

Majority and Minority Languages in School Environment: Helping Teachers, Pupils and Parents 2020-1-PL01-KA201-081612



# A VERY SUBJECTIVE GUIDE TO POZNAŃ



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## **Public transport**

#### Poznań at a glance

Poznań is a city in the western part of Poland, with a population of about 550,000. It is Poland's fifth city in terms of population and eighth in terms of area. The city is very well connected, due to a large number of bus and streetcar lines.

#### Getting to the centre of Poznań from the airport

To get from the airport to the city you can take a bus. There's a dedicated shuttle bus service (**line 159**) travelling from the airport to the main railway station, which is located in the city centre and 5 minutes walk away from the Faculty of Modern Languages and Literatures.

If you don't fancy a bus ride, you can order a taxi (e.g. https://itaxi.pl/nasze-miasta/taxi-poznan/). The cost shall be c. 8-10 EUR.

Apps such as Uber and Volt also operate and you may find them considerably more affordable to use than regular taxis.

#### Means of transport

There are two main means of transport that can be used throughout the city: trams and buses. Both tram and bus stops are fairly easy to find, just look for the sign with the right symbol.

a) Tram  $\rightarrow$  When travelling around the city centre it might be the best idea to use the tram. Trams arrive with higher frequency and get you to your destination faster, as you don't get stuck in traffic. Furthermore, bus delays are much more probable.

b) Bus  $\rightarrow$  It's a good option if you want to travel to the city outskirts, or to the places where roadworks are taking place (most of the roadworks happening in Poznań concern tram tracks)

#### How to buy tickets?

There are several ways to purchase tickets for public transport in Poznań. Paper tickets can be purchased at stationary ticket machines, ZTM Customer Service Points and Ticket Sales Points. It is also possible to purchase online tickets through phone apps. Below you will find detailed information on methods of purchasing tickets.

While moving around the city, look out for the square, grey-green sticker with the white caption "bilety, tickets, Fahrkarten, квитки", which is used to mark all the ticket sales points.

#### Stationary ticket machines

More than 100 ticket machines are located within Poznań and its agglomeration, where traditional paper tickets can be bought. There are two types of ticket machines, however, both are grey, shaped like ATMs and located at tram and bus stops. Using them



is convenient since they also provide service in English, German, French, Ukrainian and Polish. It is possible to pay there with coins and banknotes, as well as with payment cards (including the contactless payment method).

Click the <u>link</u> to check the location on Google map of the nearest ticket machine.

#### Validating a ticket

It is also worth mentioning, that there are two types of machines in trains and buses that are used for validating tickets. The orange box in the first photo is only devoted to the locals, who have a PEKA card and pay a fixed amount of money per stop. Do not try to put your ticket in the sloth or anywhere else in the PEKA reader. What you need to find, if you have a printed ticket, is the yellow box on the second picture. You need to put the ticket in the sloth as usual and you will have a valid ticket. If you want to use one of the apps mentioned above, there is nothing to do concerning the ticket validation. Buying a ticket in the app at the moment of getting on the vehicle makes it immediately valid.





#### Mobile applications (highly recommended!)

A convenient way is to buy tickets online. In order to do so, you should download one of the following free applications to your phone: *jakdojade* (<u>www.jakdojade.pl</u>), *moBILET* (<u>www.mobilet.pl</u>), *SkyCash* (<u>www.skycash.pl</u>), *mPay* (<u>www.mpay.pl</u>) or *zBiletem* (<u>www.zbiletem.pl</u>). The ticket prices in the applications above are the same.

You may find *jakdojade* the most useful, as it offers an English language version. Moreover, it enables the purchase of a ticket, planning the route, checking the location of the stop and the current location of the vehicle. In addition to the scheduled arrival time, the application also shows the actual arrival time and notifies about delays.

#### **Types of tickets**

There are 3 types of timed tickets: 15-minute, 45-minute and 90-minute, as well as 1-day and 7-day.

Ticket time	Prices
15 minutes	4 PLN

45 minutes	6 PLN	
90 minutes	8 PLN	
1 day	15 PLN ( <i>20 PLN for a ticket valid in the cities of Poznań agglomeration</i> )	
7 days	50 PLN ( <i>80 PLN for a ticket valid in the cities of Poznań agglomeration</i>	

It is also worth mentioning that the passenger is bound by the actual travel time, not the one posted on the timetable.

#### Weekend 24h promotion

If you validate a 24-hour ticket once, you can use it all weekend! A single 24-hour timed ticket validated from 20:00 on Friday until 24:00 on Saturday, is valid until 24:00 on Sunday. Thus, you can travel a maximum of two days and 4 hours on a single ticket!

#### The 24-hour family promotion

If you validate two 24-hour tickets, you can take your children up to 18 for free. For two simultaneously punched normal 24-hour tickets, 2 adults and up to 3 children up to the age of 18 can travel.

#### Weekend + family 24-hour promotion: benefit twice

A combination of promotions for 24-hour tickets. Two simultaneously punched normal 24-hour tickets from 8 pm on Friday until midnight on Saturday, allowing adults to take up to 3 children under 18 years of age for free, until midnight on Sunday. This means that families with three children under 18 can, by punching two regular 24-hour tickets, travel on public transportation until 24:00 on Sunday.

These offers for tourists or families are excellent for a weekend visit to the city!

## Where to eat: Recommended restaurants and bars

#### Para Bar

ul. Tadeusza Kościuszki 70, 61-892 Poznań



Para Bar is a place offering Chinese dim sun dumplings with outstanding filling, preparation and delicate dough. All the dumplings are prepared by hand, made with natural ingredients and steamed. This makes them a great option for a light and healthy lunch.

The photo shows jiaozi dumplings with pumpkin, leek and mun mushroom filling. In addition to the dumplings, you can also order edible seaweed, kimchi or algae served in sesame oil. The place also offers the traditional Japanese dessert mochi, which are rice balls with red bean paste, black sesame and peanuts.

To drink, there is a choice of Vietnamese-style coffee, green or jasmine tea or an aloe vera drink. The whole experience can be enhanced with a fortune cookie!

