



Incentives

in Krakow and the Malopolska Region



KRAKOW convention
bureau



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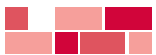
Introduction

The expectations of contemporary tourists pose new challenges to recreation organisers. Business tourists require high-standard services, and like to be taken by surprise with an unusual offer that stands out in a mass of similar products.

Krakow, the capital of the Malopolska Region, favours spending free time in an unconventional way better than in any other city. The thousand-year tradition and historical heritage of Krakow, the monuments of the Old Town, the treasures at the royal Wawel Hill, the unique atmosphere of the Jewish Kazimierz district and the socialist realist Nowa Huta district form the repository of inspirations for the authors of thematic city game programmes.

Within a short distance from Krakow, the underground treasures of the Wieliczka and Bochnia Salt Mines, Jurassic rocks and caves, many mountain ranges, lakes and picturesque river gorges serve as the natural stage for „tourist events.“ The well-prepared accommodation base is accompanied by a proper infrastructure for practising various forms of active tourism, such as white-water kayaking tracks, ski stations, marinas, ice rinks and sports venues. The dynamic development of the City of Krakow, a European metropolis, and the multitude of modern venues on the tourist map of the region, combined with its cultural wealth, make the Malopolska Region and its capital readily selected for incentive events, business meetings and conferences.

Six national parks, four ethnographic parks, a dozen or so castles, manor houses and fortresses not only encourage sight-seeing and thematic workshops, but also the arrangement of unusual events. Business tourism organisers draw upon the now fashionable folk craftsmanship inspirations, regional cuisine and customs abundantly represented in the Malopolska Region to diversify the programmes.





History, culture, entertainment, etc.

History does not have to be boring or difficult, particularly if it entails the introduction to the climate of old epochs with the ephemeral charm of the historic interiors or the evocation of a figure from the past. The immersion in its secrets may involve fun and culinary experiences as in the case of the “Old Poland Feast” or a treat at the cloisters of the Franciscan Basilica. The extremely rich history of Krakow and Malopolska abounds in events and personalities so distinguished and interesting to become the theme of sightseeing programmes “with history in the background.” One can follow the traces of such remarkable women of Krakow as Queen Jadwiga or Helena Rubinstein, learn about the treasures of the Polish secession, also known as Art Nouveau, and meet history in the vaults of the Wieliczka Salt Mine. The quite recent times of the People’s Republic of Poland, whose penetration combines the elements of reflection and comedy are the reason to visit the Nowa Huta district.

Today’s Krakow is a place of artistic inspirations for creative circles. In this context workshops are organised to provide a new look on the City, e.g. by light painting which allows one to see the magical city from another perspective.

Krakow, a city painted with light



The "light painting" workshops offer a unique opportunity to combine several hours of active creative actions and the potential of team work. The participants learn about the methods of light painting and, divided into small groups, make their first attempts in this field with the use of cameras. They watch the works of artists and experimenters dealing professionally with the Light Painting technique, and then they are to complete the creative vision inspired by the leader. The subjects include themes associated with Krakow, a magical place perceived as the cultural heart of Poland which attracts artists, a city of science and art, a city of light.

Producing pictures with the Light Painting technique requires the participants to use their imagination. The right place for light painting workshops may be the unique interior of the Manggha Museum of Japanese Art and Technology, as well as any other place selected by the participants. In order to fully benefit from the possibilities offered by this photographic experiment at the production of both static and moving pictures, the co-operation of several persons is required. The participants can use the necessary equipment and materials, and all the classes are watched over by an experienced expert.

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Women for Krakow



Krakow, a former capital of Poland and a centre of science, culture and art with a thousand-year tradition, also owes its greatness to women. The first one, Jadwiga of Anjou (Queen of Poland reigning in the years 1384-1399), gathered the intellectual elite of Poland at her court, founded many new churches, took care of hospitals, and in 1397 obtained papal approval for the establishment of the faculty of theology at the Krakow Academy, today's University which received the "Jagiellonian" name in 1817 in order to emphasise its association with Jadwiga and the Jagiellon Dynasty. The next queen to claim merit for Krakow was Bona Sforza reigning from 1518. She was a cultural patron of Polish youth, and many previously unknown vegetables, such as tomatoes, cauliflower, artichokes, string beans, broccoli, spinach, cabbage, carrot and lettuce, were brought to Polish tables thanks to her. She introduced Italian pastas and spices to Poland. Queen Bona was not liked, because no queen had ever interfered in politics so openly. The chroniclers called her greedy, deceitful and anxious for power, but she did a lot of good for Poland. She managed vast expanses of waste lands, built bridges, mills and sawmills, and developed cities.

The history of Krakow also knows women who were born in Krakow, but triumphed abroad such as Helena Modrzejewska, a remarkable actress, and Helena Rubinstein, a founder of a global cosmetic company. Permanent traces left by these women in Krakow are presented by female guides dressed in historic outfits proper to the past epochs. The event ends with painting workshops. The guests learn portrait painting exemplified by the most famous woman from Leonardo da Vinci's Lady with an Ermine from the collection of the Princes Czartoryski Foundation in Krakow.

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Old Poland feast



The traditional "Old Poland Feast" is held at a place with an unusual history remembering the royal hunts and feasts in the Niepołomice Forest. During several hours of their stay the guests feel like in the old times. They witness knight fight shows, and listen to the sounds of history and accompanying legends and stories of Niepołomice.

A carriage or sleigh ride in the forest transports one to the Old Poland climate and allows the visitors to feel the atmosphere of royal hunt and, with a little bit of luck, to see a "wild beast" in the European bison reserve in Niepołomice.

At the feast visitors can taste Polish dishes served in huts in the glow of bonfires and with live music played by a folk band. The feast is accompanied by competitions prepared by the knight society, Polish dance classes and attempts at singing regional songs together. The evening ends with a spectacular performance of a dance with fire.



