

Akade
miasto



**LUBLIN
2023**

EUROPEAN
YOUTH
CAPITAL

What's
UP,
Lublin?
City
Guide



Scan the QR code to get the guide in pdf
and word formats (for e-readers)

Lublin  [®]
CITY OF INSPIRATION



What's UP, Lublin?



table of contents

About the project _ 2

Prologue _ 3

What's the atmosphere? _ 4-5

weather _ general information _ green areas _ education

What's for the people? _ 6-7

regionalisms _ traditions _ tourism _ monuments

How to live? _ 8-9

gastronomy _ public transport _ safety _ support
administrative matters

What's on? _ 12-13

culture _ sport _ entertainment _ institutions _ events

What you give? _ 14-15

volunteering _ activity _ youth exchanges
trainings _ projects

And if no one knows what it's all about? _ 16-17

jobs _ entrepreneurship _ career counselling
scholarships

So what's it's all about, Lublin? _ 17

Who asked the questions? _ 18-19

Epilogue _ 20



Beata Stepaniuk-Kuśmierzak



“What's up, Lublin?” answers a lot of questions about finding your way around Lublin. A group of young people will explain how to take advantage of the city's opportunities and understand them better. Even if you don't feel young, perhaps you will rediscover this state through this publication and understand why Lublin has been named the European Youth Capital 2023.

Beata Stepaniuk-Kuśmierzak

Deputy Mayor for Culture, Sport and Participation
the Mayor's Plenipotentiary for the European Youth Capital 2023

about the project

In the beginning, there was Lublin.

Although Lublin has existed for more than 700 years, it still holds a number of secrets and opportunities that have yet to be discovered. In some cases, people are still lost or confused. This makes it even more important to gather information about finding your way, especially to help those who are studying or learning and looking for career opportunities.

We would like to briefly explain how the guide "What's up, Lublin?" was created. One day, Lublin city officials imagined what it would be like for a group of young people from Lublin to travel out of town for three days. What if they participated in training on social research and the inclusion of young people in activities and events? Could these individuals conduct research among young people studying, working, and living in Lublin, gathering information on what they want to know about life in Lublin in order to help them feel safe and happy, discover their potential, and enhance Lublin's reputation as a youth-friendly city?

Knowing what young people want would make it possible to create a practical guide that answers their questions in both analogue and digital formats, so it can be improved. A guide like this could be interactive and look more exciting than typical brochures with pictures of smiling people and walls of text.

The result of these efforts is now either in your hands or you are browsing it on your phone or laptop. To make this happen, young people spent hundreds of hours in meetings, on computers, and on field trips. Inside you'll find tips on how to move around the city and make the most of your free time.

On behalf of the City of Lublin, the European Youth Capital 2023, and the guide team, we wish you a fruitful search for your answers to "What's up, Lublin?" #LUBLINisYOUth.

See you in the city at joint events/projects!

What's UP Lublin?



Scan the QR code to access links from the chat.



BEATA

Hi everyone! It's my pleasure to welcome you to this group. You all have some connection to Lublin, and know things about it! Your name has been drawn at random from submissions made by young people from Lublin. Congratulations! I am delighted to be working with you on such an important project that could help a great many people find their way around Lublin.

Your task will be to create a brochure that focuses on the question "What's up, Lublin?"



ARTEM

Dobryi den! So the goal is to create a sort of guide around Lublin?



BEATA

Generally speaking, yes, but it's meant to be more of a collection of tips on where to find information about our city, and where to fulfil your needs and dreams. A simple, cool, interactive guide, perhaps with QR codes leading to websites. What do you say?



GOSIA

I'm in!

Just one question: so the main aim is to gather tips for young guys from Lublin?



NATALIA

And gals!



ALEX

Residents of Lublin?



BEATA

Yes, for all those who learn, study, work or spend their leisure time here, or just come to visit. For everyone who stays here longer or just for a brief moment, those who have come here for help and support, and those who plan their future here. It should include information which you and your friends consider important and useful for various groups.

And the most important thing – do it your way!



PAWEŁ

Consider it done!