#### Pizzaioli - Pizza Bar

ul. Woźna 5, 61-776 Poznań

On the menu, you can find both classic, delicious pizza, as well as calzone pizza, which is an Italian oven-baked folded pizza, often described as a turnover, made with leavened dough. The pizza dough is made from long-ageing flour and Italian sourdough. It is thanks to the ageing and fermentation process that the pizza becomes light and crispy. The exquisite dough combined with fresh ingredients of the highest quality imported from Italy, the pizza becomes a wonderful culinary experience.

The whole offer is complemented by excellent coffee, wine and a bar open until late and a garden during the summer season.



Taco Jesus Żydowska 27/1, 61-761 Poznań



Savour the flavours of Mexico in the heart of Poznań!

Time for Mexican cuisine. One of the most interesting places on the map of Poznań, which is reflected in the restaurant's unusual décor. Taco Jesus is an English/Spanish-speaking restaurant in the centre of Poznań since 2018. The restaurant is owned and managed by Mexicans, while their food is also cooked by Mexicans – that's how you get the authentic Mexican experience.

The menu is very varied, and both meat and vegetarian fans are sure to find something for themselves. Classic burritos, burrito bowls, tacos or quesadillas - you'll find it all here. Also worth noting is the range of very original salsas - created with fresh fruit and peppers. One of the most interesting offerings is the raspberry jalapeño as well as mango habanero. Taco

Jesus also has a large range of interesting drinks, e.g. based on rice, almonds and cinnamon or fermented pineapple. As a dessert, you can also try Mexican cheesecake.

#### Whisky Bar 88

ul. Stanisława Wyspiańskiego 26A, 60-751 Poznań

If, on the other hand, you're looking for something a little fancier, with the chance to enjoy some delicious drinks or a good whisky, there can only be one choice - Whisky Bar 88! Whisky Bar 88 is a unique venue in Poznań, where you can choose from 2,000 types of whisky from all over the world. Both connoisseurs of this drink and those wishing to experience new flavours have the opportunity to try something unique.

However, in addition to interesting drinks, you can also try very good food. Beginning with original starters like beef tartare served with fried forest mushrooms and autumn truffle or for those who prefer their starters more Mediterranean-inspired cuisine - fried seafood, fries, goma dip with coriander and grilled lemon.

Main courses include various types of meat, but also vegetarian options such as Lasagne with goat cheese, baby spinach, walnuts and rocket pesto (which can be seen in the pic above). There are a variety of pizzas to choose from, both more classic and unusual.

#### Kolorowa: Probably the best ice-cream in Poznań

ul. 27 Grudnia 21, 61-737 Poznań

After a delicious lunch, it's time for dessert! Handmade ice cream, with unusual flavours. The range of flavours changes from time to time, ensuring that it is never boring. The downside, unfortunately, is the rather long queues due to the high demand, especially during the summertime. However, the taste of the ice cream makes up for the wait.



Other highly recommended restaurants in Poznań:

#### Bajzel

In Poland, it is often said that breakfast is the most important meal of the day, so it is worth choosing a reliable place with tasty food. Bajzel Restaurant is a place in the heart of Poznan. In the restaurant, we can enjoy not only a delicious breakfast but also lunches. Bajzel offers a varied menu, in which you can find traditional, vegetarian, vegan or lactose-free dishes. The cuisine of the Bajzel restaurant is characterized by unique combinations of flavours in an unusual form of serving. Moreover, you can drink good coffee, refreshing lemonade or fresh fruit juice.

Address: Stanisława Taczaka 23

#### Bar a Boo

The second most recommended place for a delicious breakfast and lunch is Bar a Boo restaurant. The restaurant is located nearby the Collegium Novum, so it is also in the city centre. Certainly, this restaurant has something for everyone. In addition to the standard menu, which includes pizza, pasta, burgers, salads and desserts, they also have a seasonal menu. It offers new renditions of traditional dishes from Polish cuisine. As well as delicious dishes, we can also enjoy seasonal tea or a variety of alcoholic and non-alcoholic beverages.



Useful information

- Website: <u>http://restauracje.baraboo.pl/poznan-taczaka-lokalizacja,42.html</u>
- Adress: Stanisława Taczaka 11/2
- Reservation: <u>http://restauracje.baraboo.pl/poznan-taczaka-rezerwacja,47.html</u>

#### **DOMU KITCHEN & FRIENDS**

One of the favourite places of Poznanians is placed in the Old Town. If you want to eat something delicious and relax, this is the place for you. The friendly atmosphere and cosy interior make you feel at home. The menu of the DOMU kitchen & friends restaurant is a kind of combination of Italian and Asian cuisine. Occasionally, you can find also traditional Polish dishes on the seasonal menu. On sunny days, guests can sit outside and enjoy not only excellent food but also the charming view of Poznan's townhouses.

Useful information

- Website: <u>http://restauracjadomu.pl/</u>
- Adress: Wrocławska 18

#### **Ichiban Ramen Shop**

If you're looking for a cosy restaurant with an oriental climate and Asian food, this place is perfect for you! Ichiban Ramen Shop is a unique place with Asian food, nearby Old Market Square. You can taste different Japanese Ramen soups in any version you wish – vegan or with meat. In this place, you can also taste the popular Gyoza dumplings, typically filled with meat and vegetables. The food portions are filling and adequate for the prices. What's especially alluring about this place, apart from tasty Asian food, is an\_atmospheric garden. The substantial advantage is the garden heating in the winter.



Address: Woźna 18

#### Fromażeria

One of the best places to have supper is Fromażeria, which is located on Ratajczaka Street. This cosy restaurant in the Old Town in Poznan will surely win more than one visitor's heart, especially cheese and wine lovers – the combination of European cuisine and the cheese bar adds up to a wide range of dishes and a charming atmosphere. The idea of this restaurant is focused on superb cheese and the finest selection of wine. Elegant interior design and courteous staff are also an asset of this place. Fromażeria is surely a place which you should visit at least once, to enjoy delicious cheese of any kind and to taste the exquisite wines.

