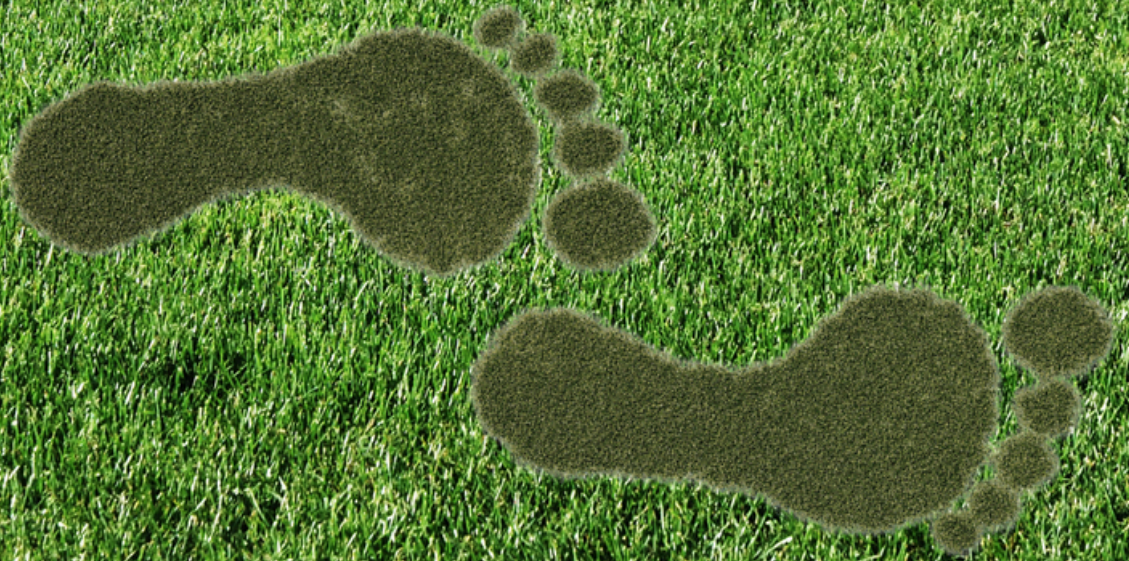




## Move for Nature. Eco Workshops and the “From John to John” Community Run

 EU  
GREEN  
WEEK



Silesian  
Voivodeship

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

*gmina*  
**BOJSZOWY**

## Move for Nature. Eco Workshops and the “From John to John” Community Run



**When:** 14 June 2026, 10:00 – 16:00

**Where:** Volunteer Fire Brigade Bojszowy, ul. Św. Jana 46, Bojszowy

**Host:** Joanna Dudek, eco-manager of the Bojszowy Municipality

*The initiative is an official EU Green Week Partner Event.*

Can sport and environmental responsibility go hand in hand? The event “Move for Nature” shows that physical activity and ecological action can form a perfect partnership. During the community running event “From John to John Recreational Run”, a special educational zone led by the municipality’s eco-manager will be created near the park entrance. Runners, supporters and families will be able to stop by and discover how everyday choices can support nature.

At the eco-manager’s tent participants will take part in short, practical environmental workshops designed to show in an engaging way that investing in nature often begins with simple everyday actions.

One of the workshops, “A Jar Forest for Runners,” invites participants to create their own miniature plant composition in a glass jar – a small piece of nature that can be taken home or placed on a desk. During the activity participants will learn how plants influence our surroundings by improving air quality, increasing humidity and helping reduce temperatures in urban environments. It is a simple yet inspiring example of how even small amounts of greenery can positively transform our living spaces.

The second activity, “A Runner’s T-Shirt Second Life,” focuses on creative reuse. Instead of throwing away worn sports shirts, participants will learn how to transform them into practical everyday items such as shopping bags, shoe bags or small pouches for sports accessories. The workshop introduces the concept of upcycling, showing that reducing textile waste can be simple, practical and creative.

Participants will also discover interesting facts about the environmental impact of everyday products. For example, producing a single cotton T-shirt requires approximately 2,700 litres of water, which means that giving clothes a second life is a meaningful way to save resources and reduce waste.

“Move for Nature” demonstrates that caring for the environment can be a natural part of an active lifestyle. Just a few minutes spent in the eco workshop zone can inspire new habits, while a small plant or a recycled bag created during the event will remind participants that investing in nature begins with simple decisions we make every day.

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



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