Anexa 12
H.S. 43/28.09.2026

Pt aviz CA și aprobare Sen
Prorector MA

CURRICULUM

Valid from the 2026-2027 academic year

UNIVERSITY OF ORADEA

Faculty of Environmental Protection

Mixed Intensive Program (BIP) - Sustainable Heritage: Traditional Foods and Green Gastronomy in Europe

Duration of studies/ no. of credits- 01.10.2026-05.11.2026 (blended format: virtual + onsite components) /5 credits

APROBAT ÎN ȘEDINȚA DE SENAT
DIN DATA DE
28. SEP. 2026
Președinte:
Conf.univ.dr. Vasile-Aurel CĂUȘ

1. MISSION OF THE STUDY PROGRAM (BIF) - Sustainable Heritage: Traditional Foods and Green Gastronomy in Europe

This 5 ECTS BIP (Business Plan - Engineering Study Plan) study program will provide an introduction to the notion of gastronomic tourism as part of broader sustainable tourism development strategies that require studying the dynamics between heritage, tourism and creative entrepreneurship. Beyond individual academic development, the program emphasizes knowledge transfer and community involvement. The program is designed for undergraduate, master or doctoral students who wish to develop applicable knowledge and skills. Through the proposed project, we aim to popularize the culinary products identified in traditional gastronomy in rural regions and to approach gastronomy as an innovative tool for the development and promotion of tourism. Sustainable management of gastronomy in rural areas requires the creation of opportunities to treat ancient culinary recipes in the context of their historical, cultural and social factors, aligned with European priorities in terms of sustainability.
The aim of this program is to provide students with fundamental knowledge and practical skills in the field of gastronomic tourism, sustainable tourism produce educational materials to raise awareness about food heritage and sustainability, ensuring that their research reaches a wider audience through cultural institutions, communities and online platforms. These outcomes prepare students for careers in education,
policy making, research and the food industry, equipping them with research skills, intercultural communication and interdisciplinary problem-solving skills.

2. OBJECTIVES OF THE STUDY PROGRAM (BIF) - Sustainable Heritage: Traditional Foods and Green Gastronomy in Europe

Understanding the concept of circular economy in the food sector and the role of traditional products in sustainable development.
Promoting gastronomic heritage as an ecological cultural and economic element.
Creating reinterpreted recipes in the spirit of sustainability and facilitating the intercultural exchange of culinary practices.
Developing digital skills through online activities (collaborative platforms, digital storytelling techniques).

3. SKILLS THAT GRADUATES WILL ACQUIRE UPON COMPLETION OF THEIR STUDIES

Professional skills
- Principles of European gastronomic heritage and traditional foodstuffs.
- Traditional food production methods, local food systems and sustainable gastronomy.
- The relationship between traditional products, cultural identity and rural development
- Sustainable food systems, circular economy approaches and reducing food waste in gastronomy.
- The role of local and traditional food products in sustainable tourism and agritourism.
- Strategies for the promotion, preservation and innovation of traditional food products in a European context.
- The structure and functioning of short food supply chains and local food networks.
- The importance of food quality, authenticity, traceability and consumer perception in traditional product markets.

Be aware of:
- The diversity of European gastronomic traditions and their contribution to cultural identity.
- The challenges of preserving traditional food heritage in the context of globalization and changing consumer preferences.
- The ecological, economic and social dimensions of sustainable gastronomy.
- The importance of preserving authenticity while introducing innovation into traditional food products.
- The role of local communities, small producers and rural entrepreneurs in preserving gastronomic heritage.
- The relationship between traditional food production, tourism development and environmental protection.
- Challenges associated with food waste, resource consumption and sustainable food supply chains.

Analysis:
- Traditional food products and gastronomic practices from different European regions.
- Sustainability of traditional food production and processing methods.
- Case studies of local food systems, traditional producers and gastronomic tourism initiatives.
- The cultural, economic and environmental value of traditional food products.
- Opportunities and challenges for promoting traditional food products in local and international markets.
- The potential for innovation and sustainable development in traditional gastronomy.
- The role of digital storytelling and communication in promoting gastronomic heritage.
- The impact of food tourism and agritourism on rural communities and local economies.

