

Centre of Ecological Education in Ełk

# REPORT 2011

*We support sustainable  
development of Ełk and region*



**Centre of Ecological Education**

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Right at the time the Centre of Ecological Education in Elk was established in 2001, we started to implement the first waste programme “Recycling in every school and kindergarten”. Its aim was to prepare the local community of Elk for the introduction of the selective waste collection in the town. Classes and trainings in the programme were given for a couple of years. Several thousands of kindergarten and school pupils took part in them, about a hundred teachers were trained. Unfortunately, organizing the waste management turned out to be difficult and expensive, so the waste management reform was put off indefinitely. Why? First of all we wanted to avoid a frequent and very corrupting situation when there is a big gap between theory and practice.

The subject of waste was put on hold until 2009. In that memorable year the District Union “The Public Management” in Elk finalized their efforts to win a European Union grant for building a waste utilization plant and organizing selective waste collection in 12 member districts of the Union. The part of the project was a contract for an educational campaign. Great! There can be no waste education without us! But there was a snag. The supplier had to be selected by tender.

Is the Centre, which is a public entity, allowed to put in a bid? Of course, it was commonly believed that it was not. What could we do. I sent a letter to the President of the Public Procurement Office with a question and waited for their reply. It lasted long and the time was short so I asked Andrzej Orzechowski, our MP, for help. It worked. The reply was that there were no legal obstacles. Our joy was quickly disturbed and changed into resignation when we were informed by town attorneys that in order to put in a bid we needed to overcome barriers related to specific legal regulations concerning financial

issues of public entities, which was risky and, in fact, impossible.

Our hopes were dashed. There was only one solution left – to become a subcontractor. I talked to representatives of companies that wanted to enter the tender and it looked bad, very bad. I thought to myself – an educational campaign in Elk and other districts of the Union without the Centre?! A nightmare! And suddenly, like in a fairytale, a good fairy arrived – a representative from Scott Wilson Ltd in Warsaw, and with every word, with every sentence the world was taking on new colour and the sun was getting brighter. We agreed to prepare an offer together which turned out to be successful.

We started to implement the project in June last year. By today we prepared educational materials – guides for teachers, containing the educational programme and scenarios of classes, as well as workbooks for various age groups. We trained about 200 teachers. We announced an art contest and a contest for a school educational campaign. At the moment the programme is being implemented in more than 100 kindergartens and schools and this number is growing. For the next year, in June, we are planning a big gala where we will sum up the campaign and award contest winners.

At its birth The Centre of Ecological Education was an innovative undertaking. There were no examples in Poland that we could follow. Its legal form, organization and statute had to be created from scratch. A totally new work organization, new forms and procedures of cooperation with other institutions, organizations and schools, new methods and financial sources, and at last new projects and educational programmes. The Centre proved again to be an innovative entity. It showed new ways of financing public entities. The popular saying “where there is a will there is a way” turned out to be true again.

**Roman Paczkowski**

On August 7<sup>th</sup> the Centre of Ecological Education garden was a venue for the second edition of the culinary-tourist event “Frutti di Lago, Culinary Treasures of Lakes”, the part of the project “Ełk – culinary capital of Masuria”.

The guest star of the culinary show was the cook from the TV programme “Good morning TVN” and author of numerous culinary documentaries from Poland and abroad – Grzegorz Łapanowski. He was supported by the two-time finalist of the Polish BBQ Championships – Wojciech Charewicz. They were also accompanied by a representative of our local culinary art – Michał Skowroński – the chef from the pub EłkAliptus.

The show participants could taste all dishes, fish hors d’oeuvre and salads prepared by the cooks. But not only. They could also learn how to prepare and season fish, get to know filleting techniques and kinds of fish living in our waters. The show was a good opportunity to talk to Grzegorz Łapanowski, take a picture or even fry fish together.

