the misconceptions that prevail regarding the different cultures and xenophobia. |
| Target groups (max 500 characters)  -short description of target population  -expected coverage of the programme in terms of the number of persons reached | TV show on Cypriot Chanel for people of different age, religion, culture etc., that live in Cyprus. |
| Elements of innovation  (max 500 characters) OPTIONAL | Addressed to everyone who loves cooking, travel, learning about other cultures and “tasting” new flavors! The tour guides participating in this show are the citizens of TCN, who live on the island. |
| Results achieved  (max 1000 characters) | The success of the project can be proved by the very high audience rate and by the fact that the TV program was renewed for the next season. |
| How could this intervention be improved  (max 500 characters) | Attempt to match the two kitchens/cultures by working on stereotypes and common grounds. |

| GP transferability | |
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| Prerequisites for the adoption / implementation of GP  (what are the specific elements or conditions that must be present to allow the implementation of the GP; Would this action work well in another European context? What local / national conditions should be met to allow the transfer?) (max 700 characters) | The specific idea has been awarded at European level, as it attempts to use the food as integration tool. Under this perspective it can be transferred to other countries, taking under consideration the majority of different ethnic groups that are living there. |
| Resources needed  (Please specify the amount of funding/financial resources used and/or the human resources required to set up and to run the practice)  (max 500 characters) | This project requires the following funds:   1. Administration costs 2. Staff costs 3. Filming costs 4. Advertisement and dissemination |