



### 📍 TOUR DETAILS

Experience Kraków during one of its most meaningful seasons, when Passover and Holy Week unfold side by side. As we explore the historic streets of Kazimierz, the former Jewish quarter, we'll uncover centuries of Jewish life, tradition, and resilience, and learn how Passover has been observed here across generations.

Along the way, we'll also encounter the city's Christian traditions of Holy Week, reflected in its churches, streets, and public spaces during this deeply reflective time. From quiet courtyards to vibrant squares, each stop reveals how history and tradition continue to shape the city today.

Through these layered stories, this tour offers a thoughtful and moving look at faith, memory, and the enduring spirit of Kraków.



### ★ MEET YOUR TOUR GUIDE: OLGA



Olga's journey began in 1998 when she left her home country to attend business school in California. After earning her MBA, she went on to build an international career, living and working in California, London, and Moscow. More recently, Olga had to leave her life in Odessa and now splits her time between Berlin and Kraków. Join us as we travel with her to Kraków

**PRIVATE TOURS** | Your guide is available for private tours, live-streamed or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion - or to add to an upcoming trip. Please reach out to Wowzitude and we will be happy to connect you.

### 📍 WHAT TO EXPECT

Get ready for something special. We're traveling to a new destination with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

**The tour will be live streamed** by your guide directly from Kraków. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

### 🎵 MUSIC SELECTION

- **Blayb Gezunt Mir, Kroke** written by Mordechai Gebirtig: <https://youtu.be/FzpFJ7Vi-6I?si=Ow0tw2OV7RfEXSE2>
- **Krakowski Spleen** by Maanam: <https://youtu.be/BqUpUtaS9VY?si=RZ0i00yigJ1tCxzO>
- **Bracka** by Grzegorz Turnau: <https://youtu.be/vhuW6Pvwj4I?si=v8W8MHbBUQlvfJsX>
- **Dos Kelbl (The Calf)** - Yiddish Folk Song: [https://youtu.be/swJtS4bEbpA?si=fGqR6X-MB-4\\_IRJO](https://youtu.be/swJtS4bEbpA?si=fGqR6X-MB-4_IRJO)



## Raspberry Vodka Fizz | Serves 1

### Ingredients:

- 2 oz Polish vodka
- 2 oz raspberry syrup or juice
- 2 oz sparkling water
- Ice
- Fresh raspberries (optional)

### Instructions:

- Fill a glass with ice.
- Add vodka and raspberry syrup.
- Top with sparkling water and stir gently.
- Add raspberries for garnish.



## Polish Cucumber Salad (Mizeria) | Serves 4

### Ingredients (Makes 6):

- 2 large cucumbers, thinly sliced
- ½ cup sour cream
- 1 tbsp lemon juice
- 1 tbsp fresh dill (or 1 tsp dried)
- Salt and pepper to taste

### Instructions:

1. Slice cucumbers and lightly salt them. Let sit 10 minutes, then drain.
2. Mix sour cream, lemon juice, dill, salt, and pepper.
3. Toss with cucumbers and chill before serving.

## Pierogi (Potato & Cheese Dumplings – Simplified) | Serves 4

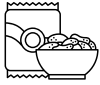
### Ingredients :

- 2 cups mashed potatoes
- 1 cup ricotta or farmer's cheese
- 1 cup all-purpose flour
- 1 egg
- ½ tsp salt
- 2 tbsp butter
- ½ onion, finely chopped

### Instructions:

1. Mix potatoes and cheese; set aside.
2. Combine flour, egg, salt, and a little water to form dough.
3. Roll dough thin and cut into circles.
4. Add filling, fold, and seal edges.
5. Boil in salted water until they float (about 3–4 minutes).
6. Sauté in butter with onions before serving.





