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### Dear Southbaltic Friends,

Important news - the third call for proposals has been launched! This time in the newsletter you will find all important information related to submission of the applications for the 3rd call. We also provide you with a number of practical tips from the JTS Project Team and hope that they will help you while preparing the application.

In the third issue you will also meet the new Head of JTS, Ms Marta Plichta. We continue our presentation about the first call projects and Contact Points in your regions, approaching the Swedish Contact Points this time. Finally, you will find reportage of the second Match Meeting held on 16 -17 June in Bornholm – we had a lot of fun there!

We hope that the third issue of "Compass" will help you to prepare for the third call and a number of high quality projects will reach us by 30 September 2009! Do remember that the JTS and the Contact Points are here in case any assistance is needed.

Good luck!

*The South Baltic Team*

## 3rd Call Announcement

### South Baltic Cross-border Co-operation Programme 2007-2013 3rd Call for Proposals 15 July 2009 – 30 September 2009

South Baltic Cross-border Co-operation Programme 2007-2013 opens the 3rd call for proposals for the projects to be co-financed from the European Regional Development Fund (ERDF).

**The call is applicable for all priority axes** of the Programme with special attention to measures where the number of projects is not sufficient for the Programme targets and allocated funds:

**1.2 Integration of high education and labour market**

**1.3 Transport accessibility**

**2.1 Management of the Baltic Sea environment.**

The **Application Form** shall be submitted in an electronic version via e-mail and as a printout (one paper original) **until 30 September 2009 4 .00 p. m. GMT+1** at the latest to the e-mail address: [application@southbaltic.eu](mailto:application@southbaltic.eu) Printouts shall be sent **until 30 September 2009 4.00 p.m. GMT+1** at the latest to the address:

**Joint Technical Secretariat  
South Baltic Cross-border  
Co-operation Programme 2007-2013**  
ul. Rzeźnicka 58  
80-822 Gdańsk  
POLAND

For more information concerning the Programme and the documents for the third call for proposals please visit the website [www.southbaltic.eu](http://www.southbaltic.eu)

## Interview with Ms Marta Plichta Head of JTS of the South Baltic Programme



### Please introduce yourself and your previous experience to our newsletter readers

I think one of the most difficult tasks is to introduce oneself. In short, I can say that I have been most of my life involved in the Baltic Sea issues; born in Kaszuby, Pomerania Region with admiration for Gdynia harbour as the first Polish access to the Baltic Sea, studied oceanography at the Gdańsk University with focus on marine environment and sustainable development. I was working with

VASAB 2010 (Vision and Strategies Around the Baltic 2010) projects, where building of common understating of the spatial development between EU members and non-EU members of the Baltic was initiated. The core issue has been always to treat the Baltic as our common identity, heritage and a common border that all kinds of co-operation should be facilitated.

From 2000-2005 I worked in the BSR INTERRG IIIB Secretariat in Karlskrona/Sweden and in Rostock/Germany in the programme that was financing transnational co-operation among the Baltic Sea countries.

### The South Baltic Programme is one of the several cross-border Programmes acting in the Baltic Sea region. How would you distinguish the Programme from the others? What role in your opinion the South Baltic Programme can play in order to make the region more prosperous?

In my opinion after many strategic, transnational projects that have been carried out since INTERREG IIC, the time came for the programme, the South Baltic Programme that meets the local needs and is designed for smaller scale projects. The South Baltic Programme is a financing tool for projects that are developed by local actors from different regions facing similar problems and challenges that can be dealt also with bilateral partnership. Link with other programs is still the cross-Baltic dimension. As the Programme originates from already existing co-operation networks, the Programme should facilitate interlinks between different co-operation areas like Euroregions, UBC, BSSSC, B7 as well as to create and strengthen new cooperation networks from different parts of the South Baltic region.

### What are your main expectations related to the South Baltic Programme as well as what main challenges you see for the future of the Programme?

My expectations related to the Territorial Cooperation Programmes and South Baltic Programme in particular, would lead to established self-sustainable co-operation between different regions already on the local level. Where different actors are willing to use existing networks and experiences to solve problems and to develop new ideas. Developed ideas turned into projects should make the economic prosperity and the regions around the Baltic more attractive for each other in order to do business, tourism and make good living. The challenges for the region are to find solutions through cross-border co-operation.

