

K.E.F.I.R.

**Knowing and Experiencing Fermentation to
Inspire Regeneration**

Call for Participants

Erasmus+ Youth Exchange
Ecovillage Torri Superiore, Italy
23 November – 2 December 2026



GEN EUROPE
GLOBAL
ECOVILLAGE
NETWORK

yes to sustainability 



Co-funded by
the European Union

BASIC ELEMENTS

- > 8 PROGRAMME DAYS**
- > 24 PARTICIPANTS**
- > 4 COUNTRIES**
- > 1 ECOVILLAGE**
- > MANY FERMENTATION
EXPERIENCES!**

ABOUT THE PROJECT

K.E.F.I.R. (Knowing and Experiencing Fermentation to Inspire Regeneration) is an Erasmus+ Youth Exchange designed to put in common and practice young people's ability for **self-production, creativity and DIY**, while gaining a deeper understanding of the impact of different lifestyle choices and how to shift towards a more sustainable and regenerative lifestyle.

We will do so by activating a temporary community around food, the impact of food and how to process food in a mutual learning-by-doing space between participants, each one sharing their own talents and abilities. We will discover how **fermentation and slow-pace food bring people together**, in comparison to fast food and industrial food.



FERMENTATION, THE RED THREAD

Fermentation will be the red thread of the project. We will explore not only how to prepare fermented food, but also how fermentation is key for **soil health** and for **cleaning products**, and the role of "social fermentation" in youth as an active part of building regenerative cultures — connecting our exploration with local permaculture projects, migrant youth and the wider Torri Superiore community for a final "Fermentation Fair".



MAIN TOPICS

- Environmental sustainability
- Ecological awareness
- Practical skills for professional and everyday life
- Engagement in local communities
- Permaculture
- Non-formal learning through hands-on science
- Healthy lifestyle
- Critical thinking



THE VENUE

The mediaeval village of Torri Superiore is a small jewel of popular architecture located at the foothill of the Ligurian Alps, a few kilometres from the Mediterranean Sea and the French border, close to the coastal town of Ventimiglia. Originating in the thirteenth century, the village is structured in three main bodies with more than 160 rooms, all connected by an intricate fabric of stairways.

Its complex structure has often been compared to a fortress or a labyrinth, perched on the mountainside. The village has been entirely restored and is now open to ecotourism, for courses, meetings and programs of environmental education, and offers accommodation for stays and vacations.

For its character of historical complex, unfortunately the ecovillage is not completely accessible to people with severe mobility impairments. Please take this into account when planning your participation.



WHO CAN APPLY

The project targets young people aged 18–30 who:

- Are interested in sustainability, active citizenship, and community engagement
- Are interested in learning more about fermentation as a practice and as a phenomena
- Have fewer opportunities due to geographical, economic, social, or educational barriers
- Are motivated to learn through non-formal education and practical experiences
- Wish to engage with intercultural and intergenerational learning processes



PRACTICAL INFORMATION

Dates & Duration

23 November – 2 December 2026 (8 full programme days + travel)

Participants

6 participants + 1 youth leader per country (+ 2 facilitators), from Italy, Spain, Greece and Slovakia.

