

EUROPEAN MEETING CENTRE - NOWY STAW FOUNDATION  
MUNICIPALITY OF NOWY SĄCZ



A public task co-financed by Poland's Ministry of Foreign Affairs in the framework of the competition  
"The assistance of civil and municipal dimension of Poland's foreign policy 2018".  
This publication expresses views of its authors and is not to be considered as presenting the position  
of the Ministry of Foreign Affairs of the Republic of Poland.

ACTIVELY COOPERATING CITIES – ACTIVE REGIONS  
PROJECT IMPLEMENTED BY  
EUROPEAN MEETING CENTRE - NOWY STAW FOUNDATION  
AND MUNICIPALITY OF NOWY SĄCZ



Rzeczpospolita Polska  
Ministerstwo  
Spraw Zagranicznych

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## ACTIVELY COOPERATING CITIES – ACTIVE REGIONS

European Meeting Centre - Nowy Staw Foundation and Municipality of Nowy Sącz together realised a project "Actively Cooperating Cities – Active Regions" - a public task co-financed by Poland's Ministry of Foreign Affairs in the framework of the competition "The assistance of civil and municipal dimension of Poland's foreign policy 2018".

The aim of the project was to strengthen the competence of regional and international cooperation, the promotion of the 100th anniversary of gaining independence by Poland among foreign sister cities of Nowy Sącz, the creation of new ideas connected with the international cooperation among sister cities and the reinforcement of the image of Poland in the international arena. The object of the project was also to show Poland as a country where young professionals, social leaders and young entrepreneurs across Europe can meet, establish contacts and to debate on the problems of today's world and modern Europe.

In the framework of the project there was organised an online competition "Actively Cooperating Cities – the Future of Young Generation" in which young leaders from Nowy Sącz and its sister cities took part. Thirty winners participated in the 13th Economic Forum of Young Leaders - the biggest international social and economic meeting of young leaders in Europe, which took place on 3-7 September 2018 in Nowy Sącz.

During the Opening Session participants had the opportunity to listen speeches of hosts and representatives of Marshal Office of the Lesser Poland Region and Municipality of Nowy Sącz. Marshall of the Lesser Poland Region - Jacek Krupa stressed that this is the place where people who will be responsible for the world get together. This is a great challenge but also a great responsibility. Agata Dziubińska-Gawlik - President of the European Meeting Centre - Nowy Staw Foundation encouraged all the participants to creatively participate in discussions, to create new ideas and to search new solutions in order to pass them to a new generation. Whereas Deputy Mayor of Nowy Sącz - Wojciech Piech indicated how important this event is for his city. He gave a sense of pride that such a numerous international group comes to the centre of the Lesser Poland. Deputy Mayor officially welcomed the participants of the project "Actively Cooperating Cities – Active Regions". He also stressed that openness and cooperation within the region is a basis for developing and building strong countries.





During the Forum winners of the competition visited companies in Nowy Sącz such as Fakro and Wiśniowski and they took part in workshops dedicated to international cooperation and building partnership in the region.

They also discussed about challenges and perspectives of Europe 4.0, they spoke about the partnership and how it looks like in their countries and they participated in the debate which concerned Active Central Europe. Moreover, winners of the competition had the opportunity to enter the 28th Economic Forum in Krynica - the largest conference in Central and Eastern Europe.

