



📍 TOUR DETAILS

Step into the quiet charm of Rzeszów, a city where history lingers in every street and story. During this experience, we will explore the heart of southeastern Poland, wandering through its picturesque Old Town, colorful market square, and peaceful corners that feel untouched by time. Along the way, we will uncover layers of the city's past, from its medieval roots to the traditions that still shape daily life today. We will pause to take in beautiful architecture, hear stories of resilience and community, and experience the gentle rhythm of a place where the past is never far away. This journey offers a thoughtful and engaging look at a lesser-known destination, inviting you to slow down, look closer, and discover the moments where history quietly lives on.



★ 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

- Hej, Sokoły!: <https://youtu.be/ZzZ1qmXZBuY?si=oAeRxukKy7suRaWd>
- Rokiczanka - W moim ogródecku: <https://youtu.be/BqUpUtaS9VY?si=RZ0i00yigJ1tCxz0>
- BCzerwone Jagody: <https://youtu.be/iQOf0XR6JWI?si=0hkazD25FSpyLkZK>



Goldwasser Cocktail

Ingredients:

- 1½ oz Danziger Goldwasser
- 1 oz vodka
- ½ oz fresh lemon juice
- Sparkling water or tonic
- Lemon twist or orange peel
- Ice

Instructions:

- Fill a cocktail shaker with ice.
- Add Goldwasser, vodka, and lemon juice.
- Shake gently and strain into an ice-filled highball or rocks glass.
- Top with sparkling water or tonic.
- Garnish with a twist of lemon or orange.



Authentic Paprykarz z dorsza (Cod Paprikash)

Ingredients:

- 1 lb cod fillets (fresh or thawed)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 bell pepper (red), chopped
- 1 can (14 oz) diced tomatoes (or 3 fresh tomatoes, peeled & chopped)
- 2 tablespoons tomato paste
- 1 teaspoon sweet paprika
- ½ teaspoon smoked paprika (optional for depth)
- Salt and pepper to taste
- 2 tablespoons olive oil or butter
- 1 tablespoon lemon juice
- Fresh parsley, chopped (for garnish)
- Optional: A pinch of sugar to balance acidity

Optional:

- Serve with boiled potatoes, crusty bread, or rice

Instructions:

Prepare the cod:

- Pat dry and cut into large chunks. Season with salt and pepper.

Sauté the aromatics:

- In a large skillet or saucepan, heat olive oil.
- Add diced onion and sauté for 3–4 minutes until translucent.
- Add garlic and bell pepper, cook for another 3 minutes.

Build the sauce:

- Stir in tomatoes, tomato paste, sweet paprika, and optional smoked paprika.
- Simmer for 5–10 minutes, stirring occasionally.

Add the cod:

- Gently nestle the cod chunks into the sauce.
- Cover and simmer over low heat for 10–12 minutes, or until the fish flakes easily with a fork.

Finish and Serve:

- Add lemon juice, adjust seasoning, and sprinkle with fresh parsley
- Serve warm.





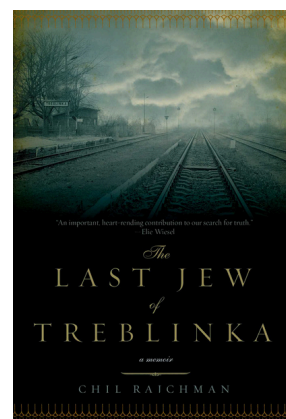
1. **Prince Polo Chocolate Wafer Bar:** Prince Polo is a classic Polish chocolate wafer bar, loved for its crunchy layers of wafer and smooth chocolate coating. Originally introduced in the 1950s, it's a nostalgic favorite throughout Poland.
2. **Toruńskie Pierniki (Gingerbread Cookies):** These traditional spiced gingerbread cookies are a regional favorite in Rzeszów. Often filled with fruit jam or dipped in chocolate, they're soft, fragrant, and pair perfectly with tea or coffee.
3. **Krakus Pickled Mushrooms (Ogórki Kiszone):** Pickled snacks like dill pickles or mushrooms are iconic in Polish cuisine and widely enjoyed in Rzeszów. Crisp, tangy, and packed with flavor, they're commonly eaten on their own or alongside hearty meals.



