



Welcome to the Conference of the European Brief
Therapy Association (EBTA) in Sosnowiec



Where: Sosnowiec, Poland
Humanitas University, 43 Kilińskiego Street

When: 15-17. Sept. 2023

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THE CITY OF SOSNOWIEC PRESENTS ITSELF

Briefly about our city

SOSNOWIEC – THE CITY OF PINES

Sosnowiec, located in the southern Poland, is one of the biggest cities in the Silesian Voivodeship. 177 000 residents live on 91,6 square kilometres. The city is a part of Metropolis GZM established in 2017. The Metropolis is inhabited by 2.3 million people and generates 8 % of Poland's GDP.

In 2022 Sosnowiec celebrated the 120th anniversary of the award of the city rights. Until the end of the 19th century the area of the today's city and its surroundings had been covered with pine forest and swamps. The situation changed dramatically when the Vienna-Warsaw railway was constructed in 1859 and deposits of bituminous coal were discovered. At that time Poland was partitioned by neighbouring empires: Prussia, Russia and Austria-Hungary and was erased from the political map of Europe. The territory of today's Sosnowiec was occupied by Russia.



The expansion of future city in 19th century was directly connected with the development of industry which led to a population growth. People would come to Sosnowiec in search of employment. "The biggest village in Europe" with a population of 36 thousand in 1886 deserved civic rights. It was only in June 1902, 17 years after filing for civil rights that tsar Nicolas II issued an ukase transforming the village into a non-county city Sosnowiec.

The city's development was stopped by the outbreak of WWI. Many factories and coal mine were destroyed and the town had gradually deserted. Despite heavy losses during the war, Sosnowiec bloomed again in the interwar period. It became an important place in now free and independent Poland. Public buildings were built, social and cultural organizations were established and the industry was steadily developing.



On the 4th of September 1939 Sosnowiec was invaded by Germany. The war time and occupation did not spare Sosnowiec but immediately after the end of WWII the rebuilding of the city began. The efforts were focused on the heavy industry, creating new mines, steelworks and machine factories. Sosnowiec was changing again and became a promised land for people from all over the country coming here in search of a better life. The biggest development of the city falls on the 70's of 20th century. Many housing estates were built at that time, the road system was rebuilt and the living standards of the residents improved significantly.



Another breakthrough falls on the beginning of 90's of the last century. Reorganization of the economy, privatization of companies, development of trade and services and the transformation of the political system caused the decline of many branches of industry. Many obsolete factories and mines of industry were closed. Hence, Sosnowiec changed. The city became a service centre and many modern companies were established. The transformation towards a green and residents friendly started and the heavy industry that dominated Sosnowiec became just a part of our history. Today Sosnowiec is a modern city. As any other European urbanized city, it faces environmental challenges and tries its best to become a healthy and sustainable place for future generations.

SOSNOWIEC - TRAVEL AND ACCOMMODATION OPTIONS

How to get to Sosnowiec

Sosnowiec (41-200) is a part of the GZM Metropolitan Area (ZTM).

By bus: <https://www.flixbus.pl/> (choose Cracow or Katowice as your final destination).

By plane: 3 airports are well connected with Sosnowiec:

- Katowice Pyrzowice (KTW):
 Bus: M19
<https://rj.metropoliaztm.pl/rozklady/1-m19/80200/>
 1 ticket costs 6.60 PLN (ca. 1.50 EUR) The journey takes 64 minutes, 29/30 stops.
 Taxi: 120-150 PLN (ca. 25-30 EUR). The journey takes 30 minutes
 If you are staying at Hotel Centrum, the hotel will organize the taxi upon your request.
- Kraków Balice:
 Taxi: 350 PLN (ca. 70 EUR). The journey takes 50 minutes
 If you are staying at Hotel Centrum, the hotel will organize the taxi upon your request.
- Warsaw Chopin Airport (WAW)
 Train: <https://goo.gl/maps/Wgxps59jESugcTjc7>
 Pendolino Fast Train from The Central railway Station in Warsaw goes directly to Sosnowiec.
 Duration: 2hrs 30 minutes. A regular ticket price starts is 169 PLN (ca. 36 EUR). You can search for bargains: <https://www.intercity.pl/en/> (Warszawa Centralna – Sosnowiec Główny).

Move in and around Sosnowiec

<https://rj.metropoliaztm.pl/>

Sosnowiec transportations system is managed by the Metropole. As the whole Metropole has over 2.5 million residents, going from one place to another in rush hours (7 – 8a.m., 3 – 5 p.m.) should be well-planned.

Accommodation

HOTELS

Hotel Centrum (recommended) (<https://hotelcentrumsosnowiec.com/>) – with promo-code EBTA you get a preferential price. Single room with breakfast – PLN 249. Twin room with breakfast – PLN 298. Walking distance to the meeting point.