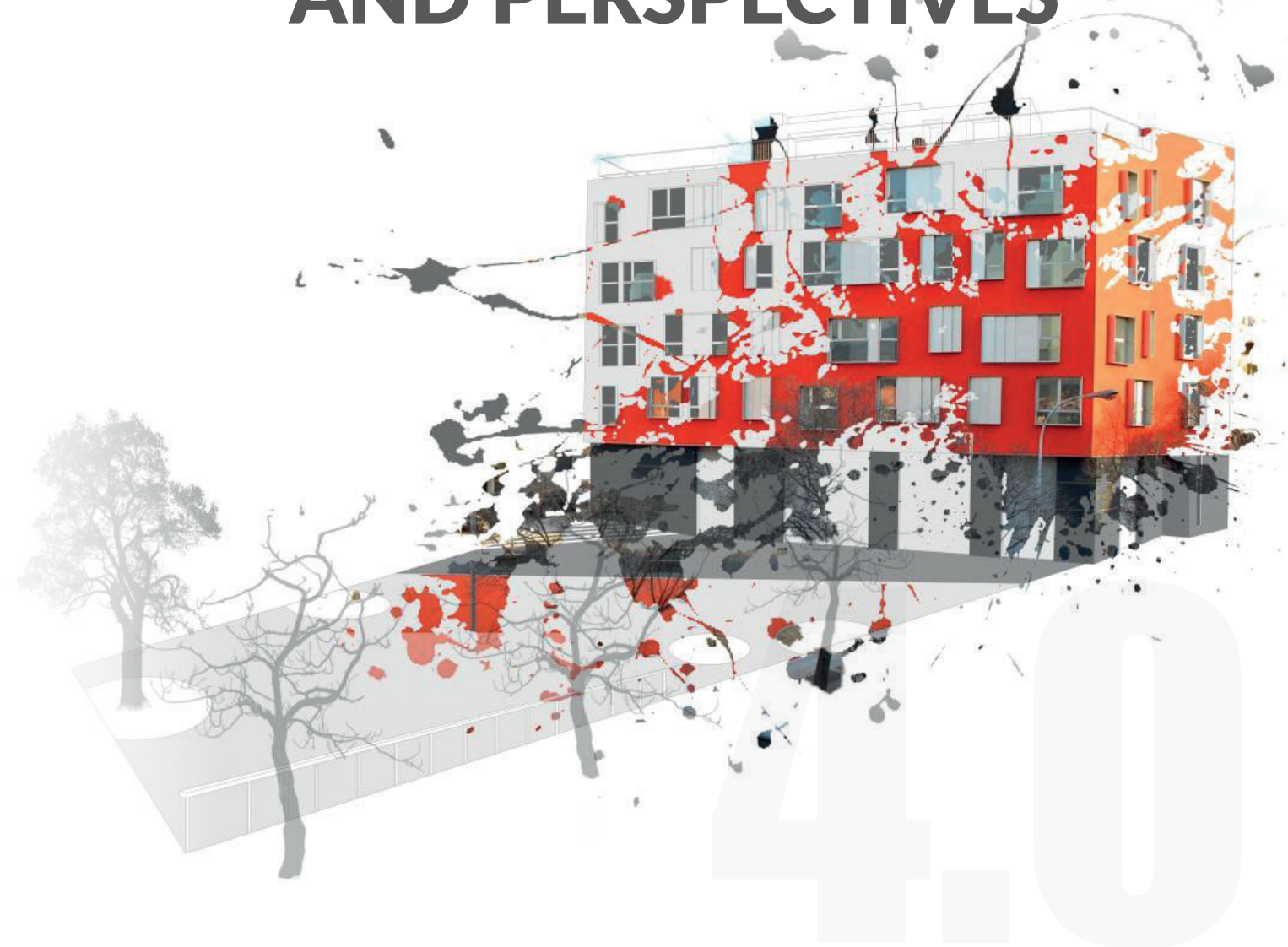
We hope that this project lead to a significant strengthening of international cooperation between Nowy Sącz and its sister cities. We strongly believe that aroused the willingness of participants to participate in future projects which also aim at activation of the Europe and young people to whom the future of our continent belong.

We trust that this type of projects strengthen the position of Poland as a leader of the region and help to maintain cultural and historical values that are important for us. The best example of such a statement is the fact that the project is realised in the 100th anniversary of gaining independence by Poland.



PANEL DISCUSSION

# EUROPE 4.0 THROUGH THE EYES OF THE YOUNG. COMMON CHALLENGES AND PERSPECTIVES





## PANEL DISCUSSION: EUROPE 4.0 THROUGH THE EYES OF THE YOUNG. COMMON CHALLENGES AND PERSPECTIVES

How is Europe 4.0 going to look like? Which challenges and perspectives are the most important for the youth when it comes to Europe 4.0? What will Industry 4.0 contribute to Europe and what will change in future? How can we compete with China and United States in terms of renewable energy and technology? What is the Russian perspective on Europe 4.0?

Taras Yavorskyy, the participant of Economic Forum of Young Leaders from Ukraine, proposed to focus on revolution 5.0 – to think more about what we will see in our future because our speed in daily life is so quick that we need to understand what we may expect in five years and to be prepared for that, to be prepared for different changes in our day-to-day life.

– In my opinion industry 4.0 revolution creates challenges mainly for low qualified employees – said Klaudia Kozak, the participant of Economic Forum of Young Leaders from Poland, in response to the question about the threat that results from the revolution 4.0.

She mentioned about new technologies, such as self-service checkouts in supermarkets and how they can make it difficult for students to find a job. She also gave the example of UBER. She explained how UBER taxi works and what are the consequences for small taxi companies that lose their customers because of lower prices that are proposed by UBER drivers.



– We will have new jobs for qualified people because professions which are based on knowledge cannot, in my opinion, be replaced by applications or computers. We need adaptability, we need also open-minded way of thinking and need constant improvements. So yes, of course there are a lot of challenges however, I don't think it will be the big problem because it is still an open topic for us – she concluded.

– I think that especially in Europe you can already see that there is a very huge change in the mindset of people. The whole social entrepreneurship scene is getting bigger and bigger so you can see little start-ups everywhere trying to make positive change, to have a good impact, to be proactive and change – replied Elisa Bodenstab, the participant of Economic Forum of Young Leaders from Germany, to the question about renewable energy.

– I think that a big starting step would be to go back to the roots, to the core values and to focus on these values like education to make it more connectable again because if people have a better connection to nature and also understand themselves better then it will be easier to focus on the future on renewable energy and to make it develop better – she added.