### How do you think the EU Baltic Sea Strategy will affect the Programme, once adopted?

I think that the Strategy could structure better all actions already on-going as well as the future ones. The Strategy as such will not change the BSR cooperation within the territorial programs but will give the special value for regional/national projects that will be "labelled" as a part of the Strategy.

The Strategy could give also the promotion of the Baltic Sea cooperation on the national level through projects that are implemented in different parts of the Region but are crucial element of our common identity and benefit the Baltic Sea Region.

### What type of projects you expect for the third and other upcoming calls? What would be your recommendations to the projects that are willing to apply to our Programme?

Taking under consideration the experience and focus given in recent events for the beneficiaries, we are expecting projects in all measures with particular interest in integration of higher education and labour market (measure 1.1), transport accessibility (measure 1.3) and management of the Baltic Sea environment (measure 2.1). I hope that the 3rd call brings mature and desired by the Programme projects. 1st October will be the moment of truth for JTS if we were able to convince our beneficiaries!

### Finally, anything else you would like to add to our readers?

I hope that the Programme and support given by JTS and Contact Points in each of the regions will encourage the beneficiaries to apply for funds that can be used for different action across the South Baltic.

Any comments and suggestions how the Programme and JTS could meet the needs of the beneficiaries are welcome and can be sent to [southbaltic@southbaltic.eu](mailto:southbaltic@southbaltic.eu)



### ■ A new Office Assistant Ms Hanna Szachogluchowicz has joined the JTS team starting from the 1 July 2009.

Hanna studies law and international relations: Scandinavian. She gained experience and skills on a student work placement at the Permanent Representation of the Republic of Poland to the UE in Brussels. Hanna is responsible for running our office, directly supporting JTS staff, dealing with administrative issues and secretarial work. You can reach Hanna by phone +48 58 732 05 25 or email: [hanna.szachogluchowicz@southbaltic.eu](mailto:hanna.szachogluchowicz@southbaltic.eu)



## Second Match Meeting of the South Baltic Programme

Matching people, project ideas and different regions in the attractive island of Bornholm



The second Match Meeting of the South Baltic Programme took place in Bornholm on 16-17 June 2009. More than 125 participants from different EU countries gathered together to discuss and develop pipe-line projects, find project partners and receive practical information about the South Baltic Programme and the upcoming calls for proposals (third call: 15 July – 30 September 2009 and fourth call: 1 April 2010 - 21 May 2010).

The second Match Meeting was officially opened by Mr Bjarne Kristiansen, Mayor of Bornholm. The participants had an opportunity to learn more about the latest developments of the EU Strategy for the Baltic Sea Region presented by Mr Andreas Lindholm, European Commission, DG REGIO. The day continued with general presentation of the South Baltic Programme as well as with presentation on thematic measures of the Programme. A speed dating exercise was organized facilitating contacts between different groups of participants which were then further strengthened during other activities of the day. Seven Programme measure workshops were held where different project ideas were presented and feedback from experts/JTS was received. The participants also heard practical tips on project development from a successful applicant – INTERFACE project approved during the 2nd call for proposals as well as practical information from the JTS on submitting the application for the third call. The programme of the first day of the Match Meeting also included the visit to NaturBornholm, an amazing interactive experience centre bringing the unique nature of Bornholm alive. The evening was hosted by the Regional Municipality of Born-



holm and included performance of the Symphony Orchestra from Bornholm Music School as well as “Get together” dinner with cultural activities and karaoke songs performance that were forming the South Baltic identity.

New partnerships established during the first day of the MM were further strengthened during the second day of the Match Meeting in the Project Bazaar (facilitated by Contact Points of the Programme) where ca. 20 different projects presented their ideas and searched for relevant partners. In parallel with the Bazaar, about 20 Individual Project Consultations with the JTS took place and concrete advises to the development of project applications were provided.

It is expected that the second Match Meeting will result in high quality projects to be implemented within the South Baltic Programme in upcoming calls.

The JTS would like to thank all participants, Contact Points and experts for their efforts and contribution to the event. The special appreciation for the Municipality of Bornholm and Niels Chresten Andersen for all support given to JTS in organisation of the Match Meeting!



