

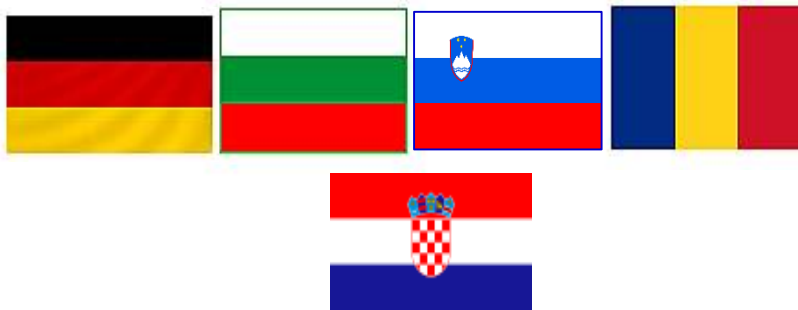
Online International Conference

**Sharing beyond borders – New ways for care, communication and cooperation of older people
along the Danube and in Europe in times of COVID-19**

10-11h July, 2020, Ulm, Germany

BREAD CONNECTS: AN INSIDE VIEW OF SENIORS FROM RUSE, BULGARIA

Assoc. Prof. Emiliya VELIKOVA, PhD
University of Ruse, Bulgaria; DANET e.V., Germany
evelikova@uni-ruse.bg

