

GDAŃSK SOPOT GDYNIA

+48 MAGAZINE



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WINTER
2013/2014 (01)

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+48

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to you which '**48**'
you would like
to explore.

You're now holding in your hands a unique magazine which will take you for an unusual ride around Pomorskie and its beating heart – vibrant metropolis often called Tricity. Its three cities – Gdańsk, Sopot and Gdynia – are the three diverse stories combined in one narration. We will show you that it can be at one time sublime, at the other passionate, sentimental or groundbreaking. And is within your hand's reach. Whether you're arriving in Gdynia by Stena Lines ferry or land in Gdańsk onboard a WizzAir plane, this magazine will help you explore Tricity from the perspectives you don't know and wouldn't believe exists. May it guide you to the places worth visiting this winter. |

POMORSKIE

come and **find** your **story**



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GDAŃSK SOPOT GDYNIA

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Out of scrap

Gdańsk Shipyard

gained its worldwide fame as a birthplace of Solidarity which led to the end of communism in Poland. After the swift switch to market economy, it went bankrupt and ceased most of the operations. At first look, it seems to be an empty, desolate space, but a second glance unveils vibrant cultural life thriving within. Today it is a cultural hub of the city, seat to underground galleries, art collectives, workshops and clubs. This space is transforming again, though. As new buildings appear just next to the ruins and abandoned warehouses, a new Gdańsk's city center is emerging – literally – out of scrap.

PHOTOS Sylwester Ciszek, Michał Szlaga, Maciej Szajewski, Stanisław Składanowski / KFP, Marek Angiel

A historical entrance was a scene to major strikes that finally led to the fall of the communism in Europe



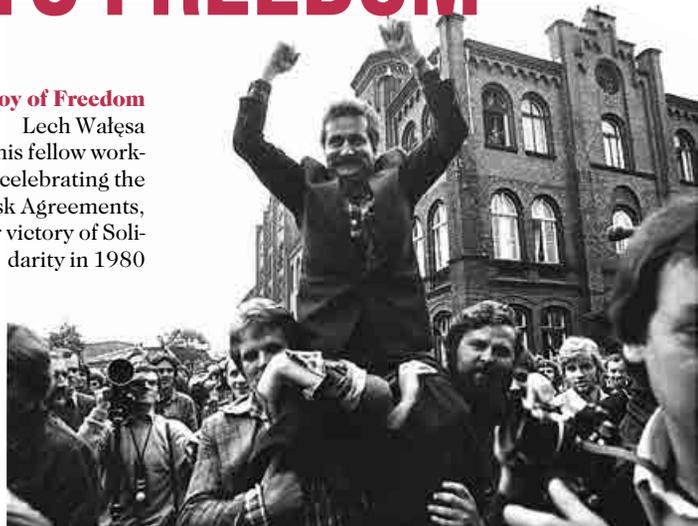
Solidarity is still an active movement in Poland



A glimpse on Gdańsk Shipyard leaves no doubt 20 000 laborers worked there in its heyday

ROADS TO FREEDOM

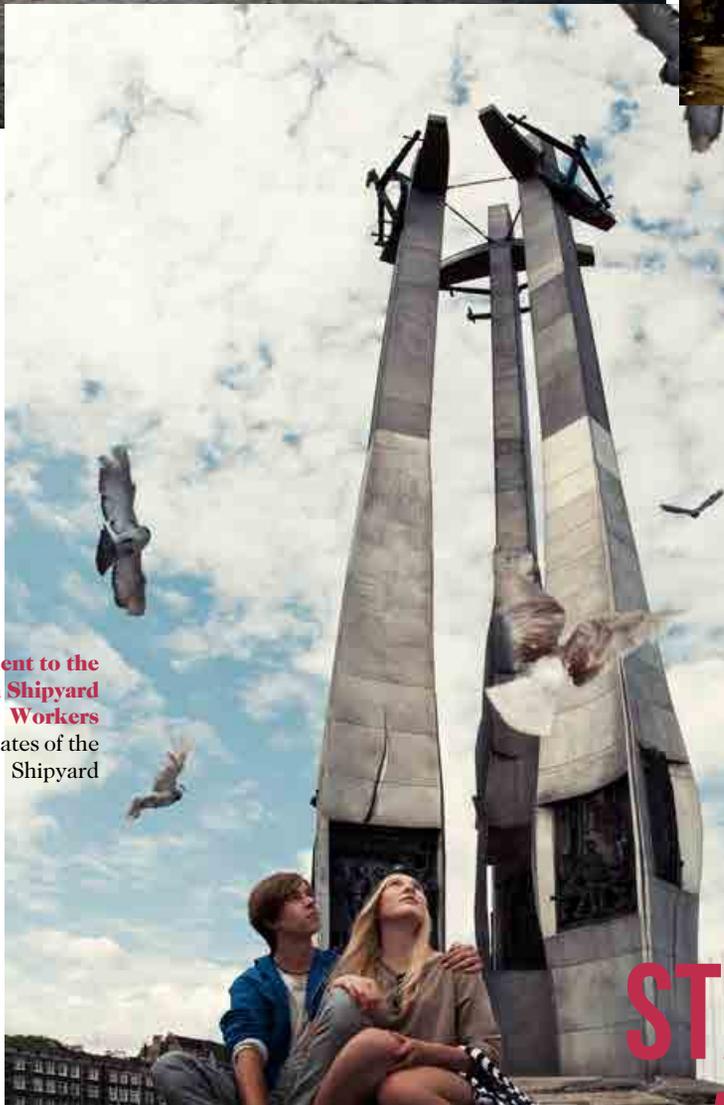
Joy of Freedom
Lech Wałęsa and his fellow workers celebrating the Gdańsk Agreements, major victory of Solidarity in 1980



FOR A GLIPSE ON JEAN
MICHEL JARRE'S CONCERT IN
STOCZNIA GDAŃSK SCAN:



European Solidarity Centre
coated in permanently-corroded
corton steel has become a new
city's landmark



**Monument to the
Fallen Shipyard
Workers**
at the gates of the
Shipyard



The old Shipyard
is still operating and facing new
challenges along the number of
small independent companies
that have emerged there

**STARTING
ANEW**



Gdańsk Shipyard Centre

hosted many rave-like parties, alternative music concerts, artistic projects but unusual business event as well



Shipyard has become synonymous with freedom, especially that of expression and is not too hard to find here



The walls of Shipyard are covered by poems, manifestos, graffiti and pochoirs

Subjective Bus Line can take you for a tour around Shipyard with an English-speaking guide



ART ALIVE

Haffner



Business & Pleasure



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Hotel Haffner



Sopot

www.hotelhaffner.pl

The 'freak' of Sopot

Gaudi is a name that first comes to mind when one thinks of works of architecture that appear to be playing tricks on the laws of physics. However, you no longer have to travel all the way to Barcelona to behold such non-orthodox structures! Sopot's own 'Gaudi', the *Krzywy Domek* building (The Crooked House) has, amidst controversy and an ongoing heated debate between its supporters and opponents, become a recognised landmark within the city's landscape.

TEXT Mateusz Kolos PHOTO SOURCE PTB

Most of the XIXth century inhabitants of the newly-established spa of Sopot would have been shocked to find out that the address that is today known as Bohaterw Monte Cassino Street 53 was now occupied by a structure they hadn't seen even in their wildest dreams. Instead, they took their urban pride from the magnificent art nouveau buildings – one of the most splendid of them was the luxurious Grunholtz Villa that stood in the exact place where visitors of today see the *Krzywy Domek* building. How did this transformation take place? As Sopot grew and developed it has been granted the status of a town. The once quiet seaside spa soon became the famous 'Northern Riviera'. Increased demand for places to shop swiftly followed the rise in the number of visitors. This is why the ground floor of the Grunholtz Villa had in due course been expanded by additional pavilions – since 1910 these housed an exquisite grocery and a chemist's. A popular grocery is still open within the former – it has gained a great deal of reputation and history by remaining well stocked with liqueurs, venison and exotic fruits even during wartime. The chemist's unfortunately did not follow in these

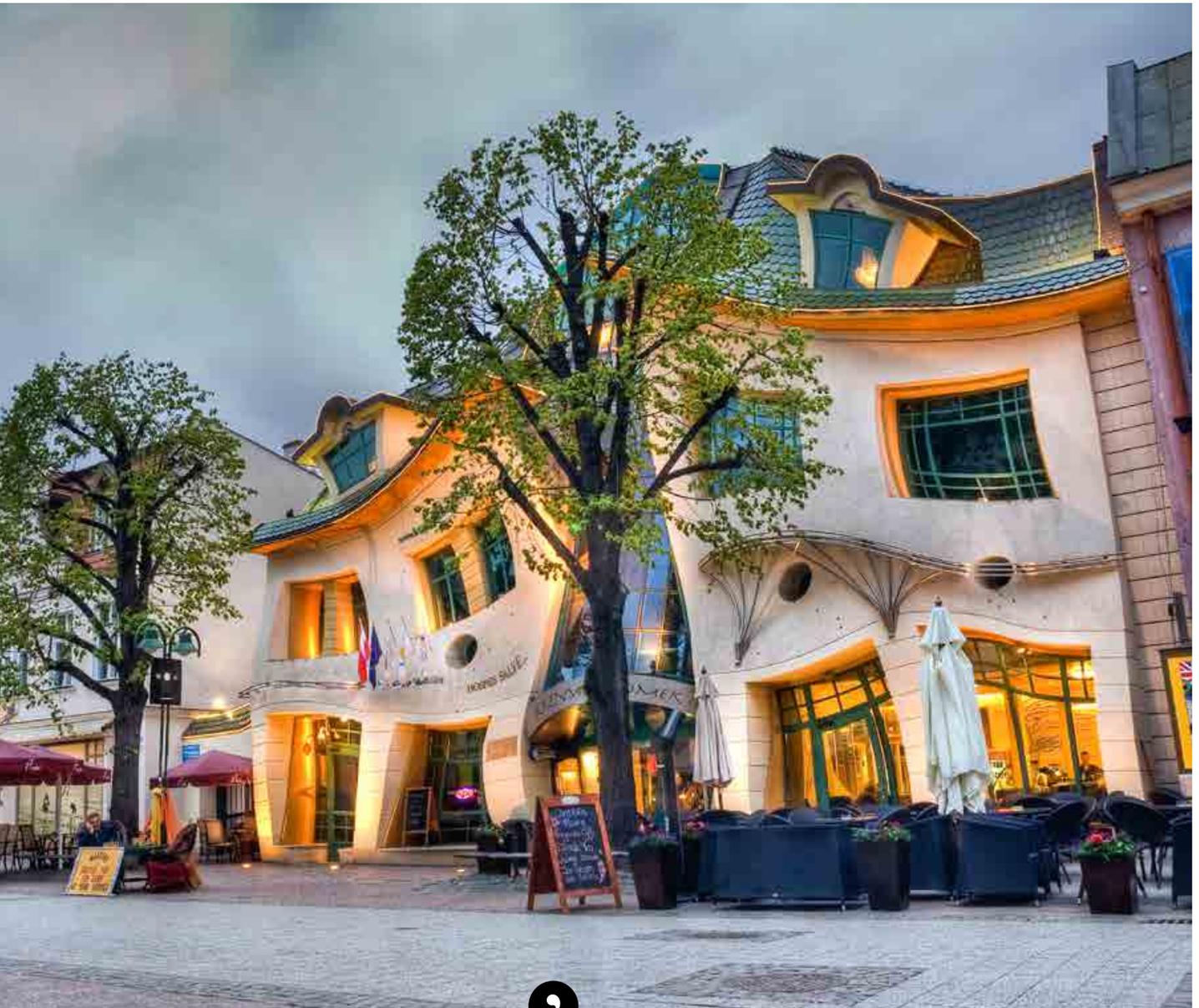
rather remarkable footsteps. The wing that used to house the chemist's was subsequently home to delicatessen and later a jeweller but none of those proved to be sufficiently popular with Sopot's inhabitants and visitors. The decision to demolish this wing was made in 2003. At that time hardly anyone anticipated this partially forgotten and neglected space would soon be occupied by one of the most distinctive buildings in the entire country.

Admiration, awe and shock

Strolling down Sopot's main promenade, you will inescapably find yourself confronted with this extraordinary sight. Whatever stance you take, the overarching impression is of a structure that is truly one of its kind! In fact, Szotyńscy Studio that designed the Crooked House claims to have been inspired by the works of the famous Polish illustrator Jan Marcin Szancer and the Swedish graphic artist Per Dahlberg who might have a personal attitude towards the building – after all, he's a resident of Sopot! It is not to say though that the Crooked House brings no associations whatsoever – the Dancing House of Prague or projects by the



The Crooked House is striking among the rather discreet architecture of Monte Cassino street



Austrian artist Friedensreich Hundertwasser would definitely ring a bell with a watchful spectator. However, these examples have throughout their lives received a predominantly positive reception. What makes the Crooked House stand out is the range and zeal of responses it produced – from passionate admiration to staunch repulsion. Regardless of where we find ourselves on this response-scale, it is beyond doubt that the Crooked House is one of the world's strangest buildings. The Village of Joy online magazine landed this Sopot building at the top of their top 50 list of the world's most bizarre structures. CNN took also notice of the Crooked House by including it on their list of the world's eleven strangest buildings – others include the Kunsthaus in Graz, Casa Mila in Barcelona and the Kaunas Banknote-building. As if reflecting the mood of the broader public,

What makes the Crooked House stand out is the range and zeal of responses it produced – from passionate admiration to staunch repulsion.

the media are likewise divided on the subject of the Crooked House. Last year Polityka, one of Poland's leading weeklies, included the building among the country's ugliest structures of the past two decades! 'Drunken house' best expresses editors' of this list disdain for the design of the Crooked House. All is not lost though for this architectural 'freak' of Sopot – this partially scandalous atmosphere actually increases publicity! So much attention it has received in fact that this less than a decade old building has become one of the most recognisable sights of a spa town with more than a century worth of history. By hook or by crook then, the Crooked House became Tricity's world famous landmark and a magnet for tourists and party-goers alike! For the most memorable experience we suggest taking a closer look at the Crooked House after sunset when the popular *Monciak* promenade is glowing with illumination. |



FOR MORE INFO SCAN
QR CODE ABOVE, OR VISIT
WWW.GDYNIAINFOBOX.PL



Observatory of Changes

Traditionally avant-garde and ceaselessly dynamic, the stereotype-shunning city of Gdynia is just about to go full throttle as its development is about to take off on yet another daring journey.

TEXT *Maurycy Macieszko*
PHOTO SOURCE *City Council of Gdynia's archives*



Infobox is a place to learn, but a place to relax as well

The scale of oncoming transformation can only be compared to the megaproject of building the city and its harbour from scratch in the 1920's and 30's. Interestingly enough, the reshaping and reinventing of Gdynia will focus on the place that had existed from the city's beginnings and has been uninterruptedly defining it for almost a century. Now though, swathes of post-industrial land formerly occupied by shipyards, docks as well as manufacturing and fishing businesses count amongst Poland's finest real estate opportunities. After all, we are talking here of a brilliantly communicated area in close proximity of the centre of a booming city. To give it the ultimate Manhattan-esque feel, it is surrounded by the sea from three sides. The place where the industrial heart of Gdynia was once beating will soon be home to the city's brand new metropolitan centre abundant with restaurants and hotels and providing plenty of residential and office space to accommodate the city's rapid growth. City planners have neither neglected the lifestyle and cultural bits of this urban project – it will feature wide seaside boulevards, marinas and the building of the future Sailing Museum.

Given this immense scale of change facing Gdynia, city authorities have come up with an original idea to better keep residents and tourists alike in touch with specifics and the broad picture of the oncoming transformation. Not far off the epicentre of this seismic-like change of Gdynia's landscape we find Gdynia InfoBox – Observatory of Changes. Incidentally, it happens to be located right within the city centre,

a short walk from the beach and the famous Kościuszko Square. The attention-grabbing structure of Gdynia InfoBox pays due respect to the harbour and maritime identity of the city. Its main purpose though is to communicate about Gdynia's projects in a manner that is both effective and accessible. And so it has proved – this pioneering means of getting the message about forthcoming developments across to the wider public has attracted almost three hundred thousand (exceeding the city's entire population!) visitors within first six months since having been opened. Besides their obvious interest as stakeholders in planned developments, visitors' attention has most likely been drawn by the novel and smart approach to presenting information. Gone are the days of browsing through dull unimaginative leaflets and brochures filled with technical details that tended to obscure the image rather than telling anything of value to an ordinary person. Now everyone may see the future centre of Gdynia with their own eyes by taking a virtual tour. Glimpse of things to come is also provided by the Periscope of Changes. Looking through it allows us to observe a time-lapse of Gdynia's panorama. To put it all into perspective, it pays to take a look at the main feature of InfoBox Gdynia – its Observatory of Changes room. There you will find the remarkably detailed mock-up of the city centre with 1700 three-dimensional models of buildings, including those already forming part of Gdynia's urban landscape.

