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# krakow POST

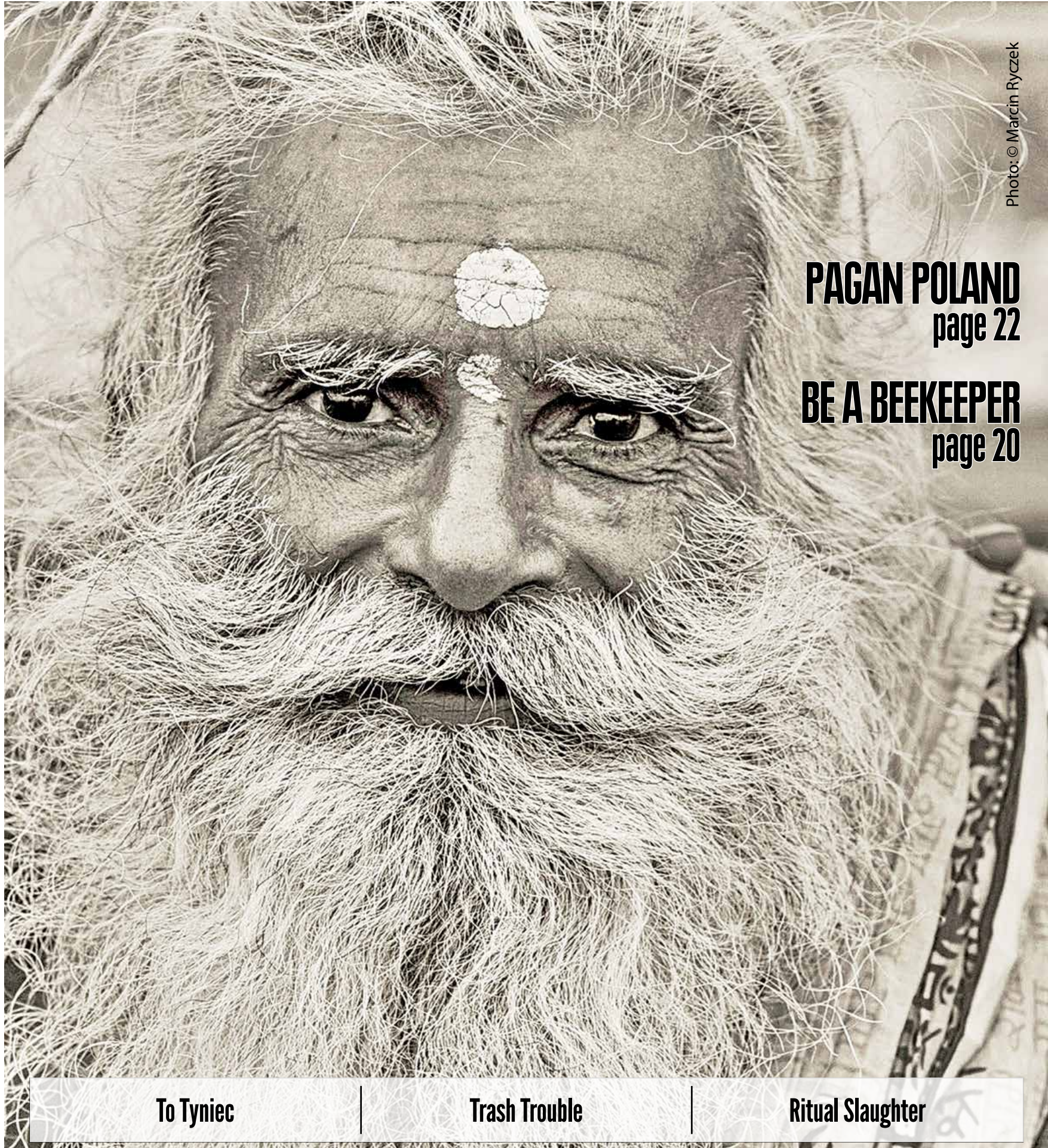


Photo: © Marcin Ryczek

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To Tyniec

Trash Trouble

Ritual Slaughter

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Keeping bees (Photo: David McGirr)



Krakow from another angle – the photos of Marcin Ryczek



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Sir Bradley Wiggins (Photo: David McGirr)

# RECYCLE FLOP

■ Jamie Stokes



“conscientious citizens will quickly lose their enthusiasm”

One month after new laws about the collection of rubbish in Krakow came into force, many Cracovians are complaining that the transition has been bungled by the city. There have been numerous reports of uncollected rubbish creating a health hazard, and many buildings have received posters telling residents how to segregate their rubbish, but no bins in which to put the segregated refuse.

“There is a nice, clear notice in the refuse room explaining what kind of rubbish to put in blue bins, yellow bins and green bins, but there are no yellow or green bins. People are, understandably, confused,” said Kuba, a resident of an apartment building in the city’s Krowdrza district.

According to the website of the Polish Ministry of the Environment, it is generally down to the owner of the property to provide refuse collection facilities, but it also notes that local gmina (the smallest administrative units) may provide bins to residents, depending on the agreements

they reach with refuse collection companies.

What this actually means is that building owners, or the residents’ committees that administer buildings, were required to make a waste declaration before the July 1 deadline. These declarations included whether or not the building would be segregating its waste (80 percent in Krakow said they would) and, crucially, the number of green and yellow bins they would need.

The bins themselves were to be provided by the Municipal Waste Disposal service (Miejskiego Przedsiębiorstwa Oczyszczania) for a rental fee. MPO also has overall responsibility for refuse collection services in Krakow, and works with several private companies to achieve this.

Even in places where green and yellow bins have arrived, they are proving too few for the volume of segregated rubbish. On

July 2, *Gazeta Wyborcza* reported that a single yellow bin had been delivered to Osiedle Niepodległości (an estate of 18 blocks in Bierście), which had filled and overflowed within hours.

MPO spokesperson, Krystyna Paluchowska, said: “We will need some time to implement the new rules,” she said, adding that it would take “several days” to get bins to everybody. She also laid some of the blame on residents, saying that many buildings had made their waste declarations incorrectly, or underestimated the number of yellow and green bins they would need, in order to reduce their costs. She pointed out that MPO had already received thousands of requests to correct waste declarations.

MPO is recommending that residents who live in buildings that do not yet have green and yellow bins should still segregate their rubbish and leave it in separate

bags beside their mixed-rubbish blue bins. Unfortunately, in places where this advice has been followed, bags are frequently spilling their contents across courtyards.

Local media have also reported a plague of bulky and oversized rubbish, such as old furniture, clogging up residential refuse collection points. MPO suspects that Cracovians were attempting to dump oversized rubbish before new, higher refuse collection fees came into force. The service has not yet set a date for the clearance of the backlog this has created.

Paluchowska praised residents who have made the effort to segregate their rubbish, saying: “There is a growing sense of responsibility among Cracovians who are serious about their civic duty.” The risk, however, must be that conscientious citizens will quickly lose their enthusiasm for the scheme if they continue to see their efforts undermined by poor organisation on the part of the authorities.

# SURVIVORS

Holocaust survivors found to live longer than those who escaped the tragedy

■ Abraham Sagi-Schwartz, Marian J. Bakermans-Kranenburg, Shai Linn, Marinus H. van IJzendoorn

Genocides are atrocious events destroying the lives or spirits of unimaginable numbers of victims and leaving indelible scars on the survivors. Among the genocides of the 20th century, the Holocaust stands out as the most cruel and systematic attempt to extinguish an entire ethnic group. Most survivors not only suffered grave psychosocial trauma, but also famine, malnutrition, poor sanitation and a lack of medical facilities, potentially damaging later health and reducing life expectancy.

The children and adolescents who survived the Holocaust have aged, and many of them have already died. We examined whether Holocaust survivors have a higher risk of dying younger than persons without a Holocaust background. We conducted the first cohort study of the Holocaust, based on the entire population of immigrants from Poland to Israel (until May 1948, the British Mandate of Palestine). The subjects were

between 4 and 20 years old when World War II started, and immigrated to Israel either between 1945 and 1950 (Holocaust survivors) or before 1939 (for a comparison to those who had not been exposed to the Holocaust). The National Insurance Institute of Israel provided exact dates of death from which we derived estimates of the 'hazard of death' or life expectancy for males and females, and for various age groups.

We found that, against all odds, genocide survivors were likely to live longer. Across the total group of 55,220 subjects, the risk of death was significantly reduced by 6.5 months for Holocaust survivors compared to non-Holocaust comparisons (hazard ratio 0.935). Thus, Holocaust survivors seem to have a longer life expectancy than those who did not experience the Holocaust. However, further analyses indicated that the effect was specific to males. Females had, as usual, a longer life expectancy than males,

but it did not make a difference whether or not they had experienced the Holocaust. Only males who had survived the Holocaust appeared to live longer than their peers without a Holocaust experience. For those who were in their early adolescence during the Holocaust, life expectancy was increased by 10 months, and for late adolescents and young adults it was increased by 18 months.

We offer two explanations, both highly speculative. The first is 'posttraumatic growth' associated with protective factors in Holocaust survivors or in their environment after World War II and the second is 'differential mortality' during the Holocaust. The extraordinary resilience of survivors of severe trauma has already been documented outside the domain of genocide. For example, soldiers with combat-related trauma showed 'posttraumatic growth' as they found greater meaning in their lives

after their combat experiences. 'Differential mortality' implies that those individuals most vulnerable to life-threatening conditions had an increased risk of dying during the Holocaust. Holocaust survivors, by definition, survived severe trauma, which might indicate that they had stronger physical or psychological make-ups. This resilience may have enabled them to survive during the Holocaust and, at the same time, predisposed them to reaching a relatively old age. Surely, differential mortality cannot be viewed as a full explanation for survival of such a massive killing, since potential resilience could not have increased the chances of survival for many, even the strongest.

Our study emphasises the strength and resilience of humans even after brutal and inhuman events such as the Holocaust and other genocides, providing a basis for hope after prosecutions and genocides that should never be forgotten.



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For more details contact: [Elzbieta Martynowicz, HR@lynka.eu](mailto:Elzbieta.Martynowicz@lynka.eu)

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Photo: David McGirr

# Get Out of Town...

■ Angelina Wormus

# OUTDOOR POOLS

Summer is finally here, and with temperatures rising, it's time to seek out the city's water holes. Who could refuse a view of nature, a cooling breeze, or best of all, the chance to dive into some refreshing water? Just keep in mind that these places attract people like an oasis in a desert on weekends.

The three outdoor swimming pools in the city are:

## Basen Krakowianka

(ul. Bulwarowa, near Lake Nowohucki).