– I am not the participant from the European Union member state but I also see it like that. Europe become increasingly divided especially about the issues regarding Russia – said Nevan Denadija, the participant of Economic Forum of Young Leaders from Bosnia and Herzegovina.

– I believe that actually you are struggling because United States put you in confrontation towards Russia. Even if you look at geographical position it's somehow natural that Europe and Russia cooperate and I hope it will happen in future. Why? because they are so close to each other. When you look at where the United States are they're so far I think, I believe, I want to believe that in future we will have at least basic cooperation between Russia and the European Union – he explained.

– For the beginning, I have a three ingredient recipes for Europe. The first is to stay united and stick together in the face of external challenges political or economic and the second is to build defence but not only in a sense of military technology not just simple military technology but to address the asymmetric threat that comes again from cyberattacks. The third thing is to well strengthened alliances that Europe has now and also to seek possibly for new alliances to ally with democracies elsewhere, for example India Brazil or other countries – said Katsiaryna Shmatsina, the participant of Economic Forum of Young Leaders from Belarus.

– I am a huge fan of European project and I believe that this is a very powerful idea that has been working for decades – I am talking from a perspective from non-EU member who come from Belarus and I wish my country was part of European Union. So, again Europe has a lot of potential and if it is used wisely then it has the capacity to prosper in the 21st century – she concluded.





# BUILDING PARTNERSHIP IN THE REGION

According to the project's plan, during the 13th Economic Forum of Young Leaders, there took places workshops "Building Partnership in the Region" which was dedicated to the winners of the competition.

During the theoretical part of the workshops the participants had the opportunity to listen the speech of an expert over the importance of the cooperation of regions for Europe. Young leaders were equipped with the knowledge of what is the good quality cooperation between countries of the region, on which values the cooperation should be based and how to build the international cooperation within professionals from the area of public diplomacy.

The practical part of the workshops, in which the main aim of the workshops was included, based on development of 15 common projects that focus on international cooperation. The winners of the competition that simultaneously were representatives from sister cities of Nowy Sącz, worked together on project plans in five groups of three people. These projects aim at strengthening of the cooperation between Nowy Sącz and its sister cities. As a result of brainstorm in small groups there were proposed a lot of interesting ideas. Leaders of these groups presented their groups' ideas that were consulted with other participants.

Among all of the conceptions presented during the workshops, there appeared suggestions connected with folk creation, sport, music, regional cuisine, historic knowledge and connected also with the natural beauty of regions.

In the presented plans there were also included things connected with the participants' field of interests. Additionally, every project aims at strengthening of the cooperation between sister cities of Nowy Sącz. The efforts and effects of the common work of the participants of the project "Actively Cooperating Cities – Active Regions" are presented below.

## PROJECT NUMBER 1

### „THE MEETING WITH THE CULTURE OF HUNGARY”

is dedicated to representatives of Nowy Sącz and Kiskunhalas in Hungary. The main target group of the project is the group of young people and seniors who are enthusiasts of broadly conceived culture and who want to enrich their knowledge with new interesting facts that concern Hungary, folklore and history.

Main goals of the project "The Meeting with the Culture of Hungary" were indicated as follows:

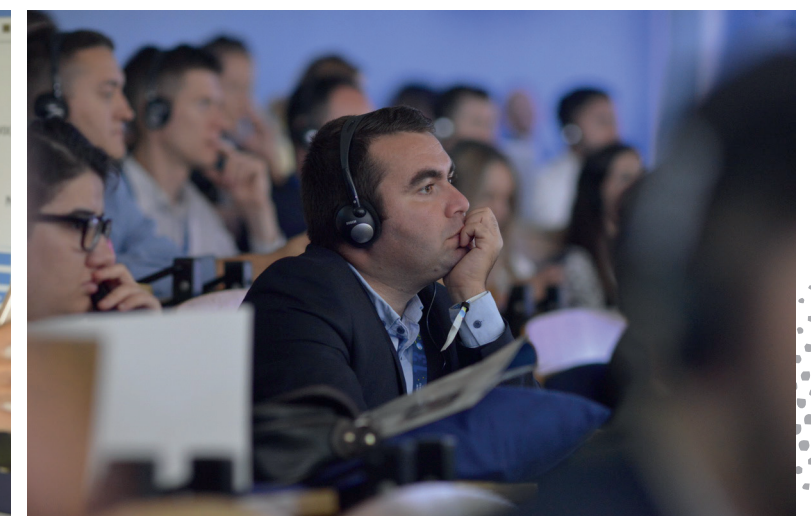
- strengthening the relationship between the two sister cities;
- meeting of customs and folk ceremonies;
- promotion of healthy lifestyle through recognition and introduction of practical actions that use various elements, such as sporting disciplines and devices that are recognised in the region and the city as a part of the local tradition and identity.

In the framework of the project "The Meeting with the Culture of Hungary" there were provided following actions:

- meeting and tasting of the Hungarian cuisine – workshops;
- presentation of Hungarian horseback riding and archery and horse riding training – workshops;
- folk dance workshop and competition.