Gdynia InfoBox is a place for visitors of all ages – its JuniorBox promises a time spent on learning through playing for the youngest visitors of Gdynia InfoBox. The place also features CultureBox – a section dedicated to promoting the city's cultural offerings and a box-office for tickets for major events too!

Now that's what we call modern marketing for a truly modern city. |



FOR AN EXPERYMENT PHOTO GALLERY SCAN:



Science *brought* alive

The EXPERYMENT Science Centre in Gdynia is an interactive exhibition that offers education and creative entertainment. This modern scientific and educational playground appeals to amateur explorers and curious minds.

TEXT *Experyment Science Center* **PHOTOS** *Tomasz Kamiński*

PRICES

FULL PRICE TICKET: **20 PLN**
CONCESSIONARY PRICE TICKET
(Children over 2 years of age / students under 26 / seniors 70+ / all groups over 10 persons (regardless of age)): **12 PLN**
FAMILY TICKET 2+1 (Valid for 3 persons including 2 adults and 1 child aged from 2 to 18): **50 PLN**
FAMILY TICKET 2+2: **58 PLN**
FAMILY TICKET 2+3: **66 PLN**
FAMILY TICKET 2+4: **74 PLN**
FAMILY TICKET 2+5: **82 PLN**
Child under 2 years of age / 1 guardian for every 10 persons in a group / companion of a disabled person: **FREE ADMISSION**

OPENING HOURS

TUESDAY – FRIDAY:
09:00 A.M. TO 6:00 P.M.
SATURDAY – SUNDAY:
10:00 A.M. TO 7:00 P.M.
MONDAY: **CLOSED**

It stays true to the ‘learning through fun’ philosophy that is suitable to visitors of all ages. Each and every exhibition is a unique opportunity to experience and understand everyday phenomena through simple, safe yet incredibly fun experiments. Visit to the EXPERYMENT is a marvelous opportunity to spend your time with family in an inspiring and stimulating way.

EXPERYMENT Science Centre in Gdynia was first opened on July 1st 2007 in the already described Pomeranian Science and Technology Park. Creating an interactive scientific exhibition was an put forward by the local government of Gdynia. The project was financed from the European Union INTERREG programme’s budget. Ever since opening, EXPERYMENT has enjoyed a great deal of attention drawing numerous visitors. As a consequence, a plan to expand the exhibition area duly followed.

On September 7th 2013, after more than two years of construction works, EXPERYMENT opened its new premises within the Pomeranian Science and Technology Park. The exhibition

space grew sevenfold and now houses additional 120 brand new interactive exhibits that welcome every guest to embark on a journey through the fascinating world of science. The main exhibition is divided into four thematic groups:

The HYDROWORLD gallery may surely be labelled the entire Centre’s flagship. Amongst a broad range of activities that intend to familiarize visitors with the element of water, there is an opportunity to create a two meters high water whirl or see and understand the workings of different types of hydro-electric power plants.

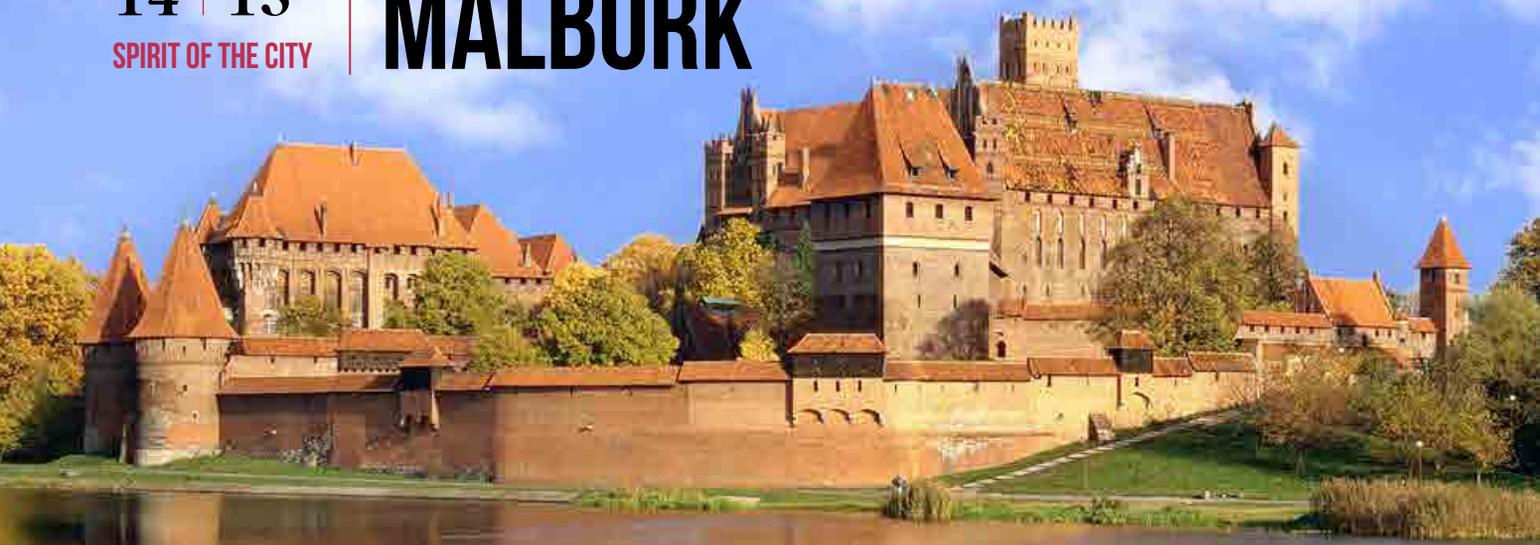
The spectacular 10 meters tall tree is the central point of THE TREE OF LIFE gallery. This part of the EXPERYMENT exhibition, invites visitor to deepen their understanding of the secrets of nature. They may test their pace in a simulated running competition against examples of different species of animals or learn what is it like to experience an earthquake.

Shifting the focus to visitors themselves, the OPERATION: HUMAN exhibition allows an examination of human body and senses. Whether one is interested in performing a simulated surgery or seeing how one is going to look like in 30 years time, all that, and much more, is possible at EXPERYMENT.

Last but not least, INVISIBLE FORCES part helps to understand the laws of physics. You are not required to have studied complicated mathematical formulas and graphs to enjoy the exhibition. In a very enjoyable and accessible manner it explains, amongst others, how electricity, pressure or magnetism work.

On top of these 4 main galleries which constitute the heart of the Centre, it also offers temporary exhibitions and a range of educational activities (classes for organized groups, workshops, lectures or science shows).

EXPERYMENT is a unique place on a country-wide scale by providing an answer to the growing demand for innovative education methods in the modern world. |



The Intercessor Saints. Gothic sculpture at Malbork Castle

Since April 2013, Malbork Castle has presented collections of mediaeval sculpture in a modern setting. Designed with panache, enhanced by multimedia presentations and an education zone, it is a modern exhibition particularly attractive to children and teenagers. The exhibition in the Castle Museum tells a story of the culture, religion and aesthetics of the mediaeval period. Its main topic is the cult of Christian saints, the particular features of local cults and individual patrons. Who were the saints? Of whom and of what were they patrons? What miracles did they perform? Why were they so important for the people of the Middle Ages? The exhibition provides an opportunity to look at the subject of mediaeval piety from the perspective of the art of that period.



Amber Contexts

Since November 2011, the Malbork collection of amber, well-known and frequently displayed all over the world, has been presented at the castle in a modern setting, enhanced by multimedia. The Malbork exhibition titled Amber Contexts displays the wealth of natural forms and colours of this living stone, as well as presenting useful objects and jewellery made of amber. Built up over more than 50 years, this collection of amber is considered to be the largest and most beautiful anywhere in the world.

The castle &

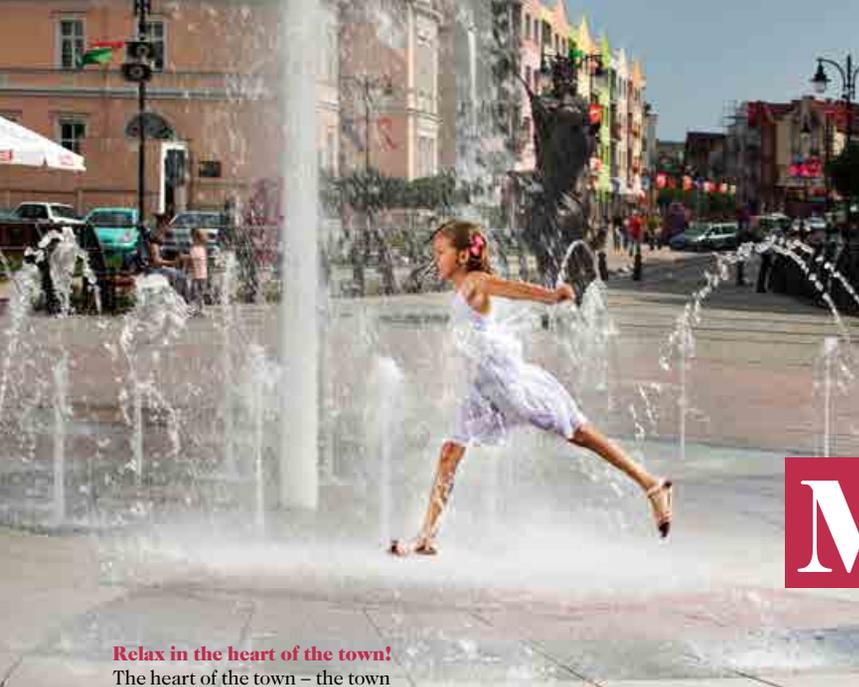
Malbork Castle, which covers an area of approximately 21 hectares, is the world's largest brick-built castle, a masterpiece of defensive and residential architecture of the late medieval period.

The site, which is entered on UNESCO's World Heritage List, is visited by half a million people annually. It is one of the tourist attractions of which Poland is most proud – for many years a symbolic destination for foreign visitors, as well as a must-see attraction for Poles themselves. It is a magical and friendly place, with interesting exhibitions, cultural events and a professional visitor infrastructure.

In the Gothic scenery of the former fortress of the Teutonic Knights there are numerous collections on view, including amber, military items, coins, architectural details and sculptures. There are also events like the historical reconstruction of the Siege of Malbork, and the Light and Sound show. |

Malbork Castle
is a masterpiece
of high Gothic
architecture





FOR THE VIRTUAL TOUR
AROUND MALBORK SCAN:



M

Malbork is visited every year by more than half a million tourists from all over the world. City is a venue for concerts, open-air spectacles, theatre shows and sporting events. In the summer season, thousands of visitors come to see the two largest open-air events: the Siege of Malbork (July) and Magic Malbork (August). However the town's calendar of events contains much more than this – take a look at www.visit-malbork.pl to see what's happening and plan an interesting weekend break in Malbork.

When visitors come today to this beautiful city, once the seat of the Teutonic Knights, they will certainly be enchanted by the many new attractions. A coloured fountain dancing to music, surrounded by interesting architectural details and numerous small restaurants – all this creates the amazing atmosphere of Malbork, which until recently was associated only with the castle. Now, one day is no longer enough to get round all the attractions. A tour of the castle is an obligatory part of a stay in Malbork – who would not want to see the exquisite modern amber exhibition or have their picture taken with the Teutonic Grand Masters? But on leaving the Museum, visitors are awaited by many more attractions to satisfy both young and old. During the tourist season a special miniature train runs all day, allowing you to experience all of the town's most exciting attractions – from the adventure park and Dino Park, to the unique 1:30 scale model of the castle. For the more active the town offers a rock climbing wall, an ice rink in winter, tennis courts, fitness clubs, bowling and horse riding.

Malbork is surrounded by typical landscapes of the Żuławy Wiślane region. It is just half an hour's drive to the Vistula Spit and the Baltic Sea, and in under an hour you can be in Gdańsk or Sopot. Visitors can take advantage of a rich variety of accommodation, ranging from three-star hotels to private guest rooms and campsites.

Malbork is one of the places you must see when touring Poland. It is called the Pearl of Pomorskie, its castle being known as the largest "mountain of bricks" north of the Alps. We invite you to visit the town where, in the shade of the Gothic walls, the history of the largest brick fortress of mediaeval Europe remains alive. |

Relax in the heart of the town!
The heart of the town – the town square with the fountain and statue of King Kazimierz Jagiellończyk

The city



Taste Malbork dishes!
Cookery school – healthy cooking at the castle



Music, dance, light, spectacle, fun, acrobatics!
August 2014
Open-air event – Magic Malbork



Hotel Centrum beauty and elegance in the centre of Malbork
A rich choice of accommodation

Travelling money well spent



Zatoka Sztuki

is a stylish yet cosy restaurant, located just on the beach, has managed to please the tastes of choosy Sopot visitors

PHOTO SOURCE: ZATOKA SZTUKI

The area around Gdynia, Sopot and Gdańsk, often referred to as the Polish Riviera, offers a great deal of treats even during the winter season. Even though the region is mostly known for its beautiful beaches, lively resorts and the historic Old Town of Gdańsk, summer's end does not mean the end of a tourist attraction. Best of all – you always get value for money, whatever the season.



TEXT Alexandra Hansson, Stena Line, Marketing Coordinator, Destination Baltic Sea

P

oland is one of the most affordable countries for Swedes to visit. Add the wide range of restaurants, nightlife, and shopping to the equation and there is no wonder why this metropolitan area, also known as the Tricity, is such a popular destination all year around.

Something for everyone

Whether you are a gourmet, party animal, fashionista or health and nature lover, the Polish Riviera has just all that you were looking for. The area features plenty of high-class restaurants, trendy wine bars, cosy cafs as well as nightclubs for all tastes.

When it comes to shopping, you can basically have it all. Small boutiques and popular shopping malls, where you will find many famous international fashion labels under the same roof. You don't have to look far to catch a real bargain!

For SPA enthusiasts, Tricity is the perfect destination with its combination of luxury hotels and traditional SPAs. You can also experience the phenomenal sand dunes near Leba or take a short trip to the Hel peninsula, known for its beautiful beaches. In other words, a prime destination that will suit all tastes.

Sopot – the spa resort for connoisseurs

Ever since European cultural elites discovered its beauty, Sopot has always been a popular summer getaway. But this town is just as well worth visiting during autumn and winter. Sopot is a place that never sleeps where you get the perfect mix of relaxing SPA sessions and shopping during daytime, complemented by all night long wining and dining. Strolling along the beach you will find the luxury Grand and Sheraton hotels as well as the more family friendly Mera Spa hotel. A “must-visits” for kids is the Aqua Park, a great adventure for swimmers of all ages.

The trendy Monte Cassino street is lined with bars and international restaurants. They all offer culinary thrills at half the price you would have to pay at home. Imagine treating yourself to a three-course dinner with wine, coffee for only 300 SEK. Among our favourites are Galeria 63, Monte Vino, Giannis, InAzia and the stylish restaurant in hotel Zatoka Sztuki, set right on the beach.

Don't forget to pop into E. Wedel Caf and get some luscious chocolate truffles or to order a fresh lobster at the Avocado restaurant. In Sopot you can always afford to treat yourself to a little extra!



Mera Hotel SPA

is a recent proposal on the Polish SPA market has gained enormous popularity due to its state-of-the-art design and superior quality of services

PHOTO: TOMIRPHOTOGRAPHY

ALEXANDRA'S FAVOURITES AND TIPS



Tłusta Kaczka in detail

PHOTO: TOMIRPHOTOGRAPHY

TRADITIONAL POLISH DISHES

ŻUREK – the favourite soup with veggies, sausages and marjoram, served in sourdough bread. You must try it!

PIEROGI – tasty dumplings filled with meat, vegetables or berries (for dessert).

BIGOS – sauerkraut, smoked sausages, onions and mushrooms cooked in red wine. It is delicious!

SZARLOTKA – yummy apple cake.