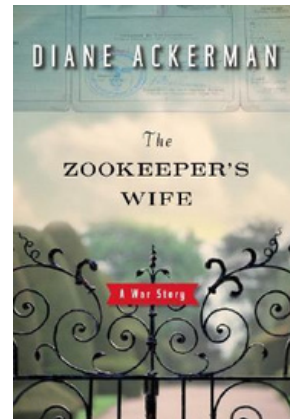
1. **Prince Polo Wafer Bars:** A beloved Polish treat, these chocolate-covered wafer bars are light, crispy, and layered with a rich hazelnut filling. They offer a perfect balance of crunch and sweetness, making them an easy and nostalgic snack that has been enjoyed in Poland for generations.
2. **Ptasie Mleczko (Chocolate Marshmallow Squares):** These soft, airy marshmallow squares coated in smooth chocolate are one of Poland's most iconic sweets. Their delicate texture and subtle vanilla flavor create a melt-in-your-mouth experience that feels both comforting and unique.
3. **Krówki (Polish Milk Fudge):** Krówki are creamy caramel candies with a slightly crumbly exterior and a soft, fudge-like center. Their rich, milky flavor and simple ingredients make them a timeless treat that reflects traditional Polish confectionery.



## KRAKÓW, POLAND – BOOKS

### BOOK SELECTION

- **The Zookeeper's Wife by Diane Ackerman:** This true story takes place in Nazi-occupied Poland and follows a couple who ran the Warsaw Zoo during World War II. Using their position, they secretly sheltered Jewish families, risking their lives to save others. It offers a deeply human perspective on courage, compassion, and survival during this period.
- **Schindler's List by Thomas Keneally:** Set largely in Kraków, this powerful novel tells the story of Oskar Schindler, who saved over a thousand Jewish lives during the Holocaust. The book captures both the brutality of the era and the extraordinary impact one individual can have. It remains one of the most important accounts connected to Kraków's wartime history.
- **The Last Jews in Berlin by Leonard Gross:** This historical account follows Jewish individuals who went into hiding in Nazi Germany to survive the war. While centered in Berlin, it provides important context about Jewish life and resistance across Central Europe, including Poland. The stories highlight resilience, ingenuity, and the determination to endure.



## KRAKÓW, POLAND – MOVIES

### MOVIE SELECTION

- **The Zookeeper's Wife (2017):** Based on the true story, this film follows a couple who used their Warsaw Zoo to shelter Jewish families during World War II. It highlights quiet acts of courage and compassion in the face of danger. The story is both emotional and accessible, making it especially meaningful for a wide audience.
- **The Pianist (2002):** This film tells the true story of a Jewish pianist struggling to survive in Warsaw during World War II. Through his journey, viewers gain insight into the devastation experienced across Poland during the Holocaust. It is a powerful and deeply human story of resilience and survival.
- **Europa Europa (1990):** Based on a true story, this film follows a Jewish boy who survives the war by hiding his identity and navigating life within Nazi society. His journey takes him through different parts of Europe, including Poland, offering a complex look at identity and survival. The film presents a thoughtful and engaging perspective on difficult choices during this time.



 **FUN FACTS**

- 1. Kraków’s Main Market Square Is One of the Largest in Europe:** Rynek Główny, the city’s central square, dates back to the 13th century and is one of the largest medieval town squares in Europe. It has been the heart of Kraków’s social, cultural, and commercial life for centuries, filled with markets, celebrations, and historic landmarks.
- 2. The Cloth Hall Was Once an International Trade Center:** Sitting in the center of the Main Market Square, the Cloth Hall (Sukiennice) was a major hub for international trade during the Renaissance. Merchants from across Europe and beyond came here to exchange goods like silk, spices, and textiles, making Kraków an important stop on global trade routes.
- 3. A Dragon Is Said to Have Lived Beneath Wawel Hill:** According to legend, a fearsome dragon once lived in a cave at the base of Wawel Hill, terrorizing the city. The story tells of a clever shoemaker who defeated the dragon using a trick, and today you can even visit the cave and see a statue that “breathes fire.”
- 4. Kraków Is Home to One of the Oldest Universities in Europe:** The Jagiellonian University, founded in 1364, is one of the oldest universities in the world. It has educated generations of scholars, including the famous astronomer Nicolaus Copernicus, and remains an important center of learning today.
- 5. The City Was Largely Undamaged During World War II:** Unlike many other Polish cities, Kraków survived World War II with much of its historic architecture intact. This preservation allows visitors today to experience its medieval streets, churches, and buildings much as they have appeared for centuries.