Additional info: Website link: https://fromazeria.pl/ Address: Ratajczaka 27 Reservation: <u>https://fromazeria.pl/restauracja/</u>

#### Matii Robata & Sushi

Matii Robata & Sushi is one of the most renowned places among Japanese cuisine lovers in Poznan. The menu consists of starters, soups, salads, sushi and desserts of any kind. The offer of veggie dishes is a substantial advantage indeed – the subtle taste of grilled sweet potato is unforgettable and will surely win not only vegetarians' hearts. Apart from the traditional menu, there's also a wide choice of drinks and German, Spanish and French wines. The additional advantage of the place is the interior design, which adds up to a relaxing ambience.



Additional info: Website: https://www.matii.pl/index.php/pl/ Address: Półwiejska 42

## Cafés in Poznań

#### Coffee

Looking for a unique cafe experience in Poznan? Look no further than **TACZAKA20**, **Stragan Kawiarnia**, and **Oldskulowa Cafe**. Each of these cafes offers a distinct atmosphere and menu, but they all share a commitment to quality and creativity.

First up is **TACZAKA20**, located in the heart of the city (on Taczaka 20). This cafe is a haven for coffee lovers, with a menu that features a wide range of speciality drinks made from carefully sourced beans. The prices here are in the mid-range, with a cup of coffee costing





Drip filter coffee and brioche-Taczaka 20



Cappuccino and flat white -Taczaka 20

around 10-15 złoty (approximately  $\in 2.20 \cdot \in 3.30$ ). They also serve delicious breakfast and brunch dishes. The atmosphere is cosy and inviting, with seating both inside and out on the terrace.

Next is **Stragan Kawiarnia**, located on Franciszka Ratajczaka 31. This cafe and gift shop serves up homemade treats like cakes and quiches, as well as a variety of coffee and tea options. The prices here are also in the mid-range, with a cup of coffee costing around 10-15



Stragan Kawiarnia

Stragan kawiarnia

Double espresso - Stragan kawiarnia

złoty (approximately  $\in$ 2.20-€3.30). But what really sets Stragan Kawiarnia apart is its selection of handmade gifts and souvenirs. You can browse through beautiful ceramics, textiles, and more while sipping your latte.

Finally, there's **Oldskulowa Cafe**, located on Fredry 2 in the Stare Miasto (Old Town) neighborhood. The walls are covered in vintage posters and knick-knacks, and the menu features classic Polish as well as Ukrainian dishes and modern European ones. The prices here are in the mid-range to high-end, with a cup of coffee costing around 10-18 złoty (approximately  $\in 2.20 \cdot \in 4$ ). But Oldskulowa Cafe also has a modern twist, with a variety of vegetarian and vegan options. And of course, there's a full selection of coffee drinks, as well as beer and cocktails. The atmosphere is fun and quirky, with plenty of seating for groups. Additionally, it's worth noting that Oldskulowa Cafe is a pet-friendly establishment, and you may encounter a friendly husky dog there from time to time. However, if you have allergies, it's best to take precautions or avoid the cafe during your visit.



Flat white - Oldskulowa Cafe



Latte - Oldskulowa Cafe



Husky - Oldskulowa Cafe

No matter which of these cafes you choose, you're sure to have a memorable experience. They all offer something unique and special, from carefully crafted coffee drinks to handmade gifts to retro decor.

#### Pastries and cakes

Spending a wonderful afternoon at a cosy café is the greatest thing possible. Poznan not only has places with delicious, aromatic coffee but also mouth-watering cakes and pastries that will satisfy even the most fastidious tastes. Do you have a sweet tooth? Be sure to read on for a list of cafes, as each will offer a welcoming atmosphere and something scrumptious to eat.

First on our list is the **Lastryko café** at Święty Marcin 41/2. This modern-looking café is a very pleasant and cosy place to meet friends. It impresses not only with its interior or atmosphere but also with its legendary "concrete" cheesecake, which you should

unquestionably try. When visiting this café, you can anticipate friendly and professional treatment. Time in Lastryko makes people regret having discovered this amazing place so late.

Next on our list is the Miel café at Święty Marcin 14. When visiting Miel, you can count on premium coffee combined with delicious cakes. The caramel cheesecake and the fruit tart are both worth trying at this café. The minimalist and visually appealing interior design impresses with its simplicity, but also does not distract from the delectable desserts. The ideal location for enthusiasts of charming cafés with appetizing cakes. You must be careful though not to fall in love with this place and stay there forever!

On our list of the top coffee shops, **inna.piekarnia** located at Franciszka Ratajczaka 39 comes in last but certainly not least. It is a combination of bakery and café and therefore offers the finest freshly baked treats. Located in a good location, the bakery is renowned for its excellent pastries. They are a pleasure for the eyes and mouth, as they taste as insanely good as they look. Ever since it was founded, inna.piekarnia has been an irreplaceable gathering spot for many. The only possible downside of the café is the prices. They are by no means too high for this kind of quality, but you can find cheaper places in Poznan offering food nearly as good as the one in inna.piekarnia.

As you can see, Poznan has some really wonderful places for an afternoon social gathering. Of course, these are not the only places worth visiting. So come and take a tour of Poznan's cafés and discover some incredible places you'll want to visit again one day.



## What to see

Recommended museums

#### National museum



https://pl.wikipedia.org/wiki/Muzeum\_Narodowe\_w\_Poznaniu#/media/Plik:Muzeum\_Narodo we\_Galeria\_Malarstwa\_Pozna%C5%84\_RB1.JPG

Location: Al. Karola Marcinkowskiego 9 Opening hours:

Monday: closed Tuesday: 10:00-16:00 Wednesday: 10:00-16:00 Thursday: 10:00-16:00 Friday: 10:00-20:00 Saturday: 10:00-17:00 Sunday: 10:00-17:00 ticket prices: regular ticket: 20 zł reduced ticket: 13zł children and students / 7-26 years old: 1zł

#### **Current exhibitions**

#### Barbie

The Barbie doll is by far the most famous doll in the world. Not only do children remember it, many adults also have many memories of this doll. The Barbie doll has been changing constantly over the years, taking on various appearances. At the National Museum in Poznań, you can see the history of this famous toy and travel back to your childhood years. This exhibition will therefore appeal not only to children but also to their parents. The exhibition is open until 30 July.

