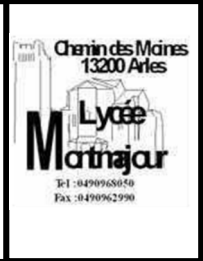




Sustain Montmajour News

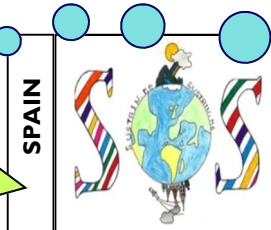
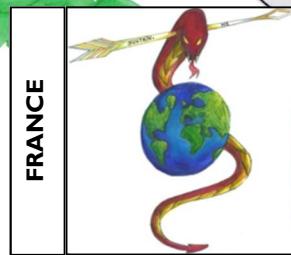
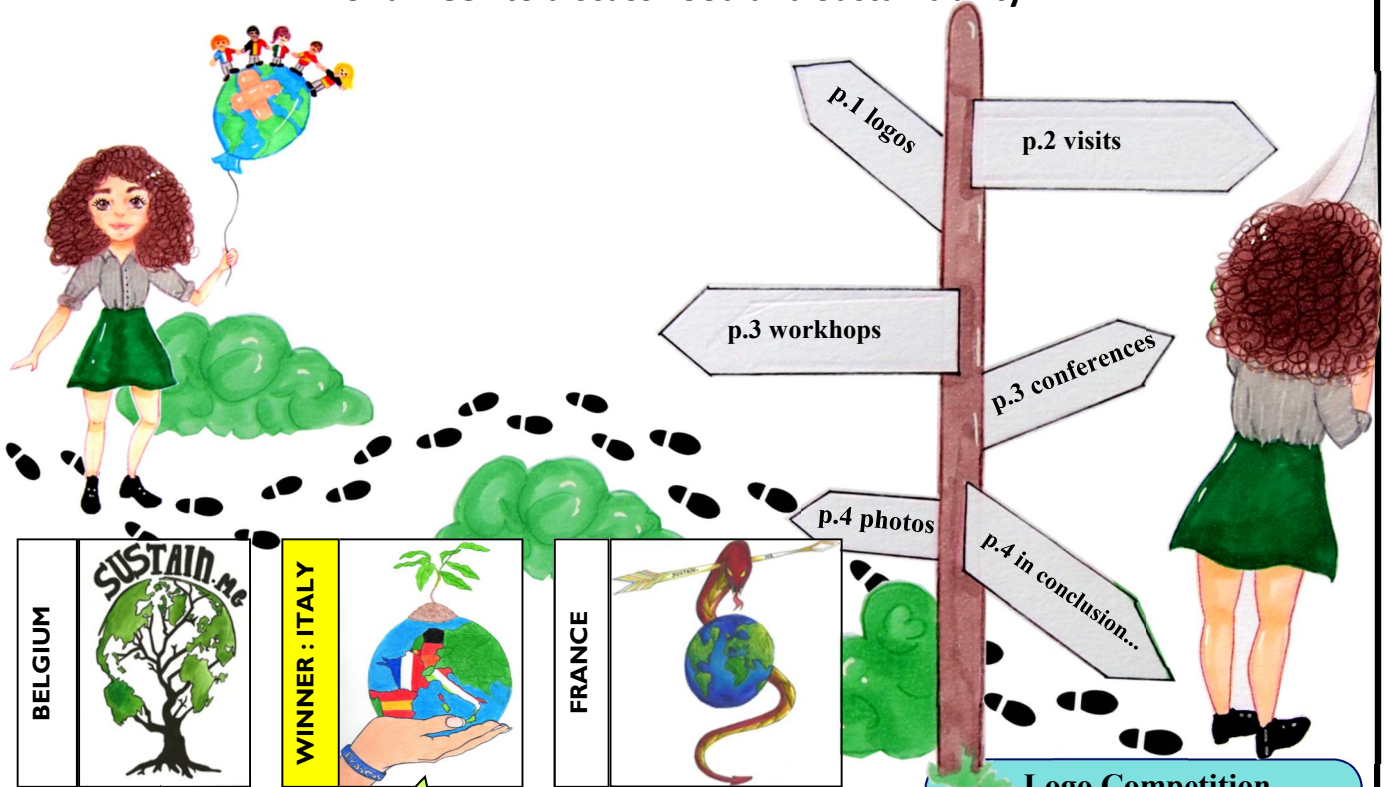


Montmajour students present : *SUSTAIN.ME* NEEDS YOU



The Erasmus French meeting from November 6th to 12th 2016

Students from five countries, Belgium, France, Germany, Italy and Spain, met in Arles for a week to discuss Food and Sustainability.