WINE AND DINE

SOPOT

GALERIA 63
WWW.GALERIA63.PL

MONTE VINO
WWW.MONTEVINO.PL

WHITE HOUSE
WWW.WHITEHOUSE.COM.PL/PL

LA VITA
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THAI THAI
WWW.THAITHAI.PL

INAZIA
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METAMORFOZA
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MITO SUSHI
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PATIO ESPANOL
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GDYNIA

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PETIT PARIS
WWW.PETITPARIS.PL

VINEGR E DI RUCCOLA
WWW.VINEGRE.PL

TŁUSTA KACZKA
WWW.TLUSTAKACZKA.PL

Gdańsk – architecture, culture and culinary delights

Gdańsk, the ancient capital of Pomorze region is a perfect destination for a city break offering a broad selection of cultural thrills, entertainment events and traditional Polish food. You can spend a whole day wandering down the cobblestone streets in Old Town and the Długi Targ boulevard with its amazing architecture, shops, cafes and restaurants.

Try a coffee in the Hilton hotel's rooftop bar – the view over the river Motława is truly astounding. Visiting at least one of the microbreweries Brovarnia and Browar Piwna is mandatory for beer lovers! Gdańsk zoo, set in the forests of Oliwa, is a real holiday highlight for kids.

Gdańsk is both traditional and cosmopolitan so you can expect an alloy of Polish and international cuisine. The best classically Polish food is served at Velvetka or Bowke. Another favourite is Czervone drzwi (the Red Door), a unique restaurant with a collection of vintage furniture. And if you want a taste of Polish cuisine delivered in a rather innovative manner, book a table at Metamorfoza. Do not miss the international restaurants like Mito Sushi and Patio Espanol on ul. Tandeta. A perfect start for the evening.

Gdynia – our gateway to Poland and shopping paradise

As a tourist it can be a bit tricky to get a hang of Gdynia, but if you ask the locals they refer to their hometown as a modern commerce and design city. Gdynia is also known for its annual music festival Heineken Open'er, attracting music lovers from all over Europe.

One thing is certain though. When it comes to shopping Gdynia is hard to beat. The popular Klif mall with its selection of famous brands has just some competition on 25 October, when a brand new mall opened 15000 meters outside the city centre. With its 250 shops, cafes, restaurants and a cinema, Riviera is the biggest shopping mall in the northern Poland.

Another great new tourist attraction is Experyment – an innovation and science centre that will engage entire families. It delivers great fun to kids and grownups alike.

Thanks to its numerous art galleries and design concept stores Gdynia (with its surroundings) has become one of Poland's major art and design centres. A real source of inspiration for anyone interested in design trends, whether it is interior, crafts or fashion. |



Centrum Riviera mall

is the newest and biggest object of its kind on Tricity's map and indeed a shopper's paradise with over 250 boutiques from top brands

PHOTO SOURCE: CENTRUM RIVIERA

Clubbing

legendary venues of Tricity

TEXT *Kajetan Kusina*



PHOTO: MICHAŁ STENZEL

G

dańsk, Gdynia and Sopot are buzzing with numerous clubs that create a livid and unique club scene. Mind you, these are not ordinary commonplace discos whose predictability borders on boredom. Conversely, places we wholeheartedly invite you to visit aspire to set the standards of what mesmerizing club-experience should feel like. With competition between quite a handful of establishments being extremely rife, choosing those best representing Tricity's nightclub scene was a bit of a headache – literally! However, after a more than one nightlong fact-finding mission, we managed to pick three clubs that stand out due to their history or strong potential. These are the places for those after truly unforgettable events and gigs. |

A living legend

Although hidden within the docks in former boiler-room building, finding this club is no mystery to Tricity's music-lovers. This live-music hotspot features in virtually every important tour in Poland. The post-industrial interior of *Ucho* (the Ear) is frequently home to the sounds of rock, heavy-metal, jazz, reggae and alternative music. Dozens of famous bands have left their mark upon the club's history with a particularly strong cast of punk rock groups including The Exploited, Buzzcocks, The Toasters and The Addicts. Artists and activists cooperating with Ucho made the club home to plenty of other cultural events – the place hosted performances of upcoming musicians, drama groups, literary meetings and independent film shows. Frequent visitors consider Ucho to be by and large the finest music club in Tricity. For some it is simply the best in the world.

FOR A MOONSPELL CONCERT
IN B90 PROMO SCAN:



SFINKS 700 **SOPOT**

PHOTO: AGNIESZKA DIEZING

Bohemian touch

This is the jewel in the crown of Sopot's renown club scene. The rather inconspicuous building located in the park by Sopot beach will have the unsuspecting visitor in for a major surprise. Sfinks has for two decades been the gathering place for the creative and open-minded individuals. The reputation it has been steadily developing during that time made the place a popular port of call for bohemians from Poland and beyond. Artists who frequent this club in numbers have all left their mark on the club's identity – the list of former managers of Sfinks include the globally-acclaimed jazz pianist and composer Leszek Możdżer. So if you're after a place that caters for artistic cravings within your soul or simply want to have great fun in an inspiring environment – this is definitely the place to be! From crazy raves to alternative concerts to artistic happenings, Sfinks' range of events is simply mind-blowing. Hip-minded people will definitely take note of the alternative and underground electronic music scene this club is home to.

👉 **These are the places for those after truly unforgettable events and gigs.**



B90 **GDAŃSK**

PHOTO: IVO LEDWOZYW

The future has arrived

B90 is a club that even prior to its launch had already been facing an enormous challenge – living up to expectations few places in Tricity have ever been subject to! Everything suggests though that we are on the eve of witnessing the birth of Tricity's new nightlife marvel. This club makes a statement by its chosen location – it is within the 90B former production hall of Gdańsk Shipyard. This three-storey-tall grade-listed building is a prime example of adaption of a post-industrial structure. Eye-catching and inspiring as it may appear on the outside, the real deal is B90's interior. With 1700 square meters of space and capacity for two thousand visitors this club carries more than sufficient weight to become the leading concert venue in Poland. No little detail has been overlooked in transforming this former shipbuilding space into a prime concert and party venue – sound-equipment, visualisations and lighting are all of world-class standard. Let us don't get bogged down in dry technical stuff though – gigs and events are the substance that enlivens a venue! Managers of the B90 delivered on their promises even prior to the club's official launch by staging Soundrive Fest – one of Poland's most thrilling alternative music festivals. Lineup of bands that have already or are due to perform at B90 may impress even a seasoned concert-goer – it includes The Raveonettes, New Model Army, Buzzcocks, Moonspell and Primal Screen. This lists is just a pre taste of what this still infant place is truly capable of!

Back to the **future**

Although most people are perhaps not as familiar with *Stocznia (Shipyard) Gdynia* as with its historically prominent sister from Gdańsk, it has nonetheless left a significant imprint upon the city's identity. This is unsurprising if one considers that Stocznia Gdynia used to be the biggest employer in the city and took up one square kilometre in the vicinity of the city centre. As it now turns out, this area continues to shape Gdynia's history and this is where its claim to fame resides.

TEXT Piotr Andrzejewski, PHOTO SOURCE BPNT, PPNT



This large chunk of prime real-estate that formerly housed the now defunct Stocznia Gdynia has been made famous by its portrayal in an episode of the Ultimate Survival TV series, where the host Bear Grylls faced the difficulties of surviving in a post-industrial urban environment. Although the area may have been presented in the show as a rather alien, derelict and inhospitable place for human survival, the actual reality is of a habitat that is more than conducive to entrepreneurship, research and innovative ideas. The post-industrial landscape has been swiftly reinvented, revitalised and transformed into an award-winning business hub – the Baltic Port of New Technologies (BPNT). BPNT is a project created and led by Pomeranian Special Economic Zone (PSEZ), a body whose aim is to stimulate local economy and boost employment by attracting businesses. This entails all kinds of advantages including streamlined procedures, assistance in negotiations with local partners and tax exemptions for companies wishing to invest within the zone. It is worth stressing that

BPNT features superb transport links with local transit hubs being within easy reach, including Gdańsk Airport

Major landmark of the BPNT is the Aquarium building, that can undoubtedly be labelled a leading example of revitalisation of post-industrial architecture. Formerly the residence of the board of directors, or the big fishes – hence Aquarium, of Stocznia Gdynia, the grey and rather unremarkable structure that reminded one of a bygone era, has been transformed into a modern business and research hub, boasting of 6000 square meters of prime office space. Moreover, Aquarium is just an element of the ongoing thorough overhaul and revitalisation of the post-industrial area home to the BPNT. This includes new road- and rail-works, provision of utilities, all these efforts being focused on creating the perfect business environment. On top of that, BPNT is not intended to become an area devoted strictly to business and industry but instead an inspirational locality where parks, restaurants and clubs coexist with entrepreneurial spirit. The aim is to attract lifestyle as well as business-minded individuals, drawing thereby best talent from local area and beyond. Comparisons with developments carried out in the post-industrial areas of cities like Liverpool or Hamburg automatically spring to mind.

Companies that placed their operations in the BPNT include, but are not limited to, leading Polish and international maritime and offshore sector companies. These businesses maintain the sea-oriented tradition of the area but, alongside the future-proofed environment within the former Gdynia shipyard, they moved the focus to more specialised and high-tech projects. HG Technology, part of the Norwegian Hareid Group, is best known for advanced electrical projects within the maritime and offshore areas. Crist SA Shipyard does likewise enjoy strong links with Scandinavian counterparts – this year it completed work on the production of hull and equipment of the Sanco Swift seismic research vessel for the Kleven Maritime group of Norway. Building upon that successful experience Kleven Maritime has exercised its option for delivery of hull and equipment of the twin vessel Sanco Sword by Crist SA. Due to the region's proximity to the sea many of the companies moving to or springing up in the BPNT will inescapably be linked to the maritime sector. However this ought to be welcomed as an opportunity rather than constraint, whilst it is recognized that the appeal of the BPNT and wider PSEZ is significantly broader. |



Aquarium is just an element of the ongoing thorough overhaul and revitalisation of the post-industrial area home to the BPNT. This includes new road- and rail-works, provision of utilities, all these efforts being focused on creating the perfect business environment.



TOP OFFICE SPACE – GDYNIA

PPNT (*Pomorski Park Naukowo-Technologiczny* – Pomeranian Science and Technology Park PSTP) is yet another place in Gdynia welcoming and stimulating new investments and ideas. Complementing the BPNT, it focuses on high-tech and design start-ups.

It is estimated that PTSP will be home to more than 300 companies providing the region with 2000 high-skilled jobs. The park is already swarming with ICT, engineering, robotics, automatics, biotech, green technologies and multimedia businesses. PTSP's global impact is evidenced by the world's finest text-to-speech software IVONA, developed by one of the park's companies, now part of Amazon.com corporation. Other companies that have left a mark on the globally competitive markets include:

- Flowair with its if Design Award winning innovative air heater
- Inteliwise developing software widely used by public institutions
- Cerko famous for its dermal cosmetics
- A&A Biotechnology lab known for their cutting-edge DNA isolation kits
- Andervision making a concrete contribution to the struggle for cleaner environment with their green construction concrete repiCES.

TOP OFFICE SPACE – GDAŃSK

And if what you are after is simply sublime place to conduct business there are few other places that will suit you better than Olivia Business Centre with its 120 000 square meters of grade A office space. This brand new building complex is as stunning to watch as it is practical. Being superbly located with accessible transit links it is no wonder then that this area of Gdańsk attracts more office developments – just on the opposite side of the Grunwaldzka Avenue, Gdańsk's arterial road, you will find the newly erected Alchemia business centre. It already boasts of 22 000 square meters of prime office space after the first stage of the investment having been completed.

FOR AN AIRPORT
TIMELAPSE SCAN:FOR THE CURRENT ISSUE OF
THE LIVE&TRAVEL AIRPORT
MAGAZINE SCAN:

PHOTO: SEBASTIAN ELIASZ

Gdańsk Airport's
state-of-the-art
new passenger
terminal

Tricity's Gateway

Tricity undoubtedly counts amongst Poland's most dynamic and vibrant metropolitan areas. Rapid growth of its economy has led to an influx of investments. This, coupled with ever-increasing touristic appeal of the region, has necessitated an unprecedented overhaul of extant infrastructure and prompted authorities to embark on a set of brand new developments. Gdansk Lech Walesa Airport is at the forefront of this transformation.

TEXT Piotr Andrzejewski



airy and bright feel of the steel and glass modern structure of the spacious new terminal building first welcomed visitors to the UEFA 2012 European Championship. Apart from being eye-pleasing, the main highlight about the new terminal building is that it increases the airport's capacity up to no less than 5 million passengers a year.

This is how Lech Walesa Airport responded to the increasing demand occasioned by the growing Europe-wide network of connections, various destinations in Scandinavia forming a significant part of them. The airport boasts of 14 direct connections with this part of Europe, including with Sweden's three biggest cities. Brand-new taxiway likewise increases the airport's capacity



PHOTO SOURCE: WIZZAIR

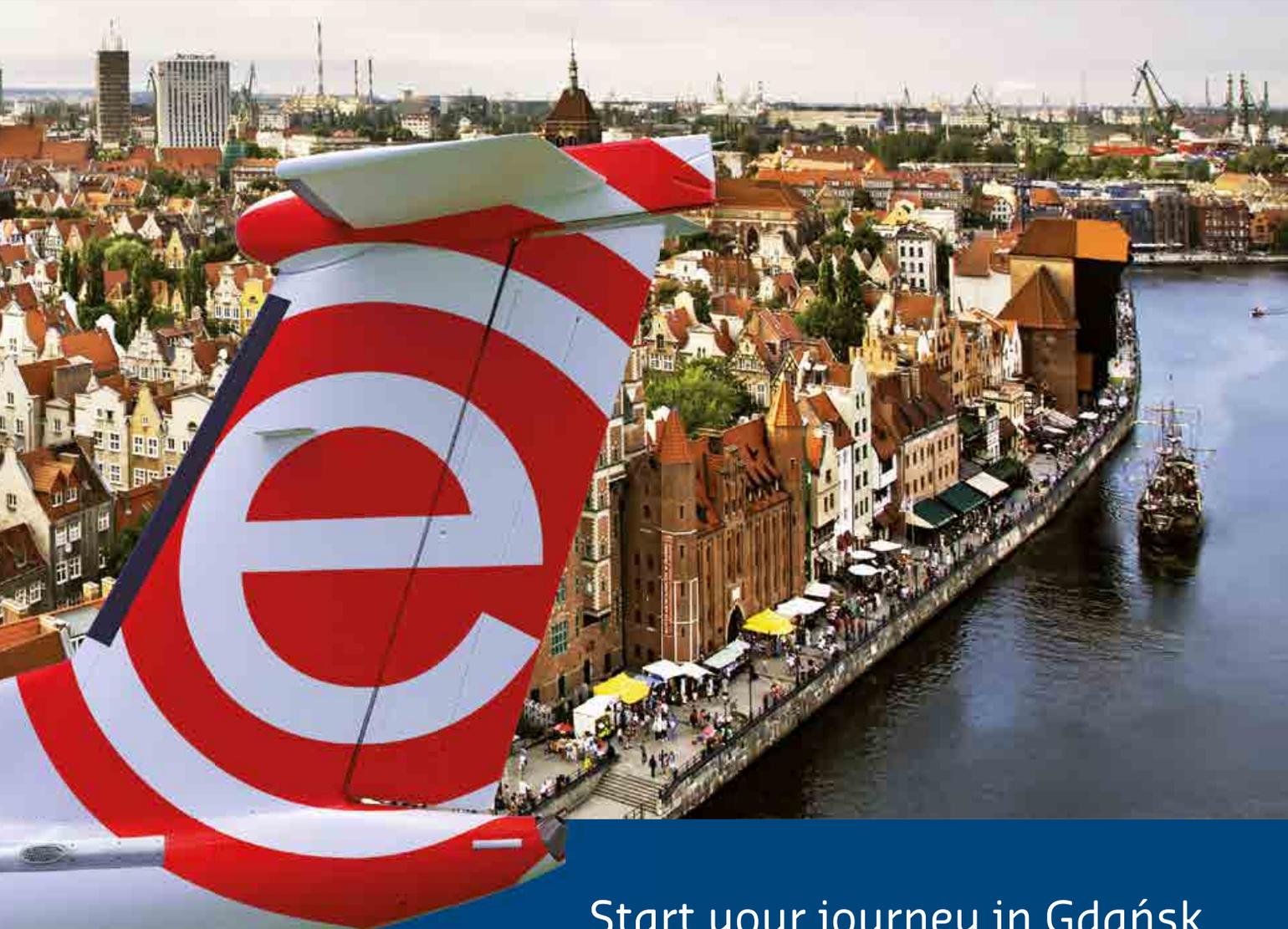
by bringing the number of the aircraft that can be handled up from 12 to 30 within one hour. All these developments were carried out in accordance with the highest industry-standards taking appropriate steps to minimise to the highest possible extent environmental and noise pollution issues unavoidably resulting from increased aircraft movement.