Note, to get a discount you should contact the hotel reception via email, or phone. It is not possible to apply the discount via booking platforms.

Hotel Orion (<https://www.booking.com/hotel/pl/orion-sosnowiec.pl.html>) 2-star budget hotel.

A 30-minute walk to the conference venue

Boutique's Hotel (<https://www.booking.com/hotel/pl/boutique-s-sosnowiec.pl.html>).

A 30-minute walk to the conference venue

CITY VISIT HIGHLIGHTS

The Sosnowiec Museum Schoen Palace (12 Chemiczna str., 41-205 Sosnowiec) has been operating since 1995. It is located in the Schoen Palace built in the XIX century, which is surrounded by a historic park. Until 1945 this was the property of the Schoen family, rich German industrialists who for several decades actively participated in the development of Sosnowiec. They were key local employers, built workers' settlements, co-financed many public undertakings, organized charity campaigns and supported the Polish resistance movement during World War II.

The Museum is a home to 40 000 bees that live in 4 beehives located on one of the Palace's terraces. The honey produced in the apiary can be purchased in the Museum's Café. The Museum organizes workshops with a beekeeper for the residents (from spring till autumn) and The Zagłębie Honey Harvest that attracts residents, beekeepers and local honey producers.



The Sosnowiec Art Center – Sielecki Castle (2 Zamkowa str., 41-211 Sosnowiec) opened in 2002. It is located in the medieval Sielecki Castle. Numerous meetings, contemporary art exhibitions, workshops, lectures, theatre performances and music concerts are organized there. The castle is surrounded by a historic park with numerous houses for pollinators and pocket melliferous meadows.



Church of the Assumption of the Blessed Virgin Mary – Cathedral (Kościelna 1, 41-200 Sosnowiec) - this neo-Romanesque church was built in 1893-1906. Permission to build it was obtained from the Russian occupying authorities based on the declaration that it was to be a thanksgiving votive for the tsar's escape from death in a rail accident. The three-aisled building with a transept was built of brick. A mighty tower topped with a cupola, one of the symbols of the city, rises over the vestibule. The interior walls are decorated with frescos depicting various scenes from Polish history.



The Zagłębie Theater (4 Teatralna str.). Its history is older than the city of Sosnowiec itself. It starts in 1897 when the first professional performance was staged. In the 125 years of its existence, the theatre has become a recognized trademark in Polish culture. The theater offers its viewers a varied repertoire: staging works of Polish and world classical literature, contemporary dramas, musical performances and plays aimed at the youngest viewers.

In April 2021 The Zagłębie Theatre set up an apiary on the roof of its historic building. Since then numerous workshops with a beekeeper have been organized with a big success. The Zagłębie Theatre Honey is available in the theater's ticket offices.



The Zagłębie Media Library (11 Kościelna str.) was re-opened after a massive renovation in 2018. This modern facility offers a big collection of classic and electronic books and other materials but it also has the ambition to reinforce the role of the library in creation of a vibrant social and cultural center. It holds meetings with recognized writers, concerts, film screenings and various workshops for children and adults. In 2022 an educational polygon was created in the Library's backyard.



The Main Railway Station (3 Maja str.) was built in 1859. It was a part of the Warsaw-Vienna railway line. Good railway connection and development of industry led to rapid increase of people coming to Sosnowiec

in search of work and a good life. The station quickly became the heart of the city around which the life of its inhabitants concentrated. Therefore, 1859 can be considered the unofficial date of the city's birth.



Stawiki (Kresowa str.) it is an ideal place to relax in the city. It offers renovated bicycle paths, a guarded swimming area with a sandy beach, a running track and playgrounds for children. For enthusiasts of active – or even extreme- leisure there is the Wake Zone Stawiki, a sport and leisure complex with a five-pillar wakeboarding and water-skiing lift. It is one of the most popular places in Sosnowiec during summer months when the residents find their escape from the urban jungle.



Kuroń Park in Kazimierz Górniczy (Jasieńskiego str.) – there is a little something for everyone there! Devotees of Mother nature will find respite from the hustle and bustle of big city life, while enthusiasts of active leisure can test their skills using equipment of the skate park. Anglers will almost certainly also find something to do there, as there are tales of big fish that can be caught in local ponds. The park also boasts an amphitheatre with a bandstand, well-developed infrastructure for young visitors, as well as the famous mini-zoo, a long-time favourite destination for tourists and residents of Sosnowiec and the region alike.



THE PLACE OF THE CONFERENCE

The Conference will take place at Humanitas University. The Humanitas University is located almost at the city centre at 43 Kilińskiego Street. The building, owned by the University, has space of almost 5 000 sqm.

The venue's convenient location facilitates to get there fast and easy by public transport (only 200 m from the railway station, bus, and tram stops).



Contact: email: ebta2023@gmail.com

See you soon!