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Kryspinów



Photo: David McGirr



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Photo: David McGirr

PEOPLE POWER

■ Grażyna Zawada



“many Cracovians feel their voices are not being heard by local policy makers

Polish or expat, you can help decide Krakow's policies. The first step: a civic budget.

In recent months, Krakow has witnessed an explosion of civic activism. Joining existing people power initiatives, such as the Space, People, City association and biking activists, new groups have sprung up, Krakow Smog Alert and New Krupnicza being among the most vocal.

These grass roots movements reflect the fact that many Cracovians feel their voices are not being heard by local policy makers, especially in crucial areas such as city planning and budgeting.

Prominent daily newspaper, *Gazeta Wyborca*, has recently launched the Nothing New Without Us campaign (Nic o nas bez nas), calling for decision makers to recognise and prioritise the real needs of Cracovians. “Is Krakow in fact governed by officials in a way that is best for its citizens?” editor-in-chief, Józef Stachów, asked rhetorically.

“It is not true that we do not hear or care about the voices of residents,” retorted Krakow city council member, Małgorzaty Jantos. “It was we who invited them to a discussion, by launching a round table initiative on housing and education,” she said.

Jantos also opposed the idea of treating the city council as a monolithic body. “We, the council members, sit between executive power and the residents, and we are all learning to communicate. I don't understand why I and many of my active and open colleagues should be lumped together with the rest of the council. Let us hold every member individually responsible” said Jantos.

The first sign of change is a plan to introduce a civic, or participatory, budget. The assignment of a few percent of the city's budget is to be decided directly by Krakow residents as part of an initiative intended to encourage a civic society. Civic budgets have already been implemented in Poznań, Dąbrowa Górnicza, Sopot and Toruń. At the

end of April, Tarnów also joined the list.

Since May, a pilot civic involvement project has been running in three of Krakow's districts: Bronowice, Prądnik Biały and Zwierzyniec. Meetings and surveys have been held at various locations, including organised family picnics.

All residents in these districts are encouraged to submit ideas that will later be discussed and voted on – the stake is the expenditure of 250,000 zł of city funds. “The consultations are going well, the districts' council members are strongly involved, but the best method of research has yet to be established. Our greatest task is to inform as many people as possible about these consultations. Hopefully, in the future, the people will themselves ask for consultations,” said Agnieszka Matuszyńska-Dziewitek, head of the Pracownia Obywatelska association, which is responsible for the research.

Krakow's mayor, Jacek Majchrowski, has expressed scepticism about involving the whole city in the city's budget discussions.

“In my opinion there are certain limits, within which all citizens can have access to the city budget. I can't imagine the whole community deciding on major city investments. It would be technically difficult to accomplish. We would have to go back to the Greek idea of polis, or the agora, where citizens gathered and decided together,” Majchrowski said during an interview with *Gazeta Wyborca*.

“Our aim is to create a civic society, and a civic budget is one step toward that goal,” said the head of Zwierzyniec district, Szczesny Filipiak. “What we have today is a low sense of solidarity and responsibility. We don't believe that we, as citizens, have any influence. This budget may help to change this situation,” said Filipiak.

The next step once the consultation work is finished will be to draft specific projects and cost estimates. Pracownia Obywatelska expects to launch the first projects in September.

NEWS

■ Anthony Casey – inside-poland.com

Arsonist strikes three times

A reward of 5,000 zł is on offer for information leading to the arrest and conviction of an arsonist who is believed to have been responsible for three separate fires that caused around 230,000 zł worth of damage and forced a family to be evacuated from their home.

Overnight on May 27-28, two barns burned down in Łapczyca, near Bochnia, Małopolska. At the same time, a blaze broke out at a barn in nearby Gierczyce.

Firefighters said that the fire at one of the barns spread to a house next door, and the people living there had to be evacuated. The fires in Łapczyca took three hours to bring under control, but the blaze in Gierczyce was still going after five hours.

Fire investigators believe that the three blazes must have been set deliberately. They said that there was no electrical supply to any of the barns, and that it was no coincidence that all three had gone up on the same night.

Now Jerzy Lysy, Mayor of Bochnia, has offered the reward for information about the suspected arsonist. Reports can be made by calling 112, 997, or +48 14 615 2222.

Luftwaffe plane lands in Krakow

The aircraft model preferred by Adolf Hitler is to be displayed at the Polish Aviation Museum in Krakow.

The museum acquired the Junkers JU 52 from the UK's Imperial War Museum, along with a British De Havilland Sea Venom Fighter.

The Junkers has a market value of around 500,000 zł, and was restored by specialists in the UK. It bears the markings of the Mediterranean arm of the Luftwaffe. It will be on display during the Polish Aviation Museum's air show, in late June.

Bailiffs visit Gessler restaurant

Guests at one of Krakow's most prominent hotels were deprived of cutlery and crockery... when bailiffs turned up to seize equipment.

The court-appointed team arrived at Restauracja Gessler, in Hotel Francuski, at

around 4pm on May 27.

Emir 19, the company that bought Hotel Francuski in 2011, for 20.5 million zł and which is in turn owned by Alterco, is alleged to be several hundreds of thousands of zł in debt. All equipment, from the white goods in the kitchen down to the plates and glasses for guests, were on the bailiffs' list for collection.

The hotel's catering arm is run by Adam Szczęsny Gessler, whose brother was the husband of TV chef Magda Gessler.

Emir 19 and the unnamed creditors have been in negotiations over repayment of debts since February 2013. It is understood that Adam Gessler is not personally liable for any debt in relation to the case.

Bailiffs withdrew without taking the equipment, and negotiations on repayments will continue.

Special forces on display in Krakow

To a casual observer, it may have looked as though the third world war had started. Military aircraft roared overhead, and troops in full combat gear raced along the banks of the River Wisła.

But the spectacle in Krakow had been organised to mark the sixth Special Forces Day (Święto Wojsk Specjalnych).

Poland's crack air, land and marine troops put on a free show for spectators at Wawel Castle on May 24 – showing off their abilities for the first time in public. Before the event, the Jagiellonian University organised a conference to debate the challenges facing special forces worldwide.

Deputy Defence Minister Robert Kupiecki was in Krakow during the celebrations, to take questions from reporters. Asked about Poland's ongoing role in Afghanistan, he said: "By 2014, NATO will end its engagement [in Afghanistan]. Anything concerning the position after 2014 is currently the subject of discussions within NATO."

Mr Kupiecki added that it was too early to speculate further on the commitments of Polish and other NATO forces in Afghanistan.



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ON TWO WHEELS

■ Marcin Hyla



Don't miss it: on Sunday, June 9, bring your bike and join the massive Cycling Day (Święto Cykliczne) rally and ride that starts at midday from Plac Józefa Nowaka Jeziorańskiego – the square in front of the railway station.

Cycling Day is an annual event with roots that go back to the late 1980s. Last year, about 1,500 cyclists turned up to ride through the streets of Krakow. This year, the theme of the rally is 'Connecting Krakow'. The route is cleared of motor traffic, which makes for a peaceful trip along usually busy streets. Similar rallies take place on the same day in cities across Poland.

As cycle traffic continues to grow, the city's infrastructure is lagging behind, and many regions remain inaccessible by bike. The Miasta dla Rowerów (Cities for Bicycles) advocacy group is calling for new traffic engineering regulations to facilitate urban cycling.

The rally finishes at the Korona Stadium in Podgórze, but the fun doesn't end there – stay for the Bike Festival! There is even a prize for the best fancy dress costume worn on the day, and don't forget that you can dress your bike up too.

Where to Cycle in Krakow

Google Maps has recently added cycle routes for Krakow, and other Polish cities. It's useful information, but not always accurate. A better option for planning a route through the city may be: ibikekrakow.com/mapa/. The green lines indicate dedicated cycling paths and the red lines are suggested routes in mixed traffic.

Cycling in downtown Krakow, in Krowodrza and in Stare Podgórze is relatively easy, with many traffic-free or traffic-calmed streets now established. Cycling in parks is also legal. Narrow ul. Długa, ul. Karmelicka and ul. Zwierzyniecka can be a challenge for those unaccustomed to negotiating tram tracks. The key is to cycle in the middle of the tracks – you will have more elbow room and avoid the

risk of getting your wheels caught in the ruts. Ignore any drivers who honk – it's just proof that they see you. Many one-way streets are also open to pedal bikes in both directions. Just look for the road signs.

There are a lot of cycle paths in Nowa Huta, but they are poorly connected. A new cycle track is currently under construction on ul. Bora-Komorowskiego, and another missing link will soon be completed on ul. Andersa. Hopefully, ul. Mogilska will get its long-awaited cycle path in 2014, which will mean you can cycle all the way from the Rynek to Pl. Centralny legally and away from annoying traffic.

Krowodrza is quite cycle friendly, even without many dedicated paths – just avoid busy ul. Czarnowiejska and ul. Nawojki. There is a cycle path on ul. Armii Krajowej leading to the Widok estate.