BEATA

Let us know how it's going after a week. Good luck!

What's the atmosphere?



Scan the QR code to access links from the chat.



GOSIA

Sooo... in theory we have 4 seasons.



ALEX

And here's where things get fun! 'Cos, sometimes in the summer it's like 35 degrees Celsius in the shade and then bam! – 21 plus rain. Getting outside is a daily struggle – how to dress so you don't sweat or get cold.



GOSIA

Also, whether or not it pays off to take an umbrella. It's that kind of atmosphere!



ARTEM

I've even found a tool for measuring Lublin's air quality



I think it's more about the vibe of the city, its character. But hey, you're right @Alex – Lublin knows how to have fun! :D



PAWEŁ



NATALIA

When I think about Lublin's vibe - I think students! They also say it's cosy and compact. That the city is neither too big nor too small, it's easy to get everywhere. And it has an eastern vibe – they call us "The Gateway to the East"!

Plus, it's #TheCityOfInspiration and European Youth Capital :o



NATALIA

The Silicon Upland! 🤪



ARTEM



GOSIA

Well, we definitely have Czechowskie Hills!



PAWEŁ

After all, it's the biggest Polish city east of the Vistula river.

And the 9th largest city in Poland - a map could come in handy



ARTEM



MOTOR
LUBLIN

It's also the city of the yellow-white-blue Billy goat!



PAWEŁ



Yeah, that's right.

Offtop – are y'all aware that Lublin's been fighting for access to the sea since 2014?



Baltic Lublin sounds epic! But having Zalew Zemborzycki lake nearby is still cool.



ALEX



And the Concert Shell!



And lots of greenery – parks, gardens, the Czuby gorge, meadows, Stary Gaj forest, the open-air village museum...



GOSIA

And the neighbourhoods! They're some of my fave places to visit.



ALEX



And have you noticed how much graffiti there is?



PAWEŁ

Yeah, my friend, another student is into it too – it's called the Meeting of Styles – a graffiti festival that travels around the world! They're nailing it there!!



ARTEM



Bud, they're nailing it in skate parks... headlong at full tilt! :P And it's sweet that there are several places to skate



ALEX

You can also floor it in the People's Park, Park Ludowy.



PAWEŁ

What's the atmosphere?

Hey, guys, how about we also add some basic facts about the city?

- Around 340 thousand inhabitants in 2022
- 65,000 students at public and private universities, where around 13% are foreigners. We have Maria Curie-Skłodowska University, the Catholic University of Lublin, the Medical University, the University of Life Sciences and the University of Technology.

Source: polskawiczbach.pl



NATALIA

Here's a list of all Lublin universities.



ALEX

And here's a list of schools!

I wonder how many people will live in the city when someone reads this in 3 years



PAWEŁ



GOSIA

In 2030, or even further in the future. There's even something like this in Lublin

And I'd like to find out how many people left Lublin after graduating.



ARTEM



GOSIA

And how many have returned to stay. Here's the data from The Polish Central Statistical Office



NATALIA

Take a look at recent surveys on how young people feel about Lublin:

The fact that many old buildings are still standing in Lublin really appeals to me. You don't see thousands of ultramodern skyscrapers.

- Metropolitanism combined with a kind of familiar, comfortable tranquillity, lack of frenzied rush – that's what Lublin is to me.

It's where I was born and where I live. I get involved in various city-related activities as much as possible. For me, Lublin is a city with huge potential that's not yet fully used.



ALEX

There you have it!

It'd be good to find out more – I'm adding some of my own questions to the doc.

What's the ETA for more night service? Is there a reason the lantern by the bridge is always on? How many benches are there in Lublin? What's the Lublin Castle afraid of? What do most people think Motor is: speedway, football, or transportation? Where are the best spots to catch pokemons?

How long would it take you to walk across the entire city.



PAWEŁ



ALEX

Paweł, what's for the people? :D

What's for the people?



Cebularz



PAWEŁ



ALEX

and brejdak



ARTEM

brejdak means brat, brother. Siora is siostra – sister. I think this is something they only say in Lublin.



