

Programme “TRADITIONS OF RURAL POLAND – SLOW FOOD TOUR”

1st day arrival

accommodation and experience the traditional polish farm.

2:00 p.m. – 3:00 p.m. lunch on the farm (traditional farmhouse foods)

3:00 p.m. - 5:00 p.m. visit working farm in the area

5:00 p.m. - 7:00 p.m. workshop: 'Traditional butter and white cheese making'

7:00 p.m – 8:00 p.m. dinner on the farm (traditional farmhouse foods) with directors of ICPPC (Jadwiga Łopata and Julian Rose)

2nd day – in the ECOCENTRE of ICPPC

8:00 a.m. - 9:00 a.m. breakfast

9:30 a.m – 10:00 a.m. walking to the ECOCENTRE ICPPC

10:00 a.m. - 11:00 a.m. visiting the ECOCENTRE ICPPC with guide

11:00 a.m – 12:30 a.m lectures 'ICPPC's history and present activities' and “A Culture of the Land”
Jadwiga Łopata and Julian Rose – ICPPC's directors

1:00 p.m. – 3:30 p.m. lunch (Polish farmhouse foods) and a tour around traditional village

3:30 p.m. - 6:30 p.m. workshop “Traditional sour cabbage making”

7:00 p.m – 8:00 p.m. supper (traditional farmhouse foods)

8:00 p.m. - open fire

3rd day – on an organic farm

8:30 a.m. - 10:30 a.m. breakfast and trip to the organic farm

10:30 a.m. - 12:30 p.m. visiting the farm

1:00 p.m – 2:30 lunch on the farm (organic)

2:30 p.m. - 6:30 p.m. **workshops** “Traditional way of using herbs' and 'Bread making'”

7:00 p.m – 8:00 p.m supper on the farm (organic)

4th day - on a traditional organic farm

8:00 a.m. - 10:00 a.m. breakfast and trip to farm

10:00 a.m. - 1:30 p.m. visiting farm and workshop “Using working horses on the farm”

1:30 p.m. - 2:30 p.m. lunch on the farm (traditional organic)

3:00 p.m – 7:00 p.m “Traditional cooking and baking”

7:00 p.m – 8:30 p.m supper at the farm (traditional organic)

5th day – on typical mountain farm

8:00 a.m. - 10:00 a.m. breakfast and trip to farm

10:30 a.m. - 1:00 p.m **workshops** “**Juice and jam making**”

1:30 p.m. - 2:30 p.m. lunch (traditional farmhouse foods)

2:30 p.m – 6:30 p.m. sight seeing by horse cart around village and visiting open air museum.

7:00 p.m – 21:00 p.m Ceremonial supper at the farm

6th day - trip to Kraków

7:00 a.m. - 8:00 a.m. breakfast and a trip to Krakow

10:30 a.m. - 2:00 p.m. visiting old town of Krakow

2:00 p.m. - 3:00 p.m. lunch in the restaurant PEASANT FOODS

4:00 p.m. - 6:00 p.m. meeting with representatives of Slow Food Poland

7:00 p.m. back to the countryside and supper (traditional farmhouse foods)

7th day

8:30 a.m. - 9:30 a.m. breakfast and departure