In the actions provided during the project there were engaged different groups of people to whom the subject of the workshops and activities is close, when it comes to everyday activities, hobby or their careers.

This project aims at combination of different cultures that come from sister cities and the intergenerational exchange of experiences. The knowledge connected with tradition and local folklore should be taken from older generation who still cultivates the tradition.







## PROJECT NUMBER 2

### „ON A BICYCLE UNTO NATURE AND STRONG PARTNERSHIP”

is dedicated to representatives from all sister cities of Nowy Sącz. The main target group of the project is the group of young people who study in secondary schools and who through the promotion of active lifestyle want to protect nature.

Main goals of the project “On a Bicycle unto Nature and Strong Partnership” were indicated as follows:

- promotion of the region and its nature;
- promotion of active and healthy lifestyle;
- strengthening relations among sister cities, that will be possible thanks to involvement into common project, which is a common trip;
- education in terms of protecting the nature and the history of visited places.

In the framework of the project “On a Bicycle unto Nature and Strong Partnership” there were provided following actions:

- the route of the cycling excursion goes through the most beautiful places of the region: Nowy Sącz, Kraków and Zakopane;
- the excursion, visiting the most beautiful places in this region;
- promotion of the region and natural beauty;
- promotion of ecologic transport, health and sport;
- to protect the nature: making a common photo album of endangered species animals or plants;
- photo album of the most beautiful places that will be seen by the participants;
- promotion of the cooperation between Nowy Sącz and its sister cities.

In the actions provided during the project it is planned that the representatives of the sister cities of Nowy Sącz, who appreciate cultural and natural heritage of the region and want to actively promote the region will take part in the project. This project aims at connecting people from sister cities who share common interests and take care of the natural environment and the promote of such a lifestyle.

## PROJECT NUMBER 3

### „INTERNATIONAL COOKBOOK”

is dedicated to the broad audience not only directly connected with the region of Nowy Sącz. The main target group of the project is the group of seniors who know and love regional cuisine and children from primary schools from sister cities of Nowy Sącz.

Main goals of the project “International Cookbook” were indicated as follows:

- developing and perfecting skills and passion for cooking among the participants of the project;
- stimulation of interest in traditional and worldwide recipes from different regions;
- extending of the knowledge connected with the cuisine.

In the framework of the project “International Cookbook” there were provided following actions:

- to create a book with special recipes with traditional food from Kiskunhalas, Presov, Stara Lubovna Stryi, Schwerte, Narvik, Trakai and Nowy Sącz;
- to search, add and describe special drinks, meals; why they are special; prepare special seasonings, why are they special; prepare fruits or vegetables that are used the most frequently;
- workshops lead by seniors from sister cities during which children from primary schools will learn how to prepare regional and traditional Hungarian, German, Lithuanian, Ukrainian and Polish food;
- promotion at the culinary competition, promotion on the regional food.

People that will be engaged in to the realisation of the projects carry an extraordinary taste and are connected with the cuisine and also know the traditional recipes from the regional cuisine that will be included in the book.

Thanks to the possibility of buying the book in various locations, the audience can go beyond the local society. In the framework of the project there will be prepared an online version of the book that will be available for every citizen of the sister cities’ countries. The traditional version of the book will be placed in municipal public libraries.







#### PROJECT NUMBER 4

### „MANY LANGUAGES – ONE MEANING. MULTILINGUAL DICTIONARY.”

is dedicated to people who live in the region of Nowy Sącz and its sister cities. However, to popularise the region, the whole project can be spread to a further audience. The main target group of the project is the group of students from secondary schools and universities who use not only their mother tongue but also other foreign language connected with the language of speakers from sister cities.

Main goals of the project “Many Languages – One Meaning. Multilingual Dictionary.” were indicated as follows:

- popularisation of foreign languages combined with the education;
- developing a kind of a language community among sister cities;
- encouraging of citizens to improve their language skills and the ability of speaking more languages;
- to show the knowledge in a simple way.

In the framework of the project “Many Languages – One Meaning. Multilingual Dictionary.” there were provided following actions:

- creating a common dictionary with the most common sentences, phrases;
- putting in the dictionary words, sentences, phrases that sound the same in languages of sister cities;
- pointing on phrases and words that sound similar but sometimes in different languages they have different meaning;
- creating a special slang that is easy for other people to use;
- editing the content of the dictionary in a way that the content is funny and easy to remember;
- indicate that the language is not an obstacle in Europe and it does not have to be English.

Authors of the dictionaries should be people who are imaginative and creative. They are also citizens of the regions and countries which languages and vocabulary will be included into the dictionary. Thanks to this action, the dictionary will contain phrases which are used the most frequently within the local society. Additionally, the ability to speak the second language will strengthen the cooperation between nationalities and will facilitate the work connected with searching common vocabulary in other languages.

#### PROJECT NUMBER 5

### „SISTER CITIES CHAMPIONSHIP”

is directly dedicated to office workers of municipalities of sister cities and young, active people who are socially involved.

