

ABOUT IHERITAGE

The iHERITAGE project aims to introduce advanced technological solutions and improve transnational cooperation for the access to UNESCO's Mediterranean cultural heritage while attaching wider dissemination of monuments declared World Heritage by UNESCO.

Promoted by Centro Ciência Viva de Tavira and the University of Algarve as a partner, the DIMED's main objective is the production and development of innovative digital educational resources, based on the different dimensions of the Mediterranean Diet.

Through support in a virtual environment, it is intended to improve and innovate the contents of the training offer for teaching and vocational training. In doing so, the objective is to contribute to the promotion of school success, as well as adaptation to the sectoral needs and transformations of the region.



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MEDITERRANEAN DIET

IN AUGMENTED REALITY

A RESEARCH PARTNERSHIP BETWEEN THE IHERITAGE PORTUGAL PROJECT AND CENTRO DE CIÊNCIA VIVA DE TAVIRA AND

Discover the iHERITAGE project, funded by the EU - ENI CBC MED Programme.

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WHAT IS THE MEDITERRANEAN DIET?

An ancient lifestyle that encompasses social experiences, knowledge, oral expressions, crafts, dances and rituals. Includes related traditions with food, such as preserving, transforming and preparing food, but also eating meals and socializing around the table.

This way of life, influenced by the confluence of Mediterranean peoples and the climate, makes the most of natural resources without overloading them, contributes to food security and promotes sustainability.

The Mediterranean Diet is classified by UNESCO as Intangible Cultural Heritage of Humanity and is recognized by the World Health Organization as a food standard of excellence.



Portugal is currently participating in the iHERITAGE project, aiming to promote and enhance the Mediterranean UNESCO cultural heritage through innovative experiences by creating cross-border living labs for research and innovation.

For Portugal, this means focusing more specifically in the country's geographic case-study: Tavira. This choice was based on the fact that Tavira being a region of small demographic and territorial dimension, where relations of proximity, the productive activities and ancestral cultural expressions are proven to be alive and preserved.

Represented by the University of Algarve, the focus of the Portuguese team is to promote the Mediterranean Diet and its importance for the cultural identity of the Mediterranean.

The iHERITAGE ICT Mediterranean platform for UNESCO world heritage is a strategic project funded by the EU through the ENI CBC Mediterranean Sea Basin Programme.

iHERITAGE has a total budget of 3.9 million euros and will be funded by up to a maximum of 90% through the "Mediterranean Sea Basin Programme" ENI CBC Med 2014-2020.

EDUCATIONAL RESOURCES

By supporting collaborations among universities and between institutions, iHERITAGE is actively promoting access to UNESCO cultural heritage, on site and off site!

Within the iHERITAGE project, Universidade do Algarve established a partnership with the DiMED project, funded by CRESC ALGARVE 2020, that produced digital educational resources covering the Mediterranean Diet, including support materials for the teacher/trainer and different resources to application in classroom/session context and autonomous work.

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2. PAISAGENS CULTURAIS
MEDITERRÂNICAS
Recursos Educativos



3. A DIETA MEDITERRÂNICA
COMO MODELO DE
SUSTENTABILIDADE
Recursos Educativos



4. DIETA MEDITERRÂNICA –
SAÚDE E NUTRIÇÃO
Recursos Educativos



5. GASTRONOMIA
MEDITERRÂNICA – ALGARVE
Recursos Educativos, Brevemente Disponível



6. PATRIMÓNIO DO MAR
ASSOCIADO À DIETA
MEDITERRÂNICA
Recursos Educativos, Brevemente Disponível



7. PATRIMÓNIO
ETNOGRÁFICO
Recursos Educativos



8. PATRIMÓNIO CULTURAL
ASSOCIADO À DIETA
MEDITERRÂNICA E
VALORIZAÇÃO TURÍSTICA
REGIONAL
Recursos Educativos



9. DA TRADIÇÃO À
INOVAÇÃO
Recursos Educativos