

EPAEMSI - MOBILITY ACTIVITY Nr. 4

GUIDE FOR PARTICIPANTS

Activity location: Krakow, Poland.

Activity date: 21st to 24th September 2013.

Hosting organisation: Stowarzyszenia WIOSNA (<http://www.wiosna.org.pl/>).

Contact person from the hosting organisation during the activity:

Błażej Dawid mobile: 0048 501 218 831

Magdalena Kurtek mobile: 0048 783 430 068

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1. Logistics

1.1 Nearest airports and easiest way to reach the city centre.

1. [Kraków Balice](#) - Krakow's airport. There are 3 ways to travel to the city centre from the airport
 - **By Taxi** (*highly recommended*) - It should be the best solution because You can go directly from the airport to Your hotel and the prices can be similar like in other means of transportation - around **40-50 PLN (10-13 Euros)** for one taxi. It is highly recommended to order a cab by phone, because taxi drivers from the airport can be dishonest, and they can raise their prices. If You decide to go by a taxi the best thing is to ask the driver or the operator about the cost before You are in a cab. Some of the companies have a policy that they inform You of estimated trip cost. Also, ask for an english speaking drivers. Companies we recommend are:
 - Radio Taxi Barbakan - **196 61** or (0048) **501 139 661, 609 400 400, 602 238 000**
 - **By train** (*recommended for bigger groups with the hotel near the main train station*) - The train service provided by Przewozy Regionalne Sp. z.o.o is the fastest link between the centre of Krakow and the airport. Travel time is about 20 minutes. The station is right outside [the airport building](#). Costs are from **12 PLN (3 Euros)** per person, but there is also a possibility to buy so-called "Return Ticket" which is valid both ways for 30 days - **20 PLN (5 Euro per person)**. Third option is a group ticket - 3 people - **33 PLN (8 Euro)**, 4 people - **44 PLN (11 Euro)**. Details can be found [here](#). **Important Note:** the schedules will be changed after 31st of August so it is highly recommended to check them out before You arrive to Poland.
 - **By public bus** (*the cheapest option*) - Krakow Airport is served by two regular bus lines: **208** and **292** and one night line: **902**. These are **AGGLOMERATION BUS LINES**. One regular agglomeration ticket costs 4,0 PLN (1 Euro). If You are a student You pay only 2 PLN (0,5 Euro), but You have to have EURO26 or ISIC card and be under 26 y.o. More details You will find [here](#).

1.2 Recommendations for accommodation.

HOSTELS:

1. [Kaiser hostel](#) - Located near the center of Krakow, the old Podgórze district. 15 minutes walk to the Main Square, 5 minutes to Kazimierz. You should have a 10% discount if You say that You are coming to "WIOSNA". Price for a **twin room is around 40 Euro for one night**, (20 Euro per person, discount included). Telephone number: **(0048) 12 423 64 38**
2. [Momotown Hostel](#) - Located in the center, almost on Kazimierz, 10 minutes walking to the Main Square. It is a "WIOSNA friendly" hostel with special prices. **On the password "WIOSNA" You should have 20% discount, which is around 33,60 Euro for a twin room** (16,80 Euro per person). Telephone number: **(0048) 12 429 69 29**.

HOTELS:

1. [Sympozjum Hotel](#) - also a "WIOSNA friendly" place. It is far away from the centre - You need to travel by taxis or trams (this can be an adventure!), but it is a very good place with a high standard accomodation. Telephone number: **(0048) 12 261 86 00**.

If there will be any problems with the discounts we wrote above just notify us, so we can contact with them and clarify the situation.

1.3 Meals.

See mobility agenda - meals will not be over 15€ per person.

1.4 Local activities.

There is only one paid activity - Wawel Castle tour. It will cost ar. 100€ for all participants (guide compensation).