Main goals of the project “Sister Cities Championship” were indicated as follows:

- popularisation of active lifestyle what is connected with health;
- social integration of local people thanks to team play;
- development of the cooperation between people from different areas and different cities;
- to win the Sister Cities Championship trophy, lift morale of winners and it will make that participants will find a new passion in their lives – a new sport discipline.

In the framework of the project “Sister Cities Championship” there were provided following actions:

- once a year the office workers from municipalities of sister Cities and young people play together a match (football, volleyball, basketball) or content in other disciplines (regional or national disciplines);
- once a year as a training the teams will be identified by the municipalities; they will have a common training and workshops connected with the chosen discipline lead by qualified coaches and they will have the opportunity to listen popular players’ speeches;
- once a year they will have the opportunity to win a Sister Cities Companionship - a trophy;
- cities will promote active life sport; they will show that cooperation is not at the level of municipalities
- Cities will encourage young people to take part in this kind of events
- Cities will show that cooperation is not boring this way.

In the actions provided during the project there were engaged different groups of people to whom sport is an important element of everyday life and also people who does not have time to do exercises because of their work. This kind of sport event will also boost the spirit of competition and international solidarity among participants.







## PROJECT NUMBER 6

### „CHILDREN IN ACTION!”

is directly dedicated to children in basic schools from sister cities.

Main goals of the project “Children in Action” were indicated as follows:

- promotion of interesting places in different sister cities in local media through drawings;
- engaging children into the cultural development of their local society;
- encouraging children from sister cities’ creativity and passion.

In the framework of the project “Children in Action” there were provided following actions:

- sister cities create the competition dedicated to the youngest people- basic school;
- during the competition children have to draw their favourite place of their city Presov, Stara Lubvna, Narvik, Trakai, Stryi, Schwerte, Nowy Sącz;
- the most beautiful drawings will be published in local media, the winners will visit the city that took patronage over the competition with their parents;
- the youngest generation will take an active part in the local life and will strengthen the cooperation.

In the actions during the project the participation of people directly connected with the city which will take part in the competition, people to whom the local and cultural material matters and they appreciate the beauty of their region. Additionally, local media, basic schools, clubhouses and libraries will be engaged in the realisation of the project.

## PROJECT NUMBER 7

### „TRAKAI IS A BEAUTIFUL CITY!”

was created for citizens of Trakai and Nowy Sącz. is directly dedicated to children in basic schools from sister cities. The main target group of the project is the group of people who work in the tourism sector and people who are connected with this sector.

Main goals of the project “Trakai is a beautiful city” were indicated as follows:

- education about the history of Lithuanian city – Trakai, popularizing the information about this place, the tradition of this city and religious customs;
- supporting international cooperation and the promotion of international cooperation;
- learning about the local tourism sector;
- learning about the local culture.

In the framework of the project “Trakai is a beautiful city” there were provided following actions:

- meeting in the Karaite’s monastery, learn about their history and sightseeing of the castle and orthodox church;
- learning about the history of the city and with Trakai Historical National Park – workshops; in the framework of the workshops the participants will learn about how Trakai Historical National Park functions; the study tour will be included in the workshops;
- in the framework of study visit there is provided a meeting with hockey team Gauja Troki or football team FK Trakai and/ or watching the match;
- Workshops that concerns an introduction to the touristic structure of Trakai - what can be done to emphasise the natural and geographical goods of a city to make it more attractive for tourists; in the framework of the workshops a demonstrational balloon flight is provided;
- creating an album that highlights advantages of Trakai; the work over the album should be commented by an expert in promotion who will also lead the whole group; album will be published in Nowy Sącz as a promotion of Trakai; on the basis of comments and knowledge gained during the workshops there will be created and published an album that promotes Nowy Sącz.

In the actions during the project, the participation of people to whom the history of Trakai is close and who are active and creative was also provided. Thanks to these people the album that promotes Trakai can be created. People who work in the tourism sector will be responsible for the substantive part of the workshops.







## PROJECT NUMBER 8

### „GET TO KNOW PRESOV”

was created not only for citizens of Presov and Nowy Sącz but also for a broad audience. The main target group of the project is the group of people who are interested in the journalism and study journalism.

Main goals of the project “Get to know Presov” were indicated as follows:

- getting to know the history, culture and customs of Presov;
- developing the photographic skills connected with a photojournalism;
- working on photographic skills in order to create a photojournalism;
- strengthening of international cooperation between Nowy Sącz and Presov.

In the framework of the project “Get to know Presov” there were provided following actions:

- creating a workshops connected with Presov, learning about the history, customs, antiquities, information about the location, local believes and customs, local media and sport and about achievements of the cities;
- creating a workshops during which participants will use and present their knowledge about Presov that they will have gained during the previous workshops; this workshops will be led by journalists and photojournalists and will provide the theoretical knowledge about the photojournalism;
- in the framework of the practical part, participants will create a common photojournalism from the trip to Presov led by a trainer who will instruct the workshops;
- participants on the basis of their knowledge and practical skills gained during the workshops will create a photo journalism about their cities;
- the best photojournalism and the information about the competition will be published in the local press of the sister cities;
- this will strengthen the cooperation between Nowy Sącz and Presov, this will be a magnificent opportunity for the promotion of both cities and for presenting their best.

