



*PermaCOOLtura*

**PermaCOOLtura: permaculture approach to improve  
youth's entrepreneurship culture  
2021-1-PL01-KA220-YOU-000028489**

**C1 Study visit to Poland  
17-21 May 2022  
Kielce, POLAND**



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**17-21 May 2022, Kielce, POLAND**

**PermaCOOLtura: permaculture approach to improve youth's entrepreneurship culture**

**Project number: 2021-1-PL01-KA220-YOU-000028489**

**Title:** Study visit to Poland

**Hosting organization:** Oczy Szeroko Otwarte (OSO) (Poland)

**Participant organisations:** Tudás Alapítvány (Hungary), PASOS (Spain)

**Number of participants:** 4 participants from each partner organisation (12 participants)

**Venue:** Podlasie 11, Kielce 25-108, Poland

### **Objectives of the Study Visit**

- To better understand the method of social inclusion of persons with disabilities through climate change action and best practices in non-formal and informal education provided by OSO in order to empower young people, including those from disadvantaged groups.
- Understanding the intergenerational aspect and how older people can contribute to climate change action.
- To visit local actors dealing with entrepreneurship and sustainable development and climate change.

### **17 May (Tuesday), 2022**

Arrival of participants

### **18 May (Wednesday), 2022**

9:00 – breakfast at the hotel

10:00 Official welcome by the members of the Association Oczy Szeroko Otwarte

Organizational meeting: introduction to the theme of the visit and presentation of the programme.

11:00 Departure to the permaculture farm Kompostella. During the travel, OSO will introduce the main activities of OSOs related to the inclusion and empowerment of young people from disadvantaged backgrounds, more vulnerable to the consequences of unemployment and climate change and more difficult to engage in society.

12:00-14:00 Workshops on permaculture at the permaculture farm Kompostella (<https://www.kompostella.pl/>) by Malgorzata Witczak, who is also a blogger of ekoKompostella.

14:00 Lunch

15:00-18:00 Workshop in a care home for people with disabilities” Centrum z uśmiechem” (<https://www.zusmiechem.org/>). In this house, people with disabilities learn to run a permaculture garden. Disabled people will participate in the workshops and we will learn how this facility works. Roundtable with the managers of the center about the use of permaculture for inclusion of disabled people.

18:00-19:00 Return to Kielce. Daily evaluation meeting, short integration game to sum up the day.

Free time and dinner

### **19 May (Thursday), 2022**

9:00 – breakfast at the hotel

10:00 Meeting with the guide Dr. Agnieszka Pierscinska in the ecological garden in Kielce at GEONATURA (<https://geonatura-kielce.pl>), a Geopark where they will show the different projects they are working on to promote the environment protection, and how do they integrate the art in gardens.

12:00 Lunch

13:00-15:00 Round table at the City Hall of Kielce in the environment department with Mrs. Agnieszka Gawel. Discussion on how to better coordinate the work of the public sector and third sector organisations in the field of sustainable entrepreneurship and environment.

15:00-16:00 Presentation of OSOs: The intergenerational aspect of youth work practices and how the elders can teach the younger generation a more natural zero waste approach from their own experience and what interesting and innovative things the youth can offer to the elders with their eco-entrepreneurial projects. Example of inclusive and practical intergenerational activities with a green approach to climate change with older people in local care institutions.

16:00-18:00 Visiting the city of Kielce and the places where OSO is carrying out projects

18:00-19:00 Questionnaire and evaluation by informal and non-formal methods (e.g., expressing the opinion on the activities through art)

Free time and dinner

### **20 May (Friday), 2022**

9:00- breakfast

10:00-14:00 Visit to ENERGIS in Kielce (self-sufficient building, zero energy loss): good practice on sustainable construction, functionality and entrepreneurship. Round table with the participation of representatives of Kielce University of Technology.

14:00-16:00 Lunch

16:00-18:00 Meeting with Michał Poros, head of the Geoeducation Center of Kielce (<http://centrum-geoedukacji.pl/pl/>). Discussion on how to integrate the nature in informal and non-formal education.

18:00-19:00 Final evaluation, summary of mobility, final "energiser" and closing by distribution of participation diplomas.

Free time and dinner

### **21 Mat (Saturday), 2022**

Departure of the participants

## **HOW TO ARRIVE TO KIELCE**

### **1. How to get to Poland**

There are cheap flights to **Kraków (Cracow), Warsaw and Katowice** from most of European capitals.