Ticket prices: Regular ticket: 7zł Reduced ticket: 5zł



The National Museum in Poznan is 150 years old. It is one of the oldest, largest and most important museums in Poland. Its collections include the painting by Claude Monet 'Beach in Pourville'. This work of art has a very interesting history, as it was stolen from the Poznan Museum in 2000. The painting was cut out of the frame by a Monet enthusiast who kept the work in a wardrobe for 10 years. The man claimed to be a student and said he was practising drawing, when in fact he was slowly cutting out the painting. He replaced the original with a replica. The reason for his theft was his obsession with the painting. Now the painting can again be admired in the museum, but it is put in a frame with glass.



#### The Croissant Museum of Poznań

**Location:** Klasztorna 23 **Opening hours:** Monday: 11:00 – 15:30 Tuesday: 11:00 – 15:30 Wednesday: 11:00 – 15:30 Thursday: 11:00 – 15:30 Fridav: closed Saturday: 11:00 – 17:00 Sunday: 11:00 – 15:30 Timetable: 11:00 - croissant and goat show (with goat watching and a legend!) 12:30 - croissant show 14:00 - croissant-and-goat show in English - on Saturdays and Sundays throughout the year; 15:30 - croissant show 17:00 - croissant show – Saturdays Ticket prices: Regular tickets: FOR CROISSANT SHOW: 31zł FOR CROISSANT AND GOAT SHOW: 35zł Reduced tickets: for Croissant show: 28zł for Croissant and goat show: 33zł ticket for Croissant and goat show in English: 35zł

#### Description

The Croissant Museum of Poznań is a vibrant centre of Poznań traditions and culture. It is located in the very heart of Poznań - in the Old Market Square overlooking the Town Hall tower with its goats. It is a place for all those who want to get to know Poznan better, its specificity, language and symbols, with a special focus on the "Rogale Świętomarcińskie".

#### St. Martin's croissant

The St. Martin's Croissant is a product baked on 11 November on the St Martin's Day. The history of the St. Martin's Croissant dates back to 1891, when it was distributed to the poor after a mass on 11 November. The originator of this venture was the baker Józef Melzer. Traditional St. Martin's Croissants are baked only by pastry shops located in Poznań and the Wielkopolskie Voivodship, which hold a certificate of the Poznań Traditional St. Martin's Croissant.

#### The Croissant show

The croissant show is the most important part of the museum's program. It includes a live demonstration conducted by a croissant cook, a tasting and a joint baking of croissants. One will also find out everything about the history, legends and traditions surrounding the St. Martin's croissants. You will also have an opportunity to discover its recipe and ingredients, the history of Poznan and even some linguistic details of the Poznan dialect.

Museum of the Greater Poland Uprising 1918-1919



**Location:** Odwach, Stary Rynek 3

#### **Opening Hours:**

Monday: closed Tuesday: 10:00-17:00 Wednesday: 12:00-13:00 Thursday: 12:00-13:00 Friday: 10:00 – 17:00 Saturday: 10:00 – 17:00 Sunday:10:00-16:00 **Ticket Prices:** regular ticket: 12zł reduced ticket: 8zł guided Tour [Eng]: 70zł

#### **Description:**

One of the most notable events in the history of the region, the Greater Poland uprising, has always been a point of pride for the citizens of Poznan. The valiant insurrection at the end of the First World War (1918-1919) got the city and the entire Greater Poland out of the hands of Germans, ending an occupation that had lasted for over 100 years! The city of Poznan has dedicated an impressive museum to those valorous episodes, which attracts tourists from all over the globe. Situated right in the city centre, it shapes the image of Poznan and draws attention not just due to its spectacular collection of contemporary exhibits, but also due to its exquisite architecture.

#### **Exhibitions:**

The museum's permanent exhibition presents the Polish insurgency of 1918-1919 in the former Prussian partition. The exhibition is rich in photographs, documents, weapons, uniforms and equipment of the Wielkopolska Army soldier. To add variety, multimedia materials are also presented to expand the exhibition space. Particularly interesting is the

stand of the "Maxim" machine gun from 1908 presented in the reality of a trench from the years of the First World War.

## **Historical sites**

Poznań – Ostrów Tumski and Śródka: The cradle of Poland

#### Trip to Poznań's Cathedral Island: Ostrów Tumski

Known as the place "where Poland began", Ostrów Tumski is a beautiful and peaceful spot on the map of Poznań and a mandatory place to visit by anyone interested in sightseeing in this city. It is the oldest part of Poznań, as its first fortified settlement was established around the 8<sup>th</sup> century. It is located northeast of the city centre and is free from construction sites. One can reach Cathedral Island by taking the 163, 167, 183 or 911 bus lines, as well as by taking the 98 tram. Bus nr 163 is departing almost directly from DS Jowita (from "Rondo Kaponiera" bus stop). After a brief walk from the "Katedra" bus/tram stop one will quickly reach the first building in the complex of islands:

#### The Church of the Most Holy Virgin Mary – Kościół pw. Najświętszej Marii Panny

Built in the 15<sup>th</sup> century, this Gothic building is free to access. Its construction was financed by Poland's first monarchs – Prince Mieszko I and Princess Dobrawa. Next to the church, one can find an installation of the previously mentioned royal couple, which glows in the dark. Right next to the church, there is another, much more prominent building that towers over the square:



#### The Archcathedral Basilica of St. Peter and St. Paul – Bazylika Archikatedralna św. Apostołów Piotra i Pawła

The oldest Polish cathedral, built around the 10<sup>th</sup> century in the first fortified settlement on the Ostrów Tumski Island, is deeply connected with Polish Christianity. It was built around the time when Mieszko I was baptized, becoming the first Polish leader to do so. Many illustrious Polish rulers were buried in the Cathedral's basements, including Mieszko I, Boleslaus the Brave and Casimir the Restorer. There was also once a chapel on the Cathedral's grounds, dedicated to Princess Dobrawa. The main building of Archcathedral Basilica is free to visit, moreover one can also buy a ticket for 6PLN (around  $1 \in$ ) in order to visit the crypts. After visiting the Cathedral, a quick stroll through the Jana Lubrańskiego Street will quickly take one to another place worth a visit:



#### The Archdiocesan Museum - Muzeum Archidiecezjalne

It is one of the oldest buildings in Poland collecting objects of sacred art. Amongst hundreds of relicts, one can find a collection of coffin portraits, gothic statues and various sacramental pieces, such as chalices or holy cassocks. In 1981, many artefacts were stolen from the museum and, sadly, not all of them were retrieved.