Rate:
- Sustainability and feasibility of traditional food production and gastronomy practices.
- Strengths and limitations of different approaches to the conservation and promotion of gastronomic heritage.
- The environmental, economic and cultural implications of food production and processing methods.
- The potential of traditional products to support sustainable rural development.
- The suitability of innovative solutions for improving the sustainability of traditional food systems.
- The authenticity, cultural relevance and market potential of traditional food products.
- Feasibility of sustainable gastronomic tourism initiatives and local development strategies.

Know how:
- Identifying and documenting traditional food products and their cultural significance.
- Analyzing the sustainability of traditional food production and gastronomic practices.
- Assessing the relationship between food heritage, local communities and rural development.
- Applying sustainable approaches in food preparation and processing, as well as in resource management.
- Conducting field observations and collecting relevant information during visits to traditional producers and local communities.
- Developing proposals for the promotion and sustainable exploitation of traditional food products.
- The use of digital communication tools and storytelling techniques to present gastronomic heritage.
- Collaboration within multidisciplinary and international teams.

To be able to:
- Applying theoretical knowledge in practical situations involving traditional foods, gastronomy and cultural heritage.
- Analyzing the real challenges related to the conservation and sustainable development of traditional food systems.



- Developing innovative and sustainable interpretations of traditional gastronomic products and recipes.
- Developing and presenting a project related to sustainable gastronomy, food heritage or gastronomic tourism.
- Clear communication of research results, project proposals and cultural information to specialist and non-specialist audiences.
- Comparison of traditional food practices and gastronomic heritage from different European regions.
- Effective collaboration in international and multidisciplinary teams.
- Critical reflection on the relationship between tradition, sustainability and innovation.

Transversal skills

- To carry out academic and practical tasks responsibly, efficiently and ethically, in accordance with the principles of academic integrity.
- To apply teamwork and communication skills in an international, intercultural and interdisciplinary environment.
- To develop their critical thinking, creativity and problem-solving skills.
- Demonstrate intercultural awareness and respect for diverse European culinary traditions and cultural identities.
- To adapt to new learning environments, cultural contexts and collaborative working methods.
- To develop their digital skills and communication skills through collaborative projects and the narrative valorization of gastronomic heritage.
- To demonstrate initiative, responsibility and autonomy in individual and group learning activities.
- To recognize the importance of sustainability, cultural preservation and social responsibility in food systems and tourism.
- Develop their ability to communicate and collaborate with local communities, producers and other stakeholders.
- To reflect on their own learning experiences and identify opportunities for continuous professional and personal development.



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CURRICULUM

Module	hours C.	S.	IT.	P.	Verification	Credits	IS [hours / week]
Module 1. Fundamentals of traditional food heritage and sustainable gastronomy 1.1. Introduction to the gastronomic heritage and traditional food systems of Europe 1.2. Classification of traditional European food products and their cultural and ecological importance 1.3. Types of food systems and gastronomic practices (traditional, local systems and innovative sustainable approaches) 1.4. Current challenges in preserving food heritage: climate change, food waste, globalization and the loss of culinary traditions 1.5. Sustainable approaches to traditional food production, efficient use of resources and promotion of green gastronomy	4	2	-	-		1	19
Module 2. Competitive identity and country branding as a destination 2.1. Country branding and competitive identity 2.2. Romania's branding slogans 2.3. Apuseni Mountains (identity case study)	6	4	-	-		1	15
Module 3. Circular Food Economy and Practical Learning 3.1. Understanding the concept of a circular food economy and the role of traditional products in sustainable development. 3.2. Identifying the principles of the circular economy applicable to the production, processing and consumption of traditional foods. 3.3. Analysis of practices for reducing food waste, reusing and valorizing food by-products. 3.4. Visits and interactions with local producers to observe traditional practices and sustainability solutions. 3.5. Group-based analysis and interpretation of opportunities for integrating traditional products into circular food systems and local development initiatives. 3.6. Using local, seasonal and wild-caught produce to enhance the nutritional profile of traditional Irish dishes 3.7. Safety and ethics of sustainable wild-caught harvesting, including correct species identification and protection of biodiversity 3.8. Sustainable harvesting and seasonal menu design 3.9. Zero-waste techniques (full use of plants and animals, conservation) to minimise environmental impact while maintaining cultural integrity and flavour	4	2	-	2		1	17
Module 4. Practical learning and applied analysis 4.1. Practical culinary workshops with local products. Visits to traditional producers and sustainable farms. 4.2. Analysis of traditional methods of preparation, preservation and valorization of food products. 4.3. "Green Traditional Dish" Contest – reinterpretation of a traditional recipe in an ecological version. 4.4. Cultural exhibition / intercultural evening. 4.5. Reflection session and final evaluation.	-	-	8			1	17
Module 5. Project development, teamwork and evaluation 5.1. Formation of interdisciplinary student teams 5.2. Developing project proposals that address sustainability challenges 5.3. Application of knowledge acquired during the program 5.4. Preparing and delivering final presentations 5.5. Evaluation, feedback and discussion of proposed solutions	-	2	-	6	assessment	1	17