ALEX



NATALIA

Z brejdakiem w ciapach na dwór :) Wear slippers and go outside with your bro. Roger that!



And then take a trajtek – trolley to the Bystrzyca river. See a match of Motor, Lublinianka, Start or MKS. Hey, you know what? I've stumbled across this [list of sports clubs that are active in Lublin](#) – enjoy!



PAWEŁ

This is awesome. There are rugby and American football teams in Lublin? I didn't know that!



ARTEM

Lublin also means tradition to me. Did you know Lublin was home to a lot of cultures and religions? Throughout history, Jews, Ukrainians, Germans, the Roma, Tartars, and Italians all lived here. There's a very cool [multicultural trail](#) that leads you to Orthodox churches, palaces and the site of the former synagogue. [Here's a description and a map.](#)



NATALIA



GOSIA

Thanks! So is this why we have that huge, circular screen in Litewski Square connecting us with peeps from Vilnius?



Scan the QR code to access links from the chat.



They call it a "portal" and, all in all, I guess that was the idea of the Polish-Lithuanian Union. And after all, the Union was signed in Lublin. Here's more about the history of the Gateway to the East.



I'm drawn to the Union of Lublin Monument. And the Castle with the lion statue out front, which refers to Lviv!



When we don't know where to meet up with the gang, we always end up "under the lion". :D And check out the underground route! It's wicked! 🐾



Y'know, initially I was a bit shocked at how much there is to see! The Old Town is awesome, and reportedly unique. Well, that's 'cos it's not like some run-of-the-mill concrete squares in other cities. You've got alleys, tenements, and art installations. It's amazing. But there's lots more dope stuff: The Grodzka Gate, the Cathedral, po Farze Square. The Hartwig Alley is simply fab in spring. And there are tons of cool bars and restaurants all year round.



If you need info, there are several information points in the city, like the Tourist Inspiration Centre and the Lublin Tourist and Cultural Information Centre.



Y'know, as I'm in a wheelchair, I prefer apps. There's "Turystyczny Lublin" / The Tourist Lublin. It's full of tips and advice about sightseeing, events, accommodation and food. Plus, it has an AR module that takes you back in time to see monuments that disappeared from the city a long time ago.



Here's the lowdown on the major attractions!



We also have very cool shopping centres.

I had a blast walking around the city with a special tour guide – check this out: there are 70 different routes! My girlfriend and I have already gone four times and we love it.



Oh yeah! And that's what Lublin makes me think of – tons of tourists!



Old Town **cebularz** Saxon Garden
Litewski Square The Lublin Castle with the Museum **Hej!**
 H. Ch Andersen Theatre **Falkon Fantasy Festival**
The Old Grove portal fountains students
 Aqua Lublin **Cavaliada Lublin** Zemborzyccki lake
 State Museum at Majdanek **Arena Lublin**
 open-air village museum stadium **Labirynt Gallery**
Motor Lublin brejdlak **Juliusz Osterwa Theatre**



Ok, let's make a tag cloud! What comes to your mind when you think of Lublin?

@Artem so, brejdlak, kajtniesz się ze mną trajtkiem?
 So, bro, wanna take the trolley with me?



Ehhh...I don't understand Polish perfectly, let alone Lublin speak :D How to live?



How to live?



That's how you gotta live. 😏

flâneur – a connoisseur of the street—a highly observant urban wanderer who combines a reporter's eye with reflection and deeper philosophy; a literary term.



Travel around the world, Poland and Lublin.



I have so much to do today...

hey, come on, focus. What does one need to know to live here?



What to eat?



You can check out Lublin's restaurants and bars here

or on pyszne.pl



Sorry, but in Lublin there's no better food than your mom's. 🥰



Or the food you make yourself – preferably within a few days after payday :D



Meat, no meat, gluten-free – it's getting more and more diverse. All that matters is to eat well 'cos you are what you eat.

What does it mean to eat well?



🌱🍷 preferably unprocessed stuff, proper hydration, regular meals, probiotics, prebiotics - those kinds of things...