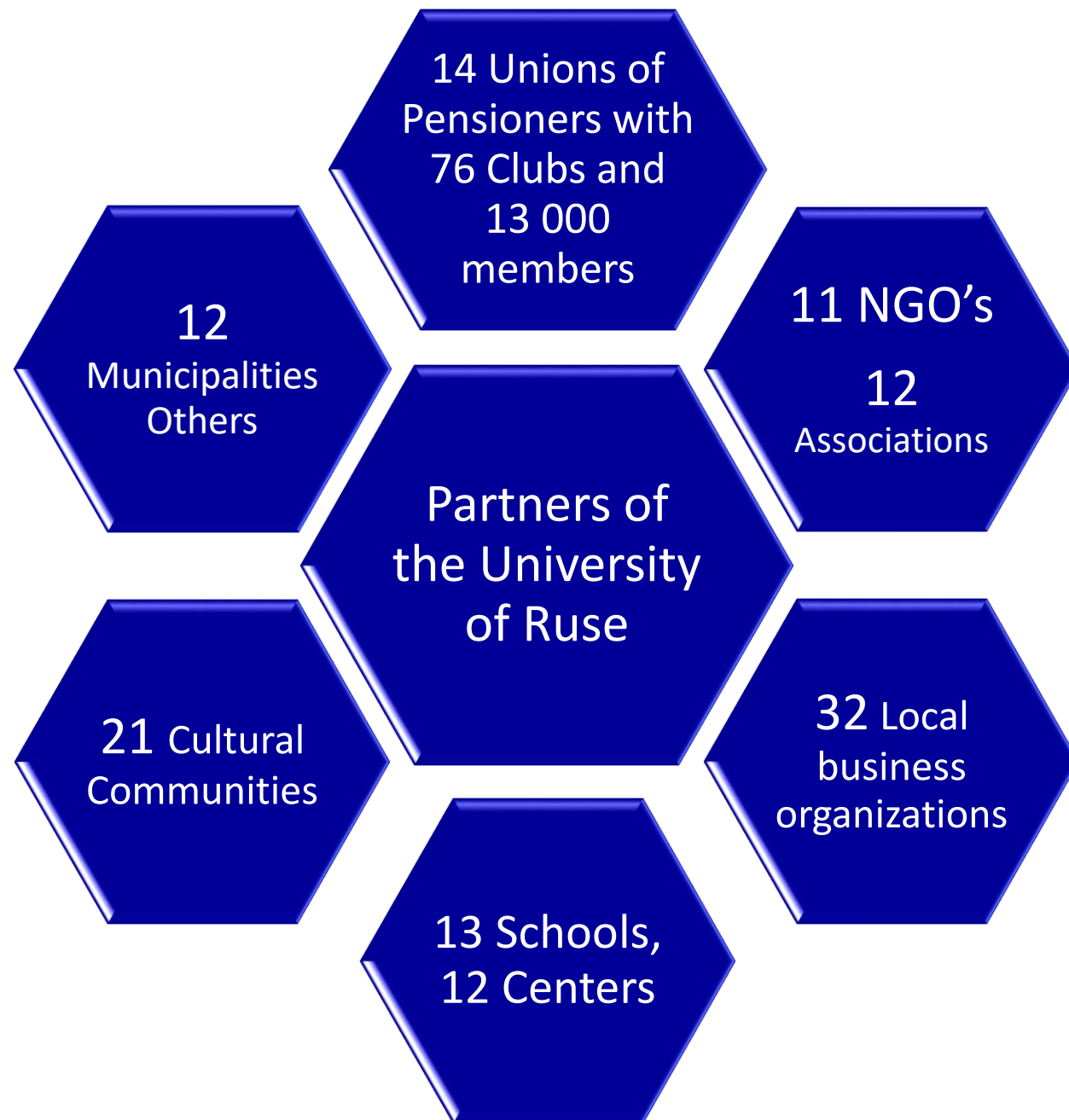


Aims

- to connect countries in the Danube Region by sharing their intangible cultural heritage
- to foster awareness of some common cultural roots
- to preserve the traditions and customs, the cultural and historical heritage of the Danube region and to pass them on to the next generations
- to connect people on an intellectual and on an emotional level.

Participants from Germany, Bulgaria, Slovenia, Romania, Croatia, Slovakia, Hungary, Serbia, Ukraine, Bosnia and Herzegovina

Structure of the cluster of partner organizations



Methods used in organizing the **BREAD CONNECTS** activities by the Ruse team

- International Competition
- Educational Theatre
- Action – oriented Learning
- Social Theatre
- Creative Task
- Regional Competition
- Quiz
- Research - based Learning
- Re-enactments
- Exhibitions

Activities

of the BREAD CONNECTS project

1. “The Power of Bread” discussion
2. “Bread and Traditions” exhibition
3. “Bread Binds Us” culinary competition
4. “Easter Traditions” educational theatre
5. “Bread of the Ethnic Groups” competition
6. “Bread Connects Europe – Create & Bake “Your” Europe!” competition
7. Activities of the High School of Tourism
8. Activities of the Union of Pensioners of Slivo Pole Municipality
9. Activities of the Union of Pensioners of Ivanovo Municipality
10. Activities of the Union of Disabled People of Ivanovo Municipality
11. Activities of the Union of Pensioners Vetovo Municipality
12. Activities of the Union of Pensioners of Tsenovo Municipality
13. Activities of the Union of Pensioners of Ruse Municipality

14. Give a sign of friendship along the Danube
15. Easter bread baking with disabled children
16. 11th International Danube Festival
17. “Bread Sharing is Caring” Danube Sparrows action
18. “Bread Sharing is Caring” international workshop
19. Cross-Border Meeting, Germany, Poland, Romania and Bulgaria
20. Activity of a Club of Pensioners and a Baden-Wurttemberg delegation
21. Activity of “Prosveta” community center
22. "No One is Bigger than the Bread." quiz
23. “Bread as a Social Event” qualification training
24. Our Grandmothers’ Bread Secrets
25. “Easter Bread Table” competition
26. “Bread Chain” social theatre
27. “Ethnic Bread Table” competition
28. “The Road of Bread” re-enactments

“The Power of Bread” discussion

University of Ruse, Bulgaria

190 participants of all ages of which:

- **representatives of the University of Ruse, the town and district of Ruse**
- **senior groups**
- **students from the High school of Tourism**
- **students from the Friedrich Schiller German Language School and**
- **25 participants coming from Germany, Serbia, and Romania.**



“Bread and Traditions” exhibition

High School of Tourism, Ruse, Bulgaria

Students from the High School of Tourism decided to organize an exhibition, entitled “Bread and Traditions”. For this purpose, they investigated and then determined which holidays are common to more European countries such as Christmas and Easter.