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TOTAL	**14**	**10**	**8**	**8**		**5**	**85**

Legend: C - Course; S - Seminar; L - Laboratory; P - Project; IS - Individual Study; Ex. - Exam
ONE CREDIT REQUIRES A TOTAL OF 25 HOURS OF STUDY PROGRAM, TEACHING AND INDIVIDUAL ACTIVITY.

Head of the Department of Animal Science and Agritourism,
Associate Professor, PhD Dr. Eng. Dodu Monica Angelica

RECTOR,
Professor habil Phd Dr. Eng. Constantin BUNGĂU

ROMÂNIA MINISTERUL EDUCAȚIEI ȘI CERCETĂRII UNIVERSITATEA DIN ORADEA RECTORAT

DEAN,
Associate professor PhD Dr. Eng. Cristina Maria MAERESCU

Universitatea din Oradea * România * DECANAT Facultatea de Protecția Mediului

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DISTRIBUTION OF VIRTUAL AND IN PRESENCE ATTENDANCE

Module	VT	VP	PT	PP	Total	Evaluation	Credits	IS [hours / sem.]
Module 1. Fundamentals of traditional food heritage and sustainable gastronomy 1.1. Introduction to the gastronomic heritage and traditional food systems of Europe 1.2. Classification of traditional European food products and their cultural and ecological importance 1.3. Types of food systems and gastronomic practices (traditional, local systems and innovative sustainable approaches) 1.4. Current challenges in preserving food heritage: climate change, food waste, globalization and the loss of culinary traditions 1.5. Sustainable approaches to traditional food production, efficient use of resources and promotion of green gastronomy 1.6.Beyond the fresh potato: sustainable production and cultural significance of European potato products	2	-	2	2	**6**		1	19
Module 2. Competitive identity and country branding as a destination **2.1. Country branding and competitive identity** **2.2. Romania's branding slogans** **2.3. Apuseni Mountains (identity case study)**	2	-	4	4	**10**		1	15
Module 3. Circular Food Economy and Practical Learning 3.1. Understanding the concept of a circular food economy and the role of traditional products in sustainable development. 3.2. Identifying the principles of the circular economy applicable to the production, processing and consumption of traditional foods. 3.3. Analysis of practices for reducing food waste, reusing and valorizing food by-products. 3.4. Visits and interactions with local producers to observe traditional practices and sustainability solutions. 3.5. Group-based analysis and interpretation of opportunities for integrating traditional products into circular food systems and local development initiatives. 3.6. Using local, seasonal and wild-caught produce to enhance the nutritional profile of traditional Irish dishes 3.7. Safety and ethics of sustainable wild-caught harvesting, including correct species identification and protection of biodiversity 3.8. Sustainable harvesting and seasonal menu design 3.9. Zero-waste techniques (full use of plants and animals, conservation) to minimise environmental impact while maintaining cultural integrity and flavour	2	-	2	4	**8**		1	17
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Module 5. Project development, teamwork and evaluation 5.1. Formation of interdisciplinary student teams 5.2. Identifying real problems in horticulture 5.3. Developing project proposals that address sustainability challenges 5.4. Application of knowledge acquired during the program 5.5. Preparing and delivering final presentations 5.6. Evaluation, feedback and discussion of proposed solutions	-	-	-	8	**8**	Colocviu	1	17
TOTAL	**6**	**0**	**8**	**26**	**40**		**5**	**85**

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VT = virtual theory. VP = virtual practical, PT = in presence theory, PP: in presence practical.

Head of Agriculture, Horticulture Department
Associate Professor, PhD in Engineering Dodu Monica Angelica

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