



4172 Ridgemoor Dr. N
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Sophia's Travel Presents

Poland Jewish Heritage Journey

Heritage is what we are now, what we had earned from our ancestors, what we carry in our souls and minds.

**Travel with Sophia Kulich in a small group, stay in luxury 5* hotels
Learn History and Jewish Heritage of Poland and current modern life.
Eat delicious local food, enjoy scenery, friendly people, immerse in local culture and meet local Jewish community.**

**May 28 – June 5, 2018
8 nights/9 days**



Day 1, May 28, Monday, Krakow

Individual arrivals, transfer to hotel.

The check in usually starts at 14:00. Early check in option will be requested, but not guaranteed unless the previous night is booked for you.

Accommodation in Krakow Copernicus hotel 5* or similar
Welcome dinner with concert at [Klezmerhois](#)

Overnight Krakow

Meals: D



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Day 2, May 29, Tuesday, Krakow

Breakfast at hotel.



A guided sightseeing tour of the ancient capital of Poland, a royal city on the Vistula lying at the foot of Wawel – a limestone hill on whose peak rise a splendid royal palace and the cathedral church of St. Waclaw and bishop Stanislaus. You will start with the Royal Castle and Cathedral on the Wawel Hill which were remodeled according to the new Renaissance taste in the beginning of the 16th century. It is the place where Polish kings were crowned and buried here. Afterwards, drive to the Old Town with the Main Market Square with magnificent houses and palaces. In the middle of the square is the Cloth Hall built before 1349, but altered in 16th century with many shopping stalls inside.

Drive to Kazimierz – historical center of Cracow's Jewish religious and social life, was incorporated into Cracow in the 18th century. The tour of this district takes you to the most important monuments in this area. First you see the sites, which Steven Spielberg used for his location shots of the Oscar winning "Schindler's List". Then you visit the Old Synagogue, now the Judaic Department of the Historical Museum of the City Cracow, the Remuh Synagogue and Remuh Cemetery – the most precious monuments of the Jewish culture in Cracow.

Lunch in Jewish Community Center. Take part in meeting with the JCC Krakow director Jonathan Ornstein. (subject to appointment confirmation).

Visit the Museum at the former Oscar Schindler's Factory

The main exhibition "Krakow Under Nazi Occupation, 1939-1945" shows the dramatic choice that people made. Key phases of the period come in for special attention, including notorious Sonderaktion of November 1939 (during which 183 people were arrested, most of the the university professors), as well as the creation and liquidation of the Jewish Ghetto. "Krakow Under Nazi Occupation: 1939-1945" showcase life during the war for Poles and Jews, concentrating at least some of its narrative on the disruption of Polish-Jewish relations against the backdrop of Nazi brutality. The atmosphere of the era is evoked by recreations of typical Cracovian interiors and street scenes. At the same time it presents the history of Krakow Jews and the tragedy of Jewish community being a part of the tragedy of the rest of the population. Visiting Krakow and Kazimierz district, it is a must to visit this museum.



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6pm back to hotel. Dinner on your own.

Overnight Krakow

Meals: B, L

Day 3, May 30, Wednesday, KRAKOW

Breakfast at hotel.

9am – 1 pm

Morning – food and market tour 4 hours.

Poland is country is going through a culinary revolution with the foundations of modern Polish cuisine being laid and a myriad of new restaurants being opened. We also want to invite you to discover the behind the scenes of modern Polish food on a tour that combines visits to farmers' markets, hip food courts and creative restaurants.

What is The Market Food Tour?

The 4-hour food tour gives you an opportunity to taste delicious Polish food, straight from the market stall and the kitchen of modern restaurants and hear the stories behind it.

We will start with a visit to a famous local farmers' market where we will have breakfast composed of cheese, meats, pickles and bread bought on the spot. We will not miss a chance to do some shopping! Then we will move on to a trendy post-industrial food court to have a coffee break and take a peek into local restaurants, bars and shops. To finish off, we will continue to lively Kazimierz to have lunch in a restaurant presenting a modern take on Polish cuisine.

Afternoon free.

Meals: B, L

Overnight Krakow

Day 4, May 31, Thursday, KRAKOW – AUSCHWITZ-BIRKENAU - GDANSK

Breakfast at hotel and check out.