Scan the QR code to access links from the chat.



but Lublin flavours are also great: the vorschmack stew, cebularz, pierogi, schabowy [breaded pork cutlet]. Remember that Lublin is multicultural with a fusion of cuisines: Polish, Borderland, Jewish, European, oriental.

NATALIA

So there's something for everyone. 😊



ARTEM

You can also share food, for instance in **foodsharing points**.



PAWEŁ

How to get around?



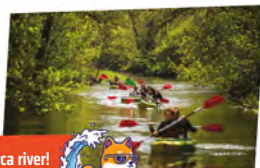
Which route should you take, and do you take the bus or the trolley? Maybe a taxi?

NATALIA

In Lublin, many peeps just walk. :P



ALEX



Kayaking on the Bystrzyca river!

GOSIA



There are so many ways to get around! You can bike, scooter, skateboard, or roller skate! Someday, maybe we'll even have jetpacks!



PAWEŁ

SO EXCITED!!!!



NATALIA

How to get to and out of Lublin – you can check that here



GOSIA

For public transport – MPK, it's best to check their website or the app "Jak dojadę?"



NATALIA

It's worth getting the Lublin City Card. It's always a few pennies off and you can do everything through the Lubika passenger portal. And here's a travel planner.

City bikes are my favourite means of transport. Here's some info.



PAWEŁ



GOSIA

And here I thought you'd say Ziutek or Gutek



ARTEM



GOSIA

The historic trolley and bus service for tourists.



ALEX

And I've already passed my driver's exam at WORD – the provincial driver training centre. There are still some formalities to go through, tho.

How to feel safe?

For instance at a club. Any advice?



ALEX



GOSIA

Make sure at least one person knows where you're going.

Keep your drinking glass close by. If you're going dancing, don't leave the drink behind.

Don't carry valuables and don't leave your handbag unattended.

Once you're in, check out the emergency exits.

Stay close to your friends.

What about the streets?



PAWEŁ



NATALIA

Stop scrolling when you're crossing the street.

Stay alert if someone's following you. Stick to groups of people.

If you're following someone and they seem uncomfortable, just pass them. ;-)

Look around a lot and look ahead.

Keep emergency numbers on speed dial.

Pick well-lit places with lots of traffic. Take someone with you if you're walking at night



You should also carry pepper spray, even if you don't use it.



Tips on how to stay safe on public transport would also be helpful.



Mind your personal space and that of others.

Be extra careful when getting on/off the vehicle.

Beware of pickpockets! Don't keep money and documents together.

React and help! If you see anything troubling, tell the driver or call 112.

And if you need to help someone, here's everything you may need.



how to feel well?

Health comes first!



Therapy. Even if it's not always cool during or after, such an insight gives you so much.



Therapy. Even if it's not always cool during or after, such an insight gives you so much.

That's important!



Take care of yourself and your health — including mental health

I think everyone's gotta figure out what works for them.



But you don't have to figure it out on your own. There are many forms of support, including individual counselling, group therapy, focus groups, and just talking to family and friends, or listening to music alone on headphones. Here is a list of free counselling resources.

Are you aware you can get help without getting up?



Well yeah – by calling certain helplines, let's make a list:

116 111 - a helpline for kids and teens of the Dajemy Dzieciom Siłę Foundation
800 12 12 12 - Children's Rights Commissioner's helpline for kids and teens
733 588 900 - Crisis Intervention Centre
112 (urgent help, if your life is in immediate danger)

Helplines available 24/7

Here you go:



What if they just tell me to go running?

They won't, they will focus on what you need.



What if they just tell me to go running?

BTW, I wanna share something with you. Here are some things you hear a lot that don't help:

- > Don't feel sad
- > Others have it worse
- > Think positive
- > It's gonna be better

- > Don't get hysterical
- > Don't exaggerate
- > Life sucks for me too
- > It'll be ok



Supporting someone else ain't easy either. Shame schools don't have classes on "How to support yourself and others"





Hell yeah!