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Mysteries of the Wieliczka Salt Mine

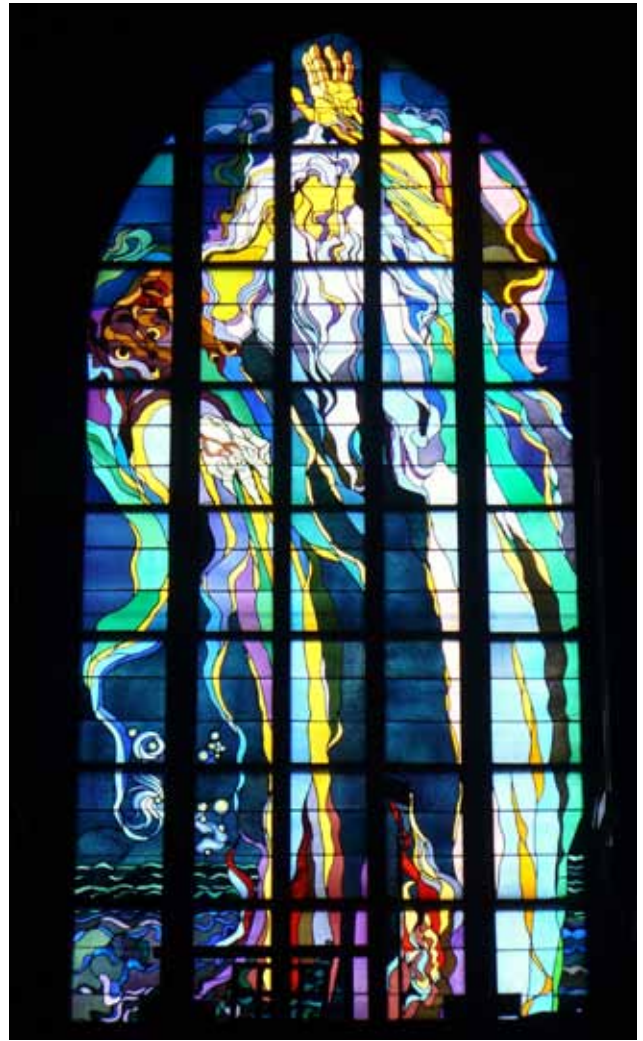


The emotional journey beyond the tourist route of the Wieliczka Salt Mine, visited every year by over a million of tourists from all over the world, allows one to discover a magnificent world, and become acquainted with this austere and fascinating realm. Equipped with crash helmets, mining lamps and carbon oxide absorbers and dressed in protective outfits and gloves, the visitors go to the salt labyrinth in a mining lift in St. Kinga's shaft. The mine expedition is an opportunity to feel like modern explorers: history researchers, observers of underground singularities and adventure hunters. Discovering the mysteries of the Wieliczka Salt Mine is reminiscent of mountain hiking and is equally demanding, as the visitors have to climb ladders, and sometimes rest on their hands or incline their heads in a narrow passage. The difficult route allows one to imagine the toil of the miners of old who bored the salt rock at the dim light of oil lamps.

Marked out at the 1st, 2nd and 3rd level of the mine through excavations of particular value in terms of history and geology, the sightseeing route offers a journey in time. Subsequent passages and chambers depict the ways in which salt was excavated in the course of centuries. They include, for example, the region of the oldest shaft in which rock salt excavation started in the middle of the 13th century. The participants learn about the various ways of securing the mine. After sightseeing a meal in the salt scenery of the restaurant located 125 metres below the ground or in the elegant restaurant of the Grand Sal Hotel^{****} (on the surface) may be organised. The offer may be supplemented with relaxation time in the underground health resort or treatments in rehabilitation, treatment and biological regeneration offices in "Mlyn Solny."

www.kopalnia.pl

At Franciszkańska street...



The Gothic Franciscan Basilica in Krakow features remarkable examples of Polish Art Nouveau, also known as secession. It is adorned with polychromes and stained-glass windows by Stanisław Wyspiański, the most distinguished Polish artist of this period. Undoubtedly, the Basilica's most exquisite stained-glass window by Wyspiański is the expressionist "God the Father creating the world out of chaos" in the western window above the choir. The fourteen paintings of the Passion of the Christ in the Franciscan Church were created by Józef Mehoffer, another distinguished representative of Art Nouveau. The Franciscan Basilica also houses a faithful copy of the Shroud of Turin. The church's unique interior adds splendour to the concert of well-known and popular Krakow artists organised as part of the programme.

A short sightseeing of the Basilica and a chamber music concert fill the first part of the evening. For the second part the participants are invited to the cloisters for monastic refreshments with the atmosphere built by the solemn interior of the Basilica and the proximity of the works of art.

www.symposium.pl





Environmentally-friendly events

The themes of environmental friendliness are very catchy and present in many fields of our activity, so they may also inspire the creation of programmes of incentive events. Such programmes focus more on social issues than tourist ones. They motivate the participants to take up an expected attitude towards the problems of the environment and society. With their tourist attractions, Krakow and Malopolska offer a perfect background for the presentation of environmental protection issues. This is particularly fostered by education in national parks. The heritage sites of Krakow are the starting point for entertainment involving design with the use of environmentally-friendly materials, and the barge at the river bank is an excellent place for discussions and reflections on our role in the life of the planet.

A vital element of programmes is tree planting which – similarly to nurturing and ordering works conducted with children on the grounds of a selected orphanage – have symbolical meaning, as well as practical advantages.

How was Krakow built?



The programme combines the joy of discovering Krakow with the opportunity for effective integration of the participants. For many persons this is a once-in-a-lifetime opportunity to build a city from scratch. The participants are provided with environmentally-friendly materials and a site for construction works. Groups of 5 to 10 draw the buildings of Krakow that will be recreated as part of the project.

At the research stage the teams have to first gather information about the building. The participants take a walk in the Old Town where they have time to observe the building, take photographs and illustrative drawings, and discuss any potential changes that they would like to introduce. Then they go to the "construction site" where they start to create and execute their design. Holding a cup of coffee, they surrender to their imagination and create their own vision of Krakow heritage sites. Cardboard, paper, scissors, paints, brushes and other artistic accessories will help them to create their own concept of Krakow. At the subsequent stages of the programme the participants are followed by cameras which document the teams' creative efforts.