The students made and presented 10 loaves of bread from different European countries - Bulgaria, Germany, Romania, Serbia and Croatia



The recipes of 6 European breads were published as leaflets in German, English and Bulgarian.

Ritualbrot Am Pfingsttag

Produkte: 500 ml Joghurt, 1 TL Soda für Brot, 2 Eier (1 Eigelb), 3 Esslöffel Öl, 1 Esslöffel Salz, eine Prise Zucker, 800 g Mehl.

Spülen Sie die Backpulver im Joghurt, fügen Sie den Joghurt und die anderen Produkte in einen geeigneten Behälter. Den weichen Teig mischen lassen. Um 30 Minuten ruhen. Wir bilden das Ritualbrot, in dem es ein Element der Weizenklasse für Freude und Wohlstand geben muss. Mit Eigelb auftragen und bei 180 Grad 35-40 Minuten backen.

Обреден хляб За Неделята на Петдесетница

Продукти: 500 мл кисело мляко, 1 ч.л. сода за хляб, 2 яйца (1 жълтък за намазване), 3 с.л. олио, 1 с.л. сол, щипка захар, 800 гр брашно.

Погасяваме содата за хляб в киселото мляко, в подходящ съд пресяваме брашното, към което прибавяме киселото мляко и останалите продукти. Замесваме средно меко тесто. Оставаме да почине 30 минути. Оформяме обредния хляб, в който трябва да присъства елементът житеен клас за плодородие и благополучие. Намазваме с отделения жълтък и печем при 180 градуса 35-40 минути.

Ritual Bread Pentecost Sunday Bread

Ingredients: 500 ml of yoghurt, 1 tsp. baking soda, 2 eggs (1 egg yolk, 3 tbsp. of oil, 1 tsp. of salt, a pinch of sugar, 800 g of flour.

Extinguish the baking soda in the yoghurt. Then sift the flour in a suitable-sized bowl where you add the yoghurt and the other products. Process the dough to medium softness. Let it rest for 30 minutes. Shape the ritual bread round and decorate it with a wheat-shaped symbol made from the dough. The wheat symbolises fertility and family well-being. Finally, brush with yolk and bake at 180 degrees for 35-40 minutes.

Ritualbrot Zum Silvester

Zutaten: 200 ml Milch, 3 Eier (1 Eigelb zum Bestreichen), 200 g Joghurt, 3 Esslöffel Öl, 1 Esslöffel Salz, 1 TL Zucker, 1 Würfel frische Hefe, 1 - 1.200 kg Mehl.

1 TL Zucker, 2 Esslöffel Mehl und die Hefe in die Hälfte der Milch auflösen. Das Mehl sieben und andere Zutaten dazu geben. Einen weichen Teig kneten und ihn 40 Min. aufgehen lassen. Auf dem Ritualbrot eine Sonne modellieren. Mit dem Eigelb das Brot bestreichen und es noch 30 Min. aufgehen lassen. Bei 180 Grad 45 Min backen lassen.

Обреден хляб за Нова Година

Продукти: 200 мл прясно мляко, 3 бр. яйца (1 жълтък за намазване), 200 г кисело мляко, 3 с.л. олио, 1 с.л. сол, 1 ч.л. захар, 1 кубче мая, 1 - 1.200 кг брашно.