6am departure for Aushwitz (guide is booked for 7:30am)

Meet your guide at hotel's lobby for departure to Auschwitz-Birkenau

Auschwitz tours are obligatory for every citizen of the world visiting Poland. The Auschwitz-Birkenau Memorial and Museum – which is listed on the UNESCO World Heritage List – makes an unforgettable impression on every visitor. Every year, millions of visitors walk through the gate with the cynic motto "Arbeit macht frei".

The camp was started by Nazis as a concentration camp for Polish political prisoners. In 1942 it became a focal point for the extermination of Jews. During a 5 year period, the Nazis killed 1,5 million people: Jews, Poles, Gypsies, Russians, and many other



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The

tour begins with a 15-minute documentary movie about the history of the camp. Then, the guide will lead you through Konzentrationslager Auschwitz I, showing the surviving prison blocks, the gas chamber and the crematorium.

The second part of your visit will cover the Auschwitz II Birkenau camp, where you can ascend the watchtower above the entrance gate to catch a view over the whole area of both concentration camps.

11am drive back to Krakow 1.5 hours drive. Or have lunch in Stara Poczta restaurant in Oswencim. Krakow, free time for shopping or individual explorations.

4pm transfer to airport.

3pm transfer to Balice airport

Flight departs Krakow 6:20pm arrives Gdansk 7:40pm (not included)

Transfer to Gdansk Boutique Hotel.
Overnight Gdansk.

Meals: B, L



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Day 5, June 1, Friday, Gdansk

Breakfast at hotel.

9am sightseeing of Gdansk & Westerplatte.

Meeting in the lobby of your hotel.

We start the tour from the Upland Gate - a fragment of the city's fortifications and one of its main gates. Just behind it, we pass by a baked-brick construction consisting of the Prison Tower and the Torture House - relics of the Gothic defence walls from the 15th century. The Golden Gate, situated next to the Prison Tower, opens onto the Long Market - a magnificent street, with Patrician mansions decorated with late Renaissance and Baroque facades - a real feast for the eyes!!! It is here that the richest burghers of Gdansk used to live. Next, we can see the Main Town Hall, with a life-sized figure of king Sigismund Augustus on the top. Beyond the Main Town Hall, we admire the Artus Court - a building used for Hanseatic League meetings, the most beautiful court in all the Hanseatic cities. Just behind it rises the tower of St. Mary's Basilica, a part of the most precious and largest red-brick Gothic church. On our way back we pass by Mariacka Street, with its gabled terraced houses and elegant boutiques, leading to the Long Wharf on the Motlawa River. At the river's edge stands the characteristic Gdansk Crane.

Drive to New Synagogue in Gdansk, where Jewish community of Tricity has the cultural center nowadays.

Lunch.

After lunch drive to see Westerplatte, where the first clash between Polish and German forces started World War II. Afterwards we drive to Sopot the famous and fashionable seaside resort. Here you can still see the oldest and longest wooden pier in Europe. See the Jewish cemetery in Sopot.



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7pm Return to hotel. Overnight Gdansk.

Meals: B, L



Day 6, June 2, Saturday, GDANSK – MALBORK – WARSAW

Breakfast at hotel and check out.

09am departure from Gdansk.

Sightseeing of Malbork Castle - See the famous fortress of the Teutonic Knights.

The history of the castle is strongly connected with Teutonic Knights, a military-religious order born in 13th century that started to grow in strength forming their own state and dominating this part of Europe. Today it is one of the finest examples of brick, gothic castle complex constructed in middle Ages, which survived till today. Visiting Malbork is a unique opportunity to learn more about the medieval history of Christian Europe stretched between sanctity and violence, in which the Teutonic Knights Order played an essential role.

The magnificent castle is located on the banks of the Nogat River. Protected by draw bridges, moats and mounds, the complex consists of 3 parts: the Lower, Middle and Upper Castles. Note the remarkable and original palm vaulting in the Knight's Hall.

Lunch at a local restaurant located in the wing of the Malbork Castle.

Continue to Warsaw, arrive in the evening.

Check into hotel.

5* hotel Bristol or similar



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Overnight Warsaw

Meals: B, L



Day 7, June 3, Sunday, Warsaw

Breakfast at hotel.

