

of Fryderyk Chopin Association and a museum bearing the composer's name. The history of its collection, now the world's biggest one of Chopiniana, dates back to 1935 when Fryderyk Chopin Institute started to gather the objects related to the musician. The permanent exposition entitled 'Chopin in his motherland and abroad' presents the composer's personal effects, documents, music and literary manuscripts, paintings, sculptures and graphics related to the composer or his nearest and dearest.



Zachęta – National Gallery of Art (Zachęta – Narodowa Galeria Sztuki) pl. Małachowskiego 3 tel. +48 22 827 58 54, www.zacheta.art.pl One of the biggest and oldest galleries in Poland and a national cultural institution which documents the history of Polish art. Gabriel Narutowicz, the first president of Poland, was shot in Zachęta. A rich calendar of temporary exhibitions will certainly satisfy amateurs of modern art.



- between storeys
- stairs from the front, a lift at the back for people in wheelchairs
- restaurants, café, bar accessible for disabled people on level -1

Museum of Sports and Tourism (Muzeum Sportu i Turystyki) ul. Wybrzeże Gdyni 4, tel. +48 22 560 37 80 www.muzeumsportu.waw.pl The Museum of Sports and Tourism in Warsaw was founded in 1952. It is one of the oldest museums of this type in Europe, located in the seat of the Olympic Centre since 2005. Its collection comprises more than 45 thousand exhibits, related mainly to Polish sports.

The showpieces include medals, cups, coins, flags, pennants, outfits, sports equipment, travel gear and accessories, sports and tourist posters, sport-related works of art (sculptures, pictures, graphics, art medals, fabrics), postage stamp and numismatic collections, 56 thousand photographs, 16 thousand books, and more than 2 thousand documents and archive records. The museum's collection is supplemented by video and sound records. The Museum of Sports and Tourism in Warsaw is a venue for, among others, fairs of sports souvenir collectors and Wanda Rutkiewicz Mountaineering Film Review (May).



- cobblestones in front of the entrance depending on the security in the Olympic center
- workshop for people with impaired sight and hearing
- audio and video materials

Culture

Grand Theatre National Opera pl. Teatralny 1 tel. +48 22 826 50 19, www.teatr Wielki.pl The Grand Theatre has been the representative Polish ballet-opera stage for 170 years. It was raised in 1825-1833 to a design by A. Corazzi and has been rebuilt several times. The premieres of the outstanding operas by S. Moniuszko were staged here: the complete version of Halka (1858) and The Haunted Manor (1865).



The National opera has been cultivating its over 200 year old tradition in the Grand Theater by staging world classics and work by

Polish composers from K. Kurpiński, through S. Moniuszko, to K. Penderecki. The only Theater Museum in Poland can be found on the first floor. Monuments to W. Bogusławski and S. Moniuszko in front of the building.

- on the floors
- when buying a ticket
- persons in wheelchairs enter for the price of a pass, café

National Philharmonic (Filarmonia Narodowa) ul. Jasna 5 tel. +48 22 551 71 28, www.filharmonia.pl The inaugural concert in the Philharmonic Hall took place on November 5, 1901 and featured pieces by Polish composers. The orchestra was conducted by E. Młynarski and among the soloists who performed was I. J. Paderewski, world famous pianist, composer and statesman-to-be. On February 21, 1955, at the inauguration of the first season in the Warsaw Philharmonic it was renamed the National Philharmonic.



Currently the Philharmonia is proud to have 112 prominent instrumentalists and 100 singers in its choir who are invited to perform at the most famous world musical centers. It regularly hosts youth concerts, the so called Thursday Music Meeting, and Sunday children's concerts. The National Philharmonic also acts as an educational centre organizing thousands of concerts in schools and culture centers nationwide.

- free tickets for disabled
- stair to the main entrance, for people in wheelchairs an entrance from Moniuszki St.

Polonia Theatre (Teatr Polonia) Entrance to the theatre at ul. Piękna 28 and at ul. Marszałkowska 56 (the ticket window) www.teatrpolski.pl, tel. +48 22 621 61 41 Ticket window: tel. +48 22 622 21 32 The theatre founded by Krystyna Janda in the place of the former Polonia cinema. Since the date of its first premiere in 2006, which was

'Three sisters' by Anthony Chekhov, Polonia theatre has been enjoying great popularity both among Warsawians and visitors to the capital. The theatre was awarded the 2008 Warsaw Without Barriers' award for adopting itself to disabled people's requirements and being open to their needs.