Life is fun when you have interests. Drawing, sport, dancing, people, books, films, TV shows, theatres, visuals, games, cooking, music, playing, concerts, fashion, knowledge about culture, the world, and yourself...



how to search the Internet

Put something in "quotation marks" to find the exact word, phrase or sentence on a website. If you're setting up a Facebook page or a business, it's a good idea to use this to check if anyone else has already used the name you want.

Type "Lubin OR Lublin?" if you're not sure which of the two options you want — when you add OR between two phrases, you get either, so using the operator will clear up any confusion. AND works in a similar way.

Type: "Filetype: pdf recipes" to find all files with that extension.

Type: "related: lublin.eu" to find similar websites.

So maybe it'd be cool to add tips on how to find stuff online.



How to handle administrative matters?

That was very important to me right after I got here. Many of my foreign friends are looking for this kind of info now.



Homo Faber has a cool website that explains everything. They've got a list of offices and various procedures, like registering your residence, legalising your stay, working, etc. Definitely recommend it!



Btw, they do amazing work for equality! 🇺🇪



Here are a few organisations that help foreigners.



You can find the Information Desk for Foreigners at Wieniawska 14. Go there for help and information on benefits, data, and procedures. Service is conducted in Polish, English and Ukrainian

And this is where residents can handle administrative stuff.



With this, you can take care of all the administrative matters in just a few clicks.

Thanks! 👍



I think we now know how to live.



I'm nearly 30 and I still don't know! My grandpa always said: live so that in your old age you can say "And in my days..."



Live to make yourself happy, because you can't satisfy others anyhow 😊

Or: live your life in a way that makes talking about it embarrassing, but remembering it fun. 😊



You just need to embrace it and that's it. I've always believed that you need to be here and now and know what's on...



What's On?



There's a lot on! You know, all those big festivals - Different Sounds, Night of Culture, Carnival Sztukmistrzów and Re:tradition -The Jagiellonian Fair...spoiled for choice! ;-)

You can also watch live what's going on in the city.



You'll sometimes see pretty decorations.



I prefer smaller gatherings.

Districts have smaller events.



We used to do fun stuff as part of the "Districts of Culture" programme. The projects can be done by organisations and residents, or organisations together with residents. [Here's the link.](#)



They once made graffiti together with residents in my neighbourhood. By the cultural centre.



You mean the one in Węglin?

Bronowice



Are there any in Czechów?



Yep, in Czechów and Tatory, Kalina, several in Czuby and LSM. There are many institutions in the city centre: Centre for Culture, Workshops of Culture, Labirynt Gallery, the Centre for the Meeting of Cultures and if these aren't your cuppa tea, then try public libraries. There are about 30 in total. Some are really chic and aside from books offer audiobooks, board games, workshops. Welcome to the new era!



Scan the QR code to access links from the chat.



I think there are more than 30 ;-) See here @Alex - here's a [map](#)
And of course, we've got theatres.



And **The Lublin Philharmonic!** 🥰



ZOOM usually helps me figure everything out. A detailed list of events for every month. [Check it out here.](#)

But there's also a lot of information on the [city's website](#).



And here's their [Facebook page](#) - they regularly post event schedules.



People with disabilities are getting more options, which is important. Culture is being made more accessible. [Here's some stuff you can read about.](#)

Oh yeah, I heard about it - I think in the Chatka Żaka academic cultural centre. It's a really cool place too, with tons of fun activities for students from all corners of the world.



And the University of Life Sciences is very close! Very cool complex.



Lublin has complexes?



Sporty ones.



Come on, man. You've got Arena Lublin which can hold 15 thousand spectators and there are sport halls. We've got AQUA Lublin and other pools, several dozen [Orlik sports complexes](#), and football fields



Don't forget **ACSS**. The Academic Sports Training Centre is all right too. But that's for the more ambitious, more for a competitive challenge.



For me - a wheelchair user - it's climbing the second floor that's the challenge. But I'll think about it. 😊

there are also many local outdoor gyms. There are street workout and parkour sites. Lots of stuff like this! You can also ride bikes. There are some great bike routes. You can also choose "nothing's on". Just grab a blanket and chill out. And in winter: sleds in the gorges - seriously!



