



United Nations
Educational, Scientific and
Cultural Organization



Intangible
Cultural
Heritage

Representative List

Original: French

CONVENTION FOR THE SAFEGUARDING OF THE INTANGIBLE CULTURAL HERITAGE

INTERGOVERNMENTAL COMMITTEE FOR THE SAFEGUARDING OF THE INTANGIBLE CULTURAL HERITAGE

Eighth session
Baku, Azerbaijan
December 2013

NOMINATION FILE NO. 00884 FOR INSCRIPTION IN 2013 ON THE REPRESENTATIVE LIST OF THE INTANGIBLE CULTURAL HERITAGE OF HUMANITY

A. State(s) Party(ies)

For multi-national nominations, States Parties should be listed in the order on which they have mutually agreed.

Cyprus, Croatia, Spain, Greece, Italy, Morocco and Portugal

B. Name of the element

B.1. Name of the element in English or French

This is the official name of the element that will appear in published material.

Not to exceed 200 characters

Mediterranean Diet

B.2. Name of the element in the language and script of the community concerned, if applicable

This is the official name of the element in the vernacular language corresponding to the official name in English or French (point B.1).

Not to exceed 200 characters

Μεσογειακή Διατροφή (Mesogiaki Diatrofi)

Mediteranska prehrana

La Dieta mediterránea

Μεσογειακή Διατροφή (Mesogiaki Diatrofi)

La Dieta Mediterranea

الطَّبَاخَة المتوسـطية (Attibakha al Moutaouassittiya)

A Dieta Mediterrânica

B.3. Other name(s) of the element, if any

In addition to the official name(s) of the element (point B.1) mention alternate name(s), if any, by which the element is known.

C. Name of the communities, groups or, if applicable, individuals concerned

Identify clearly one or several communities, groups or, if applicable, individuals concerned with the nominated element.

Not to exceed 150 words

The community represented by the element, in the framework of this nomination, is all national communities in the seven States Parties submitting it though, in the general context, it relates to the communities of the Mediterranean basin that found their identity and continuity in great part on the collective and ancestral experience of the Mediterranean Diet – the result of constant sharing, know-how, traditions and symbols transmitted from generation to generation, of cultural and social sharing and of a rich palette of regional tones.

To ensure a more detailed and accurate approach, we have identified seven emblematic communities: the Mediterranean Diet is still alive, transmitted, protected and celebrated by the communities that recognize it as part of their common intangible cultural heritage: Agros (Cyprus), Brač and Hvar (Croatia), Soria (Spain), Koroni/Coroni (Greece), Cilento (Italy), Chefchaouen (Morocco), Tavira (Portugal).

D. Geographical location and range of the element

Provide information on the distribution of the element, indicating if possible the location(s) in which it is centred. If related elements are practised in neighbouring areas, please so indicate.

Not to exceed 150 words

The geographic location of the element falls within the territorial boundaries of the seven States Parties and involves their respective human communities. We specify the geographic location of the seven emblematic communities:

-Agros (Αγρός)/Cyprus: 806 h (2012) village, in the centre of the island, on the Troodos mountain range, Pitsilia region.

-Brač and Hvar/Croatia: islands of Central Dalmatia. Brač covers 13,012 h (2001) and 395 km² and Hvar covers approximately 12,000 h and 300 km². Brač is the largest island in Central Dalmatia.

-Soria/Spain: capital of the province of the same name, located in north-eastern Spain. It covers 271 km² and has a population of 39,987 people (2011).

-Koroni/Coroni: town in Messenia, Peloponnese, Greece. Seat of Koroni county, belonging to Pylos-Nestoros municipality, covers 105,163 km² and has a population of 5,067 people (2001).

-Cilento/Italy: sub-region of Campania, southern Italy, covers 24,400 km² and has a population of 269,759 people (2007).

-Chefchaouen/Morocco: capital of the province and located in northwest Morocco, covers

435,000 ha and has a population of 54,562 people.

-Tavira/Portugal: capital of the municipality of the same name, located in the Algarve, Portugal, covers 611 km² and has a population of 26,167 people (2011).

E. Contact person for correspondence

Provide the name, address and other contact information of the person responsible for correspondence concerning the nomination. If an e-mail address cannot be provided, indicate a fax number.

For multi-national nominations provide complete contact information for one person designated by the States Parties as the main contact person for all correspondence relating to the nomination, and for one person in each State Party involved.

Coordonnateur : **Portugal/Tavira**

Title (Ms/Mr, etc.): M.
Family name: QUEIROZ
Given name: Jorge
Institution/position: Municipalité de Tavira / Directeur du Département de Culture, Patrimoine et Tourisme
Address: Praça da República - 8800-951 Tavira – Portugal
Telephone number: + 351 281 320 545
Fax number: + 351 281 322 888
E-mail address : jqueiroz@cm-tavira.pt
Other relevant information:

Coordonnateurs at the national level :

Cyprus/Agros:

Titre (Mme/M., etc.) : Mme.
Nom de famille : STYLIANOU
Prénom : Olympia
Institution/fonction : Ministère de l'Éducation et de la Culture – Secrétaire Permanente du Ministère de l'Éducation et de la Culture
Adresse : Kimonos and Thoukididou Corner - Akropolis 1434 - Nicosie - Cyprus
Numéro de téléphone : +357 22800607
Numéro de fax : +357 22305974
Adresse électronique : gdirector@moec.gov.cy, unesco@culture.moec.gov.cy

Croatia/Brač et Hvar:

Titre (Mme/M., etc.) : Mme
Nom de famille : RADATOVIĆ-CVITANOVIĆ
Prénom : Katarina
Institution/fonction : Ministère de la culture - Direction de la protection du patrimoine culturel - Département du patrimoine mobilier et immobilier
Adresse : Runjaninova ulica 2, 10000 Zagreb - Croatie
Numéro de téléphone : (+385 1) 4866 601
Numéro de fax : (+385 1) 4866 680
Adresse électronique : mirela.hrovatin@min-kulture.hr

Spain/Soria:

Titre (Mme/M., etc.) : M.
Nom de famille : PRIETO DE PEDRO
Prénom : Jesús
Institution/fonction : Ministère de l'Éducation, la Culture et le Sport - Directeur Général des Beaux-Arts et des Biens Culturels et des Archives et des Bibliothèques

Adresse : Plaza del Rey, 1- 28004 Madrid - Spain
Numéro de téléphone : + 34 91 7017262
Numéro de fax : + 34 91 7017383
Adresse électronique : jesus.prieto@mece.d.e

Greece/Koroni/Coroni:

Titre (Mme/M., etc.) : M.
Nom de famille : ANDREADAKI-VLAZAKI
Prénom : Maria
Institution/fonction : Ministère Hellénique de la Culture et du Tourisme - Directeur Général des Antiquités et du Patrimoine Culturel
Adresse : Bouboulinas 20-22 - Athènes 10186 - Grèce
Numéro de téléphone : +302131322306
Numéro de fax : +302108201305
Adresse électronique : gda@culture.gr

Italia/Cilento:

Titre (Mme/M., etc.) : Cons.
Nom de famille : CORRADINO
Prénom : Michele
Institution/fonction : Ministère des Politiques Agricoles, Alimentaires et Forestières, Chef de Cabinet
Adresse : Via XX Settembre 20, 00187 Roma - Italie
Numéro de téléphone : +390646653112 - +39064819818
Numéro de fax : +39064880271
Adresse électronique : capogabinetto.segr@mpaaf.gov.it; unesco@mpaaf.gov.it

Morocco/Chefchaouen:

Titre (Mme/M., etc.) : M.
Nom de famille : SALIH
Prénom : Abdellah
Institution/fonction : Ministère de la Culture, Direction du patrimoine culturel
Adresse : 17, avenue Michelifen, Agdal, 10080 Rabat - Maroc
Numéro de téléphone : +212 537 274 001
Numéro de fax : +212 537 274 002
Adresse électronique : sabdellah@hotmail.com

Portugal/Tavira:

Titre (Mme/M., etc.) : M.
Nom de famille : BOTELHO
Prénom : Jorge
Institution/fonction : Municipalité de Tavira / Maire de la Municipalité
Adresse : Praça da República - 8800-951 Tavira – Portugal
Numéro de téléphone : + 351 281 320 500
Numéro de fax : + 351 281 322 888
Adresse électronique : presidente@cm-tavira.pt

The Mediterranean Diet – derived from the Greek word *díaita*, way of life – is the set of skills, knowledge, rituals, symbols and traditions, ranging from the landscape to the table, which in the Mediterranean basin concerns the crops, harvesting, picking, fishing, animal husbandry, conservation, processing, cooking, and particularly sharing and consuming the cuisine. It is at the table that the spoken word plays a major role in describing, transmitting, enjoying and celebrating the element.

Served for millennia, the Mediterranean Diet, the fruit of constant sharing nourished as much by internal synergies as by external contributions, a crucible of traditions, innovations and creativity, expresses the way of life of the basin communities, particularly those of the seven States Parties submitting this nomination and more precisely that of the communities of Agros, Brač and Hvar, Soria, Koroni/Coroni, Cilento, Chefchaouen and Tavira.

With regard to its utilitarian, symbolic and artistic popular expressions, it is important to highlight the craftsmanship and production of ancestral domestic objects linked to the Mediterranean Diet and still present in everyday objects, such as receptacles for the transport, preservation and consumption of food, including ceramic plates and glasses, among others.

