



*ACT FOR A SUSTAINABLE LIFE*  
*Mobility in Poland*  
*April, 2023*



# Activities from day 1

1. We began with the presentations:



This is our vertical garden



We even played some volleyball

2. Salad competition:

We were making a traditional Polish salad „jarzynowa”



We showed our guests some parts of Lublin :)



# Day 2

Today we visited a wonderful little town called Kazimierz Dolny. We could see there the castle ruins, dating since the 14th century, the tower. We visited a quaint cafe and the restaurant near gully Korzeniowy Dół. We also could enjoy the phenomenal landscape there.





# DAY 3

We learnt how to make pierogi and cebularze



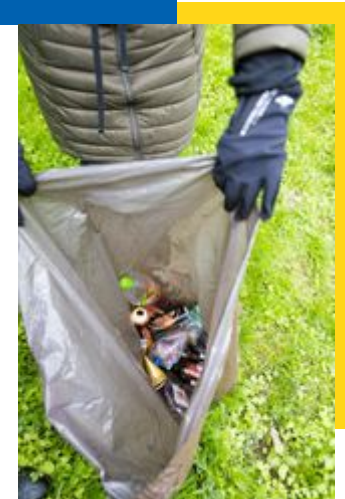
Our Polish hosts taught us in a culinary workshop, how to cook traditional Polish dishes



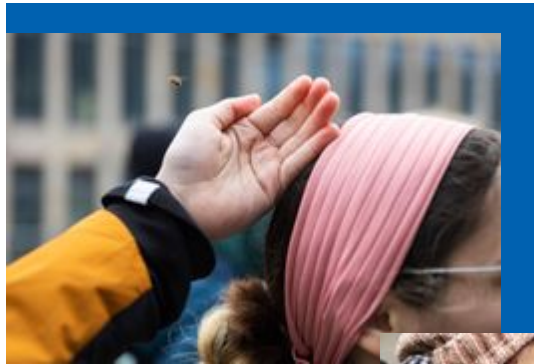
We collected some trash in the Saski park in Lublin



The next activity consisted of cleaning waste in a park near the cultural center



## The bee centre



Then we went to a „Centre of Meeting Cultures“ where there is a garden on the roof and there are beehives for raising bees



We learned a lot of interesting facts about the life of bees



## The castle and museum

The program continued with a visit to Lublin Castle, where we learned about the history of the castle,



the Polish culture and saw some interesting paintings

## Day 4

### *KOMEKO visit*

We visited the KOMEKO centre where we've seen the recycling machines.



## Gardzienice and Wola Gardzienicka

At first we visited the Gardzienice Theatre and museum.



Then we went to a regenerative farming eco-workshop in Wola Gardzienicka.

There we saw farming animals and we planted potatoes or tomatoes.



# Day 5



We started making a digital book about our adventures



We had a lot of fun overall and we're glad we could have met each other



There was a formal ceremony and everybody received a certificate of attendance



We even learned some dance moves from our countries 🇵🇱



*(Our relaxing place has improved thanks to our Erasmus project)*

belgijka is amazing







Later on we visited Majdanek and learned some sad but interesting historical facts

We had a great guide - professor Rafał Wnuk who gave us a lot of food for thought with his stories