[Here](#) you can find out what's on in Lublin sports.



Sleep is more my thing. There's a lot going on then, too!

And where to go at night?



There's a lot going on at house parties

and in the city, obv.



There's a lot on the computer, at the table or the board, whenever we play something.

And what are your fav spots to chill on the day?



The city, the parks, the neighbourhoods. Recommend **Labrynt's Basement**. Beautiful people, don't need to worry who or what your stories are. Often meet up there for tea and gossip.



I usually just chill out doing volunteer work.

What you give?



What - you give?



GOSIA

In life I take a lot of tasks on myself, so this time I give something. Here's a list of organisations that work for Lublin and its residents. Often even the whole world or further. 😊



NATALIA

Even helping one person reach their potential is awesome! ❤️



ALEX

Or animals in shelters!

or when people meet and do cool things together, for themselves, others, the community. You can give a lot.



ARTEM



PAWEŁ

So – volunteering? You work for free, yeah?



GOSIA

Yeah, volunteering doesn't pay, but it's golden! You learn a lot, meet cool people, and you don't stand still! It's just a matter of finding out where, how, and why. Then try it.



NATALIA

Sometimes you can organise your own events, devote your time and attention to children and adults, join a research club at the uni, or spontaneously initiate an action like heading to a forest to collect trash together.



GOSIA

Well, and we're long past the days when you had to brew coffee for people. These days, you make your own coffee.



ALEX

Speaking of coffee, look – I've just discovered a cool place. It's called Hej! It was created as part of the European Youth Capital and when you walk in you say "Hey". You can visit Mon–Fri from 10.00 a.m. 'til 8.00 p.m. There's tons to do: learn remotely, do your homework, read, play board games, or meet up with friends. There are always some workshops, meetings and events for people aged 10 to 30. Definitely recommend – the vibe is awesome! Let's add it to the list.



PAWEŁ

There's also that place by Ikea where you can play console games, and there are selfie spots and workshops. It's pretty cool. Miejscówka is the name!



Scan the QR code to access links from the chat.



NATALIA

Globus at Kazimierza Wielkiego 8!

Yeah, that! There's this cool place called Spilno (Ukrainian: together). You can speak Polish, Ukrainian, and English. All thanks to UNICEF's help.



GOSIA

All right, and what about foreign exchanges? I've been on one and it's great.



ALEX

What's this option?

You can really give your all here. When you're on a youth or student exchange, you can run your own workshops, meet people from other countries, and practise your English. You can train on any topic you want, usually in an international group. You've got funding for this, too.



GOSIA



ALEX

And how do you find them?

Ask around at school or uni if anyone's involved in Erasmus+ or similar programmes. Eurodesk knows foreign projects and will tell you where to find them, or you can set up a meeting to discuss your plans in person. You can reach them [here](#).



GOSIA

I also use Salto!



NATALIA

And there are groups on Facebook.

Cool, but I'd like to do something in my own way. @gosia, you've been saying you could do that. What's up with that?



GOSIA

Look, it's best to get involved somewhere (see the list above) and that's where you'll most often hear the question "so what are we doing?" Write to 2023@lublin.eu and ask what you can do. Quite often, Lublin's City Office posts stuff [here](#), too.

What you give?



ARTEM

And do you guys remember that place in where you could ski not long ago?



NATALIA

Then there's the Civic Budget. Every year, residents can submit ideas to make Lublin better. Then everyone votes for their favourite!

A year ago, we had a project to revitalise the yard in front of our block, where we planted trees with a group of other peeps. The organiser told me it's all part of the Green Civic Budget.



ARTEM



ALEX

I've also found this on the web

That's right! Take a look at the School Civic Budget! It helped us do an advertising spot with pouffes at my school!



PAWEŁ



NATALIA

Best to ask Teatrikon or the Social Participation Office about such stuff, 'cos that's what they focus on.



GOSIA

Almost forgot — you can join the Youth City Council of Lublin or work with the Student Council! And there's the Academic Lublin initiative — check out their deal!



NATALIA

You can also contribute to research, give feedback and that's also how you give something back to the world.



