



📍 TOUR DETAILS

Step into one of the most powerful and defining moments in modern history as we explore the story of the Warsaw Ghetto Uprising. Walking through the streets of present-day Warsaw, we'll uncover the traces of what once stood here and bring to life the experiences of those who lived, resisted, and fought back during one of the darkest chapters of World War II. Together, we'll visit key sites connected to the uprising and reflect on the courage and resilience of those who chose resistance in the face of unimaginable circumstances. Through personal stories, historic locations, and meaningful memorials, this journey offers a deeper understanding of both loss and strength. This is not only a story of tragedy, but also one of dignity, defiance, and remembrance that continues to shape the identity of Warsaw today.



★ MEET YOUR TOUR GUIDE: ELA



Ela is a market researcher at a publishing house, but also a certified city guide of Warsaw, in love with the city's history, soul and ever changing mood. Though she come from a different place, Warsaw has been her hometown for 30 years. Join her and learn Warsaw's complicated past and vibrant present, its architecture, unique flavors. Let Ela guide you through Warsaw parks and gardens, streets and squares, and reveal the city secrets.

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 Warsaw. 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>



Polish Vodka Apple Spritz | Serves 1

Ingredients:

- 2 oz Polish vodka
- 3 oz apple juice (or fresh apple cider)
- 1 oz sparkling water
- ½ oz fresh lemon juice
- Ice
- Apple slice (for garnish)

Instructions:

- Fill a glass with ice.
- Pour in vodka, apple juice, and lemon juice.
- Stir gently.
- Top with sparkling water.
- Garnish with an apple slice and serve.



Żurek (Polish Sour Rye Soup – simplified version) | Serves 4

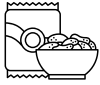
Ingredients:

- 4 cups chicken broth
- 1 cup sourdough starter (or ½ cup sour cream + 1 tbsp vinegar as shortcut)
- 1 Polish sausage (kielbasa), sliced
- 2 cloves garlic, minced
- 1 cup diced potatoes
- 1 tsp dried marjoram
- Salt & pepper to taste
- 2 hard-boiled eggs (halved, for serving)

Instructions:

1. Bring broth to a simmer in a pot.
2. Add potatoes and cook for 10 minutes.
3. Add sausage and garlic; simmer another 5–7 minutes.
4. Stir in sourdough starter (or sour cream + vinegar mix).
5. Add marjoram, salt, and pepper.
6. Serve hot with halved boiled eggs.





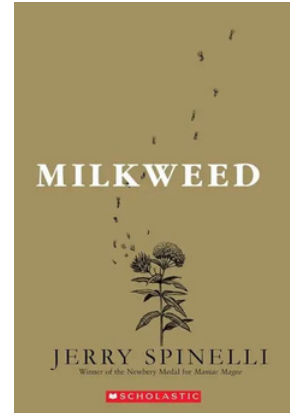
1. **Wedel Ptasie Mleczko (Bird’s Milk Marshmallow Chocolates):** Produced by Warsaw’s iconic Wedel brand, these soft marshmallow-filled chocolates are a staple in Polish households. Often gifted during holidays, they come in flavors like vanilla, strawberry, and lemon.
2. **Pierogi:** Pierogi are a traditional Polish dish made of boiled or fried dough filled with various fillings such as potatoes, cheese, meat, or fruit. They are a popular snack food in Poland and can be found in many Polish restaurants and specialty food stores in the US.
3. **Obwarzanek krakowski:** Obwarzanek krakowski is a type of pretzel that originated in Krakow, but is also popular in Warsaw and other parts of Poland. It has a chewy texture and is usually sprinkled with salt or sesame seeds.