In a pleasant part of Nova Huta surrounded by greenery and a walking/cycling path. The

children's pool has a three-lane water slide and a small island. There are plenty of grassy areas for picnicking and laying out your towels to get a little sun. It has three beach volleyball courts, as well as a snack bar where you can order Polish fast foods such as burgers, zapiekankas and the like. Tariffs are half price after 15:00.

## Plaza Krakow

(ul. Ludwinowska 2, next to the Forum Hotel)

The Plaza is a lovely beach bar on the bank of the Vistula facing Wawel Castle. In addition to an inside lounge, there is a sandy outdoor

area complete with deck chairs for relaxing in the sun. Floating on the river is a flatbed boat that contains the swimming pool. It's not exactly Olympic-size, but it does make for a nice dip when the sun beats down. There is also a beach volleyball court and a children's playground. Opening hours: week-days 1pm–9pm, weekends 12pm–10pm.

## Basen Clepardia

(ul. J. Mackiewicza 14)

Two large pools, one for adults, the other for children. A small grill bar is on site for a quick bite to eat as well as a pizza service.

### PRICES:

**Basen Krakowianka:**  
Adults 13zł, Youths 8zł,  
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**Plaza Krakow:**  
Adults 20zł (for one hour),  
Youths 10zł

**Basen Clepardia:** Adults 12zł,  
Youths 8zł

# NEWS

■ Anthony Casey – inside-poland.com

## Pope to Visit Krakow

Millions of young Catholics will flock to Krakow from around the world, in anticipation of catching a glimpse of Pope Francis at one of the biggest gatherings of its kind.

World Youth Day, a tradition initiated by Poland's Pope John Paul II, will be held in the city 2016. Pope Francis made the announcement on July 28 that Krakow will be the next venue for the week-long event, following the closing mass of this year's World Youth Day celebrations in Rio de Janeiro, Brazil.

World Youth Day is celebrated every three years, and one of the most-recognised features is the arrival of the incumbent Pope, and his tour of the host city. It was last held in Poland in 1991, in Częstochowa, when 1.6 million people took part.

## Tour de Pologne

The third stage of one of Poland's biggest cycling races, the Tour de Pologne, got underway in Krakow on July 30, with riders arriving from Italy.

Norwegian Thor Hushovd led the pack on the Krakow-Rzeszów stage of the race, which covered some 226 kilometres.

The race continued from Tarnów to Kato-wice on July 31, then Nowy Targ to Zako-pane the next day. The challenging terrain of Bukowina is the sixth stage, before riders race back to Krakow from Wieliczka on August 3 for the finish.

See pages 26–27 for pictures

## 700 New Philip Morris Jobs

One of Krakow's biggest international employers is to create 700 new jobs in the city.

Tobacco company Philip Morris has begun work on a new premises, which will produce tobacco for hand rolling cigarettes. The foundations were laid on July 25, and the factory and office complex is expected to be completed by the middle

of 2014.

Olek Grzesiak, managing director of Philip Morris Poland and the Baltic States, said "I am really pleased that Krakow was chosen by Philip Morris International for yet another investment, which will further strengthen the position of our business in Poland and our ability to continue to compete efficiently and effectively in the European market.

"The decision to start constructing new manufacturing and office facilities in Krakow was made due to the growth of our business in Poland. Over the past ten years, our Krakow factory's cigarette production volume has increased from 30 billion to over 50 billion cigarettes per year and is still growing with about 70 per cent of production destined for exports."

The new jobs will mean that Philip Morris will employ some 3,700 people in Krakow in total. Labour Minister Władysław Kosiniak-Kamysz said the company's 150 million złoty investment would help Krakow's economy grow.

## Satan and Death Banned from Rynek

Krakow city council has banned two 'living statue' actors from outside the city's famous Mariacki church, claiming they are offensive to Catholics and frightening for children.

The actors dress as the Grim Reaper and the Devil, and pose with tourists alongside others – Cossacks, eastern mystics and knights, in front of the church in Krakow's main square. None of the other performers were ordered to leave.

City officials said they were responding to complaints that such characters were inappropriate in front of a place of worship. However, actor Rafał Śpiewak, who has been performing in his devil costume outside the Mariacki for the past seven years, vowed to fight the decision.

On the evening of July 21 he performed a protest while hidden from view inside a cardboard box in front of the church.

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# ON TWO WHEELS

■ Marcin Hyla



Photo: Wim Jacquemyn

## The Way to Tyniec

If you live in Krakow, love cycling and aren't going to get a holiday this year, there is a ready-made weekend escape route. The Trasa Tyniecka (the Tyniec Route) stretches from downtown Krakow to Tyniec Abbey, some six miles west of Wawel Castle. And if you have cycling friends in Warsaw, invite them too – you can cycle from the railway station platform all the way to the end of the route with ease (take the ramp at the northern end of the platform down to a cycle track in a tunnel – turn right to get to Rondo Mogiłskie and the Kotlarski Bridge).

Trasa Tyniecka, opened in 2004, has become extremely popular with recreational cyclists. A traffic study conducted a few years ago found more than 600 bicycles passing per hour at peak time on sunny summer weekends. It is easily accessible from many parts of Krakow – you just need just to reach the south bank of the river and then head westward. Running along the top of flood levees, the route is almost completely paved, flat and car free. There is just one gap that forces you to either cycle along a road for a few hundred metres among cars, or go off road along an unpaved track by the river. This can be very muddy after rain, or underwater if the river is high.

Unfortunately, this gap in the route is not going to be filled any time soon, thanks to a legal dispute between the municipality and landowners. Since it was impossible to build the cycle track on top of the levee here, because it passes very close to houses, it was supposed to run in front of the levee, closer to the river. The landowners said 'no' (or perhaps 'not enough') and the project was scrapped.

Before you reach Tyniec Abbey, with its nice cafe and restaurants (closing time is a bit early, at 7pm) you can stop and watch the whitewater kayaking at the Kolna facility next to the motorway bridge. There is also a paintball field and an indoor swimming pool here. There are open air pubs in Tyniec by the river, and a few cafes before you get that far, although they are not very savvy about advertising to passing cyclists.

To get to the Abbey from Kolna, you need to cycle under the motorway bridge and navigate a steep but short stretch of dirt track up and over the levee. On the other side, the very pretty and almost car-free ul. Promowa leads all the way to Tyniec. There are no signs here – just follow the crowd.

Alongside the bridge that carries the motorway over the river at Kolna is Poland's longest cycle bridge (almost 300 metres). It connects the Tyniec Route with a new cycle track on the northern bank of the river that leads you all the way back to the Zwierzyniecki Bridge. Since the street between the Zwierzyniecki Bridge and Salwator has a bus lane that is closed to cyclists (we must use the middle lane), it is advisable to cross the bridge (on the separate cycle path) and return to the Trasa Tyniecka.

## Beyond Tyniec

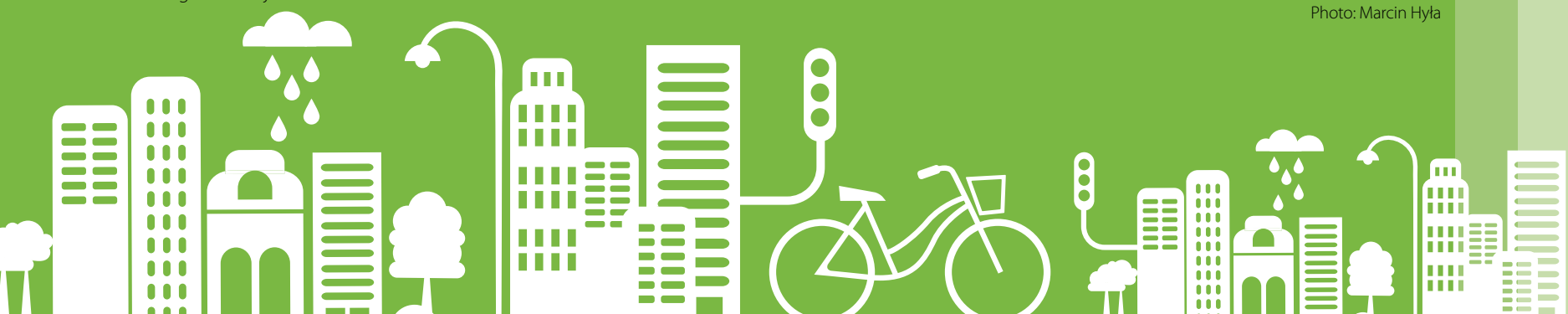
The ride to Tyniec is enough for many, but there are several options leading from the route if you want to go further. After crossing the cycle bridge at Kolna, you can follow the levees along the Sanka River just next to the motorway exit to reach Kryspinów Lake – a popular swimming resort for many Cracovians. Unfortunately, the route is not signposted and little known, so you should do some research with Google Maps before the trip.

It is perfectly possible to continue cycling west of Tyniec Abbey along the levees. The route is neither paved nor signposted, but a map and some intuition will get you to Skawina and then to Kopanka, where there is an old-fashioned river ferry (day-time only). If you're feeling particularly energetic, you can continue to Wadowice or Oświęcim (Auschwitz). The route is signposted as Wiślana Trasa Rowerowa. It is flat and mostly paved (with a few gravel stretches). Signage is poor, however, so make sure you have a good map. About half way are the Stawy Zatorskie (Zator Fish Lakes), renowned as much for the birds as the fish. Birdwatchers will also appreciate the bird sanctuary next to the Łączany Dam on the left bank.

The ride to Oświęcim is roughly 80 km. Trains from Oświęcim back to Krakow accept bikes (you need to buy extra ticket), but are very slow (2 hrs) and the last one leaves at 20:28. For the really ambitious, the Oświęcim route is the first stage on the way to Vienna. I did it this year and recommend Pszczyna as the first night stop and Zebrzydowice / Petrovice u Karvine as the perfect border crossing. The Czech Republic is definitely more cycle friendly than Poland, and a nice cycle track starts right at the border. Perhaps it's not a good idea to go that far – you might decide to never come back.



Photo: Marcin Hyla





# NEWS

■ Anthony Casey – inside-poland.com

## Mariacki Tower Closed to Tourists

Tourists have been banned from climbing Krakow's Mariacki church tower for the first time – because it is 'too dangerous', with stairs that are near collapse and virtually no fire escape.

Jan Janczykowski, Małopolska conservation officer, said visitors should not be in the tower of Krakow's landmark church. He added that the buglers who play the Hejnał Mariacki every hour, on the hour, from the top of the tallest tower, were working in 'appalling' conditions, and warned that the stairs used by thousands of tourists were crumbling.

Krakow's firefighters climb the stairs daily, to sound the bugle call from a room at the top of the Mariacki tower every hour. But a spokesman for the fire service said there was a difference between the trained, fit and healthy buglers and the tourists who visit the church tower – some of whom stop to light cigarettes half way up.