As a unique lifestyle determined by the Mediterranean climate and region, the Mediterranean Diet also appears in the cultural spaces, festivals and celebrations associated with it. These spaces and events become the receptacle of gestures of mutual recognition and respect, of hospitality, neighbourliness, conviviality, intergenerational transmission and intercultural dialogue. They are opportunities to both share the present and establish the future. These communities thus rebuild their sense of identity, belonging and continuity, enabling them to recognise this element as an essential component of their common and shared intangible cultural heritage.

- (ii) *Who are the bearers and practitioners of the element? Are there any specific roles or categories of persons with special responsibilities for the practice and transmission of the element? If yes, who are they and what are their responsibilities?*

Not to exceed 250 words

In our communities, the richness of the cultural expressions of the Mediterranean Diet, which is still alive and dynamic today, stems from the power of its human vectors. These women and men of all ages and conditions, the true bearers and practitioners of this element, are found within the family, the brotherhood, the association, the corporation and the population as a whole. Local institutions, by virtue of their proximity, play a vital role in creating a framework propitious to protecting the element and supporting community initiatives.

One category deserves to be highlighted: women, who always play an increasingly important role in transmitting know-how and knowledge, in recreating rituals, traditional gestures and celebrations, in safeguarding techniques, in respecting seasonal rhythms and calendar holidays and in including all the cultural, social and environmental values of the element as they educate the new generations.

Today, new social networks help support and promote the practice and transmission of the element, thereby reinforcing traditional structures. School teachers who conduct professional and vocational training, restaurateurs and culinary training centres that adhere to the element and its values, cultural and rural tourism that respect the environment and local qualities, all are new avenues that open up new horizons for presenting, practising and transmitting the element while supporting its practitioners.

- (iii) *How are the knowledge and skills related to the element transmitted today?*

Not to exceed 250 words

- Festivals and celebrations, which are not everyday occasions but are nevertheless quite

frequent in the Mediterranean, allow exchanges and meetings beyond individual horizons and promote sharing the festivals, rituals and preparations of neighbouring communities. Such is the case for the Rose Festival in Agros, the St. Prosper Festival in Brač and Hvar, the romerías, fiestas or patronales in Soria, the panigiria in Koroni/Coroni, the sagra in Cilento, the moussem in Chefchaouen or the santos populares in Tavira. There, the orality and convivial sharing of local dishes, as a group, occupying their most symbolic spaces, enjoying nature or the open air, brings people of all ages, classes and conditions, together and is a privileged vector for transmitting the element as well as renewing alliances and a feeling of belonging and continuity.

- The family always retains a great capacity for togetherness and transmission. Women play a vital role in transmitting and incorporating the social and environmental values of the element in the education of new generations. At the public and community scale, markets are special spaces of “culture” and transmitting the Mediterranean Diet during the daily practice of exchange, mutual respect and agreement.

- The associative network, which is eminently present in our communities, is a vital vector for transmitting knowledge and expertise through workshops, festive preparations, popular contests, intergenerational togetherness and exchanges and school activities.

(iv) *What social and cultural functions and meanings does the element have today for its community?*

Not to exceed 250 words

- Social functions of bringing people together and strengthening social links. Taking into account that eating together is the relational foundation and assurance of the cultural identity and continuity of these communities and their individuals. It is a ‘quasi-religious’ ritual moment – both intense and solemn, more or less explicit but always felt – of social exchange and communication, affirmation and ‘rebuilding’ of the family, the group or the community, its values, history, environment, symbols, beliefs and way of life. It is an inherited secular value: ‘We do not sit at the table to eat, but to eat together’ (Plutarch, s. I-II). It also acts, in this sense, as a true instrument of integration and daily practice of hospitality and intergenerational dialogue.

- Cultural functions based on the symbolic and ethical relationship our communities have forged with nature, landscapes, seasonal cycles and the sustainable management of natural resources, particularly water. Cultural functions based on physical and emotional well-being and creativity as in Juvenal’s ‘*mens sana in corpore sano*’ (S. I-II). Thus in the Mediterranean basin and in our communities, food means more than nutrition of which the Mediterranean Diet is an outstanding and globally recognized model, endowing food products with sacred, symbolic, artistic, ritual and festive dimensions. To our communities, the Mediterranean Diet signifies a daily ‘culture of life’.

(v) *Is there any part of the element that is not compatible with existing international human rights instruments or with the requirement of mutual respect among communities, groups and individuals, or with sustainable development?*

Not to exceed 250 words

The element is fully in accordance with existing international human rights instruments and with the requirement for mutual respect among communities, groups and persons and is in fact not only compatible, but an example of sustainable development. It bears noting that the element has been used as an example, for the entire international community, by the most important agencies of the United Nations, such as the Food and Agriculture Organization (FAO), which considers it a model of a sustainable diet respectful of natural resources and biodiversity, local landscapes and know-how, and the environment; the World Health Organization (WHO), which recognizes it as a nutritional model contributing to the health and well-being of populations; UNESCO, which recognized it for the first time in 2010 as an intangible cultural heritage of humanity.

The Mediterranean Diet is the paradigm of hospitality, of neighbourliness, of sharing, of intercultural dialogue and mutual respect, of creativity and a way of life based on a permanent

dialogue with nature and guided by respect for cultural, biological and environmental diversity. Indeed, the spirit of hospitality, a fundamental trait of Mediterranean communities, fosters contact and dialogue among these populations and visitors, thus helping to disseminate and promote the values of the element. The Mediterranean Diet is a daily school of mutual respect and sustainable development for all the individuals without distinction of the communities represented in this nomination.

2. Contribution to ensuring visibility and awareness and to encouraging dialogue

For **Criterion R.2**, the States shall demonstrate that 'Inscription of the element will contribute to ensuring visibility and awareness of the significance of the intangible cultural heritage and to encouraging dialogue, thus reflecting cultural diversity worldwide and testifying to human creativity'.

- (i) *How can inscription of the element on the Representative List contribute to the visibility of the intangible cultural heritage in general and raise awareness of its importance at the local, national and international levels?*

Not to exceed 150 words

The Mediterranean Diet is a heritage recreated daily and felt and experienced by all individuals of all ages and conditions. It is a transversal element, from the landscape to the table, a prominent example of the links between intangible and tangible heritages and the cultural, historical and identity references embedded in our communities. The element is extensively known, recognized and studied beyond the basin, at a global level. Thus, both the nomination and its inscription will have strong and positive repercussions on the promotion of the intangible cultural heritage.

The element's characteristics will contribute to enriching the Representative List. The nomination process and the first inscription in 2010 have already resulted in a spectacular increase of knowledge and awareness of the richness and importance of the intangible cultural heritage at the local, regional and international levels. Today, this increased multinationality and the reinstatement of the element will multiply visibility and public awareness.

- (ii) *How can inscription encourage dialogue among communities, groups and individuals?*

Not to exceed 150 words

The Mediterranean Diet is a privileged intangible space for intercultural dialogue. It is an area of meetings, exchanges, mutual recognition and joy of living always permeated by the festive spirit, convivial sharing, solidarity, hospitality and respect. Through its visibility and universal recognition, the inscription will help strengthen these values and foster mutual understanding and mutual recognition, thus fostering dialogue and closeness of communities and their individuals.

The element's commonality to all our communities, shared by them and their individuals, will be critical in the context of the inscription, because it will result from a joint effort over several years and success will belong equally to all these communities, thus strengthening their linkages and dialogue. The singular and universal character of the element will not only strengthen this dialogue at the level of the basin, but also at the global level.

- (iii) *How can inscription promote respect for cultural diversity and human creativity?*

Not to exceed 150 words

The inscription of the element, thanks to the characteristics of its intra- and intercultural social

practices, will promote respect for cultural diversity in our communities. Indeed, the Mediterranean Diet, because of its transversality, is the paradigm for biological, environmental and cultural diversity. Moreover, this element grew, developed and thrived thanks to exchanges, recognition and respect for the Other, the acceptance and integration of neighbours' knowledge and know-how or of contributions from beyond the basin. The element draws as much from ancestral tradition as from permanent innovations, given that creativity is one of its distinctive and essential traits.

The inscription will highlight these characteristics and values and help overcome prejudices and atavistic cultural conceptions linked to different religions, languages or historical events, thus fostering respect for cultural diversity and creativity and thereby setting an international example.

3. Safeguarding measures

For Criterion R.3, the States shall demonstrate that 'safeguarding measures are elaborated that may protect and promote the element'.

3.a. Past and current efforts to safeguard the element

- (i) *How is the viability of the element being ensured by the concerned communities, groups or, if applicable, individuals? What past and current initiatives have they taken in this regard?*

Not to exceed 250 words

The viability of the element is ensured through:

- Transmission: for centuries, our communities have internalized the transmission of the element as a gesture of survival for their way of life and identity. The knowledge and practices of the element are vital to transmitting the heritage from generation to generation.
- Documentation, identification and research: especially since the late twentieth century, media, publications, websites, conferences and festivals have demonstrated momentum and interest to deepen the knowledge, breadth and diversity of the element at the community, regional and national levels. Foundations, institutes and universities support this popular effort.
- Preservation, protection and promotion: the great interest aroused by the element worldwide has helped enhance our communities' awareness of and investment in this intangible heritage. Through their associative network, they have stepped up workshops, trainings and dissemination of knowledge, know-how and rituals in order to preserve them and have taken initiatives with institutions to revive or support protective and promotional measures.
- Revitalization: the communities are decisive, essential and highly effective, given that revitalizing the element means revitalizing their own way of life. They succeed through popular, vicinal and associative activities.

