

POLAND

MAIN TOPIC	SPECIFIC TOPIC	ORGANISATION	CONTACT	WEBPAGE	GENERAL INFORMATION
OUR HEALTHY FOOD					
	Standards of proper nutrition	Instytut Żywności i Żywienia / Food and Nutrition Institute	ul. Powsińska 61/63, 02-903 Warszawa, tel. 22 55 09 771, faks 22 842 11 03	http://www.izz.waw.pl	Research, development and advising center. Sets out the principles of proper nutrition and standards.
	Principles of healthy food	Narodowe Centrum Edukacji Żywnościowej/ National Centre for Nutrition Education	ul. Powsińska 61/63, 02-903 Warszawa, tel. 22 55 09 771, faks 22 842 11 03, e-mail: kontakt@ncez.pl	www.ncez.pl	Centre created on the initiative of the Institute of Food and Nutrition project. Preventing overweight and obesity and chronic diseases through public education on nutrition and physical activity. Source of information based on current scientific research (Polish and foreign).
	Food as a medicament	Wydział Nauk o Żywieniu Człowieka i Konsumpcji Szkoły Głównej Gospodarstwa Wiejskiego / Faculty of Human Nutrition and Consumer SGGW	ul. Nowoursynowska 159c (Budynek 32), pok. A64, 02-776 Warszawa, tel. 22 59 37 010, faks 59 37 015, e-mail: dwnzck@sggw.pl	www.wnzck.sggw.pl	One of the few institutions in Poland academics, whose profile and research focus on a diet in the prevention and treatment of diseases, shaping the quality, nutritional value and health safety of food, consumer protection and education.

	Certified Nutritionists	Polskie Towarzystwo Dietetyki / Polish Society for Nutrition	ul. Nowoursynowska 159C, 02-776 Warszawa, tel. 22 59 370 21, e-mail: biuro@ptd.org.pl	www.ptd.org.pl	The Society brings together qualified nutritionists. Deals with education, nutrition, disseminates knowledge of dietetics through the mass media, works with institutions and social organizations and NGOs.
	Food in maintaining health	Fundacja NUTRICIA/ Foundation	ul. Bobrowiecka 6, 00-728 Warszawa, tel. 22 55 00 087, 55 00 097, e-mail: biuro@fundacjanutricia.pl	www.fundacjanutricia.pl	The organization, whose mission is to protect, promote and provide health through nutrition. Dissemination of knowledge in the field of nutrition in society for greater awareness of its role in maintaining health.
	Innovative culinary programs - workshops	Fundacja Szkoła na Widelcu/ 26/5000 Foundation school on the fork	ul. Racjonalizacji 5/102, 02-673 Warszawa, tel. 792 334 312, e-mail: info@szkolanawidelcu.pl	www.szkolanawidelcu.pl	The Foundation develops and implements innovative educational programs cooking for children, parents, teachers and staff canteens combining theoretical and practical classes. Works to improve nutrition of children in schools and kindergartens, teaches you how to eat healthy and tasty.
	Recipes for healthy eating shop with thematic brochures	Platforma Sztuka Odżywiania / Platform of Art Nutrition	tel. 732 707 332 mail:info@sztukaodzywiana.pl	www.sztukaodzywiana.pl	A place for people for whom healthy diet is important. Motto platform: it is important to know. On the platform are the rules, topical articles and shop with publications devoted to the theme of healthy eating.
THE RESPONSIBLE CONSUMER					

	ABC of waste segregation	Ministerstwo Środowiska/ environment Ministry	ul. Wawelska 52/54, 00-922 Warszawa, infolinia (+48) 222-500-136	www.mos.gov.pl	ABC of waste segregation. In July 2017 new rules come into force. The are described in detail on the website of the Ministry of the Environment
	Consumer rights, legal regulations dangerous products	Urząd Ochrony Konkurencji i Konsumentów/ Office for Consumer Protection	plac Powstańców Warszawy 1, 00-950 Warszawa, tel. +48 22 55 60 800; e-mail uokik@uokik.gov.pl	www.uokik.gov.pl	The Office leads, among others, actions to protect the consumers right. He oversees a general product safety. An important part of the activities is consumer education and consumer advice.
	Buy products which are not harm people and the environment	Związek Stowarzyszeń Polska Zielona Sieć/ Union of Associations Polish Green Network	ul. Raszyńska 32/44, lok. 140, 02-026 Warszawa tel. 22 892 00 86 fax: 22 892 06 14 e-mail: info@zielonasiec.pl	www.zielonasiec.pl	A nationwide association of environmental organizations, leads and participates in numerous campaigns, including campaign about responsible consumer and climate change.
	List of products that one should not buy and why	Fundacja Kupuj Odpowiedzialnie/ Buy Responsinbly Foundation	ul. Sławkowska 12, II p. oficyna, 31-014 Kraków +48 604 478 418	www.ekonsument.pl	A nationwide organization working in the topic: responsible consumption and production. Publishing handbooks, reports, educational materials. information about cproduction of clothes, shoes, fruit, food, toys, wood and paper, electronics, waste production, consumer rights, fair trade, including lesson plans for teachers and educational brochures for children and adolescents.

