



INFO SHEET TPM #3 Katowice

Dates: 31.06.2023-02.07.2023

Arrival: 31st of June / Departure: 02nd of July

LOCATION



Ruda Śląska is a city in Silesia in southern Poland, near Katowice. Ruda Śląska has been a member of the Upper Silesian Metropolitan Union since 2007, the largest legally-recognized urban area in Poland. Coal mining is still the leading branch of industry in Ruda Śląska. Despite its industrial character, Ruda Śląska is one of the greenest cities in Upper Silesia, with many parks, squares, forests, and other places where people can spend their time in relaxation.



Katowice is the capital city of the Silesian district in southern Poland and the central city of the Upper Silesian metropolitan area. It is the 11th most populous city in Poland and the most populous urban area in the country and one of the most populous in the European Union.

At a distance of about 30 km north of the center of Katowice there is the airport Katowice-Pyrzowice. There is also another airport (Balice Cracow) located within 100 km from Katowice.

🌀 CURRENT LOCAL TIME:

Poland is located in the Central European Time zone (GMT + 01:00). Most European countries, including Spain, Italy, belong to the same time zone.

🌀 CURRENCY:

The official currency in Poland is Zloty. You can't pay in Euros (!).

🌀 USEFUL PHRASES:

🌀 Hello. (informal)	🌀 Cześć
🌀 Good morning	🌀 Dzień dobry
🌀 Goodbye	🌀 Do widzenia
🌀 Please	🌀 Proszę
🌀 Thank you (very much)	🌀 Dziękuję
🌀 Yes	🌀 Tak
🌀 No	🌀 Nie
🌀 Excuse me.	🌀 Przepraszam

TRANSPORTATION

GETTING TO THE KATOWICE-PYRZOWICE AIRPORT

- ☞ TAXI [Taxi na lotnisko Katowice - Pyrzowice | Dobra cena | Gtl-service.com.pl \(gtl-service.com.pl\)](http://gtl-service.com.pl)
- ☞ Access to Katowice - Pyrzowice Airport is possible using the "Katowice - Airport Airport Bus" line, which departs from the Katowice Centrum stop. The bus ride can take up to 2 hours.
- ☞ [Bus Katowice - Port lotniczy Katowice-Pyrzowice | Flixbus](#)
- ☞ [Katowice Airport / Dojazd autobusem \(katowice-airport.com\)](http://katowice-airport.com)

GETTING TO THE BALICE AIRPORT CRACOW

- ☞ TAXI [Taksówki lotniskowe | Zarezerwuj taksówkę z lotniska online | Booking.com](http://Booking.com)
- ☞ From Balice airport to the center of Krakow you can get by public bus or train. There are two bus lines to choose from: 208 and 252, which run once or twice an hour during the day. At night travelers can use the 902 line, which runs once every hour. You can also use the train from Kraków Balice to Dworzec Główny. It runs once an hour from 5 am to 11 pm, and the journey to the Central Station takes around 18 minutes.

An undoubted advantage of such a solution is the low price of tickets, because depending on the choice of means of transport and its time, it costs about 8-12 zlotys (1,70-2,60 euro) per person.

- ☞ Bus Balice Airport - Krakow [Prywatny Transfer z lotniska w Krakowie do Krakowa - MrShuttle](#)

GETTING FROM KRAKOW TO KATOWICE

- ☞ [PKP Katowice > Kraków Główny > rozkład jazdy i bilety >> KOLEO](#)

GETTING FROM KATOWICE TO RUDA ŚLĄSKA

- ☞ [PKP Katowice > Kraków Główny > rozkład jazdy i bilety >> KOLEO](#)

HOW TO GET TO THE PLACE IN RUDA ŚLĄSKA

The workshops will take place in Ruda Śląska. You can find the exact address clicking on the link below.

Google Maps link: [Zespół Szkół nr 7 - Mapy Google](#)

ACCOMMODATION

The place of our meeting is NOT in the center of Katowice or Krakow, therefore we suggest booking a stay in Ruda Śląska or in the center of Katowice. Below you can find some suggestions for the accommodation in Ruda Śląska and Katowice.

ACCOMMODATION IN RUDA ŚLĄSKA

☒ Hotel Adria

[Hotel & Restauracja ADRIA*** zaprasza do Rudy Śląskiej](#)

ACCOMMODATION IN KATOWICE

☒ B&B Hotel Katowice Centrum

[Hotel B&B Katowice Centrum | Nocleg w Katowicach \(hotel-bb.com\)](#)

☒ Hotel Katowice

[Hotel Katowice w Katowicach - noclegi, pokoje apartamenty - Hotel Katowice położony jest w samym sercu miasta Katowice w bezpośrednim sąsiedztwie katowickiego "Spodka" oraz Międzynarodowego Centrum Kongresowego. \(hotel-katowice.com.pl\)](#)

In case of any questions, please do not hesitate to contact us:

Małgorzata Myl: 0048 514687995

Magdalena Pałkowska: 0048 504375009

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MEETING AGENDA

TPM #3 Ruda Śląska, Poland

Date: 01.07.2023

Place: Head office of the Association 'Our Seven' in Zespół Szkół nr 7 w Rudzie Śląskiej



The meeting will take place in Zespół Szkół nr 7 w Rudzie Śląskiej, located in the south of Poland in Silesia, 15 km from the city of Katowice and 100 km from Krakow.

Google Maps link:

<https://www.google.com/maps/place/Zesp%C3%B3l+Szk%C3%B3%C5%82+nr+7/@50.3128924,18.8500081,15z/data=!4m6!3m5!1s0x47112d5e1b5677f7:0x557c625f719858fc!8m2!3d50.3128924!4d18.8500081!16s%2F1tgz462h>

The estimated time of the meeting: 10:00 to 15:00

SCHEDULE		
TIME	ACTIVITIES	WHO IS RESPONSIBLE?
10:00 am	Opening Remarks	Hosting Organization
10:50 - 11:15	Energizers - Ice Braking Activities	All Partners
11:20 -12:20	Evaluation of methods and ways of involving children and young people in sport and physical education by participating organizations (please prepare a presentation)	All Partners
12:25	Coffee Break	
13:00-13:30	My impressions - inclusive sport - as a measure to integrate people with disabilities into the society seen through the eyes of a disabled person and a coach.	Hosting Organization
13:30	Planning next steps	Coordinating Organization
14:14	Physical activities with the charges of the Association 'Our Seven'	All Partners
15:00	Lunch	

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