We provide as evidence a very small sample of examples from our communities of the above-described:

The district of Agros organizes three annual festivals which attract visitors and offer local foods and dishes: the Rose Festival (May), the August Festival and the Feast of the Virgin (November). A festival is organized on the island of Brač to promote and transmit knowledge of a special recipe of the hrapačuša cake. The women's association 'Forske užonce' revitalized the feast of St. Prosper (city of Hvar), during which it organizes the Dobar kus (le bon morceau) culinary competition. 'Breakfasts of the Mediterranean Diet', organized each year since 1997 in the schools of Soria, educate the new generations on the values of the element. The Koroni/Coroni Agricultural Cooperative has worked for years to safeguard the traditions of the Mediterranean Diet and the local identity through local producers. Museo Vivente de la Dieta Mediterranea de Pioppi, at Cilento, conducts great outreach to transmit the knowledge, emotions and sensations of the element; The Talassemiane Association for the Environment and Development, in Chefchaouen, strives to enhance the social, cultural and economic benefits of the Mediterranean Diet and respect for traditional techniques and natural resources; The study on the 'Quality of the Mediterranean Diet of a Young Population in Southern Portugal,'

conducted under the aegis of Tavira, analysed the nutritional habits of this population. The Municipal Museum of Tavira conducts research and investigation on the 'heritage of the sea' and 'agrarian societies'.

Tick one or more boxes to identify the safeguarding measures that have been and are currently being taken by the **communities, groups or individuals** concerned:

- transmission, particularly through formal and non-formal education
- identification, documentation, research
- preservation, protection
- promotion, enhancement
- revitalization

(ii) *How have the concerned States Parties safeguarded the element? Specify external or internal constraints, such as limited resources. What are its past and current efforts in this regard?*

Not to exceed 250 words

Tick one or more boxes to identify the safeguarding measures that have been and are currently being taken by the **State(s) Party(ies)** with regard to the element:

- transmission, particularly through formal and non-formal education
- identification, documentation, research
- preservation, protection
- promotion, enhancement
- revitalization*

Safeguarding measures are applied at the national, regional and local levels. This cross-institutional action benefits from private collaboration and sponsorship, as well as from the supportive and dynamic community associative network, decisive in conceiving, appropriating and applying measures. The element is supported by legislative and diagnostic measures, allowing for a variety of approaches according to the territory and the communities.

Cyprus: Study of local products, rose water and drawing up of an inventory of the elements comprising the Mediterranean Diet with the support of the University and Technological University of Cyprus. The Ministry of Agriculture plans to establish an Agricultural Museum of Cyprus.

Croatia: Creation of a database of the Mediterranean Diet by the Institute of Ethnology and Folklore of Zagreb; creation of a Centre for Study of the Mediterranean in Split and promotion of the Mediterranean Diet in nutrition education with the support of the State, municipalities and others.

Spain: Plan Nacional de Salvaguardia del Patrimonio Inmaterial 2011, Regional level: Autonomous Communities:2007 Declaration of the Mediterranean Diet as an Element of Cultural Interest and inclusion in the atlases of the ICH,Local level: specific inventory of the Mediterranean Diet, Soria, 2009.

Greece: Ratification of the Convention, Law 3521/2006, Law 3028/2002, for the Protection of Antiquities and Cultural Heritage. Inventories of the Centre for Ethnological Research of the Academy of Athens. Supreme Scientific Health Council: Adoption of Dietary Guidelines for Adults in Greece. Ministry of Health and Welfare, 1999. Regional level: the Maniatakeion Foundation works to safeguard and promote the cultural heritage, fosters social and humanitarian projects and catalogues and produces films and other products documenting ICH.

Italy: Decree No. 8 (9 April 2008) of the Ministry of Agricultural, Food and Forestry Policies and the Ministry of Cultural Heritage and Activities declaring the Mediterranean Diet a National Cultural Heritage;Regional level: law of the Campania region for the protection and promotion of the element: 'Promotion of the model of sustainable development focusing on the Mediterranean

Diet as intangible heritage of humanity'; Local level: creation of the Observatory of the Mediterranean Diet and the 'Angelo Vassallo' study centre in Pollica, Cilento.

Morocco: The Ministry of Culture continues its efforts to inventory and document the intangible cultural heritage, including culinary and gastronomic specialties. At the regional level: civil society seeks to promote local and gastronomic products. At the international level: creation of a cultural heritage portal for the Tanger-Tetouan-Larache region, in partnership with the region of Sardinia.

Portugal: Development of specific legislation, following the ratification of the UNESCO Convention, the legal framework for the Safeguarding of the Intangible Cultural Heritage and creation of a National Inventory. The universities, the Ministry of Agriculture and the Tavira Museum continue to investigate the Mediterranean Diet.

Trans-Mediterranean Trans-Mediterranean level: the International Centre for Advanced Mediterranean Agronomic Studies – CIHEAM celebrated its 50th anniversary with the publication, (7 March 2012), of its *MediTerra* dedicated to the Mediterranean Diet.

3.b. Safeguarding measures proposed

This section should identify and describe safeguarding measures that will be implemented, especially those intended to protect and promote the element.

- (i) *What measures are proposed to help to ensure that the element's viability is not jeopardized in the future, especially as an unintended result of inscription and the resulting visibility and public attention?*

Not to exceed 750 words

We are seeing lately, generally in the Mediterranean basin and specifically in Cyprus, Croatia, Spain, Greece, Italy, Morocco and Portugal, rising awareness at all levels of the need to protect the intangible cultural heritage represented by the Mediterranean Diet and to safeguard its knowledge, techniques, expressions and cultural spaces, as well as its benefits for health, well-being and the environment, while ensuring their transmission to future generations. The inscription of the Mediterranean Diet in 2010 had aroused great interest, focused attention on the intangible heritage and fostered the development of associations, universities and institutions studying the element. Today, this new and extended nomination amplifies and multiplies the element's echoes and interest. This interest also relates to its viability, its future and the consequences of this attention both at the national, basin, and global levels. The seven States are fully invested in and committed to all these issues.

Over the past three decades, all of our States have acquired great experience and continuously undertaken a large number of major transnational and national actions, despite the erosion caused by globalization on the intangible heritage – and specifically on the Mediterranean Diet – by laminating cultural diversity and identities and local biological, landscape, environmental and cultural assets, with serious consequences on their communities' health and well-being. These efforts are beginning to bear fruit and are reversing the trend in all areas. Research, permanent observatories, legislative initiatives, programmes to raise awareness and present the element, community actions, and especially school and youth programmes, denote positive progress.

Over the past decades, our States have also experienced tourism development. Our visitors are partly attracted by the cultural heritage and the Mediterranean Diet. In this respect, our States accumulate a great number of measures to protect the element against the undesirable erosion stemming from this increased attention. They work to document, inventory and protect the knowledge, know-how, festivals and other traditional cultural expressions, while supporting, through financial assistance or enhancing and recognizing its role, the overall associative network that supports and nurtures the element. Moreover, progress has been made on the legislative front to label and protect landscapes, cultural spaces and artisanal, traditional and local productions, while promoting their rural communities. Research institutions, universities

and foundations engage in this effort and continuously support progress in training, in safeguarding landscapes and biological diversity, in the sustainable use of natural resources and in the promotion of traditional techniques and, above all, innovation related to the element.

Our States and respective communities have woven for years a network of preventive and mitigation measures, ensuring the appropriate skills and legal frameworks to support the peaceful and adequate inscription of the Mediterranean Diet, its effects and consequences. Beyond the wealth of accumulated expertise and experience, the preparation of the nomination sparked a new impetus, this time fully transnational and trans-community, which has already led to present achievements and future projects intended as measures to ensure the viability of the element and adequately manage the inscription:

Three trans-community meetings have already taken place in Chefchaouen, Cilento and Koroni. Up to seven more meetings will take place in the coming months in the other communities. The goal is to better know each other, to strengthen linkages, to create stable collaborations, to share projects, information and experience and to promote the mobility of schoolchildren, academics, young researchers and craftspeople, with the goal of safeguarding the element and ensuring both its protection and promotion.

The seven communities, as well as the cluster of States Parties, will develop awareness-raising programmes and campaigns. Legal, technical and financial measures are under study, underway or pending adoption. Forums, round tables and regular congresses and other means to promote the element will be established. Scientific, technical and cultural studies of the element, as well as documentation, research and inventorying, will be encouraged and supported. Special attention will be given to the associative network, by encouraging its development, dynamism and role, given its vital importance to the safeguarding and dynamism of the element. The inscription will serve to strengthen the commitment and investment of all actors at all levels, given the universal recognition it brings to our communities.

(ii) How will the States Parties concerned support the implementation of the proposed safeguarding measures?

Not to exceed 250 words

The renewed interest in the Mediterranean Diet in recent years from the fields of science and culture represents an important impetus for supporting safeguarding measures, generating synergies and catalyzing efforts. The State institutions at all levels strive to create or adapt favourable frameworks and conditions to energize the associative network, particularly since the approval of the 2003 Convention, with numerous changes to the legislative frameworks, the creation or enhancement of ICH services at the national, regional or local level, awareness campaigns and support for associations and centres working on ICH and on the element.