RZESZÓW, POLAND – BOOKS

BOOK SELECTION

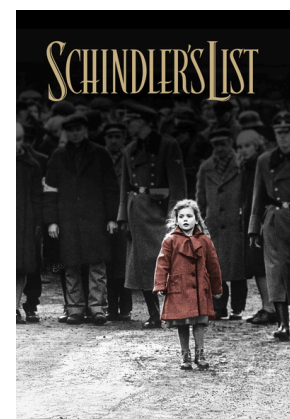
- **The Last Jew of Treblinka by Chil Rajchman:** Written by a Holocaust survivor born near Rzeszów, this powerful memoir recounts Rajchman's experience surviving the Treblinka extermination camp during World War II. Hidden for many years before publication, the book offers a deeply personal account of survival, memory, and resilience.
- **The Painted Bird by Jerzy Kosiński:** Written by Polish-born author Jerzy Kosiński, this novel follows a young boy wandering through villages in Eastern Europe during World War II. While fictional, the story reflects themes and landscapes connected to southeastern Poland and the difficult realities faced by many communities during the war years.
- **Night by Elie Wiesel:** Although not set specifically in Rzeszów, this memoir provides important historical context for understanding Jewish life and survival in Poland during World War II. Wiesel's firsthand account of deportation, loss, and endurance has become one of the most widely read Holocaust memoirs in the world.



RZESZÓW, POLAND – MOVIES

MOVIE SELECTION

- **Schindler's List (1993):** Directed by Steven Spielberg, this Academy Award-winning film tells the true story of Oskar Schindler, who saved more than a thousand Jewish lives during World War II. Filmed largely in Poland, the movie offers important historical context connected to Jewish life, memory, and survival throughout the region.
- **The Pianist (2002):** Based on the memoir of Polish Jewish musician Władysław Szpilman, this film follows his survival in Nazi-occupied Poland during World War II. The movie captures both the devastation of war and the resilience of individuals trying to preserve humanity during impossible circumstances.
- **Ida (2013):** This acclaimed Polish film follows a young woman in 1960s Poland who discovers hidden truths about her family's Jewish past before taking religious vows. Shot in beautiful black-and-white cinematography, the movie explores themes of identity, memory, faith, and postwar Polish history connected to many communities across the country, including southeastern Poland.



RZESZÓW, POLAND – FUN FACTS

FUN FACTS

- 1. Underground Tunnels Run Beneath the City:** Beneath the streets of Rzeszów is a network of historic underground tunnels and cellars that date back hundreds of years. Merchants once used these cool underground spaces to store food, wine, and valuable goods while protecting them from changing weather and invasions.
- 2. Rzeszów Is Known as Poland’s “Aviation Valley”:** Rzeszów is located in one of Europe’s most important aerospace regions. Many aviation companies, engineers, and research centers are based here, giving the city a strong connection to innovation, technology, and flight.
- 3. The City Has a Long Jewish Heritage History:** Before World War II, Jewish residents made up a significant part of life in Rzeszów. Jewish families helped shape the city’s culture, commerce, education, and traditions for generations, leaving behind an important cultural legacy that is still remembered today.
- 4. Rzeszów Received City Rights in the 1300s:** Rzeszów officially became a city in 1354 when King Casimir III the Great granted it city rights. Its historic market square and old-town layout still reflect its medieval roots today.
- 5. Folk Traditions Are Still Celebrated Today:** The region surrounding Rzeszów is famous for colorful folk traditions, including music, dancing, embroidery, and handmade crafts. Festivals throughout the year celebrate the culture and customs of southeastern Poland.

RZESZÓW, POLAND – MAP



RZESZÓW, POLAND – DISCUSSION QUESTIONS



History & Heritage

- What moment or story from the tour of Rzeszów stayed with you the most, and why do you think it stood out?
- Rzeszów has changed over many centuries. How do you think cities preserve their history while continuing to grow and modernize?
- Did anything from the tour remind you of something you learned in school, read about, or experienced yourself?
- Why do you think it is important to preserve the stories and traditions of communities that once lived in a place?
- How can walking through historic streets help people better understand the past?