Transport facilities and links have also been thoroughly improved in order to meet increasing demand. The airport itself has grown by two new aprons including the major one facing the new terminal. Landside area of the airport has also seen key upgrades in the form of increased parking capacity and more easily accessible taxi stands. What is more, Lech Walesa Airport is at the centre of one of Tricity's most significant and impactful transport developments – the Pomorska Kolej Metropolitalna (Pomorze Metropolitan Railway). This rapid transit rail link will seamlessly connect the airport with the heart of Tricity. It is estimated that this railway will commence operations within two years.

Business passengers' needs have neither been overlooked in the course of improvements and developments taking place at the airport. The Hampton by Hilton Hotel is a 3 minutes' walk away from the airport door. This modern and practical hotel takes the needs of business travellers seriously – each and every of its 116 rooms is fitted with coffee and tea making facilities, an ironing board and a working area with ample space for a laptop and other business traveller's essentials. Recognising that many of the visitors to the hotel will require a short stay prior to late night or morning flights the management has ensured that hotel facilities such as bar and fitness centre are available to guests 24/7. Modern VIP rooms, the Executive lounge as well as a fast track security control guarantee an enjoyable and hassle-free travelling experience. In order to make your travel even more satisfying the airport provides passengers with the complimentary copies of the Live&Travel lifestyle magazine renowned for its brilliant journalism as well as for providing the latest news on fashion and beauty.

Changes at the airport reflect transformation of the entire region. Growing economy of a booming metropolitan area highlights the significance of state-of-the-art transportation systems and infrastructure not only within the area itself but, perhaps even more importantly, with the outside world. For those arriving in Tricity the airport provides a first taste of their experience of visiting the region: that is, of a modern, lively and dynamically developing place. |

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The biggest piece of amber

PGE Arena Gdańsk belongs to Europe's finest football stadiums. Ever since the construction of this acclaimed state-of-the-art arena in 2011, it has become the city's new symbol.

TEXT *Dauid Szpinek*
PHOTO SOURCE *PGE ARENA*

The beauty of amber and centuries' worth of Gdańsk's port history and traditions served as the dual source of inspiration for the shape of this project. In fact, the stadium's mission is bigger than that of staging sports events – the site has become a major lifestyle and business centre.

An event like no other

Captivating searchlights illuminating the sky guide you towards this unique event. Nearing destination, one is left with no doubt that what lies ahead cannot be anything but a truly exceptional experience. With my anticipation and expectations steadily rising, I urged the driver to rush towards the journey's destination. Oddly enough, patient and calm that I usually am. At last! Through the windows of the backseat of the hurrying car I can finally glimpse the glowing amber-coloured structure. The giant 'PGE ARENA' inscription on the faade reminds me that this is indeed one of Europe's most eye-catching stadiums.

Limos are lining up to let the guests out on to the red carpet. It's my turn, I immediately jump out of the vehicle. Bustlingly making my way towards the entrance I bump into hostesses welcoming me and treating to glass of wine. With a dry throat, I gulp it down right away. Yeah, I know, I have just committed a capital crime against good manners and broken the protocol in

probably the most embarrassing way imaginable. In fact though, I couldn't care less now. Scampering through the corridors I feel as if time itself has slowed down. It's an almost out-of-this-world experience. As if I was a famous rock star about to perform in front of an roaring audience of 40 thousand. I feel intoxicated. But wait, this isn't a concert and I have never even aspired to be a rock star. It's just an 'ordinary' corporate event... set in a truly mesmerising place.

Lechia, Polish national football team, FC Barcelona, J.Lo, Bon Jovi...

PGE Arena is the home ground of the local Lechia Gdańsk football team. They compete in the T-Mobile Ekstraklasa, the top tier of Polish football. In 2013 PGE Arena staged a very close game – a 2:2 draw – against one of the world's best: FC Barcelona with Lionel Messi in the starting line-up. This game at PGE Arena has also made history – it marked the debut of the Brazilian international Neymar for the Catalan champions. On top of club football, the stadium hosts fixtures of the Polish national team. Significantly, PGE Arena was amongst stadiums that hosted the UEFA EURO 2012™ However, there is more than sport that can be enjoyed at this stadium. Guests at the stadium have been rocked by the music by world's two stars – Bon Jovi and J.Lo have already performed there.

– Thanks to the EURO 2012 Competition PGE had been built in the first place and was later brought into spotlight during the finals. As a team, we've learned a lot on organising such major events from EURO 2012. – says Tomasz Kowalski, director of Arena Gdańsk Operator, the company running the stadium. – This one-of-its-kind experience taught us how to realise the arena's full potential and also how to adapt



the place quickly to meet the demands of various events. The know-how and experience is paying off – this reputation does not escape events-organisers' attention who, seeing the benefits of working with us, present us with proposals and ideas for cooperation.

Sponsors have already noted the arena's potential. PGE Polska Grupa Energetyczna, an energy giant and one of the major companies in Poland is the stadium's main sponsor. The five-year naming rights contract is worth 8,7 million euros, the biggest of its kind ever to be concluded in Poland.

Limitless possibilities

Wide array of multifarious facilities at the stadium enables us to organise truly unforgettable corporate events such as banquets, special events, contests' or loyalty programmes' finals as well as bonding events. A football competition played out on the stadium's actual pitch or attending concert with a stage on the arena's spacious parking lot are brilliant ideas to conclude a successful business get-together.

– What we're offering are state-of-the-art conference rooms that are fitted with just about any gizmo one can think of. Wi-Fi, HD projectors or air-conditioning have long become the industry's standards. – Kowalski remarks – There are quite a few things that set us apart though – a terraced restaurant with a magnificent pitch-view, almost 300 LCD screens throughout the building or the four giant stadium screens, each 70 square meters large. This is Europe's biggest communication and display facility of its kind. Just imagine how impressive is a presentation displayed on these screens. Besides, how many conference centres have access to an area more fitting for an inspiring pep-talk or training than a real football dressing room of a professional team?

VIP

We take utmost care that VIP lounges and business space lessees associated in the Lechia Gdańsk Prestige Club receive the best possible services. On top of advertising and commercial rights incident upon their presence at the stadium these companies get invited to exclusive events and can organise their own events on preferential terms. Stadium operator's close cooperation with the nearby Gdańsk International Fair (*Międzynarodowe Targi Gdańskie*) brings many benefits to arena's business customers – the AMBEREXPO Exhibition and Convention Centre is available to them as a part of their cooperation with PGE Arena.

– Our goal is to stimulate and support the businesses of our lessees by offering them a wide range of additional benefits and services. We aim to create the perfect conditions for our partners to build their competitive advantage in the increasingly global markets – explains Mr. Kloskowski – To us Lechia Gdańsk Prestige Club is something fundamentally greater than a business club. It provides a platform for networking, but also for the communication and exchange of know-how, experience and ideas.

Beyond business

Doing business, however, is but one of the many possibilities presented by the stadium. Private events at the arena are becoming increasingly popular – family reunions, anniversaries, birthday-parties as well as religious celebrations. A multi-faith chapel is available at the stadium so it is perfectly possible to say your wedding vows in this extraordinary location and, subsequently, hold your wedding party at the arena.

– We are increasingly receiving enquiries about the possibility of staging hen and stag parties or proms. This indeed is a growing market with people looking for new places to stage their events that guarantee an unforgettable setting.

It's gonna be even better!

Soon the PGE Arena's offer will be boosted by yet more highlights. The first half of 2014 will see the opening of the brand new sports and recreation centre. It's 9000 square meters will house an electric go-karting track, laser paintball arena, squash courts, bowling alleys, billiard and pool tables, a wellness centre, sports store and a food court.

Still, stadium authorities' plans go well beyond that. On land adjacent to the stadium they have envisaged a set of buildings providing ample hotel, business, office, sports and entertainment space. Currently, the company in charge of the stadium is at the stage of garnering interest from potential investors.

It is no wonder then that PGE Arena is the perfect place to do business. Why not start with an 'ordinary' corporate event? |



Private events at the arena are becoming increasingly popular – family reunions, anniversaries, birthday-parties as well as religious celebrations.

PGE Arena role is not limited to that of a football stadium – it can be adapted to host extraordinary business and artistic events





Gold of the North

International Fair of Amber, Jewellery and Gemstones Amberif is the biggest amber fair in the world and takes place annually in Gdańsk – a global focal point for amber trade, handcraft and art – the city indeed being known as the ‘World Capital of Amber’.

TEXT Piotr Andrzejewski



PHOTO: JACEK OSTROWSKI



Although amber is the distinguishing mark of this fair, it also features exhibits of gold, silver, diamond and pearl jewellery. Over 450 different companies from across the world have already announced their presence at the exposition. Likewise, Amberif appeals to international audiences and customers with guests expected from more than 50 countries whilst last year's Amberif attracted 6000 visitors from across the globe. The fair has an expert and exclusive quality – it is open to merchants, craftsmen, individual buyers and companies that are industry-insiders after registration.

Splendid as they are, jewellery exhibitions are not the only factor that draws visitors to Amberif. The fair's programme includes series of lectures, conferences and competitions, all having amber and jewellery as their themes but looking at them from a variety of angles – be it a scientific, artistic or fashion perspective. Visitors may take particular interest in the complimentary jewellery and gems valuation and expertise services provided by both industry professionals and scientist from Gdańsk University of Technology. On top of these highlights the exposition features the Amber Look gala of amber and fashion. Its programme includes numerous fashion shows as well as award ceremonies for the competitions held throughout the fair.

Alongside rapid growth – the number of exhibitors has risen almost tenfold since the original Amberif 20 years ago – the fair has retained a familiar and local feel to it. This has been achieved to a great extent thanks to people who have

participated in the fair, with some family amber businesses now being represented by their second or even third generations.

The oncoming 20th exposition is due to take place from the 19 until the 22 March 2014. The anniversary character of the next year's Amberif is underlined by being staged in the brand new venue built for the fair's organiser the Gdańsk International Fair (MTG SA) – the Exhibition and Convention Centre AMBEREXPO which is appropriately located close to the amber coloured and inspired PGE Arena that staged four games of the 2012 European Football Championship. Rapid transit train connects the exhibition area, serviced by the Gdańsk Stadion Expo stop, with Gdańsk central railway station, a major interchange, allowing smooth connections with any further destination be it by rail, road, coach or air. It is located within the heart of the historic Old Town of Gdańsk significance of amber to the city's history. It deserves stressing that this rapid transit train is complimentary for participants and visitors of Amberif throughout the duration of the fair. Alternative connection is made possible by the extensive tram network – the stop to get off at is Żagłowa – AmberExpo. Taking either of these transit links allows those inspired by Amberif to further their interest in amber by visiting the Gdańsk Amber Museum. It is located within the 14th century Barbican building at the entrance of the trademark historical Long Lane – this location does justice to the significance of amber in the city's history. |



**Over 450
different
companies
from across
the world
have already
announced
their presence
at the
exposition.**

PHOTO SOURCE: AMBERMODA

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28 | 29

JOY OF LIFE



FOR A LOOK ON
A SPA RESORT SCAN:



Hidden *Beauty*

When thinking of Pomorskie, wellness may not be the first thing to come to mind. It's a high time to change it as Tricity has become a regional SPA hub recently, steadily gaining popularity and renown. That is why we decided to provide you a vista of the phenomenon as well as some *crème de la crème* proposals for your taste.

TEXT *Agata Braun*



PHOTO: MARTA ANKERSZTEIN

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he ancients knew well how to pamper one's body whilst at the same time indulging oneself spiritually. They considered public baths not only as their place of choice for social gatherings and philosophical disputes but also a place vital for remaining fit. Roman *thermae* spoiled their visitors with beauty and wellness treatments that always had something both local and natural about them. As an illustration, visitor to ancient Pompeii would probably had been best advised to enjoy the city's specialties: a full-body massage with perfumed oils followed by a visit to one of the city's hypocaust-powered (an ancient technology of floor-heating) saunas.

Moving from the Italian Peninsula to the northern frontiers of the Roman empire we arrive at the city of *Aeque Sulis*, today better known as the English city of Bath. After a rather lengthy voyage (bear in mind this is around two millennia back in time!) an exhausted traveller was in the perfect spot to relax and restore energy in one of the city's famous *thermae*. Indeed, ancient Romans mastered the art of recognizing and putting nature's potential to good use and, if you look at the extant bath complex in Bath, they did so in best classical style with the famous durability and quality of Roman craftsmanship. Hot springs employed by ancient

Romans for the benefit of bodies and minds of their contemporaries continue to heat the baths of Bath to this day!

Nowadays people feeling worn out by the ever-faster pace of life follow a range of different solutions for relaxing and restoring the mind-body balance. The predominant method of yesteryear relied heavily on complex and sometimes painful procedures such as laser treatments or acid peelings. No wonder then that a visit beauty salon had not infrequently been all but a relaxing experience. Past decade though has witnessed a remarkable u-turn with natural treatments increasingly in favour. Strongly in demand now are massages, non-invasive beauty procedures as well as wholesome packages that promise refuge from urban tumult. In response to this rather welcome 'natural' shift in customer preferences hotels have improved upon their already splendid lifestyle offerings by following the ancient *sanus per aquam* philosophy – health through water, popularly abbreviated as SPA.

Regardless of locality, nature in our surroundings is teeming with natural treasures that can do wonders to our well-being. Poland displays a particular breadth of such riches of nature – the south with its mountainous crystal-clear air is dotted with hot springs, central part of the

Regardless of locality, nature of our surroundings are teeming with natural treasures that can do wonders to our well-being.

PHOTO: MARTA ANKERSZTEIN



country's pride are herbal remedies and natural essential oils whilst the north takes advantage of the sea and submarine environment.

These treasures of Baltic seabed open the creativity of health and wellness experts to vast oceans of opportunities. No wonder then that the spa and wellness offerings of Pomorskie are both unique and diverse and, as a testament to these statements, attract visitors from beyond the region. Fine and clear sand, amber, algae, air filled with natural iodine all make for the postcard-like quality of Baltic seaside. As if these qualities were not enough, Pomorskie spas have the additional edge over others by employing novel, alternative beauty treatments, specialisations within various branches of aesthetic medicine and, last but not least, competitive pricing. No matter whether these spa & wellness centres and clinics be located within city centres or rather in one of the many idyllic, rural Kashubian villages, all of them can make your dreams of relax and recuperation under professional supervision come true.

Tricity is home to a great number of such centres. Massages are by a wide margin the visitors' favourite treatment – you can get a superb massage be it of your face, neck, a thoracic or even full-body one. Reflexology, an alternative massage technique that consists of applying pressure to and rubbing of feet hands or ears, is also gaining traction with visitors. Massage therapy has long been known for being beneficial to cardiovascular system as well as for its skin-enlivening or muscle tension-relieving capacities. It should come as no surprise then that a great number of spa-visitors go for a thorough full-body massage. Coupled with painstakingly selected perfumed oils, enhanced by colour and aroma therapies, this pleasure and relief to one's body smoothly transcends into bliss to the soul.

Gifts and cycles of nature enable spa & wellness centres of Pomorskie to steadily improve and boost their offerings. Hydrotherapy and brine baths, most popularly undertaken during summertime, relieve from more than July and August heat. As summer fades and the chill of autumn and winter begins to bite, a dramatic change in visitors' preferences follows suit. In demand are all treatments doing with warmth – these include warming and cleansing face masks, amber stone massages, hydrating and nourishing treatments. In short, procedures that are well suited to prepare skin for the inevitable confrontation with the chilling-to-the-bone air.

