



Experience 10th – 12th of November 2022

International Inspiration Days

Theory meets Reality: *Creating sustainable growth Models for Business and Life*

Sarnthein, 20. September 2022 - La FuGa, the international movement for a sustainable future of food, is hosting its annual experience days from the **10th to the 12th of November** at the [Bad Schörgau](#), in South Tyrol, Italy.

Be part of the La FuGa: Learn, Share, Innovate and Create Sustainability

La FuGa lives and breathes an agile approach – experimenting, analyzing, gaining insights and trying new ways. Under this year's headline: **Theory meets Reality** participants will have the opportunity to experience three days of **inspiration, knowledge sharing and networking** amidst shapers of gastronomy, agriculture as well as organizational and personal development. It is about learning from each other, creating multidisciplinary networks and getting innovative projects off the ground.

Extraordinary keynote speakers will spark impulses around the core themes of Circularity, Sustainability, Zero-Waste, and Harmony Principles. Combined with hands-on workshops which set the scene for fruitful discussions and enable a changing of perspectives. That way, all insights can be transferred back and so create an impact on each and everyone's business and personal life. Throughout the days, profiting from the charming atmosphere of Bad Schörgau, with its natural spa, its curated forest walks and one of a kind setting in the Sarentino Valley.

Renowned Speakers - inspirational keynotes

This year La FuGa welcomes **inspirational keynotes from renowned international speakers** such as [Patrick Holden](#), Founder and CEO of the [Sustainable Food Trust](#); [Richard Dunne](#), Founder and Director of [The Harmony Project](#); [Peter Klosse](#), Professor of Gastronomy & founder of [T.A.S.T.E.](#); [Elena Lorenzi](#), Assistant professor at [Center for Mind/Brain Sciences](#) - CIMeC at University of Trento; [Christian Weij](#), Founder & Creative Director of the [Smaakpark](#); [Mattia Baroni](#), Head R&D of The Garum Project and author of a fermentation book for chefs; and [Stephanie Lüpold](#), Inspirational Business Transformator and confident Leader.

Moderated by [Svenja Op gen Oorth](#) (Creative Leadership-Expert and author of "[Frag dich in Führung](#)") and [Alexander Hahn](#) (Leadership- & Human-Cultivator from [Hahn & Loewe](#)).



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south tyrol's hidden jewel



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Enclosing Events - shaping the future together

- Uphold the tradition of old and participate in the Rübenkrautfest of new. Together we will harvest and process the Rüben while enjoying good food and wine with a DJ on the field.
- Cooking classes with fermentation experts and chefs. After the Rübenkrautfest it's time to grab the spatula. We will be preparing the evening's dinner under the guidance of four expert chefs from our La FuGa network.
- Taste and discover the creme de la creme of natural wines of South Tyrol while the producers let us participate in their story of how the change towards natural wine production came about.

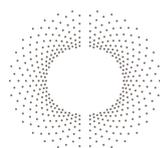
The programme in an overview:

- Thursday, 10th: Kicking-off the International Inspiration Days with a surprising dinner
- Friday, 11th: A day full of inspiration - learn from experts how one can rethink and do things differently to be in harmony with nature
- Saturday, 12th: It's application day - get your hands into it
- The experience will conclude on Saturday evening with a party in the Stodl

Pricing:

- Full International Inspiration Days package and lodgings (incl. food and driks) - starting at Bad Schörgau from 1.500 €
- For further package options such as day passes visit [La FuGa](#)

About being part of La FuGa:



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La-FuGa is an international movement with the aim to promote the mindful concept of food in all aspects – from soil to table back to soil. We are open for those who want to be part of the journey - from individuals to enterprises, from any industry and any country. We are the connection-hub that is able to scale so that change can happen. We act as a link between research- and field work - bringing together scientists, chefs, managers and consumers, promoting connected thinking and actions.

We believe that gastronomy plays a key role in educating about food and engaging with the society, especially the youth, on sustainable and healthy approaches to nutrition. We know and respect our roots, and at the same time challenge ourselves to leave our comfort-zones, take risks and be a pioneer to the new. We are mindful and humble when we draw from nature's resources. We respect our environment and understand our responsibility to give back as much as we take. We share our insights, expertise and knowledge with any companions on our way as we strive for the greater good of food.

Join forces with us. Together we are stronger. Together we will create the impact.

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