

LA PAS/SLOW DOWN Programme 2022: Capitalizing on the local gastronomic heritage and promoting the sustainable practices in organizing cultural events

June 17th

- **LA PAS/SLOW DOWN Programme, produced by CRIES Association, part of the Cultural Programme *Timisoara 2023 – European Capital of Culture***
- **A programme dedicated to community development**
- **Tools for the development and implementation of sustainable practices in organizing cultural events**
- **Marking of the United Nations Organization designated *Day of Sustainable Gastronomy*, on the 18th of June**

For 2022 LA PAS/SLOW DOWN invites the citizens of Timișoara and all those who love the local culinary products and art, to engage in a cultural programme rich in events that foreground the significance of the gastronomic heritage connected to the local communities and to sustainable development.

LA PAS/SLOW DOWN, initiated and developed by CRIES – Resource Centre for Ethical and Solidarity Initiatives Timișoara in 2018 within the frame of Timisoara 2023 – European Capital of Culture, aims to showcase gastronomic heritage in a context that respects the specific principles of sustainable cities and communities, developing responsible consumption skills among young people, sustainable practices in organizing cultural events and tourism, public policies that favour sustainable development models and a culture of solidarity and sustainability among citizens.

'LA PAS/SLOW DOWN is mostly a **community development programme** that centers on developing a **culture of sustainability** through observing a **set of principles**, as: avoiding the waste of resources (time, knowledge, material), promoting an economy based on collaboration and solidarity, seeking a multi-dimensional impact and supporting participation' says Mihaela Vețan, the President of CRIES Association.

In 2022 LA PAS/SLOW DOWN has a number of components: The LA PAS/SLOW DOWN Festival, the TASTE AS HERITAGE Competition, LA PAS/SLOW DOWN in the Neighbourhoods and the Educational Programme.

The Educational Programme responds to urgent needs confronting today's society – **climate change, pollution, food waste**, and aims to foster and develop sustainable development competences of the young people.

LA PAS/SLOW DOWN in the Neighbourhoods (summer of 2022, different neighbourhoods of Timisoara) takes the form of public events based in communities and micro-communities across the city and aims to promote handmade products, local artisans and producers and to encourage responsible consumption.

The LA PAS/SLOW DOWN Festival (September 23rd – 25th, Parcul Rozelor, Timisoara) represents an important moment for celebration of sustainable production and consumption that brings together artisans and consumers from Romania and Europe who value local products realized with attention to social and environmental standards.

The TASTE AS HERITAGE Competition (autumn 2022) aims to promote gastronomy as part of the immaterial cultural heritage.

Through the LA PAS/SLOW DOWN Programme, CRIES develops the complementarities necessary for putting the local gastronomic heritage under the spotlight against a sustainability dimension; last but not least, to integrate the aims and principles of **the European Parliament's 2014 Report on the European gastronomic heritage** that states that **gastronomy is part of our identity**. Culinary arts are a vector of conviviality and an important moment of sociability and **experiencing a gastronomic culture is a form of cultural exchange**. In addition, operationalizes the objective of the Cultural Strategy of Timișoara 2018-2022 that refers to the celebration of the regional gastronomic culture.

The 2022 edition of the LA PAS/SLOW DOWN Programme marks, on June 18th, the “Sustainable Gastronomy Day”, , adopted by the **UN** General Assembly in 2016. The decision recognizes **“gastronomy as a cultural expression** related to the natural and cultural diversity of the world. **Sustainable gastronomy** celebrates seasonal ingredients and producers, preserving wildlife, and our culinary traditions”. (www.un.org).

Further information and news about LA PAS/SLOW DOWN 2022 will be published online at: www.cries.ro, www.facebook.com/AsociatiaCRIES, www.youtube.com/user/asociatiaCRIES www.la-pas.cries.ro, www.facebook.com/lapas.cries, www.instagram.com/la.pas.timisoara

LA PAS/SLOW DOWN, part of Timisoara 2023 – European Capital of Culture Programme is directed towards foregrounding the complex connection among food, culture and sustainable consumption and is funded by the Municipality of Timisoara through the Centre for Projects.

Producer: CRIES – Resource Centre for Ethical and Solidarity Initiatives

Partners: ASAT - Asociația pentru Susținerea Agriculturii Țărănești, Asociația Curtea Culorilor, Asociația INTERSECT, Asociația ALIMENTERRA, RTC - România Tradițiilor Creative, Centrul pentru Politici Durabile Ecopolis, OilRight

Media Partners: Radio România Cultural, Zile și Nopti, Modernism.ro, Observatorul Gastronomic, România Pozitivă, Radio Econatura, Food News Romania, Știri ONG

CRIES – Resource Centre for Ethical and Solidarity Initiatives is a non-governmental organization that, since 2009, encourages the participatory construction of models of sustainable development and that has been active around and about several core themes - responsible consumption, fair trade commerce, community sustained agriculture, an economy based on solidarity. Within the frame of LA PAS/SLOW DOWN, launched in 2018, CRIES develops the complementarities necessary for the capitalization on the local gastronomic heritage and for the integration of the sustainability dimension.

CRIES Association

office@cries.ro

www.cries.ro

www.facebook.com/AsociatiaCRIES

www.youtube.com/user/asociatiaCRIES

LA PAS/SLOW DOWN Programme

www.la-pas.cries.ro

www.facebook.com/lapas.cries

www.instagram.com/la.pas.timisoara

#Timișoara2023

#BoardingStation