After visiting the Archdiocesan Museum and turning into the Księdza Ignacego Posadzego Street one can already see the next place planned for the trip:

# The Archaeological Reserve Genius Loci - Rezerwat Archeologiczny Genius Loci

Probably the most unique landmark on Cathedral Island, it is located in a modern building filled with glass footbridges, below which one can observe the original city walls, excavated by a dedicated group of archaeologists. Moreover, one can also visit the 3D cinema and watch various holographic exhibits.

After visiting the Genius Loci, one only needs to turn left into the Księdza Ignacego Posadzego Street and, in this way, one will quickly reach the **Cathedral Lock** (**Śluza Katedralna**). It is an impressive fortified building belonging to the objects of the Poznań Stronghold (Twierdza Poznań) - a number of fortifications built around the city of Poznań. After walking into the Cathedral Lock one has to cross the Cybina River through an indoor glass footbridge to get to the **Porta Posnania (Brama Poznania)** museum – one of the best museums in Poznań.

One can visit all of the Archaeological Reserve Genius Loci, Porta Posnania and the



Archdiocesan Museum with **one joint ticket**, which costs 44PLN (around 9€).

#### Trip to Porta Posnania - Brama Poznania - and Śródka



unconventional way.

#### Porta Posnania – Brama Poznania

Porta Posnania is a unique place on the map of Poznań. Porta Posnania was created right next to the heart of the city in imitation of similar institutions operating abroad. It tells the story of Polish history, its beginnings and Cathedral Island. What makes it different from other museums is the lack of museum exhibits with long plagues that describe the certain item. The Porta Posnania presents Poland and Poznań's history in a modern and interesting way. Long descriptions have been replaced by multimedia and lights. The tour consists of two stages: the first is a unique exhibition housed in a minimalist building, and the second is a walk around Cathedral Island. This is accompanied by an audio guide, available in as many as eight languages: Polish, English, German, Spanish, French, Czech, Russian and Ukrainian. The Porta Posnania is accessible to all and excludes no one. The exhibition is suitable for the elderly, families with young children and people with disabilities. In addition to the exhibitions, there are plenty of workshops, concerts and activities for children and adults to take part in throughout the year. Here, in Porta Posnania, everyone can find something for themselves and learn about history in an

Porta Posnania is located at Gdańska 2 and is open from Tuesday to Sunday. A full-price ticket costs 28 PLN (6 euros).

Further information is available here: <u>https://bramapoznania.pl/en/</u>

#### Śródka

Through Porta Posnania one can easily get to the neighbourhood district – Śródka. Śródka is a small district of Poznań. It is placed right next to the city centre and is mostly known for its busy roundabout.

In Śródka, it is worth seeing a mural with the graceful name "Story of Śródka with a trumpeter on the roof and a cat in the background" ("Opowieść śródecka z trębaczem na dachu i kotem w tle"). Although the collection of motifs may seem random, it is entirely intentional and some of them might be harder to spot, but it is definitely worth a few minutes of your time to look at this magnificent mural. The focal point of the district is the small market square and St Margaret's Church. This is one of the two churches in Śródek, the other being the Polish Catholic Church of St Casimir. Śródka is filled to the brim with different places where one can eat, rest and spend time with friends or family. All of the restaurants and cafes here and unique. Everyone can find something just for them to enjoy. Poznań Śródka is a neighbourhood that has been reborn from the ashes in recent years, so it is well worth taking some time to visit and see for oneself how Śródka is flourishing.

#### Recommended walk: The 4 churches of Poznań

The Region of *Wielkopolska* is a place where now over a millennium-old history of the Roman Catholic Church in Poland has begun. Here in *Poznań*, the first bishopric was founded in 968 and continues to this day. Throughout all this time, thousands of architects, craftsman, artists, patrons, and regular parishioners has been building and conserving the temples for the Glory of God and the use of man. We present to you a short walk between the most significant and interesting churches in the city. We will start with some obligatory points to then take a little detour and show you local treasures you won't read about in a guide. <u>This map</u> will take you step by step to every destination, but just in case we provided the exact address of every spot

in brackets. For your convenience we added information about the opening hours and, if you are religious, the time and location of Sunday Mass in English and Traditional Latin Mass.

### The Archcathedral Basilica of St. Peter and St.

#### Paul (ul. Ostrów Tumski 17)

The cathedral is a mandatory stop on every *Poznań* sightseeing tour. It is in this place, *Ostrów Tumski*, that not only the history of the city but also the history of the Polish state begins. In 968, on the initiative of Poland's first ruler *Mieszko I, Poznań* Cathedral began to be built on this land, making it the first and oldest cathedral on Polish soil.

Throughout history, the church underwent numerous reconstructions and iterations in different architectural styles. The temple was built in the 10<sup>th</sup> century in the Pre-Romanesque style. Following its destruction it was rebuilt in a developed Romanesque style. Another reconstruction between the 13<sup>th</sup> and 15<sup>th</sup> centuries left the cathedral in Gothic style. After the destruction caused by fires, the cathedral acquired a Baroque style. Unfortunately, World War II brought the greatest damage. After the war, the interior of the temple



regained the Gothic forms we know today. This is visible on the outside as well, as the neo-Gothic body is crowned with helmets modelled after the classicist ones.