Individual preferences and requirements shape the choice of treatments to an extent no



PHOTO: ERIK RIKKOA

Fine and clear sand, amber, algae, air filled with natural iodine all make for the postcard-like quality of Baltic seaside. As if these qualities were not enough, Pomeranian spas have the additional edge over others by employing novel, alternative beauty treatments, specialisations within various branches of aesthetic medicine and, last but not least, competitive pricing!

smaller than that the seasons do. This pressures of Pomorskie spas to steadily broaden and improve their offers. Those of them that are city-based cater for the needs of business-minded people by focussing on active relaxation, brief stays and making the most of opportunities presented by local geography. In high demand are those centres' packages tailored to specific personalities or groups of people. Visitors of a rather dynamic disposition may easily supple-

ment their workout or swimming routines, usually carried out within the centres themselves, by opting for refreshing invigoration and regeneration treatments. Romantic souls won't be disappointed either. Wellness weekends for couples, hot-stone massages for two, romantic get-aways for newlyweds – the list could go on and on. Several spas also appeal to those not-so-recently married and with kids – family-minded guests are particularly welcome at the Sopot Mera SPA Hotel. Taking account of the needs of families, this hotel offers weekends stays for families with young kids that won't drain their pockets. Mildly priced as the offer is, the entire experience will be equally gentle with its youngest guests. Specialists on board deliver treatment designed with children's delicate skin in mind.

The luxurious Bryza Hotel of the Hel Peninsula brings us nearly as far as it goes in spa and wellness to an ultimate Hollywood-star experience. Even the most fussy guest will feel royally pampered by the high-end beauty products full of natural ingredients. To add to this already splendid character, exquisite treatments based on the local jewel of amber or brine baths are carried out in the astounding view of the peninsula's coast.

As befits an establishment worthy of A-list celebrities, Bryza offers a variety of men's beauty treatments that takes account of the specific character of their needs. Be it soothing of skin irritated by shaving or an energy-restoring treatment after a particularly exhausting stint at work – you will find it there. In for a change? Another highly praised spa is located in the nearby Dom Zdrojowy in the town of Jastarnia. Why not try out something different and, on top of receiving the brilliant yet rather ordinary smoothing and nourishing treatments, go for algae and caviar! The latter is said to work wonders as a skin lift serum. These and many other cosmetics offered by Dom Zdrojowy stay true to the region's natural wealth with their recipes based on ingredients with roots in the marine realm. Taking a leap inland into the heart of countryside paradise of Kashubia you will find the Bazuny Hotel & SPA located at the outskirts of Kościerzyna, one of the two disputed cultural capitals of the region. This welcoming wellness centre ingeniously mingles elements of traditional Kashubian folk medicine with cutting-edge equipment and know-how to create a unique blend of modernity and countryside nostalgia. Essential oils, brines and other ingredients are served in traditionally orna-



Bazuny Hotel&SPA is well known for its traditional approach to treatment

PHOTO: MARTA ANKERSZTEIN

mented vessels handcrafted by local artisans. No wonder then that many of Bazuny's trademark treatments, amongst them brine, milk, herbal or pearl baths, offer not just bodily relief and pleasure. Bazuny sources ingredients for their custom-made cosmetics locally – juniper, home-grown strawberries, flax or goat milk and many others are listed on this spa's menu. Fancy a place for days' long relaxing and regenerating within a peaceful refuge in Kashubia? Look no further than Bazuny Hotel & SPA! |

TRICITY'S MOST ENTHRALLING SPAS



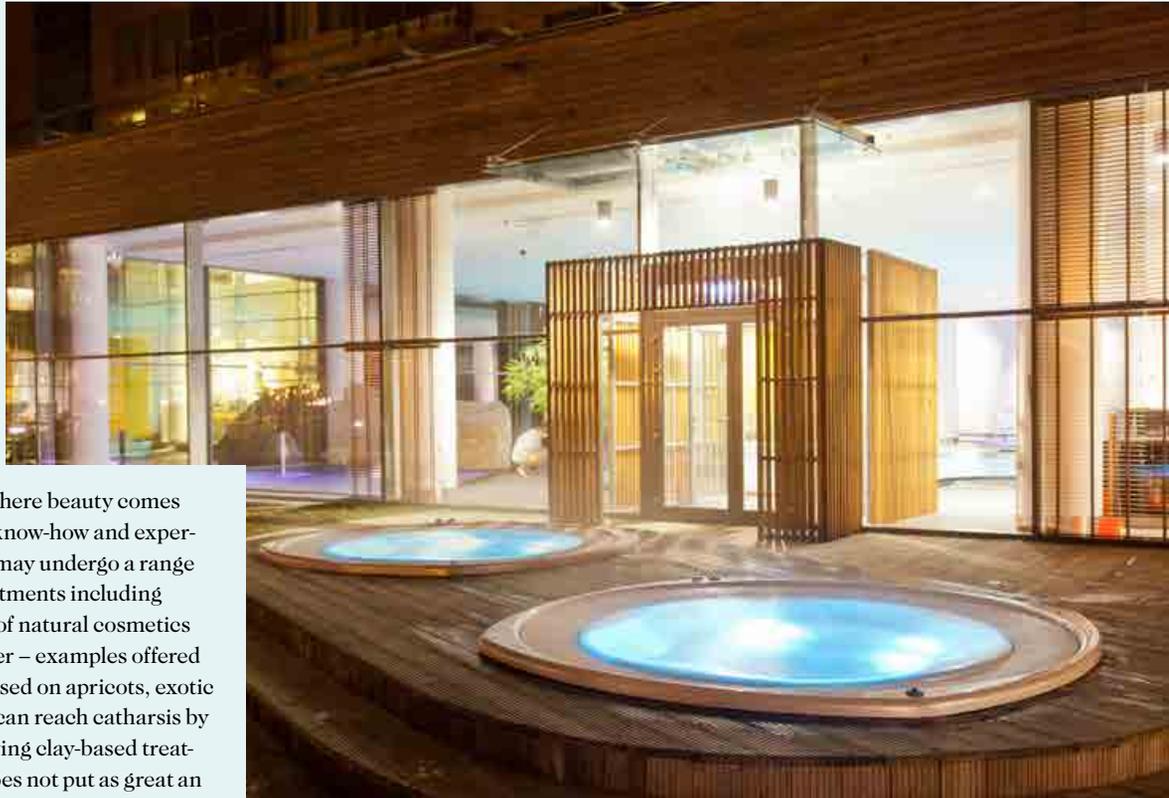
Sopot

The maze of streets dotted with art nouveau villas in the Lower district of Sopot hides the secret of relaxation. Beneath a rather inconspicuous faade we find the Haffner Hotel with its Business & Pleasure SPA. Finding oneself in this softly illuminated slightly vintage interior brings immediate respite by its charming atmosphere. This SPA's highlight are its facial massages and rejuvenating treatments that employ collagen and the commended Kanebo Sensai cosmetics. Haffner Business & Pleasure offers modelling massages, soothing treatments and sensual therapies with scents that will make you believe you went on a voyage to exotic corners of Brazil or Africa without leaving this spa set footsteps away from the famous *Monciak* boulevard.

Sheraton Spa Hotel places great emphasis on natural ingredients and energy. The best way to enjoy these is by embarking on the 'Sheraton Spa Journey' of series of relaxing and nurturing treatments. First leg of this journey is spent either in a sauna or undergoing specifically selected massages or treatments, gently arriving at the next step of aromatherapy, warm oils and relaxing massage. Such itinerary is expected to last usually from two to five hours leaving you with the impression of having just returned from a relaxing overseas journey.

Mera Hotel SPA gained immense popularity due to the unique design and state-of-the-art facilities

PHOTO: ERIK ROKOJA



Gdańsk

Gdańsk Med SPA Hotel is where beauty comes first. Thanks to advanced know-how and expertise of the hotel's staff you may undergo a range non-invasive aesthetic treatments including mesotharapy. Enthusiasts of natural cosmetics won't be disappointed either – examples offered by this SPA include once based on apricots, exotic herbal teas. Likewise, you can reach catharsis by helping yourself to a purifying clay-based treatment. Although this SPA does not put as great an emphasis on regional and local ingredients as the wellness centres described hitherto, its brilliant location within the heart of the historical centre of Gdańsk makes it a place worth visiting.

Dwór Oliwski takes a slightly alternative approach to creating the ultimate spa experience. The serene woodland surroundings set the scene for the quest for inner peace and relax. So peaceful and magical is the environment one would hardly be surprised to find the fountain of youth within these woods. And in fact, Dwór Oliwski SPA offers a broad range of rejuvenating treatments based on hyaluronan skin-care products, herbal teas, vitamins, honey and orange juice. Although Dwór Oliwski is located within the forest of the Oliwa district of Gdańsk, this does in no way prevent your mind from reaching out wherever your imagination may lead you to. Themed SPA sessions at Dwór Oliwski will bring you to discover the wonders hidden within the depths of the Mediterranean, lead your sense of smell to follow scents of the Orient, land on a Polynesian island or relax as if under the crimson sky of African sunset. The pride of Dwór Oliwski though is its swimming pool that is almost literally filled with pleasure.

Gdynia

Hidden from plain sight and urban tumult of metropolitan Gdynia, Hotel Kuracyjny with its 'Venice' Spa & Wellness centre is remarkably located in the foothills of the majestic Redłowo cliffs just next to Orłowo beach and pier. In line with current trends, this 'Venice' of Gdynia relies on therapies based on herbs and other nat-

Winter is the perfect time for enjoying Tricity's diverse spas

ural ingredients. There is not an ordinary range of treatments though and features such that will surprise even a seasoned spa-goer. Wine has a well established reputation for its capacity to clear one's mind from everyday's concerns. It is a rather less known fact that red wine, when used as an ingredient of cosmetics, has also superb regenerating and cleansing capabilities. So, unlike the usual unwelcome effects experienced the day after a relaxing evening with a glass or more of wine this wine treatment will actively help detoxify and rejuvenate your body. If you are even after more relaxation you may immerse yourself in a cotton cocoon or moisturise your body with a water-melon treatment.

Leaving romantic 'Venice' of Orłowo we are closing in on Gdynia city centre. Adjacent to the two kilometre long tranquil seaside boulevard we find the Nadmorski Hotel with its Genesis SPA & Wellness centre that will satisfy the needs of even most fastidious guests. Aloe Vera, jojoba, rosemary, field horsetail, plantago are just but a few examples from the long list of natural ingredients utilized by this SPA. Amongst its most enthralling treatments we find moisturising therapy with the use of cranberries, facemasks with driblets of gold and Scottish hydro massages with a proven slimming effect. In short, Genesis SPA allows you to enjoy and relax whilst almost effortlessly improving your overall condition. With all these thrills available on the stunning seaside of Gdańsk Bay, could it get any better? |

Gdańsk Healthcare Zone



PHOTO: MONKEY BUSINESS - FOTOLIA

No matter how hard we may try to avoid situations where accessing professional healthcare becomes necessary, every now and then each and every one of us will seek expert medical advice. Most people consider going abroad for treatment rather infrequently though. This may be in part due to a concern about the risk of something novel, unknown and as yet untried personally. More frequently though, patients are put off by the incorrect popular wisdom that travelling abroad for medical treatment will cost one dearly.

TEXT *Katarzyna Szewczyk*



However, the truth of the matter is that by being a resident of an EU member state one has by right access to healthcare systems of any country within the EU with the patient's domestic insurer footing the bill. In case where a specific procedure is not covered by the terms of a national health insurance policy, undergoing treatment abroad might still prove a bargain saving one up to 70% of the costs one would be incurring at home.

Not simply for the rich and famous

Poland is rapidly becoming a popular destination in the global market for medical services. Famous patients who have already visited and can attest the quality of service delivered at Polish clinics include the Hollywood actor and producer John Malkovich as well as numerous models from the catwalks of Paris and Milan. Polish doctors enjoy a superb worldwide reputation for their expertise and skills – it is no wonder then that Polish gynaecologist Adam Szeląg was voted in as Sweden's best doctor.

Land of medical expertise and dedication

What is it then that makes Poland such a popular destination amongst those pursuing best possible health care? Surely a major reason must be the country's elite line-up of specialists and high-end clinics. If it were otherwise, patients from abroad would not be as likely to come to Poland for treatment – it is health care after all, so in the value for money ratio, value definitely comes first. Staff at our clinics know well that highest level of expertise and experience are crucial, but simply not enough. This is why they take every effort to ensure patients' peace of mind and feeling at ease prior to, during and post-treatment. To dispel any doubts about the feasibility of attaining such a state of mind whilst undergoing treatment abroad it is stressed here that doctors at Polish clinics have a superb knowledge of foreign languages. They understand that, above all, effective communication between doctor and patient and a thorough grasp and understanding of the needs, expectations and anxieties of the latter is a vital element of any successful therapy. This is why Polish doctors apply this philosophy throughout and at every stage of diagnosis and therapy.

– Medical centres of the Pomorskie region form a framework of highly specialised clinics from a broad variety of fields known as Gdańsk Healthcare City. Our attempt has been to create the perfect conditions for treating patients from all around the world. I strongly believe we have succeeded in this aim by being capable to deliver expert medical help to our patients in practically any specialty. Aesthetic treatments form a major part of the work we do – our dental care as well as plastic and aesthetic surgery are considered to perform their duties to the highest standard of practice. On top of that, our clinics are highly experienced in carrying out surgeries, not in-



frequently those complicated that are critical and life-saving. Some of the areas we excel at are bariatric surgeries, cancer-treatments and neurosurgery – dr Marcin Nowak, responsible for liaising with patient arriving from abroad and coordinating their treatments, tells us.

– It is not a rare sight to see patients coming from abroad whose diagnoses left them with no hope turn to us for help. We are not in the business of promising miracle cures – what we do, however, is to treat patients seriously by having another careful and sensitive go at thorough diagnosis. We then proceed to a reassessment of the initial diagnosis in the light of our best medical knowledge and years of experience. Most such cases are those dealing with cancer and neurosurgery. Not infrequently we succeed in extending and improving the quality of patients' lives. We have a record of full recoveries of patients who had been previously diagnosed with terminal conditions – claims dr Nowak.

Get back in the game – sports injuries therapies

Active lifestyle has long ceased to be the exclusive domain of professional sportsmen and women. Marathons, water sports, horse riding, motorsports and various others have become essential as a part of many people's way of life. The downside is, however, that these sports tend to be quite injury-prone. Which leads us to the issue of dedicated healthcare for those who pay the inevitable price for striving for sporting perfection. Clinics of Pomorskie with their excellently equipped orthopaedic and neurosurgery departments are more than suitably prepared to welcome patients suffering from sports injuries. Their top-of-the-line rehabilitation facilities guarantee you'll return to training faster, stronger and more focused than ever!

Challenges of today and tomorrow

Fertility issues are regrettably becoming increasingly widespread and unfairly putting restrictions on families' dreams. Although fertility treatments are not precisely cheap nor consistently yielding good results one can increase the odds whilst simultaneously lowering cost. Polish fertility clinics with their rate of successful therapies amongst Europe's best and their reasonable prices definitely offer more than just value for money – they provide hope.

The truth about European demographics is both inconvenient and inescapable. As societies,



Famous patients who have already visited and can attest the quality of service delivered at Polish clinics include the Hollywood actor and producer John Malkovich as well as numerous models from the catwalks of Paris and Milan. Polish doctors enjoy a superb worldwide reputation for their expertise and skills – it is no wonder then that Polish gynaecologist Adam Szelağ was voted in as Sweden's best doctor.

we are getting older with the forecasted average age going steadily upwards. Clinics in Pomorskie region, anticipating this major change about to take place in our societies, have already been future-proofed. Their facilities are fitted with up-to-date equipment designed with the needs of the elderly in mind. Clinics of Gdańsk Healthcare City feature a broad range of rehabilitative and nursing therapies for seniors. It is recognized that risk of any invasive procedure increases significantly with age. However, in the majority of cases such therapy is not necessary. Indeed, relief from many spinal or heart conditions can be brought by rehabilitative and non-invasive conservative treatments. Elderly people treated at hospitals in Poland receive the highest degree of care and respect as is mandated by Polish culture and tradition. Every effort is given so that they can feel at home and the therapies they undergo put the minimum strain on them. This is helped by the fact that doctors at our clinics approach patients in a manner that is respectful, cheerful and, above all, highly professional. With this attitude firmly ingrained in their attitude to patients, staff at Polish clinics will pull every string so that they may return to good health.

For more information about medical services available in Tricity and region visit the www.treatmentinpoland.com website or get in touch with their customer service at office@treatmentinpoland.com. |

Gdańsk's hospitality has many faces, healthcare being only one of them

PHOTO: MAREK ANGIEL



No need to grit one's teeth!