Fully Funded

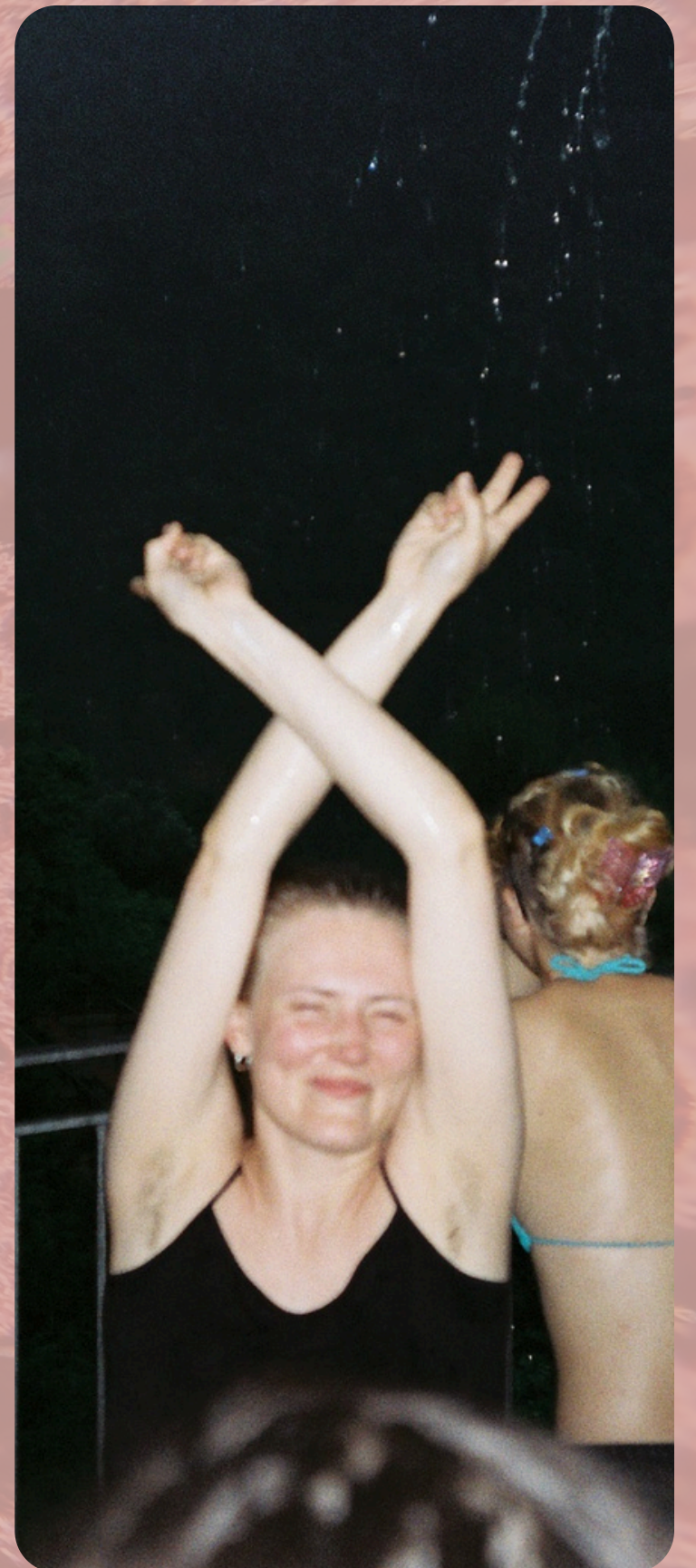
Costs are covered by the Erasmus+ Programme. Accommodation, food and programme are fully funded. Travel costs are reimbursed up to a maximum depending on your country of origin.

Location

Ecovillage Torri Superiore, Italy

Certification

A Youthpass is issued at the end of the exchange



HOW TO APPLY

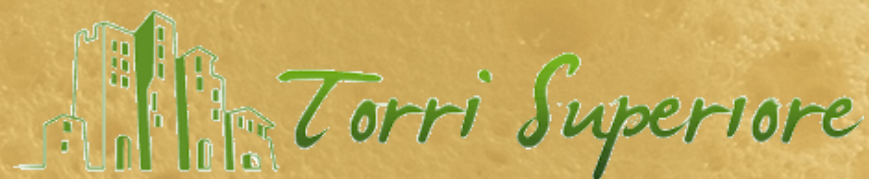
To apply, fill in the [application form](#) before **Sunday 27th of September**.
Participants are selected by their local partner organisation in coordination with the project facilitators.

For more information:

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LET'S FERMENT TOGETHER!

[FILL IN THE APPLICATION FORM](#)



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