

Project partners of the Healthy Future Project Consortium met in Espoo, Finland in May 2018.



Photo by Amira Saad

The last transnational students' mobility activity of Healthy Future project took place from the 17th until 21st of May in Espoo, Finland. There were representatives from each of the partner schools (Omnia and Ekami from Finland and HTUŠ and Slava Raškaj from Croatia). Altogether there were 15 students and 8 teachers. The last transnational students' mobility activity was held in Omnia vocational school and in shopping centre Entresse in Espoo. We wanted to showcase that during a five day training it is possible to create awesome pop-up restaurants.

During the event a chef and catering entrepreneur Ossi Paloneva gave a presentation of wild food. After him we heard a presentation by Antti Tynkkynen. He is a member of the Fazer culinary team and a former student of Omnia.

We had the actual pop up restaurant event in the shopping center Entresse (<http://entresse.fi/>) in Espoo on Saturday 19th May. This event was sponsored by Jalotofu Oy and Satokausikalenteri. The event itself was also accompanied by *Pepper the robot*, who understands your motions.



Photo by Amira Saad: Pepper the robot

Pepper robot's interviews

<https://youtu.be/hXSaKLMc-B4>

On Restaurant Day 19th May 2018 in Espoo international students opened four pop up restaurants

Pop up restaurant event was attended by the Croatian and Finnish partners of the Healthy Future project. Pop up restaurant is a way to showcase students' talents to a wider audience. The main idea of this event was to integrate the culinary promotion of regional cuisine and having fun together. Another aim was to help the students gain entrepreneurial skills and competences. This enabled them to gain both vocational and entrepreneurial practice during the activity. For many Finnish people, Restaurant Day has become an entrepreneurial springboard.



Photo by Amira Saad: Omnia and Ekami from Finland, Centar za odgoj i obrazovanje Slava Raškaj Zagreb (Slava Raškaj) and Hotelijsko-turistička i ugostiteljska škola (HTUŠ) Zadar from Croatia

The students were given a “basket” of ingredients beforehand. From this selection of ingredients the students created two recipes which were requested for 50 persons. All of the created recipes were vegan. Apart from the ingredients indicated, the menu did not contain anything else. Even if the menu choices of the pop up restaurants were limited, foodies as the typical audience of these events found our event. People usually go to pop up restaurants to experience a unique, creative eating experience.

Students interviews during the pop up event in Entresse

<https://youtu.be/MAh5MyqL4FQ>

Four international vegetarian pop up restaurants



Photo by Amira Saad: Team Omnia designed a vegan nettle burger

Fazer Culinary team member Antti Tynkkynen gave a demo of how to fillet a fish for the Healthy Future project students.

Antti Tynkkynen graduated from Omnia in 2016. At the moment he is working for Fazer food services and he is also part of Fazer culinary team. Antti was telling the participants about the Fazer food services and their way of using ecological fish in restaurants. Antti said that "Fazer food services only uses certified fish". He went on saying that the Fazer food services takes into account the usage of only eco-friendly WWF fish. He said that he is proud to be part of that team. After the presentation Antti demonstrated the filleting treatment of rainbow trout for the students and instructed the students in fish handling. The students were enthusiastic and satisfied with the presentation and demo and to be able to try the fish handling themselves.



Photo by Amira Saad: Antti Tynkkynen

Antti gave guidance to other students and said "When choosing from the various culinary programs, remember to take your own needs into consideration". He continued while recalling his study time in Omnia: "A culinary school can teach you a whole spectrum of skills, and it is important for you to choose a school that sets you on your desired career path. Maybe you want to learn international cuisine or the art of food and wine pairing".

The wild food fascinated international students

The wild food and nutrition calendar were the topics of Ossi Paloneva's presentation. Ossi Paloneva told how to identify, harvest and prepare nutritious, delicious and abundant edible wild plants found within walking distance from your school's kitchen. The presentation was a sampling of the content of Paloneva's restaurant. After the presentation international students and teachers got to taste e.g. ants, pine cones, fireweed, dandelion seeds and spruce. However, not everyone ventured to taste the products that were available.



Photo by Amira Saad: Samuli Karjula ja Ossi Paloneva

The project is developing cooperation between vocational culinary schools and colleges and working life in the fields of health, tourism & catering and environmental technologies mainly in Finland, Croatia and Italy.

The project is co-funded by the European Commission's Erasmus+ program. The project partners are Omnia and Ekami from Finland, Galileo.it from Italy and Centar za odgoj i obrazovanje Slava Raškaj Zagreb and Hotelijersko-turistička i ugostiteljska škola Zadar from Croatia.

Are you interested to know what our future activities are? Do you want more info?



Please visit our web site: <http://www.healthyfutureproject.eu>



Facebook group: <https://www.facebook.com/Healthy.Future.Project>

This project has been funded with support from the European Commission.

This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.