- free tickets for disabled on wheelchairs
- sound amplified headphones
- two seats on the main stage auditorium
- driveaway to the small stage

The Polish Theatre (Teatr Polski) ul. Karasia 2, tel. +48 22 826 79 92



Teatr Polski was opened on January 29, 1913 with the premiere of Irydyon written by Z. Krasiński. The theatre was built thanks to the endeavors of its founder and director of many years, A. Szyfman. It was one of the most beautiful and modern theater buildings in Europe and had the first revolving stage in Poland, an amphitheatre for over a thousand spectators, stylish interior design and modern technical equipment. Not long after its inauguration the Polish Theater became the best stage in Poland. Outstanding actors performed here. The most important plays of classical Polish and foreign dramaturgy, as well as modern plays were staged here. The theatre, rebuilt after the war, was re-inaugurated on January 17, 1946 with Juliusz Słowacki's, Lilla Weneda.

- 1 row, 4 places at sides
- reserve when purchasing ticket

Recommended by us

Sejm of the Republic of Poland ul. Wiejska 4/6/8 tel. +48 22 694 25 00, www.sejm.gov.pl Opening hours: previous reservation required 08:30, 09:00, 10:00, 11:00, 12:00, 13:00, 14:00, 15:00 The parliament did not have its own seat in early Poland. Initially, it used to debate in Piotrków,



then in the Wawel castle and from the 16th century onwards, in the Royal Castle in Warsaw. The reconstruction of the building of a former female school for the seat of the Sejm of the Republic of Poland started as late as in 1918. The first parliamentary session took place here in 1919. The Sejm of the Republic of Poland is best to visit on the days when sessions are not held. It is then possible to see the session room, the main hall, the Column Room, the so-called 'marshall's corridor', and the Senate's session room (only on the days when the Senate does not sit). Having implemented numerous architectural modifications and adopted the Sejm to the needs of MPs and visitors using wheelchairs, the building is now an accessible place, friendly to handicapped people.

- to the pass office on Wiejska Street (H building)
- yellow stripes on stairs

Cathedral Basilica of the Martyrdom of St. John the Baptist (Bazylika Archikatedralna pw. Męczeństwa św. Jana Chrzciciela) ul. Świętojańska 8, www.katedra.mkw.pl



Modestly squeezed between historical houses, this cathedral was built in the 14th century as a parish church and gradually grew in importance, until it became the most significant church of the Republic. Marriages, coronations and royal funerals were solemnised here. The basilica houses Primate Stefan Wyszyński's tomb and its crypts hide the tombs of the Mazovian princes, Warsaw's archbishops, Stanisław August Poniatowski, the last king of Poland, President Gabriel Narutowicz and Henryk Sienkiewicz, Polish

writer awarded the Noble prize. Organ concerts take place in the archcathedral in summers.

- with assistance
- after the vestibule to the nave
- uneven cobblestones and slippery after any rain

Cathedral of St. Michael the Archangel and St. Florian the Martyr (Katedra św. Michała Archanioła i św. Floryana Męczennika) ul. Floriańska 3



This Catholic temple was built not only because of pastoral needs of the parish, but also as a response of the nation to the Russianisation process. When the monumental Eastern Orthodox Church of Maria Magdalena was constructed in Praga in the middle of the 19th century, the provost of this parish started to build a new, neo-Gothic church. Its soaring, 75 metres high towers could be seen from far away and were higher than the onion-like dome of the nearby Orthodox church. During World War II, the church was destroyed and only the statues of its patron saints, St. Michael the Archangel and St. Florian, survived. It was rebuilt with great precision, using the bricks that were manufactured in the 19th century.