Where human and material resources are concerned, the implementation of safeguarding measures benefits from this extensive institutional / associative / private and popular / professional/scientific network. Indeed, the budgets of national, regional and local administrations all provide for positions to support actions. Resources are also drawn from the associative network and the private or academic sector. This diversification of financing sources and actors ensures the implementation, beyond economic climates, of a significant portion at least of the safeguarding measures, thus ensuring temporal and territorial continuity.

The documents appended to point 5 of this form confirm the effectiveness of this network in supporting the safeguarding measures and related human and material resource capacity.

(iii) How have communities, groups or individuals been involved in planning the proposed safeguarding measures and how will they be involved in their implementation?

Not to exceed 250 words

Given the characteristics of the element, its deep roots in our communities and their individuals and their intimate identification with the Mediterranean Diet, which they practise on a daily and permanent basis, community involvement in planning and implementing the safeguarding measures is both a natural and an unavoidable reality. It is a tradition.

Our communities have long demonstrated their commitment and will to safeguard 'their'

intangible cultural heritage, the Mediterranean Diet. To them, it is a source of pride and an essential vehicle of their way of life, their memory and their future. This nomination process has exacerbated these attitudes and synergies and catalyzed efforts.

It is these communities' rich associative network that has always conducted, and continues to conduct, the planning and implementation of safeguarding measures. This network is present in all areas of social and economic activities and at all community levels. This ensures that the measures, and their application, are perfectly matched with the element's transversality and that the responsibilities and commitments are well spread out over the entire community and thus well guaranteed. Thus, an efficient web of solidarity is woven through brotherhoods of fishers, groups of shepherds, associations of farmers, artisan corporations, women's groups, market federations, congregations for ritual festivities, NGOs, and in addition, universities, institutes, research centres and foundations, giving them extra scientific and technical credibility.

3.c. Competent body(ies) involved in safeguarding

Provide the name, address and other contact information of the competent body(ies), and if applicable, the name and title of the contact person(s), with responsibility for the local management and safeguarding of the element.

Name of the body: Commune d'Agros

Name and title of the contact person: Michalis CONSTANTINIDIS - Président du Conseil Communautaire d'Agros

Address: 30, Avenue d'Agros, 4860 Agros, Cyprus

Telephone number: +357 25521333 / +357 99699002

Fax number: +357-25522144

E-mail address: m.constantinides@live.com ; kinotikosimboulioagrou@cytanet.com.cy

Brač et Hvar:

Nom de l'organisme (1): Musée de Stari Grad (Collection ethnographique)

Nom et titre de la personne à contacter : M. Aldo ČAVIC, Mme. Vilma STOJKOVIC

Adresse : Ulaz braće Biankini 2, 21460 Stari Grad, l'île de Hvar - Croatie

Numéro de téléphone : (+385 91) 580 4980 / (+385 92) 2456 063 / (+385 91) 476 5381

E-mail address : muzej.staroga.grada@st.t-com.hr

Nom de l'organisme (2) : Musée du Patrimoine de Hvar

Nom et titre de la personne à contacter : Mme. Mirjana KOLUMBIC

Adresse : Hanibala Lučića b.b., 21450 Hvar, l'île de Hvar - Croatie

Numéro de téléphone : (+385 21) 741 009 / (+385 21) 742 864

Numéro de fax : (+385 21) 741 009, (+385 21) 742 864

Adresse : muzej-hvar@st.htnet.hr

électronique :

Nom de l'organisme (3) : Centre Culturel de Brač
Nom et titre de la personne à contacter : Mme. Andrea MATOKOVIC
Adresse : Nerežišća b.b., 21423 Nerežišća, l'île de Brač - Croatie
Numéro de téléphone : (+385 21) 637 092 / (+385 91) 1631 571
Numéro de fax : (+385 21) 637 093
Adresse électronique : centar.za.kulturu.brac@st.t-com.hr

Soria:

Nom de l'organisme : Archivo Municipal del Ayuntamiento de Soria
Nom et titre de la personne à contacter : Mr. José Antonio MARTÍN DE MARCO, Archivero Municipal
Adresse : Plaza Mayor, 6 - 42002 Soria - Spain
Numéro de téléphone : +34 975 232868
Numéro de fax : + 34 975 234150
Adresse électronique : jamdemarco@yahoo.es

Koroni/Coroni:

Nom de l'organisme (1) : Ministère Hellénique de la Culture et du Tourisme
Nom et titre de la personne à contacter : Dr. Maria ANDREADAKI-VLAZAKI, Directeur Général des Antiquités et du Patrimoine Culturel
Adresse : Bouboulinas 20-22, Athènes 10186 - Grèce
Numéro de téléphone : +302131322306
Numéro de fax : +302108201305
Adresse électronique : gda@culture.gr

Nom de l'organisme (2) : Ministère Hellénique du Développement Rural et des Aliments
Nom et titre de la personne à contacter : M. Georgia BAZOTI-MITSONI, Directeur Général de la Politique Agricole et des Relations Internationales
Adresse : Acharnon 2, Athènes - Grèce
Numéro de téléphone : +302102124231
Adresse électronique : ax5u035@minagric.gr

Cilento:

Nom de l'organisme (1) : Parco Nazionale del Cilento e Vallo di Diano
Nom et titre de la personne à contacter : Mr. Amilcare TROIANO
Adresse : Piazza S.Caterina – 84078 Vallo della Lucania (SA) - Italie

Numéro de téléphone : +39 0974 719911
Numéro de fax : +39 0974 7199217
Adresse électronique : www.cilentoediano.it

Nom de l'organisme (2) : Museo Vivente della Dieta Mediterranea « Ancel Keys »
Nom et titre de la personne à contacter : Mme. Tania DE CESARE BATTIPEDE
Adresse : Palazzo Vinciprova – fraz. Pioppi, Pollica, Salerno – Italie
Numéro de téléphone : +39 338 1418220
Adresse électronique : dietamediterranea@email.it

Nom de l'organisme (3) : Fonderie Culturali Associazione culturale
Nom et titre de la personne à contacter : Mr. Antonio TREZZA
Adresse : Via Gramsci, 10 – 84081 Baronissi (SA) - Italie
Numéro de téléphone : +39 348 7653626 - +39 347 7781485
Numéro de fax : +39 089 878684
Adresse électronique : info@fonderieculturali.org

Chefchaouen:

Nom de l'organisme (1) : Ministère de la Culture, Direction du patrimoine culturel
Nom et titre de la personne à contacter : Mr. Abdellah SALIH, Directeur du patrimoine culturel
Adresse : 17, Avenue Michlifen, Av. Michelifen, Agdal 10080, Rabat-Maroc
Numéro de téléphone : +212 537 274 001 / +212 537 274 003
Numéro de fax : +212 537 274 002
Adresse électronique : sabdellah@hotmail.com

Nom de l'organisme (2) : Municipalité de Chefchaouen
Nom et titre de la personne à contacter : Mr. Mohamed Soufiani, Président du Conseil municipal de Chefchaouen
Adresse : Siège administratif, Chefchaouen, 91000-Maroc
Numéro de téléphone : + 212 661 073 117
Adresse électronique : baladia.chefchaouen@gmail.com

Nom de l'organisme (3) : Association Talassemiane pour l'environnement et le développement
Nom et titre de la personne à contacter : Mr. Abdelilah Tazi; Vice-président de l'Association

contacter : Talassemiane pour l'environnement et le développement

Adresse : Avenue Moulay Ali Ben Rachid, BP.: 101, Chefchaouen,
91000-Maroc

Numéro de téléphone : +212 539 989 727

Adresse électronique : www.assated.com

Tavira:

Nom de l'organisme : Musée Municipal de Tavira

Nom et titre de la personne à
contacter : Mr. Jorge QUEIROZ - Directeur

Adresse : Praça da República - 8800 -951 Tavira -Portugal

Numéro de téléphone : + 351 281 320 500

Numéro de fax : + 351 281 322 888

Adresse électronique : jqueiroz@cm-tavira.pt

4. Community participation and consent in the nomination process

*For **Criterion R.4**, the States shall demonstrate that 'the element has been nominated following the widest possible participation of the community, group or, if applicable, individuals concerned and with their free, prior and informed consent'.*

4.a. Participation of communities, groups and individuals concerned in the nomination process

Describe how the community, group or, if applicable, individuals concerned have participated actively in preparing and elaborating the nomination at all stages.

States Parties are encouraged to prepare nominations with the participation of a wide variety of all concerned parties, including where appropriate local and regional governments, communities, NGOs, research institutes, centres of expertise and others.

Not to exceed 500 words

It should be noted from the outset that the initiative of preparing and presenting the nomination grew (in 2004) from civil society, within the communities of the States presenting this nomination. It transited and was nurtured in associations, groupings, cooperatives, in cities and the countryside, in the media and institutes, at home and at markets, and in local institutions, before spreading out and upward, slowly but surely, to the regional and national levels. The initiative of presenting this nomination permeated, gradually but intensely, the respective societies of the States presenting it.

Certainly, local, regional and national institutions offered great support for the nomination but, from its inception and throughout the process until its presentation, it is the communities that worked relentlessly and constantly, investing all their skills and knowledge, with great contribution from volunteerism, so that the nomination could be developed and presented.

The multinational character was not an obstacle, on the contrary. The fact of sharing, with other 'so remote' Mediterranean communities, an effort to promote an element of the cultural heritage that the communities represented by this nomination not only recognize as 'their' heritage, but experience as an essential part of their identity, awoke in all of the communities a great emotion and a keen interest and commitment. While spatially separate, these communities felt strongly united, through the nomination process, in safeguarding 'their' shared and common heritage. The meetings already held in Chefchaouen, Cilento and Koroni clearly

demonstrate the strength of their involvement and commitment.

