

National Operators' Meeting

26 – 30th October 2011



**ENVIRONMENTAL
PARTNERSHIP
FOUNDATION**



Part two – A short guide to Poland

Fact one – Cracow is an amazing place!

Welcome to Krakow, a city wrapped in legend, where time flows differently, and where every moment becomes a moment of history. For centuries Krakow was the capital of Poland, the seat of kings, drawing great scholars and artists from the whole world. It is their talents and imagination we must thank for the city's rich legacy of unique historical relics, which reflect the most important trends in European culture. In the



special atmosphere of the beautiful and mysterious streets of the Old Town and Kazimierz you will find everything you need to allow you to escape from everyday life.

Cracow is a wonderful place and no matter what time of the year you would come here, there is always plenty to do and see. However Poland has many other places equally worth seeing and we hope that our leaflet will be helpful in organizing your trip.

In this leaflet:

- 1. A short guide to Cracow**
- 2. Ideas for a day trip from Cracow**
- 3. Ideas for a few days in Poland**
- 4 . Other useful information about Poland**

1. A short guide to Cracow

Krakow, situated upon the Vistula River, the second largest Polish city in terms of the number of residents (nearly 800 thousand) and area, is an exceptional place. A former Polish capital (until 1611), seat of the Kings, abounding with valuable historical sites, museums, theatres, charming joints, it forms a symbiotic relationship with its eventful past, and successfully combines over-a-millennium-long tradition and modernity. It attracts tourists with outstanding beauty, unique atmosphere, the enchantment of Krakow.

Getting around

[Municipal Transport](#) (MPK): tel. 91 50,

[National coach operator](#) (PKS): tel. 0300 300 120, 720 81 20 (from mobile)

Polish Cuisine & Restaurants

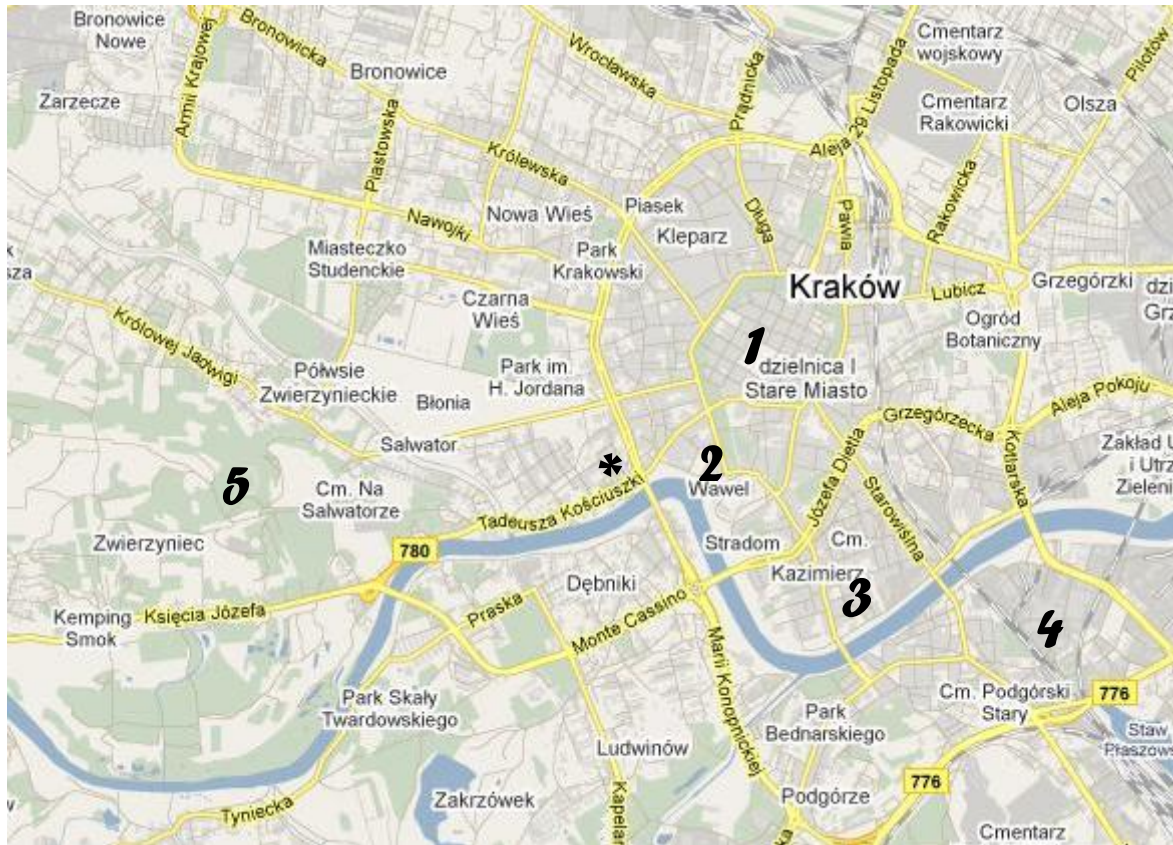
If you want to try traditional Polish cuisine, stop counting your calories. Typical meals are very hearty and often contain a lot of meat. Just sampling them is enough to discover that they are really delicious.