10am meet your guide at hotel's lobby for half day **Warsaw City Tour.**

Warsaw – the capital of Poland also the largest city in our country situated in the middle course of the Vistula (Wisla) river. Settled in 10th century however the Old Town was established in 14th & 15th centuries. In 16th century Warsaw was frequently the meeting place of the Polish parliament. Through centuries the residence of many Polish kings. Plundered and destroyed by enemies Warsaw was always erasing from the ruins. During the II World War 87% of city's buildings were destroyed. Some of museum remained almost untouched while the others were bombed to ground.

Visit the Castle Square where you can see the first non-ecclesiastic statue in Warsaw King Sigismund's Column and the originally Gothic castle dated to the 15th century expanded throughout the centuries. The seat of kings of Poland. It was where the Third Of May Constitution was promulgated in 1791, the second constitution, next to the US Constitution, ever in the world. Visit to St. John's Cathedral and walk through the Market Square. Afterwards you will pass the late-Gothic structure by John Baptist of Venice.

The New Town Market you can see the Church and Monastery of Sisters of the Blessed Sacrament and the house where Maria Sklodowska-Curies was born. At the Krasinski Place stop by the Monument of Warsaw's Uprising and drive to see the Ghetto Memorial.



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Afterwards, drive via Royal Route with its aristocratic residences, Tomb on Unknown Soldier, building of Warsaw's Grand Opera and National Theatre House erected by Antonio Corazzi and Baroque church erected in the 17th century where is the urn with ashes of F. Chopin's heart brought from Paris and placed here. Short stop at the Royal Lazienki Park to see the Monument of Frederick Chopin, a secessionist sculpture / at the Monument of Ghetto Heroes.

During your tour of Warsaw we invite you to the famous Warsaw chocolate factory "Wedel" to taste the delicious hot chocolate at the "Wedel Old Fashioned Shop".

2pm tour ends.

In the evening enjoy regular piano recital played in beautiful historical interiors.

Lunch and dinner on your own

Overnight Warsaw

Meals: B, cake and chocolate at Wedel

Day 8, Monday, June 4, Warsaw

Breakfast at hotel



Full day tour of Jewish Warsaw with Specialized guide.

After breakfast, meet your guide for a Tour of Jewish Warsaw.

Start with former Jewish Ghetto area including the Monument to the Ghetto Heroes erected in 1948 which symbolizes the heroic defiance of the Ghetto uprising in 1943; drive along the Path of Remembrance marked by 16 granite blocks commemorating the Jews who were murdered in the Warsaw Ghetto.



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Stop by the Bunker Monument, a small mound, topped with a boulder, commemorating the location of the bunker from which Mordechaj Anielewicz led the Ghetto Uprising. The next stop in Umschlagplatz where you see the monument composed of black and white marble blocks.

The names of hundreds of people from the ghetto, who passed through Umschlagplatz, are inscribed onto the surface of the monument. Drive to Jewish Cemetery on Okopowa Street where you can see graves of many famous people buried here including the touching monument standing over the Janusz Korczak grave, it depicts him accompanying the Jewish orphans, who were under his care, to a Nazi death camp. Afterwards, drive to see the Nożyk Synagogue, with impressive portico crowned by a metal dome bearing the Star of David. The interiors feature the Ark, the cabinet that contains the Torah scrolls.

Lunch

Visit to the Museum of the History of Polish Jews – the first museum to present the history of Polish Jews, a bridge to past and present day of Jewish community in Poland. See the main exhibition, splendid example of the synagogue, as well as the temporary exhibits, collection of documents, photos, letters and documentary movies.

One of the museums that necessarily should be visited while in Warsaw.

Back to hotel later afternoon and prepare for farewell dinner.

Farewell dinner

Overnight Warsaw

Meals: B, L, D

Day 9, Tuesday, June 5, departure

Breakfast at hotel.

Individual transfers for airport in Warsaw.

Meals: B

END OF SERVICES

Price per person based on minimum 8 people group:

Double Occupancy: \$3250

Single supplement \$900

Included:

- Accommodation in 5* luxury hotels including tax and breakfast
 - Krakow - 3 nights - Copernicus or similar
 - Gdansk - 2 nights - Gdansk Boutique or similar
 - Warsaw - 3 nights - Bristol or similar



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- Individual arrival and departure transfers
- Touring per itinerary, including transportation, local specialized guides and entrance fees
- Food experiences per itinerary
 - 6 lunches (drinks are not included)
 - 2 dinners (drinks are not included)
 - Market tour with food sampling
 - Hot Chocolate and cake at Wedel in Warsaw
- Klezmer concert
- Chopin concert
- Transfer to the airport in Krakow for flight to Gdansk
- Transfer from the airport in Gdansk
- 2 small bottles of water per person per day when touring
- Gratuities to guides and drivers

Not included:

- Travel insurance
- Airfares
- Luggage handling
- Meals other than specified in the itinerary
- Anything that is not listed above as included

Payment

Nonrefundable deposit required \$250 per person to register.

