

Inspiration for Self-sufficiency



- Circular Economy
- Communal Enterprises
- School and Therapeutic Gardens
- Social Farming

**Learning-teaching-sharing and training course
testing Life from Soil project Workshop**

Družstevná pri Hornáde

24.-28th April 2017

Registration : <http://lfsgejza.wufoo.com/forms/z1nnipki1ecam5m/>



Dear Colleagues,

On behalf of the project team I wanna kindly invite you to the „Life from Soil“ project Information and testing workshop which will be hold in SOSNA. Eko-center, Okružná ul. 17, 044 31 Družstevná pri Hornáde near Kosice in **24 – 28th April 2017.**

Program :

23rd April 2017 : Arrival of participants, lodging, welcome party in the evening in Eco-centre.

1. day : 24. April 2017 Community and Therapeutic Gardens

From	To	Event	Presenters
8:00	9:00	Registration, tea, coffee	
9:00	9:05	Welcome speech	Stefan Szabo
9:05	9:10	Opening session - introduction of program	Gejza Legen
9:10	9:30	Introduction of participants	Participants
9:30	10:10	Escorted visit of the natural garden	Silvia a štefan Szabó
10:10	10:50	Presentation of school garden Družstevná pri Hornáde	Evas Tóthová
10:50	11:30	Initiative : Come to the Yard“	Ivana Skoumalová
12:00	13:00	Lunch	Carda Restaurant
13:00	15:00	Creation and use of Therapeutic gradens in Czech republic	Jana Dvořáčková
15:00	16:30	School and Community gardens as tools for life style shaping	Inántsy Pap Sándor
16:30	16:40	Tea , coffee	
16:40	17:10	Pinentum – (decorative gardens of coniferous trees)	Maroš Bobák
17:10	17:30	Evaluation of the day	Silvia a štefan Szabó Gejza Legen
19:00	21:00	Informal evening in the Eco-center	Silvia a štefan Szabó Gejza Legen

2. day : 25. April 2017 Community, school and therapeutic gardens

From	To	Event	Presenters
9:00	9:15	Introduction of Life From Soil Project	Gejza Legen
9:15	10:30	Experiences with school gardens in Finland	Eliisa Vesisenaho
10:30	10:40	Coffee, tea	
10:40	12:00	Nature sensitive maintenance of public green related to climate change	Zuzana Hudeková
12:00	13:00	Lunch	
13:00	14:30	Therapeutic gardens in UK	Margi Lennartsson
14:30	15:15	Oasis – hope for new life (homeless care center near Kosice)	Peter Gombita
15:15	15:30	Tea, coffee	
15:30	17:00	Community and Urban Gardens; examples of community growing projects/interventions	Margi Lennartsson
17:00	17:30	Discussions and evaluation of the day	Facilitator Gejza Legen

3. day: 26. April 2017 Social farming, Communal Enterprises

From	To	Event	Presenters
9:00	10:00	Example of successful communal company Spišský Hrhov	Vladimír Ledecký
10:00	11:00	Social entrepreneurship – successes and failures in Slovakia	Klára Tóthová
11:00	11:10	Tea, coffee	
11:10	12:00	Initiative „For better life“ in Kecerovce and Rankovce villages	Františka Gregová Ondrašiková
12:00	13:00	Lunch	Carda Restaurant
13:00	15:00	Social farms and social enterprises in Hungary Pólyán Association best practice	István Csaba Botos
15:00	15:10	Tea, coffee	
15:10	15:50	Box from granny – presentation of box system of delivery of local products	Tomáš a Terézia Kollárová
15:50	16:20	Discussions and evaluation of the day	Facilitator Gejza Legen

4. day : 27. April 2017 Circular Economy – creative approaches to waste minimalisation in villages

From	To	Event	Notes
9:00	10:20	Utilisation of residues in gardens	Margi Lennartsson
10:20	11:00	Examples of waste recycling	Štefan Szabó
11:00	11:15	Tea, coffee	
11:15	12:00	How to change landfill to community space	Rasťo Šelepky
12:00	13:00	Waste : experiences of school campaign	Eva Tóthová
13:00	14:00	Lunch	
14:00	14:40	Information campaign on waste – „from house to house“	Eva Tóthová
14:40	15:40	Creative approach to utilisation of local resources in village	Mária Biřová
15:40	16:00	Discussions and evaluation of the day	Facilitator Gejza Legen