The event was not only about cooking – it was also about canoeing on the Ełk river from Straduny to Ełk. The canoeists, tired but happy and proud, arrived at the Centre of Ecological Education where “the treasures of lakes” awaited them – prepared and barbecued especially for them.

In the late afternoon a contest started – “The open fish dish tournament”. One of the groups was two teenage girls who prepared “The fish with vegetables” and took the second place. The winner was “The stuffed pike” by Piotr Czereszewski who was very ambitious and used the remaining stock to prepare “The fish soup”.

All prizes and distinctions were awarded by the deputy mayor Artur Urbański and the guest star – Grzegorz Łapanowski.

*“Frutti di Lago – Culinary Treasures of Lakes was a part of the town project “Ełk - culinary capital of Masuria” that was financed by the European Fund for Regional Development – Regional Operational Programme Warmia and Mazury 2007 – 2013.*



# New educational paths in the Centre of Ecological Education in Ełk

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The common project of the Ełk Ecological Association and the Centre of Ecological Education in Ełk "Educational paths 'Birds in the town' and 'Tracing renewable energy – educational path with a classroom in the CEE in Ełk" came to an end.



The results of the project can be admired in the garden of the CEE – educational boards about birds and devices using renewable energy, installed in the Centre. One of the classroom was equipped with a multimedia projector that will make the classes about ecology and nature more attractive.

We would like to invite everyone who likes combining business with pleasure and takes walks at the lake, to turn to the Centre of Ecological Education, where they could learn interesting facts about birds that they can see around every day and less common birds of passage. On the boards one can find answers to following questions: why do birds sing, how do a wind and a solar power station work and many, many more.



*The project "Educational paths 'Birds in the town' and 'Tracing renewable energy – educational path with a classroom in the CEE in Ełk" was financed by the Voivodeship Fund of Environmental Protection and Water Management in Olsztyn and Ełk Self-government.*

# Our little brothers

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The action idea emerged last year and the inspiration for us was several cases of animals that found themselves in the Centre of Ecological Education in Ełk (gerbils left in the garden, a young ferret brought to the Centre) or in our co-workers' houses (a puppy thrown out of a car). It also happened quite often, especially in summer, that people called and wanted to leave us their pets (turtles).

Unfortunately, we cannot provide every animal with good conditions, we can try though to draw the attention of people to the problem of the cruel treatment of animals. We decided to do so by means of posters and leaflets. The leaflet contains the selection of regulations from the Declaration of Animal Rights that are juxtaposed with examples of cruel treatment of animals, taken from Polish media. They show how big the gap between theory and reality is.

We also wanted to remind people of excrements left by pets and owners' responsibilities. To help them fulfil their duties, we hand dog sanitary bags out – in exchange for the dog's photo (as dogs are main 'perpetrators'). All photos are put in a glass case and make a kind of exhibition of Ełk pets. We hope to have a share in improving the state of pavements and lawns in our town.

The action would be impossible without the financial support that we received from the Ełk Self-government and the Voivodeship Fund of Environmental Protection and Water Management in Olsztyn.

The action started on June 10<sup>th</sup> and continues. We encourage everyone who cares about animals living around us, to join. The more people support us the better.

*The team of the CEE in Ełk*



And more precisely: with Nikolai Frederik Severin Grundtvig, as it is his spirit that is in the air on every meeting of the Grundtvig Partner Project carried out by the Ełk Ecological Association. The project "The garden – a place for lifelong learning" engages organizations from Czech Republic, Austria, Holland, Poland, Germany and Spain in joint activities.



Who was Grundtvig? Above all a Danish poet and writer but he owes his good opinion among Europeans to folk universities he created in the 19th century, that – unlike classic universities – were supposed to educate peasant youth. This is how the idea of lifelong learning was born.

The lifelong learning today is programmes and activities directed not only to rural communities, the group of those learning for their entire life is getting bigger and bigger and there are not many people who think that their learning process is over once they get their degree. Learning adults, both formally and informally, are not a sensation nowadays. The credit goes, among the others, to projects like Grundtvig Partner Projects.