The communities have participated in:

- Explaining the Mediterranean Diet, its social dimension, its meaning and symbolism and the values associated with it;
- Showing the practices, gestures, rituals – from the landscape to the table – the celebrations and festivals and explaining their meaning and the feelings of identity and continuity they engender;
- Showing the importance to the element of orality in transmitting popular wisdom, knowledge of nature, legends, sentences, but also preparations or techniques;
- Drawing up the inventory of craftspeople, associations, initiatives and events at work in each community, sometimes discreetly but effectively, to safeguard the element;
- Identifying issues and approaches, initiatives to protect the Mediterranean Diet, as well as perceived or potential dangers to it.

This participation has also generated strong momentum in these communities and recharged and focused their energy and dynamism on the will to safeguard, present and transmit this vital element of their intangible heritage and their identity.

4.b. Free, prior and informed consent to the nomination

The free, prior and informed consent to the nomination of the element from the community, group or, if applicable, individuals concerned may be demonstrated through written or recorded concurrence, or through other means, according to the legal regimens of the State Party and the infinite variety of communities and groups concerned. The Committee will welcome a broad range of demonstrations or attestations of community consent in preference to standard or uniform declarations. They should be provided in their original language as well as in English or French, if needed.

Attach to the nomination form information showing such consent and indicate below what documents you are providing and what form they take.

Not to exceed 250 words

The Mediterranean Diet is a transversal intangible cultural heritage, from the landscape to the table, which concerns people of all ages and conditions, without exception. This implies that the supporting documents that are presented come from a wide variety of sectors and backgrounds, further demonstrating this element's deep penetration in the respective societies of the States presenting this nomination. Thus, academies, research institutes, local institutions, professional associations, neighbourhood associations, women's groups, agricultural cooperatives, market federations markets, local institutions, NGOs, foundations, the entire social fabric of these communities wished to participate, demonstrating their consent, commitment and enthusiasm and total involvement with this fundamental element of their cultural heritage and the nomination.

Over 200 documents have thus been collected and submitted, reflecting a wide diversity of events and testimonies, the fruit of the rich cultural diversity of the basin and its associative network. All the documents are on paper and the accompanying global list allows a synthetic and rapid review of their characteristics.

Please find in Annex the supporting documents corresponding to point 4.

4.c. Respect for customary practices governing access to the element

Access to certain specific aspects of intangible cultural heritage or to information about it is sometimes restricted by customary practices enacted and conducted by the communities in order, for example, to maintain the secrecy of certain knowledge. Indicate whether or not such practices exist, and if they do, demonstrate that inscription of the element and implementation of the safeguarding measures would fully respect such customary practices governing access to specific aspects of such heritage (cf. Article 13 of the Convention). Describe any specific measures that might need to be taken to ensure such respect. If no such practices exist, please provide a clear statement on it.

Not to exceed 250 words

The Mediterranean Diet does not include practices or knowledge that the communities of the States presenting the nomination consider of restricted or limited access. Indeed, the Mediterranean Diet continuously feeds on exchanges, hospitality, dialogue, curiosity, discovery and creativity. It belongs to both the private and domestic space and to the public space and community, on a daily basis as well as during celebrations and festive moments. This festive and hospitable spirit is one of the fundamental features of the element, encouraging dialogue between Mediterranean communities and visitors. The Mediterranean Diet is the paradigm of boundless hospitality and as such is a heritage that is open to all without restrictions. Given that the Mediterranean Diet is a universal element in the communities where it is recreated and transmitted, access to this heritage is fully, naturally and permanently ensured without any limitation whatsoever.

It is therefore obvious that both the ongoing and proposed safeguards and the inscription on the Representative List will only have very positive effects on the practice and knowledge of this heritage as they will help strengthen the values described above through its open-minded, public and hospitable character and spirit. Indeed, the States Parties presenting this nomination undertake to preserve access to this heritage and ensure its biological, environmental and cultural diversity.

4.d. Concerned community organization(s) or representative(s)

Provide the name, address and other contact information of community organizations or representatives, or other non-governmental organizations, that are concerned with the element such as associations, organizations, clubs, guilds, steering committees, etc.

Organization/
community: Conseil Communautaire d'Agros

Name and title of
the contact person: Michalis Constantinidis - Président du Conseil Communautaire d'Agros

Address: 30, Avenue d'Agros, 4860 Agros, Cyprus

Telephone number: +357-25521333

Fax number: +357-25522144

E-mail address: kinotikosimboulioagrou@cytanet.com.cy

Other relevant
information:

Organisation/ communauté (2):	Université de Chypre - Faculté des Lettres - Département d'Histoire et d'Archéologie
Nom et titre de la personne à contacter :	Prof. Angel Nicolaou-Konnari (Histoire Médiévale) - Prof. Euphrosini Rizopoulou-Egoumenidou (Art et Architecture Populaires)
Adresse :	B. P. 20537, 1678 Nicosie, Cyprus
Numéro de téléphone :	+357-25359590 / +357-22893562
Numéro de fax :	+357-25346728 - +357-22674101
Adresse électronique :	gpkonari@ucy.ac.cy / an.konnaris@cytanet.com.cy - e.egoumenidou@ucy.ac.cy

Organisation/ communauté (3) :	Association de producteurs d'eau de rose d' Agros
Nom et titre de la personne à contacter :	Mr Marinos Panteli (secrétaire)

Adresse : 13, rue Triantafyllou, 4860 Agros, Cyprus
Numéro de téléphone : +357-99433426
Adresse électronique : -----

CROATIA :

Organisation/
communauté : l'Institut de l'Ethnologie et Folklore à Zagreb
Nom et titre de la
personne à contacter : Tvrtko Zebec, Directeur de l'Institut
Adresse : Šubićeva 42, 10 000 Zagreb, Croatie
Numéro de téléphone : (+385 1) 4596 700
Numéro de fax : (+385 1) 4596 709
Adresse électronique : institut@ief.hr

Organisation/
communauté (1): Musée de Stari Grad (Collection ethnographique)
Nom et titre de la
personne à contacter : Mme. Vilma STOJKOVIĆ
Adresse : Ulaz braće Biankini 2 , 21480 Stari Grad, Île de Hvar -Croatie
Numéro de téléphone : (+385 91) 580 4980, (+385 92) 2456 063, (+385 91) 476 538
Adresse électronique : muzej.staroga.grada@st.t-com.hr

Organisation/
communauté (2) : Musée du Patrimoine de Hvar
Nom et titre de la
personne à contacter : Mme. Nives TOMASOVIĆ
Adresse : Hanibala Lucića b.b., 21450 Hvar, île de Hvar - Croatie
Numéro de téléphone : (+385 21) 741 009, (+385 21) 742 864
Numéro de fax : (+385 21) 741 009, (+385 21) 742 864
Adresse électronique : muzej-hvar@st.htnet.hr

Organisation/
communauté (3): Bibliothèque de Hvar
Nom et titre de la
personne à contacter : Mme. Nikla BARBARIC
Adresse : Palača Vukašinović, 21 450 Hvar, île de Hvar - Croatie
Numéro de téléphone : (+385 21) 742 997
Adresse électronique : knjiznica.hvar@inet.hr

Organisation/
communauté (4) : Association Forski užonci
Nom et titre de la
personne à contacter : Mme. Vesna JELUSIC
Adresse : Trg sv. Stjepana bb, 21450 Hvar
Numéro de téléphone : (+385 91) 583 2717 - (+385 91) 769 0688
Adresse électronique : vesnelson@gmail.com

Organisation/
communauté (5) : Centre Culturel de Brač
Nom et titre de la
personne à contacter : Mme. Jasna Damjanović
Adresse : Trg sv. Petra 6, 21423 Nerežišća, l'île de Brač - Croatie
Numéro de téléphone : (+385 21) 637 092, (+385 91) 1631 571
Numéro de fax : (+385 21) 637 093
Adresse électronique : centar.za.kulturu.brac@st.t-com.hr
Organisation/
communauté (6) : Centre Culturel de Bol

Nom et titre de la personne à contacter : Mme Ivana BOSKOVIC
 Adresse : Frane Radića 18, 21420 Bol, l'île de Brač - Croatie
 Numéro de téléphone : (385 99) 3161 468
 Numéro de fax : (+385 21) 642 000
 Adresse électronique : centar.za.kulturu.bol@gmail.com

Organisation/ communauté (7) : Lycée professionnel d'hôtellerie de Bol
 Nom et titre de la personne à contacter : Mr. Krešimir OKMAZIC, Mme. Marijana MARIĆ
 Adresse : Rudina 1, 21420 Bol, l'île de Brač - Croatie
 Numéro de téléphone : (+385 21) 635 141
 Numéro de fax : (+385 21) 635 141
 Adresse électronique : ss-bol-501@skole.htnet.hr

Organisation/ communauté (8): Coopérative des élèves Medujak (École primaire de Pučišća)
 Nom et titre de la personne à contacter : Mme. Lucija PULJAK
 Adresse : Trg Hrvatskog skupa 11, 21412 Pučišća, l'île de Brač - Croatie
 Numéro de téléphone : (+385 21) 633 105
 Numéro de fax : (+385 21) 718 957
 Adresse électronique : os-pucisca@st.t-com.hr