Once tour confirmed, 60 days prior full prepayment is required.

Minimum 8 people required for this tour. Please do not buy airfare until we will have tour confirmed. If no minimum reached, the tour will be cancelled and deposit returned.

Credit cards: please fill in credit card form

<http://www.sophiastravel.com/creditcard-authorization-form>

CANCELLATIONS & REFUND POLICY (All cancellations must be received in writing)

- After booking deposit \$250 per person
- 60-0 days before departure, 100%

Since it is a small group and price depends on minimum number of people, deposit and full payment are non-refundable. Travel insurance is strongly recommended.

Terms and conditions

<http://www.sophiastravel.com/page/terms-and-conditions>

Important info

1. Times are approximate just for guideline



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2. Itinerary might be changed slightly due to traffic, appointments and opening/closing times.
3. Later we might add on some optional entertainment or more experience with extra cost
4. Visas to Poland are not required for US citizens. For citizens of other countries, check with your local Poland consulate. Valid passport is required with expiration date no less than 6 month of date of travel
5. Luggage is restricted to 1 reasonably large suitcase weight under 20 kg, and 1 carry on per person. If the travelers will bring more luggage, they will be responsible for extra cost of transporting this luggage.
6. Is this trip right for you?

This trip is designed for adventurous traveler.

Services are improving in the region; however, you may encounter some problems especially in countryside, with plumbing, bureaucratic service, road conditions, unpaved sidewalks, uneven surfaces and steps, and availability of public restrooms.

Air-conditioning is available in all hotels. Sometimes air conditioning at hotels is not what we are used to in USA.

All participants must be reasonably fit, and able to walk on cobblestone streets, walk up and down the hills and stairs. Unfortunately, this trip is not suitable for participants in wheelchairs, motorized scooters, and walkers or with limited mobility.

Flexibility, a sense of humor, and ability to manage your own baggage, when required, and a willingness to accept local standards of amenities and services are essential components to the enjoyment of this trip.

Some churches enforce fairly strict dress codes. Women may need to have head coverings (scarves) with them, and men and women may need to have their arms and legs modestly covered.

2 bottles of water will be provided per person per day for touring.

Every effort has been made to make the information in this schedule accurate. However, trip itineraries are always subject to change. We will do our best to inform you in advance of any changes.

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Information about Poland

FOOD

BORSCHT

This traditional soup, made out of beet root and up to 20 other ingredients, is a staple dish in every Polish family. Borscht can be served hot and cold, fresh and stale, for lunch or for



breakfast, as a meal or even as a healing medicine against the winter colds. Every housewife has its own secret version of borscht, and no restaurant trial can ever compete with the real, steaming hot home-made borscht.

Traditionally borscht recipe is a basic stir-fry of grated beet root with tomatoes, added to a generous soup of vegetables – onions, carrots, fresh or pickled cabbage, peppers, and whatever else is available from our house garden. For the true state-of-art samples of this dish you have to head to the hidden-away villages of

Carpathian Mountains, where borscht is cooked not on the gas stove, but is left to simmer for hours in the coziness of wooden oven. Pour it in the clay pot, drip in a spoon of fresh sour cream, and you'll be able to understand what the true Polish heaven looks like!

Pierogi



Just like borscht, traditional dumplings spearheaded the voyage of Polish cuisine across the globe. Quite a common sight in many supermarkets, pierogis are what bread is to most other nations.

Combined with the piping-hot plate of borscht, those two are Polish food of choice in sickness and in health.

Conveniently pierogi can be made out of the cheapest ingredients available. Dough is a simple mix of flour, water and salt. And stuffing can be anything: from mashed potatoes with mushrooms and fried onions, pickled cabbage, minced meat and even cherries! The sweet version of pierogi is usually served with sour cream and honey, and is a tasty and healthy substitute for the calorie-counting sweets lovers.

