



Co-funded by
the European Union

MAS
Rozkvět



Landkreis
Bamberg

Project number: **101099194**

Project acronym: **CulHerCis22**

Project title: **The culinary heritage of the Cistercians in Central Europe**

Project objective: Our goal is to increase public access to European cultural heritage – the culinary culture developed in Cistercian monasteries and the countryside – and to actively participate in its creative use.

Call: **CREA-CULT-2022-COOP**

EVALUATION STUDY OF PARTICIPATORY COOPERATION SOLUTIONS

Evaluation study of participatory cooperation solutions

10 / 2025



The project is supported by the Creative Europe Programme of the European Union.

@MAS Rozkvět, z.s.

Funded by the European Union. Views and opinions expressed are, however, those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

EVALUATION STUDY OF PARTICIPATORY COOPERATION SOLUTIONS

ASSIGNMENT:

The evaluation study of participatory collaboration solutions will provide an assessment of the methods used to manage collaboration and jointly create project outputs; it can be used for further sharing of best practices.

INTRODUCTION AND CONTEXT:

The Culinary Heritage of Cistercians in Central Europe (CulHerCis22) cooperation project was co-funded by the **Creative Europe** programme (**CREA-CULT-2022-COOP**).

The project was implemented between March 2023 and October 2025 by a consortium of three entities:

MAS ROZKVET ZS (MAS Rozkvět), Czechia,

PARIS-LODRON-UNIVERSITÄT SALZBURG (PLUS), Austria,

LANDKREIS BAMBERG (LK Bamberg), Germany.

The aim of the project was to increase public access **to European cultural heritage** – the culinary culture developed in Cistercian monasteries and the monastic landscape – and to encourage **long-term active public participation in the creative use of this cultural heritage**.

The key means of achieving the project's objectives were **the reinterpretation and presentation** of the culinary heritage of the Cistercian Order, combining **historical research**, information and awareness-raising **education, the participation of** expert partners, memory institutions and the public, and **digitisation**.

The project included activities in **the Czech Republic, Austria and Germany**, evenly distributed among all three members of the consortium, and was closely linked to the activities of the European network Cisterscapes – **Cistercian landscapes connecting Europe**, holder of the European Heritage Label.

The project responded to current European priorities: **cultural participation, digitisation of cultural heritage and sustainable knowledge sharing**.

All project outputs are permanently available in Czech, German and English on the websites of the lead partner and the European Cisterscapes network. The digital database of recipes is managed online by the Department of Gastrosophy at Paris Lodron University Salzburg.

THE EVALUATION STUDY PROVIDES A COMPREHENSIVE OVERVIEW OF:

- The process of participatory cooperation
- The quality of the outputs
- The impact of the project on regions and the public

USERS OF THE EVALUATION

- Primary users: project coordinator, partners, grant provider.
- Secondary users: the general public, museums and other memory institutions, including functioning Cistercian monasteries, schools and other organisations working with young people, cultural organisations, companies operating in the field of gastronomy and local production, the media.

EVALUATION OBJECTIVES

MAIN OBJECTIVE

To evaluate the effectiveness **of participatory cooperation** between key partners and associated organisations and to assess the impact on **both the professional and lay public**.

SPECIFIC OBJECTIVES

1. Verify the fulfilment of the principles of Strategy 21: participation, sustainability, knowledge sharing.
2. To evaluate the effectiveness of international cooperation and communication between partners.
3. Assess the quality of research, databases and digital outputs.
4. Identify the added value of the project for the regions involved and European cultural heritage.
5. Provide recommendations for the sustainable use of outputs and replication of the cooperation model.

EVALUATION FRAMEWORK AND LOGIC

The evaluation is based on **the principles of participatory evaluation**, reflecting the philosophy of the project.

The evaluation framework is based on the logic: **input → process → output → outcome → impact**.

Inputs: financial resources (EACEA grant: EUR 199,998), human resources (coordinators, researchers, organisers and implementers of culinary workshops, creators of educational and digital content, mediators of the topic), technological tools for digitisation and 3D modelling.

Processes: research into historical recipes, culinary background and other information sources, organisation of culinary events, digitisation of historical recipes and other documentation, creation of educational content and 3D models, creation of a cookbook based on the culinary heritage of the Cistercian Order, media coverage of the project and online communication.

Outputs: online database of historical recipes and their reinterpretations, study of the culinary background of Cistercian monasteries, culinary events, 3D visualisation of monastery kitchens, cookbook, online materials.