Some 400,000zł has been earmarked from Krakow's Monuments Committee funds, to repair the Mariacki tower.

However, the money is not enough to cover the work needed to bring safety standards in the Mariacki tower up to scratch. Work will begin in August 2013 on the most vital repairs – including improvements to the buglers' workplace, and temporary repairs to the stairs.

## No Punishment for Comparing Homosexuality to Bestiality

An MP who publically compared homosexuality to bestiality is to escape unpunished, after the Parliamentary Ethics Commission said they would not consider a complaint about his comments.

Łukasz Zbonikowski said in his argument against legalising civil partnerships in Poland that such a move would lead to general acceptance of sex with animals.

Mr Zbonikowski (Law and Justice, representing Toruń district 5) said: "Acceptance of deviant behaviour pushed through by the homosexual lobby attacks the natural foundations of a healthy society, and thus the smooth functioning of the state." He added that civil partnerships distort-

ed the concepts of marriage and family, warped society, and encouraged destructive behaviour.

The PiS MP continued: "Furthermore, approval of this type of distortion is only the first step towards further deviations, such as same-sex marriage, adoption of children by people who are in same sex relationships... or, horror of horrors, the legalisation of bestiality. And why limit someone's sincere and deep love for his only and unique dachshund, if any love for a friend is acceptable?"

However, Mr Zbonikowski could find himself fighting a losing battle, in English, in any case. The Oxford English dictionary has confirmed that, following the legislation of civil partnerships in the UK, it will monitor use of the word 'marriage' and may change the definition in the next year, to reflect this.

## Incredible Feat

Poland has taken a haul of seven medals at the World Rubik's Cube Championships – including top prize for Jakub Kipa, who solved the puzzle with his feet!

Jakub cracked the cube using his toes, in just 33.6 seconds. Michał Pleskowicz took silver for solving the puzzle with one hand in 12.39 seconds, and Marcin Zalewski did the 4x4 version BLINDFOLD, in 3min, 46.06 seconds to claim another second place finish.

## Goat vs. Roof

How many firefighters does it take to get a goat off a roof?

Well, we're not exactly sure. But we do know for certain that it involves a 30-metre ladder and a cabbage.

A goat had somehow climbed to the roof of a barn near Wadowice, Małopolska, only to find that it could not get down again. Firefighters were called to the village of Frydrychowice at around 8.30pm on July 24, to rescue the stranded animal.

A spokesman for Wadowice fire service said one of the rescue team went to the top of the building in a cherry-picker, lured the goat to the edge of the roof with a cabbage, then scooped it to safety.



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# SACRED COWS.

■ Nissan Tzur

## Ritual slaughter for the local community continues...

A ruling from Poland's Constitutional Court effectively banning kosher and halal ritual slaughter came into effect in January this year. Aware that the government was planning legislation that would overturn the ban, the Jewish community in Krakow and elsewhere in Poland continued the practice on a small scale.

In July, the government-backed bill to re-legalise kosher and halal ritual slaughter was rejected by parliament. Now the Jewish community fear that ritual slaughter will be stopped completely.

Yitzchak Horowitz, who practises Jewish ritual slaughter in Krakow and owns the Olive Tree restaurant in Kazimierz, responded to parliament's decision, saying: "The slaughter for the benefit of the local community continues, however, if further steps aren't taken soon to overturn the decision to ban ritual slaughter, I'm afraid that this will be stopped soon as well."

Poland's Constitutional Court banned ritual slaughter in November last year, following protests by animal welfare groups about animals being slaughtered without first being stunned – a practice forbidden by both Jewish and Muslim dietary laws because it is interpreted as breaking the requirement that animals must be healthy and uninjured when they are killed.

The legal history behind the November 2012 ruling is complex and stretches back to 1997, when parliament passed a law regulating the treatment of animals that included the requirement that all livestock should be stunned before it is slaughtered. Poland's Jewish community objected to the law and, in 2004, the government introduced an amendment to allow slaughter without stunning for religious reasons. It was this 2004 amendment that the Constitutional Court overruled last year, effectively setting the clock back to 1997.

The pressure to ban ritual slaughter in Poland has come largely from animal welfare groups, who have responded to a huge increase in the production of kosher and halal meat for export, not for Poland's very small Jewish and Muslim communities.

After 2004, Poland became a major exporter of ritually slaughtered meat to Israel, Turkey, Egypt, Iran and other Muslim-majority nations. Polish meat producers essentially took advantage of the 2004 amendment, which was intended to protect the religious freedoms and Jews and Muslims in Poland, to create a multi-million zloty export industry. Until January, Poland's revenue from kosher and halal meat exports were approximately half a billion euro per year.

Shortly after the Constitution Court's decision, Poland's Minister of Agriculture, Stanisław Kalemba, backed by Prime Minister Donald Tusk, said that the government would submit a series of amendments to the law that would allow the continuation of ritual slaughter. The proposed amendments were presented to parliament in May this year. Meat producers and animal breeders protested in front of parliament before the vote, demanding the reinstatement of ritual slaughter and claimed to have suffered losses of hundreds of millions of zloty due to the ban. The bill was rejected, with 222 lawmakers voting against it (including many members of the governing Civic Platform party) and 178 for.

Jews and Muslims in Krakow now fear a shortage of kosher and halal meat in the near future, and already face difficulties finding it. Rabbi Eliezer Gur-ari of the Chabad-Lubavitch centre in Krakow runs a kosher shop in Kazimierz and said: "Now we have to import kosher meat from

neighbouring countries, and that of course makes it difficult for anyone who keeps kosher and has raised the price".

Yitzchak Horowitz of the Olive Tree restaurant said: "I have been a slaughterer for eight years. This is very bad news for local Jews, but it also hurts the image of Poland and causes heavy financial losses to the country... I believe that the slaughter will continue eventually – the world will not stand against the Jews and tell them they have to eat non-kosher meat. It is about freedom of religion".

"I also own a catering business and provide kosher meat for groups that come to Krakow. Now I import the kosher meat from neighbouring countries and it causes me logistical problems and heavy financial losses," said Horowitz.

Hayssam Obeidat, of the Muslim Community Centre in Krakow, said: "This decision creates enormous difficulties for the Muslim community in Poland. Since the beginning of the ban on ritual slaughter, many Muslims had to stop eating meat or buy it in Germany, Hungary or Slovakia. This is a very big additional expense for them... Personally, I am going to Berlin to bring back halal meat for myself and for a few of my friends. I hope that the Polish government will reconsider the issue again soon."

Meat producers claim that the decision could lead to heavy financial losses and a shortage of kosher meat in many countries, not just Poland. Tomasz Kubik, the owner of Meat Plant Biernacki, one of Poland's biggest producers of kosher and halal meat, said that the ban means that Poland will stop exporting kosher and halal meat to many countries and that there won't be any kosher meat in Poland at all. In a statement he said: "We will not be able to export kosher and halal meat to Israel,



but for how much longer?

Muslim countries or European countries. Poland was known as an exporter of high quality kosher meat, but now our customers will lose trust in us, since Poland seems to be an unreliable supplier."

Several prominent members of the Jewish community have attacked the idea that ritual slaughter is crueller than slaughter with stunning. Yitzchak Horowitz said: "Jewish slaughter does not cause any suffering to the animal. The Torah forbids us to cause pain to animals, so how can a kosher slaughter cause suffering? As a slaughterer, I see the suffering inflicted on animals by non-kosher slaughter and how it is sometimes done in a cruel way. According to Jewish Halakha, animals must be healthy and complete in order to be kosher, so we have to keep them in a very good condition before slaughter."

Jonathan Ornstein, the director of Krakow's Jewish Community Centre, also commented on parliament's decision. "As someone who spends a great deal of time singing the praises of contemporary Poland to individuals, groups and often in the media, I am disgusted and dismayed by the decision. I am an atheist and a vegetarian and have been both for many years. I find it hard to believe that any reasonably intelligent, thinking person can hold the opinion that ritual slaughter, as practiced by Jews, is worthy of being singled out as particularly cruel to animals and therefore should be banned. Animal rights activists, which I consider myself to be, should

know that Jews have a two thousand plus year head start on the rest of the world in regard to preventing suffering to animals. The laws of shechita [Jewish ritual slaughter] are designed to ensure that the animal dies quickly and painlessly.

I don't eat meat and would like to live in a world where no one else does either, but I don't accept the idea that a country where you can go out and hunt for pleasure, also something expressly forbidden in Judaism, a country where you can take a live carp home in a plastic bag and allow it to slowly suffocate as you wait in line at the supermarket checkout before Christmas, should outlaw a form of killing that was devised thousands of years ago to be humane."

A few days after the vote in parliament, and following protests from many Jewish and Muslim organisations worldwide, Prime Minister Donald Tusk announced the appointment of the Minister of Administration and Digitisation, Michael Boni, who is also in charge of religious matters in Poland, to head a committee to find a solution to the issue. "It's very encouraging that Prime Minister Tusk has asked Minister Boni to find a solution. We feel that the Prime Minister and his administration take the concerns of the Jewish community very seriously and are doing all they can to rectify this situation. We are very confident that our rights will be protected," said Ornstein.

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Temptations

Jan Sawka

## Exhibitions

### Matta: Man and Universe

The National Museum in Krakow is hosting a major new exhibition of the work of the now little known, but highly influential in his day, surrealist Roberto Matta – described by Marcel Duchamp as “the most perceptive painter of his generation.”

When: Until September 29

Where: National Museum, al. 3 Maj 1

### Jan Sawka

Polish graphic artist Jan Sawka is best known for his highly distinctive and influential posters, book covers, set designs and record covers, but he also worked as an architect, created fine prints and designed multimedia installations.

When: Until September 1

Where: National Museum, al. 3 Maj 1

### A Dim Light

Krakow's Ethnographic Museum is hosting a major exhibition of the photographs of 19th century Polish antiquarian Michał Greim. Now largely forgotten, his photographs of wild-looking rural characters offer an amazing insight into a world long gone.

When: Until December 22

Where: Dom Esterki, ul. Krakowska 46

### Palms

Palm trees – great for tropical beach scenes, but how useful are they? Joanna Sosnowska knows, she spent months living with the Ashaninka people in Peru, learning to interpret their society through their relationship with palms. Now you can find out too.

When: Until February 2014

Where: Dom Esterki, ul. Krakowska 46

### 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

### Jewish Figures

Sold all over Krakow, those wooden figurines of Jews in traditional dress often provoke controversy – harmless folk art, or lazy kitsch that reinforces stereotypes. An exhibition at the Galicia Jewish Museum looks deeper. See: [www.jewishfigs.pl](http://www.jewishfigs.pl)

When: Until August 30

Where: Galicia Jewish Museum, ul. Dajwór 18

### Mournful Abundance

If you've ever wondered where that iron bull on ul. Stolarska came from, it marks the former site of the workshop of hardcore industrial artist and Cracovian, Marian Kruczek. Bunkier Sztuki presents a interpretation of Kruczek's work by Bolesław Chromy.