- threshold
- to the entrance

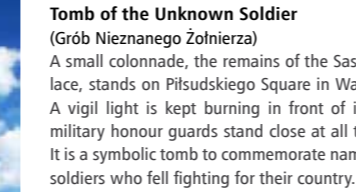


Founded in the years 1713-1733 on the initiative of King Augustus II the Strong and located next to the already inexistent Saski Palace. Made

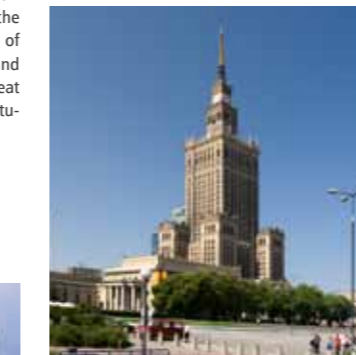
accessible to Warsawians in 1720, it has since then become one of the oldest public parks in Poland. There are many sculptures, a fountain, a rotunda-shaped water reservoir, patterned after the Temple of Vesta, and a solar clock.

- asphalt and hard ground alleys
- from Bankowy Sq.

in season thematic events, concerts, ceremonial changing of the guard at the Tomb of the Unknown Soldier



Palace of Culture and Science (Pałac Kultury i Nauki) Pl. Defilad 1 tel. +48 22 656 76 00, www.pkin.pl

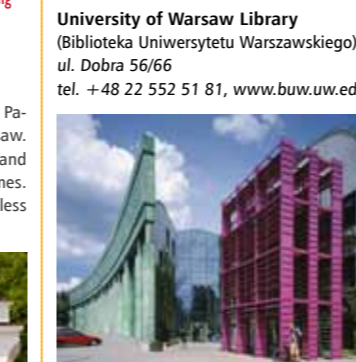


Constructed in the years 1952-1955 as a gift from the Russian people to the Polish nation, it is the highest building in Warsaw and an example of socialist realism in architecture. There are theatres, museums, a cinema, a swimming pool and a concert hall in the palace. It is also a venue for numerous exhibitions and fairs. The 30th floor features a panoramic terrace, the highest spot of this type in Warsaw, where you can admire the city's skyline.

- partially, not to all spaces in the building

the venue of interesting exhibitions and Fairs: Book, Tourism. Theaters, cinema, restaurant, Youth Palace, Technology Museum, swimming pools, ice rink on one side of the building, park surroundings

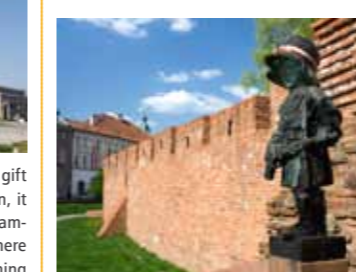
University of Warsaw Library (Biblioteka Uniwersyteku Warszawskiego) ul. Dobra 56/66 tel. +48 22 552 51 81, www.buw.uw.edu.pl



The building facade symbolises a row of open books and is one of the most interesting examples of modern architecture in Warsaw. A freely accessible garden is located on the library's roof. Visitors may have a look at the building's interior through its glass roof or special windows.

- between floors
- cobblestones and steps around the monument
- from one side

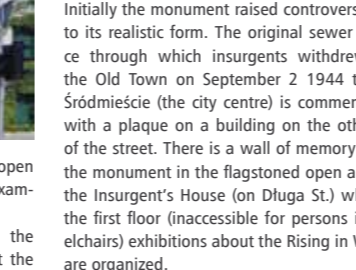
Monument to the Little Insurgent (Pomnik Malego Powstancza) Podwale St. / Battlements of the Old Town The monument showing a young boy in a helmet too large for him is a symbol of the children who fought in the Warsaw Uprising. The monument was designed by J. Jarnuszkiewicz in 1946 and put up only in 1983 on the vestiges of the eight defensive towers on the Old Town walls.



- 6 easy steps
- monument accessible with 6 easy steps; those in wheelchairs can see it from the street



The monument was designed by W. Kuźma and architect J. Budyń and raised thanks to public subscriptions. Two groups of sculptures depict: – the attack of the insurgents and exodus – fleeing through the sewers. Initially the monument raised controversies due to its realistic form. The original sewer entrance through which insurgents withdrew from the Old Town on September 2 1944 towards Śródmieście (the city centre) is commemorated with a plaque on a building on the other side of the street. There is a wall of memory behind the monument in the flagstoned open area and the Insurgent's House (on Długa St.) where on the first floor (inaccessible for persons in wheelchairs) exhibitions about the Rising in Warsaw are organized.



