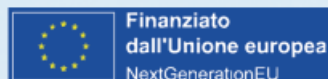


FoodSystem 5.0 Summer School: in Sessa Cilento to rethink the FoodSystem

September 2, 2025 · Redazione



IL B*RGH
DEI MULINI



RESTANZA ATTIVA: COMUNITÀ D'INTENZIONE PER UN FOODSYSTEM 5.0

Programma:

- ore 10:00 Agorà Interattiva
- ore 12:00 Laboratorio di Cavatelli
alla Cilentana
- ore 13:00 Pranzo Conviviale

5 SETTEMBRE 2025

Largo Dell'Addolorata di Palazzo De Vai,
Sessa Cilento(SA)



WORLD
FOOD
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The FoodSystem Summer School 5.0 returns to Sessa Cilento from September 3 to 5, 2025. This is the third stage of a journey that follows the rhythm of the seasons and has already seen two successful events, first in March and then in June. The focus was first on Soil and its

regeneration, then on community olive growing, always through a multidisciplinary approach that combines science, technological innovation, and regenerative practices.

With this third edition, the initiative takes root in the Cilento, Vallo di Diano and Alburni National Park, an emblematic place to experiment with new forms of community and social regeneration.

Active Remaining: beyond the picturesque view of villages

In recent years, the term *restanza* has often been associated with a static vision of villages, reduced to nostalgic postcards or backdrops for quick and superficial tourism. Hence the concept of the third stage of the FoodSystem 5.0 Seasonal School: *Active Remaining*.

The Summer School proposes a different perspective: overcoming immobility and folklore to enhance villages as spaces of social innovation, capable of welcoming intentional communities. These are groups of people who consciously choose to share values and common projects, beyond the bond of birth or territorial belonging.

Intentional communities: a generative choice

Scientifically guided by Alex Giordano, director of Rural Hack and professor at the University Federico II of Naples, the Summer School invites reflection on how to build fluid, generative, and future-oriented communities.

Food plays a central role in this journey: not only nourishment, but a universal language and social technology, capable of uniting local and global, tradition and innovation.

Program of the day - September 5



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The day of September 5 represents the concluding moment of the FoodSystem Summer School 5.0 and is characterized by strong attention to the role of the Municipality of Sessa Cilento as promoter and territorial point of reference.

The choice to hold the event in the heart of the village underlines the will to root the educational journey within the local community, transforming the historic center into a space of dialogue and social innovation, thanks to the valuable contribution of the Montestella APS Laboratory.

The initiative goes beyond the academic dimension, opening up to the entire citizenry, creating an occasion for collective participation where the knowledge of young scholars and international researchers intertwines with the everyday experiences of inhabitants. The presence of Rural Hack alumni, together with participants from the World Food Forum, consolidates an ecosystem of relationships that goes beyond the borders of the village, connecting Cilento to national and global networks.

The concluding day of the Summer School thus represents a great opportunity: for the inhabitants, who directly experience openness and exchange; for researchers, who experiment in the field with new community models; and for the territory, which establishes itself as a laboratory of FoodSystem 5.0 in action.

An ecosystem of partners and collaborations

The Summer School is carried out in collaboration with the Chamber of Commerce of Salerno, PIDMed, Agrifood Future, Agrihouse Foundation, Hub RETE of Salerno, Cooperativa Agricola Nuovo Cilento, World Food Forum – Italy Chapter, and Lazy Farm.

The initiative also has the moral patronage of the University Giustino Fortunato, the Department of Social Sciences of the University Federico II of Naples, and the Institute of Research on Innovation and Services for Development of the CNR.

The Summer School is part of the cycle of four Seasonal Schools of Rural Hack, within the project *Il Borgo dei Mulini* of the Municipality of Sessa Cilento, financed by the Ministry of Culture through the PNRR – “Attractiveness of Historic Villages” program.

The goal is to transform Sessa Cilento into a laboratory of civic participation and an incubator of sustainable innovation, countering depopulation and enhancing historical and natural resources. The village thus becomes a model of active remaining, where tradition and innovation intertwine under the sign of FoodSystem 5.0.