When: From August 2

Where: Bunkier Sztuki, Plac Szczepański 3a

### Bring Clothes, Save Puppies

MOC AK is holding its third annual clothes swap! Bring 20 items of clothing, walk away with 20 new items of clothing. An odd thing to do at an art gallery, but unwanted clothes go to keep homeless kittens and puppies warm, so that's alright then.

When: August 10, 12:00–14:00

Where: MOC AK, ul. Lipowa 4

### Tempress

Belgian artist Charlotte Beaudry's solo show at MOC AK features more than a dozen paintings and sculptures that provoke associations with the tools of female seduction. Get drawn in, but keep your eye on the exit.

When: Until September 29

Where: MOC AK, ul. Lipowa 4

### 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

# Film

## Summer Cinema Harvest

Krakow's favourite independent cinema, Kino Pod Baranami, has pushed the boat out this summer to bring Cracovians a huge and diverse range of movies for its seventh Summer Cinema Harvest festival. Running throughout August, the festival features recent block busters (*Django, Lincoln, Argo*), Hollywood classics (*Fanny*

and *Alexander, Apocalypse Now*), documentaries (*Sugar Man, Marley*) and digitally remastered Polish hits (*A Short Film About Killing, Blind Chance, Salto*). Best of all, tickets are just 7 zł. For a full schedule, see: [www.kinopodbaranami.pl](http://www.kinopodbaranami.pl)

When: Until September 5

Where: Kino Pod Baranami, Rynek Główny 27



Salto (1965) Dir.: Tadeusz Konwicki.

## Opera at Kijów.Centrum

Kijów.Centrum's long-running season of broadcasts from top opera and ballet venues continues in August with a chance to see the New York Metropolitan Opera's production of *Rigoletto*. For details and other showings: [www.kijow.pl](http://www.kijow.pl)

When: August 25, 17:00

Where: Kijów.Centrum, al. Krasińskiego 34

## Kino Kika

Krakow's youngest and cutest cinema, Kino Kika, has gone to great lengths to be child (and parent) friendly. It has been recognised as a 'breast-feeding friendly zone' and has regular shows for parents and tots. More info: [kinokika.pl](http://kinokika.pl)

When: Every day

Where: Kino Kika, ul. Ignacego Krasickiego 18

# Music



## Celebrating Aviation

If you usually prefer the roar of jet fighters to the bellow of a bass profundo, Opera Krakowska's concert celebrating 50 years of the Polish Aviation Museum in Krakow may be a chance to broaden your cultural horizons. See: [www.opera.krakow.pl](http://www.opera.krakow.pl)

When: August 31

Where: Opera Krakowska, ul. Lubicz 48

## Capella Cracoviensis

Krakow's finest songbirds will be thrilling audiences throughout August with seven concerts scheduled for the month. Haydn, Mozart and Bach provide the genius, Capella Cracoviensis the interpretation. See: [capellacracoviensis.pl](http://capellacracoviensis.pl)

When: August 4, 10, 13, 14, 17, 25, 27

Where: Numerous venues



## Ethnographic Museum

A Dim Light

An exhibition of the photographs of Michał Greim

July – December 2013

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# We Can



# RISING TO THE TOP

## WOMEN IN THE POLISH WORKPLACE

■ Agata Lagodzinski

"If you want something said, ask a man. If you want something done, ask a woman," said Margaret Thatcher, the first woman to become prime minister of Britain and one of the most powerful women in the world. Although the movement to support women in the achievement of leadership positions started long ago, it is one characterised by slow and steady rather than startling advances.

The good news is that an increasing number of women *are* achieving leadership positions in Europe. In January 2012, women occupied an average of 14 percent of board positions in the largest publicly traded companies across the European Union, which is a 1.9 percentage point increase from 2010. This is still a small figure, considering that women account for close to 45 percent of the European workforce. The European Union acknowledges that empowering women to take leadership roles not only positively impacts companies' performance, but also economic growth rates. With this in mind, the EU started its Europe 2020 Strategy, aiming to lead the world in knowledge, competences and innovation through decreasing the gender imbalance on corporate boards across all EU member states.

Studies show that, on average, for every seven board members across EU companies there is only one woman. However, there are five EU countries where the statistics are better: France, Sweden, Germany, Finland and the UK, where more than half of their corporate boards have two or more female board members. Sadly, at least half of the largest companies in

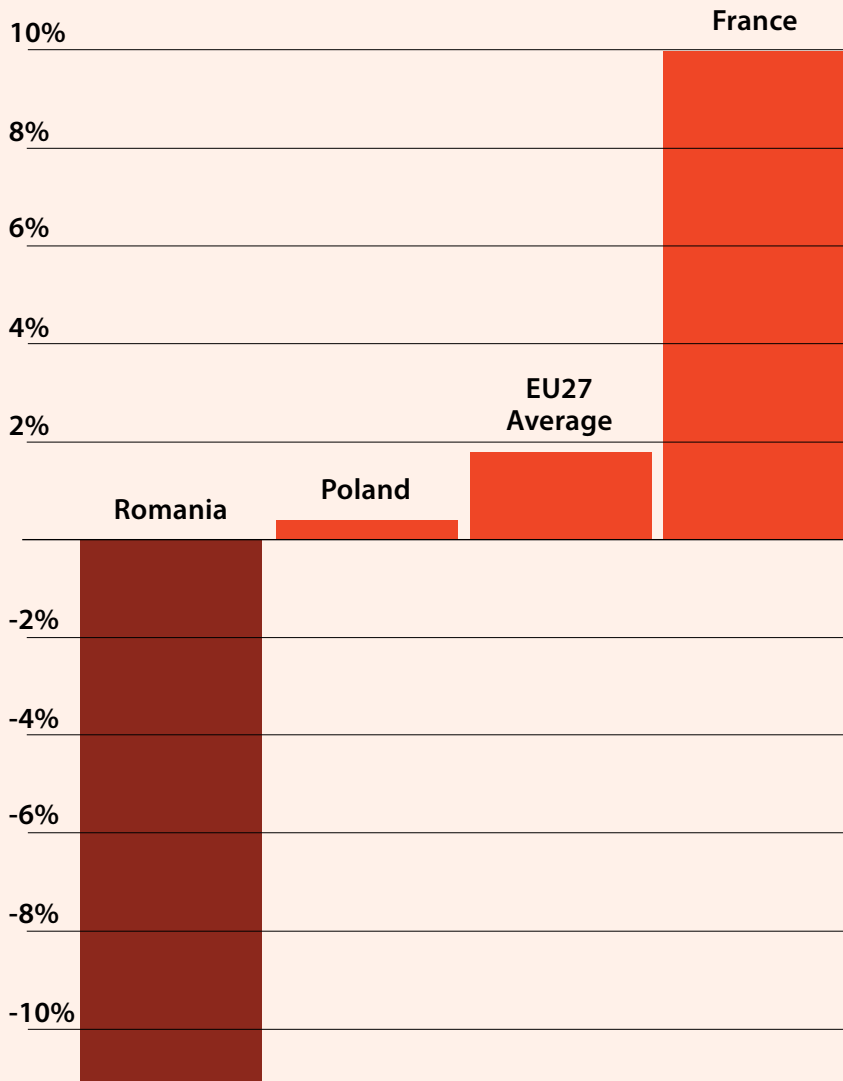
one third of EU member countries have boards with no women. Poland ranks near average, having 12 percent of women in leadership positions and 74 percent of companies having at least one woman on their boards. Poland is trying to change this with programs promoting gender diversity on company boards and raising awareness campaigns promoting females in business.

One company in Krakow, Alexander Mann, a provider of talent acquisition and management services, recently appointed a woman as head of its Global Client Service Centre Poland, Jolanta Gantkowska. She is in charge of implementing company strategy throughout Poland, as well as representing the company on the international market. She has a background in economics, European studies, international studies and coaching and is a firm believer that a solid education combined with work experience and a desire to constantly challenge yourself are crucial to reaching the top.

"I think that if you are passionate about what you do and you strive for the best, you can achieve what you are aspiring to," said Jolanta in an interview with the *Krakow Post*. She also credits her team and managers for some of her success: "I have been lucky to have many mentors around me – my colleagues, bosses, peers – so I could make my own observations, talk to them and consult any solutions I wanted to put in place," she adds.

It has been found that two types of initiatives can improve women's presence in

Change in share of women on boards in the EU, 2010–12



All data: Women in Economic Decision-making in the EU: Progress Report, 2012

business leadership: legislative measures and voluntary initiatives such as corporate governance codes, training charters, mentoring and networking programs. Jolanta is involved in a supportive community for women in Krakow called the Women's Business Network (WBN). This initiative was created in 2010 by a group of people working for UBS, Tesco, Shell, and Sheraton with the aim of creating a supportive community for business women in Krakow that would provide knowledge sharing, networking and the promotion of female leadership role models.

"I believe this type of initiative definitely supports businesswomen through knowledge sharing and providing insights into various aspects of combining business and personal life with a good career. I think they help to clarify best practices and also create a dialogue around the topic, but with a balanced view of the challenges in the business environment. For me, WBN's biggest success has been achieving a very strong position in the Krakow market through the very interesting topics discussed at its events. I really

encourage everyone, not only women, to join those events," said Jolanta.

Jolanta is a firm believer that success should really be based on skills rather than on gender, and has one piece of advice for all of young women (and men) starting out on their careers: "Have a vision and work to achieve it; don't be afraid to change your goals but always understand why you want to achieve them. You cannot work against yourself and your own values – this is a short term strategy."

Gender imbalance on company boards continues to decrease thanks to actions taken by the European Commission, companies such as Alexander Mann and people like Jolanta Gantkowska. As gender diversity has been directly linked to increased company performance and innovation, we can only hope that this trend continues to improve and that one day corporate boards will be filled with an equal number of men and women and that skills, experience and educational background will always matter more than gender.

