



Infosheet International Workshop Krakow

Workshop location:

Krakow, ul. Zarzecze124a (Sport's Club named Bronowianka).

GPS 50.075874, 19.8816713418716

Important details of the workshop's venue:

- a big playing field you can see near
- blue building (Hotel Kaipol)



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 "Aktualnosci" 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".

Accommodation:

Hotel Kaipol located at the street Zarzecze 124 (workshop place): 55 PLN/person/at studio room (for 5 people - two rooms with bathroom); 75 PLN/person/at double room; 115 PLN/person/at single room; deadline September 20 in order to pay these promotional prices; please, book by yourself sending e-mail directly to: hotel@kaipol.pl

The gym (workshop place) on the floor - €3 per night – please take your sleeping bag and mattress.

If you decide to choose this one please arrange your "bed" and your luggage putting them at the corner of the gym in order to empty the area for the workshop's practice.

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

Meals: All meals are included in the workshop donation (regular or vegetarian – please choose one of them on your registration form); participants with special diets please tell us in advance on the registration form.

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.

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

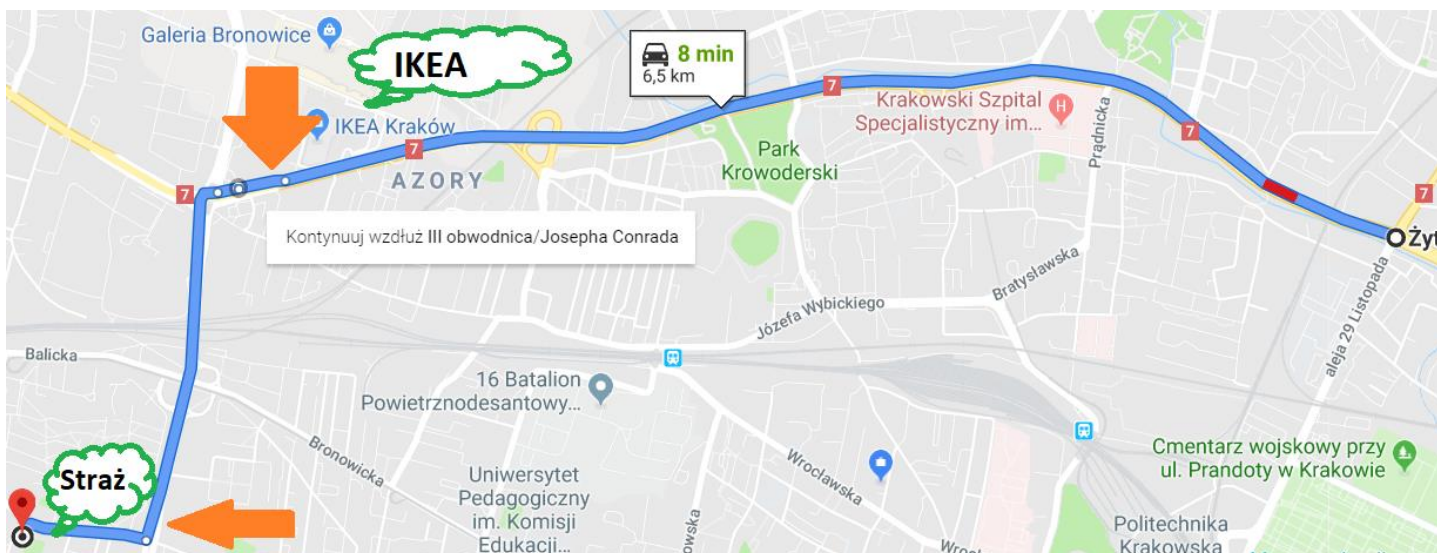
1. Travel by car – route from Katowice, A4 highway

Take the S52 after the gate and then exit at Krakow PŁN and you can see the Witek Center and follow the map below. Orange arrows tell you that you must be in the right lane before to turn in a good direction. **Zarzecze 124A is your goal.** (autostrada means highway)



2. Travel by car – route from Warsaw (via Kielce and Radom; if you use going by Tomaszow Mazowiecki choose the description from the point 1)