Logo Competition

Each country participated to create a logo for the project «sustain.me». The students of the different countries have drawn a logo which best represents the project. Then, in Arles, the five countries' logos were exhibited at the school library so all the students who participated in this project as well as the teachers could vote to elect the best logo. Finally, the winner is Italian.

Corentin J. - 2° 6



ERASMUS +

Editorial staff : Athéna, Corentin, Eloise, Léonie, Tanguy, Thomas, Youssra



The visits of the week !

Wednesday : olive day... and other fruit and vegetables!

At 1 pm, all the foreign students and their hosts took the bus to go to Mourières near Arles.



First, we saw the plantations of organic fruit and vegetables of « le jardin maraîcher ». The owners and producers, Simon and his girlfriend, explained to us all the things they organized to take care of their organic products, like the water supply and the crop rotation.



Then, we went to an olive grove and, with a kind of big comb, we brought down the olives into a net, which was on the ground, to be able to collect them. Everybody enjoyed this moment, even the teachers !

Next, we visited an olive mill. The owner showed us the current mill and the former one. We saw all the machines, old or new, and it was really interesting. We finally went back to Arles at 5 pm. We learned a lot of things during this afternoon and had a great time.

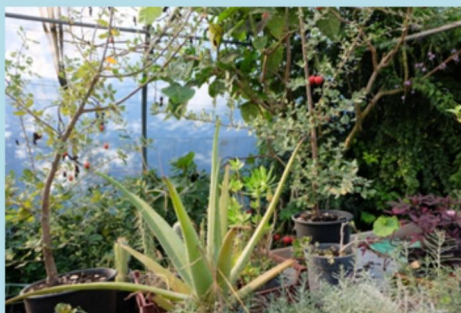
Léonie L. 1S2



Friday : Montmajour at Longomaï farm.

On Friday we visited the Longomaï estate which is a local producer of organic food, vegetables and meat.

In the morning, we defined the word sustainability all together. We had a picnic with the teachers and some of us played futsal. Then in the afternoon



a guy called Matthieu explained to us the breeding of sheep and we visited the plantations. Furthermore, the group explored the greenhouses with vegetables and citrus. Their sizes were so huge that it was so impressive!

Eloise V. 1S2

Conferences and workshops

Enjoying experimental workshops

On the second day of the week, foreign students and STL class worked on the molecular cuisine with Mrs. Hydrio.

We made two recipes : a jelly kind of food in different shapes, for example stars and mushrooms and a long spaghetti. It was a lot of fun and quite tasty !

Then, we made a lemon flavoured foam which we ate with the jelly food. It was an amazing experiment to do, and we enjoyed it even more with the foreign students!

During the cooking lesson we played a game with spices like cumin, cinnamon or turmeric. The aim was to find out and discover the spices



thanks to the color, the smell and the taste and to say their names in English and in our respective mother-tongues. We were dressed like cooks and had some explanations by the chef, Eric Grandin, about the beneficial effects of turmeric. It can help you recover from infections.

After that we made chicken satay skewers which were delicious and healthy.

Yousra L. 1L1 and Tanguy A. 1S2

Sustainability around the world!

During the exchange week, we attended some conferences. On Thursday, we saw Mrs Lambert presenting how sustainability is developed in Provence.

She gave many examples to show that people in Provence act to promote sustainability. Here are some of those actions :

- Some breeders practice transhumance by letting their sheep eat the grass from the hills in summer, and the grass from the plains in winter. Thanks to that, the grass has time to grow.
- Some rice growers use ducks to do the weeding in their fields.
- Finally, some people fight against foreign crayfish which cause the extinction of small seaweed and other crayfish.

We also attended a conference by Fernando, an active member of BioTU, a Mexican organisation which shows people the problems that our consumer society is causing to the earth. There are a lot of things that we have to change in our every-day life. For example, the first priority is to reduce our meat consumption, because all the animals that we eat cost a lot of energy and a lot of water and food to the earth.

Those conferences showed us that sustainability is an essential thing in our lives because the resources of the Earth are running out.

Thomas B. - 1S2



What did we learn? What did we change in our lives? What is still to be done?



And don't forget
to be sustainable
in your own life!

Drawings by Léonie L. - IS2

In conclusion...

This project was very instructive and interesting.

We could realise how important sustainability is and its true meaning, especially nowadays, with all the pollution and all. We principally talked about sustainable food. I think we all feel more concerned thanks to this project. It has also made us see how eating non organic food could be bad for our health.

We have met amazing people, from 4 different countries, Italy, Belgium, Spain and Germany. It was a great week and most of us have improved quite a lot in English. A very good experience to do again and again !!!

Athéna H. - 1L1