Women on boards of largest listed companies, 2012

EU27

Average across the EU

14%



Finland

Best performing in the EU

27%



Malta

Worst performing in the EU

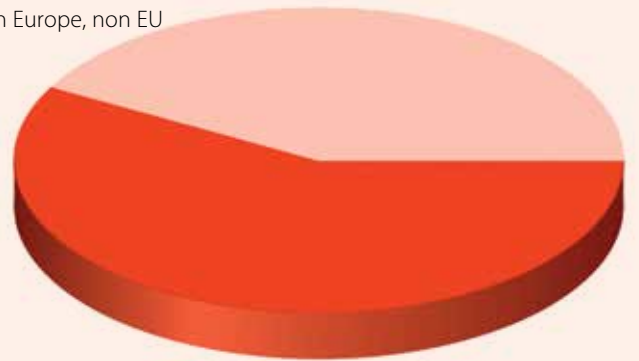
3%



Norway

Best performing in Europe, non EU

42%



Poland

Middle ranking

12%



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BRODKA 09.08 | MAIN STAGE

FRANZ FERDINAND 09.08 | MAIN STAGE

FLORENCE & THE MACHINE 10.08 | MAIN STAGE

KATY B 10.08 | MAIN STAGE

REGINA SPEKTOR 09.08 | COKE STAGE

WU-TANG CLAN 10.08 | MAIN STAGE

🎵 festival 📍 czyżyny

🚗 OKULICKIEGO 129 152 159

more info: <http://livefestival.pl/en>

SPECIAL EVENTS



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🎵 folk 📍 center/old town

🚗 TEATR 2 4 13 14 18 20 24  
BAGATELA

<http://www.cepelia.krakow.pl>



1.08 - 7.08

PIOTR ZADROŻNY  
Stary Port  
ul. Straszewskiego 27  
3.08 - 20.00

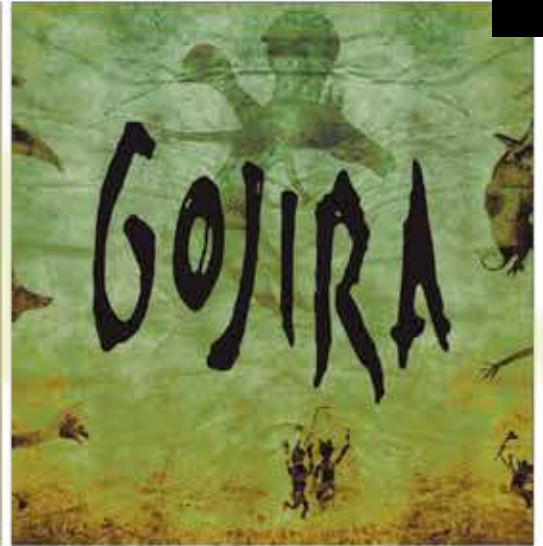
Part of Shanties Summer Festival and exactly what is written on the tin: sea-related motifs, perkiness, yo-ho-ho and a bottle of rum.

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

GOJIRA  
Klub Kwadrat  
ul. Skarżyńskiego 1  
6.08 - 19.30 →

GOJIRA is a French metal band. Formed in 1996, the band was known as Godzilla until 2001. They are recognised for their environmentally-themed lyrics.

🎵 metal 📍 czyżyny  
🚆 OKULICKIEGO 128 139 152 172



8.08 - 14.08



TRIVIUM  
Klub Kwadrat  
ul. Skarżyńskiego 1  
12.08 - 19.30 ←

TRIVIUM is an American heavy metal band from Orlando, Florida, formed in 2000. They have sold over one million albums worldwide.

🎵 heavy metal 📍 czyżyny  
🚆 OKULICKIEGO 128 139 152 172

PAŁKA/MIKA DUO  
Piec Art  
ul. Szewska 12  
10.11.08 - 21.30

An innovative combo of jazz piano and guitar which proves that you don't necessarily need a lot of different instruments to create something interesting.

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

15.08 - 21.08

MICHAŁ WERBA PIANO SOLO  
Piec Art  
ul. Szewska 12  
15.08 - 21.30

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

BEZ PANIKI  
Stary Port  
ul. Staszewskiego 27  
17.08 - 20.00 →

Part of Shanties Summer Festival, the last such gig in August. Great fun for all the sailors and those with the seas in their hearts.

🎵 shanties 📍 center/old town  
🚆 TEATR 2 4 13 14 18-20 24  
BAGATELA



22.08 - 30.08

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Plac Dominikański  
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([www.festiwalmuzykawyStarymKrakowie.com](http://www.festiwalmuzykawyStarymKrakowie.com))

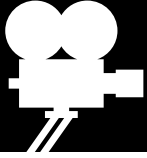
🎵 classical 📍 center/old town  
🚆 PL WSZYSTKICH ŚW. 1 6 8 13



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ul. Berka Joselewicza 6  
24.08 - 20.00

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🎵 bluesrock 📍 kazimierz  
🚆 MIODOWA 3 9 19 24



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★★ If you must

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## Sztuka znikania (The Art of Disappearing) 2012 ★★★★★

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

**Directed by:** Bartosz Konopka, Piotr Rosołowski

Can a documentary really be a documentary if its central character never appears on screen? *Sztuka znikania* (2013) provides a resounding 'yes.' Co-directors Bartek Konopka and Piotr Rosołowski have created a clever twist in the latest of their 'Guide to Poland' films. The central figure is Amon Frémon, a Haitian voodoo priest who finds himself in Warsaw on the eve of Jaruzelski's coup d'état. The history of the Polish Legionnaires who turned their back on Napoleon to join the Haitian Revolution is little known today. It was to their descendants in the village of Cazales that Frémon was born. Konopka and Rosołowski carefully investigate his alienating journey in a cold and inhospitable country where the Palace of Culture and Science looks to the voodoo ambassador

like a gigantic tombstone with windows. This fictionalised account of Frémon's sojourn in a strange land, as brilliantly devised by the writer Ignacy Karpowicz, has much to say about the spiritual affinities between Haiti and Poland, as well as the fearful similarities between their oppressive regimes at the time. The voodoo rites, performed by Frémon to free the country of his ancestors from evil, are portrayed without didacticism by the filmmakers. As a semi-fictional tale, *Sztuka znikania* masterfully shows how spirituality can contribute to the fight against tyranny and heal people under oppressions all over the globe. The news that *Sztuka znikania* will be marketed to foreign distributors by New Europe Film Sales is very welcome.



## Jesteś Bogiem (You are God) 2012

**Starring:** Starring: Marcin Kowalczyk, Tomasz Schuchardt, Dawid Ogrodnik, Arkadiusz Jakubik

**Directed by:** Leszek Dawid

★★★★



The creation of the Polish rap crew Paktofonika, as show in the first half of *Jesteś Bogiem*, may recall to non-fans the story of three self-starters in an attempt to form a boy band. The script, indeed, contains just a few references to the sudden emergence of hardcore psycho rap in Katowice, a style of MC'ing characterised by highly subjective, often self-directed lyrics and subversive flow. On the other hand, *Jesteś Bogiem* is also a scrupulous elegy to tech culture in the 1990s, when floppy disks and compact cassettes were the rule for self-produced 'nielegal' recordings. By focusing on Piotr Łuszcz's (aka 'Magik') precocious rise and fall, Leszek

Dawid, has nearly succeeded in outlining the existential malaise of a generation, but neglected to portray their thirst for redress. *Jesteś Bogiem* is, at the same time, an innocuous biopic and a poignant homage to the dramatic figure of Magik himself, with the failure of his personal life making up the lion's share of the story. Even if Dawid's biopic finally fails to capture the vitality of the Silesian rap scene, it reinforces Kadr Studio's reputation for producing refined, mainstream features. *Ki* (2011), a Dardennesque drama starring Roma Gąsiorowska is still the best introduction to Dawid's filmmaking career.

## Katedra (The Cathedral) 2002

**Directed by:** omasz Bagiński

Born out of Tomasz Bagiński's admiration for the Polish dean of science fiction literature, Jacek Dukaj, *Katedra* (*The Cathedral*, 2002) demonstrated that the fine tradition of Polish animation is alive and well. After receiving the green light from Dukaj to use one of his short stories, self-taught computer graphics animator Bagiński returned the favour by later illustrating some of Dukaj's books. When *Katedra* was transferred to 35mm film in 2002, nobody expected the short, which is just over six minutes in length, would receive a nomination for an Academy Award. In terms of graphics, *Katedra* stands up to comparison with

the best cutscenes from recent video games. Bagiński's effort, however, stands out for its opulent and eerie settings, which draw on Gaudi's style and Zdzisław Beksiński's disturbing paintings. The film recounts the singular journey of a pilgrim through an organic cathedral covered with flayed and knotty human figures. Broadly speaking, *Katedra* is also a virtuoso apology for organic architecture, created by an artist who studied in the field before devoting himself entirely to CG animation. During his European tour in 2011, US president Barack Obama received an iPad loaded with *Katedra* as a gift from Polish Premier Donald Tusk.



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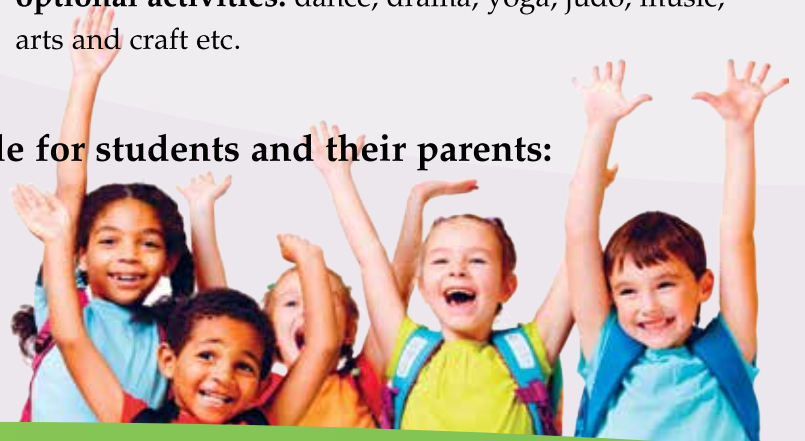
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# HOW I BECAME A BEEBELIEVER



■ Jamie Stokes

According to folklore, the honey bee's traditional enemies are fire and bears. This is why beekeepers use smoke to disperse bees, and why it is unwise to wear brown when approaching a hive. The bee now has a third deadly enemy, environment pollution, and a new ally, the amateur beekeeper.

Nobody knows what has caused the global collapse in bee populations, but a growing number of environmentally conscious individuals are taking up small-scale beekeeping in the hope of reversing the trend. Poland, and Małopolska in particular, is the perfect place to try this ancient and satisfying activity – the area has a long history of apiculture that continues to thrive today.

Photos : David McGirr

"I became interested in the idea of keeping bees thanks to my 93-year-old neighbour," says Louisa von Weiler, a Dane who has been living in Krakow for 11 years. "Every time I met him, he seemed to have a halo of bees around him. It turns out he's been keeping them for decades, and still has half a dozen hives in his garden. Talking about his bees was a way to get to know him, and I became fascinated by the idea."

Louisa's neighbour is far from alone in his hobby. According to a 2011 study by Poland's Horticultural Research Institute, Małopolska has more beekeepers than any other region of the country. The study found 5,556 registered beekeepers in the province looking after 110,000 bee colonies. The true figure is certainly much higher – not everyone bothers to register the one or two hives they may have in the back garden. The know-how is deeply embedded in rural culture, not unlike under-the-radar distilling traditions.