It is the southern parts of Krakow that are really problematic for cyclists. There is little or no cycling infrastructure, plus steep hills and arterial roads jammed with speeding cars. You may want to put your bike on a tram or a bus (legal and free, but the driver can ask you to leave if the vehicle is too crowded) and travel to more friendly regions. A few buses have exterior bicycle racks, but you must ask the driver for help. Perhaps the ultimate southern Krakow cycle path is the Trasa Tyniecka, which runs all way from Wawel Castle to Tyniec Abbey. A similar route has recently opened on the north bank of the Wisła.

The 'Secret' Tunnel

There is an extremely useful but little known cycle tunnel that provides an easy way to cross the railway tracks that bisect the north of Krakow. Situated just north of Galeria Krakowska, you can find the tunnel by leaving the cycle path in front of Politechnika Krakowska, on ul. Warszawska, and crossing ul. Pawia toward the railways tracks behind the vast and dusty parking lot. The tunnel emerges at a roundabout below the ul. Wita Stwosza flyover. From there, you can follow the marked cycle path to Rondo Mogilskie and its excellent, segregated routes well away from the cars.



YELP KRAKOW



■ Filip Gaska

Ever been to a restaurant and seen someone take thousands of photos of their meal before tasting it? Chances are, they're a Yelper – a user of the local business review site that started in San Francisco in 2004 and arrived in Krakow in October of last year. Ask a Yelper how to eat a steak and no doubt he will tell you a knife, a fork and a smartphone are required.

Four months ago, I became the Community Manager of Yelp in Krakow. My job is focused on growing the Yelp Community in Krakow. I welcome newcomers to the site, organise parties and get-togethers for Yelpers to blend the online and offline experience and maintain relations with Krakow's local business owners and managers. Sweet job? Yes, very much so. My dad is still amazed that I actually receive a salary for doing something that I love and enjoy so much – I think he's just jealous.

The *Krakow Post* asked me to write something about the challenges and surprises of working in this role in the city.

Challenges? Convincing Cracovians, natives, expats or anything in between, to leave their Krakow comfort zone, to venture out of their usual four pubs and restaurants and try something new with people they wouldn't normally encounter. Not to gossip, but those that took the leap and became Yelpers, can boast new friendships, new favourite places on the map of Krakow, and yes, even new relationships

(you know who you are). Although Yelp is definitely not a dating site, it does bring together people who have similar outlooks on life, those that enjoy sharing their experiences of local businesses and those that love the area and community they live in.

One of the more rewarding experiences has been the interaction with local Krakow business owners and managers. I expected hesitation and reluctance towards yet another social media portal, but what I encountered was a great deal of enthusiasm. If there was scepticism, it was about whether all the tools offered are really free and if they will remain so. Many business owners have come forward with ideas for possible Yelp parties at their establishments as they look to become more involved with the Yelp community.

I've also learnt a great deal about Krakow businesses that I, like every other Yelper, am keen to share with others. For example, I can now proudly say that I know exactly which pasture the lamb at Hamsa in Kazimierz comes from. And that, yes, Stalowe Magnolie are happy to organise a Great Gatsby-styled casino night for Yelpers.

So, my parting comment to you is an invitation to come join us, to be a part of this growing and thriving community in Krakow and in over 100 other cities across the world. Share your experiences of what is good and great, and feel free to look me up on Yelp – where I used the name Filip G.

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CRICKET IN KRAKOW

Left to right, KCC players Toby Koschalka, Ben Koschalka, Mark Aldridge, Vijay Sharma
(Photo: David McGirr)



Like any true son of India, the first thing Vijay Sharma did when he arrived in Krakow was look for a cricket club. Astonished to find that the world's greatest game hadn't yet made it to this part of the world, he immediately set up one of his own – and so the Krakow Cricket Club (KCC) was born.

“For the first year and a half, I was the only member,” recalls Vijay with a laugh. But he didn't give up. “Credit must go to Richard Brewster. He joined, got friends and associates involved, and began organising matches,” said Vijay.

In 2012, the revitalised KCC began holding regular practices and pick-up matches among themselves. This year, they have started playing competitive matches against other cricket teams in Poland and membership has grown to more than 80 people, though more like 20 play on a semi-regular basis.

“There are now six cricket clubs in Poland – the Cricket Club of Wrocław, the Lublin Cricket Club, the Warsaw Cricket Club, the Warsaw Kings Cricket Club, the Łódź Cricket Club and us,” said Vijay. These teams compete in the Polish Cricket Cup, the 2012 edition of which was held, confusingly, this year in Warsaw. The KCC were knocked out by the Warsaw Kings XI. “They're not better than us, but they're definitely younger,” said Vijay, ruefully. The 2013 Cup will be decided in August.

The KCC's players represent a fair range of the world's cricketing nations, in-

cluding the UK, Ireland, Australia, India, Sri Lanka and Bangladesh. The team's captain, Michael Launders, played competitively at home in Ireland, but most of the other members are simply keen amateurs. So far, only a few Poles have been lured to join practice sessions, but team member Mark Aldridge said that they are keen to introduce the game to a wider audience in Poland: “In the future we'd like to take a cricket presentation into schools. Everyone is welcome to come to our practise sessions.”

The team takes its preparation seriously, training indoors throughout the winter and at the football pitch on ul. Koletek during the summer months. “Our aim this year is to get a decent fixture list, play regularly and establish a stable squad,” said Mark. Members contribute a small, annual sum to pay for club necessities, including their shared equipment. There is a plan to establish the KCC as an official sports club according to Polish law, and longer-term ambitions to secure a permanent home and pitch for the team. “We are also looking for firms or individuals interested in sponsoring Krakow's only cricket team,” said Vijay.

This month, the KCC will be playing at home against a visiting team from the UK, the Craig Hardy XI (June 14–15), and away against the Lublin Cricket Club (June 29–30). Upcoming fixtures include matches at the Piotrowice Nyskie International Cricket Festival (July 27–28) and a visit from a Welsh team in August. More details from the KCC's Facebook page: /Krakowcricketclub.

THEY'RE NOT
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YOUNGER

Vijay Sharma strikes a pose
(Photo: David McGirr)



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5 YEARS OF THE JCC

■ Agnieszka Giś

Krakow's Jewish Community Centre wants people to know what it is all about before they even get inside the building. The lime green banner over the entrance on ul. Miodowa, in the heart of Kazimierz, is anything but shy, just like the JCC itself.

Opened five years ago by Britain's heir to the throne, the Prince of Wales, with the help of the American Jewish Joint Distribution Committee and World Jewish Relief, Krakow's JCC has become an internationally known institution that seeks to do just what the banner says – build a Jewish future in a city that, for most people in the Jewish world, is associated only with a dark past. For the past five years, the JCC has been spreading the message that there is a place for Jewish life down the road from Auschwitz.

From the very beginning, the JCC has worked to create a space for the local Jewish community and provide cultural, educational and religious activities, making

Jewish life and culture accessible for everyone. In just one week this May, the JCC hosted a group of imams along with US ambassadors, organized an open discussion on gender with the Chief Rabbi of Poland, Michael Schudrich, and Anna Grodzka, the first transsexual member of parliament in European history, and arranged a meeting for the Children of the Holocaust. What could be better proof of the JCC's commitment to making a positive and vibrant contribution in a pluralistic community?

For its 460 members, the JCC organizes a Sunday school, a student club, Shmooze (a club for adult members), a seniors club, a choir, weekly Shabbat dinners, and events to celebrate religious holidays. It also holds group activities, two recent examples being vodka tasting and a Matisyahu concert, to help bring the members of the community together. This year, the JCC also created its own calendar, titled Generations, which was published on International Holocaust

Remembrance Day as another sign of the continuity of Jewish life in Krakow.

Personal Stories

Perhaps most important is the positive impact the JCC has had on the lives of individuals, young and old. The centre's executive director, Jonathan Ornstein, has a special memory of a conversation he had with Holocaust survivor and JCC member. After the horror and tragedy of the Holocaust, he did not even want to think about starting a family and bringing new life into the world. Many years later, when he saw the changes that the JCC was bringing to Krakow, he confided that he regretted that early decision.

Another meaningful example was provided by the Purim Parade, first organised by the JCC in 2010. Senior members were deeply touched to see the return of a tradition they had celebrated with their parents in the years before the war, but had never thought

would return to the streets of Kazimierz.

As the JCC revitalises traditions, much to the appreciation of elder members, it also creates a space for younger members to learn about what it means to be Jewish. The Sunday school is a place for children who attend public kindergartens and schools during the week to learn the meaning of the Jewish holidays, the rules of kosher, the history of Israel and the basics of Hebrew.

