



GREEN ROUTES | KRAKÓW

*Learning about sustainable trends in European cities
and promoting sustainable solutions in urban areas*



Green Routes

Erasmus+ Project Key Action 2: Cooperation for Innovation
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How to use the guide?

This guide is accompanied by an Augmented Reality APP: “green routes” which can be downloaded from the Green Routes website at the link: <http://greenroutes.eu>.

After download, open the app select the corresponding city from the menu and frame the photos, to access extra multimedia content.

Green Routes

Learning about sustainable trends in European cities

The deteriorating state of the natural environment, the number of species of flora and fauna threatened with extinction and, last but not least, the accelerating rate of climate change are real threats not only to the fate of future generations. Many of the negative consequences of reckless human activity, which sustainable development measures are trying to prevent, are already affecting us today. These include, for example, natural disasters and the accompanying phenomena of hunger and impoverishment. In the case of global warming, scientists also agree: we must act now. The situation is similarly bad when it comes to natural resources - many deposits are already running out and their extraction is becoming increasingly costly and damaging to the ecosystem.

The idea of sustainable development postulates social and economic progress that takes place without reducing the ability of future generations to meet their needs. At the heart of sustainable development theory is concern for the state of the natural environment and the preservation of its riches for generations to come.

Sustainable development is not just about reducing the negative impact of human activity on nature, but this is undoubtedly its primary objective. Specifically, adult education is a driver in the interconnections of the three dimensions of sustainable development (economic, social and environmental) and can contribute to the UN's 2030 Agenda. Sustainable development is an organizing principle for meeting human development goals while also sustaining the ability of natural systems to provide the natural resources and ecosystem services on which the economy and society depend. There is a real need for education for sustainable development, and especially non-formal education has a very high impact.

The Green Routes project aims to contribute to sustainable development as a small stepping stone towards a better future for ourselves and our children. Our main goal of Green Routes is to create a toolkit to promote sustainable solutions and trends in urban areas. How do we do it? Through innovative digital tools and creative solutions.

We would like all participants of the project to be conscious about being more sustainable as a community, organizations and individuals. We expect them to be ready to share their new knowledge, to teach and encourage others and to get involved.

That is why we have chosen 5 interesting stops in each partner city, which will show the best sustainable innovators in our city. The Green Route consists of a short description and covers a map. Each stop covers at least 3 sustainable development goals out of 17. The 17 SDGs are no poverty, zero hunger, good health and well-being, quality education, gender equality, clean water and sanitation, affordable and clean energy, decent work and economic growth, industry, innovation and infrastructure, reduced inequality, sustainable cities and communities, responsible consumption and production, climate action, life below water, life on land, peace, justice, and strong Institutions, partnerships for the goals.

You can find more information about tours, further project results and project on the web page <http://greenroutes.eu/>

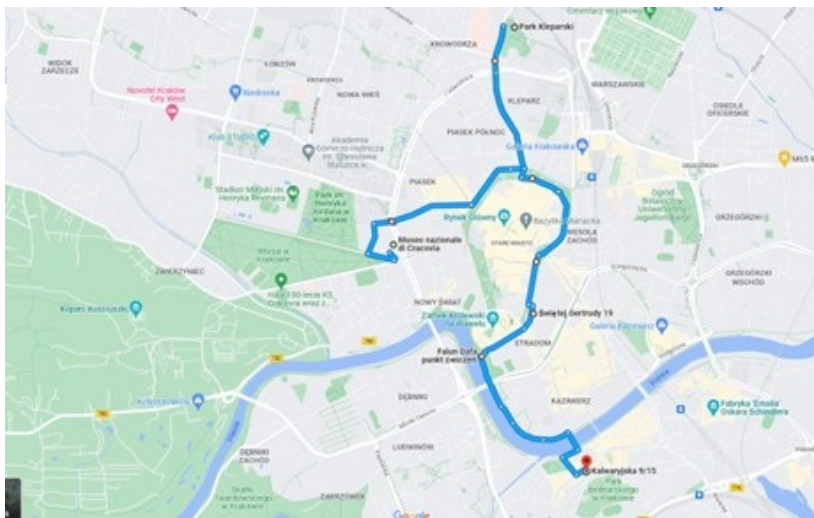
Do not forget to check your knowledge on sustainable development and sustainable innovators in your city here <http://greenroutes.eu/#>

This tour was developed by Euro-Idea Fundacja Społeczno-Kulturalna.

Enjoy the tour!

Green Routes in Krakow

**By bike 8,6 km (40 min), with public transport 3h
- 5 stops**



Map: <https://goo.gl/maps/Z8YRJYVZWKNgZGHP8>

Poland and Kraków may be experiencing a number positive processes, but they still have much to catch up in terms of their social and economic development. This is not necessarily expressed in numerical values only. The quality of life enjoyed by Polish citizens is equally important. The implementation of sustainable development goals is a natural process for Poland and a subsequent stage in building a better place to live for future generations.