In the end all buildings created by the participants are gathered on a single map of the City so as to form an extraordinary mock-up of Krakow. Thus an alternative Krakow is created: perhaps more beautiful, colourful, spatial or decorative, but definitely unique.

www.dmcpoland.com

Social project in the orphanage and an evening on the barge



Social projects play a vital part in the process of personal development for businessmen. They follow the "give instead of take" idea. Conscious giving and taking activates energy, allowing both sides to greatly benefit from this process. The project's script envisages a journey to one of the orphanages in the vicinity of Krakow. The participants are divided into groups and, together with the wards, conduct decoration and renovation works, such as clearing the playground, planting plants, etc. Working with children and for children provides the participants with satisfaction and the feeling of well-invested toil. The work is interrupted by relaxing exercises. Then the participants are taken to the Arlina barge where dinner and the artistic programme are accompanied by a time for reflection and a summary of the day. The Arlina barge is an essential element of this project, because it is a place created for work with businessmen, hosting inspirational workshops, and helping us understand our role in the global world.

The barge was built in 1889 in Rotterdam as one of the largest barges in Europe. A few years ago it was transported to Krakow and completely restored. Since June 2009 it has been moored on the Vistula River near the former Jewish district of Kazimierz.

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Eko seeing



This is dedicated to clients who are sensitive to ecology. The goal of the programme is to attract the participants' attention to the excessive exploitation of the Earth's natural resources, and to encourage the representatives of modern companies to contribute to the protection of the surrounding natural environment. It shows that the reduction of the consumption of paper, energy and other resources also affects the rise in the enterprises' competitiveness.



The interest in the region's natural values is to trigger appropriate attitude towards nature and make the participants aware of the main cause of environmental degradation.

The programme starts with a walk in the Ojców National Park where one can learn about various forms of protection of the environment, architecture, heritage and landscape. Then the route leads the participants to the Pieniny Mountains with the rally of the Dunajec Gorge in wooden rafts which is one of the greatest tourist attractions in Europe. This visit to the part of the region with extraordinary landscape features is an opportunity to learn about nature protection in the Pieniny National Park.

The day ends with a meal in the garden of an agritourist farm with a short talk about the arcane of tree planting. Then the participants are divided into teams with questions and tasks to be completed. In the end the participants plant trees together.

www.point.travel.pl





Landscape, nature, games

The nature of Malopolska, its power and diversity of the lay of the land create highly favourable conditions for the organisation of games where learning and adventure come together. Surrounded by original landscapes, persons experience common toils much stronger and are enthusiastic about challenges posed by nature. The competition raises a lot of emotions, and the level of task difficulty causes an adrenaline rush.

From the gentle slopes to the Alpine peaks of the Tatra Mountains, the Malopolska mountain ranges encourage one to hike the routes and practise active tourism. The rapid boil of white-water kayaking and the current of the Dunajec and Poprad mountain rivers surrounded by the picturesque ranges of the Pieniny and Beskidy Mountains herald a water frenzy. The primeval royal Niepołomice Forest, the underground world of Jurassic caves and ancient salt mines impress the visitors with the vastness of dormant history.

Solving tasks and overcoming obstacles together simultaneously involve fun and creative process. Staying in extreme conditions teaches respect for nature and forms relations within a group. Relaxation in the natural environment helps to recharge positive energy, and the memories of fun will result in better coordination and partnership within a team.

Meet a european bison, a king and a knight



The meeting with a European bison, a knight and a king takes place in the Niepolomice Forest, a forest complex situated east of Krakow. The Forest was one of the favourite hunting places of the Polish rulers. In the chase of the game, the forest paths were covered by Kings Casimir the Great, Władysław Jagiełło, Sigismund I the Old with Queen Bona, Sigismund II August, Stefan Batory, Jan III Sobieski, Augustus II the Strong. One of the most famous hunts were organised at the order of Augustus II the Strong. In the course of a three-day hunt the King shot 3 elks, 17 deer, 33 wild boars, 85 roe deer, 13 wolves and lots of foxes and hares.

Today the forest, housing the European bison reserve is protected, and the marked tourist routes are excellent for cycling trips. The "bloodless hunt" for European bison, during which one can meet knights and even a king, take place not on horseback but on bicycles. The participants are divided into groups, and the win belongs to the person who covers the marked-out route in the shortest time and correctly completes all the planned tasks.

While hunting, the rulers stayed in a castle at the edge of the forest that had been the residence of Polish kings for centuries. Today the trip's participants can rest here, visit the castle and have a meal.

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Rally at the Poprad Valley



The Poprad is a mountain river springing in the Slovakian Tatra Mountains, which is the border separating the territories of Poland and Slovakia. The Poprad rally follows the magnificent views of the Poprad Valley surrounded by mountain ranges and protected as the Poprad Landscape Park. The Park is home to over 1,000 species of plants, and the most interesting animal species include wildcat, badger, wolf, deer, roe deer, columbine, golden eagle, black grouse and black stork. The rallies are organised at the section between well-known tourist towns of Piwniczna-Zdrój and Rytro, and Leluchów and Muszyna-Zdrój. During the boat ride the participants not only admire the beautiful landscape of Beskidy, but also receive tasks to be performed. Each 12-person team (1 boat) receives a set of 12 photographs of the Poprad Valley and is to take photographs as faithful to the original as possible. The group that can boast the greatest number of photographs and best captures the similarity to the received originals wins.

www.symposium.pl

Underground escapade – a trip with adventures



The underground world of the Wieliczka Salt Mine, the oldest facility of this kind in the world operating without interruptions from the Middle Ages, poses challenges to the participants who perform several tasks to learn about the miners' hard work and prove themselves in unusual competitions displaying their talents, creativity and endurance.

The group is divided into two teams who elect captains and compete against each other. Every task is awarded with points, and the team with the highest number of points wins and is honoured with the act of granting a title appropriate to their merits.