1.5 Public transport fares.

1. **Public Transport** - Krakow have very good public transportation (buses and trams). A single trip/40 minute trip ticket costs **3,8 PLN** (ar. **1 Euro**), 20 minute trip ticket costs **2,8 PLN (0,65 Euro)** and this one should be enough to travel to destination points. If You are a student with an EURO26 or ISIC card and You are under 26 y.o. You have a 50% discount. Furthermore, validators in some trams have foreign language options and in the first wagons You will find a ticket machine. **Do not forget to validate the ticket after You get on the tram.**

2. **Taxi** - the fastest transportation. Use every tip we mentioned above. You can always ask a receptionist at the hotel to call You a taxi. Remember to tell them that You want **iCar** (same fare at days and nights) or **Barbakan** Taxi.

- iCar - **0048 12 653 5555**
- Radio Taxi Barbakan - **196 61** or (0048) **501 139 661, 609 400 400, 602 238 000**

1.6 Weather.

Polish weather is very similar to British - it can be sunny or raining all the time. In september the average weather in Krakow is 14,7°C, but it is hard to estimate (it could be varying from ar. 8°C to 20°C). It is highly recommended to have sunglasses as well as raincoats and some warmer clothing.

Please check the weather before You arrive.

1.7 Things to bring.

You have to bring comfortable shoes and some warm clothing (it can be cold) for the tour. No additional materials or needed.

2. Agenda for the activity (Provisional)

Day 1

- 09:00 - 20:00 h: Arrivals.
- 20:00 - 24:00 h: Welcome dinner. HAMSA Restaurant Szeroka 2 Street (ul. Szeroka 2), (Kazimierz) Kraków (price for the dinner for one person - 15,00 Euro).

Day 2

- 9:00 - 13:00 h: Tour of Krakow (Wawel and the most interesting places to see in Krakow). The costs **for the whole group** will be around 100 EURO. Meeting point - Mariacki Church, The Main Square.
- 13:00 - 15:00 h: Lunch. Lunch will not be organised by the hosting organisation. Participants are required to organise their lunch by themselves.
- 15:30 - 17:00 h: Presentation of the hosting organisation (presentation of the whole organization and main projects - **SZLACHETNA PACZKA** (The NOBLE GIFT), **AKADEMIA PRZYSZOŚCI** (ACADEMY FOR THE FUTURE), **TELEKARIERA** (TELECARRIER) - address: **Parafia św. Józefa - Kamieniołom** (St. Joseph Church), **Zamoyskiego 2 street** (Podgórze).
- 17:00 - 17:30 h: Coffee break. Address: **Parafia św. Józefa - Kamieniołom** (St. Joseph Church), **Zamoyskiego 2 street** (Podgórze).
- 17:30 - 19:30 h: Presentation of the SWOT analysis made by the adult learners from each organisation, except the hosting organisation of the previous mobility activity, about the good practice seen during the previous mobility activity. - address: **Parafia św. Józefa - Kamieniołom** (St. Joseph Church), **Zamoyskiego 2 street** (Podgórze).
- 20:00 - 22:00 h: Dinner - [Delecta Restaurant](#). **Not more than 15€ per person..**Address: **Limanowskiego 11 street**.

Day 3

- 09:00 - 12:30 h: Visit to the on-going activities of the hosting organisation and participation of the adult learners and teachers/trainers from all delegations, including the hosting organisation, in the selected good practice. - **“Practises of WIOSNA - How to believe in Yourself!”** (Wise Help concept, Index of successes). *Practises will show methods we use to work with our beneficiaries. They are for everybody.* - address: **Parafia św. Józefa - Kamieniołom** (St. Joseph Church), **Zamoyskiego 2 street** (Podgórze).
- 12:30 - 17:00 h: Free afternoon (Lunch will not be organised by the hosting organisation. Participants are required to organise their lunch by themselves.) - *You could cross Kazimierz and go to Main Square, where there are a lot of restaurants - WIOSNA staff will provide help to every group depending on their plans for the afternoon.*
- 17:00 - 24:00 h: Intercultural celebration prepared by the adult learners for the members of the public and local organisations. Presentations of culture of each country. Dinner and (Intercultural

celebration and dinner will be in the same place). Address: Avangarda Restaurant, Zyblikiewicza 1 Street, Kraków. **Meeting point:** Mariacki Church, Main Square at 4.00 pm