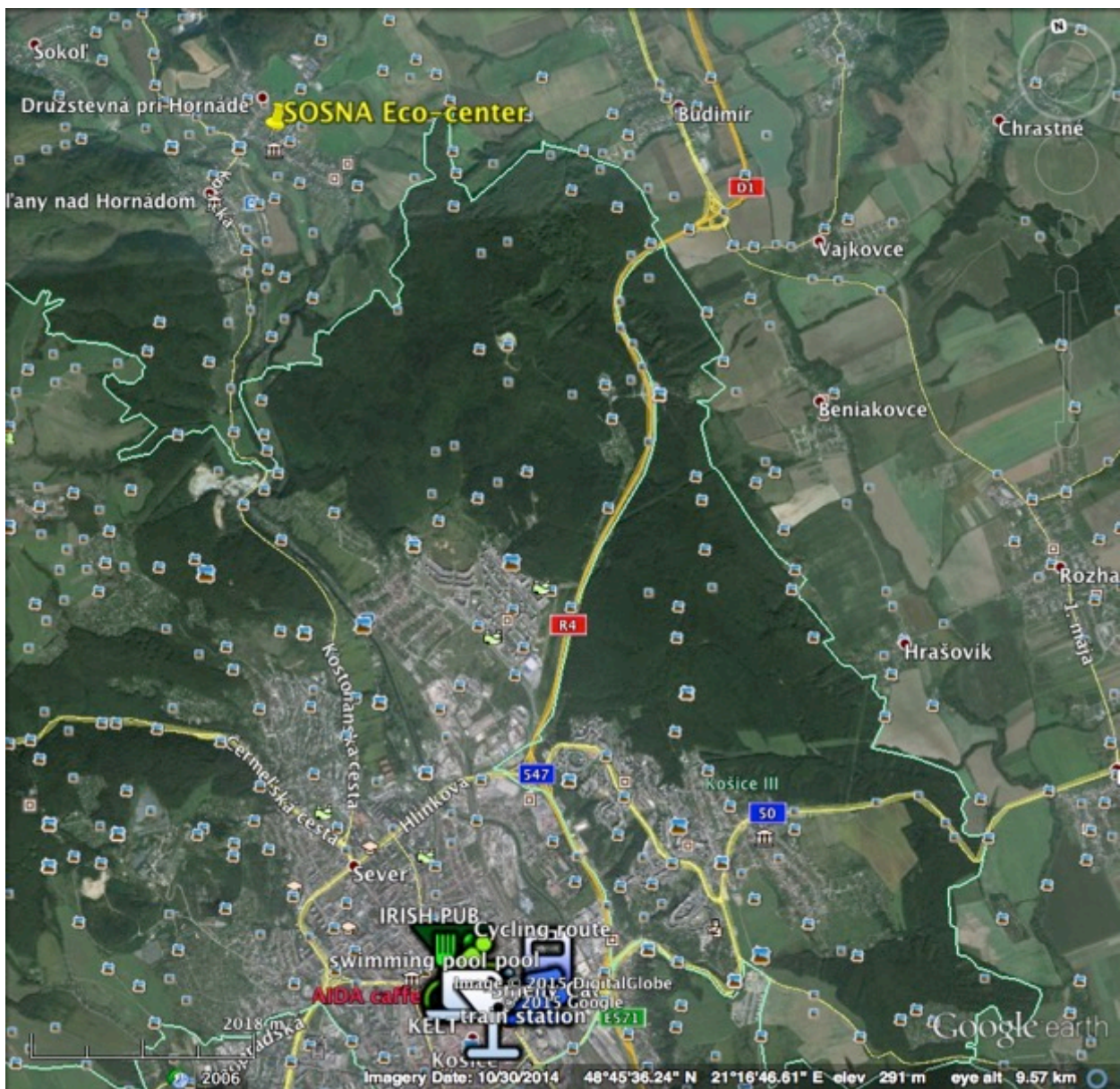
5 day: 28. April 2017 Study tour in the region for project partners

From	To	Event	Notes
10:00	13:00	Departure by car	
13:00	14:00	Lunch on the way	
14:00	16:30	Evaluation of the testing mobility	

29. April 2017: Departure home

Accessibility and technical details see: annexes

Accessibility : **GPS data : 48°48'3.81"N 21°15'1.60"E**







The place is accessible from Kosice train or bus station :

Train stop : **Kostoľany nad Hornádom**

Trains : 6:36, 7:18, 7:36, 8:14, 8:36, 9:31, 10:19, 11:31, 12:31, 12:36, 13:31, 13:36,

Time : 10 minutes

Price : 0,60 EUR

Bus stop : **Družstevná pri Hornáde, ZŠ (school)**

Buses: 6:20, 13:35, 16:30,

Time : 10-30 minutes

Price : 0,90 – 1,40 EUR

Aiport bus No.23 : every hour at 10 (e.g. 7:10, 8:10, last bus 22:11

Airport taxis : minimum : 12-15 EUR !



Recommended Hotels in Kosice : (access directly or through Booking Com)

Penzi3n BERYL : www.penzionberyl.sk

Villa Regia : www.villaregia.sk

TeleDom Hotel : www.hotelteledom.sk

Pension Sport: www.sportpubkosice.sk/ubytovanie/

Butique hotel Maraton: www.hotelmaraton.sk

Pension Grand: www.penziongrand.eu

Hotel Centrum : www.hotel-centrum.sk

Hostels :

Kosice hostel: www.kosicehostel.sk

K2: www.k2kosice.sk/

Madrid pub : <http://www.hostel-kosice.com>

Barno : hostelbarno.sk

If still need assistance with lodging send us a request : gdlegen@gmail.com