Taking proper care of your mouth is vital for maintaining good overall health. When it comes to superb dental care you can hardly have it better than at Victoria Clinic in Gdańsk. In fact, this dental clinic counts amongst the elite group of Tricity's health centres. It is no wonder then that its reputation stretches beyond Polish borders. Let us take a closer look at what makes Victoria Clinic so successful and popular amongst patients.

TEXT *Kajetan Kusina*
PHOTO SOURCE *Victoria Clinic*

There are several good reasons why Victoria Clinic incessantly continues to win patients' favours. However, the foremost amongst them is the clinic's brilliant staff – a well-oiled team of medical professionals that includes specialists and practitioners from the absolute top of their respective fields. They strive to give their best by constantly keeping up-to-date with the latest developments in their profession via regular training at top research and learning centres as well as attending world-class conferences and symposia. Our staff uses these skills for patients' benefit to the fullest possible extent thanks to the state of the art equipment available at Victoria Clinic.

Another indispensable feature of any world-class clinic is a flawlessly organised process of treatment carried out in accordance with approved procedures. Treatment of each and every patient is supervised by a personal 'guardian' doctor who oversees the process and assists in communication between the patient and different specialists from start till successful completion of all procedures. This applies no matter how many tests, screenings or advice particular patient may require – there is no limit on their number, patients may undergo as many of them as will be necessary to reach a satisfactory diagnosis. This approach is of particular importance in order to arrive at a process that is coherent and individually tailored to each patient's needs.

Experts at Victoria Clinic always present and carefully explain to patients a range of possible approaches and solutions to every condition.

Moreover, Victoria Clinic with its chic French style interiors is a place designed to make patients always feel comfortable and at ease. All amenities are up to the highest standard to guarantee finest customer satisfaction – every consulting room is fitted with air-conditioning, Wi-Fi network is available to guests to the clinic. Payments can be made by all major credit and debit cards. The clinic itself is set in a wonderfully peaceful location at the same time being within easy reach of the city centre. The airport is half an hour drive's away and it is welcome news that Victoria Clinic provides patients with complimentary airport and hotel transfers. Adjacent to the clinic is Willa Jaškowy Dworek offering comfortable hotel rooms.

The list of dental treatments offered by Victoria Clinic is arguably complete: it includes procedures in the fields of dental implants, dental prosthetics, conservative dentistry and endodontics, orthodontics, cosmetic dentistry and dental surgery. Each and every of these dental disciplines at Victoria Clinic is represented by top dentists. No matter which treatment you may need – you are guaranteed the same highest standard in any of them. Staff at the clinic make every effort to meet patients needs. Dentists' professional attitude leaves them with no doubt that they are being taken care of at one of Poland's finest dental clinics. |



We would like to invite you to our medical clinic located at 57 Jaškowa Dolina Street, Wrzeszcz. Our clinic is situated in a beautiful mansion in a historical district of Gdansk. Victoria Clinic's elegant interior will allow you to feel royal in a friendly ambience during your appointments. In our clinic you will have access to dentists, dermatologists, gynaecologists and doctors of internal and aesthetic medicine.

Victoria Clinic Team

Victoria Clinic
Jaškowa Dolina street 57, 80-286 Gdańsk
phone. +48 58 341 01 01, mobile. +48 504 115 900
e-mail: repcja@victoriaclicin.pl

www.victoriaclicin.pl

SHOPPER'S DREAM-HOLIDAYS

TEXT *Mateusz Kolos*



PHOTO SOURCE: MTS SA

The traditional way

Christmas is by far Poland's most popular holiday. Preparations for this once-in-a-year event are already well-underway by mid-November. It is also a period unmatched in its shopping spree. So it is no matter whether you are into splendid malls with their sumptuous showrooms or rather prefer to indulge in the cosy atmosphere of traditional Christmas fairs – in pre-Christmas Tricity you are in the right place at the right time.

Christmas fairs are increasingly becoming a popular tradition in Poland transforming city centres' into winter wonderlands that bring the joy of Christmas into everyday life. You will find one of Poland's most enchanting Christmas fairs in Gdańsk. Right in the heart of the city's historical Old Town you will find the Coal Market square (Targ Węglowy) that during the Advent fills with numerous stalls and stands abundant with Christmas merchandise. Festive goods we strongly recommend to look for include unique works by local craftsmen and artisans as well as our merchants' broad range of foods (wines, various types of cheese, venison or locally sourced organic foods – whatever suits your taste!) and a splendid assortment of Christmas presents and decorations to choose from. Wandering alongside these stalls you will soon realise you have just entered a city within a city – from Angel Street to Christmas Eve Street, from Chocolate Avenue to Marzipan Square the air is filled with the aroma of spices and mulled wine.

Gdańsk Christmas Fair is not only about shopping though. Last year visitors to the fair witnessed an arrival straight from the headquarters of Santa Claus in Lapland – a real Santa Claus's sleigh manned by his personal representative and pulled by two adorable Reindeers – Rudolph and Kometek. Will they visit Gdańsk again this year? We will find out soon. To add an artsy flavour to the fair, during weekends it becomes a scene for events such as Christmas carols concerts and nativity plays. Either as a background to your shopping trip or the main thrill of the day, these shows set the charming tone and atmosphere of the approaching Christmas Holidays.

Beginning with the last year, Gdańsk Christmas Fair is accompanied by a rather inspiring ally, the Gdańsk Academy of Fine Arts. In cooperation and as a part of the fair, the academy

stages in its Wielka Zbrojownia building an original programme of expositions. Last year visitors could enjoy handmade artistic knit works, unique jewellery, paintings and glassworks. It is rumoured that last year's expositions had been merely a warming-up to this edition.

The Tricity neighbours of Gdańsk do not sit idly by and deliver programmes of Christmas celebrations of their own. The spa-town of Sopot holds a Christmas fair where the sounds of Christmas carols performed on a nearby scene seamlessly blend with the gentle sounds of the sea to create a magical Christmas atmosphere of a seaside resort. Completing the Christmas-card scenery of a winter paradise is the ice-skating ring accompanying the fair. Gdynia's idea for lending the city a Christmas feel is defined by light and illumination. From early December Gdynia glistens with a shining array of colours leading you right to the lovely wooden



huts of the Christmas fair. There, memories of your childhood's Christmas celebrations and delicious treats cooked by grandma are evoked by air that is saturated with tastes and smells of Christmas dishes. |

Gdańsk Christmas Fair turns the city into a place of joy and celebrations
PHOTO SOURCE: PTB

The modern way

A little bit of competition between retailers has never done customers any harm. With outdoor Christmas fairs and celebrations drawing customers away from shopping centres the latter increase their efforts and respond with tailored Christmas offerings and by bringing the festive spirit into their spaces.



hat you will experience there are Christmas-decorated shops' alleys, shelves filled with colourful Christmas merchandise and numerous other thrills. They undoubtedly make for bringing the perfect Christmas mood. Tricity



If shopping makes you happy, remember that happiness loves company!
PHOTO: TYLER OLSON - FOTOLIA

is home to more than a dozen of such sizeable shopping centres and malls. Since they are open 7 days a week, your Christmas shopping has just become all that much more convenient and flexible.

A good place to start your Christmas shopping is Madison Shopping Gallery located within close reach of Gdańsk central railway Station (Gdańsk Główny). Between this shopping centre and the station you will be passing through the City Forum arcade with its array of cosmetics, apparel and food stores. Moving



PHOTO SOURCE: CENTRUM RIVIERA

No Christmas shopping expedition in Tricity would be complete without dropping in at Gdynia's Riviera. This recently opened glistening shopping mall is northern Poland's largest shopping centre.

further in the Wrzeszcz district, you will find Galeria Bałtycka – the biggest shopping mall of Gdańsk. This centre boasts of over 200 stores on three floors of pure shopping delights. Add to that 15 restaurants and cafes and we have the perfect conditions for an endless shopping spree. Galeria Bałtycka is aptly complemented by the nearby Manhattan Shopping Centre. A short commute away is the city of Gdynia presenting yet more shopping opportunities. Klif Shopping Centre is one of Tricity's most renowned and established – offering designer clothes of local and global brands. The city centre of Gdynia houses

Galeria Bałtycka is among the most popular shopping malls in Tricity. And undoubtedly one of the most astonishing

PHOTO SOURCE: PTB



another shopping centre – the Batory with its inviting interior fills with Christmas atmosphere from mid-November on.

Bargain-hunters and smart-shoppers will be pleased to learn of Fashion House Outlet Centre of Morski Park Handlowy retail zone. Sales of up to 70% on fine merchandise by top brands are an all-year-round reality at this centre. However, getting your hands on such a deal during the Christmas shopping tumult is the real steal!

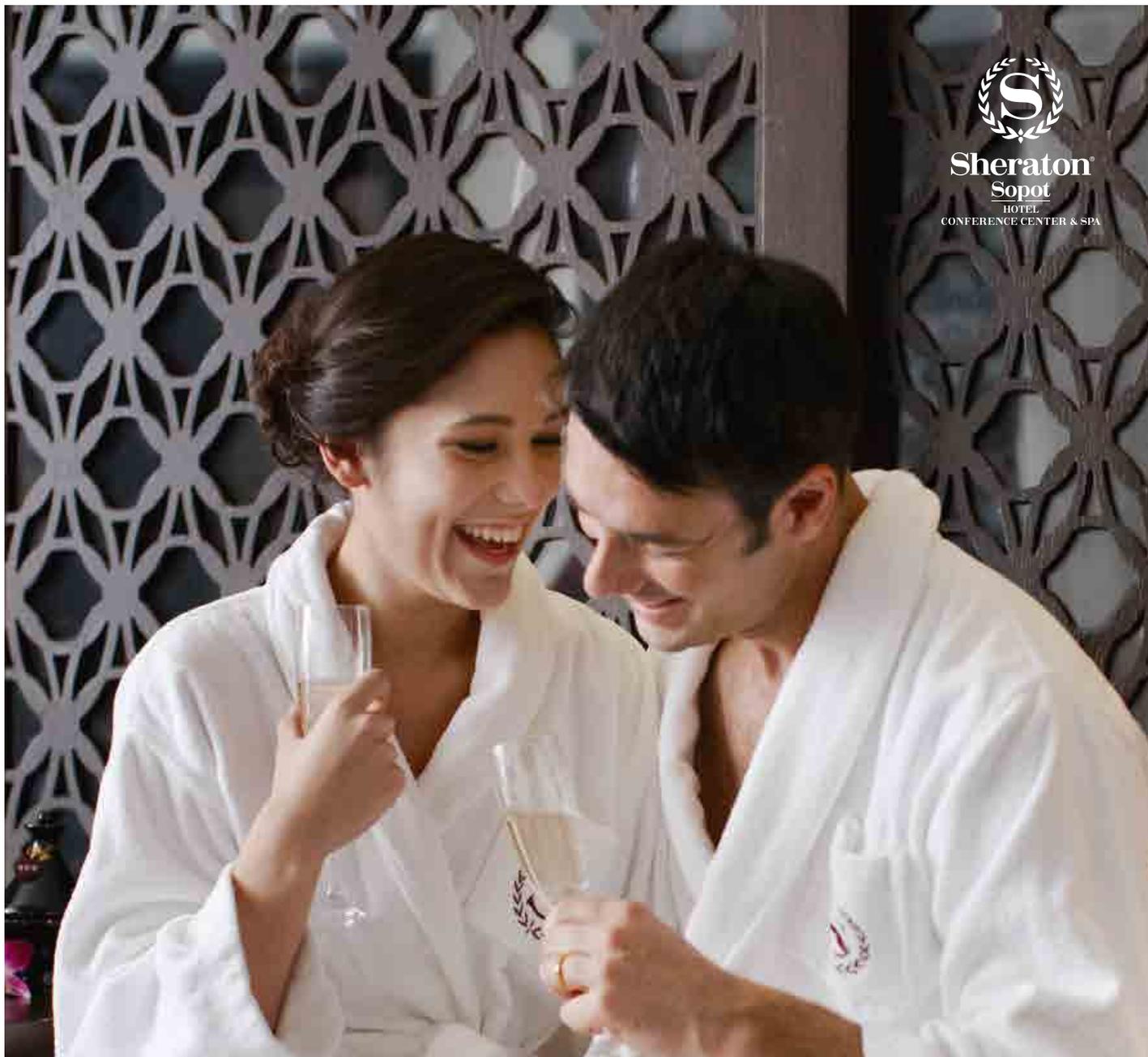
No Christmas shopping expedition in Tricity would be complete without dropping in at Gdynia's Riviera. This recently opened glistening shopping mall is northern Poland's largest shopping centre. Not only does it impress by the sheer number of prime shopping opportunities but also by the way it has been designed and arranged – a true eye-catching marvel of a building. Daylong browsing through this multitude of offers might make even the most seasoned shopper feel worn out – do not despair though. The Coffee Factory is the perfect place for a well-deserved fika. Ingenious fusion of slight ruggedness and comfy, warm atmosphere of its Scandinavian interior sets the tone for an inviting refuge from the surrounding shopping hustle.

Thanks to Tricity's malls, pre-Christmas shopping becomes all the more worthwhile by being more practical – their wide, indeed bordering on completeness, array of goods and services on offer allows you to tick all the boxes on your shopping list without having to visit multiple places – all the food ingredients, gifts and decorations you need for your perfect Christmas can easily be located within the premises of a single shopping centre. The time you will save on frantically peregrinating between different parts of town during pre-Christmas rush hour nervously looking for that one perennially elusive item can now be spent with your family, friends or simply immersing in the Christmas atmosphere. So hey, why not treat yourself to a prize for the now accomplished mission of Christmas shopping by heading back to the Christmas fair and taking a sip of mulled wine?

It is no matter then whether you are after top of the line most up to date products by global brands or rather looking for the unique items with local identity and history, pre-Christmas Tricity is the place to be to do shopping in style and lift your spirits. After all, as Tammy Faye Baker famously put it, shopping is cheaper than a psychiatrist. |



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HOTEL
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SELECTED BY
Sylwia Zaręba,
fashion blogger
www.shinysyl.blogspot.com

End of the year must-haves

At the Christmas are getting closer, stores have a lot to offer for late autumn and winter, so it is worthwhile thinking over one's shopping. This short guide will help you figure out what things are worth special attention. You will find here both the hottest trends of the season and ageless classics from the top Polish and international brands. At a bargain prices!



ALDO €25



ORSAY €20



RIVER ISLAND €105



ZARA €100



RIVER ISLAND €100



MARC O'POLO €175



KAZAR €140



PRIMAMODA €130

1 FELT HAT

If you want to look elegant and fashionable, with such a hat you will hit the bull's-eye.

2 OVERSIZE COAT

Another hot trend of this season. Ideal outerwear for slim women. Other ladies should choose more fitted models.

3 BIKER SHOES

Looking like boots for motorcyclists, these shoes are a perfect everyday match for skinny pants. They look great with a leather jacket.

4 BOOTS

Very feminine shoes, which go together with both skirts and pants. But you should better avoid models that end right over the ankle because they make your legs look shorter.

Three *hottest* colours of the season

Each subsequent fashion season is governed by different rules.

We show you the colours that will reign at the end of the year.

Ink



KAZAR €150



H&M €75



ZARA €20



MARC O'POLO (ZALANDO.PL) €65

Mustard



MARC O'POLO €130



PRIMAMODA €210



ORSAY €25



RIVER ISLAND €20

Wine



ALDO €130



ZARA €125



NEW YORKER €10



MEXX (ZALANDO.PL) €30

The design-aware destination

Landed in Pomorze whilst looking for the origins of Polish design? This might not have been coincidental. When it comes to the most fashionable examples of applied arts, this is the place to be.

TEXT *Mateusz Kolos*

TrendBook 2013+

Cheap amber rings and mass production trinkets are a thing of the past. A brand new era of quality design has come. Discover the avant-garde works by Poland's most creative artists.

photo: *dariusz kula*



Gdynia Design Centre

Its galleries host all-year exhibitions showing professionals and amateurs alike what good design means. This is where aesthetics and industrial processes go hand in hand.