It is also possible to come by bus e.g. [FlixBus](#) as there are many connections to Poland or by [train](#).

### **2. How to reach train/bus station from the airport in Kraków and Warsaw**

From Balice Airport in **Kraków** you need to go to the city centre by bus number 208 to reach Dworzec Główny Wschód (Main Railway Station). It will take you about 35 minutes. Nearby the Main Bus Station is situated. You can find bus schedule on [rozklady.mpk.krakow.pl](http://rozklady.mpk.krakow.pl)

From Balice Airport you can also take fast railway line to the centre of Kraków. The train service provided by Przewozy Regionalne Sp. z.o.o is the fastest link between the centre of Kraków and the airport. Travel time is 18 minutes. The train station is located 200 m from the T1 international terminal.

See the [timetable](#) for Kraków Airport → Kraków Main Railway.

Ticket can be purchased:

- on a train, from train attendant
- on a train, from automated cashier
- in terminal T1 (from automated cashier located near centre exit)
- at Kraków Main Train Station (at ticket counters or from automated cashier located at Platform 1)

From Okęcie Airport in **Warsaw** (Warsaw Chopin Airport) take a bus number 175 to reach the Main Railway Station (Aleje Jerozolimskie-Dw Centralny) in Warsaw. It will take you about 25 minutes. Since the taxi is expensive, we recommend you taking a bus instead of taxi. Here is the [bus schedule](#).

### **3. How to get to Kielce from Warsaw and Kraków**

Kielce is situated in the south-eastern part of Poland: about 120 km from Kraków, 180 km from Warsaw. To get to Kielce **from Warsaw and Kraków** it would be the best to take a train or a bus. It will take you about 2-3 hours.

**From Krakow to Kielce:**

- Train tickets here: <https://rozklad-pkp.pl/en> or here: <https://polregio.pl/en/>
- Bus tickets here: Flixbus <https://global.flixbus.com/>

**From Warsaw to Kielce:**

- Train tickets here: <https://rozklad-pkp.pl/en>
- Bus tickets here: <https://neobus.pl/en/timetable>, <https://global.flixbus.com/>

If you arrive by night, you may need a taxi:

[Bolt app](#) [iTaxi app](#)

## **WHERE TO STAY IN KIELCE**

Kielce is a city in south-eastern Poland, the capital of the St. Croix Voivodeship. The city has about 200,000 inhabitants.

The currency in Poland is the Złoty (PLN) = 100 groszy, which is equivalent to 0.21272 EUR.

Some hotels we recommend in Kielce:

Hotel Śródmiejski <https://www.google.com/travel/hotels/s/s9c4YRcRGxdzMkra8>

Hotel TARA <https://www.google.com/travel/hotels/s/u87fnotTkGGEsCY46>

Hotel Bristol <https://www.bristol.kielce.pl/>

Hotel Dal <https://www.hoteldal.pl/>

Qubus Hotel

[https://www.qubushotel.com/pl/hotel-kielce?gclid=CjwKCAjwu\\_mSBhAYEiwA5BBmf5ZHd7gZ58j7lhxkEbzk](https://www.qubushotel.com/pl/hotel-kielce?gclid=CjwKCAjwu_mSBhAYEiwA5BBmf5ZHd7gZ58j7lhxkEbzk)

## **COVID INFORMATION**

Travellers, regardless of their means of transport (collective or individual, including crossing the border on foot), are subject to a 7-day entry quarantine, unless they meet one of the following conditions:

- they have completed a full vaccination cycle, and 14 days (counting from the day following the date of the final dose) have passed since their final dose,
- their vaccination is confirmed by an EU Digital COVID Certificate or by another document in Polish or in English confirming vaccination with a vaccine which has been granted a marketing authorisation within the European Union,
- they have recovered from a SARS-CoV-2 infection (so-called “convalescents”) at most 6 months before the day on which they cross the border of the Republic of Poland. Convalescents are obliged to present a document confirming recovery from the disease, issued in Polish or in English, e.g. an EU Digital COVID Certificate,
- they present a negative COVID-19 test result, confirmed by an EU Digital COVID Certificate or by another document in Polish or in English. The test must be performed at most 48 hours before the border is crossed,

### **Locator form**

From 28.03.2022 there is no obligation to fill in the Passenger Locator Form (PLF) before arriving in Poland.

More information can be found here: <https://www.gov.pl/web/coronavirus/travel>