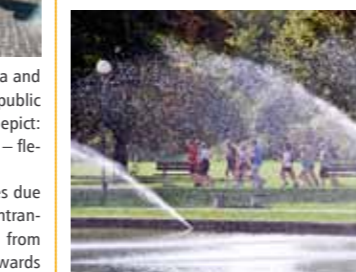
- between floors
- cobblestones and steps around the monument
- from one side

ZOO ul. Ratuszowa 1/3 tel. 22 619 40 41, www.zoo.waw.pl Founded in 1928, this garden is now home to a few thousand animals. However, the real protagonists of the Warsaw Zoo are brown little bears, whose pen is located outside the garden.



- to part of the buildings
- among others for blind children
- the ZOO hosts workshops for disabled children, small cafe open in summer

Pole Mokotowskie al. Niepodległości, www.polemokotowskie.pl It is a typical modern sports and recreation park. Its broad walking avenues, bicycle paths and a concrete-lined water body with a fountain make this place incredibly popular among Warsawians. You can rest on the grass here or refresh yourself at one of the park's pubs on sunny days. Pole Mokotowskie is also the place where many open-air events take place. For instance, picnics to celebrate the Earth Day or Children's Day are held here every year.



A must-know guide – practical information

Municipal means of transport Every bus route in Warsaw is served by buses adopted to disabled people's needs. These are low-floor buses, easier to get on, also equipped with special ramps by means of which you can wheel onto the bus. You have to ask the driver to roll out the ramp.



The place where a wheel can be immobilised using a special fastener has been assigned in buses. The low-floor buses are marked in bus timetables with square brackets, e.g. [34]. Buses are also equipped with amenities for poor-sighted people, such as bright or contrasting colour-coded handrails, holders, press buttons and stair steps. Some buses and tramways display station names on dedicated screens, some play audio-recorded information concerning the route.

Thanks to the systems facilitating one's moves that are implemented at stations, disabled people using wheelchairs should not have problems with travelling by underground. Some stations have toilets and telephone boxes adapted to people in wheelchairs. Every platform has its safety zone, delimited by a floor margin



(yet too narrow) with differently textured surface. Voice recordings are also played to warn you that the train doors are to open or close and to announce the next station. It is necessary to mind the gap between the train door and the station platform (approx. 10 cm).



- between the platform and the underground wagon about 10 cm
- with difficulty, no tangible marks along the platforms
- with difficulty, noise on the platforms
- touch maps and MP3 players for the Ratusz Arsenal underground station for blind and poor-sighted people. More at: www.metro.waw.pl
- between floors

Railway It is possible to hire an attendant for a disabled person at the Central Station by calling at +48 22 474 60 16 or personally, at the left luggage cash desk (the gallery level, opposite the stairway to the main hall). Amenities for disabled people are also available at Powiśle and Ochota railway stations.



- with difficulty (help of other people necessary; corridors of the majority of trains too narrow for wheelchairs)
- with difficulty (no tangible marks along the platforms)
- with difficulty (high volume of noise)
- from the bus terminus, from level 0 to the main terminal
- bars accessible in the main terminal, separate ticket office, luggage office

Fryderyk Chopin Airport Dedicated spots are assigned for disabled people in the main hall and outside the building. They are marked with international symbols, which makes them well visible. The international terminal is equipped with lifts at all of its levels, including the storeyed parking space and the interior of the arrivals/departures building (on the sides of the vehicle access and the airfield).

Public space Some buildings are equipped with driveways or ramps for wheelchairs, though the majority of them are not prepared to receive physically handicapped people. Some pedestrian crossings have pavement ramps and also a sound signalling system for blind people (all newly-constructed or repaired crossings are to be provided with this system).

Adapted toilets in Warsaw Toilets of this type are accessible in places such as McDonald's, KFC and Pizza Hut restaurants. Most commercial centres are also equipped with toilets adopted for people who use wheelchairs.



Important websites:

- www.niepełnosprawni.pl
- www.integracja.org
- www.mobidat.pl



- The Royal Route
- historical sites
- monuments
- parks
- culture
- transport
- practical information