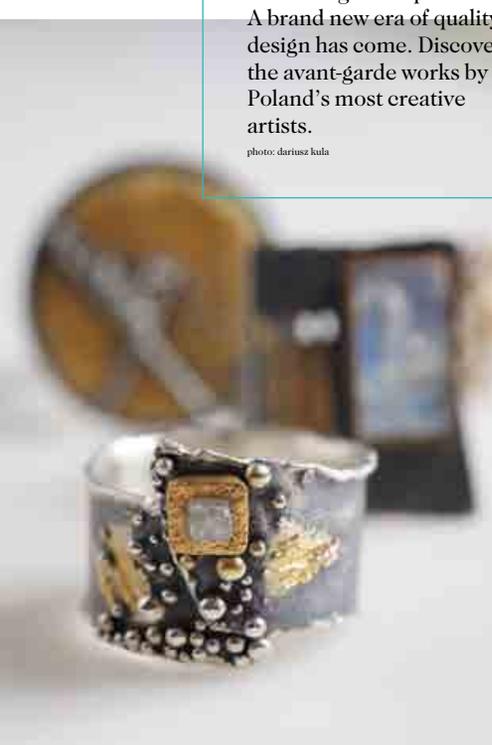
You can find GDC in the Pomeranian Science and Technology Park
www.ppnt.pl/en.html

T

he above statements are validated by Scandinavians travelling in numbers to Tricity in the quest for designer furniture. After all, Nordic nations are widely recognised as being in the vanguard of global design – be it in houses, glassware or casual ware. It appears though, that applied arts is likewise doing well across the Baltic Sea. In Poland this is due to the maverick approach adopted by our designers. Legacy of communism in arts and design? Instead of a total rejection they skilfully adopted and expanded on the valuable tenets thereof. Likewise with traditional folk art that has been employed in modern projects. These, and other, skills and creativity of Polish designers have resulted in global markets taking an ever closer look at local design in this country. There is indeed plenty of prime examples to behold of – modern architecture, skilful combining of construction projects with the larger urban landscape, a multitude of workshops and concept stores. These are largely responsible for projects swiftly making it from the drawing board into the physical realm. All this increasingly draws attention of foreign visitors to all things designed in Poland, building thereby the global trademark and reputation of Polish design.

Hotel, museum, chair

Thanks to the efforts of designers and city planners, the urban space of Tricity is beginning to take shape – a visit to some of the recently established restaurants and hotels will positively verify this statement. Blending of Scandinavian and local styles, classy eclecticism, multitude of natural materials employed, primacy of light and, last but not least, tasteful decorative elements – just a few years ago all these could hardly had been applied to describe Polish architecture. Nowadays, establishments such



Sopot Fashion Week
is a real fashionista's feast
PHOTO: AGENCIA KREATYWNA DAZAR / PRESS MATERIALS



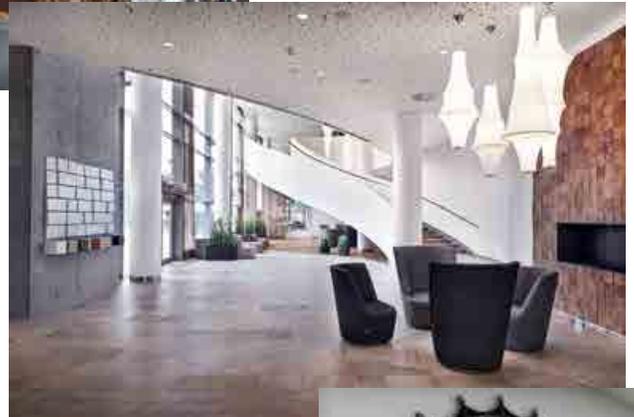
Tabanda
is a prime example
that avant-garde
applied art is rapidly
becoming business
mainstream
PHOTO: TABANDA



**Diversity and
variety have become
distinguishing marks
of both interior and
exterior design in
Tricity**



Thusta Kaczka
is cosy yet stylish
restaurant with
a refined interiors
PHOTO: TOMIRRI PHOTOGRAPHY



as Mera SPA Hotel or White House restaurant in Sopot as well as Metamorfoza restaurant in Gdańsk base their claim to fame not just on their offer but also their stylish interiors. One does no longer have to cross the Baltic in order to find elegant appendages for one's home – numerous Scandinavian companies see Poland as a fertile market for their produce. Suffice it to mention Danish BoConcept that has opened a store in Gdynia. The popular Sopot Let's Art Caf allows those impressed by its furniture to purchase a chair one was sitting on sipping coffee the moment before.

Diversity and variety have become the distinguishing marks of Tricity's urban environment. Tricity area will therefore impress and raise the interest of even those with a moderate knowledge of design. Even a novice will be amazed by the structure of the PGE Arena stadium – considered to be one of the most visually stunning football stadiums built in recent years. The smart Neptun office complex in Wrzeszcz district of Gdańsk is rapidly nearing end of construction making thereby a strong design-informed statement on the old 'dollar' skyscraper of the same area. Gdańsk city centre is home to another project, the World War II Museum, that is already hailed by many as a tourist-attracting, public-space-defining landmark that will soon become the new symbolic epitome of the city.

Global outreach

Picture of Pomorze's design would not be complete without mentioning some smaller, yet impactful projects. First thing that springs

to mind is jewellery. Rightly so, since Baltic amber is the distinguishing feature of locally produced ornaments whilst local ambercraft is among the European best. Moreover, approach to amber has undergone major rethinking and now incorporates combining this Baltic jewel with other gemstones to produce a fresh and modern effect. This can be observed in the globally-acclaimed works by Mariusz Gliwiński from the Sopot Ambermoda Gallery. Interior decorators likewise leave their mark upon global markets – Alicja Stańska of STANSKA fulfils orders made by fashionable hotels from the UAE. Flourishing of design can be observed first-hand by visiting numerous events including Gdynia Design Days, Amber and Fashion Gala of the Amberif exposition and Sopot Fashion Days. These events have already developed an international appeal. |

Mera SPA
has a strong
reputation for
its bold architecture
PHOTO: TOMIRRI PHOTOGRAPHY



Stanska Atelier
is well-known for unique
handmade projects, like ori-
ent-inspired heater and mirror
with thousands of hand-placed
Swarovski crystals
PHOTO SOURCE: STANSKA ATELIER





A greenfield
venture

Thanks to Sierra Golf Club, Poland has recently joined the exclusive ranks of Europe's prime golfing countries by hosting the 2014 edition of the European Senior Men's Team Golf Championship. This is one of Europe's most prestigious and popular golf events, attracting an international audience and receiving wide media coverage.

TEXT Lukasz Tamkun **PHOTO SOURCE** Sierra Golf Club



FOR A VIDEO GALLERY OF
THE SIERRA GOLF CLUB'S
EVENTS SCAN:



T

hat the European Golf Association has awarded Poland with hosting the competition serves as the best proof of recognition of the country's tourism potential, rising popularity of golf among the population and, crucially, the top end quality of Sierra Golf Club. Located in Pętkowice near the town of Wejherowo close to the Baltic coastline, this club is a real marvel keeping up with the world's best. This full-sized 18-hole world-class golf course was designed by the expert golf-course architect Cameron Sinclair. The 82 hectares big green paradise caters for needs of even the most demanding golf-enthusiast. In fact, Sierra Golf Club goes the extra mile to ensure consumer satisfaction. Experiencing the joy of playing golf in the breathtaking scenery is made even better with the help of state of the art digital equipment. Golf carts are equipped with GPS and 11 inch touchscreens. Thanks to their Wi-Fi connectivity, you can now check real-time results updates, help yourself to some golf technique tips, see the weather forecast or even

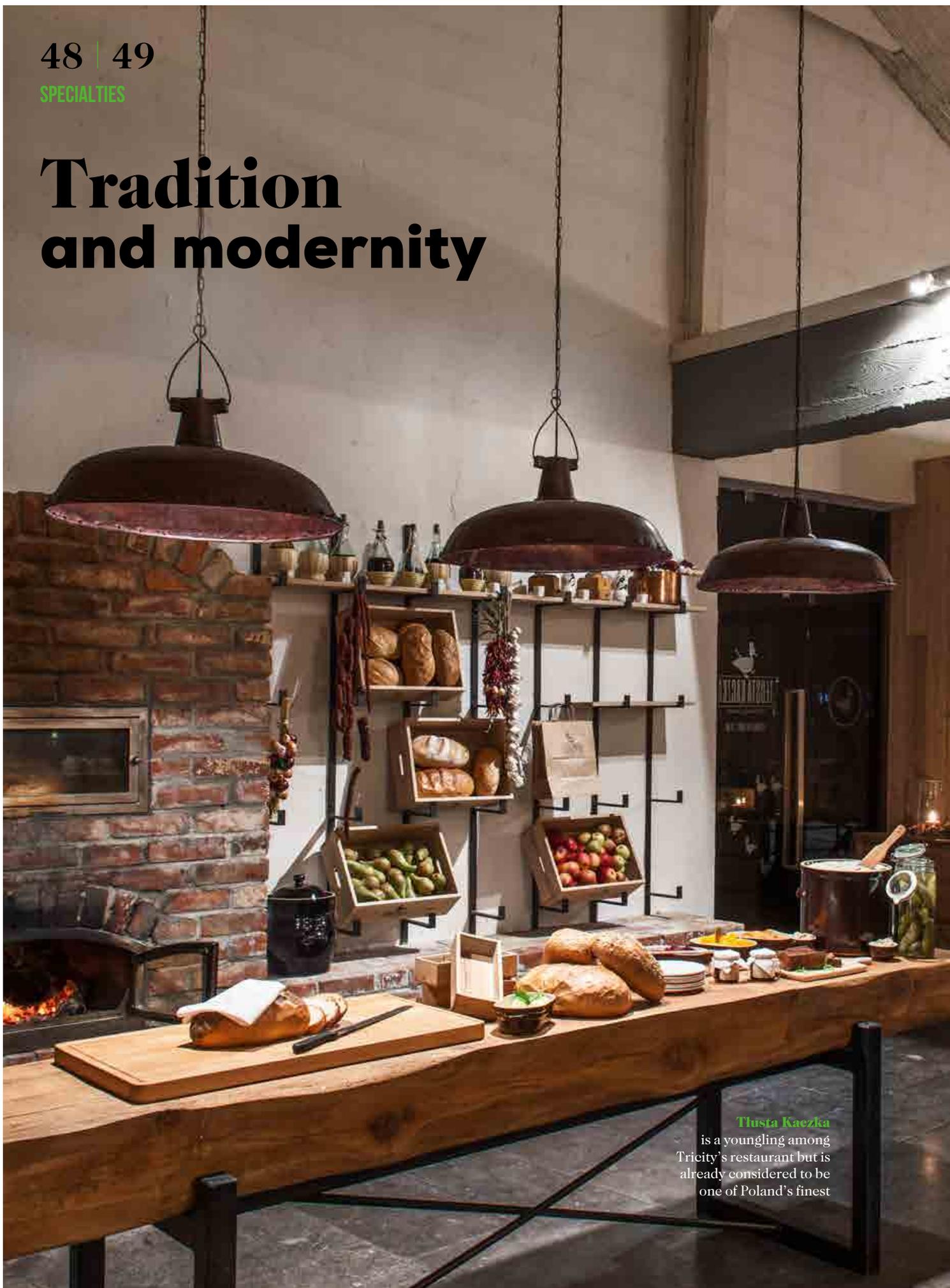
This full-sized 18-hole world-class golf course was designed by the expert golf-course architect Cameron Sinclair. The 82 hectares big green paradise caters for needs of even the most demanding golf-enthusiast.

order a drink from the club's bar – all that whilst moving freely around the course. Guests to Sierra Golf Club have also access to the invitingly luxurious Clubhouse as well as to the splendid offer of hotel rooms. Undoubtedly, the foregoing defines a place more than suitable for hosting major international events, but also business meetings and family get-togethers.

Inasmuch as such state-of-the-art facilities are essential, hosting an international sporting event of this magnitude requires more than that. Such competition has to receive the appropriate level of marketing and promotional support, teams and officials have to be accommodated and transported to the right places at the right time and, last but not least, care has to be taken of running the championship itself. This brings us to the factor of experience – the building up of which takes substantially longer than raising the structure of the Clubhouse and club's facilities. On this count, Sierra Golf Club has a brilliant record – it has its own golf academy and has already hosted a number of competitions at the national level. Suffice it to say, that many of those are not that much less complex than the European Championship. Add cooperation with top-notch experts and professionals to the mix and we have the recipe for a club that meets the stringent requirements of the European Golf Association. Admittedly, the European Championship is a major challenge for the club, but one the European Golf Association considers Sierra Golf Club to be more than ready to face head on.

As for the participants of the European Championship, whose performances the spectators be able to behold? Surely the title-holding Irish team, the Swedish runner-ups and the third placed English, Scottish, Spanish, French and Norwegian teams are also taking part. Never before have so many stars of European golf competed simultaneously on Polish soil. It will be possible to cheer for your national team or simply enjoy world-class golfing from the second till the sixth day of September 2014. |

Tradition and modernity



Thusta Kaczka is a youngling among Tricity's restaurant but is already considered to be one of Poland's finest



PHOTO: TOMIRRI PHOTOGRAPHY

Traditional cuisine is on the rise in Poland with the national culinary art experiencing an astute return and indeed a resurrection. Most acclaimed chefs specialising in Polish cuisine are rediscovering local flavours and putting them to marvellous use.

TEXT *Kajetan Kusina*



Modern Polish cooking takes note of the 'slow food' movement by placing great emphasis on conscious approach to sourcing and preparing food. Indeed, nowadays we all too frequently find ourselves realising that we pay insufficient atten-

tion to food treating eating as a mere biological impulse. Oversaturated with processed meals straight from a supermarket shelf and fast food, we tend to forget how real food actually tastes like. Return to organic supplies and giving eating the status in our lives it deserves is a change promising better and more pleasant life. It is especially well seen if we stumble upon one of the great Tricity's restaurants. If you do not want to rely on your luck – here is a glimpse of what you may expect.

***Spichrz* (The Granary)**

A XVIIIth century farming estate in the charming village of Borez is home to this restaurant that specialises in traditional Polish and Kashubian cuisine. One can get a taste of the simple yet delicious meals originating from the Polish countryside like dumplings or beetroot soup with



Whether you are looking for something subtle and cosy or modern and spectacular, you won't be disappointed when wandering Tricity's streets

PHOTO: MACIEJ SZARIEWSKI

mushrooms. Goose meat meals though, are this restaurant's seasonal specialty – you may enjoy their delicious taste all year long. Meals that are amongst chef's favourite include goose breast in wild berries jam dressed with cooked red cabbage and roasted apple and potatoes or the Three Tenors pt made of partridge, wild boar and goose with horseradish and home-made marinated cranberries jam. Those keen on good wines will take pleasure in choosing from the 150 varieties rich menu. This traditionally maintained restaurant is a welcoming home-like place that makes it a perfect location for either an ordinary get-together with friends or a formal meal.

Thusta Kaczka (A Fat Duck)

Thusta Kaczka is a relatively novel establishment, yet it is already taking the local culinary scene by storm. This Gdynia-based restaurant enchants visitors with its cosy feel and atmosphere

marked by the wooden and stone decorated interior. Its diverse menu includes, amongst many others, rabbit-filled dumplings, roasted duck and knuckle steak – all prepared with utmost care following traditional recipes. Mastery of Thusta Kaczka's chefs in picking out the finest and most intriguing aspects of polish cuisine is already sending tremors through the local culinary world.

Metamorfoza

Located within the old town of Gdańsk, this restaurant delights visitors with its natural and organic approach to cooking. Acclaimed chef Łukasz Tocek and his elite team make sure that the meals served follow a cooking-philosophy that skilfully combines tradition with originality. This philosophy is based on relying on regional flavours, locally-sourced ingredients, seasonal foods, and, above all, savouring the taste of offerings. The outcome of these is truly delicious and



PHOTO: ERIK ROKITA

takes the form of culinary wonders such as bull trout with crab and cauliflower puree, lavaret dressed with strawberries and kohlrabi or quail with bacon and broad beans. Opportunity to eat food produced from ingredients sourced from the restaurant's own farm is an added bonus. Capon with roasted apples and dumplings is truly sensational!

Bulaj (Bull's eye)

Bulaj is a restaurant founded by the acclaimed Polish chef Artur Moroz – his reputation warrants the highest quality of meals served there. The place is neatly located by the beach in a tranquil park within ten minutes walk from Sopot city centre. As becomes a seaside restaurant fish dishes are Bulaj's prime culinary highlight. Chief rules followed by Master Moroz are freshness and top quality of meals served. Browsing the menu allows one to come across such seafood titbits as sander fillet in mushroom sauce with cooked

potatoes and spinach, roasted tench fillet in sour cream finely dressed with horseradish and chives or roasted halibut served with green beans and tomatoes. |

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H

e evokes memories and images of great seamen, minor rascals hanging around the docks or street traders – and, possibly, he has features of them all. Some imagine him as a youngster, others say he is a mature, seasoned chap who had seen it all. Be as he may, nobody takes exception to Bowke being an affable man whose cheerfulness and story-telling skills are second to none. That most of his tales seem slightly incredible? Pointing it out would be missing the point of this sailor's stories.