The 2011 study found that over 97 percent of Poland's beekeepers maintained less than 80 hives – any more and it has to be registered as agricultural activity. Louisa has started with just one hive for her first year, and that under the watchful eye of her mentor: "One hive is enough to discover if you will enjoy keeping bees, but not too much work – especially if you have a helpful neighbour."

Despite being a relative newbie, Louisa has picked up a wealth of fascinating knowledge. "Snow drops, those little white flowers that are the first to bloom in Spring, are very important," she says, "Their appearance wake the bees up from their winter hibernation and get them started for the year. All beekeepers plant snowdrops in their gardens."

Who knew bees survived the winter? Apparently they do, even Polish winters. Tucked up in their hives they mass together to keep warm, like penguins on the Antarctic ice. Beekeepers watch over them and keep them supplied with sugared water. "Things start to get going in April," says Louisa, "and activity really takes off in May. Late July and into August is the height of the honeybee season, and the busiest time for keepers."

Of course, not every garden is suitable for beekeeping, but you don't need hectares of land – there are plenty of small-scale beekeepers in the Krakow's suburban areas. It's probably not a good idea if you have small,

inquisitive children – bees do protect their homes – and the law requires that your bees should not pose an 'unacceptable' nuisance to your neighbours.

"The position of your hive can be important," advises Louisa, "Bees quickly establish regular flight paths, like roads through the air. If the main flight path to the hive passes over your favourite place to sit in the garden, there could be problems. The best thing to do, so I've heard, is to position the hive so that the entrance is facing away from you and so there is a low obstruction, such as a hedge or a wall, quite close to it. That way, the bees tend to fly out and up before starting to forage."

Those white beekeeping suits with their protective meshes covering the face seem to suggest that looking after bees is dangerous work. What are the risks? "The suits are only necessary when you are actually working on the hive, and they are to protect you from occasional stings rather than the risk of attack," says Louisa. "Bee swarms, the things that scare people the most, are actually when bees are at their least threatening. They are preparing to find a new home, so they have nothing to protect and no reason to attack. Of course, a good beekeeper will never allow a precious colony to get to the point where it wants to move away."

"When I first started getting close to my hive, I was aware that the bees were checking me out. Individual bees would hover in front of my face – I got the strong feel-

ing they were looking at me. After a while, they seemed to decide I wasn't a threat and accepted my occasional interruptions to their lives," recalls Louisa. "Bees aren't really interested in humans. When I was a child, my parents told me that bees were just 'sniffing around' – I haven't worried about them since."

"The best thing about keeping bees is that it connects you to the natural world," says Louisa, "You become much more aware of the rhythm of the seasons. As each fruit tree comes into bloom, it's not just beautiful, you are aware of its importance in the lives of your bees."

This connection with nature is not expensive to achieve. Buying all the equipment necessary costs less than 1,000 zloty, including the hive and the bees themselves. "The colony comes in a cardboard box – a queen and a few hundred bees. You put the box where you are going to site your hive and, when they are acclimatised a few days later, you introduce them to their new home. It really only takes a few days to get going," says Louisa.

If you're not lucky enough to live next to a bee guru, there are several local organisations you can go to for advice. One example is the Provincial Association of Apiarists in Krakow (Wojewódzki Związek Pszczelarzy w Krakowie), which is based at pl. Szczepański 8 and also has a delightfully onomatopoeic website: [www.wzp-krakow.pl](http://www.wzp-krakow.pl).

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## THE NEW FACE OF THE OLD GODS

### PRE-CHRISTIAN SLAVIC BELIEFS ARE ON THE RISE IN POLAND

■ Grażyna Zawada

**A**t the end of August, the first National Congress of Native Faith Believers will be held in Łódź, organized by the four biggest 'native faith' groups in Poland. It is a clear sign that native faith is a growing social force in a country that has a reputation as mono-faith, Catholic state.

'Native faith' is the literal English translation of 'rodzimowierstwo' – a Polish term derived from the words 'rodzimy' (native) and 'wiarą' (faith) – that refers to a belief system based on ethnic Slavic traditions. Native faithers reject the labels 'paganism' and 'neo-paganism' as both pejorative and not capturing the ethnic Slavic elements of their beliefs. Some scholars refer to these as 'ethnic religions.'

There has been a marked upturn in interest in pre-Christian religious traditions across Europe in the past two decades, particularly in Central and Eastern Europe. This has been reflected in the creation of international organisations such as the European Congress of Ethnic Religions, founded in Vilnius, Lithuania in 1998, with members from Latvia, Poland, Iceland, Germany, Denmark and Greece.

One of the theological questions to be discussed at the Łódź congress will be whether a person can simultaneously be a native faith believer and belong to

another church. Academics involved in religious studies in Poland believe this might be a breakthrough moment for the native faith movement.

"The native faith movement as a whole is loosely organised and doesn't have a strong dogmatic component, it is actually less about faith – as in 'correct belief' – and more about being faithful, living the lifestyle," said Scott Simpson, a scholar of religious studies at the Jagiellonian University, and a co-author of a recent study of Eastern European neo-paganism.

"The differences in the ways that rites are practised and the ways that the pantheon is interpreted make native faith believers far from uniform. This is why the attempt to meet at one point is so challenging and interesting from a researcher's perspective" said Simpson, who estimates the total number of committed Polish native faith believers at 2,000, with a much larger number of sympathizers.

"We are not a bunch of weirdoes running around the forest half-naked. If we didn't believe with all our hearts, we wouldn't be organizing in religious groups," said Ratomir Wilkowski, a 40-year-old IT specialist from Warsaw and member of the Rodzimy Kościół Polski native faith church.



Most scholars believe that the reasons Poles are turning to native faith are disillusionment with the Catholic Church and the search for a uniquely Polish or Slavic identity that does not rest on Catholicism. Prof. Zbigniew Pasek of Krakow's AGH University of Science and Technology, believes that some Poles are attempting to regain a Slavic identity by overthrowing foreign gods while Dr Marcin Piotrowski, notes that young people may feel more comfortable with less confrontational belief systems.

There are two important sites for native faith believers in Krakow – the Krak Mound, where various ceremonies take place, and the

days after a replacement was installed in July this year, it too was taken away by unidentified men with heavy lifting equipment. Ukrainian and Polish native faithers have claimed that these were actually members of the special forces of the Ukrainian police.

Poland's native faith believers are keeping a low profile for now, and have not yet attracted significant criticism. "The rather muted reception of native faith in Poland is due to the fact that they are not numerous, and not very visible. This can change, though. If native faith believers become a more organized and visible part of society, they might be spoken against openly," said Scott Simpson.

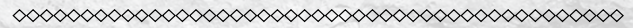
## OUR RITUALS MOST OFTEN TAKE PLACE IN HIDDEN SPOTS IN THE WOODS.

statue of Światowid at the foot of Wawel Castle, a copy of a ninth century idol in the Archaeological Museum of Krakow. Our own research has identified four groups involved in native faith in the Małopolska area. The number of members is difficult to determine, but it seems to be growing steadily.

The Krakow Post spoke to one Cracovian who has been involved in native faith for 17 years. Fearing social ostracism, she asked that her name not be published. "Our rituals most often take place in hidden spots in the woods. Above all, the faithful value peace and quiet during their rituals, especially since the media presents native faith as one with Nazism" she said, referring to a 2002 incident at the Krak mound when her group's ritual was disturbed by drunk teenagers. "I experienced the same situation in Wrocław. In both cases, these people had no idea who we were and what we were doing. Strangely enough, they thought we were supporters of Radio Maryja" [a Catholic radio station].

Despite our interviewee's fears, Poland is not the worst place for native faithers. In Kiev in November 2012, a statue of the Slavic storm god, Perun, erected by Ukrainian native faithers, was destroyed by unknown vandals. The three-metre-tall idol, placed on a hill in the centre of the city in 2009, had attracted fierce criticism from Orthodox and Catholic clergy in the country. Just

### POLISH NATIVE FAITH IN A NUTSHELL



The 966 event known as the Baptism of Poland did not put an end to pagan beliefs in the country. Their persistence was demonstrated by a series of 'pagan rebellions' in the first half of the 11th century. Traces of pre-Christian beliefs have survived to the present day in both church-endorsed rituals, such as decorating eggs for Easter and lighting candles for the dead, and in events such as the midsummer wianki (wreath) celebrations in Krakow.

Zorian Chodakowski, a 19th century poet and scholar of Polish folklore, is generally regarded as the father of the modern native faith movement in Poland. In the inter-war period, several official native faith organisations emerged, and even more came into being after the fall of Communism.

The sources for native faith beliefs are scattered throughout ancient chronicles, folklore, archaeology and linguistics. Most native faithers recognise three main deities: Swarog (a god of the Sun and fire), Perun (a god of storms) and Mokosz (an earth goddess). Polish believers celebrate six main festivals, four of them associated with the seasons. The other two are: Dziady, devoted to the dead and Kupała, a celebration of life and fertility.



# The Photography of Marcin Ryczek

■ Dorota Nowakówna



Photo: © Marcin Ryczek

You may not have heard of Marcin Ryczek but, chances are, you've seen one of his photos. Last winter, Marcin posted a photo of a man feeding swans on the snow covered bank of the Vistula, then watched in amazement as the 'likes' and 'shares' began piling up.

The response to his photo was overwhelming. It spread quickly on the Internet, and was snapped up by numerous publications around the world, including The Guardian, Der Spiegel, La Repubblica, Politiken in Denmark and Yedioth Ahronoth in Israel.

The success of A Man Feeding Swans in the Snow was no fluke. Marcin has long been obsessed with photography, and has a wealth of other stunning shots in his portfolio – many of them displaying the same acute eye for composition.

Marcin posts photos on his Facebook fan page (MarcinRyczekFotografia) and a new web project, Nieznany Kraków (Unknown Krakow). This month's cover photo is by Marcin – one of a series of portraits he took in India. We spoke to him about his life and work.



A Man Feeding Swans In the Snow © Marcin Ryczek

**Krakow Post:** Where are you from?

**Marcin Ryczek:** I was born in Lublin, where I spent my childhood and school years.

**KP:** How long have you lived in Krakow?

**MR:** For seven years. I graduated in computer graphics here, and began my professional life. I set up my firm, which deals with graphics and photography, and later started the Internet project Nieznany Kraków. Last but not least, I became seriously involved in my main interest, photography.

