

# IGCAT

INTERNATIONAL INSTITUTE OF  
GASTRONOMY, CULTURE, ARTS AND TOURISM

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## IGCAT Voice

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Millions of people all over the world are lamenting the death of Anthony Bourdain. His globetrotting adventures, popular books, memorable television programs, conversations with local people, and delicious meals kept us glued to our television sets and constantly searching for three-star culinary experiences in restaurants with no ratings. What Bourdain accomplished in an individual sense was to broaden, deepen and enrich our conception of the key role played by gastronomy to preserve and promote cultural diversity and, as a result, to advocate for increased understanding among cultures

based on shared human values. This individual approach represents a leading path for contemporary societies as a whole that, as IGCAT advocates, is the opportunity to stimulate sustainable development by linking gastronomy, the arts, and tourism to culture; promoting diversity; and activating creativity at the municipal, regional, and national level in all countries throughout the world.

What is emerging from all this is the realisation that culture and cultures are dynamic and organic wholes or total ways of life made up of countless parts, and gastronomy, the arts, and tourism are “gateways” to culture and cultures in this all-encompassing, holistic sense. This makes developing these entities and activities of crucial importance to the world of the future.

In the years and decades ahead, we should be focusing on the central role that culture (and cultures) can play in global development and human affairs, and on the need to mainstream it into institutional planning at all levels as a valuable and crucial resource to face contemporary global challenges. Efforts must be supported of actors that, by making the case for culture and realising its full potential, provide the transcendental and transformative experiences that are necessary to conserve the natural environment, reduce the demands we are making on the world’s scarce resources, experience more caring, sharing, compassion, and fulfilment in life, and produce more peace, harmony, and happiness in the world.

**D. Paul Schafer**

IGCAT Expert and Director of the World Culture Project

Author of [The Case for Culture](#)

## IGCAT News

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### Consolidating visions for a better future

**IGCAT and the European Region of Gastronomy Platform consolidate their vision for a better future.**

*30 May 2018* - With the aim of stimulating engaging cross-cultural debate and fostering collective learning amongst the network of IGCAT experts and representatives of the European Region of Gastronomy Platform, the 5th Annual IGCAT Experts' Meeting took place in Minho, European Region of Gastronomy awarded 2016, on 23-24 May 2018, with the support of [Consórcio Minho In](#) and under the umbrella of [2018 European Year of...](#) [Read more.](#)

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### IGCAT and Impacts of European Region of Gastronomy Showcased at TouRRoir 18

*3 May 2018* - On Tuesday 24 April in NUIG's Bailey Allen Hall, the relationship between tourism, food and culture in [Galway, European Region of Gastronomy 2018](#) was explored at [TouRRoir 2018](#). The conference was opened by Managing Director of [Good Food Ireland](#) Margaret Jeffares who echoed the objectives and vision of IGCAT, stating that the aim of the conference was to connect the three biggest indigenous industries (food, tourism, culture); a project which is probably a bit ahead of its time. [Read more.](#)

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### FOODBIZ - Co-creation and multi-stakeholder approaches for students' employability

*19 May 2018* - Training the trainers has been the first, fundamental step in the implementation of the FOODBIZ project titled University and business learning for new employability paths in food and gastronomy. Designed under the umbrella of the action on Strategic Partnerships for Higher Education of the [Erasmus+ programme](#), the project addresses the compelling challenge of strengthening higher-education students' employability to balance the current disparity existing between their... [Read more.](#)

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### Savouring local tastes - 5th Gastronomic Fair of Sant Pol de Mar

*18 June 2018* - No matter how tiny a place is when its gastronomy is big enough to delight the palates of the most enthusiastic foodies. The gastronomic wonders of Sant Pol de Mar (Barcelona) were on showcase at the 5th Gastronomic Fair of Sant Pol de Mar ([5<sup>a</sup> Mostra Gastronòmica de Sant Pol de Mar](#)) on 15-16 June 2018, to surprise both locals and visitors with delicious flavours and fresh local produce. The event, organised by the Department of Economic Development, Trade and Fairs of the [Municipality of Sant Pol de Mar](#) and held annually at the Parc del Litoral in Sant Pol de Mar, gathered twenty... [Read more.](#)

## NECSTouR: Barcelona Declaration on Tourism and Cultural Heritage - Opportunities and challenges for European tourism destinations



23 April 2018 - The creation of synergies between cultural heritage and tourism for sustainable development has been the main topic of the workshop “Better Places to Live, Better Places to Visit” organised by NECSTouR (Network of European Regions for Sustainable and Competitive Tourism) and the Catalan Government at the Museu Maritim in Barcelona on 19... [Read more.](#)

