



INFORMATION SHEET

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

Wednesday July 18 – Sunday July 22, 2018

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

Workshop: The 5 day programme will run from Wednesday July 18 at 10am until 4pm on Sunday 22 July 2018. Donation for the 5 day workshop is €260 (€170 for members from Central Europe). The 2 day weekend programme will run from Saturday July 21 at 10am until Sunday July 22 at 4pm. Donation for the weekend 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 finding “Aktualności” 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. Workshop registration will open at the place of workshop (School ZSOI nr 3, 3a Strąkowa Street at 8.30am and Saturday morning.

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.

Accommodation:

- We will organise accommodation in Bed and Breakfast places within a 15-30 minute walk:
 - **Hotel Ruczaj:** one bed in 2-3 room 100 PLN/ ca €24 per night www.ruczajhotel.pl
 - **Hotel Panorama:** places in double or triple room 85 PLN/€21 per night per person www.hotel-panorama.pl

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

- We have booked also the guesthouse **Trans-Express** www.pensjonat.biz.pl (only bed) for 55 PLN/ca €12 per night per person. Breakfast will be available at the workshop venue. The payment is only by cash in PLN.
- 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 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.

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 Kobierzyńska street . Drive 850 m then turn left into Miłkowskiego street and go to the end of the road about 400 m **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 **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 st , Karola Bunscha st. Michała Bobrzyńskiego st. and Grota - Roweckiego st.). At the traffic lights by Orlen petrol station turn right down Rostworowskiego street => 230m, next turn left into Kobierzyńska street => 250m. Then turn right into Miłkowskiego 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 : **Lipińskiego**

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 Główny) –**

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) . 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 RondoGrunwaldzkie (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 Lipińskiego 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 Kraków Główny =>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