	What is "Fair Trade" and why is it important	Fundacja "Koalicja Sprawiedliwego Handlu" Fairtrade Polska	ul. Sławkowska 12, II p. oficyna, 31-014 Kraków +48 604 478 418	www.fairtrade.org.pl	The Foundation promotes fair trade "Fair Trade" principles guide where and what to buy, regulations, ecological and social value of fair trade.
TREES					
	Conflict case related to trees	Fundacja EkoRozwoju	ul. św. Wincentego 25 A, C, tel/faks 71 343 60 35, 324 17 41, e-mail: biuro@eko.org.pl	www.fer.org.pl	The organization works to protect the environment and sustainable development. Developed a program to protect the trees along the roads "the Way of Nature" and activating people to protect the trees - "Citizen guard for trees". It teaches, advises, intervenes.
	Trees at schools (planting)	Fundacja Ekologiczna „Silesia”	ul. Łabędzia 10, 40-521 Katowice, tel. 510 208 997, 510, 208, 999, e-mail: biuro@fundacjasilesia.pl	www.fundacjasilesia.pl	The organization runs, organizes and finances the project "Plant your own tree". Participates in construction of more than 2000 education gardens and arboreta to study biology, wildlife and environmental science.
	Threat from forest management	Fundacja Dziedzictwo Przyrodnicze/ Natural Heritage Foundation	ul. Mickiewicza 44 lok 5 / 37-700 Przemyśl, porady prawne: spk@przyrodnicze.org, tel. 609 008 039, e-mail: biuro@przyrodnicze.org	www.przyrodnicze.org	The organization is working to protect the protected species - bears, wolves, lynx and wildcats, many rare species of birds. It works to stop felling the last fragments of Carpathian Forest. Informs about the potential threat of forest management using Geoportal www.straznicypuszczy.pl
	Legal advice and intervention in tree protection	Stowarzyszenie Ekologiczno-Kulturalne Klub Gaja	ul. Nad Wilkówką 24, 43-365 Wilkowice, tel/faks 33 812 36 94, e-mail: klubgaja@klubgaja.pl	www.klubgaja.pl	The organization provides legal advice and support interventions in the field of environmental protection.

	Principles of tree care	Natural Forest Foundation	ul. Królowej Jadwigi 13/21; 11-500 Giżycko, tel. 737 68 56 93, e-mail: fundacja.las.naturalny@gmail.com	http://www.fundacjalasnaturalny.pl	The Foundation engages in public activities aimed at social and cultural changes for the improvement of the environment.
	Good practices in tree planting and care	Międzynarodowe Towarzystwo Uprawy i Ochrony Drzew/ The International Society for the Protection of Crops and Trees	ul. Moniuszki 12/8, 87-100 Toruń, tel/faks 55 692 60 60, 606 786 093, e-mail: biuro@polskiedrzewa.pl	www.polskiedrzewa.pl	The organization raises the intercultural awareness about trees, provides education in planting and protection of trees. Intervenes in cases of promotion or the use of bad practice of cultivation and protection of trees.
ATTENTION CHEMICAL PRODUCTS					
	List of safe products and hazardous to health and the environment	Fundacja Kupuj Odpowiedzialnie/ Buy Responsinbly Foundation	ul. Sławkowska 12, II p. oficyna, 31-014 Kraków +48 604 478 418	www.dobrezakupy.ekonsument.pl	National organization for responsible consumption and production, and human rights. Informnig about who and under what conditions is producing the products that we buy every day, if the production do not affected humans, animals and the environment, and helps to look for ethical and ecological alternatives.
	How to avoid chemical products in everyday life	Akademia Witalności/ Academy for Vitality	contact by website	www.akademiawitalnosci.pl	The site for people who want to be healthy, who want to live in harmony with nature. House without chemicals, cosmetics without chemicals, healthy nutrition, healthy recipes, acid-base balance, allergies, like homemade remove the remnants of pesticides from vegetables and fruits.

