

SENSE OF LIGHT (SOL) MOBILITY WORKSHOPS, POLAND

Summary

TIME: 23-29 September 2018

Place: Environmental Education Center & Terpinski Photo Studio in Rzeszow



In the frame of the projekt SOL, Rzeszow Regional Development Agency organised mobility workshops on photography which was held in Eco Education Center in Blazowa 23-29 September 2018. In the meetings and outdoor photography sessions took part 26 participants including project photo experts and local participants. The event aimed to gather external and local participants to have trainings discussions and to take photos in various outdoor activities. One day of the workshops was devoted to the photography in professional studio where the participants could acknowledge and exchange experience on elaborating and delivering photos and about the photo business itself. In the session dedicated to quality photos making with smartphones participated local school children and took part actively in the outdoor training with an expert. Special photo session was held in traditional wooden house where traditional local people were preparing local specialities. Agenda is enclosed below.



Photography Workshops in Poland 24-28 September 2018

**Podkarpackie Region: Blazowa/Rzeszow
(<http://podkarpackie.travel/en>)**

**Accommodation and workshops venue: Environmental Education
Center 36-030 Błażowa (near Rzeszow), ul. Myśliwska 16 &
Terpinski Photo Studio in Rzeszow**



AGENDA

SOL - Photography Workshop

Date: 24-28 September, 2018

Location: Blazowa/Rzeszow and its surroundings

Monday, 24 September 2018

Monday, 24 September 2018	
08:45 - 09:00	Registration
09:00 - 09:10	Welcome, introduction of the participants
09:10 - 10:00	Welcoming presentation: where we are, what are the attractions and environment around the hosting place and the region- Mr. Jacek Kotula, Manager of the Environmental Education Center and Local Tour Guide
10:00-10:30	Sense of Light- Project short introduction by Gejza Legen
11:00 – 13:00	Study tour- Practical Photography in the Blazowa surroundings guided by Jacek Kotula (bus provided)
13:15- 14:00	Lunch (hosting place- restaurant)
14:00 – 16:00	Outdoor photography workshops in Mójka Protected Areas- guided by Jacek Kotula
16:00-17:00	Discussion and reflection about the photo day
19:00	Dinner (hosting place-restaurant)

Tuesday, 25 September 2018

Environmental photography with professional trainer and photographer

09:00-11:00	Introduction to the outdoor and nature photography: Tolls and techniques By Maciej Terpiński- Profesional Photographer (hosting place, conference room)
11:00- 14:00	Outdoor photography with Maciej Terpiński
14:00- 14.45	<i>Lunch (hosting place, conference room)</i>
14:45- 17:00	Photography as a business - free discussion with participants about bright and dark side of running a photo entity on the example of Terpiński Photography – by Maciej Terpiński and all participants
19:00	<i>Dinner (hosting place-restaurant)</i>

Wednesday, 26 September 2018

Study Tour and multimedia workshops in Terpinski Photo Studio Rzeszow

9:00- 15:00	Presentation and discussion of image processing tools, software hardware: <ul style="list-style-type: none"> ✓ backups and safe passages ✓ tonal and color correction ✓ local and global programming sharpening ✓ HDR and other effects ✓ correction of optical defects in the program ✓ perspective transformation ✓ work automation in photoshop ✓ export of photos to popular formats ✓ vision and access tools ✓ proofing and calibration of imaging tools ✓ printing selected photos on an inkjet printer
15:00-15:45	<i>Lunch (hosting place, conference room)</i>
15:45-17:00	Common discussion about the day in studio
19:00	<i>Dinner (hosting place-restaurant)</i>

Thursday, 27 September 2018**Photo day with teenagers**



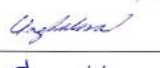
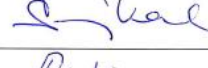

9:00- 10:00	Introduction to the nature photography taken with smartphones- how to effectively use smartphones and settings
10:00-14:00	Outdoor photography workshops and coming back to the venue for the elaboration and comments about taken photography
14:00-14:45	<i>Lunch (hosting place, conference room)</i>
14:45-17:00	Conclusion and evaluation of the day- Comments from Lead Partner
19:00	<i>Dinner (hosting place-restaurant)</i>

Friday, 28 September 2018**Summary of the workshops**

9:00-12:00	Little workshops gallery: photos taken during the whole event will be displayed on the screen to comment and discussion with the participation of local communities
12:00	<i>Lunch and farewell (hosting place-restaurant)</i>