A Larger Role

As well as acting as a centre for the Jewish community in the city, the JCC is also an important visitor centre, providing tourists with information about the historic Kazimierz synagogues, Jewish museums, kosher food and Shabbat services, and welcoming everyone to lectures and classes. The JCC has a large group of volunteers who staff the reception desk and act as the smiling, welcoming face of the centre. Volunteer coordinator, Agata Mucha, who



herself started as a volunteer behind the reception desk, organises presentations and training for the volunteers, most of whom are not Jewish, so that they are ready to meet the wide and sometimes surprising range of questions posed by visitors. At the moment there are about 30 regular volunteers dedicating their free time to the JCC but the number is increased for big events, such as the 7@nite (commonly referred to as the Night of the Synagogues, part of the Jewish Culture Festival).

Volunteer Karol Mystek said: "For me, the JCC is a source of social inspiration. It made me realize that I am not just a part of the JCC community but also of a wider, global community." He is also aware of the broader role of the JCC: "When I am at the reception desk, I see the changes that the JCC brings

– tourists from all over the world discover the bright side of Jewish life in Poland, and some of them are even surprised that we are not just here to preserve the memory of past Jewish life, but also bringing life back to the community."

A final word to Jonathan Ornstein: "Our little JCC is having a meaningful impact on the role of the Holocaust in Jewish identity around the world. Many Jewish visitors may come to Krakow primarily to see Auschwitz, but by visiting our centre they are exposed to a completely different idea of what defines us as Jews. Not by the tragedy of the Holocaust but rather how life can be rebuilt in its wake. That is a powerful message and nothing better symbolizes it than our thriving, growing, optimistic community down the road from Auschwitz."

Find out more about the Krakow JCC:

www.jcckrakow.org
www.facebook.com/jcckrakow.org
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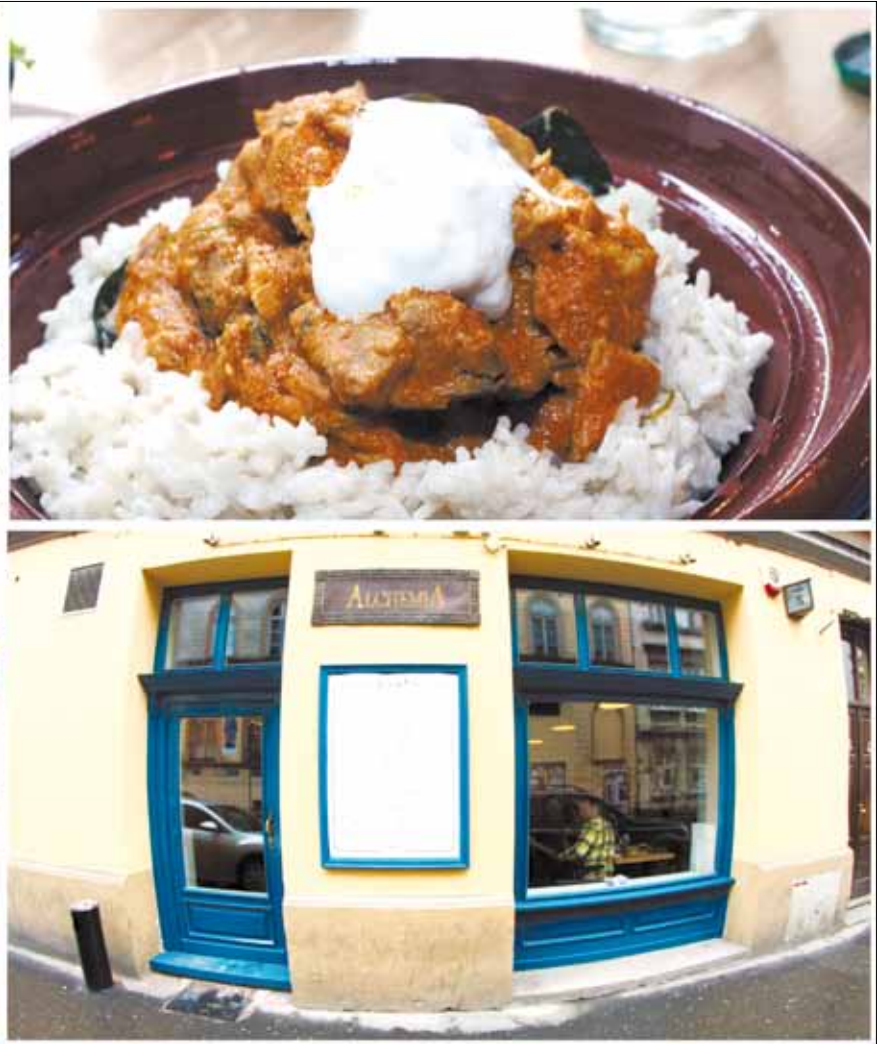
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■ Jamie Stokes

All photos: David McGirr



Joining the family of Krakow's most successful pub, Alchemia, and Krakow's most successful café, Bunkier Sztuki, Alchemia od Kuchni is a new restaurant with big shoes to fill.

The restaurant's name is worth some explanation. Literally it means 'Alchemia from the kitchen side,' but 'od kuchni' is also a Polish idiom that means something like 'behind the scenes.'

Situated just around the corner from Alchemia's main entrance on pl. Nowy, Alchemia od Kuchni is integrated, but a little separate, from Krakow's favourite Kazimierz drinking den. The restaurant has its own entrance on ul. Estery, but you can also get to it through Alchemia. The food also makes the trip from one to the other, as you can now order anything on Alchemia od Kuchni's menu and have it brought to your table in the pub.

Alchemia od Kuchni's own dining room has

a more restrained, more mature decor than the vampire movie set dressings that clutter Alchemia. It also has a beautiful picture window that allows diners to see and be seen on what is still probably the hippest corner in Poland. The one concession to Alchemia's retro style is a mounted deer's head. He's called Eddy and, so the manager swears, met his end in a road accident, not as the victim of a hunter's bullet.

When I visited at the end of May, the restaurant had been open for less than a week and was still very much at the settling-in stage. Despite the lingering smell of fresh paint, the interior felt settled and calm, and the combination of rough brick walls and ultra-cool white tiling manages to strike a nice balance between relaxed and refined.

Co-managers Kuba Ignaszak and Małgosia Kyrzc are young and bursting with ideas to make Alchemia od Kuchni stand out in Krakow's crowded dining scene. The menu has

the stripped-down feel of an experimental poem, listing just 22 items and featuring dishes as diverse as halloumi burgers, grilled watermelon and chicken satay, all priced at around 25 zloty. Expect these to change frequently. Kuba was also keen to point out that they use only mint-fresh produce and make their own pasta.

One of Alchemia od Kuchni's big ideas is to offer what they call 'street food' – classic snack foods from around the world that can be bought to take away or eat in the restaurant. The current list includes veggie samosas, patatas bravas, stuffed tortillas and cod and squid in utterly delicious batter. The restaurant will serve only the items in the street food section of the menu from 10pm until late, but they are available all day too. They make perfect after-beer snacks, and are certainly worth trying instead of the ubiquitous zapiekanka. There is also a separate breakfast menu.

I tried the 'Indian curry,' the chicken satay, the brownie with pistachio ice cream and the aforementioned squid and cod. The battered seafood and the chocolate brownie appear to have arrived in the world complete and perfectly formed, but the curry and the satay have not yet reached maturity – though the flavours were genuinely excellent, the dishes didn't quite come together. This is not surprising in a brand new restaurant and all the signs are that the menu will fulfil its promise.

During our chat over lunch, Kuba mentioned several other ideas that are not yet ready to be revealed. These include an intriguing plan for customised meals based on customers' answers to a series of questions about their mood. Whatever comes of these ideas, I confidently predict that we are going to see some new and interesting things from Alchemia od Kuchni in the coming months. ☒

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Exhibitions

Krakow Photomonth

Local and world-renowned photographers are in town for Krakow Photomonth, asking the city to say 'cheese' well into June as one of Europe's greatest festivals of photography enters the frame. Visit: www.photomonth.com for full details of events.

When: Until June 16

Where: Numerous venues

Economics in Art

This new exhibition at MOCAM is the third in a series putting artistic endeavour in the context of everyday life. It features work from dozens of Polish and international artists addressing questions such as how value is created and the ethics of success.

When: Until September 29

Where: MOCAM, ul. Lipowa 4

The architecture of clothing

With Krakow Photomonth taking fashion as its theme this year, the Ethnographic Museum has warmed to the idea with an exhibition looking at what historical clothing can tell us about the people who wore it, and the societies they were part of.

When: Until September 29

Where: Ethnographic Museum, Plac Wolnica 1

Szyborska's Drawer

Krakow's beloved Nobel Prize winning poet Wisława Szymborska once said the drawer was humanity's greatest invention and the giant chest of drawers in which she kept a weird and wonderful collection of knick-knacks forms the centre of this exhibition.

