

INFOPACK

MOV(i)E IT FORWARD!

Dissemination, exploitation and sustainability of KA2 projects results

8-11 May 2019

Zakopane, Poland

Dear Seminar Participants,

We are looking forward to your arrival in Zakopane on Wednesday, May 8 for the seminar "MOV(i)E IT FORWARD! Dissemination, exploitation and sustainability of KA2 projects results". We would like to offer information and assistance in anticipation to your arrival.

For specific questions you are invited to contact us, as presented at the end of this info pack.

VENUE AND ACCOMMODATION

All participants will be staying at one location. Here are the address and contact information for the seminar venue:

Hotel Mercure Kasprowy Zakopane

ul. Szymaszkowa, 34-500 Zakopane

tel. + 48 18 202 40 00

e-mail: recepja@kasprowy.pl

www.kasprowy.pl

Check in on 8th of May, after 4:00 p.m. check out on 11th of May, before 12:00 p.m. (dates are variable according to your options mentioned in the survey we sent).

Location of the hotel:

The hotel is located around 3 km from the city center. We will provide transportation from Zakopane bus station to the hotel on 8 May. The detail bus departure itinerary will be provided to you few days before arrival.

GETTING TO ZAKOPANE

To facilitate ground transportation, please use FB group dedicated to this seminar:

<https://www.facebook.com/groups/452367095509438/>. You can communicate with other participants to check travel itinerary and travel together.

Please follow the next pages to get more information on travelling to Zakopane.

ZAKOPANE



Zakopane is a town in the extreme south of Poland, in the southern part of the Podhale region at the foot of the Tatra Mountains. Zakopane is a center of Góral culture and is often referred to as "the winter capital of Poland". It is a popular destination for mountaineering, skiing, and tourism.

Zakopane lies near Poland's border with Slovakia, in a valley between the Tatra Mountains and Gubałówka Hill. It can be reached by train or bus from the province capital, Kraków, about two hours away. Zakopane lies 800–1,000 meters above sea level.

To get to Zakopane be ready for a bus or train journey from Kraków.

GETTING FROM BALICE AIRPORT (IN KRAKÓW) TO ZAKOPANE AND VICE VERSA

There is only one bus – Flixbus which can take you directly from the Kraków airport to Zakopane.

It goes only twice a day:

- 10:35 – departure from the Airport – 13:25 – arrival to Zakopane
- 18:35– departure from the Airport – 21:35 – arrival to Zakopane

To return from Zakopane to Kraków Balice Airport it also goes only twice a day:

- 06:55 – departure from Zakopane – 09:45 – arrival to the Kraków Airport
- 14:35– departure from Zakopane – 17:25 – arrival to the Kraków Airport

If you'd like to take this route it is strongly recommended to buy the ticket in advance on-line as the number of places is limited: <https://global.flixbus.com/>.

GETTING FROM BALICE AIRPORT (IN KRAKÓW) TO KRAKÓW MAIN STATION AND VICE VERSA

Upon leaving the terminal, you should see a shuttle bus that takes you to the shuttle train. Travel time from Balice terminal to shuttle train is 5 minutes. The train takes you to Kraków Main Station, train platform (ca.15 minutes by train or 30/40 minutes by bus) from where you should continue your travel to Zakopane.

Where to buy a ticket:

- ticket machine in passenger terminal, level 0 (cash payment or payment with credit/debit card)
- ticket machine at train station (cash payment or payment with credit/debit card)
- train conductor on board (cash payment only).

Price: 9 PLN.

You can check all available transportation options at the Kraków airport website:

<http://www.krakowairport.pl/en/>

GETTING FROM KRAKÓW MAIN STATION TO ZAKOPANE AND VICE

VERSA

Buses from Kraków Main Station (bus platform) are the most convenient and reliable way to get from Kraków to Zakopane. The bus platform is in the building next to the train platform. You can get there following signs posted in many places of the train station.

There are many buses going on this route. For example: Flixbus (<https://global.flixbus.com/>), Szwagropol (<https://sklep.szwagropol.pl/>), Majerbus (<http://www.majerbus.pl/en>).

You can check all available connections using one website: <https://en.e-podroznik.pl/>.

WHAT TO BRING/PREPARE

- Comfortable clothes and shoes suited for mountain weather (see description below). Another important thing to know is that some activities can be organized outside the hotel thus be properly dressed (warm clothes and comfortable shoes highly recommended).

Lots of joy, friendly attitude and the desire to learn!

PRACTICALITIES

Weather in Zakopane in May

Temperatures in spring range from 5°C to 20°C. Quite importantly, in mountain regions, weather tends to change very abruptly. Therefore, we could expect mixed weather conditions – sunshine and showers alike, with possible storms. It is recommended to prepare varied outfit, so as to be able to adjust.

Dress code

Due to the location we recommend casual dress code with comfortable shoes.

Things to do in Zakopane

Zakopane is one of prime tourist destinations in Poland, so there are a lot of activities and amenities for visitors. Many restaurants, pubs and clubs are situated in Krupówki street – town’s main promenade.

You can take a cable car ride up Gubałówka (a mountain located at the lower end of Krupówki street). From there, you will be able to admire picturesque view of Zakopane. More “sporty spice” types may consider a trip on foot (c.a. 1h uphill).

Cable car fans can also go on a trip to Kasprowy Wierch – one of the highest peaks in Polish mountains. Up there, you could sip a drink in a cafeteria while watching a magnificent view of the whole Tatra Valley. “Sporty-spice” types are welcome to reach the peak on foot (4h uphill, from the cable car station). The station is reachable by minibuses from Zakopane City Center.

If you are into church architecture, you might wish to visit Krzeptówki Sanctuary, located at the lower end of Krupówki street. The church and adjacent cemetery are a beautiful example of traditional building style of Tatra region.

Special activities at the conference

We especially invite you to participate in our gatherings – dinners and lunches, where there will plenty of time for exchange of ideas and informal meetings.

Do you want to use your laptop / iPod / etc.?

Then be sure to bring a power adapter with you! In Poland we have “type E” circuits, typical for continental Europe.

Money

Poland's national currency is “zloty” (PLN). One euro is about four zloty. Foreign currency can be exchanged at the airport, hotels, banks and exchange offices (called “KANTOR”).

Contact details

Ms Agnieszka Włodarczyk, e-mail: agnieszka.wlodarczyk@frse.org.pl, tel. +48 22 46 31 300.

We are looking forward to meeting you in Zakopane!