



D32. Guide of Intangible Heritage



CROSSING GENERATIONS,
CROSSING MOUNTAINS



Trikala Development
Agency
KENAKAP S.A.
BIGFOOT Partner





Trikala Development Agency - KENAKAP S.A.



Description

BIG FOOT - Crossing generations, crossing mountains is a project funded with the support of the Grundtvig - LLP Programme, which aims at overcoming the risk of generational and economic marginalization in mountain areas and their ageing population - by focusing on the valorization and maintenance of the elderly population, traditional knowledge and specific local culture.





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Context

The project tried to address two main challenges:

- Migration of younger people to urban areas due to the lack of job opportunities
- Socio-cultural marginalisation of elderly people, who have lost their role of mediators and promoters of the local knowledge and traditions, because of the broken connection between generations



Objectives

- Economic development: increasing the added value of existing activities and diversification of local economies.
- Valorization of human capital: facilitating the transmission of activities to younger generations; promoting entrepreneurship, development of training and diversification of skills.
- Preservation of natural resources: improved management of available resources and environmental protection.
- Promotion of culture, local heritage and traditions: ensuring intergenerational communication, maintaining a balance between economic development and nature.



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Project activities

Involving local communities in an innovative process of creating development opportunities in mountain areas, identification of relevant local resources and their potential benefits;

Creating a model for development of rural areas, focused on the combination of internal resources and inclusion of elderly people;

Fostering connections between local participants from different mountain areas across Europe, in order to encourage their cooperation and experience exchange;

Identifying and collecting good practices that can be disseminated at the regional level.



The methodology used by the project for the intergenerational approach included a combination of experiential learning by incorporating the experiences of older people in relation to the specific needs of the area for local development.

According to the methodology of the project, the activities took place in the form of experiment in three different areas:

- in Gubbio, Italy,
- in the prefecture of Trikala Greece
- and Berkovitsa Bulgaria.



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The experiment in the prefecture of Trikala

The elders of Trikala acted as instructors of younger people and stakeholders in four sessions:

Session I : Traditional local products and gastronomy.

Session II : Popular folklore culture - local customs and traditions - traditional crafts.

Session III : Historical monuments - rural heritage.

Session IV: Natural environment - Rural tourism - Nature tour.

The categorization of session was based on developmental studies of the area and community consultation with the participants and stakeholders in order to highlight the strengths of the area and the prospects of development and evolution.

The actions of the experiment was finalized with input from the Office of School Counselor of the 4th Region of Trikala, Primary and Secondary Education School Activities Offices in Trikala and participating teachers.

The Participants

A. The Young Generation

- 1st,3rd,5th Primary Schools of Kalambaka
- 1st Secondary School of Trikala

C. Stakeholders

- Municipality of Kalambaka
- Municipality of Trikala
- Primary and Secondary Education Directorates of Trikala
- Office of 4th Borough School Counselor of Trikala
- Woodcarving School of Kalambaka
- Forestry Directory of Kalambaka
- Open Care Center for Elder, Kalambaka
- Cultural association of Ropoto

B. The Old Generation

- Women Association of Asproklisia,
- "Rombos" Pastry Workshop
- Folklore Museum of Palia- Mr Papagiannopoulos
- Traditional Tsipouro Distillery- Mr Apostolou
- Byzantine Icon Workshop -Zindros
- Former Forestry Director-Mr Zalavras
- Local researcher-Mr. Gorgogetas
- Watermill museum owner- Mr Bournazos

D. Facilitators

- Teachers
- School counselors
- Social workers





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Session I : Traditional local products and gastronomy

As part of the experiment students and seniors visited women's cooperative in Asproklisia (traditional sweet and marmalade producers) the pastry workshop of Rombos (traditional halva sweet) and traditional spirit distillery installation in Krinitza (Tsipouro spirit).

The fifteen year old and twelve year old students contacted the local gastronomy and traditional products of the county, the methods of preparation and development prospects. Discussed with the producers involved in the production process, learned the local recipes and exchanged experiences with the elderly residents of the area.



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Αξονας I : Τοπικά παραδοσιακά προϊόντα- Τοπική γαστρονομία

What participants said:

- ✓ We learned about the local products
- ✓ We saw how they are produced
- ✓ We prepared our own sweets
- ✓ We collected recipes
- ✓ Informed about their nutritional value
- ✓ Discovered eating habits and methods of preparing dishes from the past.