People who are engaged in the project should be connected with Presov, know the history, customs, believes of the city. They will lead the workshops and thanks to this the workshops will be enriched by the folk culture and interesting anecdotes. The workshops will provide necessary practical and theoretical knowledge connected with the photojournalism.

## PROJECT NUMBER 9

### „WE BUILD UP OUR PARTNERSHIP!”

was created not only for office workers and local authorities of sister cities. The main target group of the project is the group of people who work in municipalities of sister cities and is dedicated especially for people who are responsible for the contact with other cities.

Main goals of the project “We build up our partnership!” were indicated as follows:

- developing and perfecting international cooperation between sister cities who are represented by the authorities;
- mobilization for active actions in the region;
- improving the knowledge on the field of international relationship.

In the framework of the project “We build up our partnership!” there were provided following actions:

- organisation of sessions dedicated to local authorities and office workers during which they will discuss the common cooperation and they will present results of their recent work;
- during this sessions there will be workshops with an expert in the field of international cooperation;
- office workers and authorities will be prepared for strengthening the cooperation between these cities;
- workshops will allow new common projects for the future and gives the basis for creation new partnerships.

In order to realise the main points of the project an expert in the field of international cooperation will be hired. Also people who will train office workers will be asked to lead the workshops.







## PROJECT NUMBER 10 „AND... ACTION!”

was created for young people from sister cities. The main target group of the project is the group of students from high schools who are interested in journalism and want to develop their skills and knowledge in this field.

Main goals of the project “And... Action!” were indicated as follows:

- activation of the youth to participate in the cultural development of their region;
- developing practical and theoretical skills in the field of creating reportages;
- international cooperation and finding new partners.

In the framework of the project “And... Action!” there were provided following actions:

- aim of the project is to record short reportages by the participants connected with sister cities of Nowy Sącz.
- subjects of reportages are arbitrary, it is focused on reaching the widest audience;
- in every sister city before sending the reportage municipalities will organise workshops for young people in order to prepare them to record a reportage, they will learn how to create reportage, they will get practical skills which they are going to use in their jobs;
- every city will send 3 reportages of any subject connected with sister cities for the competition;
- groups that win will meet in one of sister cities in order to get their awards, see all reportages from other cities, talk and share their experiences and impressions during recording the reportage and they will make new friends.

In the actions during the project the participation of different people and groups is provided. The subject of the workshops is familiar for these people because of their life, career and hobby. The workshops organised during the project will give participants theoretical knowledge and practical skills.

Additionally, meetings provided in the project will strengthen international contacts within the group of students and will contribute to new relationship.

## PROJECT NUMBER 11 „MUSIC FESTIVAL”

was created for young people who are talented. The main target group of the project is the group of students who are active in music schools and youth centres of culture.

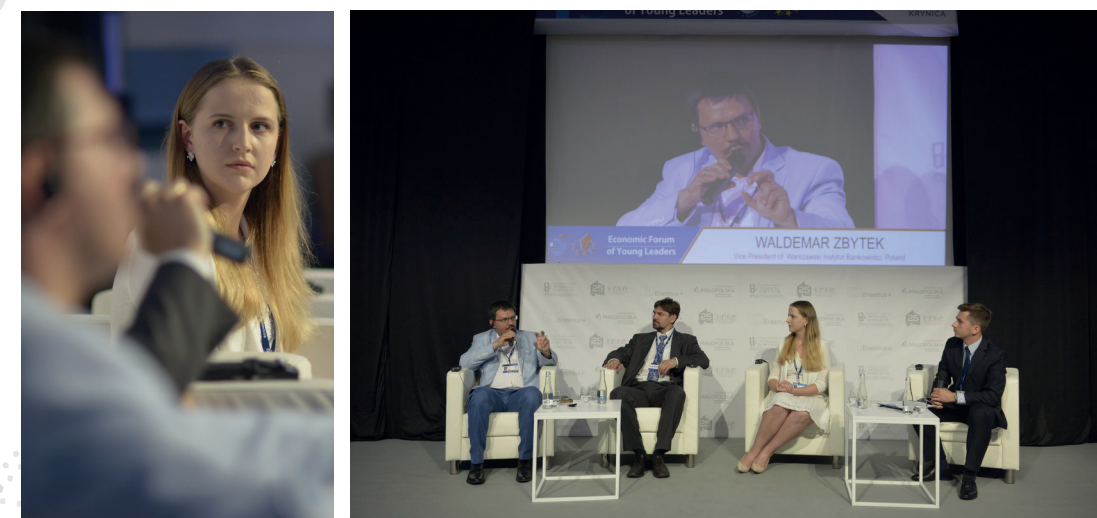
Main goals of the project “Music festival” were indicated as follows:

- strengthening and encouraging of young, talented people;
- promotion of the local culture;
- developing of artistic activities among the youth;
- gaining the knowledge in the field of realisation and organisation of music festivals.