ALEX

Awareness!

You can sing, play instruments at home, on the stage or in a gate, you can dance, write poems, juggle. You can do anything...



ARTEM



GOSIA

Yeah, there are so many options, not just in LBN. It'd be nice to have more days in the year...but ultimately, in order to give, you also need to take. Remember to take care of yourself



ALEX

And of course you need to provide for yourself somehow.

And what's that all about?



PAWEŁ

And if no one knows what it's all about...



Scan the QR code to access
links from the chat.



ARTEM



GOSIA

Yeah, exactly.



NATALIA

Money is one thing, but clearly it's also about entrepreneurship.



ARTEM

How do you understand it?



NATALIA

Entrepreneurship involves thinking ahead and having the courage to move forward.



PAWEŁ

Deep :D Well, in other words, it's about how to secure your future, including cash.



GOSIA

Anyone knows how? 😊



NATALIA

Although it seems hard to do in Lublin, you can do it. Think about what you want every day, and go after it. You'll find a job if you look for challenges and try. Sooner or later, your skills and knowledge will be needed.



GOSIA

Yeah, that makes sense. Let's add some info on Lublin's key sectors, though, you know, there's no rule!



NATALIA

You can also just wander, search. I don't think you have to plan, like, everything. The job market is dynamic.



So what it's about, Lublin?



At least deal with expenses...



Again, you don't need to do it alone. There are career advisors and services. Here's a list.



They even created a job search engine for the Lublin region.

And is there somewhere you can plan your scholarship?



Right here @Artem



and here, if you're not studying yet or don't plan to.



You can also find out what European Funds are available, you can get extra funding (like for business) or train for free.

Or you can also look for internships in another European country.



In that case, we must mention Employment Agencies and their levels: municipal, district, provincial.

So many places to find advice and tips, perhaps we're just afraid to ask :)



Well, young people simply grasp and deal with a lot of things in the city. @Lublin is Youth keeps posting about it!

The main thing is that when there's dough, it's easier to know what it's about!



Ultimately, it's about what you find in Lublin yourself.



Exactly. You just need to cut yourself some slack and trust that if you try different things and activities, you'll definitely find your way.

Well, I just hope that what we've put together will help people. ;)

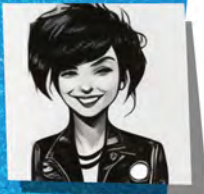


Wasn't easy but gotta say – great job.



Meanwhile, I've put everything under QR codes so nothing gets lost. So, @Beata, would you say this was the point?





Alex

A student in the second year of high school who plays percussion. A curious explorer who commutes to Lublin every day. Doesn't like crowds but loves sharing memes.



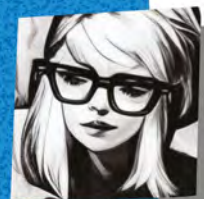
Paweł

A student in his eighth year of elementary school, living in one of Lublin's older neighbourhoods. An athletic, social soul who prefers playing shooters to studying. Likes joking around, supports local sports teams and spends his free time practising parkour and listening to Polish rap.:D



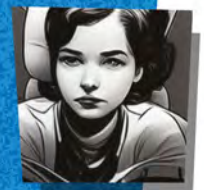
Artem

a Ukrainian-born third-year IT student who has lived in Lublin for three years. Active in hackathons and game jams, speaks fluent Polish and English, and lives in a privately rented apartment. He's tried his hand at start-up activities.



Gosia

a first-year accounting and finance student from outside the Lublin region who just moved to the students' halls. A top student who likes to get involved, takes advantage of the opportunities of European programmes, and runs an Instagram about good food and well-being. Would also like to speak foreign languages more proficiently.



Natalia

a young adult with a physical disability who graduated with an M.A. in environmental protection and a bachelor's degree in English. She has 2 cats and lives with her fiancé. Works as a secretary for an IT company. She is outspoken and firm.



