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International project meeting of the project  
No. 2022-1-PL01-KA210-ADU-000084061

## **Ecological and digital education as a way to raise environmental awareness of the society**

**in Kraków, Hotel Campanile ul. Świętego Tomasza 34, 31-023 Kraków (Poland)**

### **REPORT**

The project ran according to schedule. The meetings were fruitful and well organized, bringing a load of human experiences and new knowledge, often through divergent thinking and with new points of view, that we will never forget.

Even the convivial and strictly touristic moments were very pleasant, making us appreciate the culinary traditions and the beauty of the city of Krakow.

Since different associations followed one another in the workshops, and it was necessary to introduce the same members several times to the new participants, it was ingenious to organize each new presentation in a playful and creative way without boring: through drawing, writing and ball games.

Please note that the Polish participants in the project have asked, when they come to Italy, to have creative workshops as well as theoretical, and moments of leisure such as visits and "go dancing".

### **Thursday, February 9**

Opening the meeting. Getting to know each other. Brief presentations of partner organizations.

"WYJDŹ Z DOMU" "LEAVE HOME" foundation, NGO association for physically disabled people and seniors. The vice president, a psychologist and a health assistant were present.

Short video presentation of the association, then of the city of Krakow, Gorlice and Biecz. Then followed pleasant individual presentation exercises, to get to know better the meeting participants: drawing in rectangles, writing a quality for each letter of the name.

Motivation - a quick round of associations, keywords. My current goals.

Work in team: brainstorming to define motivation and how to motivate seniors.

Introduction to the subject of seniors' motivation.

Examples of motivating seniors - practice (drama, film, discussion).

Practical workshops focused on interpersonal communication and on how to take care of relationships with elderly.

Targets - seniors.

Motivation in old age - conclusions from classes, joint creation of goals, discussion on the differences between my goals and the goals of seniors.

How establishing a schedule for the day can help motivate the elderly.

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## Friday, February 10

UN Convention on the Rights of Persons with disabilities.

Brief presentations of two members of the travel office "WAKACJE W DOBRYM TEMPIE" "HOLIDAYS AT A GOOD PACE", both disabled in wheelchairs, one specializing in promoting sports among people with disabilities, and the other specializing in organizing travels for the disabled.

New individual presentation of new and old members.

Workshops on the barriers of people with disabilities.

A deep immersion in the world of disability!

Experience in the dark in pairs: one blindfolded to simulate blindness, the other accompanies. A short walk in the hotel rooms and report of the experience, through impressions and criticisms, detected in the blind experience.

Work in pairs: one mimics a situation, the other receives. Report of the experience as a deaf-mute.

Video presentation on good practices for dealing with various types of physical disability.

Workshops - traveling people with disabilities.

Short video presentation of the travel office.

Situation in Poland through numbers: percentage data on the number of travelers, possible difficulties, and possibilities.

Analysis of trips: individual, with agencies, associations and NGOs/non-profit organizations, which reveal how physically disabled people still encounter many difficulties and few opportunities.

Workshops on how to organize an offer accessible to people with disabilities and elderly people.

We had this experience the next day while visiting the city together with our hosts in wheelchairs, understanding the difficulties of moving in a city that has not been designed for the disabled and does not include, for example, access to sidewalks.

## Saturday, February 11

Brief presentations of the new association "STOWARZYSZENIE KULTURALNO OŚWIATOWE WSI DOMINIKOWICE" "KULTURAL AND EDUCATIONAL ASSOCIATION IN DOMINIKOWICE" for mental disabled people and seniors.

Practical methods of ecological workshops Soap Workshops - Eko Soap.

Practical methods of ecological workshops Ecological cleaning agents.

Practical workshops that are usually offered to the elderly, to create products in an ecological way.

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Intercultural evening - an integrative walk through the old town of Krakow.

Please refer to the previous day's note.

Very pleasant experience that gave us also the opportunity to appreciate a traditional specialty: the "zapiékanka" (out of the oven) sandwich.

### **Sunday, February 12**

Opening of the day with fun exercises to underline everyone's mood.

Delivery of certificates of participation and farewell greetings of the first two associations who leave the meeting.

Practical methods of ecological workshops - Eco bags. We make shopping bags from old cotton T-shirts.

Practical workshops that are usually offered to the elderly, to create products in an ecological way.

Evaluation, exchange of thoughts and ideas.

Getting to know the monuments and culture of Krakow - city tour with a guide.

Pleasant visit to the city with a very good tour guide.