

LUBLIN

Tourism & Medicine

 lublin[®]
CITY OF INSPIRATION

Contents: LOT Metropolia Lublin
Lublin Medicine Cluster

Photos: Lublin Municipal Office,
Zakład Lecznicy Uzdrawisko Nałęczów SA,
SPSK nr 4 w Lublinie



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Lublin

- City of Inspiration

Do you want to experience an extraordinary adventure? Eastern Poland awaits! And there, Lublin is your best choice! It has a rich history, multicultural traditions and outstanding cuisine!

With eastern frescoes in a Gothic chapel and modern cultural centres hidden in old monasteries, Lublin is one of a kind. Here, European nations peacefully united centuries ago. Up to this day, Lublin is a cultural melting pot. A place where you can enjoy New Circus on the streets and try traditional Jewish *cebularz* (onion flatbread). This modern city full of heritage sites will impress anyone with the beauty of contrasts.

During the daytime, visit Lublin's Old Town and Castle and try sightseeing by bike or canoe. In the evening, prepare yourself for the nightlife! Local food, fancy drinks and music played on courtyards and squares await you. Let be carried away by the City of Inspiration!

lublininfo.com/en



Where is **Lublin**?

Lublin is one of the largest cities in eastern Poland. The road to Warsaw takes just a little more than one hour (about 170 km/108 miles). Poland is a member of the European Union and Schengen Area. During the COVID-19 pandemic, remember to check all the rules on travelling to Poland before you leave.

The closest airports:

Lublin Airport - 15 km | 9,3 miles

Warsaw Chopin Airport – 175 km | 108 miles (1h 30m)

Warsaw Modlin Airport – 211 km | 131 miles (1h 45m)

Rzeszów-Jasionka Airport – 170 km | 105 miles (2h)





Lublin cuisine

The regional cuisine of Lublin is a specific blend of Polish, Eastern European and Jewish dishes. Here you can find popular specialities, like **pierogi** (dumplings), **żurek w chlebie** (sour soup served in a loaf of bread) and a local delicacy - **cebularz** (onion flatbread).

You can also look for street, vegan and Italian food in Lublin. Breweries offer craft beers, ciders and mead. Lublin's restaurants and bars create a unique atmosphere of eastern European slow life. Regardless of the season, it is well worth going in. In winter, they invite you to warm interiors for a mulled beer, and in summer, they delight you with lively gardens.



Lublin festivals

We love festivals in our city. If any of them is on, the whole city celebrates it. The events reach the tightest streets and the smallest squares.

Theatre troupes appear in the courtyards and gates, and colourful lights illuminate the buildings. Let us introduce you to some of the festivals launching every year in Lublin.

Carnival of Magicians is a time for jugglers, magicians and slackliners, on the **Night of Culture**, the city space is filled with dream-like installations.

During the **Jagiellonian Fair**, Lublin returns to the culinary and merchant traditions from centuries ago. However, this is only part of the magic that happens in Lublin during the festivals. It is worth experiencing all of them on your own.



Lublin

multicultural

The long history of the city located on the trade route is associated with multiculturalism. Over the years, **Orthodox, Jewish and Greek Catholic** traders and craftsmen settled here. During the Reformation, religious tolerance allowed the development of Protestant communities. Western industrialists, who came to Lublin in the 19th century, took part in the creating landscape of the city and the society. Following the multicultural route of Lublin, you will find not only architectural gems but also interesting stories and characters that shaped the city.



Jagiellonian Lublin

The period in the history of Poland ruled by the Jagiellonian dynasty is called the Golden Age. For a good reason! **Lublin became a strong merchant city and a multicultural centre** at that time. Numerous privileges allowed the inhabitants to get rich, expand the city, organise schools and public institutions. But as we all know, money does not bring happiness! Jagiellonian period is also significant for art and music. The splendour of Lublin in the 15th and 16th centuries is remembered by numerous monuments and the **Jagiellonian Fair** - a festival of traditions and crafts, which takes place every August.



Jewish Lublin

Jews wrote one of the most beautiful pages of Lublin's history. The community constituted a significant part of its citizens from the Middle Ages. The famous Hasidic rabbi **Jaakov Icchak Horowitz** lived, taught and was buried here. His grave is still a place of pilgrimage for Hasidim.

The beginning of the 20th century was a period of intense development of the Jewish community in Lublin, which constituted one-third of the city's population. At that time, the Talmudic school, **Yeziva Chachmei Lublin**, was established. The following years brought tragic events. During World War II, the Nazis occupants transformed the Jewish district into a ghetto. Its inhabitants became victims of the Holocaust.