The rich programme of the underground journey with adventures includes elements of entertainment, and "light and sound" animations. The participants take part in the hunt for salt treasures performing the tasks of ancient miners (e.g. the construction of cribs, turning of the salt man). Another attraction may be a lesson in salt lump sculpture organised in the austere underground excavations. The participants create their works under the care of a miner sculptor who introduces them to the arcane of the difficult art of chiselling. After safety instructions, they are equipped with sculpting materials and accessories. Upon the completion of the programme a meal in the restaurant located 125 metres below the ground (optionally as a feast modelled on the traditional Beer Tavern) or in the restaurant of the Grand Sal Hotel**** may be organised.

www.kopalnia.pl

Water frenzy



The "water frenzy" programme is addressed to enthusiasts of extreme adventures, as it involves elements of struggle with a mountain river on pontoons, kayaks and plastic boards, the so-called hydrospeeds. The watery attractions are provided by one of the artificial white-water kayaking courses set up in Krakow and the Wietrznice village. Rafting on the turbulent waves is accompanied by the merry atmosphere of a family picnic.

Addressed to companies and various occupational groups, this offer of active recreation not only provides participants with adrenaline boosting experiences, but can be also used as a team-building event. The kayaking course is perfect for such events, because it is safe for those who use the water attractions. The games teach the participants about behaviour in the water, partnership and coordination of actions.

The participants are provided with the necessary equipment, namely kayaks, paddles, helmets, kayak coats and life jackets, and they are watched over by qualified instructors and rescuers. The eventful day can come to an end with a common feast at a bonfire with the accompaniment of music played by the invited band.

www.point.travel.pl

Meet the mountain world



Meet the mountain world is a year-long integration game that can also be organised in the winter season, with the exception of the period during which the TOPR (Tatra Voluntary Rescue Service) announces the 4th or 5th degree avalanche threat in the Tatra Mountains. The event is a typical azimuth march marked in the field.

The programme is addressed to persons sensitive to the beauty of the mountains and open to adventure. The participants can learn about the basics of navigation and the principles of moving in the mountainous area. During the game one can become acquainted with the dangers lurking in the mountains, the ways to avoid them, and the art of coping in difficult situations. The next element of the training is attention to the impact of the weather on activities in the mountains, learning about mountain equipment and the ways of using it. The world of caves and the actions of natural forces are described. The individual stages of the recreational tasks differ in terms of technical and sports difficulty. The participants are divided into teams under the care of Tatra guides or TOPR rescuers who share their knowledge of the mountains. The task of each team is to cover a specific route and find check points. The participants follow the azimuth according to the received clues, maps, compasses and field marks. The ranking in the general classification depend on the number of achieved points, knowledge and involvement of the team. After completing the entire route the points are summed up, as their number decides about the results and awards for the winning team.



www.trip.pl

OFF ROAD – Terrain madness

This offer is addressed to those who like adrenaline and off-beat drive in a difficult terrain, not only by car. One can choose scenic drives, off-road drives and drives at the course of the Centre of Active Recreation located between the Jurassic Landscape Parks complex and the Ojców National park. It is also possible to ride on a quad.



The participants are divided into groups and deal with obstacles in off-road vehicles in the company of experienced drivers. Each participant is individually trained before the drive. They drive in passenger seats, but OFF ROAD is not only about the driver. The crew's task is to pilot and navigate, and determine the strategy. The entire team has to work together to negotiate field obstacles. After short training it is also possible for the participants to drive the vehicle themselves under the close scrutiny of the instructor.

The event includes various exercises aimed at the improvement of physical and mental fitness. After the classes the participants go to the Wierzchowska Cave to visit the tourist route and meet "Neolithos primary man." In the end the participants enjoy refreshments and a party in "At the Hanging Rock" room.

www.gacek.pl

On a quest for hidden cave treasure



The Wierzchowska Cave, one of the largest caves in Poland situated in the Krakow-Częstochowa Upland near Ojców, offers a lot of possibilities for the organisation of interesting field games programmes. One of them is the "expedition for the hidden treasure" addressed to persons who like physical activity and thrilling activities in unusual places.

The game involves the search for a treasure (e.g. a barrel of valuable beverage or other treasure proposed by the organiser) hidden in the depths of the cave. The team who find the hidden object wins. The prepared informative materials help the teams in their search. In order to complete the tasks the groups receive special maps with the route and encoded information about the place where the "cave treasure" has been placed. A professional guide commentary and a "meeting with the Neolithos primitive man" offer further clues necessary to successfully complete the game.

The professionally prepared tourist route of the Wierzchowska Cave ensures safe recreation and a portion of "cave" education. The day ends with a feast with music in the "At the Hanging Rock" room with roast pork and "Cheerful Mammoth," a specially prepared cave beverage. During the feast the results are announced and the participation certificates are presented.

www.gacek.pl





National traditions, customs and cuisine

The region's cultural heritage encourages creative ways of spending time while visiting Krakow and Malopolska. The recently fashionable 'ethno design', fascination with traditional cuisine and folklore inspire artistic works. While learning about traditional crafts and techniques, one may gain knowledge of the old times and use the gained skills in a practical manner. Similarly, one can benefit from the culinary art presented by chefs during workshops on cooking traditional dishes with the main spot occupied by *pierogi*. This popular Polish dish was originally served in peasants' houses, but with time it entered the nobility tables and was soon recognised by the Poles.

Interesting programmes focus not only on culinary sensations, but also on the communion with art. The creation of stirring collages in the Krakow Planty Park is a way to integrate a group around the local peculiarities. While creating their own decorations with amber, the game's participants can see that this rock is "like a window through which we can look into the past and its dormant history." The works completed during the creative workshops act as souvenirs from the region which is even more valuable, as it reflects the participant's own style, sensitivity and personality.

The miners' feast during "Wieliczka Night" draws upon the tradition of the "Beer Tavern" in the salt mine. Before sitting at the feast tables, the participants of the hunt in the Niepołomice Forest (which was the favourite hunting place of the Polish rulers) must show some qualities of Old Poland hunters such as dexterity, courage and the ability to co-operate.

Four times Krakow



This original field game supplements traditional sightseeing and allows the participants not only to appreciate the beautiful architecture and heritage sites of Krakow but also to know better its inhabitants, their customs and traditions. Divided into groups, the participants compete in several different events. In order to win they have to move around the City with the help of maps and clues given by guides and passers-by.

