

## *Development Strategy of the Center for Initiatives for Society Foundation to 2030*

### **Project No. 1**

**Title: Network of Therapeutic Gardens**

**Project Value: PLN 8,000,000**

**Date: 2025-2030**

**GOAL:** Improving the quality of life of residents of all ages through innovative social services that connect generations.

The project will involve creating and managing a network of innovative social services in the areas of ecotherapy, education, and health-promoting recreation.

#### **Actions:**

Premaculture and Ecotherapy Center: development of a minimum 2-hectare area bordering a forest area – a place for ecological design, ecological engineering, and environmental planning, creating sustainable architecture for human settlements and self-regulating agricultural systems modeled on natural ecosystems.

The Center will include:

- a) A space for therapy powered by unspoiled nature for individuals seeking support in regaining their physical and mental health.
- b) A space for education and the promotion of healthy, organic farming methods and biodiversity.
- c) An outdoor art gallery space where young and independent artists from around the world will exhibit their work, combining it with the natural landscape.
- d) Green Classrooms – a space for teaching and disseminating knowledge for children, youth, and students. Classes will take place in the gardens, where they will gain practical experience in organic agriculture and horticulture.
- e) Youth Programs – created by dedicated learning leaders, promoting children's health and well-being through hands-on, nature-based learning.
- f) Ecotherapy Programs – health care activities, including rehabilitation, aimed at restoring health through direct contact with nature (horticultural therapy, forest therapy, nature-based mindfulness, therapeutic ornithology, ecological occupational therapy).

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 2**

**Title: Family Garden of Ecotherapy and Sensory Integration - Ecotherapy and Sensory Integration Programs**

**Project Value: PLN 2,500,000**

**Date: 2025-2030**

**GOAL:** To provide assistance and support to residents, particularly children, adolescents, seniors, and people with disabilities, by creating a sensory garden and a medical ecotherapy and sensory integration program.

**Actions:**

- a) A space for therapy powered by unspoiled nature for those needing support in regaining their physical and mental health.
- b) Youth programs – created by committed learning leaders, which will promote children's health and well-being through hands-on, nature-based learning.
- c) Ecotherapy Programs - health care activities, including rehabilitation, aimed at restoring health through direct contact with nature (horticultural therapy, forest therapy, nature-based mindfulness, therapeutic ornithology, ecological occupational therapy):
  - We will create educational programs on healthy lifestyles and ecology,
  - We will create educational and sensory paths.

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 3**

**Title: Open Land Art Gallery**

**Project Value: PLN 2,500,000**

**Date: 2025-2030**

**GOAL:** Providing an open-air art gallery service to residents and enabling the development of talents and the presentation of works by young, independent artists from across the country in urban forests.

**Activities:**

- a) Earth Art Education Program in cooperation with universities and schools – organizing a nationwide competition for young earth art artists and presenting works during the Festival of Science and Art Promotion,
- b) Open Land Art Paths Program – improving the landscape and promoting reflection on artistic practices and natural territories – the goal is to create an interdisciplinary activity combining fields of science and art such as archaeology, art, protection of the natural landscape, natural materials, the environment, tourism, local history, and life in the region within the natural environment,
- c) Open-air Art Laboratory Program, which will gather numerous workshops and artistic and cultural activities - a place for workshops on upcycling, circus art, theatre, the construction of collective land art works and large open-air events, a place for the activation and involvement of young people in activities of social responsibility for the environment, i.e. in ecological practices - upcycling through various volunteering, work and training opportunities.

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 4**

**Title: Center for the Development of Creative Skills for Children and Youth**

**Project Value: PLN 1,500,000**

**Date: 2025-2030**

**GOAL:** To increase educational opportunities for students, particularly those with special educational needs, by providing them with appropriate conditions to develop their individual potential through tailored classes and adapting the school based on the standards of the "Accessible School Model."

**Activities:**

- a) Specialized Therapy Center for Youth/Students with Special Needs - Sensory Integration Therapy Program,
- b) Specialized Therapy Center for Youth/Students with Special Needs - Social and Psychological Therapy Program,
- c) Creative Skills Development Program for Youth with Special Needs,
- d) Program to support school staff in adapting to the needs of inclusive education,
- e) Educational Campaign: "Creatively and Diversifiedly into the World of Science and Development."

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 5**

**Title: Rehabilitation program for children and youth entitled "Green Classroom - Rehabilitation and Therapy Room "Forest World"**

**Project value: PLN 1,000,000**

**Date: 2025-2030**

**GOAL:** Providing social rehabilitation services and medical ecotherapy for children and youth with special needs, providing a support program for young people with addiction problems, depression, and trauma.

**Activities:**

- a) Support program for young people with addiction problems, depression, and trauma,
- b) Social rehabilitation and medical ecotherapy program (nature therapy: hortitherapy, forest therapy, mindfulness in nature (nature-based mindfulness), therapeutic ornithology, ecological occupational therapy) adapted to the needs of children and youth.

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 6**

**Title: Center for Young Leaders and the Development of Creative Skills of Children and Youth in Białystok**

**Project value: PLN 1,000,000**

**Date: 2025-2030**

**GOAL:** Providing a permanent space and conditions for the social activation of young people and the development of creative skills.

**Actions:**

- a) Space (providing a permanent meeting place) for young leaders
- b) Youth activation and volunteering programs - increasing the involvement of young people and youth NGOs in public life by supporting youth initiatives, increasing their importance in public life, and strengthening institutions.
- c) Youth participation program "PL Dla Młodych" – education on methods of civic participation for young people
- d) Consultation and evaluation program for the Strategy and Youth Fund in Poland
- e) Droga Mierzona Sukcesem (A Path Measured by Success) – a program to support young people in choosing their individual career path (meetings with Leaders of Modern Leadership in Business).