Thanks to the funding from the European Commission people from the Ełk Ecological Association could see how similar NGOs from Spain, Czech Republic

and Holland work. In September 2011 representatives of all partner organizations came to Ełk, where apart from working sessions a conference "Adult education – a challenge of the 21st century. The garden – a place for learning and working" took place. In 2012 the partners will visit Germany and Austria and this will be the end of the two-year long project.

The visits are also work, as the project has to bring about specific results – in our case it is a brochure and a film. The brochure is meant for those who work with people with disabilities and will contain examples of activities that can be carried out in gardens for people with special needs. We chose following topics: climate changes, renewable energy, soil and sensory perception, biodiversity. The film will show the partners' work with young adults.

For 167 years that separate us from establishing in Rødding the first folk university, the idea of lifelong learning evolved substantially. In the age of constant mixing of nations, views and cultures it not only means acquiring knowledge but above all getting to know each other.

*This project has been funded with support from the European Commission.*

*This article reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*

Thanks to the financial support from the Voivodeship Fund of Environmental Protection and Water Management in Olsztyn small grants for educational projects in districts: Ełk, Gołdap and Olecko could be awarded again, as usual in spring and autumn. In 2011 80 applications got funding that amounted to more than 23 thousand PLZ.

The money could be spent on purchase of didactic aids and materials necessary for the project implementation and purchase of awards in contests.

**The Ełk Ecological Association would like to thank following institutions for carrying out small educational projects in 2011:**

Municipal Kindergarten "Słoneczna Ósemka" in Ełk; Ełk Centre of Culture; M. Kopernik Secondary School № 2 in Olecko; Cardinal S. Wyszyński Secondary School № 3 in Ełk; Secondary School № 4 in Ełk; Municipal Kindergarten "Bajka" in Ełk; Municipal Kindergarten "Mali Odkrywcy" in Ełk; Municipal Kindergarten "Niezapominajka" in Ełk; Municipal Kindergarten "Świąteczko" in Ełk; Municipal Kindergarten and Creche "Ekoludki" in Ełk; Private Kindergarten "Jedyneczka" in Ełk; Municipal Kindergarten № 1 in Gołdap; J. Brzechwa Municipal Kindergarten "Perełka" in Ełk; Municipal Kindergarten in Kowale Oleckie; Municipal Kindergarten in Wieliczki; Municipal Kindergarten in Straduny; Kindergarten with Integrated Classrooms in Olecko; Special Educational Centre in Gołdap; I. Krasicki Primary School in Świętajno; Jan Paweł II Primary School in Straduny; I Dywizja T. Kościuszki Primary School № 2 in Ełk; J. Piłsudski Primary School № 2 in Gołdap; H. Sienkiewicz Primary

School № 3 in Ełk; T. Kościuszko Primary School № 3 in Gołdap; W. Szafer Primary School № 4 in Ełk; Primary School № 5 in Ełk; Primary School № 7 with Integrated Classrooms in Ełk; Jan Paweł II Primary School № 9 in Ełk; Primary School in Boćwinka; Primary School in Pogorzelski; Primary School in Pogorzelski; Primary School in Rożyńsk Wielki; Primary School in Stare Juchy; Primary School in Sypitki; Primary School with Integrated Classrooms in Gąski; Education-Cultural Society "Sobótka" in Stare Juchy; School-Kindergarten Complex in Cimochy; M. Rataj School Complex № 6 in Ełk; Vocational School Complex in Gołdap; Grammar and Vocational School Complex in Olecko; Municipal School Complex in Chelchy; Municipal School Complex in Ełk; School Complex in Judziki; School Complex in Pisanica; Private Kindergarten "Smyk" in Olecko.