## Practical tips on how to apply

### Project development:

#### Shape a project and its partnership

##### ■ Define a project idea

- the need for a cross-border project is often generated by the will to change the situation observed in local surroundings, in this case – South Baltic area,
- the idea for a project may come from an **existing problem, a need for improvement** or development, a need to **prevent potential future risks**,
- check the selected topic of your project in a wider context (statistics in South Baltic regions, regulations, etc.). You will use this information as support to underline the need of implementation of your project in the Application Form,
- check if the interest of your project idea has not been covered by other projects of cross-border or transnational character<sup>1</sup>, and if yes, then can the solutions provided there be applied in your current situation,
- think why you need to implement the project with partners from South Baltic regions. What are the **benefits of a cross-border approach** to the topic of your project idea?
- think what organisations might be interested in investigating the selected topic with you,
- **formulate the project idea in a form of a document** so that you can easily share it with potentially interested organisations, and use it as a reference for further development.

##### ■ Develop your project structure

- the project consortium should have an interest and **capability to achieve the objectives** of the project,
- when choosing partners and associated organisations, think of their relation to project's topic and whether they have the capacities (time, money, staff, empowerment and willingness) to participate in the project and deliver the project results,
- **meet the project consortium** to achieve common understanding of objectives, **discuss** about **partner roles** and responsibilities, and shape the project in accordance to specificities of regional circumstances,
- representatives of organisations involved in the project should form a **group responsible** for ensuring that **the implementation of the project** is in line with the objectives set. This group would also **take strategic decisions** concerning the course of project implementation. The number of members should allow working in an efficient way. It is especially important in decision taking processes,
- a second group may constitute to **monitor the project's progress** in relation to timeline and spending plan envisaged in the Application Form and to develop counter-measures if there are major differences from the plan.

##### ■ Develop your project team

- it is people who implement projects, and not the organisations,
- a **project leader** should pay attention to ensure proper **understanding of goals** and identification of the project team with the project itself,

- each participating person should have a **clearly defined role and responsibility** in the project,
- **understanding** of people working in multicultural environment could be achieved by integration activities, don't forget about them.

##### ■ Inform about expected results and main outputs

- **defined the objectives** of your project,
- consider how you are going to achieve them,
- remember that the impact of your project, and hence **the results which you define should have cross-border aspect**,
- the results that you define should be ambitious but achievable within defined timescales, budget and partnership of your project,
- find out what partners are interested in which activities, and assign responsibilities for each activity.

##### ■ Think about durability of results

- the project results should clearly **show the continuity** of lasting after the project's end,
- clear mechanism of maintaining the project results should be described (financing is important),
- defined results must have **influence on the target group**, or be usable minimum five years after the project is completed.

##### ■ Do not neglect communication aspect

- do not forget to include your project's target groups in the **dissemination and communication** activities,
- to **broaden the territorial impact** of your project, address with your dissemination and communication activities also the regions of South Baltic area that are not covered by your project activities.

### Adjust the project to Programme objectives

##### ■ Compliance with Applicant's Pack and other Programme documents

- when your project idea is ready make sure to be familiar with Programme documents,
- **Applicant Pack** consists of Application Form, Programme Manual and practical guidelines how to fill in the Application Form,
- read all of them carefully in order to prepare your project in line with the Programme requirements,

**Programme Manual** gives overall description on what are the Programme priorities, describes eligibility area, as well as eligibility of costs. It covers submission procedure, assessment of received Application, and further steps – implementation of projects.

**Guidelines on how to fill in the Application Form** give practical tips on technicalities of filling in the AF. Make sure you ready them carefully before filling in AF.

##### ■ Co-operation with JTS

- **JTS** serves **consultations** and practical advices on how to make your idea a **successful project**, please use the opportunity,

<sup>1</sup> www.spatial.baltic.net; www.eu.baltic.net; websites of cross-border programmes in the South Baltic area





- individual project consultations will be available during some events organised by the Contact Points in the regions.

To consult your project, please fill in **the project idea** (published at Programme website in section How to apply > Consultations) and send it to email: southbaltic@southbaltic.eu. JTS will contact you and invite you for your consultations.

#### ■ Co-operation with CPs

- please contact the nearest Contact Point (see list on the www.southbaltic.eu) in order to consult your project idea or to find partners.

### Financial issues

#### ■ Shape your project budget

- make sure that the **budget** in a clear way is **related to components** and each component's planned activities. You are allowed to plan your budget under 5 already defined budget lines, please get familiar with **budget lines description** in the **Programme Manual**,
- arrange your partners budget in a clear way, justify any big discrepancies between partners' budgets,
- make your project's **budget realistic**, do not forget to budget country related necessary costs (e.g. First Level Control costs in Denmark, Germany and Lithuania).