LIST OF PARTICIPANTS

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SOL – Sense of Light project, C6 Short-term joint staff training event Rzeszow/Blazowa and surrounding, 24-28 September, 2018				
	Partner	Name	E-mail	Signature
1.	AGORA	Egyed Ufó Zoltán	ufo@uh.ro	
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3.	Legend Foto	Emília Smejkalova	milka.smejkalova@gmail.com	
4.	Legend Foto	Pavel Smejkal	pmsmejkal pavel.smejkal@gmail.com	
5.	Legend Foto	Miroslav Rudi	miroslavrudi@gmail.com	

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6.	Legend Foto	Júlia Tilková	kviatky@gmail.com	
7.	Legend Foto	Gejza Legen	gdlegen@gmail.com	
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LIST OF LOCAL PARTICIPANTS



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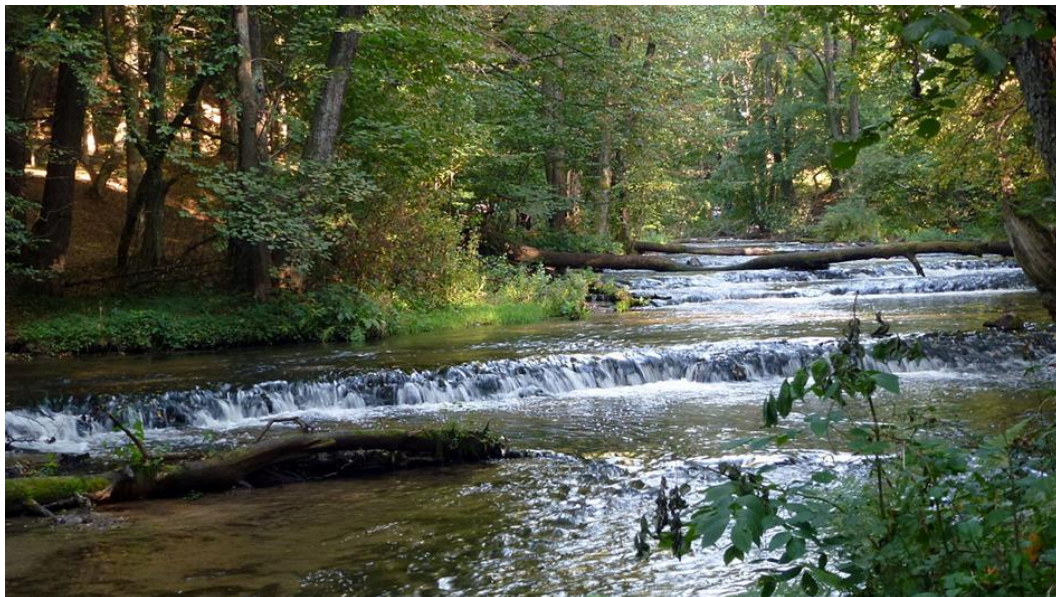
RARR
RZESZOWSKA AGENCJA
ROZWOJU REGIONALNEGO

LIST OF LOCAL PARTICIPANTS

	Imię i Nazwisko / Name	Podpis /Signature
1.	Karolina Ignarska	<i>K.Ignarska</i>
2.	Natalia Dziepek	<i>Dziepek</i>
3.	Juba Szczepan	<i>Juba</i>
4.	Nida Wenta	<i>N.Wenta</i>
5.	Dominika Patko	<i>Dominika</i>
6.	Martyna Gromek	<i>Gromek</i>
7.	Ewelina Dornik	<i>Ewelina</i>
8.	Gregorz Limay	<i>Limay</i>
9.	Aleksandra Szura	<i>Szura</i>
10.	Jakub Wybraniec	<i>Wybraniec</i>
11.	Młodzi Lelek	<i>Lelek</i>
12.	Marcin Mucha	<i>Mucha</i>
13.	Juliana Podgórski	<i>Juliana Podgórski</i>
14.	Bartłomiej Banas	<i>Banas</i>