When: Permanent

Where: Szolajski House, pl. Szczepański 9

The Perfect City

A comprehensive history of Krakow's most troubled district – the planned Socialist paradise of Nowa Huta. The exhibition comprises photos, multimedia presentations and documentaries covering 50 years.

When: Permanent

Where: Nowa Huta branch of the Historical Museum of Krakow, os. Słoneczne 16

A Woman's Work

The idea of this exhibition is to survey realistic, symbolic and allegorical representations of 'women's jobs.' The exhibition brings together some 150 prints from the 16th to the 19th centuries as well as contemporary works of art.

When: Until August 11

Where: ICC, Rynek Główny 25

Traces of Memory

Photographs by the late Chris Schwarz and text by Prof. Jonathan Webber are combined to offer a powerful, moving, but ultimately hopeful insight into the Jewish past and present in Poland. The material took 12 years to compile.

When: Permanent exhibition

Where: Galicia Jewish Museum, ul. Dajwór 18

Technology is art

The National Museum in Krakow and the Zachęta National Gallery of Art have come together to put on an exhibition about the life and work of Julian Antoniszczak (better known as Antonisz), co-founder of the legendary Krakow Studio of Animated Films.

When: Until June 16

Where: National Museum, al. 3 Maj 1

Limits of Fashion

Part of the main programme of events for Krakow Photomonth 2013, the Limits of Fashion exhibition is presented as the key to understanding the broad definition of 'fashion' adopted as the theme for this year's festival of the still image.

When: Until June 17

Where: Bunkier Sztuki, Plac Szczepański 3a

Jan Matejko

In the year that marks the 175th anniversary of the birth of Jan Matejko, and the 120th anniversary of his death, the National Museum in Krakow is holding an exhibition of his work and many objects connected with Poland's greatest painter.

When: Until September 15

Where: Matejko House, ul. Floriańska 41

Jewish Street Art

An exhibition of murals inspired by Jewish culture in its broadest sense and commissioned for one of the Galicia Museum's display areas from artists including: Nawe, Dariusz Paczkowski, Mikołaj Rejs, Pikaso, and Adam Niburski.

When: Ongoing

Where: Galicia Jewish Museum, ul. Dajwór 18

Lady with an Ermine

Poland's most valuable work of art, Leonardo da Vinci's Lady With an Ermine, is now on display at Wawel Castle. Tickets cost 10zł, but book in advance if you want to avoid queues – only 20 people at a time will be allowed into the room.

When: Permanent

Where: Wawel Castle

Summer Opera Festival

Seventeen grand musical and ballet events for an audience of 15,000 attendees – that's the 17th Summer Opera Festival. The *Krakow Post* spoke to Anna Kościelna, Marketing and Customer Service Department Manager for the Krakow Opera, about this much anticipated fixture on the city's cultural calendar.

Krakow Post: Is the Summer Opera Festival more than a grand summary of the entire artistic season?

Anna Kościelna: Since the festival began

in 1996, then called Opera Vival, it has become an attraction equal to Krakow's historical sites. Every year, our band of faithful guests enjoys June nights packed with exquisite performances of their favourite operas.

KP: So you could say that the festival is Krakow's grand celebration of opera?

AK: It's a celebration, but also a brand of its own. The very fact that we have reviewers and big names from the world of opera coming here every year speaks for itself. At the end of each festival, we are asked

eagerly about next edition, and the artists who perform here are always keen to come back. Most important of all is the warm and positive feedback from the audiences.

KP: What are this year's gems?

AK: The 2013 edition of the Festival is devoted to Giuseppe Verdi, and the majority of the performances will be of his works, from *Il Trovatore* to *Rigoletto*. A big attraction every year is the Arias of the World's Operas concert at the Arch Courtyard in Wawel Castle. This year it will feature the best of Verdi and the now traditional per-

formance of Orff's *Carmina Burana*.

KP: Any special surprises for ballet fans this year?

AK: Definitely worth seeing is the Grand Pas evening, featuring soloists from the Krakow Opera Ballet, the Ukrainian National Theatre, Opera and Ballet from Kiev, and the Polish National Ballet. During the Theatre Night performance amateur singers will have a unique opportunity to perform on a real opera stage with costumes, lights and live music. We want every opera fan to feel special that night.

Krakow Poetry Symposium

Wordsmiths and poetry lovers from across the globe will assemble in Krakow to listen to, talk about and maybe even write some verse this June. Hosted by US poet and critic, Edward Hirsch, and Polish poet and novelist, Adam Zagajewski, the symposium stretches over five days with panel discussions, seminars, talks and, of course, poetry readings, each day.

Topics under discussion will include po-

etry and mass culture, loneliness and poetry, poetry after the Holocaust, and poetry and globalisation. Public readings will take place at the Galicia Museum and the Theatre Academy and the panel discussions will be held every morning at Collegium Maius. For full information, visit: www.poe-ciwkrakowie.pl.

When: June 17 – 21

Where: Various venues

ArtBoom

The fifth edition of the always controversial and never boring Grolsch ArtBoom Festival will, this year, be colonising the streets of Podgórze with fountains that are not fountains and animated buildings. For full info, visit: www.artboomfestival.pl.

When: May 24–31

Where: Various venues

Jewish Culture Festival

Now in its 23rd edition, the Jewish Culture Festival is one of the foremost cultural events of the city's year and, as always, will close with the Shalom on Szeroka Street concert. See pages 22–23 for full details, and visit: www.jewishfestival.pl

When: June 28 to July 7

Where: Numerous venues

Film

Baranki for Kids

Baranki For Kids at the Pod Baranami Cinema is a cycle of weekend film screenings for English-speaking children. In June, the cinema is featuring the adventures of Matolek the billy goat, a Polish animated classic. See: kinopodbaranami.pl

When: June 22, 11am

Where: Kino Pod Baranami, Rynek Główny 27

Music / Other

Cycling Day

Last year, about 1,500 cyclists turned up for the Krakow edition of this national day in celebration of all things pedal-powered. Ride through car-free streets in support of greater freedom for cyclists, then attend the evening party and cycling festival.

When: June 9, 12 noon

Where: Starts in front of the train station

Opera at Kijów.Centrum

Kijów.Centrum's long running season of broadcasts from top opera and ballet venues continues in June with a chance to see the Dutch National Ballet's production of *Cinderella* (June 6), and *Carmen* from the Metropolitan Opera, New York (June 23).

When: See: www.kijow.pl

Where: Kijów.Centrum, al. Krasińskiego 34

Garden Festival

For two weeks at the beginning of every June, Cracovians have a rare opportunity to visit royal, monastery and private gardens that are usually inaccessible to the public. This year sees the eighth incarnation of the festival. Visit: www.swietoogrodow.pl

When: May 31 – June 16

Where: Opera Krakowska, ul. Lubicz 48

Kino Kika

Krakow youngest and cutest cinema, Kino Kika, has gone to great lengths to be child (and parent) friendly. It has just been recognised as a 'breast-feeding friendly zone' by the Mother's Milk Foundation and has regular shows for parents and tots.

When: Every day

Where: ul. Ignacego Krasickiego 18

At the Philharmonic

Krakow's Philharmonic Hall will host a Special Concert for the Young this month, featuring the works of Vivaldi and Ravel. There is also a concert of film music, conducted by Janusz Powolny. See: www.filharmonia.krakow.pl for details.

When: Throughout May

Where: ul. Zwierzyniecka 1



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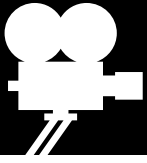
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Oblawa (Manhunt) 2012 ★★★★★

Starring: Marcin Dorociński, Sonia Bohosiewicz, Maciej Stuhr, Weronika Rosati

Directed by: Marcin Krzyształowicz

When asked to justify the release of yet another movie on the subject of World War II, the director of *Oblawa (Manhunt, 2012)*, Marcin Krzyształowicz, said: "There should be dozens of movies about World War II, provided that they explore new aspects of it." *Oblawa* was somehow overshadowed by the international recognition of features such as *In Darkness* and *Rose*, both of which were released in 2011, but Krzyształowicz's effort is anything but a third wheel to Smarowski and Holland's hits. *Oblawa* is certainly the most audacious of the three films in terms of narrative and editing style. Krzyształowicz opted for a non-linear structure

to recount the story of his protagonist, a Polish partisan nicknamed Wydra, 'The Otter,' (Marcin Dorociński) who mercilessly hunts down Nazi collaborators and performs, often gory, executions with cold professionalism. Maciej Stuhr plays Henryk, a former friend turned traitor who The Otter must kill, forcing him to examine his actions and motivations. Stuhr exudes the cowardice and insecurity of a turncoat, while Dorociński is simply impeccable in his role. Set among forest clearings magisterially captured by Arkadiusz Tomiak, *Oblawa* feels something like an extended cut-scene from a yet-to-be-released stealth game.