Short-term results: increased awareness of Cistercian gastronomy based on local production and shared knowledge, participation of experts and the public in individual activities and outputs of the project, validation and reinterpretation of historical recipes.

Long-term impact: availability of information on the culinary culture developed in Cistercian monasteries and the monastic landscape for active sustainable use in the form of databases and interactive 3D visualisations, increased visitor numbers to entities supporting the development of culinary culture, expansion of the participatory model to other regions.

EVALUATION HYPOTHESES

1. International cooperation between partners with differentiated key competencies increases the effectiveness of inputs and creates synergistic effects.
2. Interdisciplinary events increase the quality of reinterpretations of historical recipes and the user accessibility of information to the public.
3. Public involvement in the creation of outputs increases the relevance and sustainability of the project.
4. Digital tools (3D models, online databases and cookbooks) support participation and democratise access to cultural heritage.

EVALUATION QUESTIONS

1. How effective was the coordination between the CZ-AT-DE partners?
2. How were digital tools used for communication and data sharing between partners and the public?
3. To what extent did the project enable the sharing of knowledge between experts and the public?
4. How did the public participate in the verification and creation of outputs?
5. How did the project contribute to awareness of cultural heritage in relation to Cistercian traditions and local gastronomy?
6. Is there a plan for further use of databases, 3D models and cookbooks after the end of the project?

Comment: Each question was examined using a combination of quantitative and qualitative data – questionnaires, interviews, personal observations, analysis of documentation and monitoring of online activities.

EVALUATION CRITERIA (ACCORDING TO STRATEGY 21)

RELEVANCE

- **Definition:** the extent to which the project responds to the needs and priorities of European cultural policy and local communities.
- **Evaluation:** ★★★★★☆
- **Justification:** The project combines historical knowledge with digital tools and participatory activities, responds to European priorities and promotes knowledge sharing.
- **Examples:**
 - o Digitisation of 750+ historical recipes
 - o Involvement of monasteries, local gastronomy entities, schools, youth organisations, and universities in events
 - o International cooperation between CZ, AT, DE
- **Recommendation:** continue to combine digital tools with participatory activities even after the grant ends.

EFFECTIVENESS

- **Definition:** the ability of the project to meet its objectives within the planned timeframe and budget.
- **Rating:** ★★★★★☆
- **Justification:** Coordination was well organised, most activities took place according to the schedule and content plan, minor complications – language barrier (partially resolved by involving external interpreters, partially by communicating in English).
- **Examples:**
 - o 9 culinary events, attended by 700+ people
 - o research, 3D visualisation, online recipe database and cookbook completed on time
 - o Ongoing monitoring and communication in person, hybrid and online via email, Webex, Google Meet, WhatsApp
- **Recommendations:** improve multilingual communication (CZ/DE/EN), consistently use standardised reports.

COHERENCE/INTEGRATION

- **Definition:** linking activities into a logical narrative combining different disciplines.
- **Rating:** ★★★★★★
- **Reasoning:** Historians, chefs and students worked together, combining scientific validity and practical experience.
- **Examples:**
 - o Gastrosophy events bring together historians, chefs and students
 - o 3D visualisation combines theoretical research with an interactive experience
 - o Cookbook publication combines historical texts and recipes with modern interpretations and information about Cistercian culinary traditions and economic practices based on local production, self-sufficiency and knowledge sharing
- **Recommendations:** maintain an interdisciplinary approach, continue to involve associated partners, expand to other regions of the European Cisterscapes network and other Cistercian monasteries.

PARTICIPATION

- **Definition:** the degree of involvement of the public (audience) and experts in activities and decision-making processes.
- **Rating:** ★★★★★★
- **Justification:** The public was actively involved in all phases of the project.
- **Examples:**
 - o More than 700 participants in culinary events and workshops
 - o Validation of recipes and 3D models
 - o Online database and social networks enabled participation outside the collaborating organisations and regions
- **Recommendation:** extend the participatory model to other regions, use the online platforms of the European Cisterscapes and P.L.U.S. networks to share experiences and further disseminate information.