## News from the Regions of Gastronomy



### Healthy eating and youth; North Brabant style!

14 June 2018 - North Brabant, European Region of Gastronomy awarded 2018, has dedicated the fourth month of its **We Are Food** programme to highlighting the importance of nutritious lifestyle choices for its young citizens. As stated in on the Region's dedicated website, the programme *looks to bring healthy eating closer to the experience of youth*. A key theme of the programme is the idea that **young people are citizens of the future**. By educating the younger generations today, North Brabant Region intends to actively create future ambassadors for healthy eating and sustainable living. On 1 June 2018 the themed month began... [Read more.](#)

### Galway-West of Ireland starring on national television

18 May 2018 - Landscape and local producers from **Galway-West of Ireland, European Region of Gastronomy 2018** were featured in Ireland's RTÉ national television programme *Nationwide* on 16 May 2018. The programme, presented by Anne Cassin, visited the **Wild Atlantic Way Food Festival** in Connemara and took the opportunity to offer to the wide public an insight of Galway-West of Ireland's programme as European Region of Gastronomy, highlighting what the title means for the region and its community. “For us, it is about having a framework where we can collaborate and bring all the different... [Read more.](#)



### European Regions of Gastronomy shine as international foodie destinations

9 July 2018 - Two **European Regions of Gastronomy** have been internationally recognised as *bucket list* foodie destinations by **Epicure** food magazine, demonstrating how the title can boost local gastronomy as a unique selling point for regions. **Riga-Gauja, European Region of Gastronomy awarded 2017** and **Barcelona (Catalonia, European Region of Gastronomy awarded 2016)** are highlighted among the 10 must-visit gastronomic destinations in an article by Priyanka Elhence, published on Epicure's... [Read more.](#)

## 1 million legacy for Aarhus-Central Denmark Region 2017



6 July 2018 - Central Denmark Region has announced the allocation of 1 million euro over three years to secure the legacy of its **European Region of Gastronomy 2017** title. As part of the region's **Growth Plan 2016-2020**, the European Region of Gastronomy programme has a strategic role in supporting regional sustainable development by strengthening cross-sectoral collaboration between gastronomy, culture and education with the aim to develop Central Denmark Region as an international gastronomic hub. The initiative, that will be run from the end of 2018 until the end... [Read more.](#)



### Stracciatella, a delicious theatrical twist

18 June 2018 - The commitment of **East Lombardy, European Region of Gastronomy awarded 2017** to promote its gastronomic heritage took on a delicious twist at the **Stracciatelling** event organised in Bergamo to celebrate the renowned stracciatella ice-cream flavour. On 17 June 2018, gastronomy and arts converged on the fascinating scenery of Piazza Vecchia, a Renaissance square located in the heart of Città Alta (Bergamo's upper town) where local people and visitors had the chance to taste and learn about the story of this traditional ice-cream flavour through theatre, music and circus performances. Invented in 1961 by Enrico Panattoni, at... [Read more.](#)

### Food stories and tastes from candidates 2021

2 June 2018 - **Slovenia** and **Coimbra Region** (Portugal) formally presented their candidature for the **European Region of Gastronomy 2021** title by submitting their bid books on 31 May 2018. In both regions, a stakeholder group involving institutions from the public, private, third and education sectors has been set up, with the aim to guide the regions towards the objectives stated in their candidacies, ultimately aimed at boosting sustainable regional development by capitalising on local gastronomy. "Slovenia's candidature to become a European Region of Gastronomy is focused on improving the quality of life. It... [Read more.](#)



### European Region of Gastronomy office opened in Kuopio city!

1 June 2018 - In an endless effort to deliver effective and high-quality programmes, the European Regions of Gastronomy are taking pioneering steps in the development of local best practices. The latest excellent example comes from **Kuopio, European Region of Gastronomy awarded 2020**, now in the process of implementing major steps, since it was officially awarded European Region of Gastronomy for 2020 in Brussels, in October 2017. On 31 May 2018, the region opened its **European Region of Gastronomy office** as a dedicated working space gathering all the people involved in the project... [Read more.](#)

## European Young Chef Award 2018

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### Local Young Chef rejuvenates traditional Slovenian cuisine

25 June 2018 - The spotlight was on reinventing traditional recipes using local produce as **Slovenia European Region of Gastronomy candidate 2021** held its first National Preliminary competition of the **European Young Chef Award (EYCA)**. With a creative dish of Bohinj trout, red beet sauce and buckwheat popcorn, **Rok Žurman** took home first prize on 5 June 2018 at the **College of Hospitality and Tourism Maribor (VSGT Maribor)**. Rok will now represent Slovenia at this year's European Young Chef Award finals in November 2018 in **Galway-West of Ireland (European Region of Gastronomy awarded 2018)**, in... [Read more.](#)