Beata

The Deputy Mayor for Culture, Sport and Participation is the Mayor's Plenipotentiary for the European Youth Capital 2023. In private, she's a mom of two. In her free time, she enjoys being active with her family, including taking trips outside the city and cycling. Being a fan of Lublin's culture and sports, she frequently attends cultural events and matches organised by Lublin teams, which she has supported for years. She often combines her role as a mother with her professional work, so Staś and little Oleńka are the youngest art lovers and fans of Lublin sports.

Who asked the questions?

Who asked the questions?

Before our protagonists started asking and searching for answers about what should be included in the guide, young people - students and employees - were consulted. Our inquiring researchers were first trained by the Lublin Research Group (Lubelska Grupa Badawcza) in conducting social research in Kazimierz Dolny, then ventured out into the field. The group consisted of students from Maria Curie-Skłodowska University in Lublin (mainly from the Faculty of Pedagogy and Psychology). We'd like to thank them for contributing to the guide.

Find out who they are:

Przemysław Celiński	Złata Mysko
Paulina Gieroba	Gabriela Nieradka
Paulina Górecka	Maria Panasiewicz
Magda Górską	Monika Parfianowicz
Aleksandra Kadej	Barbara Pasowicz
Agata Kiełbik	Olga Paździór
Karolina Kołodziejczyk	Aneta Peichert
Patrycja Król	Agnieszka Plewik
Marta Kuraszko	Dominika Skiba
Aleksandra Kwiecień	Melania Sowa
Katarzyna Latuszek	Małgorzata Staniak
Natalia Majcher	Kaja Szach
Zofia Masłowska	Karolina Szczygieł
Artur Mastalerz	Darya Tsekhanovich
Ida Mastalerz	

Additional research material was collected through an online survey of 344 young people associated with Lublin - from schools, universities, sports clubs, cultural institutions and those who simply wanted to share information. Thank you for taking the time to help. In the survey and during the interviews, we asked the respondents the following key questions:

- What should the guide/information book "What's up, Lublin" for young people be like?
- What would young people like to learn from this guide/information book?
- What topics might be of interest in such a guide/information book?
- What do young people want to know about Lublin?
- Which information do they fail to find?
- What's the most suitable format for the guide?

Thus, a tailor-made guide was created, with young people guiding the process. Thank you to everyone who helped create it and answered key questions about Lublin!

Epilogue

Although this publication is packed with information, there's still much to learn about the city. As our protagonists couldn't tell us everything, we encourage you to ask questions and explore answers to get a better sense of the city.

We're leaving blank space in the printed guide so you can write down your thoughts and important numbers and mark places to see in Lublin. We also encourage users of the interactive version to submit their ideas for adding to "What's up, Lublin?"

See you in the European Youth Capital – for details and news about upcoming events, visit

@Lublin is YOUTH



notes

.....

.....

.....

.....

.....

.....

.....

.....

.....


.....



Scan the QR code
to access the online form

Publisher: Lublin City Office
Office of Social Participation
Peowiaków 11
20-007 Lublin
tel. 81 466 25 65-66
2023@lublin.eu

www.mlody.lublin.eu, www.youth.lublin.eu, www.lublin.eu/partycypacja

 Lublin is Youth  [lublin_is_youth](https://www.instagram.com/lublin_is_youth)  [lublin_is_youth](https://www.tiktok.com/@lublin_is_youth)

ISBN 978-83-67655-01-9

Produced by: Fundacja Zamek Bełżyce

Social research conducted by: Lubelska Grupa Badawcza / Lublin Research Group

Content written by: Urszula Lewartowicz, Dawid Reja

Edited / Proofread by: Katarzyna Plebańczyk

Consultations (text): Emilia Rumińska

English translation: Małgorzata Stanek

Ukrainian translation: Andrij Saweńc

Partner: Faculty of Education and Psychology Maria Curie–Skłodowska University

Graphic design: Paweł Batyra | batyra.pl

The guide is part of the civic education initiative "Akademia Miasto" / "City Academy", which is part of the European Youth Capital Lublin 2023. The publication was funded by the City of Lublin.



This publication is licensed under
Creative Commons Attribution 4.0 International (CC-BY-4.0).



Akade miasto



mlody.lublin.eu