#### ■ Specific issues

- get familiar with the Programme specific issue when reading the Programme Manual,
- **voluntary work cost is eligible cost**, however **not exceeding 5%** of the total budget and mind the Swedish national regulations, which not allow claiming such costs as eligible,
- you are allowed to **include project preparation costs** into the project budget, however **the risk is on your side** if the project is not approved. **Remember** the preparation costs can be eligible **only under 3 budget lines**, equipment/investment and administration costs are not allowed.

#### ■ Filling in budget in Excel file

- **The Application Form is build in Excel** and includes the sheet "Budget". The tables for filling in are equipped with all the possible summing in order to avoid mistakes. There are couple of warnings as well to get rid of any miss-calculations,
- make sure the final budget sheet has **no warnings**.

### Filling in Application Form

#### ■ Main body of the Application

- make sure you use only **actual version of AF**, the correct version of the **Application Form** to be used is **published on the www.southbaltic.eu** under the section How to apply > Applicant's pack,
- the Application Form contains **error messages and warnings** in order to avoid possible mistakes, please make sure the final version of the whole Application Form contains **no error messages**,
- **double check** if every single cell is filled in, use checklist in front of AF to be sure your Application is ready for submission.

#### ■ Co-financing statements and Letters of Commitment

- **attach** to your Application **two types of attachments**:

**Co-financing statement**, which should be signed by all the partners, including Lead Beneficiary. Make sure the total number of attached Co-financing Statements is equal to number of your project Partners.

Make sure the total number of attached Letter of Commitment is equal to number of your AO. **Please remember** that AO have to **indicate** their **financial commitment** to project. This can also be declared through staff or voluntary work costs.

#### ■ Planning in time

- **prepare a schedule backwards** from the time of submission to present date, This will allow you to monitor whether the preparation of AF is in time. If possible, **leave a margin** of a week **before submission**. It is also advisable to **check the holiday schedule** of **key persons** in your partner organisations, as they will be needed to **sign the Co-financing statement**.

### Reader- friendliness

- try to **avoid expert jargon** and abbreviations that may be **unclear to readers** with other professional backgrounds than yours,
- **give the Application Form for reading to someone who has no experience in your subject**, in order to see if it is understandable.

### Finalising and submitting the Application

- **use the guidelines** on filling in the Application Form, **use the checklist** and make sure that the final, printed Application Form is **signed by the LB representative**,
- **collect all the attachments**, add **printed and signed the Application Form** and **send them to JTS** in a single closed package. Remember to **send the electronic version** of your Application Form to application@southbaltic.eu **no later than 30 September 2009, 4pm**.

GOOD LUCK !!!!!

**Schedule of information seminars  
in your Region in the Programme area  
organized by JTS and Contact Points  
as well as schedule of Open Consultation Days  
in the JTS Office (Gdansk, Poland)  
are available on our website  
[www.southbaltic.eu](http://www.southbaltic.eu).  
Please visit Programme website  
and register!**

## Projects of the first call: Four Corners Heritage

The project develops a joint promotion based on values from Four Corners common heritage such as archaeological treasures or historical events which makes Four Corners region an interesting place to visit and to live in. Through professional networking and coordination, new ideas and products with joint cross-border interest will be produced.

The South Baltic Four Corner Heritage Project works towards achieving sustainable destinations. The goal is to increase number of tourists in and around the small harbours in the South Baltic Four Corners of Southeast Sweden, Bornholm, Świnoujście and Rügen.

The goal will be reached through the joint promotion efforts of the South Baltic area. The project will contribute to the establishment of strategic network among the harbours to facilitate greater communication and the vision of "one destination". The project includes activities to visualise and promote the small harbours and the rich cultural heritage surrounding them. The historic sites and modern culture centres can jointly highlights the value of the area.

The Bornholm Regional Municipality is the Lead Beneficiary of the project. Project partners are: Bornholm's tourism developer and promoter "The Destination", the County District Island of Rügen, Germany; the South East Skåne Committee of Cooperation, Sweden and the Municipality of Świnoujście, Poland. From each Corner representatives, from the commercial tourism industry, from the small harbours, as well as representatives from the cultural and heritage institutions participate in developing the promotional activities that can contribute to attract more visitors for the project area. The project is scheduled to be completed by August 2011. Up to this date sustainable events and strategic networks hopefully will be operational.