## KRAKÓW, POLAND – MAP



# KRAKÓW, POLAND – DISCUSSION QUESTIONS



## History & Memory

- What moment or story from the tour stayed with you the most, and why do you think it stood out?
- Kraków has seen many chapters of history. How do you think a city carries its past forward into the present?
- Did anything from the tour remind you of something you learned earlier in life or experienced yourself?
- Why do you think it is important to preserve places like Kazimierz and Kraków’s Old Town?
- How did learning about both Jewish and Christian traditions together shape your understanding of the city?

## Traditions & Culture

- What did you find most interesting about the Passover or Holy Week traditions we discussed?
- Have you ever participated in or observed a meaningful tradition or holiday that stayed with you over the years?
- How do traditions, whether religious, cultural, or family-based, help bring people together?
- Did anything you saw or heard remind you of traditions from your own background or community?
- Why do you think certain traditions continue across generations while others fade?

## Architecture & Place

- What did you notice about the buildings, streets, or public spaces in Kraków?
- If you could sit in one place we visited—perhaps a square, courtyard, or street—where would you choose and why?
- How do you think the design of a city influences how people gather, celebrate, or reflect?
- Did any particular building or area spark your curiosity to learn more?
- How does Kraków compare to places you have visited or lived in?

## Food & Daily Life

- What foods from Poland or this region would you be most interested in trying?
- Did anything about daily life in Kraków feel familiar or different from your own experiences?
- Food often plays a role in holidays—what are some foods that are meaningful in your own traditions?
- If you were spending a day in Kraków, how would you imagine enjoying a meal there?
- What role does food play in bringing people together in your life?



### Kraków – Myths & Facts

- Myth: Kraków was heavily destroyed during World War II.
  - Fact: Unlike many other Polish cities, Kraków remained largely intact during the war, which is why its historic buildings and streets are so well preserved today.
- Myth: Kazimierz has always been a Jewish neighborhood.
  - Fact: Kazimierz was originally a separate city founded in the 14th century and later became a center of Jewish life, where Jewish culture thrived for centuries.
- Myth: The dragon of Kraków is just a children’s story with no real connection to the city.
  - Fact: The legend of the Wawel Dragon is deeply woven into Kraków’s identity, and you can still visit the cave beneath Wawel Hill where the dragon was said to live.
- Myth: Kraków is the capital of Poland.
  - Fact: While Kraków was once the royal capital for over 500 years, the capital of Poland today is Warsaw.
- Myth: Polish cuisine is all heavy and the same everywhere.
  - Fact: While some traditional dishes are hearty, Polish cuisine is diverse, with regional specialties, fresh ingredients, and lighter seasonal foods enjoyed throughout the year.

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## KRAKÓW, POLAND – WEATHER

Kraków has four distinct seasons, each offering a different feel throughout the year.

### **Spring (March–May)**

Cool and gradually warming, with temperatures in the 40s–60s °F. Expect a mix of sun and occasional rain as the city begins to bloom.

### **Summer (June–August)**

Warm and pleasant, typically in the 70s–80s °F. Long days are perfect for exploring, with occasional brief thunderstorms.

### **Fall (September–November)**

Crisp and cooler, with temperatures ranging from the 50s–60s °F early on, dropping into the 40s °F by November. The city takes on beautiful autumn colors.

### **Winter (December–February)**

Cold, with temperatures in the 20s–30s °F and frequent snow. The city feels especially cozy and festive during this time.

### **United States Comparison**

Kraków’s climate is most similar to cities like Chicago or New York, with cold winters, warm summers, and noticeable seasonal changes. It is generally less extreme than the Midwest but still experiences snow in winter and warm, comfortable summers.



## Mobility & Physical Accessibility

- Public Transportation:
  - Trams and Buses: Many of Kraków's trams and buses are equipped with low floors and designated spaces for wheelchairs, facilitating easier boarding and travel.
  - Taxis: Accessible taxi services are available, offering vehicles equipped to accommodate wheelchairs and other mobility aids.
- Historic Sites:
  - Old Town: The Main Market Square and surrounding areas are predominantly flat, with smooth surfaces that are generally navigable for wheelchair users.
  - Wawel Castle: While the castle's historic structure poses challenges, certain areas have been adapted with ramps and lifts to improve accessibility.
  - St. Mary's Basilica: A side entrance with a ramp provides access for visitors using wheelchairs.