In the framework of the project “Music festival” there were provided following actions:

- during the festival there will be a workshops in which participants will gain the knowledge about the local melodies and songs and how to use them; participants of the workshops will have the opportunity of junketing and feasting with local folk musician and they will get to know local stories and songs; they will try with folk bands to create music, song that will cover folk elements but it will sound modern;
- during the festival there will be a presentation of different, folk, local instruments that are a part of the local culture; musician will lead the workshops during which participants will learn how to play on them;
- on the stage, there will be presented the music of the youth, traditional, folk music and local bands;
- during the festival there will be organized a competition for groups: how to present and interpret folk music in a modern way; during this competition participants will have the opportunity to use the knowledge they gained on the workshops;
- during the festival the youth associated with cultural centers will present their piece of art.

In the action provided Turing the Project there will be engaged people directly connected with the Word of music, whose experience will enable to lead workshops on the high level. Additionally, local artists will also have a contribution in the project and they will have the opportunity to show local customs and their piece of art.







## PROJECT NUMBER 12

### „THE FESTIVAL OF FLAVOURS”

was created for regional producers and manufacturers from sister cities. The main target group of the project is the group of people who work and produce local goods.

Main goals of the project “The festival of flavours” were indicated as follows:

- supporting the development of regional manufacturing market;
- the promotion of local products on international market;
- strengthening of the local economy;
- the development in the business field.

In the framework of the project “The festival of flavours” there were provided following actions:

- manufacturers of the regional products meet together in one of Sisters Cities once a year;
- producers and manufacturers of the regional products meet together in one of sister cities once a year;
- supporting and promoting of regional products and manufacturers on the foreign market; creating a workshops connected with the promotion and marketing for manufacturers;
- strengthening the economy of sister cities and promoting of local products on the website created and developed in the framework of the workshops and marketing trainings;
- through the promotion of local products new business contact will be gained among the whole group.

During this project there will be initiated a cooperation between manufacturers and people from business world who have a significant influence on the local manufactures. They will be a help for local producers. Local manufacturers will create a website on which they can promote their products and they will also gain knowledge and practical skills that is necessary for leading a company.

## PROJECT NUMBER 13

### „CAPTURE NATURE”

is dedicated to representatives of cities such as Nowy Sącz and Kiskunhalas. The main target group of the project are students from high schools, study circles that work within schools who carry for the natural environment within these two cities.

Main goals of the project “Capture nature” were indicated as follows:

- education on the field of ecology and conservation of nature in the region;
- integration with the nature of national parks;
- the promotion of works for the competition and support for the participants of the competition.

In the framework of the project “Capture nature” there were provided following actions:

- learning about the life and nature of the region;
- sightseeing of the national parks (near Nowy Sącz and Kiskunhalas) and comparing them with each other;
- create a workshops: How to make the region more sustainable to protect the natural life if the area;
- photo/ Video competition: what are the differences and similarities between the natural parks;
- promotion : Exhibition of videos and photos.

The project will be realized thanks to engagement of people and groups who are qualified for leading the workshops about ecology and who will also determine the winner of the competition in a fair way.







#### PROJECT NUMBER 14

### „SISTERSCITIES.COM- THE WEBSITE”

will be created for citizens of all sister cities. The main target group of the project are people who are actively involved in the life of the local society.

Main goals of the project “SISTERSCITIES.COM- The Website” were indicated as follows:

- creating an international platform which will be an effect of common cooperation between citizens of sister cities simultaneously it will strengthen the cooperation that already exists;
- socio-cultural sustainability;
- activating the society through the creation of e-conferences

In the framework of the project “SISTERSCITIES.COM- The Website” there were provided following actions:

- creating workshops connected with e-promotion of cities Turing which participants will learn how to create and sustain the website, what attracts attention, what kind of strategy is the best and the most effective when it comes to online cooperation;
- creating a common website;
- on the website people from sister cities will publish photos, video, films, reportages, ideas, projects, etc.
- creating e-society among sister cities;
- creating of the dialog, e-conference with special guests (once a month a guest from different sister city);
- show that the cooperation work online.

People who will be involved into this project are qualified, who will easily create and sustain website and people who will be responsible for the security of personal data. The website will be created in a convention of social media.

#### PROJECT NUMBER 15

### „STUDENTS EXCHANGE”

was created for students from high schools from sister cities.

Main goals of the project “Students exchange” were indicated as follows:

- encouraging the youth to active local life;
- international integration;
- motivating the youth to develop their knowledge and to get new information.