The project has successfully established a shared strategic vision, a strategic framework for the long term sustainability as well as detailed work plans. With many partners and participants

spread over four countries it is important to have very clear shared understanding of the goals and the route to achieve the goals.

The Four Corners have worked together for many years. Yet this project is a new activity with its own goal and vision to be achieved. At the start of the project the partners have taken the time to unpack the project document and translate the broad document words into concrete words of action. Words like "sustainable destination", more tourists and proactive promotion all have wide scope for interpretation. The specific work has started implementation based on shared understanding of the goal and the activities.

For more information please visit the project homepage on [www.four-corner.org](http://www.four-corner.org)

### General info about the project

<b>Project title:</b>	Developing the Four Corners as a sustainable destination based on natural and cultural heritage (Four Corners Heritage)
<b>Programme measure:</b>	2.3.
<b>Project budget:</b>	1,3 MEUR (1 MEUR ERDF)
<b>Lead Beneficiary:</b>	Regional Municipality of Bornholm, Denmark
<b>Project partners:</b>	County District Island of Rügen, DE South East Skane Committe of Cooperation/ Østerlen-Ystad, SE Municipality of Świnoujście, PL Destination Bornholm ApS, DK
<b>Project duration:</b>	36 months

### Contact

Regional Municipality of Bornholm, Regional Development Unit

**Project Manager:** Helene Rask Grøn:  
[Helene.Rask.Groen@brk.dk](mailto:Helene.Rask.Groen@brk.dk)

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3700 Rønne  
Phone : +45 56920000  
Fax: +45 56921301  
[www.four-corner.org](http://www.four-corner.org)



The "Compass" thanks to Ms Helene Rask Grøn, Project Manager of Four Corners Heritage project for the contribution.

## South Baltic Programme in your region: Contact Points Sweden

Please shortly introduce yourself (your professional experience) to our newsletter readers.

### Contact Point Region Kalmar



#### Lena Westman

phone: +46 480 448 369 or +46 706 323 886  
e-mail: Lena.westman@kalmar.regionforbund.se

I have always been lucky to find jobs in international businesses or organisations where you work with people with different backgrounds and talents that wisely used leads to a better solution, product etc. In the same way I look at the South Baltic Programme; an opportunity for our regions to become an even better place for many more people in the future than us living here now. Other cultures also have the advantage to make you aware of your own heritage's good and bad sides more clearly and make you more capable to make the right changes where it's needed.

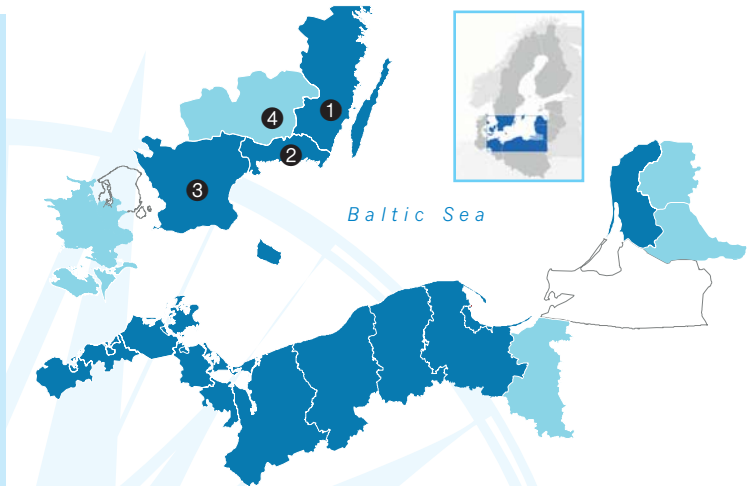
After taking my degree in International Economy I worked for the Swedish Trade Commissioner in Vienna, at IKEA Sweden as Catalogue Editor/Coordinator for the European editions and franchise editions (Kuwait, Saudi etc), assortment manager in IKEA Brussels, moved back to France and Sweden. I left IKEA for Kalmar when Sweden became an EU-member and the public sector needed EU-Advisers – and I needed to be closer to the sea!). I'm into my 3rd Structural Funding period but my first with Interreg. I appreciate having so many young competent new colleagues from five countries to cooperate with closely for the best of our common region.