Активиране маята в част от млякото, 1 ч.л. захар и 2 с.л. брашно. В подходящ съд пресяваме брашното, към което прибавяме активираната мая и останалите продукти. Замесваме средно меко тесто и оставаме да етаса до 40 минути. След това оформяме обредния хляб във форма на слънце. Намазваме с отделения жълтък, етаса още 30 минути. Печем в загрята до 180 градуса фурна за 45 минути.

New Year's Eve Bread

Ingredients: 200 ml of milk, 3 eggs (1 yolk for brushing), 200 g of yoghurt, 3 tbsp. of oil, 1 tsp. salt, 1 tsp. of sugar, 1 cube of yeast, 1 - 1.200 kg of flour.

Activate the yeast in a portion of the milk, 1 tablespoon of sugar and 2 tablespoons of flour. In a suitable sized bowl, sift the flour and then mix with the activated yeast and the other ingredients. Knead medium soft dough and let it rise for 40 minutes. Then shape the ritual bread in the form of a sun. Brush with the yolk and let it rise for another 30 minutes. Bake in a pre-heated oven at 180 degrees for 45 minutes.

Ritualbrot f Für die Fastenzeit

Zutaten: 500 ml lauwarmes Wasser, 1 TL Backpulver, 1 EL Essig, 3 Esslöffel Öl, 1 Esslöffel Salz, eine Prise Zucker, 800 g Mehl.

Das Backpulver mit Essig lösen. Das Mehl sieben und die restlichen Zutaten dazu geben. Einen weichen Teig kneten und ihn 20 Min. ausruhen lassen. Auf dem Brot eine Blume oder einen Zopf modellieren, mit Öl bestreichen und bei 180 Grad 35-40 Min. backen.

Обреден хляб за Велики Посту

Продукти: 500 мл хладка вода, 1 ч.л. сода за хляб, 1 с.л. оцет, 3 с.л. олио, 1 с.л. сол, щипка захар, 800 г брашно.

Погасяваме содата за хляб с оцета. В подходящ съд пресяваме брашното, към което прибавяме останалите продукти. Замесваме средно меко тесто. Оставаме да почине 20 минути. Оформяме обредния хляб, в който трябва да присъстват елементите цвете и плитка. Намазваме с олио и печем при 180 градуса 35-40 минути.

Great Lent Ritual Bread

Ingredients: 500 ml of lukewarm water, 1 tsp. baking soda, 1 tbsp. vinegar, 3 tbsp. oil, 1 tsp. salt, a pinch of sugar, 800 g of flour.

Extinguish the baking soda with vinegar. Sift the flour and add mix it with the remaining ingredients. Knead the dough to medium-soft and let it rest for 20 minutes. Form the ritual bread in a round shape and decorate it with a flower and a braid. Brush with oil and bake at 180 degrees for 35-40 minutes.



Проект Вкусовите на Дунав.
Хлябът ни свързва.
Project Tastes of Danube.
Bread Connects.



Проект Вкусовите на Дунав.
Хлябът ни свързва.
Project Tastes of Danube.
Bread Connects.



Проект Вкусовите на Дунав.
Хлябът ни свързва.
Project Tastes of Danube.
Bread Connects.



Ritualbrot Für Verklärung des Herrn

Zutaten: 200 ml Milch, 250 ml Wasser, 2 Eier (1 Eigelb zum Bestreichen), 1 Würfel frische Hefe, 1 Esslöffel Zucker, 1 Esslöffel Salz, 5 Esslöffel Öl, 1 kg Mehl.

Die Hefe in die warme Milch, Zucker und ein bisschen Mehl auflösen. Das restliche Mehl sieben und die Hefemischung mit anderen Zutaten zu einem weichen Teig kneten. 40 Min. den Teig aufgehen lassen. Auf dem Brot eine Sonne und eine Traube modellieren. Mit Eigelb bestreichen und bei 180 Grad ca. 45 Min. backen.

Обреден хляб за Преображение Господне

Продукти: 200 мл прясно мляко, 250 мл вода, 2 бр. яйца (1 жълтък за намазване), 1 мая, 1 с.л. захар, 1 с.л. сол, 5 с.л. олио, 1 кг брашно.