**We are looking forward to your applications in 2012!**

# "The Ecological Education

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## Programme for the Project of Building The Communal Waste Neutralisation Plant and waste landfill in Siedliska near Etł

The Centre of Ecological Education in Etł and Scott Wilson Ltd from Warsaw have been carrying out their programme of ecological education as a part of "The Project of Building The Communal Waste Neutralisation Plant and waste landfill in Siedliska near Etł" since May 2010. The programme is a form of an educational campaign to prepare the residents of the District Union "The Public Management" in Etł to a new waste management system and to the selective waste collection on the Union area.

To this day the following actions were taken as a part of the campaign:

- "The Ecological Education Programme" development
- 10 2-hour classes scenarios for 5 age groups
- workbooks for 5 age groups
- 14 courses for teachers responsible for

the programme implementation (174 teachers were trained)

- two competitions and the rules for them: an art one and for an educational campaign in schools
- a seminar concerning the project and teaching methods in ecological education

**316 groups and classes embracing 3171 pupils declared their access to the Programme.** All the teachers and participants were given materials supporting the programme implementation.

Other actions:

- 8 radio broadcasts
- regular educational advertisements in the local press
- educational 10-minute footage broadcasted in TVP Olsztyn and 10.000 copies of it available on CDs
- 10.000 copies of the educational brochure
- the campaign's website
- an educational game available on the project's website



**Segreguję**  
Mazury ratuję!

# Activities

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## Classes „Living in harmony with nature”

January 1<sup>st</sup> – December 31<sup>st</sup>

The classes have always enjoyed unabated popularity and this year's edition was not an exception – they were very popular with children and youngsters from Etł, Gołdap and Olecko districts. The classes were held several times a week and during the whole school year they had almost 3.000 participants.

Even during the winter holidays the Centre of Ecological Education teemed with kids and peals of laughter resounded through the rooms and halls and it was all due to winter classes – Zimowisko. The at-



mosphere was pleasant because everybody was in a brilliant mood and had a great time.

## Bird Lovers Club Activities

January 1<sup>st</sup> – December 31<sup>th</sup>

The Bird Lovers Club has been active since December 12th 2005. It has 7 regular members but its activities attract groups of kids, youngsters and adults from Etł.

**Activities carried out in 2011:**

- 15.01.2011 – The 6th Count of Water Birds Wintering in Etł
- 30.01.2011 – Winter Bird Count

12.02.2011 – Lecture "Birds and climate – are the changes visible?"

05.03.2011 – Lecture "Birds close to the people. Should we help and how?" Part 2

19.03.2011 – The Greater Spotted Eagle – Workshops

09.04.2011 – Spring birdwatching walk

30.04.2011 – Lecture "Our winged predators. The Accipitiformes"

07.05.2011 – Trip to the Biebrza National Park



28.05.2011 – May birdwatching walk

11.06.2011 – Lecture "Why do birds sing?"

18.06.2011 – Lecture "Barany Action 2006 – 2009. Results of bird ringing"

24-26.06.2011 – Ringing camp  
01.10.2011 – Birdwatching walk – European Bird Day 2011

05.11.2011 – Lecture "Renaturalization of the buffer zone in the Narew National Park"

19.11.2011 – Presentation "Where birds winter" – Henryk Kupiec's story about his trip to Gambia and Senegal

03.12.2011 – Lecture "Active conservation of species on the example of the Aquatic Warbler and Montagu's Harrier"

17.12.2011 – Christmas birdwatching walk

## Contest "Waste in the Web"

February 23<sup>rd</sup> – May 20<sup>th</sup>

Young Internet users from secondary and high schools were given an opportunity to



present their skills and enter a contest for the best waste website. The site had to contain following information:

- how waste is produced and what kinds of waste can be distinguished
- what waste segregation is and what its aim is
- what profits result from waste segregation
- what segregation methods can be applied
- 3R strategy (reduce, reuse, recycle)

There were 10 entries for the competition and the prizewinners were:

