



# PRE & POST CONFERENCE TOURS

5<sup>th</sup> EAAP International Symposium on Energy  
and Protein Metabolism and Nutrition ISEP 2016



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# Auschwitz-Birkenau Memorial Tour

**11th, 16th, 17th, 18th September**

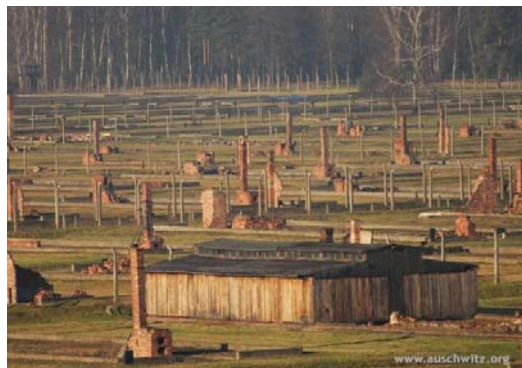
**DURATION:** 6-7 hours

Auschwitz-Birkenau (1941 – 1945) was the largest of Nazi Germany's concentration camps. Located in German-occupied southern Poland, it took its name from the nearby town of Oświęcim, situated within the range of about 60 kilometers from Kraków. The complex consisted of three main camps: Auschwitz I – the administrative centre, Auschwitz II (Birkenau) – an extermination camp, and Auschwitz III (Monowitz) – a work camp. In 1990, the figure of the people killed in the camp was placed at 1.1 million. About 90 percent of them were Jews from almost every European country. Most of the dead were killed in gas chambers using Zyklon B; other deaths were caused by systematic starvation, forced labor, lack of disease control, individual executions, and the so-called medical experiments. At the end of the war, the SS made great efforts to destroy what remained of the camp, burn the archives, and murder all the people they referred to as the „Bearers of Secrets”. Auschwitz-Birkenau Tour gives you an opportunity to learn about holocaust and see one of the most terrifying but also touching places in the World.

**PRICE:** 155 PLN/per person

**INCLUDES:** hotel/hostel pick up • transportation by air conditioned minibus • professional Museum guide • professional English speaking tour leader • hotel/hostel drop-off

**DEPARTURE TIME:** 8:15 am, 10:30 am, 12:15 pm



# Wieliczka Salt Mine Tour

**11th, 16th, 17th, 18th September**

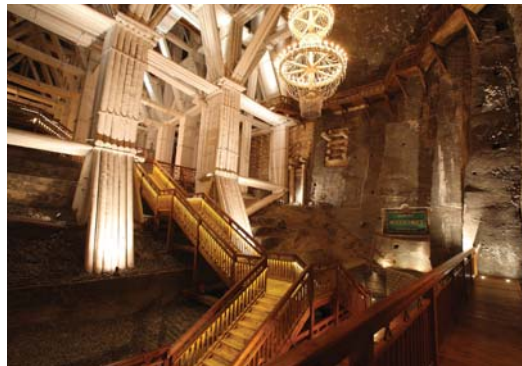
**DURATION:** 4-5 hours

The Salt Mine is one of the most valuable monuments in Poland. During the visit participants will see the breathtaking underground chambers, caves and impressive salt sculptures and will get to know the extraction techniques of salt as well as the rich and colorful history of the mine which dates back to XIII century. In 1978 it was placed on the original UNESCO list of the World Heritage Sites. The mine is also notable for a long tradition of tourism. The famous breath-taking site has been visited over the centuries by Nicolaus Copernicus, Johann Wolfgang von Goethe, Alexander von Humboldt, Dimitri Mendeleev, Boleslaw Prus, Ignacy Paderewski, Pope John Paul II, and crowned heads of state, not to mention millions of people from all over the world. Included in the tour is a stunning "underground town" with lakes, passages, and the marvelous St Kinga chapel. During the tour you will have a chance to visit the twenty historic chambers connected by 2 kilometers of passages. Descent into the mine by staircase (380 steps) to the 1st Level (at a depth of 64 metres) and return to the surface by lift up the Danilo-wicz shaft from the 3rd Level (at a depth of 135 meters).