Активиране маята в топло мляко, захарта и малко от брашното. В подходящ съд пресяваме брашното, към което прибавяме маята и останалите продукти. Замесваме средно меко тесто, оставаме да етаса около 40 минути. Оформяме обредния хляб с елементите жито и грозд. Намазваме с жълтък, печем в загрята фурна на 180 градуса за около 45 минути.

Transfiguration Sunday Bread

Ingredients: 200 ml of warm milk, 250 ml of water, 2 eggs (1 yolk for brushing), 1 cube of yeast, 1 tsp. sugar, 1 tsp. salt, 5 tbsp. oil, 1 kg of flour

Activate the yeast in the warm milk, mixed with the sugar and a little bit of the flour. In a suitable sized bowl, sift the remaining flour and then add the yeast mixture with the other products to it. Knead a medium soft dough and leave it to rise for about 40 minutes. Form the ritual bread in a round shape and decorate it with the sun and grape motifs. Brush with the egg yolk and bake at 180 degrees for about 45 minutes.

Ritualbrot Für Karfreitag

Zutaten: 200 g frische Hefe, 400 ml warmes Wasser, 1 EL Zucker, 1 Esslöffel Salz, 2 Esslöffel Öl, 1 Esslöffel Essig, 800 g Mehl.

Die Hefe in 100 ml warmes Wasser auflösen und 15 Min. aufgehen lassen. Alle Zutaten mit der Hefemischung rühren. Das gesiebte Mehl und den Salz allmählich hinzufügen. Einen weichen Teig kneten und eine Stunde aufgehen lassen. Das Brot formen und darauf ein Kreuz darstellen. Mit Fett bestreichen und bei 180 Grad ca. 35-40 Min. backen.

Обреден хляб за Разпети Петък

Продукти: 20 г прясна мая, 400 мл топла вода, 1 с.л. захар, 1 с.л. сол, 2 с.л. олио, 1 с.л. оцет, 800 г брашно.

Активиране маята в 100 мл топла вода и оставаме да етаса до 15 минути. В подходящ съд изсипваме течните продукти и етасолата мая, разбъркваме. Постепенно прибавяме прясното брашно и солта. Омесваме тесто за мека позача, оставаме да етаса до 1 час. Оформяме обредния хляб, в който задължително трябва да присъства елементът кръст. Намазваме с мазнина, печем в загрята фурна на 180 градуса за около 35-40 минути.

Good Friday Bread

Ingredients: 20 g of fresh yeast, 400 ml of warm water, 1 tsp. sugar, 1 tsp. salt, 2 tbsp. oil, 1 tsp. vinegar, 800 g of flour.

Activate the yeast in 100 ml of warm water and allow to rise for up to 15 minutes. In a suitable container pour the liquid products and the yeast while stirring. Gradually add the sifted flour and salt. Knead a soft dough, then leave it to rise for up to an hour. Form the ritual bread in a round shape and decorate it with a cross. Brush it with grease, then bake at 180 degrees for about 35-40 minutes.

Ritualbrot Für den ersten Ostern Tag

Produkte: 200 ml Frischmilch, 5 Stk. Eier (1 Eigelb), 250 g Zucker, 160 g Butter, 1 Würfel Hefe, 1 Teelöffel Salz, 1 kg Mehl.

Активиране маята в част от топлото мляко, 1 с.л. захар и 2 с.л. брашно, а другата част от прясното мляко запълваме със захарта. Разтопяваме кравето масло. В подходящ съд пресяваме брашното, към което прибавяме есички запълнени продукти и активираната мая. Замесваме меко тесто, оставаме да етаса 40 минути. Заплетаме сладките обредни хлябове в желаните форми. Намазваме с жълтъка и печем при загрята фурна на 160 градуса за около 1 час.