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

**MR:** I wish I had taken a photo of Sharbat Gula, the National Geographic Afghan girl, before Steve McCurry did. But seriously, I would like to combine my two passions,

photography and music, and take a black and white, winter photo of the band Joy Division. In fact, there are many wonderful people, places and situations that come to mind now, but beauty can be found in places and situations that are seemingly ordinary. I think I managed to capture such a moment in A Man Feeding Swans in the Snow.

**KP:** Where do you like to relax in Krakow?

**MR:** I choose non-commercial places, often old and neglected townhouses, or courtyards that haven't changed for generations, hidden cafes, gates and shop windows. They harmonise with the tenebrous and colourful biographies of their inhabitants. I find pleasure in Sunday visits to Hala Targowa, dinners at bar mleczny, cold drinks in local pubs. I show these places on

my page Nieznany Kraków.

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

**MR:** Krakow is a nice city to live in. It is not very big, so everything is within reach. I live in Kazimierz, so I can easily go to the river bank to read a book on the grass. It never takes more than a few minutes to get to meetings with friends in nearby cafes. Krakow is a tourist-oriented city, but we still have many authentic and non-commercial places with magical atmospheres. Unfortunately, I have observed that the so-called modern style has recently started to dilute the real spirit of the city.

**KP:** What's the most annoying thing about living in Krakow?

**MR:** The invasion of new, expensive apart-

ments complexes on pl. Nowy, a place with a long-established antiques fair and the cult cafe Singer. I'm worried when I hear debates about the need to change the look of the carts that sell obwarzanki, because they allegedly blemish Krakow. If this trend continues, Krakow may become just another pretty and clean, but dull and featureless, European city.

**KP:** If you were King of Krakow for a day, what would you change?

**MR:** The idea of becoming king or president has never appealed to me, but if I had the chance, I would rescue the authenticity of our city. Krakow also needs a big cultural centre for large-scale concerts. Hopefully the Centrum Kongresowe, which is currently being built at Rondo Grunwaldzkie, will serve this purpose.



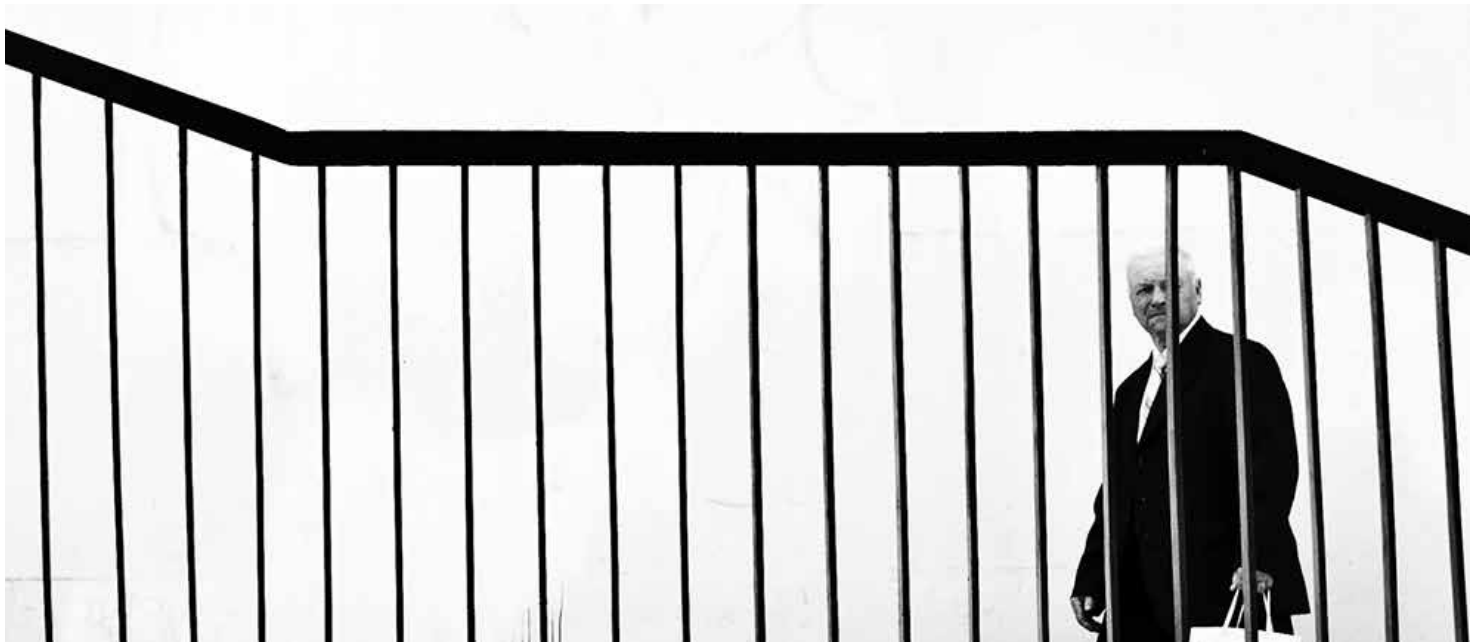


Photo: © Marcin Ryczek



Photo: © Marcin Ryczek



Photo: © Marcin Ryczek

# TOUR DE POLOGNE

Photos: David McGirr



**Above:** Extreme left, tour leader Poland's Rafal Majka, extreme right, best performing British cyclist in the stage, Ben Swift.

**Below:** Garmin-Sharp team members wait for the start.



The 2013 Tour de Pologne was the 70th staging of the race. The first two of its seven stages took place in Italy, while the third, the first in Poland, was a 226km dash from Krakow to Rzeszów starting on the Rynek Główny on July 30. The Krakow Post was there to capture the


event, which marked the return to racing of British cycling legend Sir Bradley Wiggins after illness and injury forced him to withdraw from the Giro d'Italia last year. The stage was won by Norwegian Thor Hushovd in 5hrs 10mins 2secs, but Poland's Rafał Majka retained the overall lead.



**Above:** British cycling legend, Sir Bradley Wiggins, returns to competition after injury.

**Below:** Team mascots pose in front of the peloton.





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# HEALTHY LIVING

# LET'S TANGO!

Photos: Ula Soltys

■ Magdalena Dudzik



Dancing is one of the most relaxing forms of recreation, and one of the healthiest too, but choosing from among the dozens of different dance styles is not an easy task. From ballroom to Latino to belly, the variety of possibilities can make you dizzy before you even lift a finger.

I spoke to Marcin Miszczak, a tango teacher, writer and entrepreneur, who fell in love with Argentinian tango some 15 years ago and has been faithful to his passion ever since. Marcin runs a tango school ([www.tangokrakow.com](http://www.tangokrakow.com)) and started the first tango-themed bed and breakfast establishment in Europe ([www.tangohouse.pl](http://www.tangohouse.pl)).

**KP: What is it about the Argentinian tango that you love?**

**MM:** The moment I saw Argentinian tango, I knew it was for me. Tango is a unique form of dancing with a partner. It is based on improvisation, unlike ballroom dancing where you have to follow a certain choreography. I like comparing it to a language – once you've learned the grammar, you can allow your imagination to lead you. Everybody speaks a language differently and everybody dances tango differently. You can freely interpret the steps that you have

learned. And it is also an interesting form of communication on an emotional level. I have to point out that real tango is very different from what you see on TV dancing programmes. There are no sharp movements, no tension, no roses in the teeth. True tango is the opposite – it is a quest for unity, a compromise between partners searching for a common denominator.

**KP: Can anybody dance the tango?**

**MM:** Sure, you don't need to be a trained dancer to dance the Argentinian tango. Tango is walking – a complicated form of walking, but still just walking. In Buenos Aires I saw couples dancing at a basic technical level, but with such emotion that they were excellent dancers. Age is not a barrier. In more established tango communities, a good half of dancers are people over 50. Tango, on a purely physical level, can be a great form of exercise as well as being fun. In fact, a study conducted in the United States some years ago found that seniors who danced tango had better memory function and better sex lives – don't ask me how they measured the latter. Tango is also an excellent form of active relaxation. It requires concentration, so you really break away from your everyday problems as you

focus on something very different from what you normally do.

**KP: What would you suggest for somebody who wants to start learning tango?**

**MM:** As a very first step, I would suggest going to a milonga (an event where people go to dance tango) to see if this kind of music is something you will like. Milongas are held in Krakow literally every day at various pubs or clubs, and they are open to everybody. There will also be a good opportunity to watch professional tango dancers from Argentina during the Krakow Tango Festival in August. Once you have decided that this is something you like, the next step is to take a class and learn the basics – the alphabet of tango language.

**KP: How long does it take to learn tango?**

**MM:** It takes about a year to learn the basics if you take a class twice a week. If you do it more often, you can learn much faster – if you put in more effort, you will get more out of it. Remember, tango is for everybody. You need to be neither very fit nor very young – just come and see for yourself.

## Argentinian tango schools and courses in Krakow:

### Tango House:

[www.tangokrakow.com](http://www.tangokrakow.com)

### Tango Virri:

[www.tangovirri.pl](http://www.tangovirri.pl)

### Tango Argentino:

[www.tangonuevo.republika.pl](http://www.tangonuevo.republika.pl)

### Apasionata:

[www.tango-go.pl](http://www.tango-go.pl)

### Leszek Bajkowski's school:

[tangokrakow.prv.pl](http://tangokrakow.prv.pl)

### Por Fiesta Club:

[www.porfiestaclub.com](http://www.porfiestaclub.com)

An up-to-date list of milongas and other tango events in Krakow can be found at: [www.tangokrakow.com](http://www.tangokrakow.com)

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## PIES PO POLSKU

## A little bit of Polish

© by M. Gałęzowska & Accent School of Polish



## TOPICAL POLISH! with the Accent School of Polish

### nawałnica (n.)

severe storm

Nawałnice i trąby powietrzne niszczą polskie domy.

Severe storms and tornadoes are destroying Polish homes.

### słonecznie (adv)

sunny

Kiedy jest słonecznie, turyści chętniej zwiedzają miasto.

When it is sunny, the tourists are more willing to go sightseeing in the city.

### rocznica (n.)

anniversary

1 sierpnia Polska obchodzi rocznicę Powstania Warszawskiego.

On August 1, Poland celebrates the anniversary of the Warsaw Uprising.

### opalać się

(ja opalam się, ty opalasz się)

to sunbathe

Czy lubisz opalać się na plaży?

Do you like sunbathing on the beach?

For more Polish visit [www.polishforforeigners.com](http://www.polishforforeigners.com)! New Polish courses starting in August at Accent School of Polish!

## TALES FROM THE CHALKFACE DEAR LUIZA...

### The holidays

■ Chris Riley

My view of the summer break has changed as my teaching journey has lengthened. At first, as a new teacher, six weeks seemed far too much. By week four, I was secretly bored and aching to get back to the classroom, though too embarrassed to admit it for fear of seeming a sad case with no life. After all, work shouldn't be your life, should it?

