Kreisau-Initiative

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krzyżowa
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WHAT'S COOKING

A Taste of the world

Krzyżowa, Poland

20.–26.11.2026





About the project



[What's Cooking?](#) is an international exchange bringing together young people from different countries who are learning or working in the field of gastronomy. Through cooking, sharing and discovering food together, we will explore not only different cuisines, but also the cultural stories, traditions and experiences behind them.

During the project, participants will have the opportunity to share their own cuisine and discover the food traditions of others. We will cook together, exchange recipes and stories, and explore how food can create connections between people who might otherwise have little in common.



But there is more to cooking than recipes!

Through a variety of [practical workshops](#), we will experiment with different approaches to food and gastronomy. We will explore cooking combined with music, discover zero-waste cooking techniques, and get creative in a pastry workshop. Along the way, participants will have the opportunity to learn from each other, develop their professional skills and discover new perspectives on their own field.



The project combines [professional learning, creativity and intercultural exchange.](#) It is a space to improve practical skills, practise teamwork and communication, and discover how something as everyday as food can open the door to culture, history and human connection.

Come with your recipes, curiosity and appetite — and let's discover what's cooking around the world!

Project venue



The place: International Youth Meeting Centre in Krzyżowa is a renowned venue with a long tradition of hosting international youth and educational projects, offering a peaceful and well-equipped environment for learning, sharing experiences, and personal development.

Address:
Krzyżowa Foundation for
Mutual Understanding in Europe
Krzyżowa 7
PL- 58-112 Grodziszcze
www.krzyzowa.pl/en



Accommodation: Participants will be accommodated in shared rooms, ranging from double to four-bed rooms, each equipped with a private bathroom.
The location is accessible. Accessible rooms areavailable.
The venue offers full board and can cater to various dietary needs and preferences. Beside seminar rooms there are is a sports hall and a variety of recreational activities available, including table tennis, foosball, and billiards.
Free WIFI is available.



Programm Draft

Friday, 20th of November
Arrival of participants

Saturday, 21st of November
8:00 - 9:00 - Breakfast
9:30 - 13:00 - Getting to know each other, exploring the place of Krzyżowa
13:00 - 15:00 - Lunch break
15:00 - 18:00 - Introduction to the topic "Food - culture, identity, connection"
18:00 - 18:30 - Evaluation of the day
18:30 - 19:30 - Dinner
20:00 - Welcome party

Sunday, 22nd of November
8:00 - 9:00 - Breakfast
9:00 - 9:30 - Morning round
9:30 - 12:30 - Thematic workshops
12:30 - 13:30 - Planning of the dinner, role's distribution
13:30 - 15:00 - Lunch break
15:00 - 18:00 - Preparation of the dinner, group work
18:00 - 18:30 - Evaluation
18:30 - 20:00 - Common dinner
after 20:00 - free time

Monday, 23rd of November
8:00 - 9:00 - Breakfast
9:00 - 9:30 - Morning round
9:30 -17:00 - Trip to Wroclaw
18:30 - 19:30 - Dinner
after 20:00 - sport activities

Tuesday, 24nd of November
8:00 - 9:00 - Breakfast
9:00 - 9:30 - Morning round
9:30 - 12:30 - Thematic workshops
12:30 - 13:30 - Planning of the dinner, role's distribution
13:30 - 15:00 - Lunch break
15:00 - 18:00 - Preparation of the dinner, group work
18:00 - 18:30 - Evaluation
18:30 - 20:00 - Common dinner
after 20:00 - free time

Wednesday, 25nd of November
8:00 - 9:00 - Breakfast
9:00 - 9:30 - Morning round
9:30 - 12:30 - Thematic workshops
13:30 - 15:00 - Lunch break
15:00 - 17:00 - Final evaluation, summary of the project
17:00 - 20:00 - Common dinner prepared by team and participants
after 20:00 - Goodbye party

Thursday, 26th of November
Departure of participants



Workshops



Zero-Waste Cooking

How can we make the most of what we have?
In this workshop, we will look at food from a different perspective: what we usually throw away might still have plenty of potential. Together, we will explore creative ways to reduce food waste and make use of ingredients that are often overlooked.
Through practical challenges, we will experiment with leftovers, vegetable peels, stems, stale bread and other "waste" ingredients, discovering how they can become something tasty and creative.
The workshop combines practical cooking with a little bit of sustainability – and might change the way you look at your kitchen when you return home!



Pastry Workshop

A little flour, a lot of creativity!
Pastry is not only about following a recipe – it is also about technique, patience, creativity and tradition.
In this hands-on workshop, we will explore different pastry techniques and discover how similar ingredients can create completely different results. Working in small international teams, we will experiment with doughs, fillings, shapes and flavours while sharing ideas and traditions from our different backgrounds.



Fermentation Workshop

Fermentation is one of the oldest ways of preserving food – and today it is becoming an exciting part of modern gastronomy again.
In this workshop, we will discover what fermentation actually is, why people around the world have used it for centuries, and how it changes the taste and character of food. Through practical experiments, we will explore simple fermentation techniques and work with different ingredients.
Along the way, we will discover how fermentation connects science, tradition, sustainability and creativity – and why sometimes the best thing you can do with food is simply give it a little time.



What to bring

Remember to bring your everyday personal items. Here are a few things that will be especially useful during the project:



- Comfortable clothes and shoes for physical activities and short walks.
- Clothing for dance or social events – you'll have evening dance activities, so bring an outfit you'd like to wear.



- Warm layers for colder evenings – it can be chilly and damp in November, so bring a hoodie, warm jacket, or other appropriate clothing.



- Reusable water bottle – tap water is safe to drink, and staying hydrated is important even in colder weather.



Information for partner organizations

- There is no shop at the venue, so participants should bring all necessary personal items with them. In case of urgent needs during the project, we will do our best to provide them.

- The currency in Poland is the Polish złoty (PLN). Card payments are usually accepted at the venue. Money can also be exchanged at exchange offices in nearby towns or along the way if traveling by bus – we can plan a stop for currency exchange upon request. There is a café at the venue where drinks and snacks can be purchased.

- Partner organizations are responsible for the insurance of their participants. All participants should bring their European Health Insurance Card (EHIC). A doctor is available if needed, and the nearest hospital is approximately 15 minutes away



Contact and registration

All participants and group leaders are asked to register by **20 October 2026** via the link below. Project coordination and contact for questions or any kind of support:

Alla Bahlei - bahlei@kreisau.de
+49 (0)30 53 89 31 63 65

Project organizer:
Kreisau-Initiative e. V.

Website

Facebook

Youtube

WE WISH YOU A SAFE JOURNEY AND LOOK FORWARD TO SEEING YOU AT THE PROJECT IN KRZYŻOWA!!

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