Обреден хляб За Първия ден от Великден

Продукти: 200 мл прясно мляко, 5 бр. яйца (1 жълтък), 250 гр захар, 160 г кравето масло, 1 кубче мая, 1 ч.л. сол, 1 кг брашно.

Активиране маята в част от топлото мляко, 1 с.л. захар и 2 с.л. брашно, а другата част от прясното мляко запълваме със захарта. Разтопяваме кравето масло. В подходящ съд пресяваме брашното, към което прибавяме есички запълнени продукти и активираната мая. Замесваме меко тесто, оставаме да етаса 40 минути. Заплетаме сладките обредни хлябове в желаните форми. Намазваме с жълтъка и печем при загрята фурна на 160 градуса за около 1 час.

Ritual Bread Easter Bread (Kozunk)

Ingredients: 200 ml of milk, 5 eggs (1 yolk), 250 g sugar, 160 g butter, 1 cube of yeast, 1 teaspoon of salt, 1 kg of flour.

Activate the yeast in a small amount of warmed up milk with 1 tablespoon of sugar and 2 tablespoons of flour. Heat the rest of the milk with all the sugar and separately melt the butter. Sift the flour into a suitable-sized bowl, then add the warmed products and the activated yeast. Mix into a soft dough and leave it to "rest" for 40 minutes. Then entangle the dough into the desired shapes. At the end, brush with egg yolk and bake for about 1 hour in a heated oven at 160 degrees.



Проект Вкусовите на Дунав.
Хлябът ни свързва.
Project Tastes of Danube.
Bread Connects.



Проект Вкусовите на Дунав.
Хлябът ни свързва.
Project Tastes of Danube.
Bread Connects.



Проект Вкусовите на Дунав.
Хлябът ни свързва.
Project Tastes of Danube.
Bread Connects.



“Bread Binds Us” culinary competition

Union of Pensioners of Slivo Pole Municipality

This event attracted:

- more than 400 participants
- from 12 villages.

It resulted in 121 bakery products made by 97 participants.





“Easter Traditions” educational theatre

Club of Pensioners, Babovo

The theatre included two sketches:

- ◆ *Easter tradition with ‘kozunak’ (special Easter bread)*
- ◆ *Selection of the strongest dyed Easter egg – Egg fighting game*

The educational theatre was organized by actors from the Union of Pensioners, High School “St. Paisiy HlendarSKI” of Slivo Pole, Secondary school “St. St. Cyril and Methodius” of Ryahovo, Secondary school “Ivan Vazov” of Golyamo Vranovo, the Community Center “N. Y. Vaptsarov - 1927”, of Babovo, Slivo Pole Municipality.



“Bread of the Ethnic Groups” competition

**Union of Pensioners, Slivo Pole Municipality
(97 bakery products made by 89 participants)**



“Bread Connects Europe – Create & Bake “Your” Europe!” competition



Cake European Flag

89 contributions



from all over Europe



United Europe - Family Tree

The activities in Bulgaria were organized by:

- **the High School of Tourism**
- **the Union of Pensioners of Slivo Pole Municipality**
- **the Union of Pensioners of Ivanovo Municipality**
- **the Union of Disabled People of Ivanovo Municipality**
- **the Union of Pensioners of Vetovo Municipality**
- **the Union of Pensioners of Tsenovo Municipality**
- **the Union of Pensioners of Ruse Municipality**

Activities of the High School of Tourism

The participants in the final stage of the competition



The winning bakery product
“United Europe”



Activities of the Union of Pensioners

Slivo Pole Municipality



Activities of the Unions of Pensioners and of the Union of Disabled People of Ruse, Ivanovo, Tsenovo and Vetovo Municipalities



GIVE A SIGN OF FRIENDSHIP ALONG THE DANUBE



Bread Connects - Give a sign of friendship along the Danube!

Хлябът ни свързва - дай знак за приятелство по река Дунав!