Traditions & Culture

- What did you find most interesting about the culture or traditions we discussed during the tour?
- Did any part of the tour remind you of traditions from your own family or community?
- Why do you think music, festivals, and celebrations remain such an important part of community life?
- How do you think traditions change as younger generations grow up in a more modern world?
- What role do you think storytelling plays in keeping culture alive?

Architecture & Place

- What did you notice most about the buildings, streets, or public spaces in Rzeszów?
- If you could spend an afternoon in one place we visited, where would you choose and why?
- How do older buildings and historic town squares affect the feeling of a city?
- Did any part of the city seem especially peaceful, lively, or welcoming to you?
- How does Rzeszów compare to towns or cities you have visited or lived in?

Food & Daily Life

- What foods from Poland would you most like to try after seeing this tour?
- Did anything about daily life in Rzeszów feel familiar or different from your own experiences?
- Food often brings people together. What meals or recipes hold special memories for you?
- If you were visiting Rzeszów for a day, what kind of café, bakery, or restaurant would you want to stop in?
- What role does gathering around food play in your family or community?

Reflection & Connection

- What surprised you most about Rzeszów?
- How do tours like this help people feel connected to places they may never visit in person?
- Was there a moment during the tour that made you feel especially curious to learn more?





Rzeszów – Myths & Facts

- Myth: Rzeszów is only a modern industrial city with little history.
 - Fact: While Rzeszów is known today for innovation and aviation, the city’s history stretches back to the Middle Ages, with a historic market square, old churches, and centuries of cultural traditions.
- Myth: Rzeszów was untouched by Jewish history.
 - Fact: Before World War II, Jewish residents were an important part of life in Rzeszów, contributing to the city’s businesses, education, and cultural life for generations.
- Myth: Poland’s most interesting cities are only Warsaw and Kraków.
 - Fact: Smaller cities like Rzeszów offer their own unique mix of history, architecture, local traditions, and regional culture that can feel very different from Poland’s larger cities.
- Myth: The underground tunnels beneath Rzeszów were built as secret escape routes.
 - Fact: Most of the underground cellars and passageways were originally created for practical purposes such as storing food, wine, and trade goods beneath the busy market area.
- Myth: Traditional Polish culture is disappearing completely in modern cities.
 - Fact: In and around Rzeszów, many folk traditions, music, crafts, and regional festivals are still celebrated and passed down through generations today.

RZESZÓW, POLAND – WEATHER

Rzeszów 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 sunny days, light rain, and fresh greenery as the city comes back to life.

Summer (June–August)

Warm and pleasant, typically in the 70s–80s °F. Summer brings longer days, outdoor cafés, festivals, and 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 surrounding region becomes especially scenic with autumn colors.

Winter (December–February)

Cold, with temperatures often in the 20s–30s °F and periods of snow. The city can feel quiet, cozy, and wintry, especially around the holidays.

United States Comparison

Rzeszów’s climate is most similar to cities like Pittsburgh, Chicago, or parts of upstate New York, with cold winters, warm summers, and clear seasonal changes. Winters can bring snow, while summers are usually warm but not as humid or extreme as many parts of the United States.



Overall Accessibility

- Rzeszów is a compact and manageable city, with many key sites clustered around the historic Market Square. This makes it easier for older adults and travelers with limited stamina to enjoy the city at a slower, more comfortable pace.

Transportation

- Public transportation in Rzeszów is being modernized with accessibility in mind. Newer buses are designed to accommodate passengers with disabilities, including wheelchair users, and some travelers with disabilities may qualify for free transportation, sometimes including a caregiver or assistant.

Historic Center

- The historic center is one of the most visitor-friendly areas because attractions, cafés, streets, and public spaces are close together. However, like many historic European cities, some older streets, cobblestones, and uneven surfaces may still be challenging.

Public Buildings

- Many municipal buildings include accessibility features such as ramps, wide corridors, adapted entrances, accessible restrooms, disability parking spaces, and assistance bells. Guide dogs and assistance dogs are also permitted in municipal buildings.