### The young ambassador of Minho's gastronomy

31 May 2018 - The winner of the Minho Young Chef Award to fly the flag of Minho's gastronomy at the European Young Chef Award 2018. The cuisine from **Minho, European Region of Gastronomy awarded 2016** has its young ambassador for the **European Young Chef Award 2018**. **Beatriz Costa**, from Didaxis Cooperative School of Vale S. Cosme, in Vila Nova de Famalicão (Braga, Portugal), elaborated an innovative and surprising version of the Arroz de Vinha d'Alhos, a typical dish from Minho region that earned her the first prize at the **1st Minho Young Chef Awards**. The competition was held at **AESAcademy school** in Vila Nova de Famalicão, on 25... [Read more.](#)

### Catalonia's finalist selected for the European Young Chef Award 2018

26 April 2018 - The **European Young Chef Award 2018** has its first finalist from **Catalonia, European Region of Gastronomy awarded 2016**. His name is **Eric Díaz**, from Joviat hospitality school (Barcelona) and he is the winner of the Catalan Young Chef Contest (*Concurs Cuina Jove de Catalunya*) held in its 32nd edition on 25 April 2018 at the **University College of Hospitality Management and Culinary Arts (EUHTStPOL)**, in Sant Pol de Mar, Barcelona. The jury was particularly impressed by his dish *Pollastre a la Manresaneta* (Chicken cooked in the Manresa's Way) through which he excellently interpreted... [Read more.](#)



## Current news from around the globe

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### Why it's important to recognize multiple food systems in Africa - By William G. Moseley

28 June 2018 - There are more than 815 million malnourished people in the world today. Almost 243 million of these are in Africa, where the problem is highest. Unfortunately, development organisations may be making food insecurity worse as they push the most advanced forms of agriculture to the detriment of other food systems. These include methods like foraging and subsistence agriculture, on which poorer households often rely. Historical changes in food systems - the way food is produced - have, for a... [Read more.](#)

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### Fiji Successfully Hosts UNWTO Joint Commission Meeting - By DEPTFO News

25 June 2018 - Fiji and the Pacific Region, for the first time hosted the United National World Tourism Organisation's (UNWTO) 30th Joint Meeting of the Commission of East Asia and Pacific (CAP) and Commission of the South Asian (CSA). The Joint Commission Meeting was preceded by a Regional Seminar on Climate Change, Biodiversity and Sustainable Tourism Development and had over 130 delegates attending from the East Asia, South Asia, Pacific region, including Fiji, Vanuatu, Samoa, to name a few. The main... [Read more.](#)



### Record Turnout as Thailand Hosts 4th UNWTO Global Forum on Gastronomy Tourism - By Tourism Authority of Thailand Newsroom

4 June 2018 - IGCAT Experts [Jacinta Dalton](#), [Roberta Garibaldi](#) and [Jutamas Wisansing](#) were among the 475 delegates from 52 countries in attendance for the [4th UNWTO Forum on Gastronomy Tourism](#) in Bangkok. The conference, which ran from May 30 to June 1, was attended by dozens of Thai restaurateurs, chefs, food and beverage executives and hoteliers who are getting a chance to update themselves on new techniques and technologies in preparing, marketing and managing the strong... [Read more.](#)

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### EU agrees total ban on bee-harming pesticides - By Damian Carrington

30 April 2018 - The world's most widely used insecticides will be banned from all fields within six months, to protect both wild and honeybees that are vital to crop pollination. The European Union will ban the world's most widely used insecticides from all fields due to the serious danger they pose to bees. The ban on neonicotinoids, approved by member nations on Friday, is expected to come into force by the end of 2018 and will mean they can only be used in closed greenhouses. Bees and other insects are vital for global food... [Read more.](#)





## Junk Food Dumping and Coca-Cola's Mexico

**Invasion** - By **Tamara Pearson**

*3 April 2018* - Today, Mexicans come fourth in the world for the amount of highly processed food they eat per person, at 212 kilos per year. According to [Kantar WorldPanel](#), Mexican families or households spent 30 percent of their expenses on junk food in 2014, with the lower and middle classes spending the highest proportion. This sort of diet is a recent change, and not part of Mexican culture, as many people assume. A new Coca-Cola-run shop opens roughly every eight hours in Mexico. But despite this full-scale... [Read more.](#)

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IGCAT carries out research, collects knowledge and develops projects to support creative solutions in regional and local development.

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