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Recipe

Firiki (Apple Variety) Sweet

Ingredients

- 1kg of firiki apples (weighed before cleaned)
- 900 gr. sugar
- 500 ml water
- Juice of 1/2 lemon
- 2 sticks cinnamon
- juice of one lemon and water for cleaning
- blanched almonds (twice as much as apples or as many as you wish)



Execution

Wash the apples. Inside a bowl, put water and the juice of one lemon. With a special tool or a sharp knife clean the inside part of firiki. Peel the outer skins. One by one clean them and put them in the bowl with water and lemon. Put sugar, pepper and water (half a liter) to boil. From the moment

boiling starts count 3-minutes. When you spend 3 minutes, add the boiled apples in the syrup together for 5 minutes. Remove from the heat and let the sweet stand until the next day. Next day, boil the apples for another 5-10 minutes. At the end, add the almonds and lemon juice. Keep in clean jars.



Recipe

Ingredients

- 1 ½ kg of herbs (nettle - Lapata, Pazios, zucchini flowers)
- 1 bunch of spring onions, chopped
- 1 bunch of dill chopped
- salt
- pepper
- ¼ grated feta cheese
- 1 cup of olive oil
- For the "fillo" layer dough:
 - 1 pound of flour
 - water as much as needed
 - a pinch of salt
 - vegetable oil for oiling the "fillo" layers



Execution

After knead the flour with water and salt, divide dough into 11 little balls. Grease them with vegetable oil and leave them at least half an hour to stand before make the fillo layers (very thin dough layers). Grease the bottom of a wide pan and spread three fillo layers (the first two without greasing

them). Spread evenly a little stuffing and cover with two oiled fillo layers.

Bake the pie about 10 minutes, remove the pan from the oven and repeat the same process twice more (stuffing, two fillo layers, baking for 10 minutes). Finally, cover the pie with the last two layers of dough sprinkling them with a little water and oil. Bake the pie for 1 hour at 180oC until gets golden.





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Session II : Popular folklore culture - local customs and traditions - traditional crafts

The prefecture of Trikala is strewn with unique historic monuments of high historical, cultural and aesthetic value. Another feature of the prefecture of Trikala is the local customs whose roots are lost in the mists of time and kept from generation to generation, the festivities and celebrations associated with the culinary traditions and local products promotion.



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Session II : Popular folklore culture - local customs and traditions - traditional crafts

Under Session II students visited the Folk Museum of Pialeia where they had the opportunity to see for the first time, many objects and tools of everyday life and occupations of the past.

In the Byzantine icons workshop of Zindros learned about the different styles in hagiography.

The students also visited the Woodcarving School in Kalambaka - a unique school in Greece, along with many members of Kalambaka's Elder Center, one of which was one of the first students and later - teacher of the school.

The visit continued in Kalambaka's Elder Center where they learned about traditional costumes, and had the opportunity to try them. The hosts narrated stories of everyday life in the past and sang traditional songs.



Local traditional Song

'Marousiana'



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Session II : Popular folklore culture - local customs and traditions - traditional crafts



Video



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What participants said....

- ✓ We contacted the folk crafts
- ✓ We learned techniques and tools of yesteryear
- ✓ Informed about alternative educational and job prospects
- ✓ We learned about the lifestyles of past generations
- ✓ We discovered the use of farm equipment from the past.



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Session II : Popular folklore culture - local customs and traditions - traditional crafts



Local Festivities:

- Kastania : chestnut festival in late October;
- Kastraki: wine festival in September;
- Palaikarya: feast of trout on 6 August;
- Pertouli: celebration of beekeepers in June;
- Pyli: pie festival in August;
- Skepari: feast of sheep in June



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Session II : Είδη λαϊκής τέχνης και χειροτεχνίας- Τοπικά ήθη και έθιμα.

The homemade crafts were quite developed in the area in the past, so there could be self-sufficiency in most commodities. This was also imposed due to the difficult access to urban centers.

Embroidery was primary since almost all clothes, with few exceptions, bedding, carpets etc. were woolen and local produced. Sheep wool was used as feedstock.



The main weaving tool, indispensable in every home, was the loom.