Rzeszów Cellars

- The Rzeszów Cellars, located beneath the Market Square, are one of the city's signature attractions. The underground route is not wheelchair accessible, but the attraction offers a virtual tour option for visitors with disabilities, including an English-speaking guide option.

Museums & Cultural Sites

- The Museum of Bedtime Cartoons is one of the city's more accessible attractions, with step-free entry, an elevator, accessible restroom, wide passages, no thresholds between exhibition rooms, and Braille signage.

Vision & Hearing Support

- For visitors with vision loss, Rzeszów has adapted many bus stops, and some public buildings include tactile plans or Braille markings. For visitors with hearing loss, the city offers access to sign-language interpretation for municipal services with advance notice.

Airport Accessibility

- Rzeszów–Jasionka Airport follows European accessibility standards for passengers with reduced mobility, and assistance can be arranged in advance through the airline or travel provider.

Good to Know

- Rzeszów is not completely barrier-free, especially in historic areas, but it is making meaningful accessibility improvements. Its compact layout, improving transportation, accessible cultural sites, and alternative options make it a thoughtful destination for adults and travelers who need extra support.



Greener Public Transportation

- Rzeszów has made cleaner public transportation a major priority, investing in environmentally friendly buses, road improvements, and an intelligent transport system to make transit easier and more sustainable.
- The city has introduced electric and zero-emission buses, including vehicles used on central routes where residents and visitors spend much of their time.
- Newer electric buses are also designed with accessibility in mind, supporting both sustainability and ease of movement for travelers with disabilities.

Sustainable Urban Mobility

- Rzeszów is part of broader sustainable mobility planning efforts focused on improving connections between city buses, suburban buses, and rail.
- The city is also developing Park & Ride and Kiss & Ride infrastructure, helping reduce car traffic in busier central areas.
- These efforts make it easier for visitors to explore responsibly without relying only on private vehicles.

Climate Goals

- Rzeszów has created a 2030 Climate Neutrality Action Plan, showing a long-term commitment to environmental responsibility and quality of life.
- The plan connects sustainability with the city's larger vision of balanced development, healthier public spaces, and a more people-friendly urban environment.

Walkable Historic Center

- Rzeszów's compact historic center supports a slower, lower-impact style of travel. Many key sites, cafés, public spaces, and cultural attractions are close together around the Market Square area.
- This walkable layout allows visitors to spend more time supporting local businesses and less time moving between distant attractions by car.

Low-Emission Infrastructure

- Rzeszów has been recognized for low-emission transport efforts, including environmentally friendly public transport infrastructure.
- The city has also explored future-facing sustainable transport initiatives, including hydrogen-related mobility planning.

Responsible Tourism & Local Culture

- Rzeszów is a thoughtful choice for travelers who want to support local culture rather than mass tourism. Its appeal comes from historic streets, regional traditions, museums, local cafés, and the broader Podkarpackie culture.
- Because it is less crowded than Poland's major tourist centers, visitors can enjoy a more relaxed pace while helping spread tourism benefits to southeastern Poland.

Green Spaces & River Setting

- Rzeszów sits along the Wisłok River and includes parks, riverside areas, and public spaces that give residents and visitors places to walk, rest, and enjoy the outdoors.
- These green and open spaces help make the city feel balanced, livable, and welcoming.



8:00 AM | Breakfast in the Old Town

- Begin near Rzeszów's Market Square with a simple Polish breakfast of fresh bread, eggs, cheeses, pastries, and coffee. Enjoy the quieter morning atmosphere before the city becomes more active.

9:00 AM | Rzeszów Market Square

- Explore the heart of the city, surrounded by colorful townhouses, cafés, and the elegant Town Hall. Notice how the square blends history, architecture, and everyday local life.

10:00 AM | Rzeszów Cellars

- Head beneath the Market Square to visit the historic Rzeszów Cellars. These underground spaces once stored goods for merchants and now tell the story of the city's trading past.