## Visual & Auditory Accessibility

- Museums and Cultural Institutions:
  - Braille Signage: Several museums offer descriptions in Braille, aiding visually impaired visitors.
  - Induction Loops: Installed in many venues to assist those with hearing aids, enhancing the clarity of audio presentations.
  - Guided Tours: Some attractions provide guided tours tailored for visitors with visual or auditory impairments, including tactile exhibits and sign language interpretation.

## Cognitive & Sensory Accessibility

- Inclusive Programs:
  - Sensory-Friendly Hours: Select museums offer designated times with reduced noise and lighting for visitors with sensory sensitivities.
  - Staff Training: Personnel at various institutions receive training to assist visitors with cognitive disabilities, ensuring a supportive environment.

## Additional Accessibility Features

- Accessible Restrooms: Public restrooms equipped for wheelchair users are available throughout the city.
- Assistance Dogs: Service animals are permitted in most public spaces and cultural sites.
- Information Accessibility: Tourist information centers provide materials in multiple formats, including large print and audio guides.



## Sustainable Tourism Policies

- **Kraków Sustainable Tourism Policy (2021–2028):** This strategic framework aims to harmonize tourism growth with the city's cultural heritage and residents' quality of life. It emphasizes reducing over-tourism, promoting local businesses, and preserving historical sites.
- **URBACT Tourism-Friendly Cities Network:** Kraków collaborates with other European cities to develop sustainable urban tourism practices, focusing on community engagement and minimizing tourism's environmental impact.

## Eco-Friendly Transportation

- **Electric Public Transport:** The city has expanded its fleet with electric buses and trams, reducing greenhouse gas emissions and improving air quality.
- **Cycling Infrastructure:** Kraków boasts extensive bike lanes and a public bike-sharing system, encouraging residents and tourists to opt for zero-emission travel.
- **Pedestrian Zones:** Significant areas, especially in the Old Town, are designated pedestrian-only, promoting walking tours and reducing vehicular traffic.

## Green Accommodations and Venues

- **Eco-Certified Hotels:** Many hotels in Kraków have adopted sustainable practices, such as energy-efficient systems, waste reduction programs, and sourcing local products.
- **Sustainable Event Spaces:** Venues like ICE Kraków Congress Centre implement green policies, including energy conservation, waste management, and promoting sustainable events.

## Community and Cultural Engagement

- **Local Artisan Support:** Tourism initiatives encourage visitors to engage with local artisans and markets, fostering economic support for traditional crafts and products.
- **Cultural Festivals:** Events such as the Jewish Culture Festival promote cultural heritage while emphasizing sustainability through waste reduction and community involvement.

## Environmental Conservation

- **Urban Green Spaces:** Projects like the development of Planty Park and other green belts enhance biodiversity, provide recreational areas, and improve urban air quality.
- **River Vistula Clean-Up Initiatives:** Community-led programs focus on maintaining the cleanliness and ecological health of the Vistula River, a central natural feature of the city.





### 8:00 AM | Breakfast in the Old Town

- Begin your day in the heart of Kraków's Old Town at a cozy café near the Main Market Square. Enjoy a traditional Polish breakfast with fresh bread, eggs, cheeses, and coffee. Take a moment to soak in the quiet atmosphere before the square fills with activity.

### 9:00 AM | Main Market Square (Rynek Główny)

- Step into one of Europe's largest medieval squares, surrounded by colorful townhouses and historic landmarks. Spend time admiring St. Mary's Basilica and listen for the hourly trumpet call from its tower. Walk through the Cloth Hall, once a center of international trade, now filled with artisan stalls.

### 10:00 AM | Walk the Royal Route to Wawel Hill

- Stroll down Grodzka Street, part of Kraków's historic Royal Route once used by kings during coronation processions. Along the way, notice architectural details, churches, and hidden courtyards that tell the story of the city's layered past.