- 1<sup>st</sup> place: *Lukasz Jarzqbski*
- 2<sup>nd</sup> place: *Kajetan Piekarski*
- 3<sup>rd</sup> place: *Damian Zamojski*

## Photo contest "The forest – treasure of Podlasie"

February – May



The year 2011 was declared the International Year of Forests and on this occasion Rajgród Forestry Commission in cooperation with the Biebrza National Park, the Centre of Ecological Education in Elk and The Regional Directorate of State Forests in Białystok organised a competition aiming at sensitising people to the beauty of nature, especially the beauty of woodland.

230 photographers entered the competition and 541 artworks were submitted. Many of them demonstrated a very high level hence the Judging Panel found it difficult to award the best competitors. After long deliberation, the Judging Panel, comprised of the organizers' representatives and invited guests, selected the winners of the photography contest. The jurors exercised their right not to award prizes in two cases and two entrants shared the distinction.

## Trainings for teachers – waste management

March 8<sup>th</sup> – April 15<sup>th</sup>

A series of trainings for teachers from 12 districts belonging to the District Union "The Public Management" in Elk was held as a part of the Project "The Ecological Education Programme for the Project of Building The Communal Waste Neutralisation Plant and waste landfill in Siedliska near Elk".

The trainings were to prepare kindergartens and schools for implementation of the ecological education programme. During those trainings the participants were familiarized with methods of waste minimisation through segregation, recycling and composting as well as the problem of responsible buying and its consequences were discussed.



## Workshops "Something out of nothing"

April 7<sup>th</sup>, December 8<sup>th</sup>

Creative and inventive people took part in educational and artistic workshops for adults "Something out of nothing".

The participants were instructed how recyclable waste can be used in work with kids



and in households. As it turned out, remnants of fabric, cardboard, cellophane or paper packaging can serve as a perfect base for Christmas decorations or holiday cards and notelets.

## Presentation of protected and environmentally attractive areas

April 11<sup>th</sup> – 12<sup>th</sup>,  
October 17<sup>th</sup> – 18<sup>th</sup>

In 2011 two two-day presentations were held, both from the cycle that has been carried on for several years already. Marek Świć from the Białowieża National Park visited the CEE as the first and presented natural monuments and values of the oldest national park in Poland.

Six months later Małgorzata Wawryszuk from the Kampinos National Park came to tell the



audience about the flora, fauna and the most attractive places of this park.

The second day of both conferences was meetings in schools in Judziki (School Complex in Judziki), Gołdap (T. Kościuszko Primary School № 3 in Gołdap) and Olecko (M. Kopernik Secondary School № 2 in Olecko).

## Action of planting trees

April 12<sup>th</sup>

The action was carried out on the occasion of SEVEN FESTIVAL – MUSIC&MORE Węgorzewo 2011. Its aim was a promotion of climate protection by offsetting emissions of greenhouse gases that are produced during the action. The



action was held in many places of the country and its culmination was planting of 777 trees. The number of trees should have balanced the amount of gases emitted during the festival.

The Centre of Ecological Education joined the action enthusiastically, bought seedlings and on the 12th of April two volunteers set about planting. A total of 20 trees were planted: a willow, a Japanese maple, magnolias, roses, common lilacs, a midland hawthorn, witch-hazels, an elm, European wild apples, hazel and birch trees.

## Tourist workshops "The Beauty of the Elk Lake District"

April 14<sup>th</sup>

The Elk Lake District subregion with the Szeskie Heights offers very diverse landscapes.



The Centre of Ecological Education organised tourist workshops entitled "The beauty of the Elk Lake District". The meeting was conducted by Dr Jan Olejnik, a well-known and noted touring enthusiast. Dr Olejnik presented tourism as a form of patriotism reflected in history and literature. The participants listened to excerpts of "Pan Tadeusz" by Adam Mickiewicz describing the beauty of Polish landscapes and flora.