1027 pictures from all over Europe
more than 350 pictures from Ruse Region



Easter bread baking with disabled children

Red Cross Bulgaria – Ruse, Red Cross Bulgaria – Ruse Youth





11th International Danube Festival

Ulm/ Neu-Ulm, Germany - 2018

- “Tastes of Danube. Bread connects” was also the motto of the Danube-Networkers during the 11th International Danube Festival Ulm/Neu-Ulm
- On 13th July 2018, a conference with the topic “Intangible Cultural Heritage in the Danube Area – A National Asset or a Contribution to European Identity?” took place.



“Bread Sharing is Caring”

Danube Sparrows action

Ulm, Germany

It expressed the persons' readiness for caring for each other and for demonstrating their efforts to achieve better understanding between people on local as well as the whole of the Danubian and European level.



“Bread Sharing is Caring”

international workshop

Club of Pensioners, Ryahovo



Cross-Border Meeting

Germany, Poland, Romania and Bulgaria

Union of Pensioners of Slivo Pole Municipality, Brashlen





More than 100 guests from Bulgaria, Germany, Romania and Poland took part in the event.



Activity of “Dobrudzhanska Sreshta” club of pensioners and a Baden- Wurttemberg delegation



Danube Sparrows event in “Prosveta” Community Center

Dolapite



"No One is Bigger than the Bread." quiz

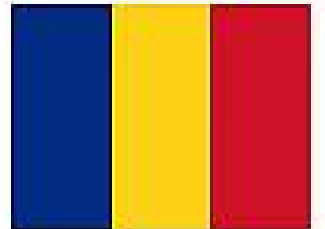
Union of Pensioners – Ruse,
Regional Library "Lyuben Karavelov"
High School of Tourism



“Bread as a Social Event” qualification training

“Nadezhda” bread house – Sofia

Participants from the University of Ruse and from the High School of Tourism



Our Grandmothers' Bread Secrets

Union of Pensioners – Ruse,
Regional Library “Lyuben Karavelov”



“Bread Chain” social theatre

20 Clubs of Pensioners



The Union of Pensioners and its all 20 clubs organized meetings with the mayor, the managing body and members of the local parliament. The meetings were held one after the other, *like a chain*, within a short period of time and a common scenario related to the topic of bread.

The main theme of each meeting was “Bread Connects Us” as well as the role of bread in the social life of the club members.

The pensioners communicate with the relevant authorities in order to present the main activities, accomplishments, problems and expectations of each club aimed at achieving specific agreements for improving their life through training, tradition preserving events, cooperation, cultural events and communication.

“Easter Bread Table” competition

“Nikola Y. Vaptsrov - 1927” community center of Babovo



The Road of Bread” re-enactments “

Club of Pensioners, Tourist Center of Brashlen



**The Bread Connects
activities**

Attracted more than 6000 participants
Included over 70 institutions with over 45 activities

**“Bread Connects”
project sponsors**

Funded by:



Federal Ministry for
Family Affairs, Senior Citizens,
Women and Youth



University of Ruse
“Angel Kanchev”



Baden-Württemberg
STAATSMINISTERIUM

www.stm.baden-wuerttemberg.de

und andere
and others
Cluster
Ernährung

PEGulm
Projektentwicklung

Stadt Ulm

ulm

www.ulm.de/ulm/



Heidehof
Stiftung

BADEN-
WÜRTTEMBERG
STIFTUNG
Wir stiften Zukunft

“Bread Connects” project

was highly supported by the representatives of

- the local Municipalities such as Slivo Pole Municipality
- the Baden-Wurttemberg Staatsministerium
- the Municipality of Ulm





The DANET project "**Tastes of Danube – Bread Connects**", won the 1st prize of the **European Economic and Social Committee (EESC)** .



The project was also awarded a medal of the **University of Ruse** for its contribution for preserving the cultural and historical heritage of the Danube Region.