Oszukane (Deceived) 2013 ★

Starring: Karolina Chapko, Paulina Chapko, Artur Żmijewski, Katarzyna Herman

Directed by: Marcin Solarz



Oszukane is, unofficially but obviously, based on a dramatic true story. In the early 1980s, Poland was gripped by the tale of a girl who had grown up with the wrong family – the result of a hospital mix-up. Even more incredible was the fact that the misplaced girl had an identical twin, who she later met at a student gathering. One family had taken home the baby they assumed to be their newborn daughter, while the other had taken home their newborn twins, never knowing that one of them wasn't a twin at all. Theatrical starlets and real-life sisters Paulina and Karolina Chapko play the reunited siblings in

director Marcin Solarz's debut feature, which has been almost universally panned by critics for its melodramatic, soap-opera narrative and execution. The tearful road to acceptance and forgiveness portrayed on the screen is anything but convincing and puts *Oszukane* in the front running for most banal film of the year. Perhaps if the screenwriters had stuck more faithfully to the real life story, which did not have a happy ending, this movie would not have contributed so effectively to the disaffection of domestic moviegoers with Polish cinema.

Rejs (The Cruise) 1970

Starring: Stanisław Tym, Zdzisław Maklakiewicz, Jan Himilsbach

Directed by: Marek Piwowski

When Marek Piwowski assembled a cast of non-professional actors from drifters he encountered on the streets of Łódź for *Muchotłuk (The Fly Killer, 1966)*, his distinctive approach to documentary filmmaking was born. It wasn't until four years later than the Polish cineaste reached a wider audience with the mockumentary cult comedy, *Rejs*. This time, Piwowski even welcomed a few non-amateur thespians aboard his tacky love boat for a daytrip down the Vistula. Polish comedy idol Stanisław Tym

plays a stowaway mistaken for a Communist party official who rapidly warms to his unexpected role as leisure and cultural activities coordinator for the cruise. The film is a pitch-perfect satire of life under the Communist regime, with Tym as the dictator of a floating absurdist state. There are harebrained scenes and wonderful dialogue throughout as the passengers are roped into ridiculous and faintly humiliating games.



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🎵 festival 📍 AGH district

🚗 ARMII KRAJOWEJ | 139 173 208

MORE INFO: <https://www.facebook.com/dachOOFka>

KSM's 2nd BIRTHDAY!

The Stage
ul. Łobzowska 3
14-16.06 - 20.00

KRAKOWSKA SCENA MUZYCZNA's three days long birthday party, featured by such KSM bands as ALYSON VANE, THE SILVER OWLS, PATACONEZ and more.

Full schedule: krakowskascenamuzyczna.pl

🎵 KSM 📍 center

🚗 BASZTOWA LOT 2 4 14 18 19



JEWISH CULTURE FESTIVAL

28.06 - 7.07

From its the very beginning, the festival has promoted multicultural history of our region, that once was called Galicia and has been a home for many Jews now living all over the world. Thanks to the festival, many people have a chance to experience the region's culture - with all of its charm.

more info: <http://jewishfestival.pl/>

wianki music experience

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21.05 - 20.00 - the most famous Wagner and Verdi operas

22.05 - 21.00 - The Enchanted Helikon

23.05 - 20.00 - East Meets East

more info: wianki.krakow.pl/en

🎵 festival 📍 center

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1.06 - 7.06

VOLUME -
Trzaska/Friis/Jorgensen
Alchemia
ul. Estery 5
2.06 - 20.00

VOLUME is a nice dose of electronic free jazz with all the improvisation you can think of. Interesting and very modern.

🎵 free jazz 📍 center/kazimierz

🚆 STRADOM 6 8 10 11 13

SWEET'N'SOUR
Piec Art →
ul. Szewska 12
5.6.06 - 21.30

The many different influences that make up this three-piece have their common point in jazz. Improvisation along with old jazz standards.

🎵 jazz 📍 center/old town

🚆 TEATR 2 4 13 14 18 20 24
BAGATELA



FEEL THE JAM
Zaczek ←
al. 3 Maja 5
5.6.06 - 20.00

Two days of various gigs, always ended by a great big jam session. Improvisation and lots of fun.

🎵 jam session 📍 center

🚆 CRACOVIA 8 109 124 134 144

JAZZ LIVE
Piwnica Pod Baranami
Rynek Główny 27
Every Thursday - 21.00

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🎵 jazz 📍 center/old town

🚆 TEATR 2 4 13 14 18 20 24
BAGATELA

KARAOKE LIVE with
THE KLOSHARTS
Zaścianek
ul. Rostańskiego 4
7.06 - 21.00

Great fun for all those who want to feel like a real singer for a while. You sing, the band plays, it's simple.

🎵 karaoke 📍 AGH district

🚆 ARMII KRAJOWEJ 139 173 208

DON'T ASK SMINGUS
Stary Port →
ul. Straszewskiego 27
7.06 - 20.00

A multi-national band that combines the ferocity of rock, the emotion of blues and the sentiment of folk music. An incredible journey for the ear.

🎵 alternative 📍 center/old town

🚆 TEATR 2 4 13 14 18 20 24
BAGATELA



SEE SAW + INQBATOR
Nie Lubię Poniedziałków
ul. Szlak 14
8.06 - 20.30

Two bands, both consisting of calm guitars and firm voices, with an occasional xylophone.

🎵 acoustic 📍 nowy kleparz

🚆 NOWY KLEPARZ 18 19 130 139



PAPA ROACH
Klub Studio ←
ul. Budryka 4
10.06 - 20.00

A hard rock band from California. They have sold more than 18 million album copies worldwide, their latest album The Connection came out October 2012.

🎵 hard rock 📍 AGH district

🚆 KAWIORY 139 144 159 173

8.06 - 14.06



JUDAS PRIEST

Klub Gwarek
ul. Reymonta 17
11.06 - 18.00



A British heavy metal band formed in '69, known for twin lead guitars and a wide operatic vocal style. They have sold over 50 million albums worldwide.

🎵 heavy metal 📍 AGH district
🚗 AGH 144 164 173 179 194

ANIMAL HOUSE PROJECT

Piec Art
ul. Szewska 12
11,12.06 - 21.30

A modern jazz quartet created by young musicians. They play their own composition, strongly based on improvisation and fresh ideas.

🎵 jazz 📍 center/old town
🚗 TEATR 2 4 13 14 18 20 24
BAGATELA

QUADRO SUSANNA + ANGELA GABER TRIO

Alchemia
ul. Estery 5
13.06 - 20.00



Music of the world - mostly Slavic and Kazakh folk. Energetic and emotional improvisation.

🎵 folk 📍 center/kazimierz
🚗 STRADOM 6 8 10 11 13



MILLENIUM

Rotunda
ul. Oleandry 1
14.06 - 20.00

Millenium is a progressive rock group formed in Poland in 1999, led by Ryszard Kramarski.

🎵 prog rock 📍 center
🚗 CRACOVIA 8 109 124 134 144



BONOBO

Klub Studio
ul. Budryka 4
15.06 - 20.00



Simon Green - BONOBO - a British DJ who uses a wide variety of samples combined with heavy, often complex basslines.

🎵 DJ 📍 AGH district
🚗 KAWIORY 139 144 159 173

BESTER QUARTET

Alchemia
ul. Estery 5
16.06 - 20.00

The new face of the Krakow Klezmer Band, with a wider view of music. A nice fusion of jazz and classical music based on improvisation.

🎵 fusion 📍 center/kazimierz
🚗 STRADOM 6 8 10 11 13

SHOCK WAVE

Piec Art
ul. Szewska 12
15,16.06 - 21.30



Virtuosity inspired by punk, rock, free jazz and noise. Original ideas mixed together into an uncommon sound.

🎵 fusion 📍 center/old town
🚗 TEATR 2 4 13 14 18 20 24
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15.06 - 21.06

15.06 - 21.06

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🎵 jam session 📍 center/old town
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Piec Art
ul. Szewska 12
← 20, 21.06 - 21.30

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🎵 jazz 📍 center/old town
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Stary Port
ul. Straszewskiego 27
22.06 - 20.00

A band formed in Kraków in 2008. Jazzy standards presented in a more bluesy/bossa nova/funky style.

🎵 fusion 📍 center/old town
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22.06 - 30.06

MAŁGORZATA MOSKIEWICZ QUARTET
Piec Art
ul. Szewska 12
22, 23.06 - 21.30

A group of young musicians with their very own various influences. They bring up jazz standards from the golden age of swing.

🎵 jazz 📍 center/old town
TEATR 2 4 13 14 18 20 24
BAGATELA



PORTISHEAD
ArcelorMittar
ul. Ujastek 1
← 25.06 - 20.00

The concert makes up an announcement of the Sacrum Profanum festival that will take place in September. Portishead - the icon of the trip hop Bristol sound.