The audience could also admire wonders of the Elk Lake District in photographs. Dr Jan Olejnik showed a selection of photos taken 30 years ago.

## Workshop "Don't disappear"

April 15<sup>th</sup>

The biodiversity can be compared to a system where each element is important. People are inside, not outside this active system. It is, among the others, the biodiversity that conditions our life on Earth. Are we inter-



ested in the biodiversity? Do we know how essential it is for us?

Teachers from kindergartens, primary, secondary and high schools took part in workshops organized in the Centre of Ecological Education in Elk by the Centre of Ecological Actions "Źródła" in Łódź. During the workshops it was discussed what biodiversity is, why it is important to protect it and how to do it in daily life. It was also presented what workshop techniques and scenarios can be used while teaching the biodiversity.

## Seminar "My green spot"

April 28<sup>th</sup>

Gardening enthusiasts had a great opportunity to participate in a seminar on urban greenery and landscape architecture. The seminar gathered people interested in the green infrastructure and having their own "green spot".

Urszula Chojnowska – a landscape architect – demonstrated



the process of starting a garden, from the initial phase of preparing soil to planting. After the meeting everyone could talk to Mrs Chojnowska, share their experiences and remarks or ask questions.

## Cleaning Up Actions

April 29<sup>th</sup>,  
September 15<sup>th</sup>



April and September are the time when Elk residents summon their strength and declare war on rubbish. The same was in this year. Almost five thousand people, from the youngest to the oldest, took their rubber gloves and bin liners and set off.

They cleaned not only the town but also areas of Siedliska, Malinówka and Straduny. The organisers – the Elk Ecological Association, the Centre of Ecological Education in Elk and Elk Forestry Commission, in appreciation of the cleaners' efforts, had bonfires by which everybody could rest and refresh themselves.

## The 4<sup>th</sup> Elk Encounters with Nature Films

May 4<sup>th</sup> – 5<sup>th</sup>

Nature unites generations. Both the young and the old enjoy watching the wildlife.

The Centre of Ecological Education in Elk organised a film

show that lasted for two days. The audience could watch films about the natural environment of animals from all over the country. The showings were also held in Olecko and Goddap.

The emcees were professional film-makers – producers who disclosed the arcana of filming and photographing the wildlife. The knowledge of animals' behaviour is essential while filming and taking photos in the open. It makes the work more secure without doing harm to natural environment or to oneself and enables to achieve excellent effects on the screen.

The pupils could feel like professional film-makers or cameramen while looking through a lens of a camera under a camouflage netting. During the work-



shops on nature photography, Tomasz Ogrodowczyk talked about the equipment he uses, how he selects hiding places and shots. The topic excited the audience so much that talks lasted for a long time after the meeting ended officially.

## Exhibition "The living world of the Warmian and Masurian lakes"

May 12<sup>th</sup> – October 31<sup>st</sup>

Although lakes are distinctive and well-known ele-



ments of Warmia and Masuria, it is lake plants and animals that we know very little about. That is why the exhibition "The living world of the Warmian and Masurian lakes" enjoyed a great popularity.

The photograms could be seen at the Centre of Ecological Education in Elk since half of May till the end of October. Its opening was the main attraction of a meeting during which Roman Gorczyca, an environmental preservation specialist from the Elk town hall presented natural values of the Masurian Lake District. Next, Jerzy Sewastianow, a representative of the Diving Club "Humbak" in Elk, showed underwater photos of the Elk river and diving equipment.

The participants, both kids and adults, could see and try on particular items of diving equipment: a hood, an air tank or a weight belt.

## Workshops "Tracing energy in the nature"

May 26<sup>th</sup>

Tomasz Szymkowski, a representative of The Association for the Promotion of Renewable Energy from Warsaw came to the Centre of Ecological Education in Elk with his workshops.