#### Johan Lundbäck

phone: +46 480 448 342 or +46 705 853 730  
e-mail: Johan.lundback@kalmar.regionforbund.se

I have been working with EU Structural funds since 2003 at the Regional Council in Kalmar County, mainly Objective 2 South Sweden and RPIA Småland and Islands as part of JTS team and also as financial manager in different Interreg projects. Before I worked at Kalmar University teaching business economics for one year, which became a good start to my vocational career, working at the same place where I graduated as a master in international management and business economics. As you might understand I have a strong background in financial management. Therefore working as a Contact Point in the South Baltic Programme feels like a perfect and positive challenge for me not only focusing on financial issues but the whole project (and Programme) scope. Facing interesting challenges for a our region(s) together and jointly working with ambitious colleagues and project beneficiaries in, what I hope is prosperous, attempts to overcome these challenges.



① Region Kalmar ② Region Blekinge ③ Region Skåne ④ Region Kronoberg

### Have you been approached by many applicants during the first and the second calls for proposals? Do they prefer contacts by phone, email or direct consultations?

Since our work started in early 2008 we have been informing a lot of potential applicants mostly by email and phone. The most common situation is that we as CP attend an information seminar, regional or local meeting of some sort in the municipalities informing about the Programme. Direct consultations and meetings seem to be the most efficient work procedure, this is also in most cases also preferred by applicants. In total we have been approached by over 100 stakeholders.

### How do you organize the consultations? Does the interested project need to be prepared in advance?

Generally we ask the applicant to put the idea on paper, as well as a budgetary estimate. We do this for two reasons - to make the applicant more aware and concrete so that we can give more useful and precise advice. Depending on the idea and potential of the project we might include our colleagues, both in our own organisation and from other regional CPs, in the process of finding partners and giving feedback on the project potential, especially focusing on its cross-border character and innovativeness.

### What are the main questions/problems that potential beneficiaries encounter during the development of application?

Problems with technical matters regarding the application form, budget issues and how to give a European dimension are often encountered. So is the comprehensive and clear view on the cross-border character of the project. Often the project ideas are well anchored in the Programme objectives and fits well with the selected measure. The problem many times is to show why the project shall be a cross-border project (as mentioned above), i.e. balanced partnership and budgets, dissemination effects and transferability to other areas.





## Contact Point Region Blekinge



### Peter Ratcovich

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e-mail: Peter.ratcovich@regionblekinge.se

Throughout my career I have been given the opportunity to work with various forms of local and regional development. It began after my master degree in the social field in which I was responsible for prevention focused on youth and their families. We combined individual and group therapeutic consultations with practical vocational activities. The work gave me the insight that if the right conditions are given all people have an amazing ability and motivation to develop. The feeling of happiness comes when you surpassed yourself.

Together with the Swedish membership in the European Union 1995 the contributions flows increasingly from the national level to European funds and programs. From that time I have been working with project consultancy and project leadership in all areas that affect the cross-border regional development. Since 2005 I have been employed at Region Blekinge as international coordinator. The work as contact point for the south Baltic Sea program has given me and the organisation Region Blekinge new opportunities to strengthen cooperation with our neighbours and jointly create a sustainable development for the entire region.

## Contact Point Region Skåne



### Maria Tuszynski

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e-mail: maria.tuszynski@skane.se

Being half Polish, I have always been interested in the political and cultural development in the East Central European countries. Being able to work as Contact Point for Skåne for the South Baltic Programme, meaning that I actually work within my field of interest, has made me particularly grateful. My previous professional and academic experience is also connected to East Central Europe. During one year I studied political science focused on specific political and economical aspects of the region at the Jagiellonian University in Kraków, and immediately after that I worked for the Swedish Embassy in Warsaw for a short time. I graduated as Masters in Political Science from the University of Lund, and I did additional studies abroad at Copenhagen University and in Sorbonne, Paris. After my studies I worked with project management in East Central Europe for the Chamber of Commerce and Industry in Malmö. During these years, I was happy manage projects in Kaliningrad, Lithuania and Poland, and I learnt a lot, effects that I can use now as Contact Point for Skåne.

## What would be your recommendations to the projects that are willing to apply to our Programme?

Carefully read the Programme Manual, take early contacts with your regional CPs and then when the idea, content, partnership and budget are starting to take form also contact the JTS for further specific consultations. Also look out for regional and local information seminars where you have the opportunity to learn more about the Programme and how to apply. 2-3 September a two day seminar is arranged in Karlskrona by the South Baltic Programme. During the first day we will go through the main problems facing applicants, such as budgetary matters, filling in the application form etc. During the second day, the aim is more towards process of carrying out a project, reporting etc.