INNOVATIVENESS

- **Definition:** degree of novelty of approach, methods and outputs.
- **Rating:** ★★★★★★
- **Justification:** Combination of culinary heritage with digital tools and education, 3D visualisation, interactive events.
- **Examples:**
 - o 3D visualisation of culinary facilities
 - o Culinary events
 - o Integration of historical recipes into cookbooks
- **Recommendations:** develop digital innovations (AR/VR, online courses), strengthen interaction through social networks (creative interpretation of historical recipes)

SUSTAINABILITY

- **Definition:** the ability to ensure long-term use of outputs after funding has ended.
- **Rating:** ★★★★★☆
- **Justification:** Outputs available online, require maintenance and methodology to keep them up to date.
- **Examples:**
 - o Online database – validation of new contributions
 - o 3D visualisations and models – use in schools/museums requires training
 - o Cookbook – printed and digital distribution, recommended updates
- **Recommendation:**
 - o Consistently ensure the management of outputs – especially databases and 3D models – at the level of individual consortium members.
 - o Create methodological guidelines and training
 - o Ensure funding for maintenance and updates

MAIN FINDINGS AND RECOMMENDATIONS

AREA	FINDING	RECOMMENDATIONS
Coordination	Regular communication, language barrier	Multilingual environment (CZ-DE-EN)
Research and data	Recipe database successfully created	Ensure validation and updating methodology in the form of extended reinterpretation
Public participation	High traffic, media interest	Expand participatory workshops and events to other regions
Innovation and digitisation	3D visualisations have brought a new type of interactive education and experience	

EXAMPLES OF GOOD PRACTICE:

1. *Gastrosophy Events – bringing together historians, chefs and students.*
2. *3D visualisation of monastery kitchens – teaching and virtual tourism.*
3. *Digital recipe database – freely accessible, connecting experts and the public.*

DATA COLLECTION METHODS

Methodological approach: Participatory evaluation, triangulation of quantitative and qualitative data.

METHODS USED:

- Analysis of documentation (plans, records, media outputs)
- Semi-structured interviews (n≈12–15)
- Reflections of participants in events, workshops, final conferences and online communities
- Monitoring of online activities (database traffic, social networks, time spent on websites)
- Observation of event implementation and verification of educational content (structured protocol for evaluating engagement, interaction and facilitation)

Triangulation: combination of quantitative indicators (participation, traffic) with qualitative indicators

(interviews, open-ended responses, observation).

MAIN FINDINGS AND RECOMMENDATIONS

INDICATOR	DEFINITION	SOURCE	TARGET VALUE
Number of people involved	Unique participants in workshops, events and online activities	Participant records, online registration, Google Analytics	≥700
Number of events	Physical and virtual workshops, exhibitions	Project plan and records	9
Quality of outputs	Validated recipes, completed 3D models, publications	Internal control, expert evaluation	100% of planned outputs
Online reach	Website traffic, social media views	Google Analytics, social networks	>5 T/90d views
Participant satisfaction	Workshop and activity evaluations	Questionnaires (Likert 1–5)	Average ≥4

In addition to quantitative indicators, qualitative indicators are also monitored: level of public involvement, creativity of reinterpretations, usability of 3D models for cultural presentation and teaching

DATA ANALYSIS

- **Quantitative data:** descriptive statistics, cross-tables by region, type of event and form of involvement.
- **Qualitative data:** thematic analysis of interviews, coding of main topics (coordination, participation, innovation, digitisation), data validation using member checking.

ETHICS, DATA PROTECTION AND RISKS

- Informed consent from all respondents.
- Data anonymisation, secure storage (min. 5 years).
- Risks: language barriers, low questionnaire return rate, unavailability of historical documents.
- Mitigation: multilingual tools, incentives for participants, flexible documentation.

LIMITATIONS AND INTERPRETATION

- The evaluation is **descriptive-interpretative**; no direct causality can be inferred.
- Recommendations are intended for further use of the outputs and international cooperation.
- The results must be interpreted in the context of **regional and cultural specifics**.

APPENDICES

- Appendix A: Semi-structured interview guide.
- Appendix B: Questionnaire for workshop participants (CZ/DE/EN).
- Appendix C: Table of indicators with definitions, target values and data sources.
- Appendix D: Plan for sustainable use of databases, 3D models and cookbooks.

CONCLUSION

The **CulHerCis22** project fulfilled the objectives of the CREA-CULT-2022-COOP-1 call and brought significant **added value**:

- It deepened European cultural cooperation
- Contributed to the digitisation and reinterpretation of heritage
- It engaged the general public in learning about cultural traditions

The project is **a model example of participatory cooperation** in the spirit of Strategy 21.

APPENDIX A – INTERVIEW GUIDE (SEMI-STRUCTURED)

Aim of the interview: to gain deeper insight into the coordination, participation, digitisation and impact of the project from the perspective of partners and facilitators.