WARSAW, POLAND – BOOKS

BOOK SELECTION

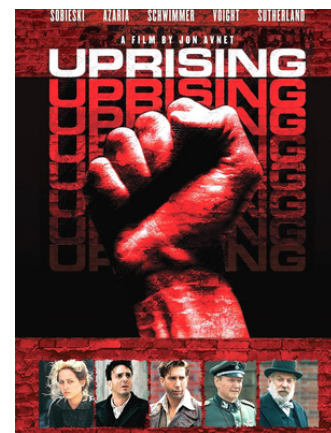
- **Drive Your Plow Over the Bones of the Dead by Olga Tokarczuk:** Set in a remote Polish village near the Czech border, this darkly atmospheric mystery follows an eccentric woman unraveling a string of strange deaths. Written by Nobel Prize winner Olga Tokarczuk, the novel blends eco-philosophy, astrology, and suspense in a haunting exploration of justice and isolation in modern Poland.
- **Milkweed by Jerry Spinelli:** Set in Nazi-occupied Warsaw, this award-winning novel follows a young orphan navigating survival, identity, and friendship during the Holocaust. Written for young adults but powerful for all ages, it offers a moving perspective on innocence and resilience amid war.
- **Rising '44: The Battle for Warsaw by Norman Davies:** This comprehensive yet accessible account examines the Warsaw Uprising from political, military, and personal angles. With rich detail and sharp analysis, Davies sheds light on the bravery of Polish resistance fighters and the international forces that failed to support them.




WARSAW, POLAND – MOVIES

MOVIE SELECTION

- **The Foreigner (2003):** This action thriller stars Steven Seagal as a covert agent pulled into a high-stakes mission involving a mysterious package. Filmed entirely in Warsaw, the city’s gritty urban backdrop plays a key role in the film’s tense atmosphere. Though more of a cult favorite, it’s a fast-paced movie for fans of early 2000s action. Warsaw’s streets, buildings, and mood are woven throughout the film.
- **Uprising (2001):** This made-for-TV drama depicts the courageous 1943 Warsaw Ghetto Uprising through the eyes of young Jewish resistance fighters. With a cast including Leelee Sobieski, Jon Voight, and David Schwimmer, it brings to life a pivotal moment in the city’s history. The film is emotionally gripping and focuses on personal bravery and sacrifice. Despite being a dramatization, it’s grounded in real events and told entirely in English.
- **The Zookeeper’s Wife (2017):** Based on a true story, this historical drama follows Antonina and Jan Żabiński, who saved hundreds of Jews by hiding them in the Warsaw Zoo. Jessica Chastain stars as Antonina in a heartfelt, visually rich portrayal of resistance and compassion. The film blends intimate domestic scenes with tense moments under occupation. It beautifully showcases Warsaw’s zoo, homes, and wartime landscape.



WARSAW, POLAND – FUN FACTS

 **FUN FACTS**

- 1. The City Was Almost Completely Rebuilt After World War II:** Warsaw was devastated during World War II, with around 85% of the city destroyed. Using historical records, paintings, and photographs, residents carefully reconstructed the Old Town, which is now recognized as a UNESCO World Heritage Site for its remarkable restoration.
- 2. A Mermaid Protects the City:** Warsaw’s official symbol is the Syrenka, a mermaid holding a sword and shield. According to legend, she vowed to defend the city, and today her statue stands proudly in the Old Town as a beloved emblem of Warsaw’s strength and resilience.
- 3. Frédéric Chopin’s Music Fills the Streets:** The world-renowned composer Frédéric Chopin has deep ties to Warsaw. Throughout the city, special benches play his music at the push of a button, allowing visitors to experience his compositions in the very place that shaped his early life.
- 4. A Skyline of Contrasts Tells Its Story:** Warsaw blends historic charm with modern energy, where restored old buildings sit alongside sleek skyscrapers. One of the most iconic structures is the Palace of Culture and Science, a towering Soviet-era building that remains a defining feature of the city’s skyline.
- 5. A Royal Park in the Heart of the City:** Łazienki Park offers a peaceful escape with gardens, palaces, and even roaming peacocks. During the summer months, visitors can enjoy free outdoor concerts featuring Chopin’s music in this beautiful green space.