Inside the cathedral, you can admire the unusual main altar, an original work from the turn of the 15<sup>th</sup> and 16<sup>th</sup> centuries. It depicts the Mother of God in the company of 14 holy women. Seeing the altar poses a great opportunity to study characteristics of late medieval sculpture, including the standard of beauty of the time. Particularly noteworthy is the Golden Chapel (in the bypass behind the altar). Its beautiful and rich furnishings in Byzantine style refer to the beginnings of the state. There is a monument to *Mieszko I* and *Boleslaw Chrobry*, who presumably are buried in the chapel. The church houses many holy relics, including the sword St. Peter used to cut off the ear of the soldier upon capturing Jesus.

While in the cathedral, do not miss the underground part where you can find the remains of three earlier temples – Pre-Romanesque, Romanesque, and Gothic. There is also a limestone bowl, probably baptismal, which gives reason to believe that it was here that the first ruler of Poland embraced the Christian faith.



The cathedral is open for pilgrims and tourists on weekdays from 9:00 to 16:00. For those coming to pray, the cathedral is open daily from 7:00 - to 19:00.

#### Basilica of Our Lady of Perpetual Help, Mary Magdalene and Saint Stanislaus (*ul. Gołębia* 1)

A walk through a picturesque bridge over the *Warta* River and you reach one of the city's most important churches, standing in line with *Poznań's* cathedral. It is considered a jewel in the crown of Polish Baroque architecture.

Its construction dates back to 1701. Both its outside and interior present a feast for the eyes. The richly decorated pink façade with double white pilasters is bounded on either side by two low towers that do not project above the body of the church. It is not without reason that the parish church in *Poznań* is considered the pearl of Polish Baroque. The façade of the church is already impressive, and once inside, the baroque splendour overwhelms with monumental columns and the main altar almost as tall as the nave. Unlike many other churches of that time, everything is made out of marble instead of painted wood. Particularly noteworthy is the vault with an amazing polychrome and the stucco decorations coming in great quantity as well as quality. Despite it being entirely flat, the masterful illusionistic painting creates an impression that heaven itself opened above the ceiling. Inside the church, there are also Baroque portraits and epitaphs, as well as altars dedicated to St. Jude

Thaddeus and St. Pius X. Around the main nave numerous chapels are located. Above the entrance sits the 19<sup>th</sup>-century organ, the powerful sound of which can be heard every Saturday at 12:15, when the church hosts "Farne Concerts". After the concerts, visitors can tour the crypts of the church.

Basilica of Our Lady of Perpetual Help, Mary Magdalene and Saint Stanislaus is open daily from 6:00 to 19:30.

#### The Church of the Most Precious Blood of Jesus (ul. Żydowska 34)

You do not need to venture far for the next stop. It is a great opportunity to take a closer look at the Renaissance Town Hall, as our route runs along the main square. Keep your eyes wide open though, as the next church can easily be mistaken for a regular tenement house. This association is by no means incidental, as the church was founded in place of a house wherein 1399 an act of desecration and the following miracle took place. The perpetrators had stolen three consecrated hosts and proceeded to stab them with daggers to find out, whether they indeed were the Body of Christ. To their horror, from the cuts poured blood. Dread-stricken, they threw the hosts into a well in the basement, but they miraculously floated on the surface. To this day, the water from the well is responsible for many documented miraculous recoveries. Build in 1704 and with its original interior preserved, the church presents all the best baroque style has to offer, but in a minute form this time. The main altar draws all the attention with its striking blue colour and abundance of gold and silver details. The cornices are shaped in a way creating the illusion of depth of an entirely flat altar, which adds to its grandeur despite limited space. In the centre is the miraculous image of Christ Viro Dolorum, so depicting Him after His death on the Cross. Most of the painting is covered with a masterfully crafted silver plate adding the golden Crown of Thorns and a golden rosette accentuating the wound in His side. The choice of the painting and devotion of the church of course relates to the miracle, underlining the consecrated host being the actual Body of Christ. The painting is surrounded by four angels holding the Instruments of the Passion: ladder, nails, hammer, and whip. Very baby-like, pink sculptures of angels so typical of the period combined with such a serious matter make for a dissonance in the eye of the modern visitor. Above, a further context for the Passion of Christ is added by the rest of the Holy Trinity: the Holy Ghost as a dove, and the Father, holding a sceptre and the globe. The Sacrifice is part of the much greater plan do redeem man. Another aspect of The Passion, the Suffering of Mary, is depicted on a separate altar. The original painting from the 18th century confronts the viewer with another face of the Baroque - its ability to create striking depictions of suffering. The sorrowful Mother holds her Son's body frozen in a lifeless, yet painfully stretched position. Silver and golden inlays help us remember that even in this unbearable suffering there is grace. Due to the special status of the church, we weren't able to provide you with our own pictures, please refer to the official website of the church.

Due to safety concerns, the church can only be viewed from the entrance. If you want to take a closer look, come right after the Traditional Latin Mass celebrated at 18:00 from Monday to Thursday or 10:00 and 12:30 on Sunday.

#### Church of St. Wojciech (ul. Wzgórze Św. Wojciecha 1)

Leaving the Old Town you stroll up a hill named after the first Polish Saint, Wojciech, crowned with a church bearing his name. The relatively minute outline of the church combined with a bare Gothic brick contrasting to the Renaissance façade might discourage less persevering visitors, but what is inside graciously rewards those who do not judge the



book by its cover. Upon swinging heavy wooden doors you are engulfed in a deep, yet comforting dimness. No from sound the outside



can pierce walls dating back to the 14<sup>th</sup> century, only light gently permeates through the slender stainedglass windows. The play of light and shadow draws attention to the centrepiece of the church, the triptych altar. It might be in perfect harmony with the medieval atmosphere, but it has actually been constructed in 1953 from pieces of war-damaged or destroyed altars as well as entirely new sculptures. The main panel depicting the Assumption of Mary dates back to the 16<sup>th</sup> century, with the Saint herself added much later. Following the intent of medieval builders, you rise your eyes towards the heavens following the decorative columns to behold the unique vault. It is the only example of a stellar vault in *Poznań* and one that truly rises to its name. Not only the original field division creates intricate star-like shapes, but it is entirely covered in polychrome depicting the night sky for a truly **stellar** effect. With such a harmonious composition of all the architectural and painted elements it might be surprising that the polychrome is actually typical of art nouveau, hence the unusual floral motives on the lower parts of the columns. The windows are not less worth your attention, even though none of the original artwork survived to this day. These stunning pieces give testimony to the work and talent of multiple artists of the past 70 years. The central piece depicts St. *Wojciech*, the first Polish saint and martyr killed on his Christianisation quest in Prussia, hence the red robes, the boat he travelled in as well as references to Slavic art.