Organisation/ communauté (9) : Association Svijet kao cvijet
 Nom et titre de la personne à contacter : Mme. Ivna JAKSIC
 Adresse : Vilota 6, 21403 Sutivan, l'île de Brač - Croatie
 Numéro de téléphone : (+385 21) 638 358, (+385 95) 821 7643
 Adresse électronique : svijetkaocvijet@gmail.com

Organisation/ communauté (10): Association Crno bili svit
 Nom et titre de la personne à contacter : Mme. Tija MLINAC
 Adresse : -----
 Numéro de téléphone : (+385 98) 176 2806, (+385 21) 717 727, (+385 1) 4621 127
 Adresse électronique : franjo.mlinac@st.t-com.hr

Organisation/ communauté (11): Bibliothèque Publique de la Croatie de Sutivan
 Nom et titre de la personne à contacter : M. Franjo MLINAC
 Adresse : Kala o konguli 2, 21403 Sutivan, l'île de Brač - Croatie
 Numéro de téléphone : (+385 98) 931 4840
 Adresse électronique : franjo.mlinac@st.t-com.hr

Organisation/ communauté(12) : Mme. Marica BURATOVIC
 Nom et titre de la personne à contacter : Mme. Marica BURATOVIC
 Adresse : Kralja Tomislava 3, 21460 Stari Gard, île de Hvar - Croatie
 Numéro de téléphone : (+385 21) 765 346
 Adresse électronique : -----

Organisation/ communauté : Mme. Vanja VODANOVIC KUKEC

communauté (13):
Nom et titre de la personne à contacter : Mme. Vanja VODANOVIC KUKEC
Adresse : 1Breščenskog 4, 10000 Zagreb - Croatie
Numéro de téléphone : (+385 1) 4621 127
Adresse électronique : -----

SPAIN:

Organisation/ communauté (1): Fundación Científica Caja Rural
Nom et titre de la personne à contacter : Juan Manuel RUIZ LISO, Directeur Général
Adresse : Calle Diputación 1, Casa del Agricultor. 42002 Soria - Spain
Numéro de téléphone : 975233791
Numéro de fax : 975228997
Adresse électronique : ruizliso@gmail.com

Organisation/ communauté (2): Federación Provincial de Asociaciones de Vecinos de Soria
Nom et titre de la personne à contacter : Mr. Amós ACERO, Président
Adresse : Calle Zaragoza 2, Centro Cultural. 42003 Soria - Spain
Numéro de téléphone : 975230115
Numéro de fax : 975230115
Adresse électronique : amosinito@hotmail.com

Organisation/ communauté (3): Asociación de Amas de Casa de Soria
Nom et titre de la personne à contacter : Carmen LOPEZ CASARIEGO. Présidente
Adresse : Calle Campo 5, 1^o. 42001 Soria - Spain
Numéro de téléphone : 975 22 69 75
Numéro de fax : +34 975 226975
Adresse électronique : -----

GREECE:

Organisation/ communauté (1): Département Municipale de Koroni
Nom et titre de la personne à contacter : Mr. Dimitris KAFANTARIS, Maire Pylou-Nestoros
Adresse : Plateia Nestoros 24001 Pylos - Grèce
Numéro de téléphone : +30 272 336 0200 / +30 272 302 3523
Numéro de fax : +30 272 302 3522
Adresse électronique : pylos@otenet.gr

Organisation/ communauté (2): Fondation Culturelle de la Banque du Pirée
Nom et titre de la personne à contacter : M. Aspasia LOUVI
Adresse : 6 Ang. Geronta St., 105 58 Athènes - Grèce
Numéro de téléphone : +30 210 321 8105
Numéro de fax : +30 210 321 8803
Adresse électronique : piop@praeusbank.gr

Organisation/ communauté (3): Fondation Maniatakeion
Nom et titre de la personne à contacter : M. Dimitris MANIATAKIS

Adresse : Papadiamantopoulou 2, 11528 Athènes - Grèce
Numéro de téléphone : +30 210 729 7700
Numéro de fax : +30 210 729 7733
Adresse électronique : www.maniatakeion.gr

Organisation/ communauté (4) : Fondation Ethnographique du Péloponèse
Nom et titre de la personne à contacter : M. Ioanna PAPANTONIOU
Adresse : Basileos Alexandrou 1, Nafplion, 21100 - Grèce
Numéro de téléphone : +30 275 202 8947
Numéro de fax : +30 275 202 7960
Adresse électronique : pff@otenet.gr

ITALY:

Organisation/ communauté (1) : Museo Vivente de la Dieta Mediterranea «Ancestral Keys»
Nom et titre de la personne à contacter : Mme Tania DE CESARE BATTIPEDE
Adresse : Palazzo Vinciprova – fraz. Pioppi, Pollica, Salerno - Italie
Numéro de téléphone : +39 338 1418220
Adresse électronique : dietamediterranea@email.it
Autres informations pertinentes : www.dietamediterranea.it

Organisation/ communauté (2) : Parco Nazionale del Cilento et Vallo di Diano
Nom et titre de la personne à contacter : M. Amilcare TROIANO
Adresse : Piazza S. Caterina 84078 Vallo de la Lucania (SA) - Italie
Numéro de téléphone : +39 0974 719911
Numéro de fax : +39 0974 7199217
Adresse électronique : www.cilentoediano.it

Organisation/ communauté (3) : Fonderie Culturali Associazione Culturale
Nom et titre de la personne à contacter : M. Antonio TREZZA
Adresse : Via Gramsci, 10 - 84081 Baronissi (SA) - Italie
Numéro de téléphone : +39 347 7781485 / +39 348 7653626
Numéro de fax : +39 089 878684
Adresse électronique : info@fonderieculturali.org
Autres informations pertinentes : www.fonderieculturali.org

MOROCCO:

Organisation/ communauté (1) : Association Talassemiane pour l'Environnement et le Développement
Nom et titre de la personne à contacter : Abdelilah TAZI, Vice-président
Adresse : Avenue Moulay Ali Ben Rachid. Boîte Postale 101. 91000 Chefchaouen – Maroc
Numéro de téléphone : +212 539 989 727
Adresse électronique : www.assated.com

Organisation/ Conseil Municipal de Chefchaouen

communauté (2) :
Nom et titre de la personne à contacter : Mohamed Sefiani, Président
Adresse : Siège administratif, 91000 Chefchaouen – Maroc
Numéro de téléphone : +212 661 073 117
Adresse électronique : baladia.chefchaouen@gmail.com

Organisation/ communauté (3) : Musée Ethnographique de Chefchaouen
Nom et titre de la personne à contacter : Fatima Bouchmal, Conservatrice
Adresse : Qasba Outa Hammam. 91000 Chefchaouen - Maroc
Numéro de téléphone : +212 539 986 343
Numéro de fax : -----
Adresse électronique : fatimabouchmal@yahoo.fr

PORTUGAL:

Organisation/ communauté (1) : Museu Municipal de Tavira / Palácio da Galeria
Nom et titre de la personne à contacter : M. Jorge QUEIROZ - Directeur
Adresse : Praça da República 8800-951 Tavira -Portugal
Numéro de téléphone : + 351 281 320 545
Adresse électronique : jqueiroz@cm-tavira.pt

Organisation/ communauté (2) : Administração Regional de Saúde do Algarve - ACES Sotavento
Nom et titre de la personne à contacter : M. Joaquim BODIÃO - Délégué de la Santé de la Municipalité
Adresse : Estrada de Santa Luzia - 8800-534 Tavira - Portugal
Numéro de téléphone : + 351 281 329 009
Adresse électronique : saudepublica-tvr@acessotavento.min-saude.pt
Organisation/ communauté (3) : Associação de Artes e Sabores do Concelho de Tavira – ASTA
Nom et titre de la personne à contacter : Mme Maria Otília CARDEIRA - Presidente
Adresse : Calçada da Galeria, nº11 – 8800 Tavira – Portugal
Numéro de téléphone : + 351 281 381 265
Adresse électronique : moinhocachopo@yahoo.com.br

5. Inclusion of the element in an inventory

*For **Criterion R.5**, the States shall demonstrate that ‘the element is included in an inventory of the intangible cultural heritage present in the territory(ies) of the submitting State(s) Party(ies), as defined in Articles 11 and 12 of the Convention’.*

Identify the inventory in which the element has been included and the office, agency, organization or body responsible for maintaining that inventory. Demonstrate that the inventory has been drawn up in conformity with the Convention, in particular Article 11(b) that stipulates that intangible cultural heritage shall be identified and defined ‘with the participation of communities, groups and relevant non-governmental organizations’ and Article 12 requiring that inventories be regularly updated.

The nominated element’s inclusion in an inventory should not in any way imply or require that the inventory(ies) should have been completed prior to nomination. Rather, a submitting State Party may be in the process of completing or updating one or more inventories, but has already duly included the nominated element on an

inventory-in-progress.

Attach to the nomination form documents showing the inclusion of the element in an inventory or refer to a website presenting that inventory.