INSTRUCTIONS FOR THE EVALUATOR:

- Reassure the respondent about anonymity.
- Use open-ended questions, add examples.
- Duration: approx. 30–45 minutes.

QUESTIONS:

1. Describe your role in the project and the main activities you carried out.
2. How would you rate communication and coordination between the CZ-AT-DE partners? Give specific examples.
3. Which tools (digital/physical) proved to be most effective for sharing information and collaboration?
4. How would you assess public involvement in project activities? Who was most involved and why?
5. What was the impact of the project on your organisation or region?
6. How would you rate the quality and usability of the databases, 3D models and cookbook?
7. What were the biggest challenges in implementing the project and how were they overcome?
8. What recommendations would you give for future projects of a similar type?

APPENDIX B – QUESTIONNAIRE FOR WORKSHOP/ACTIVITY PARTICIPANTS

Objective: to determine the satisfaction, involvement and perception of the project among the general public and professionals.

Instructions: distribute after the event (on paper or online).

QUESTIONNAIRE (CZ):

- Reassure the respondent about anonymity.
- Use open-ended questions, add examples.
- Duration: approx. 30–45 minutes.

QUESTIONS:

1. How did you find out about the event?
 - o Website
 - o Social media
 - o Recommendation
 - o Other: _____
2. How would you rate the content of the workshop/event? (1 – very dissatisfied, 5 – very satisfied)
 - o 1 2 3 4 5
3. How would you rate the quality of the facilitation and leadership of the workshop/event? (1–5)
 - o 1 2 3 4 5
4. To what extent did you feel involved in the activities? (1 – not at all, 5 – very much)
 - o 1 2 3 4 5
5. How would you rate the usefulness of the information/skills you acquired? (1–5)
 - o 1 2 3 4 5
6. What did you like most about the event? (open question)
 - o _____
 - o _____
 - o _____
7. What would you recommend to improve future events? (open question)
 - o _____
 - o _____
 - o _____

APPENDIX C – TABLE OF INDICATORS

INDICATOR	DEFINITION	DATA SOURCE	TARGET VALUE	MEASUREMENT METHOD
Number of participants	Unique participants in workshops and online activities	Participant records, registration	≥700	Participant count + online registration
Number of events	Workshops, exhibitions, presentations	Project plan, records	9	Direct entry into the project log
Output quality	Validated recipes, 3D models, cookbook	Internal control	100% of planned outputs	Expert review
Online reach	Website and social media post views	Google Analytics, social networks	>5,000	Traffic analysis
Participant satisfaction	Workshop and activity evaluation (Likert 1–5)	Questionnaires	Average ≥4	Post-event questionnaire
Public involvement	Active participation in workshops	Observation, participation	Min. 70% of participants actively involved	Observation protocol

APPENDIX D – PLAN FOR SUSTAINABLE USE OF OUTPUTS

Objective: to ensure the long-term availability of databases, 3D models and cookbooks.

MAIN MEASURES:

1. Recipe database:

- o Placement on the website of the expert authority (Department of Gastrosophy, Paris Lodron University of Salzburg) and links on the websites of the project lead partner (MAS Rozkvět z.s.) and the European Cisterscapes network
- o Regular (at least once a year) validation of new recipe reinterpretations.
- o Permanent free access for the general public and professionals, including schools.

2. 3D visualisations and models of the culinary facilities of Cistercian monasteries:

- o Sharing via public platforms (Sketchfab) and thematic websites (European Cisterscapes network, lead partner's website).
- o Integration into the educational programmes of Cisterscapes visitor centres in the Czech Republic, Austria and Germany, as well as schools and museums.
- o Promotion plan for tourists and cultural institutions.

3. Cookbook:

- o Distribution of printed and digital versions.
- o Promotion at workshops, on websites (European Cisterscapes network, lead partner's website) and social networks.
- o Possibility of adding new interpretations of recipes for future editions.

4. Responsibility:

- o MAS Rozkvět z.s.: main administrator of the 3D visualisation and educational content database, lead partner of the project and consortium.
- o Paris-Lodron Universität Salzburg: main administrator of the recipe database, consultation, scientific validation.
- o Landkreis Bamberg: main administrator of the cookbook, promotion and dissemination in the public sphere.



Co-funded by
the European Union



EVALUATION STUDY OF PARTICIPATORY COOPERATION SOLUTIONS

Evaluation study of participatory cooperation solutions

10/2025

