



Democracy in Action: Empowering Adults to Teach the Next Generation

Workshops in PL / Polanica-Zdrój

12-15 January 2026

The workshops are mainly aimed at cooperation of Greek, Austrian and Polish **teachers and educators of adults and young learners**, with different profiles - to develop practical and innovative methods of **implementing ideas of democracy** in daily work with students aged 5-9.

We will be sharing our experience, knowledge and common practices + extensively look for inspiration in Philosophy 4 Children and Janusz Korczak's approach.

PROJECT PARTNERS:

Austria: Roma Volkshochschule / Burgenland

Greece: AkataMakata / Larissa

Poland: Consensus Fundacja ECM / Warsaw



Dear Participants!

We are very happy to be hosting you in the region
of **Lower Silesia / Polanica-Zdrój**
for our workshops!

In this document, we provide useful information to help you with the arrangements of your traveling and also to give you a quick overview of the region and the offer it provides.

12-15 January 2026

12/01 (Mon) @16.00-20.00 workshops
13/01 (Tue) @09.30-15.30 workshops
14/01 (Wed) @09.30-15.30 workshops
15/01 (Thu) @09.00-12.00 workshops

After workshops we'll have the possibility to travel around, do some sightseeing or just chill out - depending on what you want and need :)

The hosting organisation - *Foundation Consensus* is represented by **Krzysztof Roś**
Feel free to contact us
at +48 504 346 202
or krzysztof.ros@consensus.eu



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VENUE for WORKSHOPS

Teatr Zdrojowy (training space)
ul. Parkowa 2
57-320 Polanica-Zdrój



[Location - Google maps](#)

The training space will be equipped with:

projector
flipchart



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TRANSPORTATION

The town of **Polanica-Zdrój** nestled in the Lower Silesia part of southwestern Poland, is well-connected to the region's main transport hubs, particularly Wrocław.

There is also access from Prague on Baltic Express Train, which stops directly in Kłodzko Miasto railway station with train, bus or taxi connection to Polanica-Zdrój.

The primary gateway for international travelers is **Wrocław**, which hosts Wrocław Copernicus Airport (WRO). From the airport, travelers can reach the **Wrocław Główny Railway Station** (Main Station) by public transport or taxi in about 30 minutes. The most accessible transportation from Wrocław Airport to Wrocław Główny is **bus 106 or 406**. Bus 106 runs every 15 minutes and the route takes about 40-50 minutes. Bus 406 runs faster, but less frequently (every 20 minutes) and the route takes about 30 minutes.

Wrocław Główny offers frequent **train services to Kłodzko**, the nearest major rail junction to Polanica-Zdrój. The journey from Wrocław to Kłodzko takes approximately 90 min by regional train, with services running several times a day.

USEFUL WEBSITES

<https://airport.wroclaw.pl/>

<https://koleo.pl/> - trains from Wrocław Główny to Kłodzko Miasto

<https://koleo.pl/> - trains from Kłodzko Miasto to Polanica Zdrój

<https://www.flixbus.pl/>



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ACCOMMODATION

POLANICA-ZDRÓJ

1. [Bukowy Park Medical Spa](#)

Distance from venue: ~0.1 km

2. [Villa Adele](#)

Distance from venue: ~0.3 km

3. [Villa Paula](#)

Distance from venue: ~0.3 km

4. [Pensjonat at Promenade](#)

Distance from venue: ~0.4 km

5. [Perła Polanicy](#)

Distance from venue: ~0.4 km

6. [Villa Alina Medical & SPA](#)

Distance from venue: ~0.7 km

7. [Villa Tilia](#)

Distance from venue: ~0.8 km

8. [Villa Lessing](#)

Distance from venue: ~1.0 km

9. [Hotel Polanica Resort & SPA](#)

Distance from venue: ~1.2 km

Food & Drink

Polish cuisine is hearty, comforting, and deeply tied to the country's agricultural roots and regional traditions. It features rich, flavorful dishes such as **pierogi** (stuffed dumplings), **bigos** (a savory stew of sauerkraut and meat), and **gołąbki** (cabbage rolls filled with rice and meat). Soups like **żurek** (a sour rye soup) and **rosół** (clear chicken broth) are staples of both everyday meals and holiday feasts. Bread and potatoes are often served as sides, while pickled vegetables and fermented foods play a prominent role. Polish cuisine also includes a variety of traditional drinks, such as **kompot** (a sweet fruit beverage) or **craft beer**, which holds cultural and historical significance in Poland.