11:30 AM | Coffee Break Near the Square

- Pause for coffee, tea, or a Polish pastry near the Market Square.

12:15 PM | Walk Along 3 Maja Street

- Stroll along one of Rzeszów's most historic streets. Look for churches, façades, shops, and cultural landmarks that show how the old city connects with modern life.

1:00 PM | Lunch in the Old Town

- Enjoy a traditional Polish lunch near the square. Try dishes such as pierogi, żurek, potato pancakes, roasted meats, or seasonal soup.

2:15 PM | Jewish Heritage Walk

- Take a thoughtful walk near Rzeszów's historic synagogue area. Reflect on the Jewish community that helped shape the city's cultural, commercial, and community life before World War II.

3:15 PM | Museum of Bedtime Cartoons

- Visit this charming museum dedicated to Polish animated films, toys, puppets, and childhood stories. It offers a warm, nostalgic look at popular culture.

4:15 PM | Lubomirski Castle & Summer Palace Area

- Continue to the Lubomirski Castle and nearby Summer Palace area. This stop highlights Rzeszów's aristocratic history and contrasting architectural styles.

5:15 PM | Late Afternoon Walk or Rest

- Slow the pace with a gentle walk, a return to the Market Square, or a quiet café break.

6:30 PM | Dinner in the Old Town

- Choose a restaurant serving Polish or regional cuisine. Consider sharing several dishes to taste a variety of local flavors.

8:00 PM | Evening in the Market Square

- Return to the Market Square for a final stroll. Enjoy the lit Town Hall, evening atmosphere, and a quiet moment to reflect on the day.

RZESZÓW, POLAND – POLISH BEDTIME MEMORIES



The Museum of Bedtime Cartoons in Rzeszów celebrates Poland’s beloved evening cartoons, known as *dobranocki*. For many Polish families, these short programs were part of the nightly routine, bringing children together before bed with gentle stories, familiar characters, and simple animation. The museum preserves objects connected to these childhood favorites, including puppets, storyboards, scripts, animation slides, toys, books, figurines, posters, and everyday items decorated with cartoon characters.

What Were “Dobranocki”?

Dobranocki were short bedtime programs shown in the evening for children. They were often calm, gentle, and easy to follow, making them a comforting part of family life. Many Polish adults remember these cartoons the way Americans might remember favorite Saturday morning cartoons, bedtime stories, or children’s television characters from their youth.

Cartoons & Childhood Entertainment

The museum includes several forms of children’s entertainment connected to Polish animation and bedtime programming:

- **Puppet Animation:** Some cartoons used small puppets or dolls that were moved and filmed frame by frame. The museum includes original puppets connected to characters such as *Miś Uszatek*, *Colargol*, *Penguin Pik-Pok*, *Plastuś*, *Jacek* and *Agatka*, and others.
- **Drawn Animation:** Other cartoons were created through drawings, storyboards, and animation slides. These materials show how artists planned each scene before the characters came to life on screen.
- **Television Bedtime Shows:** The programs were not just entertainment. They were part of a daily rhythm. Children watched them in the evening before bed, often with parents or grandparents nearby.
- **Toys, Books & Everyday Objects:** The museum also displays toys, books, posters, figurines, stamps, packaging, records, and other items decorated with beloved cartoon characters. This shows how these stories became part of everyday family life beyond the television screen.
- **Screening Room Memories:** Visitors can also watch well-known bedtime cartoons in a special screening room, making the museum feel both educational and nostalgic.

A Nostalgic Thought

Most of us can remember a character, story, song, or bedtime routine from childhood. Maybe it was a favorite book, a radio program, a television show, a lullaby, or someone reading aloud before sleep. These memories often stay with us because they are connected to comfort, imagination, and the people who cared for us.

Remembering Childhood Stories

- What childhood character, bedtime story, or television show do you remember most clearly?
- Who shared stories with you when you were young?
- Did your family have a bedtime routine, such as reading, music, prayers, or saying goodnight in a special way?
- Was there a story or character that made you feel safe, brave, or curious?
- Did you have a favorite stuffed animal, doll, toy, or blanket that felt connected to bedtime?