Not to exceed 200 words

Our seven States and our communities have a long tradition of presenting and providing legal protection to the tangible and intangible cultural heritage. While sometimes fragmented and dispersed, the overall heritage represented by the Mediterranean Diet has long been featured in inventories and official catalogues. However, in recent years, the momentum provided by the 2003 Convention has spurred great efforts covering the methodology, streamlining and strengthening of the documentation and protection of the intangible heritage, and particularly the Mediterranean Diet. This effort has also benefited from the involvement and participation of the communities, which have played a decisive role not only in promoting awareness, protection and presentation of their heritage but also in helping to draw up and update the inventories and developing protective measures. This is true at the local, regional and national levels. Their participation is today essential and unavoidable, especially in the case of the intangible heritage as the communities consider and experience it as a vital part of their identity and an assurance of continuity.

Below are two paradigmatic examples of these inventories for each State:

CYPRUS

At the level of Agros: Inclusion of Agros products (rose water, charcuterie, hazelnuts) in the Cyprus Gourmet Charter (2010, information paper only), prepared by the Ministry of Agriculture, Natural Resources and the Environment.

At the national level: The Mediterranean Diet is included in the Archives of Oral Tradition of the Scientific Research Centre of Cyprus, which preserve the material collected over the years by researchers through interviews with individuals and groups and field trips to rural communities. The Mediterranean Diet has also been included in the National Inventory of Intangible Cultural Heritage of Cyprus, recently created by experts at the Centre for Scientific Research of Cyprus from the Centre's Archives of Oral History according to Article 12^o of the UNESCO Convention 2003. The material included in the National Inventory was updated with the active participation of the communities, groups and NGOs. Publication of a printed volume of the National Inventory is planned for 2012 and will be followed by the creation of an electronic edition allowing continuous updating.

CROATIA

At the level of Brač and Hvar: preparation of Starograjski paprenjok and Soparnik.

At the national level: In accordance with Article 9 of the Law on the Protection and Preservation of Cultural Goods (Official Journal 69/99, 151/03, 157/03, 87/09, 88/10, 61/11, 25/12) which also governs the intangible heritage category, the Ministry of Culture adopted the decision to protect the Mediterranean Diet of the Croatian Adriatic as an intangible heritage under the number P4192 and of inscribing it in the Register of Cultural Goods of the Republic of Croatia, a public book maintained by the Ministry of Culture.

The Republic of Croatia has so far inscribed in the registry 109 intangible cultural heritage elements; inscription is underway for another 150 elements. The list is continually supplemented by new intangible cultural elements. So far, Croatia has inscribed the preparation of several local dishes of cultural and social importance, as well as several social and religious customs in which preparing and consuming food plays an important role, for example: the preparation of Starograjski paprenjok, the traditional cake of the island of Hvar (Z 3909) and the preparation of Soparnik – the traditional chard cake (Z 3325).

Link to the inventory (site of the Ministry of Culture): www.min-kulture.hr/default.aspx?id=3650 / www.min-kulture.hr/default.aspx?id=3646.

Inscription of cultural elements online:

<http://www.minkulture.hr/default.aspx?id=6212&kdId=42201157> - (Finding element in Croatian is: Mediteranska prehrana na hrvatskom Jadranu).

SPAIN

At the level of the community of Soria: Creation of a specific inventory of the Mediterranean Diet (Inventory 01/09/2009). The inventory includes sections for: oral traditions; social practices, rituals and festivities; knowledge and know-how related to nature and the universe; traditional techniques. Created by the Archives of the Municipality of Soria, a municipal body charged with inventorying and safeguarding the tangible and intangible cultural elements of the community of Soria. It actively participates, through its network of associations and individuals, in identifying, documenting and updating the various elements included in the inventory. The close proximity of the municipal institution, the safeguarding instrument and the community concerned, promote ongoing interaction.

At the national level: Declaration of the Mediterranean Diet as Element of Cultural Interest (BIC), the highest level of protection in Spain both at the national level and at the level of the Autonomous Communities. Included in the Registry/Inventory of Cultural Interest (CARM) under the II-B-999-00002 code. Declaration made at the demand of civil society, with the participation of communities, associations, academies and institutes during the process. Participation guaranteed in the updating process. Inventory in charge of the Consejería de Cultura.

GREECE

At the level of Koroni/Coroni: Collaboration of the Maniatakeion Foundation, focused on local action in Koroni, with the Ethnographic Research Center of the Academy of Arts, that directs the indexing and cataloguing of the cultural elements of the Mediterranean Diet and drives any related research initiative. Publication of a book of oral testimony on the methods of preparation of food items associated with customary practices in the agricultural calendar – 2011. The management of inventories in Greece is centralized by their competent Ministries; in the case of the ICH, this is the Hellenic Ministry of Culture and Tourism.

At the national level: incorporation of the Mediterranean Diet in the National Inventory of the Intangible Cultural Heritage relative to the five main categories of intangible elements (according to the definition of ICH in the 2003 Convention, Article 2). The inclusion and updating of elements in the National Inventory relies on the close involvement of the concerned communities throughout the process. The Hellenic Ministry of Culture and Tourism, through the Directorate of Modern Cultural Heritage, is in charge of this inventory. Link to the inventory at <http://ayla.culture.gr/?q=en/inventory>

ITALY

At the level of Cilento: Creation of the Specific Inventory of the Mediterranean Diet by the community of Cilento at the Museum of Herbal Teggiano (SA) – Museum of Popular Arts and Traditions of the Vallo di Diano. The community actively participates in creation, documentation and regular updating.

At the national level: Decree of the Central Institute for Cataloguing and Documentation – ICCD of the Ministry of Cultural Heritage and Activities 1/10/2008 instituting the inventory dedicated to the Mediterranean Diet, formalized on the basis of an inventory worksheet for the Intangible Heritage dedicated to the element. The ICCD always collaborates with closely involved communities (<http://www.iccd.beniculturali.it/index.php?it/153/archivio-schede-di-catalogo>).

MOROCCO

At the level of Chefchaouen: inclusion of a section specific to the Mediterranean Diet in the General Inventory of the Ethnographic Museum of the Qasba, Chefchaouen, 20-11-2011. The inventory will ensure the documentation and safeguarding of the intangible cultural events and

expressions of the Mediterranean Diet. This community's very active associative network has and continues to participate in the inventory process.

At the national level: in Morocco, the cataloguing and inventorying of the Mediterranean Diet is an ongoing project conducted by the Ministry of Culture in the framework of the Inventory of Intangible Heritage, in collaboration with the communities.

The data produced by this groundwork and by the systematic inventorying of all the aspects of the intangible cultural heritage related to the diet characteristic to the region of Chefchaouen have been included in the inventory system of the national cultural heritage (www.idpc.ma). The inventory worksheet specific to this element bears the number **idpc:7B278** and can be consulted through the internet link:

http://www.idpc.ma/view/pc_immateriel/idpcm:7B278?num=17

PORTUGAL

At the level of Tavira: Deliberations of Tavira's Municipal Council (13 June 2011) and of the Municipal Assembly (20 June 2011) which commit to drawing up an inventory of the element. The Municipal Museum has created a specific inventory system for the Mediterranean Diet with the active participation of the community.

At the national level: Decree regulating the statutory order of the legal framework for safeguarding the Intangible Cultural Heritage and approving a specific form for the National Inventory. Instituto do Museu e da Conservação (IMC) has information on this matter. See link: http://www.ipmuseus.pt/pt-PT/patrimonio_imaterial/ContentDetail.aspx.

Documentary evidence of the instruments presented is appended.

6. Documentation

6.a. Appended documentation

The documentation listed below is mandatory, except for the edited video, and will be used in the process of examining and evaluating the nomination. It will also be helpful for visibility activities if the element is inscribed. Tick the following boxes to confirm that related items are included with the nomination and that they follow the instructions. Additional materials other than those specified below cannot be accepted and will not be returned.

- 10 recent photographs in high definition
- cession(s) of rights corresponding to the photos (Form ICH-07-photo)
- edited video (up to 10 minutes) (strongly encouraged for evaluation and visibility)
- cession(s) of rights corresponding to the video recording (Form ICH-07-video)

6.b. Principal published references

Submitting States may wish to list, using a standard bibliographic format, principal published references providing supplementary information on the element, such as books, articles, audiovisual materials or websites. Such published works should not be sent along with the nomination.

Not to exceed one standard page.

ABU-SHAMS, L.: 2004 'Marruecos: haram y halal. Una sociedad, una forma de vivir', en Millan, A. (dir.) Arbitrario cultural. Racionalidad e irracionalidad del comportamiento comensal. Homenaje a Igor de Garine: 349-360. La Val de Onsera, Huesca.

- Alimentos Sagrados, Pan, vino y aceite en el Mediterráneo Antiguo. 2001. Museu d'Historia de la Ciutat, Barcelona

- AUBAILE-SALLENAVE, F.: 1996 'La Méditerranée, une cuisine, des cuisines', en Information sur les Sciences Sociales, 35.

- BALTA, P.: 2004 Boire et manger en Méditerranée. Actes Sud. Arles .