WARSAW, POLAND – MAP



WARSAW, POLAND – DISCUSSION QUESTIONS



History and Resilience

- Warsaw was largely destroyed during World War II and then rebuilt. What stood out to you most about that story of resilience?
- Why do you think it was so important for the people of Warsaw to rebuild their Old Town as it once was, rather than start completely fresh?
- Have you ever seen a place in your own life that changed dramatically over time? What did it feel like to return to it or imagine returning?
- Do you think cities should preserve the past as closely as possible, or embrace modern change? Why?

Culture, Identity and Daily Life

- What aspects of Polish culture that you saw, such as music, public spaces, or traditions, felt familiar or relatable to your own experiences?
- Warsaw blends old and new. How do you feel about that mix compared to cities or towns you have known?
- The city honors figures like Frédéric Chopin. How do communities you have been part of celebrate their artists or history?
- What did you notice about how people seemed to use public spaces like parks or squares?

Architecture and Sense of Place

- What buildings or streets from the tour stayed with you the most, and why do you think they stood out?
- The Palace of Culture and Science is very different from the Old Town. How did that contrast make you feel?
- Do you prefer historic architecture that tells a story, or modern design that looks toward the future?
- How does architecture influence your sense of comfort or connection when visiting a place?

Personal Reflections and Travel

- Did anything from the tour change or deepen your perception of Poland or Eastern Europe?
- If you could spend a full day in Warsaw, what would you most want to do such as explore history, relax in a park, or enjoy music?
- What kind of destinations have you found most meaningful in your life, those rich in history, natural beauty, or cultural experiences?
- How does experiencing a place virtually compare to traveling there in person? What still feels meaningful about it?

Stories and Connections

- The story of Warsaw is one of rebuilding. What personal experiences have shaped your own sense of resilience?
- Are there stories from your family or community that echo themes of perseverance or renewal?
- If you could ask someone from Warsaw about their daily life, what would you want to know?
- What moments from today's tour felt most emotional or memorable to you?

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.

WARSAW, POLAND – CAN YOU SAY IT?

Polish can look a bit challenging at first, but many words are easier to say than they appear. Here are a few helpful words and place names to try as you explore Poland:

Warszawa (Warsaw) (var-SHAH-vah)

The capital of Poland. In Polish, the “w” sounds like a “v,” and the “sz” sounds like “sh.”

Dziękuję (Thank you) (jen-KOO-yeh)

A polite and important phrase. The “ę” is a soft nasal sound, and the “j” sounds like a “y.”

Proszę (Please / You’re welcome) (PROH-sheh)

A versatile word used when asking for something or responding kindly.

Cześć (Hello / Hi) (cheshch)

A casual greeting. The “cz” sounds like “ch,” and the “ść” is a soft ending.

Tak (Yes) (tahk)

A simple and commonly used word in everyday conversation.

Nie (No) (nyeh)

Short and easy to remember, used frequently in conversation.

Do widzenia (Goodbye) (doh vee-DZEN-yah)

A polite and more formal way to say goodbye.



Getting There & Around

- Accessible airports with full assistance: Warsaw’s airports are equipped with elevators, accessible restrooms, and trained staff who provide assistance from arrival through boarding.
- Highly accessible public transportation network: All buses, the metro, and the urban rail system are adapted for passengers with disabilities, with low-floor entry and designated wheelchair spaces.
- Step-free metro access: Metro stations include elevators, wide gates, and clear signage, allowing for smooth navigation across the city.
- Reduced barriers and fare support: Travelers with disabilities may receive free or discounted fares, and assistance can be arranged in advance for a smoother journey.

