



Creativity Activity Service

Krakow
www.CASTrips.org

Creativity, Activity & Service

5 Day Krakow Itinerary

Please note this is a provisional program and all activities are subject to change

Day 1 – Arrival in Krakow

Activity	Description
Arrival and Transport to Accommodation	A dedicated local CAS Trips leader will greet the group at the airport before traveling to the accommodation.
Check-in and relax	Check-in, relax, and freshen up following the long journey.
Walking tour of Krakow	A fascinating introduction to the unique history and culture of Poland's second city, visiting and learning about the UNESCO-listed Old Town from your CAS Trip Leader.
Evening Meal	Enjoy a traditional Polish cuisine.

Day 2 – Creativity, Activity

Activity	Description
Urban Art Tour	Groups will visit some of the city's street art hotspots and learn how to decipher art from vandalism while also encountering one of the city's biggest problems – offensive graffiti, often the result of football hooligan rivalry.
Lunch	Enjoy a packed lunch together as a group.
Museum of Modern Art (MOCAK)	MOCAK presents the art of the two last decades in the context the post-war movements, as well as highlighting the cognitive and ethical value of art and its relationship with everyday reality.

After touring the exhibitions we will participate in a hands on workshop lead by a local artist.

Evening Meal Enjoy a traditional meal as a group.

Day 3 – Activity

Activity	Description
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Auschwitz Birkenau Tour In a private excursion lead by an excellent official Auschwitz guide, participants visit two parts of the memorial where 1.1 million men, women and children perished in The Holocaust.

Lunch Stop between tours to eat a packed lunch.

Meet Holocaust Survivors In cooperation with the Galicia Jewish Museum, students have the opportunity to meet with survivors of the holocaust or their family members. The group will hear the stories of those personally affected by the camp they are visiting.

Evening Meal Enjoy amazing Mexican cuisine.

Day 4 – Creativity, Service

Activity	Description
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Service Challenge: Historic Preservation Project In the Southern Krakow district of Podgórze lies the grounds of Płaszów Concentration Camp.
Płaszów is reliant on dedicated volunteers which include the participants who will roll their sleeves up and engage in a wonderful example of hands-on community service.

Lunch Have some tasty international cuisine selection.

Improv Theater Workshop and Show Students participate in a dynamic English-speaking Improv workshop with members of a local theatre group.

Participants will get to express their creative side will learning from professionals.

Evening Meal

Enjoy traditional cuisine for a final meal..

Day 5 – Departure

Activity	Description
CAS Project Challenge	<p>After an introduction to the UN's Sustainable Development Goals, students will receive the tools and framework to plan, organize, and engage in a long-term collaborative CAS Project that will have a positive impact on their own community.</p> <p>For IB students, this can be used as the basis of a CAS Project and for non-IB students, this is the perfect opportunity to ensure your experiences have a long-term positive effect back home.</p>
Souvenir Shopping	<p>Students will have some time to engage in supervised shopping for souvenirs and gifts.</p>
Check-Out & Departure	<p>Departing from the accommodation, the group will board the transportation in time for departure.</p>





CAS Trips

Sustainable, Responsible Travel

From striving to become carbon neutral, to preserving local cultures and supporting local economies, we take sustainability seriously. You can read how we challenge ourselves to take responsibility [HERE](#)

In 2021, CAS Trips declared a climate emergency and became a signatory of the [Glasgow Declaration for Climate Action](#).

Carbon Removal through every CAS Trip

CAS Trips calculates each destination's average carbon footprint using the CARMACAL emissions calculator. As a member of Tomorrow's Air, CAS Trips contributes \$20 for each participant towards the removal and permanent storage of 14kg of carbon. Tomorrow's Air is uniting travelers to support pioneering companies whose nature-tech solutions will help permanently reverse warming [through carbon removal](#).

Read more about the incredible work you will be supporting [HERE](#)

Safety & well-being

- ✓ Conducting and providing detailed risk assessments
- ✓ Overseeing all tours by our trained, professional trip leaders at all times
- ✓ Ensuring a minimum of 1:20 CAS staff-student ratio
- ✓ Offering 24/7 online support via email ahead of a trip
- ✓ Recording the highest safety and security standards for all third-party bus and rail companies
- ✓ Supplying parents with a full day-by-day trip itinerary including all transport details and 24-hour contact numbers
- ✓ Expecting all participants to maintain adequate travel insurance
- ✓ Complying with all local government requirements in regards to COVID-19
- ✓ All CAS Trips staff are trained in First-Aid and COVID-19 awareness and management



Glasgow Declaration
Climate Action in Tourism



Have questions or need further information?

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