The game's concept is based on four modules that take place in four different places:

- Language module (Main Station): Polish causes foreigners many troubles. The participants have to decipher the "encoded" messages and communicate with the inhabitants who will help them complete the task faster.
- Culinary module (Market Square and Small Market Square): each group receives a shopping list with local delicacies and a sum of money at their disposal. The task is to purchase the greatest possible number of products for the received sum. The participants have to demonstrate real cunning and bargaining with the sellers with great skill. This is an excellent opportunity to learn about the local tastes.
- Tradition module (Czartoryski Museum): the participants have to demonstrate their knowledge of the Polish tradition of beer brewing and drinking by answering questions of the expert. They receive additional points for discovering the relation between the beer brewing tradition and the Czartoryski Museum.
- Artistic module (Planty Park): each group is to create a collage inspired by Krakow, its history and atmosphere with the use of postcards, photographs and colour magazines. The works are evaluated in terms of composition, inventiveness and originality.

The programme is addressed primarily to foreign groups, but – after some modifications – it may also be used by Polish groups.

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Galician traditions and cuisine

The programme's venue is the Galician Town, the newest part of the Sącz Ethnographic Park in Nowy Sącz, which presents the development of a small town at the end of the 19th century. The visitors can see the Stary Sącz town hall, fire depot with furnishings, nobleman's manor house and burghers' houses concentrated around the market square. The houses accommodate a potter's workshop, a watchmaker studio, a gallery of traditional folk art, a tavern and a photography atelier.

The programme participants can check their culinary or artistic skills. They can try to make pots at the potter's workshops, they can learn how to sculpt holy statues at the gallery of folk art, and they learn about the arcane of traditional bread baking or prepare traditional Polish dishes, such as *pierogi* or stuffed cabbage at the tavern. The event is accompanied by the tasting of local dishes and the performances of a folk band. In the end there is an auction of the best works of participants, and the proceeds are assigned for charity.



www.symposium.pl

(Un)forgettable folk art



The colourful and many-patterned Polish folk art in combination with the diversity of available techniques and materials is the subject of workshops in Polish design that may be held in Krakow or its vicinity. A special place that triggers creativity and allows folk traditions to be drawn upon is Lanckorona, a town with enchanting market square surrounded by wooden development, also known as the "City of Angels." The workshop participants can paint, cut, glue, weave, sculpt and have a good time. Watched by the masters, they let themselves be carried by their imagination. Each prepared post is manned with instructors who will acquaint the participants with the arcane of their craft and help them to try to produce their design. Equipped with materials and divided into small groups, the guests visit the posts devoted to the following fields of folk art: glass painting, bead production, production and painting of ceramics with floral patterns, pottery, making wicker baskets, decoration of traditional Polish toys made of paper and wood, paper cuts and painting of linen tablecloths.

During breaks the participants are served Polish delicacies, such as herring in sour cream, home-made bread, lard with plums and marjoram, pickled cucumbers, cottage cheese and traditionally made smoked hams and sausages from a rural manufacturer. The meeting with Polish folk art is enriched by culinary workshops on how to make delicious *pierogi*. They are delivered by a chef after handing in books with recipes for the Polish *pierogi*. *Pierogi* with sweet, savoury or spicy filling are a very important part of the Polish food culture. Fitted with ingredients, kitchen ware and white aprons, the guests learn how to cook and then taste the *pierogi* they have made with the accompaniment of traditional song and dance bands.

www.dmcpoland.com

Amber – polish treasure

Amber is traditionally believed to be the Polish national precious stone. It is fossilised tree resin valued for its original colour and extreme beauty. Ambers used by jewellers to create compositions with precious metals are usually yellowish orange in colour, but other colours, e.g. lemon, red, black, green or even blue, can also be encountered.

Amber fascinates persons reminding them of liquid gold “frozen” forever in time. The event’s programme allows one to become acquainted with the history of the noble jewel of amber and the tradition of its handling. The participants and the well-known Krakow artists create an exclusive amber jewellery gallery that will house objects made by them.

The participants find boxes with a piece of amber in the hotel. Then, during a walk in Krakow, the guests receive next fragments of the precious stone in several places associated with amber handling, to create works inspired by their own imagination that are later “perfected” by an artist. On the next day the amber jewellery, fitted with the author’s initials and placed in elegant boxes with the company’s logo, is given to the participants as an unforgettable souvenir of their stay in Poland.



www.dmcpoland.com

Culinary workshops

The proposal of culinary workshops is one of the elements of the offer allowing one learn about Krakow from an atypical perspective that is particularly interesting for gourmets. The sampling of “Krakow tastes” starts with the standard sightseeing of the City. While visiting the key attractions, short stops are planned for coffee and cake in the charming nooks and corners of the City. Delicious apple pie at the Krakow Market Square, extraordinary coffee aroma in a garden cafe at the Synagogue and the classic W-Z cake in a stylish cafe in Nowa Huta whet one’s appetite for the further exploration of the region’s cuisine. After the sightseeing, its time for dinner, which the participants prepare by themselves. A culinary show is prepared in one of Krakow’s restaurants. In the beginning the chef delivers a short presentation combined with sampling to introduce the guests to the world of traditional Polish cuisine. Then a cooking lesson is conducted which turns into a thrilling competition in modelling dough for the most shapely and tasty *pierogi*. The guests are divided into several teams. Each participant receives an old-fashioned chef’s hat and a cooking apron, and then the participants eat their produce together. The competition’s winners are awarded with the figure of St. Hyacinth, the patron saint of *pierogi*, and all participants receive a souvenir wooden spoon and a diploma of “junior cook of the Krakow cuisine.”

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Wieliczka Feast



the table with a tankard. The feast's leader orders penalties for those who do not observe the fun's regulations, and an executioner or a devil is appointed to enact the penalties. Traditional Polish feast dishes and beer are served during "Wieliczka Feast". The programme is conducted by actors of the Krakow theatres.

Based on the traditional "Beer Tavern," the programme draws upon original mining habits and customs that are still observed in several places in Poland. In the atmosphere of playful feast the guests are put to many tests and contests, and compete in the field of song, joke and merry discussions.