Sustainable development is defined as a process of transformation that is there to meet the needs of the present

generation while securing development opportunities for those yet to come. This can be done with integrated activities in the field of economic, social and environmental development. The economic and social development of the present generation should not be pursued at the expense of non-renewable resources and the environment. This also should be our commitment to future generations, who also have their rights to thrive and develop.

That is why sustainable development does not mean environmental protection in traditional terms. It is primarily about development, which is nonetheless conditioned by ecological space and the synergy of economic, environmental and social aspects. This kind of growth must be safe and beneficial for human beings, the environment and the economy. The environmental aspect is absolutely crucial for the quality of our lives as well as the lives of future generations.

The optimal solution is to foster cooperation between social leaders, local community representatives, entrepreneurs and public administration sector leaders. Only by working together will we be able to create a network for effective space management.



National Museum in Kraków

Climate change and the city - Błonia Common / Museum

ADDRESS: Al. 3 Maja 1, 30-062 Kraków



Cities occupy 2% of the earth's surface but their inhabitants consume 75% of global energy resources. Under certain conditions, heat from solar radiation and different urban activities can make city temperatures rise in certain areas, simply because of the way cities are structured.

This effect is known as an urban heat island, or UHI, a metropolitan area that is a lot warmer than rural areas around it. Heat is created by energy from people, cars, buses, buildings and underground infrastructure. That is why scientists from around the world emphasise the importance of greenery in cities.

There are some strategies to mitigate rising urban temperatures. We can fight against heat.

One recommendation is to keep one third of urban areas green and preserve Kraków's ventilation channels to prevent and minimise heat in the city.

We can bring back cooler summer temperatures if we:

1. create more green areas with tall greenery (this means we need trees rather than only lawns or meadows);
2. create green walls (climbing plants on the elevations, especially those facing the south);
3. encourage owners to insulate their buildings (properly insulated buildings do not need air conditioning) and

architects to provide designs with proper ventilation systems;

4. avoid concrete surfaces whenever possible (e.g. by providing parking spaces covered with openwork concrete slabs; dissect pavements with belts of greenery (tall grasses and shrubbery); have town squares covered in at least 50% with greenery (deciduous trees are of particular value); have car parks planted with trees and have the trees properly taken care of (e.g. one small tree per four parking spaces and one large tree per eight parking spaces).

Poland's water resources are poor (comparable to those of Egypt). In order to prevent drought, grass is not mown in many green areas of Kraków, which is intended to conserve moisture in the ground.

Flowerbeds and wildflower meadows are an environmentally friendly alternative to cumbersome and costly lawns. They support wildlife. With their richness and diversity, they also provide a habitat for beneficial insects and other small animals.

Kraków is located in a basin; it is surrounded by hills to the north and east, by mountains to the south and by rolling uplands to the west. That is why the city has struggled with air pollution for many years. In the past, air pollution was mainly driven by coal-fired home furnaces, which was only amplified by manufacturing plants and traffic. Smog was such a massive problem in Kraków that the city authorities decided to impose a ban on solid fuel burning (e.g. coal, wood, pellet and waste (!)).

However, smog can also be mitigated by urban ventilation channels. These are mainly river valleys located on the east-west axis (the Vistula and Rudawa rivers).

Kraków's urban ventilation channels can feed fresh air into the city and extract polluted air from its streets only if buildings are not too tall and oriented along the east-west axis. This is because winds in Kraków blow mainly from the

west and to some extent also from the east. Northern and southern winds are a rare sight in the city.

Sadly, because of its hilly topography, the city is only exposed to weak and extremely weak gusts of wind (when compared with open plains or the seaside).

Kraków's Błonia Common, a large meadow in the city centre, serves as a cooling fan that aerates the Main Market Square and the surrounding area.

For twenty years now, we have been witnessing a gradual improvement in Kraków's energy efficiency. 70% of the city's inhabitants use the municipal heating system, which seems to be the most sustainable solution to provide heating and warm water to their homes. The city authorities are planning to modernise all 650 municipal properties, including council housing, to make them 100% sustainable.

The Low Emission Reduction Programme for the City of Krakow is active and offers supporting grants and information for citizens. The city authorities provide subsidies to those citizens who are thinking of making an environmentally friendly investment in their homes.



All In Foundation

Urban farm & sharing economy

ADDRESS: Park Kleparski, ul. Prądnicka 7, 30-002 Kraków



The All In Foundation drives dozens of initiatives in the field of ecology and corporate social responsibility.

All In develops activities for green education, book sharing, food sharing or #Ecoswap.

This unique place has been created by a community of 18 partner high schools, partner structures of the #allin network, older and younger volunteers passionate about #zerowaste, committed officials, activists and neighbours. All In promotes the idea of activism among young people.

All In runs a food sharing point (All In Foodsharing), an open city garden (All In Urban Farm), a book sharing shop or a space where everyone can leave unnecessary clothes and take what they need (All In Clothing).