🎵 trip hop 📍 nowa huta
KOMBINAT 4 21 22 117

RICHIE KOTZEN
Lizard King
ul. św. Tomasza 11a
28.06 - 19.00

An American guitarist, singer, and songwriter. He recorded his first solo album at the age of 19. Known for his very unique guitar style.

🎵 guitar 📍 center/old town
BASZTOWA LOT 2 4 14 18 19

SOLEFALD & IN VAIN
Rotunda
ul. Oleandry 1
→ 29.06 - 19.00

Two Norwegian bands, two heavy metal genres. SOLEFALD - black metal, IN VAIN - progressive metal. Not for the weak of heart.

🎵 metal 📍 center
CRACOVIA 8 109 124 134 144



HEALTHY LIVING BODY & MIND

■ Magdalena Dudzik

The Monty Python refrain 'Always look on the bright side of life,' written over 30 years ago, remains one of the best pieces of advice ever given, but sometimes it is easier said than done, and especially when you are far from home and living in a foreign culture.

I asked Krakow expats to share their thoughts about how they cope with life's adversities while living away from family and old friends. Michał, an Englishman with Polish roots, was one of the first to answer: "Expats tend to look out for each other, they exchange stories and offer advice and support each other," he said.

There are more and more social groups and initiatives that can help foreigners feel more at home in Krakow, including the Krakow Expats group on Facebook, InterNations, the *Krakow Post's* own social events, and the International Women's Association of Krakow, which has over 100 members from all over the world and meet regularly to socialize, exchange skills and enjoy themselves.

According to Spanish expat and friend of mine, Javier, this may not be enough for less sociable personalities: "If I seek counsel, I turn to friends, but for people who

happen to be more introverted, counselling sessions and workshops might be a good idea." None of the more than 20 people I spoke to had heard of such services being offered in English outside the corporate world, but they do exist.

According to Joanna Satula-McGirr, a psychologist, psychotherapist, and a former expat herself, people who move to a new country often suffer from 'adjustment difficulties.' This term describes a reaction to a stressful event or change in circumstances, and is characterised by a depressed mood, anxiety, problems related to job or school, physical complaints and social isolation.

The most vulnerable expat group is made up of spouses or partners who gave up their professional careers, or whose life role changes significantly because of the move. "Men usually comes here following a career path, and with a new, exciting job comes stress but also structure and work colleagues, whilst the wife often has to put off her own professional development. Initially, she is faced with social isolation and may struggle," said Joanna.

Moving to Poland can feel like landing on a different planet, with its language

regarded as one of the most difficult in the world, poor customer service and the need to relearn the simplest things, from finding a doctor to finding brands of food you are used to. A counsellor can make dealing with such huge life changes much easier.

But workshops, trainings and coaching are not only there to help you when you are up to your ears in problems. Even if you consider yourself an expert at overcoming difficulties, there is always space for personal development, improved relationships, a better connection with your inner-self, more peace of mind and deeper self-acceptance. Karla Peronio, who is leading a transformational Heal Your Life® workshop in Krakow in July, describes it as: "a life-changing experience to support your growth and enhance many aspects of your life so that it can be even more prosperous, wealthy, abundant, happy and healthy."

If you feel like you could use a professional helping hand to overcome difficulties or simply enrich your life, below is a short list of English-speaking professionals who will be happy to help.

Joanna Satula-McGirr is a psychologist, psychotherapist and counsellor specialising in depression, stress, anxiety, phobias, eating disorders and adjustment difficulties. Having lived and worked in the UK for 10 years, she has first-hand experience of expat life, and feeling like an expat in her own country (www.krakowcounselling.pl).

Karla Peronio is a certified and licensed Heal Your Life® teacher who leads Heal Your Life® workshops (based on the work of Louise Hay) internationally. Her next workshop in Krakow is on July 6-7 (www.magicallife.fi).

Celestyna D. Osiak is a success coach for women entrepreneurs. She also specializes in Soul Coaching®, which is intended to help you discover your purpose and align it with your life so that you can experience fulfilment and happiness (www.celestyna.pl).

Magdalena Skomro is a Gestalt counsellor and Nonviolent Communication specialist with a deep knowledge of multicultural working environments and broad experience of working with foreign clients (www.egestalt.pl).

Jack Panster is a certified psychotherapist from the Gestalt Institute of Toronto and runs individual therapy sessions and group workshops in Poland and abroad (www.gestalt.haller.krakow.pl).

The **PraPełnia** personal development centre offers both individual sessions and workshops conducted in English. They have an upcoming event, called Mindfulness-Based Stress Reduction, to be led by Michael Sanderson this autumn (www.prapelnia.pl).

POD NORENAMI
Restauracja wegetariańska w Krakowie



When Gazeta Wyborcza food critic Wojciech Nowicki visited Pod Norenami restaurant soon after it opened, he discovered a real rarity on the Kraków dining scene.

It is true he said, that there are other places to eat vegetarian food in city; but for Nowicki, Pod Norenami is the only place in Kraków that truly deserves the epithets 'vegetarian' and 'restaurant'.

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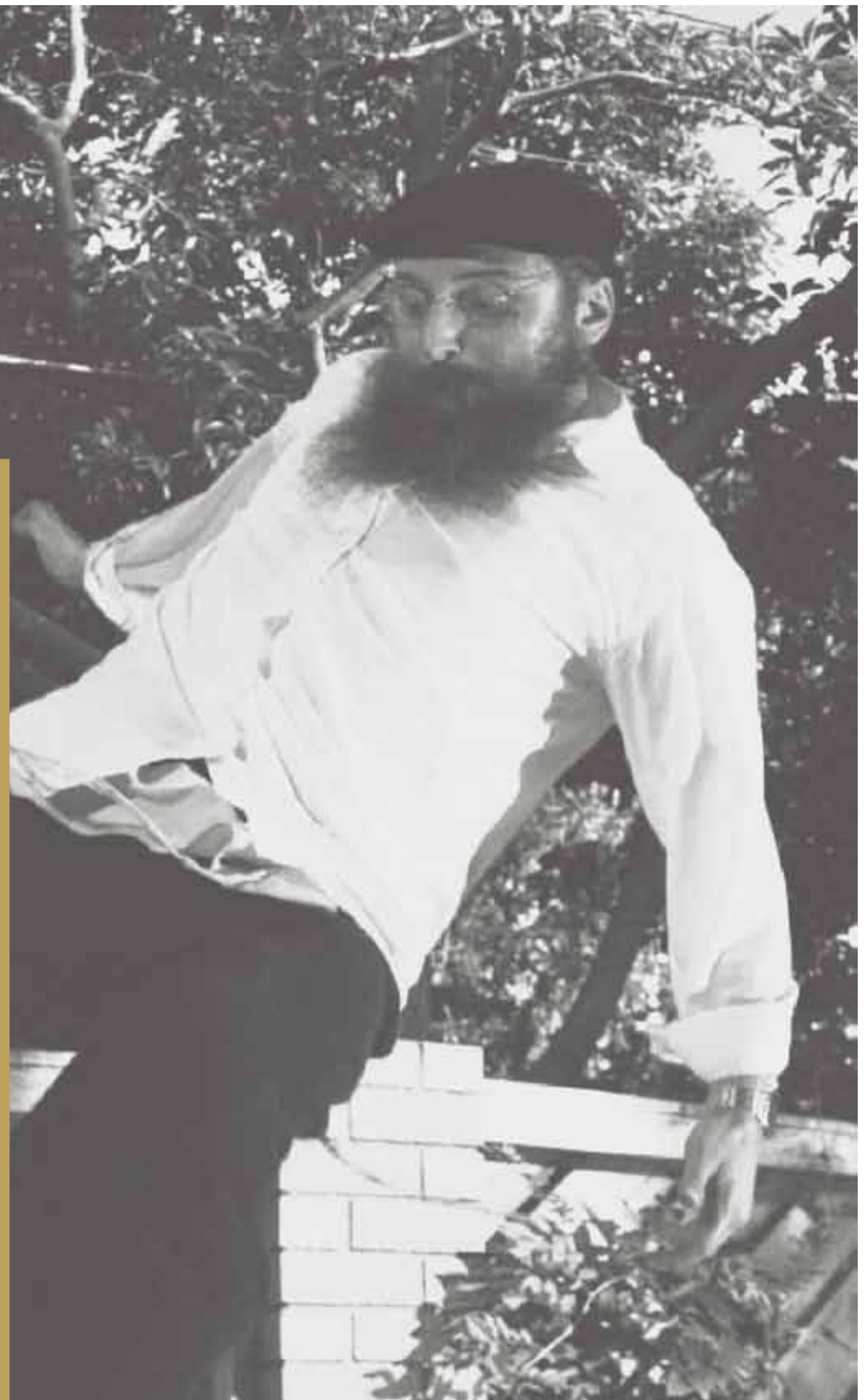


23rd Jewish Culture Festival

■ Nissan Tzur

The end of June brings the 23rd Krakow Jewish Culture Festival to the streets of Kazimierz. Running from June 28 to July 7, the world-famous festival is made up of a series of events dedicated to Jewish culture and tradition.