City Infrastructure & Ease of Movement

- Flat terrain and wide walkways: Much of Warsaw is relatively flat, with paved sidewalks, lowered curbs, and wide paths that make movement easier for wheelchairs and walkers.
- Accessible crossings and navigation aids: Many pedestrian crossings include tactile paving and audible signals to support those with visual impairments.
- Modern building design: Newer and renovated buildings commonly include ramps, elevators, and accessible restrooms, reflecting updated accessibility standards.

Attractions & Visitor Experiences

- Many major sites are accessible: Museums, parks, and cultural institutions increasingly offer ramps, elevators, and step-free access, making key experiences available to a wide range of visitors.
- Accessible green spaces: Parks like Łazienki Park feature wide paths and open layouts, allowing for comfortable exploration at a relaxed pace.
- Old Town considerations: Warsaw’s historic Old Town includes cobblestones and uneven surfaces, but nearby areas and main routes are often manageable with planning.

Support for Visual, Hearing & Other Needs

- Tactile and audio navigation systems: Tactile paving, audio signals at crossings, and clear announcements in public transport support independent travel for those with vision or hearing loss.
- Braille and assistive technologies: Some public buildings and institutions include Braille signage and assistive technologies such as screen readers and magnifiers.
- Inclusive public service standards: Poland’s accessibility regulations aim to reduce barriers across transportation, buildings, and public services.

A Thoughtful Travel Experience

- A city rebuilt with accessibility in mind: Because much of Warsaw was reconstructed in the 20th century, many areas are more modern and easier to navigate than older European cities.
- Ongoing improvements: The city continues to invest in accessibility, including digital tools and navigation aids designed to make travel easier for older adults and those with disabilities.
- A culture of assistance: Visitors often find staff and locals willing to help, adding an extra layer of comfort and reassurance.



Green Spaces & Urban Nature

- Extensive parks and green areas: Warsaw is one of Europe's greenest capitals, with large parks like Łazienki Park and Saxon Garden offering protected natural spaces within the city.
- Urban tree planting and green corridors: The city continues to expand green areas, planting trees and creating connected spaces that support biodiversity and improve air quality.
- Accessible nature within the city: Residents and visitors can easily reach riverside paths, gardens, and parks, encouraging outdoor activity without leaving the city.

Sustainable Transportation

- Well-developed public transit system: Warsaw's buses, trams, and metro provide an efficient alternative to cars, helping reduce emissions across the city.
- Modern and lower-emission vehicles: The city has been investing in newer, more environmentally friendly buses, including electric and hybrid options.
- Growing cycling infrastructure: Dedicated bike lanes and bike-sharing programs encourage a more sustainable way to explore the city.
- Walkable city design: Many central areas are easy to navigate on foot, supporting low-impact travel.

Energy & Environmental Initiatives

- Investment in cleaner energy systems: Warsaw continues to modernize heating and energy infrastructure to reduce emissions and improve efficiency.
- Air quality improvement efforts: The city has introduced policies and programs aimed at reducing pollution and improving overall air quality.
- Sustainable building practices: New developments and renovations increasingly follow modern environmental standards.

Waste Reduction & Resource Management

- Citywide recycling programs: Warsaw promotes sorting and recycling waste, with clear systems in place for residents and businesses.
- Reduction of single-use materials: Many public and private initiatives encourage limiting plastic use and promoting reusable alternatives.
- Public awareness campaigns: The city actively educates residents and visitors on responsible waste habits and environmental care.

Local Food & Community Focus

- Support for local markets and producers: Markets and restaurants often highlight regional ingredients, reducing the environmental impact of long-distance food transport.
- Seasonal eating culture: Many dining options emphasize seasonal foods, aligning with more sustainable consumption practices.
- Growing interest in sustainable dining: Restaurants increasingly focus on thoughtful sourcing and reducing food waste.

Cultural Preservation & Responsible Tourism

- Restoration rather than replacement: Much of Warsaw has been carefully rebuilt and preserved, maintaining cultural heritage while reducing the need for new development.
- Encouragement of respectful tourism: Visitors are guided to engage thoughtfully with historic and cultural sites, especially those tied to significant historical events.
- Balanced tourism approach: As a major city, Warsaw promotes tourism that supports the local economy without overwhelming key sites.