Day 4

- 07:00 - 20:00 h: Departures

3. Local tourist information

3.1 Most popular touristic attractions.

Krakow is a tourist city. There are a lot of interesting venues You need to explore in and around the city. Below we are just listing the spots You will be for sure, but there are many more:

1. [Main Square](#) - It is the largest medieval market square in Europe, surrounded by historical townhouses, palaces and churches. The center of the square is dominated by the [Sukiennice](#) (the Cloth Hall or Drapers' Hall). On one side of the Sukiennice is the [Town Hall Tower](#) (*Wieża ratuszowa*), on the other the 10th century [Church of St. Wojciech](#) (St. Adalbert's) and 1898 [Adam Mickiewicz Monument](#). Rising above the square are the Gothic towers of [St. Mary's Basilica](#) (*Kościół Mariacki*). There are also two major museums at the square ([Historical Museum of Krakow](#) and the National Museum).
2. [Kazimierz](#) - is a historical district of Kraków, Poland; best known for being home to a significant Jewish community from the 14th century. It is now rich in the Jewish-themed restaurants, bars, bookstores and souvenir shops. Some say that Kazimierz is the Polish Montmartre because of its artistic climate.
3. [Wawel](#) - The castle of the Polish kings. Wawel was the formal seat of the Polish monarchy; It is not only the castle but a whole architectural complex. The Cathedral was a place of coronation for the Kings of Poland, but also their mausoleum. Now it is a national pantheon.

3.2 Places to go out for a drink.

It is difficult to name specific places in Krakow to go for a drink. The best thing to do is to explore the streets near the Main Square as well as Kazimierz which is full of many extraordinary places located not so far apart of each other.

3.3 Places to go out for a meal.

There are a lot of restaurants in Kraków. We are suggesting not to go to the places located at the Main Square because they are very expensive. Other places You will find near the Main Square and at Kazimierz. At the latter one You can find a couple of Jewish restaurants which can be very interesting to visit (especially on and near **Szeroka Street**).

3.4 "You should not leave without..."

1. Eating "[Obwarzanek](#)" or/and "[Zapiekanka z Kazimierza](#)" or/and [Lody](#) (Ice cream) from Starowiślna street
2. Visiting the Main Square, Wawel and Kazimierz (the most latter one in the evening)
3. Listening to the [Hejnał Mariacki](#) (St. Mary's trumpet call - it is played every day, successively four times on the hour, by a trumpeter on the highest tower of St. Mary's Church at the main square.

4. Local customs and cultural information about the hosting country

4.1 Language.

The Polish language, functions as the official language of Poland. Until recent decades Russian was commonly learned as a second language but has been replaced by English and German as the most common second languages studied and spoke. Most of the young people in Krakow speaks English. Older people can have difficulties with communicating in English language.

4.2 Currency.

Polish currency is **1 ZŁOTY/100 GROSZY**. The exchange rate into Euro is approximately: **1,00 Euro = 4,00 Złoty**

4.3 Schedules.

Polish people are going to their jobs usually between 7.30 and 9.00 a.m. The working day lasts for 8 hours and it is rare to have a siesta time in between. Around 1 p.m it is lunchtime, but for many Polish people (especially elderly people) it is main dish of a day which we call dinner. From 6 till 8 p.m. it is supper time in Poland.

4.4 Popular traditional food.

1. **Pierogi** (dumplings) - a traditional dish which is a pastry with a filling. First boiled, then they can be baked or fried usually in butter with onions – traditionally stuffed with cottage cheese and potatoes (pierogi ruskie) filling, meat, cabbage and mushrooms or fruits.
2. **Kotlet Schabowy** - is a Polish variety of pork breaded cutlet coated with breadcrumbs similar to Viennese schnitzel, but made of pork tenderloin (with the bone or without), or with pork chop.
3. **Żurek** (sour rye soup) - is a soup made of soured rye flour and meat (usually boiled pork sausage or pieces of smoked sausage, bacon or ham).