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Golabki is a cabbage roll common in Polish cuisine made from lightly soft-boiled cabbage leaves wrapped around minced meat, chopped onions, and rice or barley, which are baked in a casserole dish and are usually served with a creamy tomato sauce. warm and creamy. They are sweet and served for breakfast or dessert. Their simplicity and delicious taste have made them very popular in Eastern Europe.

Makowiec



The **poppy seed roll** is a pastry consisting of a roll of sweet yeast bread (a viennoiserie) with a dense, rich, bittersweet filling of poppy seed. An alternative filling is a paste of minced walnuts, or minced chestnuts.

WEATHER

Thanks to increasingly warmer temperatures and moderate rainfall, May-June is an excellent time for tourists to visit Krakow. The average temperature during this time is 14°C (about 57°F), not hot by any means, but getting more pleasant to enjoy time outside. Gdansk in the north on the Baltic Sea may be cooler.

ELECTRICITY

Electrical current runs on 220v/60Hz in Poland, whereas American current is 110v/50Hz. American computer users can choose from these options:

Purchase a converter to transform the voltage.

Purchase equipment that adjusts internally to either current. Almost all laptop computers are designed to run off of either 110v or 220v current. The sticker on the bottom of your laptop should indicate whether it is dual voltage or not. Adapter plugs will be necessary to fit into standard European sockets, and a surge protector should always be used.

ELECTRICAL SUPPLIES:

- Converters
- 2-prong adapters
- Adapter plugs



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Health requirements from CDC

<https://wwwnc.cdc.gov/>

MONEY AND EXCHANGE

The monetary unit of the present-day Poland is Zloty (PLN)

Money can be exchanged at banks, exchange desks at hotels, shops or licensed exchange windows. Passport is not required for exchange operations.

As of August 2017, 1 dollar= 3.62 Zloty or 1 PLN is 0.276 USD . Check current exchange at www.xe.com

USD and EURO are the most popular currencies in exchange booths. Other currencies are more difficult to exchange and have lower rates due to minor circulation in Poland. Some establishments may accept Euros.

VISA, MasterCard are accepted in major hotels, restaurants, casinos, stores, ATM's. American Express is not that widely accepted and so are travelers checks.

ETIQUETTE:

These rules of etiquette may be useful:

- If invited into a family home, it is traditional to bring a gift. A bottle of wine, a cake, or a bouquet of flowers are customary.
- If there is a child in the house, it is appropriate to provide him/her with a small gift as well.
- Be ready to give toasts at dinner, for guests are often asked to do so.
- Be prepared to accept all food and drink offered when visiting friends. Turning down food may be considered rude. (If you find you cannot eat it all, keep something on your plate to avoid having it replenished!)
- In churches, women should wear scarves or hats, and men should take off their hats.
- Be careful when complimenting a host's belongings, he or she may offer them to you.

PUBLIC RESTROOMS:

It is recommended to have a packet of tissues on hand because public restrooms rarely supply toilet paper. Public restaurants also may charge a small fee (approx. \$.25). While any public restroom can be unsanitary, clean bathrooms can be found in most modern restaurants and hotels.

TIPS: 10% tips can be added to the bill in cash at restaurants when eating on your own.

DISCLAIMERS



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<http://www.cdc.gov/travel/> - Center for disease control and prevention

<http://www.who.int/en/> - World Health Organization

<http://www.state.gov/travel/> - Department of State Travel (USA)

The prices quoted are based on U.S. dollar valuation and foreign exchange values and tariffs at the time of printing. In case of appreciable variations in such values, the Company retains the right to make such adjustments in prices as are necessary.

You should consider and in your discretion obtain appropriate insurance coverage to the extent available with respect to risks associated with your travel.

Your retention of tickets, reservations or bookings after issuance shall constitute an acceptance of and consent to the above terms and conditions and an agreement on your part to convey the contents hereto to your travel companions or group members.

If the client is dissatisfied with any part of the package, the ultimate supplier (hotel, tour company, etc.) is solely in the position and the only one with any authority to make any adjustments.

The Company cannot be responsible for any arrangements not made through our agency.

All rates pertaining to independent hotels and services are agency's negotiated rates and include handling fees consisting of communications expenses incurred to obtain reservations. The Company will not be held responsible for any differences between rates paid prior to departure and locally posted rates, and absolutely no refunds will be made for such possible differences.