	Dangerous pesticides to bees, humans and the ecosystem	Fundacja Greenpeace Polska	ul. Altowa 4, 02-386 Warszawa, +48 22 659 84 99, +48 22 851 26 42, e-mail info.poland@greenpeace.org	www.greenpeace.org/poland/pl	The organization focusing on global threats to biodiversity and the environment. One can find information threats of pesticides to rainforests, oceans, to bees, humans and the ecosystem.
	Dangerous pesticides to bees, humans and ecosystem; ecological house and garden	Portal ekologiczny/ ecological portal	contact by website	www.ekologia.pl/wiadomosci/srodowisko	Ecological portal dedicated to various issues concerning the environment, among others ecological solutions for the home and garden, eliminating chemicals in our environment. Pesticides dangerous for the environment and human, ecological house and garden.
THE AIR WE RESPIRE					
	Daily data on air pollution in Warsaw and Mazovia region	Stowarzyszenie "Zielone Mazowsze"/ Association "Green Mazovia"	ul. Koszykowa 67 lok. 21, 00-667 Warszawa, e-mail biuro@zm.org.pl, tel./fax (22) 621 77 77	www.zm.org.pl	The organization strives to improve the quality of life of warsaw inhabitants. One can finde information about air quality and smog in Warsaw and Mazovia region.
	Climate change. Air quality. Installations of renewable energy sources.	Institut na rzecz Ekorozwoju/ Institute for ecodevelopment	ul. Nabelaka 15, 00-950 Warszawa, 22 851 04 02, 22 851 04 03, 22 851 04 04, e-mail ine@ine-isd.org.pl	www.chronmyklimat.pl	Portal founded and run by the Institute for Sustainable Development, contains information concerning. Climate change, air quality, renewable energy sources, examples of local initiatives, Polish and foreign, legislation, publications, reports.

	Air quality in Warsaw	Warszawski Alarm Smogowy/ Warsaw smog alert		www.facebook.com/WarszawskiAlarmSmogowy	Thematic page on Facebook dedicated to air quality in Warsaw. Law and legal regulations. Information about smog - why it is harmful to human, what we can do to improve air quality.
	Air quality, smog, health impact	Prawnicy dla Ziemi/ Client of the Earth	Żurawia 45 (klatka B, drugie piętro), 00-680 Warszawa, 48 22 3070190 info@clientearth.org	www.pl.clientearth.org	A worldwide NGO, bringing together lawyers involved in environmental protection. They help people to obtain information and help to settle the authorities.
	Renewable energy plants, solar panels, photovoltaics, wind plants. Postgraduate studies	Institut Energetyki Odnawialnej/ Institute for Renewable Energy	ul. Mokotowska 4/6, 00-641 Warszawa, tel/fax. 22 825 46 52, 22 875 86 78, e-mail: biuro@ieo.pl	www.ieo.pl/pl	A private research institute. It is engaged in research on: solar, hydro, wind, biogas, biomass and energy planning. Business consulting in the investment processes. Postgraduate studies "Investments in renewable energy."
THE GARDEN					
	Garden - habitat for birds, insects and small mammals	Fundacja Nasza Ziemia/ Our Earth Foundation	ul. Hoża 3 m.5 00-528 Warszawa, Tel. 22 6228118 fundacja@naszaziemia.pl	www.naszaziemia.pl	The Foundation specializes in environmental education and citizenship. It implements projects that raise environmental awareness. The project Fri "Garden - the mainstay of animals" can find information about. What animals can live in our garden and how to encourage this; What do you need to garden were attractive for them; The coexistence between different species of plants and animals.

	Establishing of traditional garden	Społeczny Instytut Ekologiczny/ social ecological Institute	ul. Raszyńska 32/34 02-026 Warszawa, Tel. 22 6689792 biuro@sie.org.pl	www.sie.org.pl	The mission of the organization is to promote sustainable development. Information about the Polish traditional garden: http://sie.org.pl/wirydarz-polski
	Establishing of a friendly nature garden	Pomorski Zespół Parków Krajobrazowych, Zaborski Park Krajobrazowy/ Pomorski Landscape Parks, Zaborski Landscape Park	ul. Turystyczna 10 89-606 Charzykowy, Tel./fax 52 3960964 lub 727660065 zpk@pomorskieparki.pl	www.zaborskipark.pl	The Park conducts environmental education. It published brochures about traditional gardens. The block GOOD GARDENER PRACTICE contains information in the topics: Native species in the garden; How to invite animals to the garden; Allies gardener; Alternative for lawn; Invasive plant species; Traditional rural gardens; plants recommended for traditional garden; Projects, and boxes shelters for animals; Calendar of work in the garden.
	Bees - their importance and ways of keeping	SGGW Wydział Nauk o Zwierzętach Pracownia Pszczelarstwa / Agricultural Academy	ul. Nowoursynowska 166 02-787 Warszawa tel.(48 22) 593 66 53 e-mail: pp@sggw.pl	http://phou.sggw.pl/ , http://www.uratujpszczole.pl	Conducted the campaign "Save the Bee". The site is information on: The importance of bees for the environment and human economy; What threatens bees; Reasons for their extinction; How can you help the bees; Melliferous plants.
	Biodiversity in the garden	portal dream garden		www.wymarzonyogrod.pl	Internet portal where you can find information on.: Useful animals in the garden; How to lure animals to the garden; Useful weeds; Plants melliferous; Traditional rural gardens.