Street art of **Lublin**

City of inspiration is colourful! The walls of tenement houses are covered with murals. Their subject differs – some of them commemorate events important for Lublin, others refer to Lublin festivals or highlight the most important problems faced by the modern world. But Lublin's street art goes much further. The city's streets and squares are filled with colourful **light installations and site installation sculptures.**



Active Lublin

Sightseeing doesn't have to be typical or boring. Grab your bike and go for a trip! Lublin offers almost **125 miles of bicycle paths** that run through the most beautiful recreational areas in the city. They run along dry valleys typical for the region or the bank of the Bystrzyca River to the **Zemborzyce Lake**. The shallow depth and rapid current of the river encourage canoeing trips. The lake offers beaches, open-air pubs and sports facilities for sailing, water skiing and canoeing.



Green Lublin

City parks are significant places for walking and relaxing. There are a lot of them in Lublin! In the city centre, there is the **Ogród Saski** (Saxon Garden), a green enclave with many old trees - monuments of nature. Visit the **Park Ludowy** (People's Park) or parks in dry valleys with walking and cycling paths. You can also rest in the **Lublin Open-Air Village Museum** between old huts, wooden churches and windmills. If you want to find out hundreds of the most beautiful plants from the region and the whole world you should visit the **UMCS Botanical Garden**.



Carnival of Magicians (Carnaval Sztukmistrzów)

The festival was inspired by Isaac Singer's book "The Magician of Lublin". Yasha Mazur, the hero of that story, can walk a tightrope but stumbles on daily hardships and finally finds peace in a wholly unexpected place. Festival ideas are close to this tale. Bravery, friendship, war on boredom and trying to keep balance are in the very heart of the new circus. And that is why actors and masters of circus art from all over the world come to Lublin to present breathtaking performances and shows. Here a clown from Belgium often performs next to a moto-acrobat from Finland. It is the only festival of new circus in Poland, for which the stage is an urban space. During the Carnival, jugglers, illusionists and slackliners make the Old Town shake.



Night of Culture (Noc Kultury)

The Night of Culture is an explosion of art in the space of Lublin Old Town! On a Saturday evening in June, numerous events - concerts, performances and shows - take place near churches and towers. Every year has its theme. The event is a complex story about the multicultural Lublin - the City of Inspiration. This festival, unique on a national scale, marks the streets and squares with colourful installations. It's a night of the year when it is easier to believe in old legends. And that magic atmosphere fits the city well and encourage to explore its less popular corners. The Night of Culture inspires to discover Lublin anew or for the first time.



Jagiellonian Fair (Jarmark Jagielloński)

In August, Lublin wakes up amidst a bustling market. The festival of folk art and culture takes over the Old Town. Craftmasters and artisans from all over the former Jagiellonian Empire and beyond set up their stalls. On one, you can buy honey and herbs. On the other, dairy products or sweets from Istanbul, or game meat products from the eastern wilderness. But the gems of craftsmanship are the real treat. Is it better to whistle with a clay nightingale or to learn how to make folk cut-outs? There is also music in the streets and churches, and there are dances on the squares. The Jagiellonian Fair remind us that Lublin once thrived thanks to the merchant trails.



East Of Culture – Different Sounds Art'n'Music Festival (Wschód Kultury–Inne Brzmienia)

In Polish, east (wschód) means both the direction and dawn of the new day. In keeping with its name, this festival offers four long summer days filled with fun. It allows you to experience the most interesting musical phenomena at the meeting point of genres, traditions and cultural influences. The idea of the East of Culture brings to Lublin interesting creators from countries such as Ukraine, Belarus, Georgia or Armenia. It's a time for those, who seek for new solutions. That's why artists, such as Shibusashirazu Orchestra and Einstürzende Neubauten have performed here. The festival is accompanied by debates, workshops, exhibitions, film screenings and a children programme called Little Different Sounds.



CENTRE FOR THE MEETING OF CULTURES IN LUBLIN



CULTURE CENTRE IN LUBLIN



JULIUSZ OSTERWA THEATRE



KRAKOWSKI GATE



LUBLIN ARCHDIOCESE





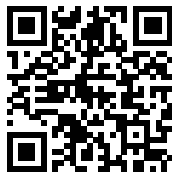
WHERE TO STAY?

IBB Grand Hotel Lublinianka

A group of friends on a weekend city break, a family with children on a trip, a couple on a romantic getaway or active tourists with their favourite pet - everyone will find suitable accommodation in the capital of Lubelskie!

One of Lublin's key advantages is its location - in the very centre of an exciting and yet undiscovered region. What is more, the city itself is very compact. So no matter where you stay - it's always close! Whether you are visiting Lublin's Old Town or the pearls of the region, such as the Kozłówka Palace or the spa town of Nałęczów. Lublin's facilities are ready to welcome every tourist. You will find top-class hotels in historic buildings, modern apartments and trendy hostels for every budget.