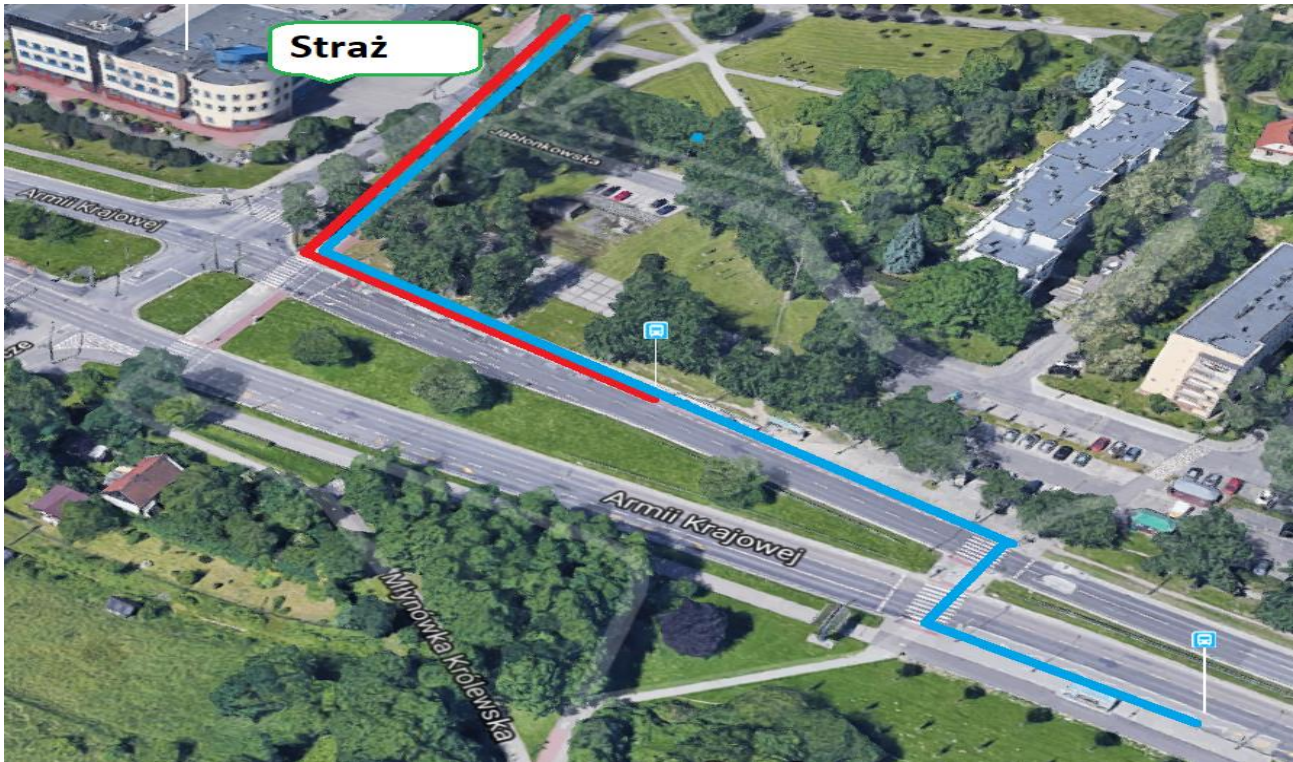
Follow the map below. Orange arrows tell you that you must be in the right lane before to turn in a good direction. **Zarzecze 124A is your goal.**



Public transport – tram, bus and train from the airport

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 – Zarzecze for bus nr 114, 139, 173, 208, 501, 601, 611. From the stop go towards the large Fire Station building (Straż), turn on the right into Zarzecze street, go 450 metres straight and the Bronowianka Sports Club is on the left. See map below.



From the Main Railway Station:

Bus 208 – starts from the East which is at the Bus Station. The bus runs every hour. Go 10 stops and get off at the **Zarzecze** stop.

Alternative connection by bus 501 – higher frequency of running. Starts from the Politechnika stop (far 300 m from the Shops Gallery at Railway Station). Direction: Chelmonskiego Petla. Go 7 stops and get off at the **Zarzecze** stop.

From the Airport – bus 208 (please take a look at above).

We would like to ask all of you to take cups with yourself in order to save an environment. Thank you!

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.