Among the planned spectacles this year are screenings of Israeli movies, concerts of Jewish music, lectures, exhibitions, workshops and more. Like every year, the festival will close with the Shalom on Szeroka Street concert, which brings together thousands of locals and visitors from around the world for an open-air party in the heart of Krakow's old Jewish quarter. Among the performs this year are Radio Trip, a DJ and production duet from Tel Aviv, Mexico's DeLeon, a band that combines contemporary rock with traditional Sephardic music, and The Yiddish Princess.



23.



JEWISH CULTURE FESTIVAL

The mirror of the festival reflects the diverse beauty of Jewish culture, the richness of life, and the profundity of religion.

Since 1995, the festival has been organized by the Jewish Culture Festival Society with the Malopolski region as its main partner. The Krakow municipality, the Ministry of Culture and National Heritage and the Embassy of Israel in Warsaw have all given financial support to the festival.

Throughout its 25 years the festival has changed along with Jewish culture. The 23rd edition will be a milestone for the organisers, who have decided to introduce many new elements to the programme in order to keep up-to-date with Jewish life and culture and show the real, not a stereotypical face, of Jewish culture.

Speaking about the purpose and philosophy of the festival, Janusz Makuch said: "Life is what interests us. There is an astonishing capacity for rebirth. The festival is an unending celebration of Jewish life. Kazimierz, the Jewish quarter of Krakow, a post-war symbol of Jewish absence, has again become a place of Jewish life. The mirror of the festival reflects the diverse beauty of Jewish culture, the richness of life, and the profundity of religion. Our attitude toward tradition is respectful, but we are not confined exclusively to tradition. We pay tribute to the past while thinking unceasingly about the future. We live here and now in a dynamically changing real world. We don't care about applause or pandering to fashion. All we care about is the standard of artistic truth – authenticity. Our festival is simultaneously the most old-school, radical, avant-garde festival of Jewish culture in the world. We never have been and never will be a klezmer festival, we are a festival of diverse worlds: the worlds of Ashkenazy, Sephardic, Oriental, and finally of Israeli culture. Only life can reconcile memory with the future. The Jewish Culture Festival in Krakow is a festival of life".

Thanks to a grant from Switzerland, in 2012 the festival's organisers also launched a year-round programme that offers workshops and lectures related the Jewish culture, plus a social programme for volunteers and community services.

Find out more: www.jewishfestival.pl

The Krakow Jewish Culture Festival was launched by Janusz Makuch and Krzysztof Gierat in 1988. It was the first post-war festival dedicated to Jewish culture in Poland and its aim was to bring back the memory of Poland's Jews and their contribution to Polish culture. The first edition of the festival took place in the tiny Kino Mikro movie theatre and consisted of a series of lectures and film screenings. Today, with almost 30,000 participants annually, the festival is the largest and most diverse exhibition of what is important and creative in the contemporary Jewish world.

Shalom on Szeroka Street is firmly established as the biggest Jewish concert stage in the world. It has become a cult event for Jewish music fans. During the seven-hour, televised concert, Jewish musicians present the complete landscape of Jewish music.

Janusz Makuch has been one of the festival's directors from the first edition.

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Dozens of top-of-the-range motors growled through Kazimeirz in May as Gumball 3000 came to town.

A long range rally held on public roads, this year's Gumball 3000 began in Stockholm and ended in Monaco, making stops in Warsaw and Krakow along the way.

TV and pop legend, David 'The Hoff' Hasselhoff, was one of many celebrity and millionaire participants in the 15th anniversary edition of the race.

The *Krakow Post* was at the timing stop in the Engineering Museum to capture a thumbs up from the man himself.



All photos: David McGirr





■ Jamie Stokes

May 17 was a big day for Krakow, as the *Krakow Post* re-launched its famed Beer of the Month event. Gathering at local beer-lovers' Mecca, House of Beer, the *Post's* own elite beer-tasting team joined *Krakow Post* readers, and some fellows from BeerPub.pl, to try a range of the best in new and established products from Poland's growing host of craft breweries.

This being the first episode in the Beer of the Month reboot, things were a touch 'experimental' as we cheerfully muddled through figuring out how to gather sensible opinions from 30 people who had spent the entire evening drinking.

Three beers were on the tasting roster: Sweet Cow, from the AleBrowar brewery, Atak Chmielu, from Browar Pinta, and Ox Bile, from Minibrowar Haust. All three were provided on tap by the good people at House of Beer, and all attendees got a 10 percent discount on any beer for the whole evening – we'll definitely be back.

The contending beers were carefully se-

lected to represent three broadly spread points along the glittering rainbow of Polish craft brews – or maybe we just got lucky. The presence of Atak Chmielu in the contest must have been intimidating for the other, newer, beers in contention, given that it was named *Krakow Post's* Beer of the Year back in 2011. Sweet Cow is relatively well established but Ox Bile is a new kid on the block.

Each of these miracles of the brewers' art come from the more innovative among Poland's mini-breweries, all of which share the characteristic of choosing off-the-wall names for their products. Browar Pinta, for example, also produces beers called Angielskie Śniadanie (English Breakfast) and Koniec Świata (End of the World), while AleBrowar bottles Naked Mummy and Rowing Jack.

On the subject of quirky labelling, 'Ox Bile' has to be the most alarming name for a beer I have come across. Having said that, the first taste makes it very clear where the idea came from. Ox Bile is officially the interest beer available in Poland. On the inter-

national bitterness scale (yes, that is a real thing), which ranges from 1 to 100, Ox Bile registered as 104. No doubt this sounds like a terrible idea, but it isn't. There is no doubt that Ox Bile won't be to everyone's taste, but the brew's extremely rich and complex flavour is big enough to contain the hyper-hop explosion.

Sweet Cow also proved to be an interesting one. It's a stout with a difference, boasting a bucket-load of 'milk sugar' that produces an unusually sweet and smooth taste. It reminded me very much of a Caribbean oddity I used to enjoy at my local Jamaican restaurant back in London – Guinness with condensed milk.

For me, Atak Chmielu was always going to be the star of the evening. It ranks number two on my personal list of favourite Polish beers, just behind fellow Browar Pinta offering, Angielskie Śniadanie. Flavoursome, perfumed and satisfying, it's the perfect session beer for any occasion. Judging from the scores, I was not alone in this opinion.

We asked everyone at the event for a simple 1 to 10 score for each of the beers in the contest and then calculated the averages...



BEERPUBS.PL



The Photography of Natalia Wiernik



Krakow photographer Natalia Wiernik won Sony World Photography Awards Student Focus Photographer of the Year in April this year. A student at the Jan Matejko Academy of Fine Arts, Ms Wiernik bested competition from more than 230 universities around the world to win both the title and 35,000 euros worth of Sony digital imaging equipment for her college. The ten finalists for the prize were asked to produce a series of images on the theme of family, and a jury of top international photographers unanimously picked Natalia's portfolio, titled

The Protagonists.

Ania Wadsworth, Student Focus Manager at the World Photography Organisation said: "Natalia's work is fresh and exciting and exactly the type of world-class talent we hope to uncover with the Student Focus competition."

One of Natalia's photos graces the front cover of the Krakow Post this month, and we spoke to her about her life in Krakow and her art.

All Photos: From 'The Protagonists' © Natalia Wiernik





Natalia Wiernik

Krakow Post: Where are you from?

Natalia Wiernik: I'm from Krakow and I've lived here all my life. I am 24.

KP: The Protagonists series features photos of people. Do you prefer to shoot human subjects, or was this just for the competition?

NW: As a working photographer I do reportage of events, exhibitions, and workshops. I cooperate with people in my daily life, and I like it very much, but in conceptual projects I usual work with objects, still lives, and rarely people. This changed in The Protagonists series – people started to play a leading role. It is more difficult and it takes more time. Very often I have to adapt to the situation and change my plans. Every shooting session is a new challenge, but I really like it. I plan to continue The Protagonists series.

KP: Are the people in The Protagonists collection actually related to each other?

NW: No, sometimes the people that I invited for the photo sessions had never met each other before.

KP: Photographers usually try to make their subjects stand out from the background, why did choose the opposite approach?

NW: These photos are based on intuitive similarities. I'm trying to capture the attention of the viewer. Paradoxically, the people in the pictures do not disappear. I think they are more visible.

KP: Have you considered a career in designing camouflage?

NW: I could say, in my images I combine the experience of a photographer, painter and graphic artist. The program of studies at the Faculty of Graphic Arts in the Academy of Fine Arts in Krakow allowed me such interdisciplinary experience. During my work on the Thanksgiving and The Protagonists series, I learned a lot and gained experience in post-production that will be very useful in my future work.

KP: How do you see your future in photography? Would you like to have a career as a

photographer?