The Church of St. Wojciech makes for a unique example of Gothic architecture undergoing numerous renovations and iterations without losing its aesthetical cohesion. People of every century have added something of their times, like art nouveau polychromes or modern windows, only to enhance the Gothic beauty of the original structure, thus not only preserving but building on the heritage of the old masters.

Most of the time the interior can be seen only through glass doors at the entrance. The best way to have a better look is to come right after a Mass at 8:30 or 18:30 during the week or any time on Sunday.

#### **Guidelines for sightseeing**

- 1. Please refrain from entering the church if there is a service performed and you are not willing to partake.
- 2. Inside, keep your voice down and mute your devices.
- 3. Dress appropriately and avoid short skirts, bare arms, or shorts. This refers to men and women alike! Furthermore, man should take off their hat.
- 4. If it is not against your own religious beliefs, consider taking a knee when passing in front of the main altar as a sign of respect. This will be greatly appreciated by the local community.
- 5. Follow any information provided at the entrance or by the staff or clergy.

If you have any questions regarding the tour or would like to have one of the authors of this guide to assist you during your tour, please let us know: jarkar@st.amu.edu.pl

#### Where to attend a Mass?

If you are interested in attending a Sunday Mass in English, check here.

## **Active recreation**

#### AQUAPARK: Termy Maltańskie

If you prefer active recreation, one of the best options for you can be an aquapark. It is located on Malta Lake, which is not far away from the city centre. It is a recreational and sports complex that also has access to geothermal water. This place, therefore, is not only for fun and relaxation but also has therapeutic benefits such as improving the condition when dealing with diseases of the locomotive organs and respiratory system and boosting general immunity. In addition, there are loungers and hydromassage seats in the geothermal pools, which make it even more enjoyable. The entire complex is divided into four zones: Aquapark, Sports Pools, The World of Saunas and Spa 1306. There are also many pools of different

depths, slides of various heights and speeds, a playground and a paradise beach. The aquapark is designed both for adults and children, making it the perfect option for great family entertainment. In addition, there are other activities available such as sauna evenings, steam sessions, various massages and facial and body procedures. There is also a restaurant and a bar on the premises of the complex, where you can have a meal or a drink after intensive physical activity.

#### Organisational matters:

- Address: ul. Termalna 1, 61-028 Poznań
- To get there, you can take bus no. 163,174,190, 911 (stop "Termy Maltańskie") or tram no. 9 (stop "Termalna").
- Prices and tickets

Prices depend on the number of people, the length of stay and the season. It is better to check on the aquapark's website: <u>https://termymaltanskie.com.pl/cenniki/</u>. Unfortunately, the website is available only in Polish, but you can use google translator. As for tickets, it is possible to buy them online so you also can avoid standing in a queue, but in case the website cannot be translated online, it is better to buy tickets at the ticket office. For children under 3 years old, the ticket is free.

• Equipment

There is a sports shop on the premises, where you can buy all the things you need. It is also possible to rent them. In such cases, it is advisable to ask the staff.

 Opening hours Sports Pools: Monday – Saturday 6:00 – 23:00 Sunday 7:00 – 23:00

Aquapark: Every day 9:00 – 23:00

The World of Saunas: Every day 12:00 – 23:00

SPA 1306: Monday – Friday. 11:00 – 21:00 Saturday – Sunday 10:00 – 21:00

Contact

https://termymaltanskie.com.pl/ phone number: (+48) 459 595 590 bok@termymaltanskie.com.pl

#### CLIMBING WALLS

A climbing wall is a unique place to spend time actively. It is unusual because it is suitable for everyone: children, adults, professionals and amateurs. It is an indoor activity that can be both relaxing and challenging. What is climbing about? There are holds on specially constructed artificial walls which are arranged into routes of varying difficulty. Your task is to climb the wall as high as you want or can, and if it is comfortable for you, then to the very top. You can ascend in any way you like at first and then increase the difficulty. Each route is marked with a different colour, so you can easily find something for yourself, for example by starting with the easiest routes and gradually increasing the difficulty. Types of walls:

Wall climbing can be divided into two types: belay climbing and bouldering. For the former, you wear a harness and are secured by a rope, so you can climb to great heights safely. Bouldering involves climbing shorter, or lower routes, without a rope. There is a thick mattress under the wall on which you can safely fall or jump off. There are walls of both types in Poznań, see below for more information.

Name	Bouldering Climbing Spot	Block Line	Karma Centrum Wspinaczkowe
Туре	Bouldering	Both – automatic belay mechanisms	Both
Website	<u>https://www.climbin gspot.pl/</u>	https://blokline.pl/	<u>https://karmaclimb.p</u> l <u>/</u>
Address	ul.Pułaskiego 30, 60- 607 Poznań	Bolesława Krzywoustego 72, 61-302 Poznań	28 Czerwca 1956 r. 390/A, 61-441 Poznań
Opening hours	8:00 – 00:00	9:00 – 23:00 Sa, Su 10:00 – 23:00	Mo, Tu, We, Fri 15:00 - 23:00 Thu 9:00 - 23:00 Sa, Su 12:00 - 23:00
Approximate prices per person (without equipment)	30 – 35 PLN https://www.climbin gspot.pl/cennik/	25 – 35 PLN <u>https://blokline.pl/ce</u> <u>nnik/</u>	30 – 35 PLN <u>https://karmaclimb.p</u> <u>l/cennik/</u>
Approach	Bus stop "Przepadek" Bus no. 168, 169, 171, 215, 218, 231	Bus stop "Krzywoustego" Bus no. 181	Bus stop "Os. Dębina" Bus no. 171, 176, 215, 602, 603, 610, 651

#### Organisational info about the best and closest climbing walls in Poznań:

Please note, that the entrance pay has no time limit – you pay only once and spend inside as much time as you like.