4.5 Popular drinks.

1. **Żubrówka with apple juice and/or Wiśniówka (cherry vodka) with grapefruit juice** - both liquors are very tasty by themselves, but it is good to mix them with appropriate juice. If You want to taste “Wiśniówka” we recommend “Soplica” brand.
2. **Regional beers** - a new fashion in Polish brewing. You can taste many of non-regular tastes of beer in Krakow’s pubs not only from Poland. You can find them in places like [House of Beer](#) or BeerGallery (near [Market Square](#) and at [Kazimierz](#)). There are also mini-breweries where You can buy a self-made beer ([CK Browar](#), [Stara Zajezdnia](#)).

4.6 Tips.

Giving tips is never mandatory, but if You are satisfied with service, meal or drinks You can leave some money for the staff. The amount of tip varies between 5-20% of the bill. It depends on You how much will You leave.

4.7 Meeting/Greeting people.

In Poland there is a tradition that men always shake their hands when they meet, even when they do not know each other very well. It is now more common to shake hands with women as well, but it should be her gesture to do so. Good friends often hug briefly or kiss on the left cheek/both cheeks (women).

4.8 Gestures to be avoided.

Insulting gestures in Poland are similar to those from other parts of Europe. You shouldn’t show Your middle finger to anybody. Also, Polish people can be a little bit distant, they do not touch each other when talking unless they know well each other.

4.9 Other gestures.

There is one old, traditional gesture, if You show it to the Polish person, and You are from a foreign country, expect that he/she will smile: When You double tap Your fingers on the neck (forefinger and middle-finger) to Your friend, that means You want to drink alcohol.

4.10 Stereotypes.

There are many stereotypes about Polish people. It is said that Polish people are drunks and thieves, but this is not a bigger issue than in other European Countries. Also Polish women are very beautiful, and that is an absolute true :). Polish people are very religious (Roman catholic), but many young people are not so faithful anymore or atheist. It is said that the Polish worker is a very relevant one, and the stereotype of bad Polish management (*Polnische wirtschaft*) is not true anymore. Finally, Polish people can complain a lot (You have to judge this by Yourselves).

4.11 Sense of humour.

Poles love jokes, and even more, they love to make fun of everything and with everyone. However, Polish people can have difficulties to laugh at themselves. Unfortunately, our national vice is complaining and even when we smile after a joke about us, spoken by a foreigner, in the depths of our souls we can feel unpleasantly.

5. Other information

Always ask the taxi driver for the expected price. If You are not going very far from the centre the bill should not be bigger than **50 PLN**.

6. Basic vocabulary

English	Polish	Phonetically
Hello/Hi!	Cześć!	'che sh ch'
How are you?	Co słycać?	'co sweehach'
Good morning	Dzień dobry	'jean' 'dough bree'
Good afternoon/evening	Dobry Wieczór	'dobree' 'vie tchour'
Good night	Dobranoc	'dobranotz'
Goodbye	Do widzenia	'dough' 'wid zen ya'
Excuse me! / Sorry	Przepraszam	'p shey pra shem'
Yes	Tak	'tack'
No	Nie	'nie'
OK	OK	'ok'
Please	Proszę	'prosheu'
Thank you	Dziękuję	'jean kooye'
Thank you very much	Dziękuję bardzo	'jean kooye' 'bar dso'
Your welcome	Proszę bardzo	'prosheu' 'bar dso'
How much is that?	Ile to kosztuje?	'ile' 'to' 'cosh tooye?'
The bill please	Poproszę rachunek	'po prosheu' 'rahu nek'
A beer	Piwo	'pivo'
A tea	Herbata	'her bata'
A coffee	Kawa	'kava'
Black / with milk	Czarna/z mlekiem	'tschama'/'zee' 'mlekiem'
A fruit juice	Sok owocowy	'sok' 'ovocowy'
A red wine	Czerwone wino	'tschervone' 'vino'
A white Wine	Białe wino	'biaue' 'vino'
What's your name?	Jak masz na imię?	'yak' 'mash' 'na' 'imieu?'
My name is...	Nazywam się.../Mam na imię...	'nazyvam' 'sieu'.../'mam' 'na' 'imieu...'
Do you speak English?	Czy mówisz po angielsku?	'tschy' 'moovish' 'po' 'angiel skoo?'