### 11:00 AM | Wawel Castle & Cathedral

- Explore Wawel Hill, the former seat of Polish royalty. Visit the cathedral, where kings were crowned and buried, and take in views of the Vistula River below. This area is rich with legend, including the famous tale of the Wawel Dragon said to have lived beneath the hill.

### 12:30 PM | Lunch with a View of the Vistula River

- Head to a restaurant near the river for a relaxed lunch. Try classic Polish dishes such as pierogi (dumplings), żurek (sour rye soup), or grilled kielbasa. This is a great time to pause and enjoy the slower pace of the city.

### 2:00 PM | Kazimierz (Jewish Quarter)

- Walk or take a short ride to Kazimierz, one of Kraków's most historic and culturally rich neighborhoods. Wander through its streets, where synagogues, courtyards, and cafés reflect centuries of Jewish life and tradition. This area offers powerful stories of resilience, memory, and cultural revival.

### 3:30 PM | Synagogues & Local Stories

- Visit sites such as the Old Synagogue or Remuh Synagogue and cemetery. Take time to reflect on the history of the Jewish community in Kraków and how the neighborhood has evolved. Notice the mix of historic buildings and modern cultural spaces that give Kazimierz its unique energy.

### 5:00 PM | Coffee Break in Kazimierz

- Stop at a local café for coffee and something sweet, such as a slice of Polish cake or a traditional dessert. This is a great moment to relax and take in the artistic, slightly bohemian feel of the neighborhood.

### 6:30 PM | Evening Walk Back Toward Old Town

- Make your way back toward the Old Town, either on foot or by tram. As the light begins to soften, the city takes on a different atmosphere, with street performers, music, and a lively but relaxed evening energy.

### 7:30 PM | Dinner in the Old Town

- Enjoy dinner at a traditional Polish restaurant. Consider dishes like roasted meats, seasonal vegetables, or lighter modern interpretations of Polish cuisine. Pair your meal with a local beer or a vodka tasting for a full cultural experience.

### 9:00 PM | Evening in the Square

- End your day back in the Main Market Square, now beautifully lit at night. Take a final stroll, listen to live music if available, or simply sit and enjoy the ambiance. It's the perfect way to reflect on a day filled with history, culture, and discovery.



## One square mile, three centuries of ritual

There is a neighbourhood in Kraków where you can stand in the middle of a cobblestone square and count, without moving your feet, no fewer than seven synagogues and four Catholic churches, all within a fifteen-minute walk of each other. That neighbourhood is Kazimierz, and for roughly five hundred years, it was one of the most densely sacred patches of ground in all of Europe.

Kazimierz was founded in 1335 by King Casimir the Great, the same king who, decades later, extended sweeping legal protections to Jewish communities across Poland. Whether by design or historical accident, his city became a place where two ancient traditions took root side by side, close enough to hear each other's prayers through the walls.

The Old Synagogue on Szeroka Street dates to 1407, making it the oldest surviving synagogue in Poland. Walk four minutes in any direction and you reach the Remuh Synagogue, still holding services today, its courtyard holding the grave of Rabbi Moses Isserles, a scholar whose writings shaped Jewish law across Europe. A few streets further and the Gothic towers of Corpus Christi Basilica come into view, founded by Casimir himself in 1340. Then St. Catherine's Church, then the Baroque facade of St. Paul's and St. Peter's. The map is almost absurdly crowded with the sacred.

During Passover and Holy Week, which overlap on the calendar more often than most people realise, this single square kilometre held both communities in the fullness of their ritual lives simultaneously. Jewish families carried matzah home through streets where Catholic processions would pass the following morning. The smell of beeswax candles drifted from church doorways while seder tables were being set three houses down. This was not tolerance as a formal policy. It was simply the texture of ordinary life in an extraordinary place.

That life was shattered in 1941. But the buildings remain. And when you walk Kazimierz today during the sacred season, past the worn mezuzah marks on doorframes, past the church bells, past the restored synagogue interiors, you are walking through a neighbourhood that still carries the memory of what it meant for two worlds to share the same streets, the same market square, the same spring sky.



*Kazimierz in 2026*