15.	Jolanta Zontek	Zontek
16.	Michał Kwasny	Kwasny
17.	Barbara Osadnik	Osadnik
18.	Robert Gwela	Gwela
19.		
20.		

General characteristics of the micro- region STRUG VALLEY



"Dolina Strugu" (Strug Valley) is a microregion located in the central part of the Podkarpacie region. It covers the areas of four communes: Błażowa, Chmielnik, Hyżne and Tyczyn on the banks of the river Strug, from which it derives its name. It covers an area of 300 km², inhabited by 40,919 people. The microregion is agricultural in nature, arable and forestry holdings occupy about 70% of the total area. The agriculture of this area is largely focused on the production of

healthy, organic food. Many farmers benefit from agri-environmental programs, in particular ecological packages. In 2009, as many as 77 plans drawn up by employees of the Agricultural Advisory Center, 77 contained an ecological package. The number of organic farms in both the Struga Valley and the entire voivodship is systematically growing. In 2007, there were 1,670 farms in Podkarpacie and at the end of 2008 in 1995. Such dynamic development is favored by the conditions set by the less polluted environment, financial support in the form of subsidies to organic farming areas and an increase in demand for high-quality food. An important role in the dissemination of this method of management is played by, among others Associations, currently 5 in the province, including one from the Strugu Valley - the Association of Ecological Farmers "EKO GAL". Ekogal gathers 36 organic farms of various profiles. Regional Agri-industrial Society "Dolina Strugu" intends to stimulate economic activity in the Strugu Valley through the implementation of min. Multifaceted Development Program "Sami Sobie" in the microregion Dolina Strugu. The sector of food production (healthy, organic) and other local products was defined as an area of high chance for business success.

The Strug Valley as a tourist region

Natural wealth and a number of cultural heritage attractions encourage you to visit the Strugu Valley. We can meet here picturesque places that impel us to hiking and biking. On their paths, we will encounter a story retained in beautiful, historic churches and court, palatial and simple peasant buildings. Particularly noteworthy is the private museum of material culture of the Podkarpacie village, where agricultural tools and machines used in the Podkarpacie countryside were collected. It is a great local open-air museum.

Picturesque views encourage you to visit the pilgrimage places of places of worship of the Mother of God. In Chmielnik and Hyżnem there are local sanctuaries with miraculous images of Mary the Consolation. Many beautiful legends inform us about the wonderful protection of Mary over these regions during numerous Tatar invasions in the 17th century. and World War II.

In Borek Stary, the Dominicans are also the Grace of Mary's Famous Picture and a wonderful spring. In Hermanowa, near Rzeszów, there is the Chapel of St. Mary Studziańska called Studzianka. It is a forest chapel with a wonderful spring located in Przyłasko - hamlet of the village of Hermanowa. All these places encourage spiritual rest in silence and deepening faith. Their visiting and prayer can be a kind of retreat.

Visiting the cities of Tyczyn and Błazowa, it is impossible to omit the temples there. The parish church in Tyczyn pw. St. Catherine of Alexandria is from the middle of the 15th century, and the Błazowska temple (third) is St. The church built in 1896-1900 is the seat of the parish erected before 1432. For nature lovers, there are many natural monuments in the Struga Valley - there are pedunculate oaks with a circumference exceeding 500cm and small-leaved limbs (460 cm in circumference) and over 1100ha of the Protected Landscape Area with beautiful views of forests and picturesque hills. Numerous hiking trails around our regions, let them be your guides!

Natural conditions

The Strugu Valley belongs to the mesoregion of the Dynów Foothills. Its north-eastern part is located in the Hyżniańsko-Gwoźnickiego Area of Protected Landscape. The area of the Struga

Valley is dominated by non-forest plant communities, mainly anthropogenic and semi-natural, used as meadows and pastures. Numerous copses are of the type of oak-hornbeam woods, while larger forestry complexes have the features of the Carpathian beech forest. In the forests the main species is fir and beech, then pine, with a small admixture of oaks, larches, birches, sycamores, spruce, alder and hornbeam. In the forest rut there are many species of rare mountain plants such as giant horsetail, common fern, common ivy, snowdrop, common periwinkle, sweet woodruff, glandular alba, grove mole, almond spurge and corallinoides. Some of them are protected.

The presence of 223 vertebrate species undergoing natural reproduction is evidence of the richness of fauna in this region. The world of animals are representatives of West European fauna (European deer, boar, hare char, fox, hedgehog and mole), boreal-alpine (Three-toed woodpecker, ring thrush,

Ural owl, European marten, fieldfare, hazel grouse) and Pontic species (white-necked flycatcher), horse-shoe, bee-eater). The northern boundary of the occasional occurrence is achieved here by several mountain species such as fire-bellied toad, newt, wagtail, salamander. They also have beavers here. In addition, there is a badger, ermine, weasel, hamster, and birds of prey - buzzards, lesser spotted eagle and sparrow hawk.



You're Welcom!