

IGCAT

INTERNATIONAL INSTITUTE OF
GASTRONOMY, CULTURE, ARTS AND TOURISM

IGCAT Voice



Gastronomy is not just about food or nutrition, it is the art of senses rooted in thousands of years of Greek cultural heritage. Homer and Plato praise the social dimension of gathering and eating together, having good times together. Hippocrates the Father of Medicine highlighted the importance of good food in terms of well-being.

The European Region of Gastronomy Award is for the South Aegean region, a perfect chance to communicate abroad all the wealth of its history but also to engage our local communities in a big “symposium” that helped them to revive old traditions and reveal life challenging secrets.

Our projects from health to education, sustainability to tourism evolved with stakeholders’ enthusiasm and passion and a long-term vision to leave a legacy. Celebrating the 2019 Award from IGCAT was just the beginning and we are already planning our next steps for the years to come. All our stakeholders are ready to serve this amazing title for many more years to come as they were totally inspired and motivated by the multi-dimensional effect this had in our local communities.

This year’s celebrations will culminate with our hosting in Rhodes of the European Young Chef Award 2019 at the end of October. I deeply believe that the young delegates will have the opportunity to experience real Greek hospitality that is a vital part of the holistic meaning of gastronomy.

I hope to also one day welcome each of you to the islands that gave birth to “gastronomy”.

Heidi Lazani

IGCAT Expert

Head of South Aegean, European Region of Gastronomy awarded 2019

Governor’s Office Director, Region of South Aegean

IGCAT News

Greener and Healthier Futures for the European Regions of Gastronomy

11 October 2019 - Policies and practices from the European Regions of Gastronomy that support local greener and healthier development as well as highlight the vital role of local gastronomy in sustainable growth, were the focus of this year's round table organised by IGCAT and ... [Read more](#)



Gastronomy and local development discussed at FOODBIZ final conference

18 October 2019 - Regional products, gastronomy, tourism, employment and local development - Links and shared value was the theme of FOODBIZ Final Conference Food@Work, hosted by Poznan University of Economics and Business, on 16 October 2019. Attended by ... [Read more](#)

European Young Chef Award 2019!

20 October 2019 - The European Young Chef Award 2019 will take place in Rhodes on 22-24 October, hosted by South Aegean, European Region of Gastronomy awarded 2019. Under the theme Innovation on Tradition, finalists from all over Europe will compete to win the international jury's hearts and palates! Follow us on [Instagram](#), [Facebook](#) and [Twitter](#) to find out this year's winner!



News from the Regions of Gastronomy



Trondheim-Trøndelag presents bid to be European Region of Gastronomy 2022

11 October 2019 - Trondheim and the mid-Norway region Trøndelag officially presented their candidature bid to receive the title European Region of Gastronomy 2022 in the presence of Alin-Adrian Nica, First Vice-Chairman of the SEDEC Commission, European ... [Read more](#)

Menorca presents bid to be European Region of Gastronomy 2022

11 October 2019 - Menorca, European Region of Gastronomy candidate 2022 officially presented their bid to the public in the presence of Alin-Adrin Nica, First Vice-Chairman of the SEDEC Commission, European Committee of the Regions. Anna Ferrer opened the candidate's ... [Read more](#)



Coimbra region to enhance quality of gastronomic events

7 October 2019 - An event qualification process has started in Coimbra Region with the aim to enhance the quality of local gastronomic events, increase their visibility and ensure their commitment to the principles underpinning the programme of Coimbra Region, European ... [Read more](#)

Kuopio boosts innovation, creativity and cross-sectoral cooperation

7 October 2019 - Strong stakeholder engagement and cross-sectoral cooperation are the principles driving Kuopio, European Region of Gastronomy awarded 2020 towards the celebration of their title year. With the aim to collect ideas for their jubilee programme and discuss ... [Read more](#)



Coimbra Region awarded Best Gastronomic Tourism Film

2 October 2019 - A stunning showcase of Coimbra Region's territory and gastronomy, the promotional film Coimbra Region, European Gastronomy Region 2021 - A Million Food Stories received the Blue Danube award for Best Gastronomic Tourism Film at the Silver Lake Tourfilm Festival 2019 (SILAFEST), the International Festival of Tourist and ... [Read more](#)

Trondheim-Mid Norway is the newest top foodie destination in Europe

5 August 2019 - Two Michelin star restaurants, home to the Best Chef of the Year 2019 and nominated to be European Region of Gastronomy in 2022, Trondheim is the newest foodie destination that is starting to make a ripple with its special attention to Nordic Flavours. Jens Storli, from Visit Trondheim noted that ... [Read more](#)



Current news from around the globe



Scaling back: graduate invents plastic alternative from fish waste - By R. Smithers

20 September 2019 - A bio-plastic made of organic fish waste that would otherwise end up in landfill, with the potential to replace plastic in everyday packaging, has landed its UK graduate designer a James Dyson award. [Read more](#)

Scientists set out how to halve greenhouse gas emissions by 2030 - By Fiona Harvey

19 September 2019 - Greenhouse gas emissions could be halved in the next decade if a small number of current technologies and behavioural trends are ramped up and adopted more widely, researchers have found, saying ... [Read more](#)



Sustainable agriculture will be critical to preventing global food shortages - By K. Vandette

18 September 2019 - The world has a unique opportunity to stem the tides of climate change, ensure future food security, protect biodiversity, and make healthier diets widely accessible, according to a new global report. [Read more](#)

UNESCO food and culture forum dishes up fresh serving of SDGs - By UN News

13 September 2019 - "Cultural policies today provide innovative responses in areas such as inclusion, technical and vocational education, employment, the preservation of cultural heritage and biodiversity," Assistant Director ...[Read more](#)



Killer Pesticides Decimating Bee Populations in Brazil - By Slow Food

11 September 2019 - New reports from beekeepers say that the first months of 2019 have seen losses of 400 million bees in the state of Rio Grande do Sul alone, as well as 7 million in São Paulo, 50 million in Santa Catarina ... [Read more](#)

IGCAT carries out research, collects knowledge and develops projects to support creative solutions in regional and local development. This newsletter is just a small selection of news from the past three months. IGCAT compiles trends and facts from around the world.

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