During the Wieliczka Feast the efforts of young adepts of the mining craft for their initiation in the mining fraternity by the mining elderly are recreated. One of the presented miner's customs is "jump over the leather apron" which precedes the pledge of allegiance to the mining occupation. The custom is completed with the young's accolade by the "Senior Digger," the leader of the mining fraternity. After the ceremony a feast interwoven with songs, jokes and oratory shows is held. The guests are divided in two tables, and take part in funny competitions evaluated by the "High Presidium."

The satisfaction with entertainment is traditionally expressed by hitting

www.kopalnia.pl





The unique sightseeing of Krakow and the Malopolska Region

Malopolska abounds in magical places marked with legend, and each and every one of them may become a starting point for an extraordinary adventure. One may find an antidote for the strains of everyday life in the presence of historical sites, beautiful landscapes and uncommon surroundings. This can be achieved through walks along the enchanting streets of Krakow where the participants are accompanied by legendary figures such as the White Lady and the Lajkonik. Other sensations are experienced by those who decide to discover the recent history in the socialist realist Nowa Huta district. When one goes deep into the several hundred –year old salt mine in Wieliczka or Bochnia, one can feel the atmosphere accompanying the many generations of the miners’ fraternity. The original mining pits were used to create tourist routes leading through the elaborate chambers cut in salt, chapels adorned with sculptures, and pavements exhibiting old equipment. In the Jurassic Wierzchowska Cave, one is immersed in the aura of prehistoric history taking one to the times of the Neolithic ancestors and cave bears. The beauty enchanted in wood inspires reflections and ensures aesthetic sensations of the Wooden Architecture Route.

Unique sightseeing requires non-standard means of transportation, such as the “Melex” electric carts, retro trams, bicycles, horse-drawn carriages or one’s own legs. The tasks can be performed with a camera, a mining tool or a Tyrolean crossing harness. What counts is the participants’ activity and openness to the proposed convention.

Krakov mosaics



The programme encourages visitors to discover the Old Town on their own. This is an opportunity to learn about Krakow's traditions and legends, as well as famous figures such as Nicolaus Copernicus and John Paul II. It also offers entertainment and some interesting details about Poland.

Krakov, the old capital of Poland and a centre of culture, art and science, is a city that can offer tourists a wide range of attractions. In 1978 the architectural complex of the Old Town was included in the first UNESCO World Cultural and Natural Heritage List. Market Square, the largest square of the medieval Europe with Sukiennice (the impressive Gothic-Renaissance Cloth Hall) in the middle, is located in the heart of the city. Surrounded by the green belt of the Planty Park, the Old Town is a limited traffic zone, so it is best to arrange the "Krakov mosaics" on foot.

The participants are divided into groups. Each group receives a "Krakov book" with sightseeing instructions, table of points and City plan. The visitors are to find the key tourist attractions of the Old Town (Collegium Maius, Wawel, St. Mary's Church, Market Square, Slowacki Theatre, Florian Gate) where they will find guides ready to tell the story of those places. They are all assigned with tasks, e.g. do the Pecker Dance, dress the Lajkonik or race on a bicycle. Each task is awarded with a prize, such as the tasting of traditional drinks or papal cream cakes. In the end, the most active participants receive a certificate and the title of "A Friend of Krakow."

www.intercrac.com.pl

Hunt for *pierogi*

An original city game which allows the participants to discover Krakow in an unusual and attractive way. The participants are to find all the ingredients necessary to make one of the most popular Polish dishes, *pierogi*. The products are hidden both in the vicinity of famous historic sites, and in less known places which are rarely visited by tourists. Finding all places requires a lot of wit, inventiveness and good orientation.

The participants set out on a journey, divided into groups accompanied by an instructor guide, and equipped with instructions and City maps with the first check point marked. At each point they faced with a riddle or task to be performed, and when they complete the riddle or task, they receive one of the ingredients and further instructions. The group that gathers all the ingredients in the shortest time wins. The hunt ends with the tasting of several kinds of *pierogi* in the open air or at one of Krakow's restaurants, depending on the weather.

The programme may be made more attractive with a *pierogi* cooking lesson delivered by a renowned chef, and ended with a tasting and awarding of gifts, sets of traditional Polish recipes, cooking aprons and hats with the company's logo.



www.unitedpartners.pl

Magical Krakow



Taking a series of photographs on one's own is a way to capture one's memories about the non-standard sightseeing of a city such as Krakow. The programme participants are divided into groups of 10, and each group receives a camera, maps of Krakow and road books that will help them to move around the City. Travelling with a guide in electric cars or Segways, the groups are to create their own album about Krakow.

The route is designed so that the visitors could see the most interesting places in Krakow and take a series of photographs containing their individual story about the City. The points they should reach are marked on the maps. The encountered legendary figures associated with Krakow, such as the White Lady, the Wawel Dragon, Copernicus and Master Twardowski, give clues about the subsequent steps in the game. The trip presents the less known image of Krakow, such as the dark crypts under the Church of Observant Fathers with 300-year-old mummies, alchemic workshop in the basement of the Museum of Pharmacy, and the Hipolit Townhouse where the visitors can taste liqueurs and see the rollicking Pecker Dance in the Krzysztofory Palace. The next point on the itinerary is the climbing of St. Mary's Tower with a surprise offering of a glass of sparkling wine, strawberries and snacks, and invitation to take a photograph with the bugler. It is also an opportunity to capture the unique panorama of Krakow with one's camera. The walk ends with a cup of fragrant coffee and sweets in one of the cafes at Market Square, and a common photograph at the steps of the Town Hall Tower.

www.dmcpoland.com

Jogging photography



The idea behind the Jogging Photography workshops is to strengthen the bonds in the group by a shared desire to increase the qualifications of the members of the employee team. This unique form of a training and incentive trip combines sightseeing, fitness elements and the development of interests. The goal of the workshops is to show the process of the creation of a good photograph through theoretical and practical training. The participants can learn how to take well-exposed and properly composed photographs, preserve the atmosphere of the moment, capture and present emotions. It is a combination of healthy lifestyle promotion and the passion of photography. Jogging with a camera is a perfect way to discover new spaces, improve orienteering and learn about one's surroundings from a different perspective.