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 7**

**Title: Local Center for Combating Loneliness in the Elderly**

**Project Value: PLN 500,000**

**Date: 2025-2030**

**GOAL:** Providing volunteer support services for people over 80 years of age struggling with multiple illnesses and the loss of family/partners ones.

**Activities:**

- a) A program of regular volunteer home visits to lonely seniors – volunteer training, operating an information point on senior volunteering,
- b) The "Time-Złoty" Senior Time Bank Program (idea: time notes exchanged for assistance for seniors and their loved ones, promoting mutual assistance while strengthening intergenerational bonds and social integration),
- c) Providing resources, advice, and training for people who want to establish a time bank in their local community.



FINANCED BY THE NATIONAL INSTITUTE OF FREEDOM –  
CENTER FOR CIVIL SOCIETY DEVELOPMENT AS PART OF THE GOVERNMENT PROGRAMME  
FOR CIVIL SOCIETY ORGANISATIONS DEVELOPMENT FOR 2018-2030 CSODev

## *Development Strategy of the Center for Initiatives for Society Foundation to 2030*

### **Project No. 8**

**Title: Teen Mental Health**

**Project Value: PLN 500,000**

**Date: 2025-2030**

**GOAL:** counteracting problems such as: addictions, cyberbullying, disinformation, isolation of teenagers

#### **Activities:**

- a) Education program on mental health for children and adolescents,
- b) "Teen communication support" program,
- c) Designing ecotherapy services for teenagers,
- d) Social and sports activation program for teenagers.



*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 9**

**Title: Development Trips Program for Young People with Disabilities**

**Project Value: PLN 500,000**

**Date: 2025-2030**

**GOAL:** A scholarship fund providing financial resources for additional services such as personal assistance, special communication equipment, sign language interpreters, etc., for young people without other support who wish to travel outside their home for education, training, or personal development (e.g., specialized training).

**Activities:**

- a) Organizing a donation drive for the Fund,
- b) A scholarship program,
- c) A support program for organizing independent development trips for young people (14-30 years old) with special needs.

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 10**

**Title: National Campus Program for Leaders in Information Management and Digital Publications**

**Project Value: PLN 500,000**

**Date: 2025-2030**

**GOAL:** Supporting local governments and local leaders in solving problems related to the broad challenges of the information society, in particular: access to public information, information management, and intellectual property protection.

**Activities:**

- a) FCIS Flagship Mission Program – legal advice, legal education, and information activities aimed at increasing public awareness of constitutional freedoms, rights, and obligations of individuals and citizens, in particular Articles 13 and 14 of the 51 of the Constitution of the Republic of Poland – principles and procedures for collecting and sharing public information,
- b) The Information and Digital Publication Management Academy Program – improving citizens' digital competences in managing digital publications, including journalistic activities and fact-checking, and social media management,
- c) Establishing and maintaining a Network of Fact-Checkers and Online Information Management Leaders and providing it with expert support,
- d) The "I Know Because I Check" social campaign aimed at educating local communities on information management and the broad concept of an information society and counteracting disinformation in the social environment.

*Development Strategy of the Center for Initiatives for Society Foundation to 2030*

**Project No. 11**

**Title: International Leadership Program - Academy of Young Women Leaders**

**Project value: PLN 500,000**

**Date: 2025-2030**

**GOAL:** Activating young women who have not previously personally engaged in activities or taken their own initiatives to promote women's leadership and combat inequality; providing young women, including those with disabilities, with a space to directly engage in the learning process and conduct activities within civil society, including conducting structured dialogue with decision-makers at various levels of government; ensuring cooperation and exchange of practices between organizations from at least three EU countries.

**Activities:**

- a) Women's Leadership Academy Program - International Young Women's Mobility Cycle - education on women's leadership and civic participation tailored to the needs of young people from marginalized communities,
- b) Establishing and managing the International Women's Leadership Network and a virtual magazine.

## *Development Strategy of the Center for Initiatives for Society Foundation to 2030*

### MISSION, VISION, GOALS 2025-2030

#### **Mission:**

Creating innovative social solutions that improve the quality of life of residents in terms of health, education, and ecology, and increasing development opportunities for individuals from groups at risk of social isolation and requiring special social support.

#### **Vision:**

Creating a space and managing a network of social services called Podlaskie Therapeutic Gardens, and introducing internationally innovative solutions in Poland that facilitate the functioning and development of every person.

#### **Motto: Your mental and developmental support in Nature!**

#### **MAIN GOAL:**

Developing organizational potential by creating space, acquiring partners, and professionalizing social services.

#### **STRATEGIC GOAL I**

Developing the Foundation's organizational potential

- broader access to the service market,
- expanding business activities with new, innovative services,
- developing human potential,
- developing volunteering,

#### **STRATEGIC GOAL II**

Professionalization

- creating a highly accessible and high-quality social service offering,
- better prepared foundation staff,
- effective partnerships - increasing cooperation with other market entities in Poland and abroad, particularly the business sector,
- a coordinated service delivery system,

#### **STRATEGIC GOAL III**

Flexible resilience

- ensuring organizational security and stability,
- ensuring financial stability – four permanent pillars of financing operations,
- counteracting negative social phenomena,
- reducing negative environmental impact



FINANCED BY THE NATIONAL INSTITUTE OF FREEDOM –  
CENTER FOR CIVIL SOCIETY DEVELOPMENT AS PART OF THE GOVERNMENT PROGRAMME  
FOR CIVIL SOCIETY ORGANISATIONS DEVELOPMENT FOR 2018-2030 CSODev

## *Development Strategy of the Center for Initiatives for Society Foundation to 2030*