



Infosheet International Workshop Krakow

Workshop Location: Krakow, Strąkowa 3a (ZSOil nr 3). **GPS 50.026697,19.92377**

Registration will be confirmed. If you don't get a confirmation within a few days, please contact us. Register early online at www.taichi.pl finding "Aktualności" and go to "Miedzynarodowy Warsztat w Krakowie" and click on "register online".

Cancellation. If you have to cancel for any reason, please let us know as soon as possible. In case of a heavy cold, flu or a virus it is better to stay at home instead of contaminating other participants. Transferred workshop contributions will be repaid.

Payments, can be done in cash upon arrival but we prefer payments done in advance by a bank transfer. (name: Stowarzyszenie Taoistycznego Tai Chi w Polsce, IBAN: PL11 2030 0045 3110 0000 0033 1460, BIC: PPABPLPK). Please call a transfer "workshop contribution".

Pick ups and drop offs will be arranged from Airport Balice only for those who have moving disabilities and put this option on the registration form.

Accommodation:

At places within a 15-30 minute walk:

Hotel Panorama: (including breakfast): 89 PLN/person/at double room; 79 PLN/person/at triple room; cash or credit card; deadline July 3,2019; You have to book by yourself using e-mail: biuro@hotel-panorama.pl

or <http://hotel-nowa-panorama.business.site/>. Tel. +48 122606400, +48725979368

Guesthouse Trans-Express You have to book by yourself using www.pensjonat.biz.pl (only bed) for 55 PLN/ca €12 per night per person at a 3/4/5 room. There are also others options, a little expensive, according to the standard of room. Deadline July 3,2019. Breakfast will be available at the workshop venue. The payment is only by cash in PLN at the reception. Tel. +48 679082316, +48 122682091.

The school (workshop place) on the floor - €3 per night – please take your sleeping bag and mattress. Breakfast will be available at the workshop venue. The payment at workshop reception at school upon arrival.

If you arrange your own accommodation please let us know. If you choose to arrive before Tuesday or remain after Monday you will need to organise your own accommodation and travel.

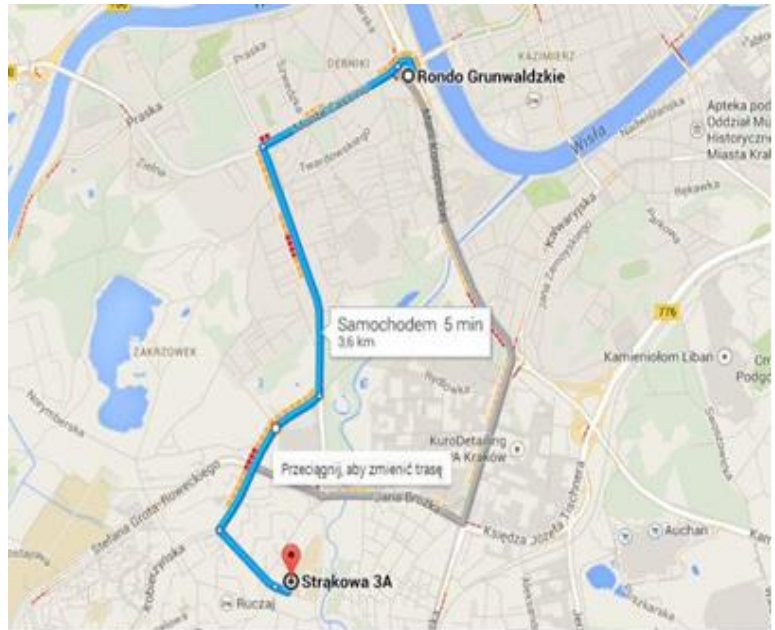
Meals: All catered meals are included in the workshop donation. Participants with special diets please tell us in advance on the registration form of your dietary needs.

Arriving by own way, you can use descriptions below that will help you step by step.

Travel by car

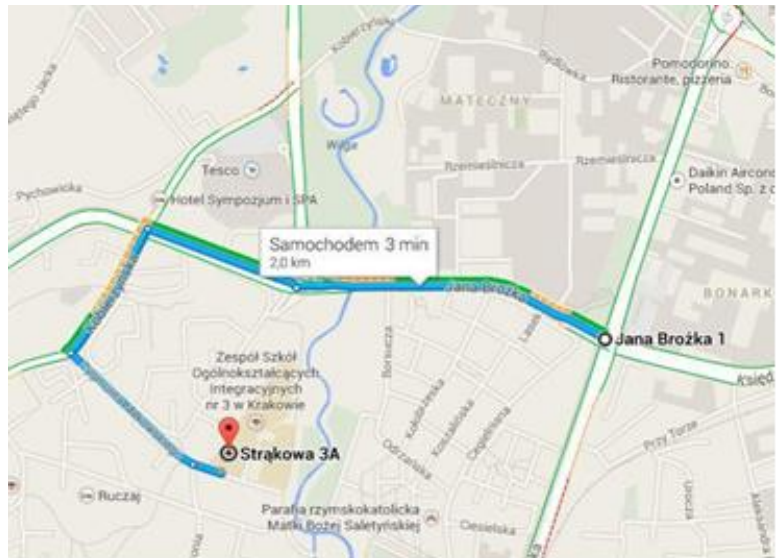
Route from Rondo Grunwaldzkie (the route from Warsaw) – head towards Monte Casino street. Then follow Kapelanka street (turn left by the rotunda) => 1.1 km Ahead of TESCO turn right down the Kobierzyńska street . Drive 850 m then turn left into Miłkowskiego street and go to the end of the road about 400 m.