The frame consisted of four upright posts, one at each corner, quite thick at the bottom, to tread firmly on the floor, beams tied firmly together by crossbars on two points: low, just above the floor, with thick beams and top with thinner beams.



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Session III : Historical monuments - rural heritage

The students and teachers visited an old water mill in Pili, which the owner has converted into a museum and a café, and used the mill for education and touristic purposes – providing guided tours for schools and other visitors. The intergenerational group learned about the history of the mill, which used to belong to a monastery, and was used for producing wheat and barley flour. In addition, the water was used traditionally to wash handmade carpets. The current owners use it only for their own energy demands.

15 minutes away from Pili, in Ropoto the group visited a functioning water mill, which belongs to a monastery and is operated by an elderly couple. The students learned how the flour is produced, and asked lots of questions.

The second part of the rural heritage session was devoted to traditional rock bridges. The group visited one of them, located in a picturesque area next to a dam and a waterfall, and received a lecture by a local researcher.



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Session III : Historical monuments - rural heritage

What participants said:

- ✓ We discovered traditional watermills
- ✓ We learned about the power of water and its use in the last century
- ✓ We saw the traditional production of flour
- ✓ We visited an old stone bridge
- ✓ We heard about the roads and paths of communication in the past.



Video



Photo Album



Dristela



Is a structure consisting of a wood cone of 2.5 m height and 1.8 m diameter of which the largest part is buried in the ground. Within this cone gets water from a canal and forms a rotational movement of the water.

Used to wash the loom woven, woolen blankets and bedding. In the past that all housewives weaved loom rugs or blankets (without jib), the drystela served to comb the jib and give nice look on longhaired or thick fabrics.



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Session IV: Natural environment - Rural tourism - Nature tour

The participants visited the mountain area of Pindos, and followed the path of the river Acheloos, which is a major river in the region, also bearing the name "Aspropotamos", means white river because of the white foam of the strong currents.

Students and seniors - mentors visited a plant of alternative rural tourism, for horse breeding, production of traditional products and woodcut constructions that is purely a family business.

Then, in collaboration with the Forestry Directory of Kalambaka they visited the Trout reproduction plant in Koukoufli and learned about the reproduction of the wild red trout in Aspropotamos area.

After a short stop at the unique architecture Monastery of Holy Cross in Doliana the tour continued with a tour of the woods and ended in the Environmental Center in Three Rivers spot.



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Session IV: Natural environment - Rural tourism - Nature tour

What participants said:

- ✓ We came in contact with nature
- ✓ We learned names of trees and peaks
- ✓ We heard about the rare flora and fauna of our area
- ✓ We walked in the woods
- ✓ We discovered alternative tourism options



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Session IV: Natural environment - Rural tourism - Nature tour

Three areas of the county are under protection of the network NATURA. These areas are: Aspropotamos, Kerketio, Antichasia-Chasia.

Covering the mountainous and semi-mountainous volume of the Prefecture and constitute about 50% of its extent. Moreover, about the same extent of the county (50%) is also under SPA protection (Special Protected Areas).



Is one of the largest protected areas in Greece because of the natural beauty and the existence of unique species of flora and wildlife (brown bear, vulture).

BIGFOOT on the web...



<http://www.bigfoot-project.eu/>

BIGFOOT on facebook...



<https://www.facebook.com/BigFootProject>





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BIGFOOT in pictures

Session I : Traditional local products and gastronomy



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Session II : Popular folklore culture - local customs and traditions - traditional crafts



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Session III : Historical monuments - rural heritage



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Session III : Historical monuments - rural heritage



Session IV: Natural environment - Rural tourism - Nature tour



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Session IV: Natural environment - Rural tourism - Nature tour



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Gouré s.r.l - IT, management
www.goure.it



Comune di Gubbio - IT, testing
www.comune.gubbio.pg.it



Menon Network - BE, intergenerational communication
www.menon.org



Association Européenne des Elus de Montagne - FR, communication
www.promote-aem.net



Centre for Development of North-West Bulgaria - BG, quality evaluation
www.centreb foundation.org

All Lives Have Equal Worth

Trikala Development Agency KENAKAP S.A. - GR, participatory mapping
www.kenakap.gr



UNEP Regional Office for Europe Carpathian Convention - AU, capitalization
www.unep.at



CNR- Institute for international legal studies - IT, learning interventions
www.isgi.cnr.it





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