	Houses for bees, animals in the garden, greengrocer, natural protection and fertilization	Portal Ogradowisko/ Portal garden	Administrator of the portal - Michał Młóźniak.	www.ogrodowisko.pl	Portal with tips and interesting facts about plants. Tips can only be obtained at the forum. There are threads on organic cultivation of the garden: Healthy plants; Bees houses; Natural pest control (without chemicals); Vegetable garden; Mosquitoes and ticks; Hedgehogs in the gardens; Natural fertilizers; Raspberries, strawberries .
	Establishing of an ecological garden	Portal internetowy Ekotrendy.pl / Internet portal Ekotrendy.pl	Director EkoTrendy Michał Łukasz Dworak md@ekotrendy.pl tel. +48 501 95 95 35,	www.ekotrendy.pl	The aim of the portal is environmental education. The project "The green garden" informs about: What garden is organic garden and how to create; Compost; Gardens without water.
	Natural protection and fertilizing	Portal internetowy ekologiawogrodzie.pl / portal ecology in the garden	katarzyna@ekologiawogrodzie.pl tel. 502 604 402 MÓJ EKO-OGRÓD Robert Knapik Krzeczyn Mały 26d 59-311 Lubin	www.ekologiawogrodzie.pl	It contains information about: Ways to plant diseases; Pests; Fertilizers; Garden shopping.

	Natural resources protection and fertilization, melliferous plants, composter	Blog Microgarden		http://microgarden.pl/category/ekologia/	Blog with topics of environmental 22 household remedies for pests and diseases - manure, decoctions and extracts of plants; Good practices in gardening; Melliferous plants - trees, shrubs, perennials, annuals; Weeds - useful plants; Composting - how to build it.
	Natural protection and fertilizing vegetable garden	Portal ZielonyOgrodek.pl / Portal Green Garden	Paul Romanowski Editor in Chief pawel.romanowski@zielonyogrodek.pl tel. 22 257 84 34	www.zielonyogrodek.pl	Portal is a source of knowledge, inspiration and ideas for the garden. One can find information on m.in.: Growing of vegetables without chemicals; Soap - eco-friendly way to combat pests; Mikroorganizmy effective, natural ways to fight weeds and pests.
INTERVENTION					
	Cases of cruelty to animals	PETA	501 Front St., Norfolk, VA 23510, tel. 757 622 PETA (7382), faks 757 622 0457	www.peta.org	The world's largest organization for animal rights. Reveals cases of cruelty to animals, educate the public, encourage lifestyle changes. He is trying in this way to improve the fate of animals. It supports more than 5 million people.
	The fight for animal rights	VIVA Akcja dla zwierząt/ VIVA action for animals	ul. Kawęczyńska 16 lok. 36, 03-772 Warszawa, tel. 0801011902, z tel. kom. 22 828 43 29, faks 22 584 91 89, e-mail: biuro@viva.org.pl	www.viva.org.pl	The organization known for its action, demonstrations and protests in the protection of animal rights, also by encouraging their adoption and promotion of vegetarianism.

