

## COOKBOOK ACTIVITY → INSTRUCTIONS (APPENDIX 4)



This year, as part of Youth at the Top 2021 and with the help of all the participating organizations, we are planning to create an international cookbook of culinary specialties from the Alps and Carpathians. Yummy isn't?! To do so, each organizer is invited to choose a local recipe of his preference and to have it illustrated by the young people of their group during their adventure in the mountains. After the event, ALPARC will bring together the achievements of the different groups and put together the recipe book. It will of course be shared with all participants after its finalization. To allow a smooth realization of this unique project, please carefully read the instructions below. It's worth it!

### FOLLOWING THE EVENT AND BEFORE AUGUST 8TH EACH ORGANIZER SHOULD PROVIDE:



- The chosen recipe -> Excel document "YAT2021\_Recipe.xls" to fill up
- Drawings of the different elements of the recipe illustrated by young people. They must be scanned in good quality (JPG 300dpi colors) - 1 drawing/page (see template in P.2) Each drawing should be labelled with a number (to be used as a reference).

### TO GIVE US ENOUGH ELEMENTS TO WORK WITH, PLEASE PROVIDE AT LEAST THE FOLLOWING DRAWINGS:

- A drawing of each ingredient (1 drawing/A4)

### YOU CAN ALSO SUGGEST TO YOUR GROUP TO ILLUSTRATE:

- The needed cooking utensils. Ex: whisk, fork, pans, oven...
- Recipe steps. Ex: mix, let stand, knead, bake...
- All other useful information. Ex: Cooking time can be illustrated by a watch/hourglass/clock
- The final dish



Each drawing must **be numbered and illustrate a single element** (an ingredient, a utensil, an action...). To ensure the good quality of the scans, please use **white A4 sheets** and use all the space (the drawings should not be too small). A template is offered on page 2 of this document. If you have multiple drawings for the same item, please include all the corresponding numbers in the Excel table. We will use the most suitable drawing, taking care to include drawings of as many different young people as possible.

To facilitate the work of the graphic designer of the recipe book, **please do not write anything on the drawings**. All necessary texts for the recipe (quantity, instructions, etc.) will be added by the graphic designer during the creation of the book.

**TECHNIQUES:** You're free to use any techniques for the drawings. Paint, stencil, stamps, collages... be creative!

**TIP:** To help the young people, you can bring photos/drawings of the items they will have to illustrate. It always helps to have a model 😊

Thank you all for your participation! Compliance with these guidelines will allow creating a unique document that will be a precious memory for young people!

**TO GO FURTHER:** We love creativity! You want to add a media (song, video tutorial...) to your recipe? Why not! Please send us all the media produced around this recipe and we will include them as much as possible in the booklet. For example using QR Code. Feel free to think out of the box! However, we do ask each group to provide at least the items listed above.

## RECAP



### PROVIDE

- YAT2021\_recipe.xls"
- HD Scans – JPG 300 dpi colors

### DRAWINGS

- White A4 paper (cf template)
- At least 1 drawing of each ingredient
- Only 1 drawing / A4
- No writing
- Labelled with numbers (to be used as a reference in the .xls)
- Any technique

## CONTACT →

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**FIRST NAME**

**WHAT SHOULD  
I DRAW HERE ?**

**DRAWING'S  
NUMBER**

(to be filled up  
by the organizer)