



Building Resilience to Climate Change

Workshops for Seniors



Integrated LIFE project "Silesia: Blue Sky Restored". Comprehensive implementation of the Air Quality Plan for the Silesian Voivodeship. LIFE20 IPE/PL/000007 - LIFE-IP AQP-SILESIA-SKY

“Building Resilience to Climate Change” Workshops for Seniors



When: 18 June 2026, 10:00 – 14:00

Where: Municipal Public Library, Branch No. 1, kard. Stefana Wyszyńskiego 8,
43-170 Łaziska Średnie

Host: Anna Kocima, eco-manager of the Łaziska Górne Municipality

The initiative is an official EU Green Week Partner Event.

How can we prepare for increasingly frequent heat waves, sudden weather changes or smog episodes? During the workshop “Building Resilience to Climate Change”, seniors from Łaziska Górne will learn practical ways to protect their health and safety in a changing environment.

The meeting will take place at the Municipal Public Library – Branch No. 1 in Łaziska Średnie and will combine a lecture with interactive workshop activities. Participants will learn about the key challenges related to climate change and how these changes affect the everyday lives of local residents.

Special attention will be given to issues that have a direct impact on the health of older people, including air quality, smog episodes, high temperatures and extreme weather events. Participants will learn how to recognise situations of increased risk, where to find reliable information about air quality and what simple actions can help protect health during periods of heat or smog.

The workshop will also demonstrate that investing in nature – for example through expanding urban greenery, improving air quality or protecting water resources – has a direct impact on the health and quality of life of residents. Such measures, which strengthen the resilience of communities to climate change, are an important part of building a nature-friendly economy, the theme of this year’s EU Green Week.

During the meeting, participants will also be encouraged to share their own experiences and reflect on how the environment has changed over recent decades. This intergenerational perspective will help place climate change not only in a scientific context but also within the everyday observations of local residents.

The workshop “Building Resilience to Climate Change” shows that investing in nature also means investing in human health and the safety of local communities. Knowledge, awareness and good habits can become the most important tools for adapting to the changes taking place in our environment.

The event is organised as part of the project “Silesia. Blue Sky Restored”.



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