



A FISHER'S LIFE FOR INCLUSION



NEW ERASMUS+ PROJECT



F-LIFE aims to promote environmental education among groups of senior women living in Mediterranean coastal areas, unemployed and with low literacy levels. They will be involved in outdoor activities, fishing, and gastronomic storytelling, focused on exploring the interconnections between individual action and environmental effect and on the connection between information and practical solutions, adaptable to our daily habits.

F-LIFE ACTIVITIES

Narratives and experiential workshops: female fishing and seafaring

The activity aims to engage senior women from the intervention areas (south-western Sicily and Cyprus) in an environmental education program, delivering 4 training and awareness-raising sessions in each country, focused on seafaring culture and local fishing. By highlighting issues such as overfishing, biodiversity loss, pollution, and rising sea temperatures, the program promotes awareness of key Mediterranean environmental challenges.

Consume, waste, cooking: an environmental education for senior citizens

Cooking plays a central role in the lives of many Europeans, especially in coastal areas where it reflects local culture. This activity engages senior citizens in learning about sustainable consumption, reducing food waste, and creating "sustainable narrative menus" that integrate their and their families' eating habits, delivering in total 6 training and awareness-raising sessions in both countries.





PROJECT PARTNERS

Treenacia Innovation and Creativity



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