These completely free initiatives are there to inspire the residents of Kraków to make fewer waste choices and show alternatives to fast fashion or throwing away excess food.

The Foundation also runs the All In Card project which brings together numerous student organisations, student self-government bodies from Kraków's top secondary schools, scouts, foundations and city movements and provides legal assistance, financial support and an incentive system based on vouchers from their partners.

All In Foundation <https://www.facebook.com/FundacjaAllIn>



Wawelska Kooperatywa Spożywcza

Food Coop

ADDRESS: ul. Gertrudy 19, 31-048 Kraków



Food cooperatives or food coops are food distribution outlets organized as cooperatives rather than private or public companies. Food cooperatives typically offer natural foods.

Food cooperatives are usually consumer cooperatives, and decisions regarding the production and distribution of food are taken by its members.

Like all cooperatives, food cooperatives are often based on the Rochdale Principles of Cooperation:

- Voluntary & Open Membership
- Democratic Member Control
- Members' Economic Participation
- Autonomy & Independence
- Education, Training and Information
- Cooperation among Cooperatives
- Concern for Community

Since decisions about how to run a cooperative are not made by external shareholders, cooperatives often show a higher degree of social responsibility than their corporate analogues.

Wawelska Kooperatywa Spożywcza is a group of people passionate about access to fresh and good products straight from the farmer.

They take multiple actions to support local agriculture, foster cooperation and social integration. The cooperative has an open and voluntary membership.

Feel free to join the cooperative and make your first food order here at the coop's headquarters or online.

Wawelska Kooperatywa Spożywcza

<https://www.facebook.com/wawelskakooperatywaspozywcz>
[a/?locale=pl_PL](#)



Targ Pietruszkowy

Organic & Local Food Market

ADDRESS: ul. Kalwaryjska 9-15, 30-509 Kraków



Local organic food and slow food are innovative concepts that have recently proliferated in Poland. However, it is still difficult to buy local organic food in most Polish cities.

Targ Pietruszkowy (Parsley Market), an organic local food market, fills this gap.

Their goal is to provide consumer education and promote sustainable food and local small businesses in the sector of organic food production and agriculture.

Their focus, in turn, is on quality first: only from local organic food producers, with no extended supply chains, through direct distribution only.

This market offers Better Value for Everyone: selling unprocessed and organic products to customers is a way to sustain organic agriculture and food producers and make a positive impact on both the environment and stakeholders.

A passion for organic, seasonal products along with a more natural lifestyle has created this unique place: a fresh, new, tantalising spot on the foodie map of Kraków.

They offer unprocessed products, made in a traditional way, and save local foods from oblivion. They guarantee quality and freshness because their products are delivered and sold only twice a week, directly from local producers at the local organic

market Targ Pietruszkowy. Online orders are available. This reduces food waste as well.

Targ Pietruszkowy:

- Promotes local food and traditional cooking.
- Promotes an innovative concept of slow food in the city.
- Promotes a new lifestyle in the city, more focused on people and their well-being.
- Promotes local small businesses in the food and agricultural sector.

Targ Pietruszkowy

<https://targpietruszkowy.pl/en>



Vistula Boulevards

Partnerships for Sustainable Development & Action to Combat Climate Change - Vistula Boulevards

ADDRESS: Bulwar Czerwieński , ul. Smocza 10, 31-069 Kraków



Yes, we can enhance the global partnership for sustainable development. However, such a coalition should work hand in hand with multi-stakeholder partnerships that mobilise and share knowledge, expertise, technology and financial resources. Only then will we be able to support the pursuit of sustainable development goals in all countries. Several events and actions can help us reach this goal.

1. The Open Eyes Economy Summit is an annual summit organised at the ICE Kraków Congress Centre. The Open Eyes Economy is an intellectual and implementation movement that encourages large audiences to take a new and open-minded look at the economy. This also involves calls to action and inventing alternative ways of understanding the economy based on values. The International Congress of the Economy of Values, or the Open Eyes Economy Summit, offers numerous paths leading to various thematic areas and cities. They hold debates, seminars and conferences. The OEES is a melting pot of new ideas, a fusion of various horizons and a modern agora. It gathers and confronts the views of recognised politicians and social activists, scientists and students, journalists and artists. It is also a top opportunity to get to know the most important and

hottest trends in contemporary social and economic thought.

2. Green Film Festival is an international festival of environmental films. Join us for outdoor screenings at the Vistula Boulevards in Kraków. Each year filmmakers go to great lengths to uncover new territories and provide a new outlook on the most pressing environmental issues.
3. River Sisters is an environmental movement with a shared passion for natural water environments. The River Sisters collective feel very strongly about natural resources, female strength, action and creative community. The movement has organised several performances and environmental awareness actions on the Vistula River and other rivers in Poland.

Those are the ways to improve education, awareness-raising and human and institutional capacity for climate change mitigation, adaptation, impact reduction and early warning.

Referring partner:



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Project:



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<http://greenroutes.eu>