- BELJAK-RITTIG, Nives. 2007. People of the sea: diet as an aspect of the common life of the population in the Classical and Slavonic periods on the Adriatic. In: Split and other cultural-anthropological and cultural-educational supplements), ed. Prica, Ines and Škokić Tea. Zagreb: Institute of Ethnology and Folklore and Croatian Ethnological Society (184-201).
- BIVONA, R.: 2005 'La mensa in scena magrebina, ovvero il cibo come pre-testo narrativo', Napoli, Arte Tipografica Editrice, Lo specchio del Mediterraneo, 2005, 288 p.
- BRAUDEL, F.: 1985 La Méditerranéenne: L'Espace et l'Histoire/ La Méditerranéenne:les Hommes et l'Héritage. Flammarion. Paris
- CÂMARA MUNICIPAL DE TAVIRA, 'Cidade e Mundos Rurais - Tavira e as Sociedades Agrárias', Museu Municipal de Tavira, 2010 (catálogo de exposição)
- COMISSÃO DE COORDENAÇÃO E DESENVOLVIMENTO REGIONAL DO ALGARVE, 'Festa da Gastronomia e das Receitas Típicas das Aldeias do Algarve – À descoberta dos Sabores Tradicionais', 2005 (Livro e DVD);
- CONTRERAS, J., RIERA, A. Y MEDINA, X. (dir.): 2005 Sabores del Mediterráneo. Aportaciones para promover un patrimonio alimentario común. IEMed, Barcelona.
- CRESTA, M. AND TETI, V. (eds.): 1998 'The Road of Food Habits in the Mediterranean Area', in Rivista di Antropologia. Supplemento al volume 76, Istituto Italiano di Antropologia, Rome.
- FOURNIER, D. and D'ONOFRIO, S. (eds.): 1991. Le Ferment Divin, Maison des Sciences de l'Homme, Paris
- GARINE, I. DE: 1997 'Alimentación mediterránea et réalité', en González Turmo, I. y Romero de Solís, P. (eds.) Antropología de la Alimentación: nuevos ensayos sobre la Dieta Mediterránea', Universidad de Sevilla.
- GLOBALGARVE, Agência Regional de Desenvolvimento do Algarve, 'Dieta Mediterrânica Algarvia', Globalgarve, Abril de 2008
- GONZÁLEZ TURMO, I. Y MATAIX VERDÚ, J.: 2008 Alimentación y Dieta Mediterránea. Patrimonio Cultural Inmaterial de la Humanidad. Consejería de Agricultura, Junta de Andalucía, Sevilla.
- HADJIPETRIS, I. P., Η τριανταφυλλιά (Ροδή η δαμασκηνή) και τα προϊόντα της [Le rosier (Rosa damascena) et ses produits], Nicosie, 1992.
- KANAFANI-ZAHAR, A., 1999 Le mouton et le mûrier. Rituel du sacrifice dans la montagne Libanaise. PUF, Paris.
- KEYS AB, KEYS, M: 1975 How to Eat Well and Stay Well the Mediterranean Way, Doubleday, Garden City, N. York.
- KEYS AB: 1980. Seven Countries: A multivariate analysis of death and coronary heart disease.: Harvard University Press, Cambridge.
- KYPRI, Th. - PROTOPAPA, K., Παραδοσιακά ζυμώματα της Κύπρου: η χρήση και η σημασία τους στην εθμική ζωή [Produits chypriotes traditionnels de farine: leur usage et leur importance dans la vie coutumière], Publications du Centre des Recherches Scientifiques XVIII, Nicosie, 1997.
- LAZAROU C., PANAGIOTAKOS, D.B., MATALAS A.-L., 'Children's Adherence to the Mediterranean diet in Cyprus: The CYKIDS study', Public Health Nutrition, 12/7 (2009), pp. 991-1000.
- LUPTON, DEBORAH: 1994. 'Food, Memory and Meaning: The Symbolic and Social Nature of Food Events', The Sociological Review 42 (4): 665-685.
- MATALAS A.-L., ZAMPELAS, A., STAVRINOS, V., The Mediterranean Diet: Constituents and Health Promotion, CRC Press, 2001.
- MEDINA, F. X. (ed.): 1996 La alimentación mediterránea. Proa, Barcelona.
- MEDITERRA 2012, La Mediterranean Diet pour un développement régional durable.

CIHEAM, Paris.

- MINISTÈRE DE L'AGRICULTURE, DES RESSOURCES NATURELLES ET DE L'ENVIRONNEMENT, Γαστρονομικός χάρτης της Κύπρου [La charte gastronomique de Cyprus], Nicosie: www.moa.gov.cy/moa/da/da.nsf/.../GastronomikosXartisKyprou.

- PADILLA, M.(ed): 2000 Alimentation et nourritures autour de la Méditerranée. CIHEAM/Karthala, Paris.

- RANDIĆ, Mirjana. 2006. Culinary Traditions of the Mediterranean. Traditional Aspects of the Nutrition of the Adriatic Islands. In: Mediterranean Food. Concepts and Trends, ed. Beljak-Rittig, Nives and Lysaght, Patricia. Zagreb. Institute of Ethnology and Folklore and Ethnographical Museum Zagreb (27-41).

- RIBEIRO, Orlando, 'Portugal o Mediterrâneo e o Atlântico', (1945);

- RIZOPOULOU-EGOUMENIDOU, E., 'Η αμπελοκαλλιέργεια και οι παραδοσιακοί ληνοί της Κύπρου' [La viticulture et les 'lini' traditionnels de Cyprus], Technologia 3 (1989), pp. 20-22.

- SERRA-MAJEM, L, ROMAN, B, ESTRUCH, R: 2006. 'Scientific evidence of interventions using the Mediterranean diet: a systematic review'. Nutr Rev.;64(2 Pt 2): S27-47.

- SOFI F, ABBATE R, GENSINI GF, CASINI A.: 2010 'Accruing evidence on benefits of adherence to the mediterranean diet on health: an updated systematic review and meta-analysis'. Am J Clin Nutr. 92(5):1189-96.

- TETI, V. (coord.): 1996 Mangiare meridiano. Carical, Vibo Valentia.

- TRICHOPOULOU A, LAGIOU P.: 1997. Healthy traditional Mediterranean diet -An expression of culture, history and lifestyle. Nutr Rev; 55:383-389.

- TRICHOPOULOU, A, VASILOPOULOU, E: 2000. 'Mediterranean diet and longevity'. Br J Nutr.;84 Suppl 2:S205-9.

- VODANOVIĆ-KUKEC, Vanja. 1997. From plate and glass. The sources of Brač cuisine. Zagreb. Golden marketing.

- VODANOVIĆ-KUKEC, Vanja. 2002. Brač Testament. Zagreb. Golden marketing.

- WILLETT, W.C: 2006 'The Mediterranean diet: science and practice'. Public Health Nutr.;9(1A):105-10.

- WILLETT, WC, SACKS, F, TRICHOPOULOU, A, DRESCHER, G, FERRO-LUZZI, A, HELSING, E, TRICHOPOULOS, D. Mediterranean diet pyramid: a cultural model for healthy eating. Am J Clin Nutr. 1995;61(6 Suppl):1402S-1406S.

- Αμπελοοινική Ιστορία στο χώρο της Μακεδονίας και της Θράκης (Grape and wine history in Macedonia and Thrace): 1998, Proceedings of the 5th working three-day held in Naousa, 17-19.9.1993, Cultural and Technological Foundation of National Bank of Industrial Development, Athens.

- Ελιά και Λάδι (Olive tree and olive oil): 1996, Proceedings of the 4th working three-day held in Kalamata, 7-9.5.1993, Cultural and Technological Foundation of National Bank of Industrial Development, Athens.

- 'Ο Άρτος ημών' Από το σιτάρι στο ψωμί ('Our everyday bread'. From wheat to bread): 1994, Proceedings of the 3rd working three-day held in Pilion, 10-12.4.1992, Cultural and Technological Foundation of National Bank of Industrial Development, Athens.

- 'Η παραγωγή λαδιού κατά τους Νεώτερους Χρόνους στην Κύπρο και οι παραδοσιακοί ελαιόμυλοι' [La production d'huile d'olive pendant la période moderne à Cyprus et les moulins à huile traditionnels], dans Ελιά και Λάδι [Olivier et huile], Athènes, 1996, pp. 324-339.

7. Signature on behalf of the State(s) Party(ies)

The nomination should conclude with the original signature of the official empowered to sign it on behalf of the State Party, together with his or her name, title and the date of submission.

In the case of multi-national nominations, the document should contain the name, title and signature of an official of each State Party submitting the nomination.

CYPRUS

Nom : Marios Lyssiotis

Titre : Ambassadeur, Délégué Permanent de Cyprus auprès de l'UNESCO

Date : 18 avril 2013 (dernière révision)

Signature : <signé>

CROATIE

Nom : Mirko Galic

Titre : Ambassadeur, Délégué Permanent de Croatie auprès de l'UNESCO

Date : 18 avril 2013 (dernière révision)

Signature : <signé>

SPAIN

Nom : Ion de la Riva Guzmán de Frutos

Titre : Ambassadeur, Délégué Permanent d'Spain auprès de l'UNESCO

Date : 18 avril 2013 (dernière révision)

Signature : <signé>

GRÈCE

Nom : Théodore Passas

Titre : Ambassadeur, Délégué Permanent de Grèce auprès de l'UNESCO

Date : 18 avril 2013 (dernière révision)

Signature : <signé>

ITALIE

Nom : Maurizio Serra

Titre : Ambassadeur, Délégué Permanent d'Italie auprès de l'UNESCO

Date : 18 avril 2013 (dernière révision)

Signature : <signé>

MAROC

Nom : Zohour Alaoui

Titre : Ambassadeur, Délégué Permanent du Maroc auprès de l'UNESCO

Date : 18 avril 2013 (dernière révision)

Signature : <signé>

PORTUGAL

Nom : Francisco Seixas da Costa

Titre : Ambassadeur, Délégué Permanent du Portugal auprès de l'UNESCO

Date : 18 avril 2013 (dernière révision)

Signature : <signé>