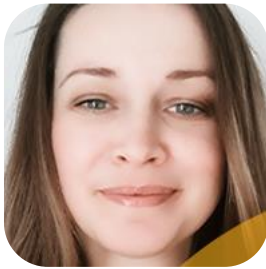


Field visits – Thursday 17 April 2024

A. Developing social potential, smart village approach and a small ceramic wares business.

1. Meet **Anna Styszko** – Laboratory of Social Inspiration Foundation (Fundacja LIS)



Anna founded the LIS Foundation in 2015 after she moved from Kraków into the countryside. She works with local communities and local government to help groups of inhabitants to develop a community spirit and supports inhabitants to carry out joint projects. LIS has been able to support over 2000 individuals through 24 projects, it has Erasmus+ accreditation, and in 2021 Anna and her team received the Change Leader award.

The foundation educates social leaders, integrates indigenous and immigrant residents, builds partnerships and supports dreams and crazy initiatives. It runs a People's University - a social educational institution combining traditions with modern development methods based on social potential and the natural environment.

The meeting with Anna will take place at the site of a recent project to restore a strip of land along Kluczywoda stream to turn it into a place where local inhabitants can go for walks and come together around a fire pit. Other activities of the Foundation as well as a description of its approach to community development will be presented during the visit. The visit involves a walk along the banks of the stream and requires walking on grass for about ten minutes each way.

2. Meet **Magdalena Szymańska, Agnieszka Kulon and Alina Zielonka** – Targ Wielkowiejski (The great rural market)

Magdalena is part of a team that is working to implement the smart village approach in her community. That approach includes the promotion of women's activities: through the organisation of a Women's Forum, the activity of the local Rural Homemakers' Club (KGW), or the Municipal Entrepreneurs' Forum.

One of the elements of the smart village actions are the regular markets where local produce and crafts are sold. The market in Wielka Wieś is part of a series of initiatives where the local council and activists are playing to the community's strengths to make use of its opportunities as part of a smart village-based approach.

While the day of the visit is not a market-day, you will be able to meet two stall-holders, Agnieszka and Alina, who have made the market the place where they present their ceramic wares – an activity they have embraced having moved from their former employment.



B. Fish farm, promoting local food and meeting a local organic wine producer.

1. Meet **Agnieszka Sendor and Katarzyna Fluder** – The Ojców fish farm



Agnieszka runs the Ojców fish farm (Pstrąg Ojcowski) with her mother, where she promotes local and regional foods and from which she explores the region's culinary landscape. COPA-COGECA recognised their activities in 2018 as the Most Innovative Women Farmers in Europe. Apart from running a business, Agnieszka is active in various consultative bodies at national and regional level on agricultural policy, as well as a promoter of the manufacturing potential of Kraków and its region.

2. Meet Katarzyna – Winnica Słońce i Wiatr (Sunshine and wine vineyard)

We will also be joined by Katarzyna of the sunshine and wind vineyard (Winnica Słońce i Wiatr), who for over a dozen years has – with the help of her husband – been taking care of an almost 2 hectare vineyard at the edge of the park. The vineyard is certified organic and she strives to produce perfect wine using traditional methods without interfering too much with nature.



The fish farm is located within the confines of Ojców National Park and involves a walk from a car park to the site of the business along a paved road lasting about 25 minutes each way. In case of inclement weather, bring an umbrella ...



C. Visiting Rural Homemakers' Club, lavender field, processing and packaging facilities.

1. Meet **Grażyna Koziół** – The local Rural Homemakers' Club (KGW)



Rural Homemakers' Clubs (KGW) are a uniquely Polish institution that have been allowing rural women to organise since the second half the nineteenth century. There has recently been a real boom in their activity and numbers, with well over 10,000 registered throughout the country. Grażyna will introduce us

to the experience of the Under the Flowering Appletree club (KGW "Pod Kwitnącą Jabłoni").

Working closely with the local council, the local voluntary fire brigade and the Local Action Group for the area, a large number of projects were completed, including the site of the visit: the "Outdoor Community Center". In addition the club has documented local sites and traditions (photo albums, a local songbook etc.), and it promotes local apple production, including through the Apple Blossom Festival and other fairs.

2. Meet **Anna Sitek** – Co-owner of Lavendziarnia

Anna has been actively involved in agriculture since 2015 and she mainly grows lavender. The farm has been certified organic since 2017, and the crop is processed mainly into food products and also into cosmetic products. It is mainly used to make "Lavender flower syrup", "Lavender flower vinegar" and floral water - water distillate "Lavender flower hydrolate" - used in cooking as a seasoning for dishes, e.g. desserts. The products are created using traditional methods with great care for quality and distributed within "short supply chains". The creation makes use of historical sources - Renaissance herbariums and old Polish culinary recipes.



The visit will allow for a visit of the new processing / packaging facility as well as a visit to the lavender field, which involves a short walk from the distillery to the lavender field – this includes walking up a steep slope on gravel / grass.