Pupils, teachers and Elk resi-



dents learned about kinds of renewable energy and how the energy of sunlight, wind, the Earth and biomass is processed. They familiarized themselves with advantages and disadvantages of particular energy sources. They could also see and touch a solar battery constructed from photovoltaic cells and compare renewable fuels made from biomass, e.g. ground dry biomass or briquette made from plant waste. The participants were interested in costs of investment and production and got professional information.

## Green Festivities

June 10<sup>th</sup>

Green Festivities is a yearly event organised as a part of the World Environment Day. Its aim is to promote a lifestyle in accordance with principles of



sustainable development. Participants had an opportunity to learn about carvings made in roots of trees and other plants

and to carve with chisels by themselves. At the ceramics stand children enjoyed modeling figurines in clay. Both kids and adults took part in contests and games whose keynote was the waste management. An additional attraction was a huge inflatable playground and an equally huge slide in the form of a racing car.

At the end of the festivities a local rock band SIDD COME gave a gig.

## The 7<sup>th</sup> International Open Air Sculpture Workshops "Nature & Culture"

June 16<sup>th</sup> – 21<sup>st</sup>

It has been the seventh time when the Centre of Ecologi-



cal Education hosted sculptors from Poland and Lithuania who worked hard carving Polish kings in wood for 5 days.

The monarchs already standing on the lake promenade were joined by: Władysław III of Varana, Casimir IV Jagiellon, John I Albert, Alexander Jagiellon, Sigismund I the Old, Sigismund II Augustus, Stephen Báthory, Sigismund III Vasa, Władysław IV Vasa and John II Casimir Vasa.

The sculptors participating in the open air workshops were: Konrad Kotarski, Krzysz-

tof Mianowski, Kamil Mianowski, Andrzej Wasilewski, Jan Zaborowski, Zenon Pałuska, Przemysław Mianowski, Jozuas Videika, Arturas Zienka and Antanas Lastauskas.

## Bike tour "Places of memory"

June 25<sup>th</sup>

Summer holidays in the Centre of Ecological Education in Elk started with a bike tour by the route "Places of memory" for all enthusiasts of active leisure. The route led through villages Sędki, Makosieje, around Selmęt Wielki and through Mrozy Wielkie.



42 kilometres might seem to be a long distance but all the cyclist finished the bike tour. The hardship of the journey was soothed by beautiful sights. Memorial places – war and evangelical cemeteries – were the tour stops.

Even strong wind and rain didn't scare off the cyclists and everybody reached the finish point where a bonfire awaited them.

## Nature workshops "Cool-Tourist"

July 3<sup>rd</sup>

A lot of people have no opportunity to take part in a ca-



noeing but everybody would like to hold a paddle in their hand at least for a while and to feel this special atmosphere. That is why the Centre of Ecological Education in Elk and the Elk Ecological Association organised canoeing through the Elk river.

There were beginners among participants so sometime it was hard to omit "whirlpools" – some of the canoeists landed in reeds growing on the river banks. Nevertheless, all of them gained even pace and could eventually start to admire landscapes. The canoeists were most interested in water lilies. They could also see beaver lodges.

Tired but proud and happy all canoeists reached the lake shore at the town beach in Elk. Their adventure ended at the Centre of Ecological Education by bonfires and roasted sausages.

## Photo Contest "Renewable energy in the camera lens"

July 15<sup>th</sup> – November 30<sup>th</sup>

Renewable energy becomes more and more popular throughout the world. Wind, water and sunlight have inexhaustible power and that is why they are so fascinating and interesting. The competi-

tors demonstrated exceptional imagination. 13 people participated in the contest and here are the winners:

### Category: Primary schools

The main prize

– *Edyta Chelska*

### Category: Secondary schools

The main prize

– *Anna Radziewicz*

Distinction

– *Magdalena Sobota*

### Category: High schools

The main prize

– *Karolina Paprocka*

## Polish Humanitarian Action Exhibition „Need of water in Sudan”

September 13<sup>th</sup> – October 7<sup>th</sup>

Sudan – wilderness, grassy expanses intersected here and there by rough roads. The nature determines when the rain



falls, who will have water and who won't die next month. In the place, where the temperature in the shade reaches 50°C and humidity is alarmingly low, lack of water is equals a death sentence.