NW: Now I work as something like a photojournalist, but I'm trying to improve my skills on many levels. I'm still working on my artistic projects and I have plans for a future involving just these. This is most important thing for me for now.

KP: Are there any exhibition in the ongoing Krakow Photomonth festival that you would like to see.

NW: There are a lot of exhibitions that I would like to see: Synchrondogs' 'Crypsis' at the New Roman Gallery, Walter Pfeiffer's 'In Love With Beauty' at the Starmach Gallery, F.C. Gundlach's 'Vanity' at The National Museum, and many others.

KP: Which photographers do you most admire, and why?

NW: The most impressive exhibition I saw during last year's Photomonth was Sally Mann's 'The Family and the Land'. Sally is one of my favourite photographers. Relatively recently, I had a chance to see photos taken by Jakub Karwowski, and I was impressed by the series in which he photographed his wife.

KP: If you could photograph one person or place at any time in history, who or where would it be?

NW: I have never thought about it, but I know I would like to photograph some people and some places in the present. I don't want to say who and where it will be, but I will know it as soon as it becomes possible. I have my goals and I'm trying to achieve them.

KP: Where do you like to relax in Krakow?

NW: The best places for me are where I can eat delicious food. The places I visit most often are Glonojad on Pl. Matejki and Mamma Mia on ul. Karmelicka.

KP: What's the best thing about living in Krakow?

NW: I was born here and my family and friends are here. This is the best thing about Krakow for me.

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Get Out of Town...

■ Angelina Wormus

When the sun comes out this summer, if you're anything like me, you're going to want to relax and catch a tan while you can. All the better if the kids can play in unlimited amounts of sand and water at the same time.

Make a dash for the Kryspinów beach, just a short drive outside of Krakow, when the days get hot, or even now before the crowds show up – it can get extremely busy on hot sunny weekends. There are a variety of recreational activities to choose from, whether you come as a family or with a group of friends. As well as swimming at the main beaches, which have lifeguards, you can throw down a blanket on the grass or sand and have a picnic or a barbecue.

For sports, there is beach volleyball, a basketball court, and a climbing park (www.parklin.pl). There is also a water slide that is open on hot days. Rental companies by the water offer peddle boats and sail boats. In the vicinity is a wake park and a windsurfing school.

For adults, there is quad biking on a large dirt track, another area with a track for kid size ATV's, as well as Zorbing for both adults and kids, and a trampoline on sunny days at Dreamlandia (www.dreamlandia.pl). Not all of these activities are in the same place, but if you walk along the water's edge for five or ten minutes, you will find them.

Eating options other than the grill bars and a pizzerias include a wonderful and very large traditional, log cabin restaurant called Skansken Smakow, which has some outdoor seating and a children's corner indoors to help take some pressure off a family meal.

A ten-minute drive from the beach is a small petting zoo with a Cowboy and Indian feel to it (rogateranczo.eu). It has some animals, fun for young children and a small playground.

Also in the area is a nudist beach, if you're so inclined.

Kryspinów

Quick Info

Directions:

It takes 17 minutes from the Salwator roundabout to the Kryspinów Zalew stop on bus route 209, or bus 269 to Budzyn, which is a short walk away.

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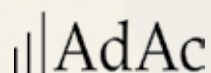


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A TY?

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 Czy wiesz, kiedy jest noc świętojańska i jakie zwyczaje są z nią związane?

A little bit of Polish



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świętojańska (adj, f)

Midsummer's (adj)

Uważa się, że paproć kwitnie w Noc Świętojańską.

It is believed that ferns bloom on Midsummer's Night.

świadectwo (noun, n)

school report card, certificate

Na zakończenie roku szkolnego uczniowie otrzymują świadectwa.

At the end of the school year, students receive their report cards.

fotoradar (noun, m)

speed camera

Jadąc na wakacje, uważaj na fotoradary.

When going on vacation by car, watch out for the speed cameras.

oszczędzać

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TALES FROM THE CHALKFACE DEAR LUIZA...

Summertime

■ Chris Riley

For those students lucky enough not to be doing exams now, lessons have suddenly become more fun. It's summertime and on the tram in the morning I find myself mentally humming all the summer songs I know. 'Mental humming' is the silent kind that doesn't get you thrown off the tram but does make you feel extremely cheerful.

This time of year means educational excursions. In the last week, the humanities department has taken years seven and eight to look at castles, year twelve went to the zoo and the Botanical Gardens with the biology teacher, my form learned how to play rounders on Błonia (if you're wondering – it isn't the same as baseball, though most of the class are yet to be convinced) and the English department is feeling strong enough to venture out with year ten to see the film of the book at the cinema rather than wait for the DVD to show in class.

All the primary classes have gardening projects on the go and the balcony outside the staffroom is peppered with pots of different sizes, each with green shoots peeping through the soil. It's a cheering sight to step outside for a breath of air and witness things growing.

Best of all, in June, the majority of the school have five days at 'green camp' where



they do all sorts of active and artistic things out of doors. The school itself becomes a ghost town with the teachers left to wander the empty corridors, relieved that exam silence is easier to enforce. Meanwhile, somewhere in the mountains or forests, those students unburdened by exams, whoop it up disturbing only ducks and deer.

Don't run away with the idea that the teachers left behind can afford to sit on the balcony smelling the roses – this is our forward planning time. We have to make some educated guesses about school numbers for next year and order new books for those courses. Delivery can take a while and, once or twice, we've started a new academic year without the texts we need, anxiously waiting for the precious packages to arrive. Magically, they always do in the end.

On top of this, there are the end of year reports to write. Even now, the report template awaits filling. Never mind, I'll do mental humming and tap the computer keys in time to a Mungo Jerry 'In the Summertime' beat.



Dear Luiza,

My husband and I have never had a problem with sex before. We've only been married for two years, so I guess we're still in the honeymoon phase, but in the last couple of months things have taken a turn for the worse – we're stuck in a rut. My husband didn't get a promotion he was counting on, and now he

Dear Mariola,

In a way, I am sorry it is you and not your husband who is writing to me. The only thing you can do is accept a short-term break from your pregnancy timetable, but he can do quite a number of things. For example: does he exercise and eat well; does he get enough sleep; is he stressed? I know this is not a very sexy checklist, but you are unlikely to make any progress if these issues have not been addressed. Regular exercise keeps the blood flowing and the arteries producing nitric oxide, which is essential to sexual arousal. You'd be amazed how many guys feel at their horniest just after exercising.

"...now he wants to wait before we try to have a baby, which has crushed me"

wants to wait before we try to have a baby, which has crushed me. We just seem to be angry with each other all the time. In bed, it's like I'm lying next to a stranger. I've never felt more alone.

Yours, Mariola

An active life also plays a major role in generating positive self-esteem. You wouldn't believe how many men suffer from poor body image, and low self-esteem dampens sexual desire.

Finally, stress and financial worries are one of the main reasons for loss of libido in men and, in your situation, it is probably unwise to insist on having a baby 'on schedule' – you will only compound his anxiety.

The best thing you can probably do is to reintroduce sex for pleasure only. This will reinvigorate your relationship and remind him that you value him for who he is, rather than what he can provide for you.

Yours, Luiza

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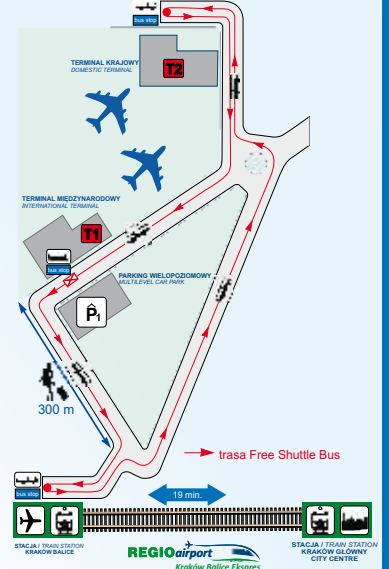
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17.30 ²	17.49 ²	17.54 ²	18.12 ²
18.00	18.19 ²	18.30	18.48
18.35 ²	18.54 ²	19.00 ²	19.18 ²
19.05	19.24 ²	19.30	19.48
19.35 ²	19.54 ²	20.00 ²	20.18 ²
20.05	20.24 ²	20.33	20.51
21.00	21.19 ³	21.24	21.42
21.55	22.14 ²	22.24	22.42

¹) pociąg zatrzymuje się dodatkowo na stacji Kraków Łobzów
this train stops additionally at Kraków Łobzów station
¹) kursuje codziennie oprócz 15.VIII, 11.XI.2013;
runs daily except 15.VIII, 11.XI.2013;
²) kursuje codziennie w okresie 1.VI - 30.IX.2013
runs daily 1.VI - 30.IX.2013



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20, 22, 50

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tramways: 9, 50

direction: Starowiślana Street

buses: 125, 128, 184

direction: Rondo Grzegórzeckie

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