Locally made dishes specific to different parts of Poland will also spoil you for choice. From the sandy plains of Mazowsze in central Poland comes Żurek – a sour rye soup, and the Eastern belt is know for the world famous Pierogi – noodle dumpling, filled with a variety of classic sweet and savory mixtures. Podhale at the foot of the Tatra Mountains is famous for kwaśnica – sauerkraut soup and oscypek – a sheep's milk smoked cheese. The other recommendable dishes are: bigos, gołąbki, gulasz and barszcz.



Recommended restaurants in Krakow – [10 best restaurants](#)

The Krakow Sustainable Consumption Where-to Go Guide – [“Spacerownik”](#)



* NOM Krakow accommodation

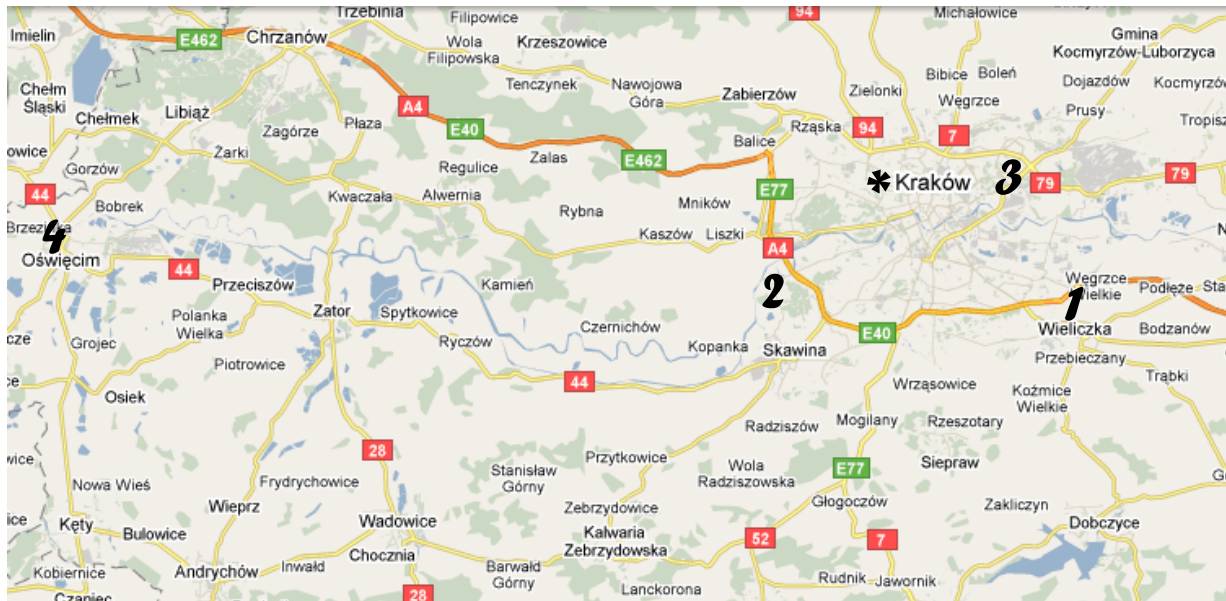
1 – [Old Town](#) – Main Square with Cloth Hall, St Mary's Church, Rynek Underground permanent exhibition, and numerous shops, restaurants, and pubs; Grodzka Street; Kanonicza Street;