**PRICE:** 150 PLN/per person

**INCLUDES:** hotel/hostel pick up • transportation by air conditioned minibus • professional Salt Mine guide • professional English speaking tour leader • hotel/hostel drop-off

**DEPARTURE TIME:** 9:00 am, 2:30 pm



# Kraków Old Town guided walking tour

**11th, 16th, 17th, 18th September**

**DURATION:** 3 hours

The walking tour will enable you to see the highlights of Krakow Old Town. You will experience Krakow's unique atmosphere, learn about its 1000 year history and see architectural wonders from different centuries. Our professional guide will show you all of the highlights of Krakow Old Town. During this walking tour you will have a chance to see: The Wawel Hill, Royal Castle and The Cathedral, Old town, Jagiellonian University district, Planty Park, Main Market Square, St. Mary's Basilica, leftovers of fortifications.

**PRICE:** 60 PLN/per person

**INCLUDES:** professional English speaking guide

**DEPARTURE TIME:** 2:00 pm

**MEETING POINT:** St. Adalbert's Church, Main Market Square





# Jewish Quarter guided walking tour

**11th, 16th, 17th, 18th September**

**DURATION:** 3 hours

During Jewish Quarter guided walking tour we will take you to the former Jewish district of Kazimierz – now becoming the artistic centre of Krakow filled with designer café's. The trendy location surrounded by buildings that witnessed shocking Holocaust history is also the place where before World War II, Jewish culture flourished for centuries and a film set for Steven Spielbergs Oscar winner. Then, we continue to the district of Podgórze to see Schindler's factory and the surviving remnants of the second World War ghetto.

**PRICE:** 60 PLN/per person

**INCLUDES:** professional English speaking guide

**DEPARTURE TIME:** 10:00 am

**MEETING POINT:** St. Adalbert's Church, Main Market Square



# Kraków Old Town Segway tour

**11th, 16th, 17th, 18th September**

**DURATION:** 2 hours

Route: Main Market Square, Cloth Hall, St. Mary's Church, Royal Route, University Quarter with Collegium Maius Building (where Copernicus went to School), Remnants of Medieval Fortifications, Dragon of Wawel Castle, Banks of the Vistula river.

**PRICE:** 160 PLN/per person

**INCLUDES:** professional English speaking guide

**DEPARTURE TIME:** 9:30 am, 2:30 pm

**MEETING POINT:** southeast corner of the Main Square at 2 Grodzka Street in the courtyard

# Jewish Quarter Segway tour

**11th, 16th, 17th, 18th September**

**DURATION:** 2 hours

Route: Synagogues and squares , Old Meat Market, Artistic Cafe's, Sites from 'the Schindler's List' movie. The World War II Ghetto area – Heroes of the Ghetto square, Schindler's Factory, Banks of the Vistula River

**PRICE:** 160 PLN/per person

**INCLUDES:** professional English speaking guide

**DEPARTURE TIME:** 12:30 pm, 5:00 pm

**MEETING POINT:** southeast corner of the Main Square at 2 Grodzka Street in the courtyard





**Pre & Post Conference Tours** are organised by the Conference Organizing Office. They can be ordered via registration form at <http://www.isep2016.targi.krakow.pl/gb/tours-airport-transfers-booking-form.html> or at the Registration Desk in Holiday Inn Krakow City Centre one day in advance latest.

**DATES:**

11th September (Sunday), 16th September (Friday), 17th September (Saturday), 18th September (Sunday)

**PRICES:**

- Auschwitz-Birkenau Memorial Tour – 155 PLN/person
- Wieliczka Salt Mine Tour – 150 PLN/person
- Kraków Old Town guided walking tour – 60 PLN/person
- Jewish Quarter guided walking tour – 60 PLN/person
- Segway Tours – 160 PLN/person