See MAP 1



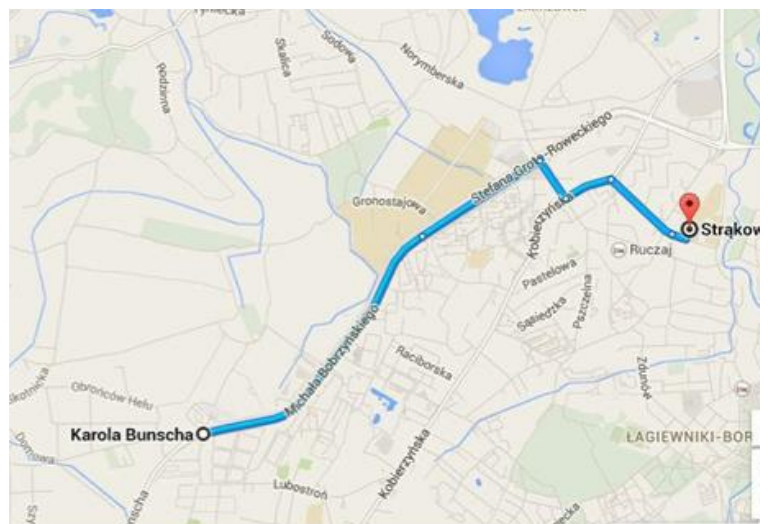
Route from Nowa Huta by Księdza Józefa Tishnera street - at the crossroad of Wadowice and Zakopiańska streets head straight (on the right just past the crossroad there will be the tram/ bus loop). Drive approximately 800 m to the next big crossroad (TESCO on the right side). Go straight Grota - Roweckiego street 350 m to the next traffic lights then turn left into Kobierzyńska street => 350 m. Then turn left into Zygmunta Miłkowskiego street and go to the end of the road about 400 m.

See MAP 2



Route from the motorway - an exit marked Oświecim. Leaving ring road, turn left and follow the main road all the time - 5.9 km (Skotnicka str. , Karola Bunscha str. Michała Bobrzyńskiego st. and Grota - Roweckiego st.). At the traffic lights by Orlen petrol station turn right down Rostworowskiego str. => 230m, next turn left into Kobierzyńska str. => 250m. Then turn right into Miłkowskiego str. and go to the end of the road about 400 m.

See MAP 3



Public transport – tram, bus and train from the airport

If you have indicated „help needed” in the registration form, go to the meeting point at the underground station to the ticket offices. There will be waiting for you somebody with the TTCS’ logo.

If you have planned go by own way, please note prices: Tickets for bus/tram: one passage or 20 minutes -3,40 PLN; one passage or 40 minutes – 4,60 PLN; 90 minutes - 6,00 PLN. You can buy them from the ticket machines on the bus/tram stops and, only for 90-minutes ride, from a driver (in this case you need to have an exact amount of money).

The bus stop to drop off - Lipińskiego Trams: 11, 17, 18, 52, 62. Buses: 194, 178, 106, 114, 166.

From the stop Lipińskiego (see MAP 4): After crossing the street go to Hotel Panorama. To enter the school grounds go between houses passing by Hotel Panorama on the left. There you will find the school entrance with the Society logo on the fence. Go along school buildings to the main entrance.

From the main railway station (Dworzec Główny) – by tram no. 52. Go 10 stops and get off at the Lipińskiego stop (next one past TESCO) . **From the stop off Lipińskiego** – see description above.

From the Airport – by bus no.252. Go 23 stops to Congress Center ICE at Rondo Grunwaldzkie – the bus stop is just behind it. After leaving the bus you have to draw back and cross the street to the tram no. 18 and 52. Go 5 stops and get off at Lipińskiego stop (next one past TESCO) . **From the stop off Lipińskiego** – see description above.

From Airport - by train The railway station Krakow Airport is located next to the terminal I at the rear of the multi-storey car park. This way is the fastest (about 17 min). Timetable: <https://koleo.pl/> or <https://malopolskieleje.pl/index.php/routes/wieliczka-marketplace-salt-mine-krakow-airport>
One-way ticket - Krakow Airport to Kraków Główny (main rail station) => 8.00 PLN. Tickets can be bought from tickets machines at the passenger terminal (eastern part, level 0), at the train station, on the train or from the serviceman.

After leaving the train you have to go through underground passage to Galeria Krakowska (you can go through it) and then turn left into Pawia street and go along GK. Right behind the GK is Hotel which you pass by and then go to the tram stop. Don't enter the underground passage.

Take the tram 52. Go 10 stops and get off at the Lipińskiego stop (next one past TESCO). **From the stop off Lipińskiego** – see description above.

MAP 4



Workshops would not be possible without the work that is done by volunteers before and after. If you can come earlier or stay longer and help out that would be greatly appreciated and valued.