The workshops can be organised as classes lasting several hours or cover as a several-day programme accompanying the group's stay in Krakow, a city inspiring activity and creation. Sightseeing with a professional guide is preceded by a theoretical lecture on the foundations of photography. Then the participants, divided into small teams, receive the description of buildings and events related to a place in Krakow that they have previously visited with a city guide. Their task is to take photographs of buildings and places described in the instruction. In the end, all the teams present their efforts. The best works will be awarded with large-format prints. An album of photographs taken together will also be a wonderful souvenir of their stay in Krakow.

www.point.travel.pl

Chasing history



The participants chase history in a city game leading the players along the Krakow streets and corners. The participants independently visit the City in small groups equipped with the plans of Krakow, a series of photographs and clues directing them to the subsequent points of the programme. At individual stages they are helped by historic figures (made-up actors). One can, for example, meet Stańczyk, jester and advisor of King Sigismund the Old, the bugler from St. Mary's Tower who warned the City against the Tatars, Zawisza Czarny (the Black Knight) who fought at the Battle of Grunwald, Nicolaus Copernicus, the most famous astronomer and student of the Krakow Academy, a Krakow florist and a Jew from the Kazimierz district offering matzah. The game is adaptable to the preparation and age of the participants, and involves quiz solving. By associating places and facts the participants discover the mysteries of Krakow one after another. They are all awarded with a meeting with the legendary Lajkonik, the symbol of Krakow, and a couple in regional folk outfits. Accompanied by accordion music, the players and the couple march across the Krakow Market Square towards Wawel.

www.jordan.pl

A journey to the centre of the earth



"A Journey to the Centre of the Earth" integration game is an exciting expedition in the medieval salt mine in Bochnia. It enables one to discover the underground world and gain new experiences combining emotions associated with competition and good fun. The goal of the programme is to acquaint the visitors with one of the most interesting historical sites in Malopolska. Dating back to 1248, the Bochnia Salt Mine provides participants with tourist routes that can be followed on foot, by underground railway and by boats. The game participants cross the oldest pavements available to tourists. They go down to the mine in the 13th-century shaft, and cover a kilometre-and-a-half section leading through narrow corridors, historic chapels and austere salt chambers.

Before going down to the mine the participants are divided into teams (a maximum of 10 persons). Each team receives a map of the mine with the help of which they are to cross the mysterious salt pavements. The tasks draw upon traditional mining works and occupations associated with salt mining. The programme starts at the Wernier level (138 metres below the ground), through the August level, to the Sienkiewicz level at 250 metres below the ground. The participants play the roles of rope-makers, mine carpenters, crushers or carriers. All competition tasks are evaluated. The team that distinguishes themselves with dexterity, knowledge and team work skills wins.

www.imprezy.kopalniasoli.pl

Krakow, fast and environmentally friendly



Visiting Krakow in environmentally-friendly vehicles, such as the so-called “Melex” electric carts and historical trams, offers fast transfers and the admiration of historic sites that introduce one to the Krakow atmosphere. The Melex cars are fitted with audio guides that play sounds related to the Krak’s town of the Middle Ages and later epochs. One may hear the clinks of chains at the Town Hall Tower, the flourish of trumpets welcoming the guests who enter the City via the Florian Gate, and the cafe buzz of voices in the famous “Jama Michalika.”

At the beginning of their journey, each participant receives several photographs of Krakow’s historical sites that they are to recognise while following the route, and the most perceptive receive surprise gifts. In Zwierzyniec, in the vicinity of the Norbertine Sisters Convent, the participants change to the retro-style “Orient Express.” This tram takes the guests on a magical journey with a cup of coffee, tea or a glass of beer around the historic City centre or to the Nowa Huta district of Krakow which is an example of socialist realist architecture. During the journey, a guide tells the legends of the old Krakow and anecdotes about the times of the People’s Republic of Poland. The journey on the tram cafe may be made more attractive by exquisite refreshments corresponding to the atmosphere of the historic centre or a typical worker’s snacks.

www.jordan.pl

Discover the mine by night



The journey along the vaults of the Wieliczka Salt Mine, world’s unique historical site included in the First UNESCO World Cultural and Natural Heritage List, lit only with personal mining lamps offers an unforgettable experience to tourists who, in the course of their night-time expedition, face many tasks and surprises. The light brings the monumental landscapes, salt sculptures and chapels out from the dark. The many different colours of salt can be a hard grey rock or a secondary crystallisation of intricate snow-white shapes reminiscent of icicles. The visit to the salt chambers and passages with the lights turned off evokes a unique mood and pictures the working conditions of the miners.

The programme takes place from 8:30 pm to 10:30 pm (6:30 pm to 8:30 pm in the low season) after the mine’s vaults are closed for tourists (and the mine’s lighting is turned off). The participants receive crash helmets and mining lamps, and are trained in the issues of safety and handling the equipment. The group encounters many attractions, such as meetings with historic figures, animations, “light and sound” effects in the picturesque Chapel of St. Kinga, and tasting of “żupnikówka,” a special drink giving courage. After the sightseeing, the Treasurer, the good spirit of undergrounds, awards everyone with a diploma confirming their participation in the adventure. Other attractions for the participants could involve the ferry crossing of the underground salt lake, a meal in the restaurant located 125 metres below the ground or in the elegant restaurant of the Grand Sal Hotel**** (on the surface). One may also benefit from the underground health resort or treatments in the rehabilitation, treatment and biological regeneration parlours at “Młyn Solny.”

www.kopalnia.pl

Beauty enchanted in wood – visiting Krynica Zdrój



Malopolska abounds in many preserved historic sites comprising the Wooden Architecture Route. The four most valuable churches in Dębno Podhalańskie, Lipnica Murowana, Binarowa and Sękowa were included in the UNESCO World Cultural and Natural Heritage List. When visiting Malopolska along the route of beauty enchanted in wood, one reaches Krynica Zdrój, the pearl of Poland's health resorts. A ride in horse-drawn carriages will allow one to see the most beautiful historical sites of Krynica built in the middle of the 19th century. The health resort development was followed by the construction of many wooden villas richly adorned with carved decorations. They emulated the so-called "Swiss style" following the patterns used in the Alpine resort development.