After a few years, the gloss had worn off and the first two weeks of the holidays were spent recovering from total exhaustion, the middle two on an actual holiday and the final two with planning, organising and gathering materials for the coming year. No teacher ever spends all their holiday idle. In some way, we're always working: sometimes in school taking down displays or putting them up, but more often than not out and about. Is a visit to the Cutty Sark work or leisure for a history teacher?

Last year, I photographed a Punch and Judy Show on Weymouth beach, so I now have a visual aid for theatre classes, which makes them more vivid for me and (I hope) my students because I can talk about the experience of the show with far more enthusiasm than talking about one I found online.

Nowadays, I've left exhaustion behind so, although holidays still begin with a whirlwind of organisation, my energy levels are



high, greatly helped by a heat wave in England, which means I can bask in the sun, like some old lizard, and listen to everyday English being spoken around me. Listening to native speakers is something I need to do from time to time in order to keep up with subtle cultural changes. Now I know that Luther is not just a 16th-century religious reformer, but also a sexy detective in a BBC serial played by Idris Alba. Does this piece of trivia really matter? I think so – I want my language and cultural knowledge of Britain to be up to date, not stuck in the past. That way my students get the living language, not a stultified version of it.

Next week, I go on the 'real' holiday part of my break. It's Bruges, rather than Weymouth (of all the glamorous escapes). Already I've watched the film *In Bruges* and planned a media project about it. I've found the poem about bringing news from Ghent to Aix by Browning – I'll use it in drama class.

After that, I'll be in school a week early, planning and preparing. I'm not ashamed to say I'm looking forward to it.



Dear Luiza,

My girlfriend is really weird. She insists we go to bed at the same time every night. She claims she "feels lonely and cannot sleep" unless I'm lying beside her. But I work best at night. I'm

Dear Night Owl,

Your girlfriend is on to an important, and often ignored, point. Humans are meant to co-sleep. Studies repeatedly show that co-sleeping is good for you. It gives you better rest. Not only that, night time and mornings are the most vulnerable times of the day. Entering or leaving sleep are moments of separation and reunion.

By assuring you connect with your partner - however briefly - before separating and becoming unconscious, or by greeting each other to welcome a new day, you allow your nervous systems to communicate at a very deep level.

Does this all sound all too airy-fairy? Perhaps you will protest: "I'm a night-owl, she's an early bird" or "She snores" "He farts." All very possible, but think about how you felt last

and in the morning, a gentle kiss, acknowledged with a smile

a graphic designer and my most creative moments are when the house is asleep. She's really making a big fuss out of this. Please help. Yours, Night Owl

time you woke up to an empty bed. Did you experience a jolt of adrenalin, a short pang of stress and incomprehension? However quickly we understand, that millisecond is horrible, because it taps into our primitive brain. Alarm bells go off, lamps are flashing: "Danger! You've been abandoned!"

So what to do? Develop a ritual that ensures you close the day together — that your partner is the last person you see at night, and the first you see in the morning. Even if this is a logistical challenge, it is worth making the effort.

My personal favourite in the evening, is sharing a three minute "Today's best event was [... fill in the gap]," and in the morning, a gentle kiss (open eyes not required), acknowledged with a smile.

Yours, Luiza



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Drukarnia, ul. Nadwiślańska 1  
Dym, ul. Tomasz 13

Eszeweria, ul. Józefa 9  
Euromarket Office Center, ul. Jasnogórska 1  
Galeria Kazimierz Info Point, ul. Daszyńskiego  
Galicia Jewish Museum, ul. Dajwór 18  
German Consulate, ul. Stolarska 7  
Grand Hotel, ul. Sławkowska 5/7  
Gródek Hotel, ul. Na Gródku 4  
Harris Piano Jazz Bar, Rynek Główny 28  
Hot Chili Indian Restaurant, ul. Pijarska 9  
Hotel Floryan / Vesuvio, ul. Floriańska 38  
House of Beer, ul. Tomasz 35  
Il Calzone, ul. Starowiślna 15a  
Instytut Amerykanistyki i Studiów Polonijnych, Rynek Główny 34  
Instytut Francuski, ul. Stolarska 15  
Inter Book Book Shop, ul. Karmelicka 27  
International Cultural Centre, Rynek Główny 25  
Irish Mbassy, ul. Stolarska 3  
Irish Pub - Pod Papugami, ul. Jana 18  
IT point, Plac Mariacki 3  
Jagellonian Centre of European Studies, ul. Garbarska 7a  
Jagellonian Centre of European Studies Student house, ul. Piastowska 47  
Jewish Community Centre, ul. Miodowa 24  
Kawa pod Kogutkiem, ul. Józefa 11  
Kijow.Centrum, ul. Krasińskiego 34  
Kino Pod Baranami, Rynek Główny 27  
Kładka, ul. Mostowa 8  
Krakow Business Park, ul. Krakowska 280  
Księgarnia Jezykowa, ul. Stolarska 10  
La Petite France, ul. Tomasz 25

Les Couleurs, ul. Estery 10  
Massolit Bookstore, ul. Felicjanek 04/2  
Mikolaj, Hotel, ul. Mikołajska 30  
Mleczarnia, ul. Meisela 20  
Moa Burger, ul. Mikołajska 3  
Nordic House (consulates), ul. Anny 5  
Opera Krakowska, ul. Lubicz 48  
Orbis Francuski, ul. Pijarska 13  
Pauza, ul. Floriańska 18  
Philharmonic Hall, ul. Zwierzyniecka 1  
Piano Rouge, Rynek Główny 46  
Pierwszy Lokal, ul. Stolarska 6  
Pod Roza, Hotel / Amarone Rest., ul. Floriańska 14  
Pollera Hotel, ul. Szpitalna 30  
Polski, Hotel, ul. Pijarska 17  
Propaganda, ul. Miodowa 20  
Quattro Business Park, al. B-Komorowskiego 25  
Rondo Business Park, ul. Lublańska 38  
Roti Roti, ul. Węglowa 4  
Saski, Hotel, Sławkowska 3  
Scandale Royale, pl. Szczepański 2  
Senacki, Hotel, ul. Grodzka 51  
Sheraton Hotel, ul. Powisle 7  
Starka Restaurant, ul. Józefa 15  
Stary, Hotel / Trzy Rybki restaurant, ul. Szczepańska 5  
Sw. Idzi Church, ul. Grodzka 67  
Ulica Krokodyli Pub, ul. Szeroka 30  
US Consulate, ul. Stolarska 9  
Wit Stwosz, Hotel, ul. Mikołajska 28  
Zazie French Restaurant, ul. Józefa 34

## REGIOairport Kraków Balice Ekspres

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Czas Time

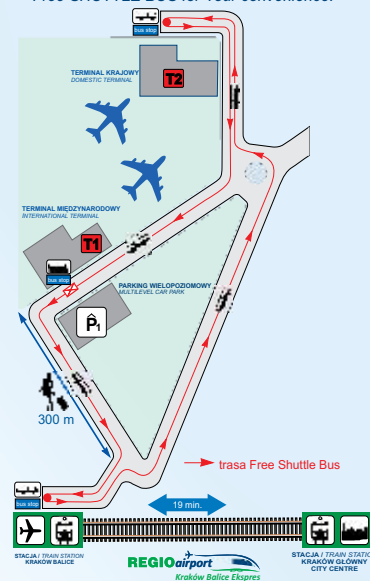


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Rozkład jazdy ważny od 09.06.01.09.2013

### ROZKŁAD JAZDY / TIMETABLE Kraków Główny -> Kraków Balice CITY CENTER -> AIRPORT

KRAKÓW GŁÓWNY	KRAKÓW BALICE	KRAKÓW BALICE	KRAKÓW GŁÓWNY
5.23 <sup>1</sup>	5.41 <sup>1</sup>	5.50 <sup>1</sup>	6.08 <sup>1</sup>
6.20*	6.40*	6.45	7.03
7.03*	7.22*	7.27	7.46
7.31* <sup>1</sup>	7.50* <sup>1</sup>	7.55 <sup>1</sup>	8.14 <sup>1</sup>
8.00*	8.19*	8.24	8.43
8.30* <sup>1</sup>	8.49* <sup>1</sup>	8.54 <sup>1</sup>	9.12 <sup>1</sup>
9.00	9.19 <sup>1</sup>	9.24	9.42
9.32 <sup>1</sup>	9.51 <sup>1</sup>	9.55 <sup>1</sup>	10.13 <sup>1</sup>
10.00	10.19 <sup>1</sup>	10.24	10.42
10.30 <sup>1</sup>	10.49 <sup>1</sup>	10.54 <sup>1</sup>	11.12 <sup>1</sup>
11.00	11.19 <sup>1</sup>	11.24	11.46
11.30 <sup>1</sup>	11.49 <sup>1</sup>	11.54 <sup>1</sup>	12.12 <sup>1</sup>
12.00	12.19 <sup>1</sup>	12.24	12.42
12.30 <sup>2</sup>	12.49 <sup>2</sup>	12.54 <sup>2</sup>	13.12 <sup>2</sup>
13.00	13.19 <sup>1</sup>	13.24	13.43
13.30 <sup>2</sup>	13.49 <sup>2</sup>	13.54 <sup>2</sup>	14.12 <sup>2</sup>
14.00	14.19	14.24*	14.43*
14.30 <sup>2</sup>	14.49 <sup>2</sup>	14.54* <sup>2</sup>	15.13* <sup>2</sup>
15.03	15.21	15.25*	15.44*
15.30 <sup>2</sup>	15.49 <sup>2</sup>	15.54* <sup>2</sup>	16.13* <sup>2</sup>
16.00	16.19 <sup>2</sup>	16.24*	16.43*
16.30 <sup>2</sup>	16.49 <sup>2</sup>	16.54 <sup>2</sup>	17.12 <sup>2</sup>
17.00	17.19 <sup>2</sup>	17.24	17.42
17.30 <sup>2</sup>	17.49 <sup>2</sup>	17.54 <sup>2</sup>	18.12 <sup>2</sup>
18.00	18.19 <sup>2</sup>	18.30	18.48
18.35 <sup>2</sup>	18.54 <sup>2</sup>	19.00 <sup>2</sup>	19.18 <sup>2</sup>
19.05	19.24 <sup>2</sup>	19.30	19.48
19.35 <sup>2</sup>	19.54 <sup>2</sup>	20.00 <sup>2</sup>	20.18 <sup>2</sup>
20.05	20.24 <sup>2</sup>	20.33	20.51
21.00	21.19 <sup>3</sup>	21.24	21.42
21.55	22.14 <sup>2</sup>	22.24	22.42

<sup>1</sup>) pociąg zatrzymuje się dodatkowo na stacji Kraków Łobzów  
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