If you want to book a lesson with an instructor, it is also possible – just contact the chosen spot.

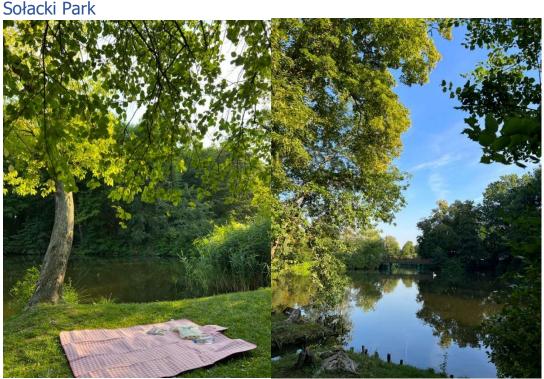
#### • Equipment

All you need is a comfortable outfit. Clothes should preferably not be too loose, with hanging elements or big pockets. If you have your own shoes, harness or an automatic belay device, you can take them with you, but they are all also available for rental on-site. The staff will help you choose the right size and put it on correctly. In sum, the price for the equipment rental shall not exceed 20 PLN.

There are toilets and changing rooms on site.

Take advantage of the opportunity and spend an active and pleasant time in Poznań!

## Green areas in Poznań



When we get tired of hustle and bustle, we seek places which provide us refuge and peacefulness. It might be difficult in an urbanized city as hectic as Poznań but certainly not impossible. Here we have 4 recommendations for you where you can sit back, enjoy nature and relax. On top of the list, we've got Park Sołacki. It is a city park located not far from the city center. You can get there by trams nr. **11** and **14** or buses **160**, **164** and **191**. The best solution for getting around the city would be to install the "jakdojade" app which shows the best routes in live time. It's a lovely place to take a walk, drink a cup of coffee and enjoy the views. There are two cafes in the area which we recommend:

- 1. *Zoffee* they offer takeaway coffee as well as a variety of great freshly baked cakes and pies.
- 2. *Francuski Łącznik* if you fancy your coffee in a French style, then it's a perfect place for you. You are going to find an array of French pastries, baker's goods and pies there.

Apart from that, don't hesitate to take your kids there. There's also a huge playground which will keep the small ones busy for a long time!

#### Location: 52.42354683995848, 16.89781245389598

#### Cytadela Park

As you come to Poznań, you can notice many green areas in the city centre. Nevertheless, we recommend visiting Cytadela, the biggest park in Poznań.

The park is situated, where Fort Winiary was before. It is the name of the fortress built in the 20<sup>th</sup> century, which was a very important part of Poznań defence during the Second World War.

But what can you generally see in Cytadela? First of all, you can take a walk along endless walking paths. As your stay in Poznań takes place in June, this will be the best time to see green tree leaves and take a deep fresh breath of summer air. While walking, you can come across many monuments concerning historic events. Some fortress objects are also to be seen

and there are two museums there: Muzeum Uzbrojenia and Muzeum Armii Poznań. You can also make a picnic on the grass or join people practising yoga in the park. In Cytadela there are also some restaurants and cafes, so you won't be hungry there and taking a coffee to go might not be a bad idea.

All in all, Cytadela is definitely worth visiting and you should take some photos during the visit. If this post hasn't encouraged you to visit Cytadela, take a look at the attached pictures of this place.



green squares but also a large lake, bridges and lovely places to relax. It is the perfect place for a family picnic or a romantic date. Wilson Park is also a great place for sports. The park has volleyball and basketball courts and football pitches.

Location: 52.42177885881625, 16.936183267389808

#### Kasprowicz Park

Last but not least there is Kasprowicz Park. This is a small but very charming park located in the western part of the Lazarus district. The park is primarily intended for the physically active as there are tennis and squash courts in the park. In the centre of the park, there is a small sports hall called Arena, which is an interesting piece of modern architecture and is certainly worth seeing. Park Kasprowicz is the perfect place for a quiet stroll, a rest after exploring the city or for a romantic date. The park has a beautiful fountain and numerous benches and gazebos. The park itself is located in a pleasant area worth a visit.

Location: 52.39543848082768, 16.891559298070717

#### Szachty

The next park on our list is Szachty Park which is located in the southern part of the city. A prominent feature of this park is the observation deck which provides a magnificent view over the park itself, the lake and if you cast your eyes a little bit farther - the city.

In order to get to the deck, you can take the tram **8** and then change to buses, either **175**, **610**, **615** or **707** and from the bus stop it will take you a few minutes' walk through the greenery of the park.

Location: 52.373914257466545, 16.85817705641626

#### **Botanical Garden**



Next up is the Botanical Garden of AMU in Poznań, which is a research and educational unit of the Faculty of Biology. It is located near the "Ogrody" tram stop and you can get there by trams no. **2**, **8** and **18**. It is home to over 7000 species of plants and trees. The total area of the garden covers 22ha but its size is not the only impressive thing. It consists of 7 departments which include various species from all around the world, one of them includes endangered species as well. Detailed descriptions can be found on the garden's website: <u>www.obuam-en.robia.pl</u> (English version is also available). Location: 52.42015404902063, 16.882425723212865

#### Fryderyk Chopin Park

The last park on our list is Frédéric Chopin Park which, is located in the very heart of Poznan, Poland and was named after the famous Polish composer Fryderyk Chopin.

The park is a stone's throw from the Old Market (Stary Rynek) and as you walk onto the Market Square, you can immediately notice the Town Hall located in the very centre of the market. What makes it so alluring are the famous Poznań billy goats. These days they make their appearance daily at 12.00 and 15.00 with a cute display of butting heads.

Overall, Fryderyk Chopin Park is a lovely place to spend an afternoon, unwind and have a relaxing stroll hiding from the summer sun.

Here is a link to Google Maps with all the places we recommend marked and sorted out in the following topics:

- Main your accommodation
- Parks
- Cathedral Island
- <u>https://www.google.com/maps/d/u/0/edit?mid=1tWliaHBKL7IMk6pKRnArRVFcoVeRB</u> <u>QI&usp=sharing</u>