8:00 AM | Breakfast in the Old Town

- Begin your day in Warsaw's Old Town with a traditional Polish breakfast. Enjoy fresh bread, eggs, cheeses, and coffee while taking in the colorful facades and quiet morning atmosphere before the crowds arrive.

9:00 AM | Old Town Walking Tour

- Explore the heart of Warsaw, carefully reconstructed after World War II. Walk through Market Square, past St. John's Cathedral, and along cobblestone streets while learning how the city was rebuilt from near total destruction.

10:30 AM | Royal Route & Krakowskie Przedmieście

- Follow the historic Royal Route, one of Warsaw's most elegant streets. Along the way, you'll pass churches, palaces, and university buildings that reflect the city's layered history and architecture.

12:00 PM | Lunch with Polish Classics

- Stop for lunch and try traditional dishes such as pierogi (dumplings), żurek (sour rye soup), or schnitzel-style meats. This is a great moment to experience Poland's hearty and comforting cuisine.

1:30 PM | POLIN Museum of the History of Polish Jews

- Spend time at one of Warsaw's most important cultural institutions. The museum offers a powerful and deeply engaging look at Jewish life in Poland over centuries, including the story of the Warsaw Ghetto.

3:30 PM | Walk Through the Former Ghetto Area

- Take a reflective walk through the former Warsaw Ghetto area. Visit key memorials and markers that tell the story of the uprising and honor those who lived and resisted here.

5:00 PM | Łazienki Park & Palace on the Water

- Head to Łazienki Park, a peaceful green space filled with gardens, walking paths, and historic buildings. Visit the Palace on the Water and enjoy a slower, more relaxed side of the city.

6:30 PM | Dinner in a Modern Warsaw Restaurant

- Experience Warsaw's contemporary food scene with a dinner that blends traditional Polish flavors with modern techniques. Many restaurants focus on seasonal ingredients and creative presentations.

8:00 PM | Evening Along the Vistula River

- Take a walk along the Vistula River, where locals gather in the evening. The atmosphere is lively yet relaxed, offering a glimpse into modern Warsaw life.

9:30 PM | Night Walk Through the Old Town

- Return to the Old Town to see it illuminated at night. The quiet streets and softly lit buildings create a memorable and reflective end to your day.

WARSAW, POLAND – PALACE OF CULTURE AND SCIENCE



The Story Behind the Palace of Culture and Science

Rising high above the skyline of Warsaw, the Palace of Culture and Science is one of the city’s most recognizable and talked-about landmarks. Whether admired or debated, it is impossible to ignore.

Completed in 1955, the building was a “gift” from the Soviet Union to Poland during a time when the country was under strong Soviet influence following World War II. Designed in a grand, monumental style, it reflects the architecture of that era, with ornate details and an imposing presence meant to symbolize power and unity.

For many years, the palace represented a complicated chapter in Poland’s history. Some viewed it as a symbol of control and outside influence, while others appreciated the opportunities it brought as a cultural and educational center. Over time, perspectives have softened, and today it stands as a layered symbol of Warsaw’s past and present.

Inside, the building is home to theaters, museums, cinemas, conference halls, and even a university. It continues to serve as a hub for arts, learning, and community events. Visitors can also take an elevator to the observation deck, where sweeping views of the city reveal Warsaw’s unique blend of historic reconstruction and modern growth.

What makes the Palace of Culture and Science especially fascinating is the contrast it creates. Standing near the carefully rebuilt Old Town, it reminds visitors that Warsaw is not just a city of preservation, but also one of resilience, change, and complexity.

Today, the building is woven into daily life in Warsaw. Locals gather there for events, visitors photograph it from every angle, and its clock tower quietly marks the passing hours over a city that has rebuilt itself time and time again.

