

Nowina, Poland
16-17 November 2023



• Visegrad Fund



2nd Central East European meeting of Food Communities

BACK TO THE ROOTS

Food is our life - a source of income, a family tradition, the pleasure of eating together, rituals, and the nature in which we live. Let's find our common language in this - regardless of country, origin, education or convictions. How to create community around food: co-operatives, Community Supported Agriculture groups, local markets? How do our neighbours in the Czech Republic, Hungary, Poland or Slovakia do it? How are you doing it?

Join the meeting and share your thoughts & experiences.

Info & registration form:
www.wspierajrolnictwo.pl



Organiser: Fundacja Ekorozwoju. Financed from the International Visegrad Fund

Agenda



• Visegrad Fund



DAY 1. 16. November, Thursday

11:30-12:00 Arrival and a welcome cup of herbal tea or coffee

12:00-12:45 Introduction & Get to know each other in movement- poster session

12:45-14:30 Looking for Common ground - similarities we share: economical/geographical/social/ environment. Working sessions in groups

14:30-15:30 LUNCH - based on local and seasonal products warm meal.

15:30-16:15 Show me your path - a walking session of mutual inspiration

16:15-16:30 Tea Time

16:30-18:00 Evening Circle - reflection at the end of the day

18:00-18:30 Common Dinner preparation

18:30-19:30 Community Dinner: a sharing table with products from the diverse food communities

19:30 Live Music Band “Keskispass”



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Agenda



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DAY 2. 17. November, Friday

08:00-08:45 Breakfast

09:00 - 09:45 How do we speak, what do we tell? The way we communicate with ourselves and others.

09:45 - 10:45 With whom do I work in my food community - work in groups

10:45-11:15 Joint reflection and sharing from group work

11:15-12:15 Walking session: where is the shift? How to expand our community?
Walk in pairs

12:15-13:30 Wrapping -up the morning sessions & Group Photo

13:30- 14:30 Closing Circle

14:30-15:30 Farewell lunch



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1. How do we get to Nowina?

- a) By train to Henryków - from there is a distance of 4 km to Nowina. Please inform the organizer exactly the time of your arrival in order to pick you up from the train station. The same for leaving Nowina. The best place to provide all the info is the registration form (please scan the QR code)
- b) By car - the easiest option is to enter in you GPS map the place you will stay: or Nowina 6, Katarzyna Trawińska or Nowina 5, Jurek Trawiński. Please be aware that the GPS signal could be very weak in Nowina, so please have an off-line map as well.

2. Where do we stay?

There will be two options:

- a) Katarzyna Trawińska, Nowina 6, Poland, 57-210
b) Jurek Trawiński, Nowina 5, Poland, 57-210

In order to have a room booked for you please fill in the registration form (scan QR code). Then you will receive some info about where will you stay and what you need to take with you.

3. Where the meeting will be held?

We meet in the village hall - Nowina 29. Then the Evening Circle will be at Nowina 6 (Katarzyna Trawińska) and the concert in the barn by Jurek Trawiński, Nowina 5. Everything is very close, no worries to be lost or confused :-)

4. What to do when I'm lost, late, or in another way in need?

First thing- please use WhatsApp as the GSM doesn't work properly in the whole village. Secondly please enter the phone number of your host where you sleep and to the organizers:

Monika Onyszkiewicz, tel.+48.502.987.207, Julia Gawron tel.48.889.527.036

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