	Endangered species	WWF Polska	ul. Mahatmy Ghandiego 3, 02-645 Warszawa, tel. 22 849 84 69, 848 73 64, 848 75 92, 848 73 93, faks 22 646 36 72, e-mail: kontakt@wwf.pl	www.wwf.pl	An international organization whose national branches in many countries. Assumptions organizations are contained in the slogan: "Protect the nature of the people and for the people." WWF collects the funds necessary for the protection of nature, promotes education and research, which are saving the most endangered species and habitats on Earth.
	Animal rights	Stowarzyszenie Kulturalno-Ekologiczne Klub Gaja/ Association of Cultural and Ecological Club Gaja	ul. Nad Wilkówką 24, 43-365 Wilkowice, tel/faks 33 812 36 94, e-mail: klubgaja@klubgaja.pl	www.klubgaja.pl	Organization dedicated to environmental protection and animal rights in Poland. This leads since 1989. Shares in the defense of nature and animals. It works with three thousand outlets across the country.
	Legal aid	Centrum Prawa Ekologicznego (CPE) / Environmental Law Center	ul. Uniwersytecka 1, 50-951 Wrocław, tel. 71 343 66 95, faks 341-01-97, e-mail: cpe@eko.wroc.pl	www.cpe.eko.pl	An independent center for research and consultancy specializing in environmental law. Operates consultative and advisory legislative work.
	Issues related to GMOs	Greenpeace Polska	ul. Włoska 10, 00-777 Warszawa, tel. 22 851 26 42, faks 841 46 83, e-mail: infopl@greenpeace.pl	www.greenpeace.org	The organization focusing on the most important global threats to biodiversity and the environment. Draws attention to the problems of areas of protection of forests and rainforests, oceans and seas against toxic substances, global warming and climate change, energy and genetically modified organisms.

	Interventions in matters relating to compliance with the law	Polski Klub Ekologiczny/ Polish Ecological Club	ul. Sławkowska 26A, 31-014 Kraków, tel. 12 423 20 47, faks 423 20 98, e-mail: biuro@zgpke.most.org.pl	www.pke-zg.org.pl	The organization brings together natural and legal persons interested in protecting the environment in accordance with the principle of sustainable development. Take initiatives, interventions and actions to establish and comply with the Polish law on ecological balance.
	Rural areas development	Centrum Europejskie Zrównoważonego Rozwoju/ The European Centre for Sustainable Development	ul. Kołłątaja 21, 50-006 Wrocław, tel. 71 797 80 52, faks 797 80 53, e-mail: biuro@cezr.org.pl	www.cezr.org.pl	Center brings together people professionally connected to environmental protection measures and the development of NGOs. It operates educational and consulting in the field: European integration; promotion of economic activities, development of rural areas; the creation of cross-sector partnerships and international.
	Wildlife and tourism	Towarzystwo na rzecz Ziemi/ Society for Earth	ul. Leszczyńskiej 7, 32-600 Oświęcim / tel./fax: 0-33 842-21-20, 844-19-34; e-mail: lmkp@poczta.fm	www.tnz.most.org.pl	It works to preserve, protect and restore natural heritage and for the protection of human life and health against the harmful effects of pollution. Supports the local communities at risk of investments harmful for the environment, providing free legal advice.
	Conflict cases	Fundacja EkoRozwoju/ Foundation for ecodevelopment	ul. Św. Wincentego 25A,C, 50-252 Wrocław, tel/faks 71 343 60 35, 324 17 41, e-mail: biuro@eko.org.pl	www.fer.org.pl	The organization works to protect the environment and sustainable development. For several years implementing a program for the Way of Nature, learning wise to deal with trees, leads workshops in "Citizen guard for trees".

	Carpathian nature	Fundacja Dziedzictwo Przyrodnicze/ Natural Heritage Foundation	ul. Mickiewicza 44 lok 5 / 37-700 Przemyśl, porady prawne: spk@przyrodnicze.org, tel. 609 008 039, e-mail: biuro@przyrodnicze.org	www.przyrodnicze.org	Intervenes in the destruction of the Carpathian nature.
	Help abused, homeless, free-living domestic animals and wild	Stowarzyszenie Ochrony Zwierząt EKOSTRAŻ/ Association for Animal Protection	Adres korespondencyjny: ul. Spółdzielcza 13/4, 51-662 Wrocław, tel. 605 782 214, 883 404 888, e-mail: info@ekostraz.pl	www.ekostraz.pl	The organization deals with the protection of animals, take all permitted by law interventions to help abused, homeless and not dwelling pets and wild animals, whose age or condition prevents self-survival in the wild.
	Animal rescue	Straż dla Zwierząt/ animal guard	ul. Wolska 60, 01-134 Warszawa, TEL. 22 35 35 060, interwencje@sdz.org.pl	www.sdz.org.pl	Take hundreds of interventions to rescue pets, economic and wildlife in Poland. Often it is asked by the courts to receive the abused animal owners, according to the final judgment.
	Air pollution, natural disasters, threats etc	municipal guards	Alarm call for Poland 986 / local municipal police. Air pollution in Warsaw: e-mail address: oos@strazmiejska.waw.pl, felling of trees while protecting bird nests tel.		Conducts interventions