The most mesmerising of them are usually told whilst dining, and Bowke knows a thing or two about it! It is no wonder then that one of Gdańsk's most enthralling restaurants was named after him. Entering 'Gdański Bowke' one immediately immerses in the unmistakable maritime spirit of a port city – the restaurant's charming and welcoming interior skilfully decorated with nautical appendages will make you think you have just embarked on a maritime adventure!

Located on Długie Pobrzeże (The Long Quay), this restaurant is every foodie's essential fixture in any itinerary of a visit to Gdańsk. It is widely known that this city is the amber capital of the world – most of us are rather less familiar though with this gem's amazing culinary potential. Thanks to 'Gdański Bowke' you now have the perfect opportunity to catch up. We highly advise you not to miss this particular one because otherwise, as Bowke himself would have probably put it, your senses will live to regret it!

The truly splendid menu of 'Gdański Bowke' offers specialties such as Baltic fish soup with amber liquor, supplemented with lovage, chestnut noodles with crabs and chillies to complete the set, salmon with caviar served on sunflower in bean cream dipped in amber and rose sauce, or their tartar steak in melon infused with amber and Goldwasser liquor, served on raspberry foam. As for Goldwasser, it is yet another indispensable highlight of Gdańsk's culinary tradition. The same goes for the Machandel gin, associated with the city since the XVIIIth century. Gourmets will be delighted to learn that 'Gdański Bowke' offers a range of their own unique products including Goldwasser-filled pralines and custom-brewed unpasteurized 'Gdańsk Bowke' beer. As you delight in these magnificent meals and drinks you won't be able to escape the impression that Bowke himself will join you any minute and share a story of one of his many adventures in faraway lands. |

The Essence of Gdańsk

There are few figures in local tales of Gdańsk that match the brisk and flamboyant character of the famous Bowke. As befits a real legend, he displays a multifaceted identity and no one knows for certain which of his various faces is the real one.

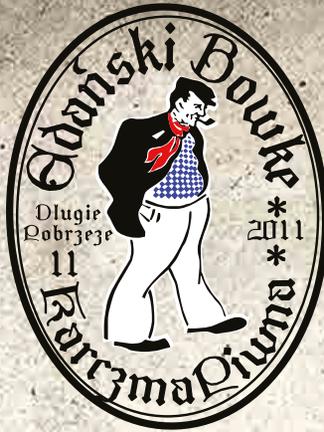
TEXT *Kajetan Kusina*
PHOTOS *tomassagan.pl*



Amber menu

is absolutely unique and exquisite. A must-eat if you want to taste a true Gdańsk





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On the first day of Christmas the restaurant is open from 4 P.M. while on the second - from 12 P.M. At this special time we invite you to our carol-filled restaurant for a Christmas dinner.

On New Year's Eve we warmly invite you to our New Year's Eve banquet featuring a degustation menu of modern Polish cuisine. On New Year's Day the restaurant resumes welcoming guests from 4 P.M.

14.II

Valentine's Day - degustation menu
accompanied by live music

8.III

International Women's Day
- degustation accompanied by live music

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Freedom of culture, a culture of freedom

It is no mystery that Gdańsk is the cultural heart of Tricity – a place for those in for truly captivating sensual and intellectual thrills. Whichever sphere of Tricity’s culture you might want to take a taste of – Gdańsk with its plenty of cultural establishments is the place to begin your journey.

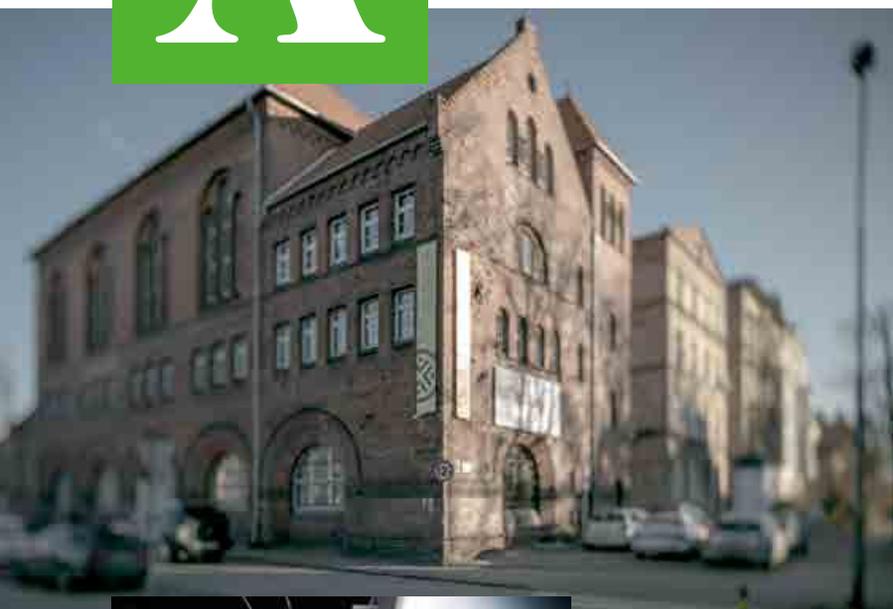
TEXT Mateusz Kolos



ny discussion of Tricity’s art galleries would to a great extent be futile without referring to *Instytut Sztuki Wyspa* (The Wyspa Institute of Art, wyspa stands for Island). This first of its kind NGO-led institution was founded in 2004 within the former industrial zone of Gdańsk Shipyard.

It is no wonder then that *Wyspa* builds strongly upon and derives inspiration from the history of the place. This identity derived from Gdańsk Shipyard is twofold – based on the one hand history and tradition, on the other though on boldly and astutely confronting the future. This location plays therefore a major role in revitalisation of this partially derelict and neglected space in close proximity to the city centre. This place has an unmistakably underground feel and is frequently visited by members of the independent and alternative art circles. Initiatives undertaken in *Wyspa* tend to innovate and go beyond the limits set by traditional art establishment represented by conventional art galleries. Urban sphere projects and installations? Check. Audio-visual arts and performances? Check. The point of the artists at *Wyspa* is to cultivate creativity and dynamism in art. This vitality in fact makes it hard to easily classify and describe this institutions profile. It carries out exhibitions, as you would expect from an institute of art, but on top of these *Wyspa* is home to numerous workshops, conferences and series of lectures. This institution places strong emphasis on international cooperation – you will be able to test your knowledge of a multitude of foreign languages once you are there. As an additional flavour, *Wyspa* is instrumental in mediating between different stakeholders and shaping the face of the Young City of Gdańsk on the territory of which it resides. It is widely claimed that it will become the city’s cultural district.

Centrum Sztuki Współczesnej Łaźnia (The Łaźnia Centre for Contemporary Art) is another focal point for ambitious and independent cultural projects. *Łaźnia* was among the first public institutes of culture founded in post-communist Poland. Once a decrepit and dilapidated building of a former public bath (hence *Łaźnia*, Polish for bath), it has for many years been the place where values and meaning of modern art are being created and unearthed. *Łaźnia*



The Łaźnia may be a little tricky to find, but its the more rewarding to get there

PHOTOS: KRZYSZTOF MIEJUS



FETA

is among Europe's best street theaters and wandering artists festivals

PHOTO: ANNA KULIK-PAZIK

has built its reputation by holding lectures, meetings, staging concerts and film screenings. What is more, the centre is expanding its mission into areas of the city most in need of revitalisation. It has now been a year since *Laźnia* opened a brand new branch in the Nowy Port district – members of the centre's team have put in a great deal of work and commitment. The branch operates a library with a reading room, an animation workshop and a cinema that has been reopened years after it had ceased showing films. Nowadays *Laźnia* is amongst the finest art exhibition centres in Poland. Its reputation reaches well beyond the country's borders though. Art Spaces Directory included the centre among 400 most interesting modern art venues worldwide. *Laźnia* is currently involved in a number of recurring projects – notable examples include the Gdańsk Outdoor Gallery, Art&Science Meeting, the young talents programme Incubator, as well as numerous workshops for kids.

Writings, visual arts and music

Wandering through Tricity's galleries it won't do any harm to go slightly off the beaten track into one of the numerous alleyways. Odds are high that there you will find a small, yet fascinating gallery. Quite likely it is one of the branches of the Gdańsk Metropolitan Gallery that shows works by local and international artists. Three

such branches are located within the Old Town of Gdańsk with Günter Grass Gallery being particularly worth visiting. Those familiar with his literary works should definitely drop in at this place. This Gdańsk-born Nobel-prize winning author is also an acclaimed graphic artist. His gallery includes works donated by the writer to the city of Gdańsk. Furthering one's fascination with the works of Günter Grass is also possible during the annual international art festival 'Grassomania' organised under the auspices of the gallery. Writer's literary and graphic works, as well as his personality serve as inspiration to exhibitions, lectures, drama performances and concerts.

The Wyspa Institute of Art

is a vibrant culture centre of the post-industrial former Shipyard area

PHOTO: MACIEJ SZALEWSKI





Polish Baltic Philharmonic hall serves as a prime example of elegant and classy yet modern architecture

PHOTOS: PAWEŁ KLEIN



PHOTO SOURCE: PTB

Traversing Tricity's art scene one ought not to restrict oneself to visual arts though. Going beyond that admittedly already rich sphere allows us to dive into Tricity's classical music scene. The places we think of here are the Polish Baltic Philharmonic and the Baltic Opera. The philharmonic building, located on the Gdańsk island of Ołowianka, has been recognised by the New York Times as a prime example of adaptation of post-industrial space. Much alike the famous Tate Modern Gallery in London, it is situated in a former power station with the concert hall occupying the former turbine room. Polish Baltic Philharmonic itself, to a great extent thanks to its international management, attracts music lovers by its diverse repertoire and world-class soloists. Baltic Opera invites opera-goers to its daring interpretations of classic masterpieces such as *Carmen* or the *Magic Flute* as well as modern dance



State Gallery of Art hosted exhibitions that were cited as counting among country's finest

PHOTOS: JERZY BARTKOWSKI



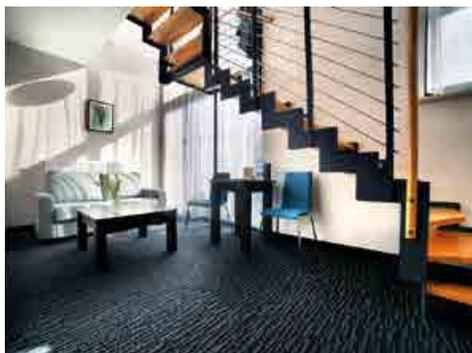
spectacles of the Baltic Dance Theatre. Leaving downtown Gdańsk behind it is definitely worth paying a visit to the academic club Żak. Being one of the oldest centres of Tricity's student culture, it remains within the artistic vanguard. Some of Gdańsk's best concert take place in Żak. It is worth bearing that in mind, particularly in the context of the oncoming Jazz Jantar festival with its exciting line-up that includes Scandinavian performers.

Sopot likewise has a vibrant arts and culture scene. What we have in mind is obviously the State Gallery of Art located at the heart of this seaside resort. In high season it is being stormed by waves of visitors – even by those with little prior experience with arts. The 1000 square meters big exhibition rooms have so far hosted twenty five displays of contemporary and traditional art. This Sopot gallery has been included amongst the country's finest for at least a few years. Famous names that have marked its numerous exhibitions include Günter Grass, Czesław Miłosz, Ryszard Horowitz, Roland Topor and Sławomir Mrożek. The State Gallery of Art has also hosted rare exhibits including works from collections of several private art collectors and galleries from abroad. Exhibition of the works from the Lviv National Art Gallery has caused quite an uproar. It included art pieces by, inter alia, Axentowicz, Boznańska, Chelmoński, Fałat, the Kossak family, Malczewski, Matejka, Norblin, Styka, Tetmajer and Wyczółkowski. On top of that it deserves mentioning the acclaimed displays of the works of Jerzy Nowosielski, Brunon Schulz and Roman Cieślewicz. Currently, the gallery stages an exhibition of the three decades worth of artworks by Zbigniew Libera, who is widely considered to be the forerunner of critical art in Poland. |



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Sopot *nightlife*

Ulica Bohaterów Monte Cassino (Heroes of Monte Cassino Street) is the landmark of Sopot and epitome of nightlife in Poland. Decades-long clubbing history have firmly established its reputation of a magical place. Never been there? It's time to catch up!

TEXT *Kajetan Kusina*
PHOTO *Agencja Kreatywna Bazar / press materials*



Ever since its inception as a spa resort on the Baltic coast in the XIXth century Sopot has always attracted visitors by its exceptional allure. What's striking about the place is how it has marvelously mastered the art of combining tranquil atmosphere of a rather laid-back resort with the character of party-goers' paradise.

As if by a wave of magic wand, the daytime's quiet promenade becomes the hotspot of nightlife filled with a variety of pubs and restaurants. This is what makes Monciak the primary weekend party destination of Tricity and beyond – during summertime it is indeed the clubbing centre of the entire country!

Beginner's manual

First steps in a night-long clubbing trail in Sopot are best taken in one of the increasingly popular *Przekąski i Zakąski* (Snacks and Nibbles) bars. Philosophy of these places is simple yet clever – for a modest amount of money they offer beer, wine and spirits and snacks that brilliantly go with them. Their style is frequently inspired by nostalgia for the times of the Polish People's Republic that is most visible in their historically-inspired interior designs and menus. One can enjoy specialties popular during a bygone era such as steak tartare with quail egg, pickled herring, white ham or other meals that make the perfect snack to a stronger drink. Visiting such bars is

also the best form of rest&recuperation during an eventful night!

After you've had your first drink(s) and snacks of the evening why not take your next steps towards one of Sopot's smaller clubs – their intimate atmosphere will be a natural prelude to what will come next. Spatif comes naturally to mind when talking about such places. It has built its legend over more than half a century of colourful history. This is a very exclusive place, however. Succeeding in making your way into Spatif will be a truly memorable achievement that could serve as a conversation topic capable of impressing even the most seasoned party-goer of Sopot. Do not be put off though if despite your best efforts and cunning you are not let inside – Spatif has in recent years become more famous for the guests it has refused entry rather than those who actually managed to get in! One urban legend tells the story of a famous theatre director who used a ladder to enter the club via a window on the first floor! Fortunately there are alternatives to Spatif that also offer a whiff of exclusivity – one such place is *Mewa Towarzyska* (a sociable seagull). It is targeted at more mature audiences by raising the usual 18 years of age entry threshold to 21.

Having been to these rather chilled out places and taken in a reasonable amount of quality drinks it is now time to hit the dance floor. The choice is really a hard one to make, as there are many clubs to choose from – Dream Club is a place of particular interest. It is located at the heart of Monciak in the unmissable *Krzywy Domek* (Crooked House) building. To those after simply having a great time this is the most popular venue of Tricity. 'Dream big' people tend to say and 'Dream Club' stays true to this motto – the venue stretches over one thousand square meters on two floors, boasts of three bars and a dance floor that is always teeming with partygoers dancing to the music brought by globally-acclaimed DJs. Mesmerizing mood of this venue is also created by its amazing lighting set – eleven chandeliers made from Austrian crystals and a unique neonesque light-wall made of 1200 light bulbs set the scene for a dazzling experience! Another place of choice is a legendary *Sfinks700* club famous for its really alternative, even bizarre, gigs.

In case you're still awake after hours of partying and wonder what to do next we suggest you take a short walk to Sopot beach and enjoy sunset from there. This magnificent and tranquil view will be a fitting epilogue to a great night and remind one of what a great place Sopot really is. |



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Att åka på kryss är ett bekvämt och roligt sätt att resa. På vägen kan du koppla av och umgås med vänner, äta gott och njuta av sköna spabehandlingar. Passa också på att ta en tur i butiken ombord, här shoppar du till lägre priser än taxfree. Alla våra hytter är utrustade med DUX-bäddar, så vi kan lova att du kommer att vakna utvilad och redo att upptäcka Polens utbud av kultur, restauranger och spännande butiker. Gör till exempel ett besök på Riviera, norra Polens största galleria, en dröm för alla shoppingsugna.

Karlskrona - Gdynia t/r fr **99:-/person***

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