2 – [Royal Castle on the Wawel Hill](#) – even if you were to postpone visiting the castle until your next, longer visit in Krakow, spend a while in the ring of castle walls late in the afternoon

3 – [Kazimierz](#) – former Jewish district with synagogues and kirkuts. Today it's also Krakow's centre of artistic and intellectual ferment, Kazimierz is famous for Jewish Culture Festival

4 – [Podgórze](#) – where is situated historical Oskar Schindler's Factory of Enamelled Utensils, Ghetto Museum and Museum of Contemporary Art

5 – [Kościuszko Mound](#) and [other Krakow's mounds](#)



1. Ideas for a day trip from Cracow

- 1 – Wieliczka
- 2 – Tyniec
- 3 – Nowa Huta
- 4 – Oświęcim

1. [Wieliczka](#) – “Wieliczka” Salt Mine is situated 10 km from the city centre of Krakow, is one of the most valuable cultural monuments in Poland, visited each year by over a million tourists from around the world. It is also a world class historical monument and as such is inscribed in UNESCO's First World List of Cultural and Natural Heritage. Today, the Wieliczka Salt Mine represents both many centuries of tradition and modernity, centuries of history, and an underground city with an extensive infrastructure. The Mine trade mark is among the oldest in the world. It is also the oldest Polish brand.



2. **Tyniec** - is situated on the right bank of the Vistula river, 12-13 km off the Krakow city centre. The picturesque region, hills, forest and the river attracts a number of visitors who wish to relax and get in some fresh air. Nine centuries ago Benedictines arrived at this place. On the rock by the Vistula river they built a monastery - [abbacy](#), which emerges from the trees and reflects in the river.



3. **[Nowa Huta district](#)** - Communism Tour - Nowa Huta was built as the model socialist city, entirely planned out as a model way of life under socialism. It even came equipped with its own steel works and housing for the working population. Ironically it was Nowa Huta that was one of the centers of dissent during the collapse of socialism and the eventual withdrawal of Russia from Poland. Discover the embodiment of the former communist state, the Nowa Huta district – "Stalin's gift to Krakow", in style.



4. **[Oświęcim \(Auschwitz\)](#)** - is located approx 50km's west of Krakow. On outskirts of Oświęcim you can visit [Auschwitz-Birkenau Memorial and Museum](#) (1940-1945) the largest of Nazi concentration camps, which has become a symbol of terror, genocide, and the Holocaust. It was established by Germans Nazi's in 1940, in the suburbs of Oswiecim, a Polish city that was annexed to the Third Reich by the Nazis. The grounds and most of the buildings at the sites of the Auschwitz and Auschwitz-Birkenau sites are open to visitors. In 5 years 1.1 million people died in Auschwitz.



5. Ideas for a few days in Poland



Click on the names area to view more information about each of them:

1 – [Warsaw](#)

2 – [Białowieża National Park](#)

3 – [Masurian Lake District](#)

4 – [Archaeological Museum in Biskupin](#)

5 – [Zakopane](#)

6 – [Wrocław](#)

7 – [Przemyśl](#)

8 – [Lublin](#)

4 . Other useful information about Poland:
















[Polish Official Website](#)

[News from Poland](#)

[Prices in Poland](#)

[Cultural events in Krakow](#)

Useful phrases in Polish:

How are you?	Jak się masz? /Co słychać?	
Hi / Bye	Cześć	
Hello / Welcome	Witam	
Good Morning / Good Afternoon	Dzień dobry	
Good Evening	Dobry wieczór	
Good Night	Dobranoc	
Goodbye	Do widzenia	
How are you?	Jak sie masz?	
Good	Dobrze	
Yes	Tak	
No	Nie	
Please speak more slowly	Proszę mówić wolniej	
I don't understand	Nie rozumiem	
I don't speak Polish	Nie mówię po polsku	
Do you speak English?	Czy mówisz po angielsku?	
To Your Health! / Cheers!	Na Zdrowie!	