## Finally, how can you be reached by the potential applicants seeking for consultations?

Potential applicants can contact us by phone or if emailing is preferred please write to us.



Kalmar, harbour

## Contact Point Region Kronoberg



### Therese Magnusson

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e-mail: therese.magnusson@rfss.se

I've been working with EU Structural funds and thematic programmes for one year now, at the Regional Council in Southern Småland. Mainly the North Sea Region and South Baltic Programme but also with the Life Long Learning Programme for example. As a representative of the Europe Direct network a big part of my work is based on dissemination of EU-information to the public, civil servants, media and politicians. Until last year I was a student at Uppsala University and Coimbra University in Portugal where I graduated as a master in political science and history, previously I had been a student at the University of Gotland where I got my B.A. in European knowledge. I completed half a year's vocational training at the Regional Council in Southern Småland and the Europe Direct information office in 2006. Returning to Småland last year and getting the opportunity to work with the South Baltic Programme as a Contact Point is both stimulating and challenging. In a wider scope I have to admit it is thrilling to get the opportunity to meet and work with programme colleagues and project owners' sharing the ambition to develop the programme area.



## South Baltic dictionary

We hope that this small dictionary will help you to quicker find project partners and friends in the South Baltic area countries. Check our next newsletter for continuation!

ENG	DE	DK	LT	PL	SE
Baltic Sea	Ostsee	Østersø	Baltijos jūra	Morze Bałtyckie	Östersjön
summer	Sommer	sommer	vasara	lato	sommar
beach	Strand	strand	paplūdimys	plaża	strand
holidays	Urlaub	ferie	atostogos	urlop	semester
sun	Sonne	sol	saulė	słońce	sol
consultation	Beratung	konsultation	konsultacija	konsultacja	konsultation
Contact Point	Kontaktpunkt	Kontaktpunkt	Kontaktinis asmuo	Punkt kontaktowy	Kontaktnod/Kontaktpunkt
to submit an application	einen Antrag einreichen	at aflevere ansøgning	pateikti paraišką	złożyć wniosek aplikacyjny	att lämna in en ansökan
III call for proposals	dritte (3.) Eintragsrunde	tredje ansøgningsrunde	III šaukimas teikti paraiškas	III nabór wniosków	tredje (3:e) ansökningsomgången
approved project	genehmigtes Project	godkendt projekt	patvirtintas projektas	zatwierdzony projekt	beviljade projekt

## South Baltic cuisine Poland



### BIGOS

Bigos is a Polish national dish. Traditionally it would have included different types of meat such as wild boar, pheasant or venison, but now is mostly made with pork. Bigos is one of those handy recipes that gets better the more it's reheated. So make up a huge pot and eat it for a whole week!

#### You'll need

- 1 medium head of cabbage
- 1 (800 g) can sauerkraut
- 3 onions, sliced
- 2 bay leaves
- 2 table spoons of salt
- 1/2 tea spoon of pepper
- 2 table spoons of sugar
- 400 g smoked sausage, very finely chopped
- 800 g country style spareribs
- few dried plums and dried, wild mushrooms

Shred cabbage; layer in bowl, sprinkling with 2 tablespoons salt between layers. Let stand for about 15 minutes. Cover with boiling water; let stand for 1/2 hour. Meanwhile, prepare your meats using fat from spareribs, brown the spareribs, sausage and onions.

Drain water from cabbage. Drain sauerkraut reserving juice if you like it more sour. Mix cabbage and sauerkraut together. In big saucepan, place in layers, alternating cabbage mixture, meats, plums, mushrooms and remaining spices.

Cover with water. Boil at medium heat for 1 hour, stirring frequently; boil gently for an additional hour at low heat. After cooking, remove bones from meat. Bigos is now ready to serve as main course traditionally with rye bread. Tastes better the next day! Can be stored in refrigerator for a week.

### Contact us

Your opinion is important. We are waiting for your comments and further feedback (email: [dominika.butkiewicz@southbaltic.eu](mailto:dominika.butkiewicz@southbaltic.eu))

For further information please visit our website [www.southbaltic.eu](http://www.southbaltic.eu) or feel free to contact our Secretariat:

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