



## INFORMATION SHEET

### **Taoist Tai Chi™ arts anniversary International Workshop, Krakow, Poland.**

Saturday, November 24<sup>th</sup>, 2018 – Sunday, November 25<sup>th</sup>, 2018

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

**Workshop:** The programme will run from Saturday, November 24<sup>th</sup> at 10am until 4pm on Sunday, 25<sup>th</sup> November 2018.

Donation for the workshop is €130 (€80 for members from Central Europe).

**Please** do not forget to inform your instructor that you take part in the workshop – your instructor will help you how to make a donation.

**Registration:** Register early online at [www.taichi.pl](http://www.taichi.pl) finding “Aktualnosci” going to “Miedzynarodowy Warsztat w Krakowie” and click on “register online” . Your booking will be confirmed within a few days. If you don’t receive confirmation it means we did not get your booking so please contact us at email: [gopoland@taichi.pl](mailto:gopoland@taichi.pl). Workshop registration will open at the place of workshop (School ZSOI nr 3, 3a Strakowa Street at 8.30am on Saturday.

**Meals:** All catered meals are included in the workshop donation. Participants with special diets should know that we can offer only regular and vegetarian meals with no spices and additives. In other case you must bring your own food. The meals you have chosen in the registration form can not be changed during the programme. It is important to provide enough food for all participants.

Breakfast:

- You can eat in hotel if you choose one of the listed below,
- At the workshop venue for other kind of accommodation.

Supper on Friday night, before workshop, at the school at 7pm – possible for those who wish to eat something light after they arrive. Your support will be great!

**Accommodation you have to book by own** – we suggest Bed and Breakfast places within 15-30 minute walk:

- **Hotel Ruczaj:** <http://www.ruczajhotel.pl/en> tel.: +48(12)269 10 00 e-mail: [ruczaj@ruczajhotel.pl](mailto:ruczaj@ruczajhotel.pl)  
single room 130 PLN per night; double room 100 PLN/night/person; three/four room 90 PLN/night/person;  
**deadline 31 Oct 2018;** cash and credit card;
- **Hotel Nowa Panorama** <http://www.hotel-panorama.pl/1,2,0,start.html> tel.: +48 12 260 64 00, +48 12 260 64 01 e-mail: [biuro@hotel-panorama.pl](mailto:biuro@hotel-panorama.pl) Single room 129 PLN per night; double/three room 79 PLN/night/person; **deadline 26 Oct 2018;** cash and credit card

You pay your accommodation by own at the hotel’s reception.

You can also book the Guesthouse **Trans-Express:** <http://www.trans-expres.polturizm.eu/> Tel.: +48 12 268 20 91 Cell: +48 697 082 316, e-mail: [pensjonat@trans-expres.com.pl](mailto:pensjonat@trans-expres.com.pl)

Single room 76,5 PLN/night; double room 56,25PLN/night/person; 3-4-5 room 55 PLN/night/person; deadline 3 days before staying; only cash (PLN). Breakfast will be available at the workshop venue.

When contacting please say “tai chi” and it guaranties promotional prices you see above.

- There is also possible to sleep at the workshop place on the floor - €3 per night – please take your sleeping bag and mattress. Breakfast will be available at the workshop venue.

If you choose to arrive before Friday or remain after Monday you will need to organise your own accommodation and travel.

### **Getting to the workshop place**

Please note that there are many renovations works in Krakow. The current communication difficulties must be checked before going to the Workshop at:

<http://zikit.krakow.pl/utrudnienia/1584,1794,0,kategoria,utrudnienia.html>

and plan the travel with an application **How to get to:** <https://jakdojade.pl/krakow/trasa/>

In case an option to be picked up from the airport or station is indicated on the form, please help us to identify you (well noticeable logo). We would appreciate if only those handicapped , with health or mobility problems who cannot get to the workshop unaided chose such an option.

### **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 Kobierzynska street . Drive 850 m then turn left into Milkowskiego street and go to the end of the road about 400 m **MAP 1**

\* **Route from Nowa Huta** by Ksiedza Jozefa Tishnera street - at the crossroad of Wadowice and Zakopianska 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 Kobierzynska street => 350 m. Then turn left into Zygmunta Milkowskiego street and go to the end of the road about 400 m **MAP 2**

\* **Route from the motorway** - an exit marked Oswiecim. Leaving ring road, turn left and follow the main road all the time - 5.9 km ( Skotnicka st , Karola Bunscha st. Michala Bobrzynskiego st. and Grota - Roweckiego st. ). At the traffic lights by Orlen petrol station turn right down Rostworowskiego street => 230m, next turn left into Kobierzynska street => 250m. Then turn right into Milkowskiego street and go to the end of the road about 400 m **MAP 3**

### **Public transport – tram, bus or train from the airport**

If in the registration form you have indicated “help needed” go to the meeting point at the new underground station. By the ticket offices somebody with the STTC logo on the shirt or on the sheet of paper will be waiting for you .

**If you have planned journey unaided** please note prices:

Tickets for bus / tram :

one passage -3,8 PLN or 40 min ride – 4 PLN

bus from the airport + 2,80 zł tram 60 minutes ride => 5,00 zł or 7,20 zł => 2-lines

You can buy tickets from the ticket machines, on the bus or at bus/tram stops . If there is no such machine you can buy tickets from the driver. **In such a case you need to have an exact sum of money and you will pay 1 zloty more.**

The bus stop to drop off : **Lipinskiego**

Tram and bus lines :

trams : 11, 17, 18, 52, 62 (night bus – direction Czerwone Maki P+R)

buses 194, 662 (NIGHT BUS) – DIRECTION Czerwone Maki P+R

178, 608 (night bus) – direction Pod Fortem

• **The way of approach from the main railway station (Dworzec Glowny) –**

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 Lipinskiego stop ( next one past TESCO ) . After crossing the street you make for 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. **MAP 4**

• **The way of approach from the Airport - bus: 252.** Go 25 stops ( some of them are request stops only) to Congress Center ICE at Rondo Grunwaldzkie ( roundabout) –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 or the bus 194 stop. Go 5 stops and get off at Lipinskiego stop ( next one past TESCO ) . After crossing the street you make for 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. **MAP 4**

• **The way of approach from the Airport by train**

The new railway station Krakow Airport is located next to the terminal I at the rear of the multi-storey car park. Traveling by train is the fastest way to get from the airport to Krakow center ( about 17 minutes).

Timetable: <https://koleo.pl/> or <https://malopolskiekoleje.pl/index.php/routes/wieliczka-marketplace-salt-mine-krakow-airport>

**One-way ticket** - Krakow Airport to Krakow Glowny =>9.00 zł

**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.

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**If there are any changes different than in the registration form** please inform us as soon as possible. Especially have to be sure that the contact numbers are correct.

**Do not hesitate to contact us if it is needed:** mobile +48 668 055 652 e-mail: [gopoland@taichi.pl](mailto:gopoland@taichi.pl)