

	Implementation schedule	Physically/remotely	Contact hours	Autonomous work for students (max hours)	Learning outcomes
Activity 1	Introduction to sustainable food systems and cultural heritage	Physical	2	2	Explain how food systems are shaped by ecological, cultural, and historical factors
Activity 2	Immersive site-based learning across Lastovo, Biokovo, and Makarska — including cooking workshops, cultural site visits, and field-based learning with local producers	Physical	25	4	Gather and interpret field-based observations related to sustainable culinary practices
Activity 3	Daily field journaling and reflection activities	Physical		6	Reflect critically on the learning experience
Activity 4	Creative challenge — concept development for a reimagined dish or food tradition using sustainability principles	remotely	4	10	
Activity 5	Presentation or submission of reflective portfolio (can be conducted in person or post-visit)	Remotely /physical	4	10	
Total Hours			35	32	