The Centre of Ecological Education in Elk played host to an exhibition of photos by Wojciech Grzędziński entitled "Need of water in Sudan". The exhibition was organised by the

Polish Humanitarian Action as a part of the Water Campaign. The picture story was made in March 2010 during the trip to South Sudan. Mr Grzędziński's photos show everyday life of Sudan inhabitants and the problem of easy access to drinking water in particular.

The Polish Humanitarian Action undertook a regular mission in South Sudan in 2006. One of the main supportive actions is to provide access to safe drinking water, cooperation with local population in building new wells and in repairs of those already existing. 82 wells were built in Sudan so far and over 80 thousand people use them everyday (source: www.pah.org.pl).

## The European Mobility Week

September 16<sup>th</sup> – 22<sup>nd</sup>

The following actions were undertaken as a part of the European Mobility Week.

WALK TO SCHOOL – an action for kids and parents – take a walk, a bike or public transport instead of a car

OPEN DAY at The Public Transportation Company Ltd in Elk – kids from kindergartens and primary schools visiting The Public Transportation Company Ltd in Elk.



BIKE TOUR around the Elk Lake. The route went from the Centre of Ecological Education in Elk through Zamkowe Estate, Chruściele, Bunelka Hill, Barany, Jeziorna Estate and back to the Centre. Dr Jan Olejnik was the guide and the caretaker of the rally.

A SEMINAR – "The development of bicycle lanes in Elk – the present state and directions for future development". Examples of bicycle transportation policies in other cities were presented. The participants discussed the present state and development perspectives for bicycle lanes in Elk.

THE BIKE TOWN – the knowledge of traffic regulations was tested among pupils of primary schools.

THE CAR FREE DAY – a free public transportation ride on presentation of a vehicle registration document.

The campaign which was a part of the European Mobility Week attracted almost 500 people to the Centre.

## Workshops "Play with the wind"

October 6<sup>th</sup>, 13<sup>th</sup>, 25<sup>th</sup>



In October kids from kindergartens participated in workshops about the wind as a source of renewable energy.

The participants learned how to make various devices and toys that use wind energy, e.g. kites, small fans or balloons.

## Workshops "Eat healthy – live healthy"

November 23<sup>rd</sup> – 24<sup>th</sup>

Participants of workshops "Eat healthy – live healthy" had an opportunity to become convinced how important it is to have a balanced diet. Wojciech Charewicz, a well-known cook and a culinary journalist promoting healthy eating, held workshops dedicated to proper eating habits.



During meetings with 6-year-old kids the cook encouraged them to preparing healthy meals on their own. Children themselves formed and cooked dumplings with delicious cheese filling and ate them with relish.

There was also a meeting for adults during which participants heard a piece of dietary advice. Mr Charewicz shared his knowledge of dietary fibre – in what food it can be found and how to check whether the food we buy is really healthy and ecological. At the end of the meeting the participants prepared white sausage following the guest's recipe.

Wojciech Charewicz also met

with students of high schools. A large audience could receive practical advice on how to choose healthy food and learn to fillet fish quickly and efficiently.

## Brochure "How to be ECO in the office"

December



ECO is not only a fashion but also a way to reduce costs. An office is a place where a lot of energy and materials is consumed, that is why it is so important to realize how everyone can contribute to reducing this usage.

In order to make people familiar with this topic, a brochure was created about how to be environmentally friendly at work. It presents simple instructions how to use office equipment, toilets and kitchens. It turns out that our daily actions that do not need much time nor effort can contribute to the environment protection and reduction of the office maintenance costs.



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