The programme starts with a visit in the "Romanówka" villa housing the Nikifor Museum and the art gallery where one can admire the works of Epifaniusz Drowniak, also known as Nikifor Krynicki, a primitivist painter. Then the route leads to the "Witoldówka" villa, an operating guest house located on the Krynica pedestrian path, and the "Jan" pumping room at the Parkowa Mountain. Another point is the exquisite wooden church in Słotwiny occupying the building of the former Orthodox church erected in the years 1887-1888. The architectural beauty is supplemented with floral decorations on the city greens.

www.symposium.pl

Cave adventure



The "cave adventure" is addressed to persons who are not afraid of a great adrenaline rush, and can handle ambitious challenges. The participation in the event requires physical fitness, as the route includes fragments that are usually unavailable to tourists visiting the Wierzchowska Cave. The programme also covers climbing activities at the surrounding rocks. Narrow passages, crossings, climbing to a knick-point, traverse and rope bridge are just some of the tasks to be completed by the expedition participants who are divided into small groups.



One part of the event takes place in the immediate vicinity of the Wierzchowska Cave at the field obstacle course (e.g. abseiling, climbing, rope bridge, Tyrolean crossing, swing). The second part in the form of logistics and integration game involves an extreme visit to the cave with the use of climbing and speleological techniques. All posts outside and inside the venue are manned with licensed instructors who watch over the participants' safety. The next part of the programme involving „meeting with the Neolithos primitive man," stories about man's prehistory and usage of caves by primitive persons, and a feast in the "At the Hanging Rock" room helps the participants let off some steam, and features the summary of results achieved at the obstacle course and the presentation of participation certificates.

www.gacek.pl





Winter offer

Winter in Malopolska is a time of special activity when persons practise winter sports and snow games are organised. Thanks to a well-developed base of ski lifts and stations, downhill skiing and snowboarding are highly popular in many places in the region. Cross-country skiing, snow rackets and ski touring are possible thanks to the right terrain conditions and well-prepared routes. Seasonal and all-year ice rinks encourage skating and curling practices.

In mountain areas, particularly in Podhale, one can still observe live folklore manifesting itself in outfits, music, specific dialect, regional cuisine and customs. Surrounded by mountains, Zakopane, the winter capital of Poland, is, on the one hand, the destination of sports enthusiasts and, on the other hand, an elegant resort whose main pedestrian zone, Krupówki, turns into a fashionable social salon in the high season. Regional traditions are often connected with winter sleigh rides. In the past kuligs - horse-drawn sleigh rides in the form of a retinue (frequently accompanied with music and songs played by a regional band), organised in the open air were a popular past-time of the Polish nobility. In the evening such sleigh rides are lighted with torches and often end with a bonfire in an interesting spot. Thanks to the proximity of castles in Pieskowa Skała and Korzkiew, the Ojców National Park fosters the cultivation of Old Poland traditions. The sleigh rides organised in the mountains are associated with highland folklore, and another special attraction is the raid of "Carpathian highwaymen" whose inventiveness with regard to tasks to be performed to redeem oneself from captivity seems inexhaustible.

Winter adventure



The "Winter Adventure" is one of extraordinary proposals for a Christmas meeting for employees. A seemingly innocent trip to the mountains turns into a lesson in survival in the fast-changing conditions. Such integration fosters team-building, which may help the organisation to succeed at turbulent times.

A group of participants goes to visit Zakopane, the winter capital of Poland situated at the very heart of the Tatra Mountains, where they are attacked by highwaymen with shepherd's axes and fire arms during the sleigh ride. This is a non-standard lesson for guests on how to survive in today's challenging business environment. The participants have to perform various tasks, and are put to tests that are to mobilise the entire team for joint action.

In order to free their group and earn the right to take part in the "highwaymen's gala" at the bonfire the participants have to present their skills in crisis management and negotiations, and, above all, creativity. At the bonfire they enjoy refreshments with sausage or pork roasting, and "highlander tea" to warm them up, as well as dances and games accompanied by a highlander band. After all the exhausting tasks, the winning team is selected, and souvenir diplomas and prizes for winners of particular competitions are presented.

www.point.travel.pl

Sleigh ride in the Ojców National Park



The Krakow-Częstochowa Upland with the beautiful Prądnik Valley included in the protected area of the Ojców National Park spans North of Krakow. It is one of the smallest national parks in Poland. It is home to many rocks, caves, rocky ravines, picturesque valleys and rare specimens of flora and fauna. The main point in the programme is the sleigh ride along the Prądnik Valley. It is preceded by a visit to the Royal Castle at Pieskowa Skała erected in the 14th century. Today the castle has the form of Renaissance residence and houses a museum branch of the Wawel National Art Collection. After an hour ride in the horse drawn carriages, the guests reach the Korzkiew Castle where the Old Poland feast takes place. The Korzkiew Castle, the reconstructed 14th century knight's fortress, is a private property deisganted for hotel and restaurant purposes.

www.intercrac.com.pl

Curling, why not?



Why choose curling? Because since 2004 Krynica Zdrój, where the event takes place, has been home to the Nikifor Krynica Curling Club. Organised in collaboration with the club at the Krynica ice rink, the curling sports competitions start with the presentation of the rules of the game, and then training sessions and competitions follow.

Curling is a sport of long tradition dating back to the Middle Ages. At that time people played on the frozen lakes and rivers using regular field stones. The sport was invented by the Scots. Today it is estimated that there are about a million two hundred curlers (curling players) in the world, and a million players live in Canada and two hundred players live in other countries of the world. Curling can be practised from the age of 10 until late in one's life, and the rules are very simple.



The competition takes place on an ice sheet with the length of about 45 metres. At one end there is a hack which gives the thrower something to push against, and after a several-metre slide the player lets go of a 20-kilogram stone. On the other side there is a house consisting of four circles which is the player's target. The game involves two teams of four. Each member of the team slides two stones, while two other members of the team sweep the ice. The sweeping creates a thin layer of water causing the prolongation of the stone's sliding course, which helps to put the stones in the house as accurately as possible. The fourth player helps to lead the stone in the right way. This game is an excellent activity in coordination and partnership in the group, so it is ideal for team-building programmes. The winners of the competition receive attractive prizes.

www.symposium.pl

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