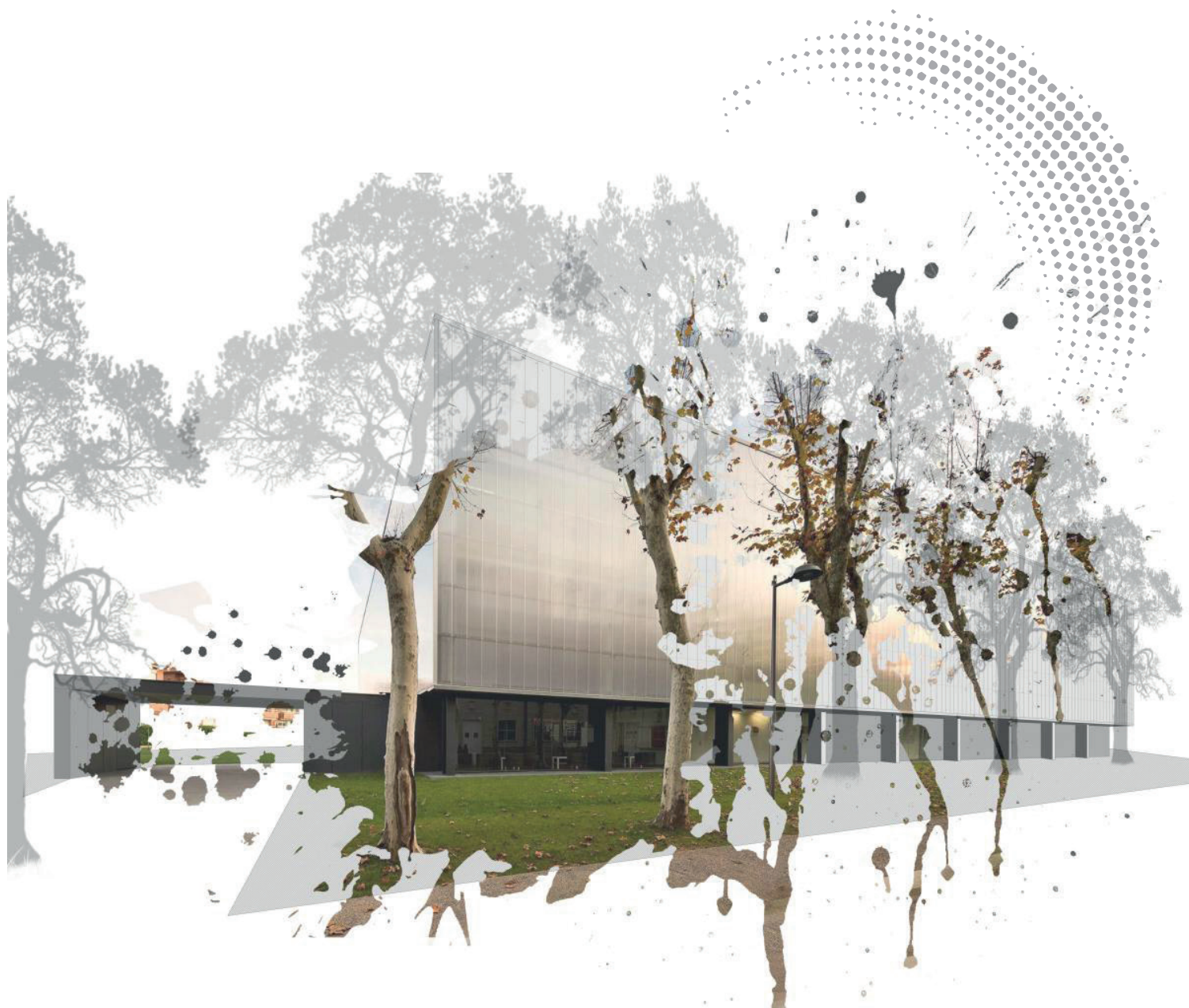
In the framework of the project “Students exchange” there were provided following actions:

- students in high schools will participate In the competition dedicated to the knowledge of sister cities;
- the best students (winners) will have the opportunity to go, visit and gain the experience connected with scholar system of the foreign country and the school of the host of the competition;
- in the framework of the competition there will be organized introduction meetings during which students will present the subjects that they work on in the framework of their study circles, how they spend their free time and they will share their culture; during the next meeting winners of the competition will show and present their country, school and group;
- for the winners of the competition and people who are interested in the subject there will be provided a workshops on how to prepare a good presentation; during the workshop participants will possess the knowledge which will be useful in the future during lessons;
- after the journey students will present their peers and friends from the school the information that they have gained during the exchange and they will encourage their friends to participate in this kind of projects;
- young people will gain new contacts with peers from sister cities;
- students will have the opportunity to see how lessons in other countries look like;
- this project will make that people will get involve into the local life.

In the whole project there will be involved schools from sister cities and also schools connected with sister cities. The main role of this project are teachers who will be a help and support for participants of the project and they will also share their knowledge with them.







EUROPEAN MEETING CENTRE - NOWY STAW FOUNDATION  
MUNICIPALITY OF NOWY SĄCZ

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