Decide what kind of accommodation are you looking for, and you are sure to find it on www.lublininfo.com/en/where-to-stay





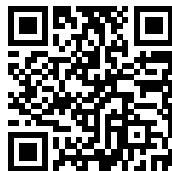
WHAT TO EAT?

The Perłowa Beer House

Lublin's gastronomy is all about diversity. Although many people have tried to describe the flavours of the city, there is always one conclusion - you just have to try it!

Cuisine in the region is full of tradition, and the served dishes are kind of a reminder of Lublin's multiculturalism. Today, the culinary face of Lublin is well reflected in the dishes of Polish, Jewish and borderland cuisine. The gastronomic map of the city does not lack Italian, Middle Eastern, Asian or European flavours. In order to prepare local delicacies and dishes the best possible way, natural and, above all, regionally sourced ingredients are used. While visiting Lublin, it is impossible to set aside the local specialties, such as: cebularz, forszmak, schabowy po lubelsku, pierogi or lubelska gryczanka yeast cake.

Regional dishes are waiting for everyone in the city's best restaurants. You will find them all on www.lublininfo.com/en/where-to-eat





TOP 10 OF LUBLIN

The Old Town

The Old Town of Lublin enchants with its authenticity! There are over 100 monuments in that tiny, old-looking district. It is the heart of Lublin and the space for the biggest events. Despite its intimate size, there are monuments of key importance for the history of the city and country. You can visit the oldest elements of the former fortification wall – **Krakowska Gate** and **Grodzka Gate**. There is the **Crown Tribunal** and underground trail right in the heart of the **Market Square**. Colourful tenement houses hide treasures – old legends or a cellar with unique lay frescoes. It's worth visiting the **St. Stanislaus basilica**, which is a witness of the greatest events in the history of Lublin. In summer the Old Town is full of life, restaurant gardens and open-air festivals. In winter, you can find here artistic illuminations.



The Lublin Castle and The Holy Trinity Chapel

The Lublin Castle is a seat of **National Museum in Lublin**. Here you can find rich archaeological and ethnographic collections, paintings of prominent Polish and world-famous painters. They're also pieces of regional clothes and crafts. The complex of Castle consists of a Romanesque defensive tower, the oldest building in Lublin. On the top, there is an observation deck. Next to the tower, you can find the **Holy Trinity Chapel** which is another important place in the Castle. It has been honoured with European Heritage Label because of its architecture and history.

The Cathedral

It is worth going inside that old Jesuit temple. Only here you can take a closer look at the illusionist polychromes of Józef Meier and the magnificent furnishings of the temple. The ebony altar, the holy painting that cried tears of blood, the 14th-century baptismal font are just some of the treasures hidden inside. You can also visit the **Acoustic Sacristy** and the crypts. You can't miss the nearby **Trinitarian Tower**! It towers over the Old Town, so after climbing 207 steps, you can reach the terrace with the best view in the city, located at 40 meters high.



Litewski Square

There is a modern **multimedia fountain** right in the heart of Plac Litewski (Lithuanian Square). It sparkles with many colours after dark. In summer, you can join multimedia evening shows here. Colourful performances using water, light and sound refer to important historical and cultural events or Lublin legends. There is an obelisk commemorating the conclusion of the Union of Lublin on the Litewski Square. The Museum of the Eastern Territories of the Former Republic of Poland will soon have its seat in the magnificent **Lubomirski Palace**.

Promenade (Krakowskie Przedmieście)

Each city has its promenade with cafes in antique houses, but the one in Lublin has a specific charm. It derives from the view of the church towers and gates of the Old Town. They look marvellous, especially bathed in the setting sun. The atmosphere makes you want to sit down, listen to streets music and eat the famous local ice cream. Only the night on Krakowskie Przedmieście, with the lights of the clubs and bars, can match this climate.



The Centre for the Meeting of Cultures

A short walk around Lublin is enough to transport you from the past to the future. Not far from the Old Town there is the Centre for the Meeting of Cultures. It has a minimalist shape, an industrial interior, and an apiary on the roof that is as green as the neighbouring Saxon Garden. The Centre houses a cinema, philharmonic hall and many other spaces filled with culture. Notably, the Brain Damage Gallery is worth visiting as the only Polish gallery focused entirely on street art.



The State Museum at Majdanek

"Let our fate be a warning to you" is inscribed on the dome of the Mausoleum. The **German concentration camp** operated from autumn 1941 to July 1944. In November 1944, it became the first museum commemorating the victims of the Second World War and the Holocaust. Its mission focuses on preserving the memory of the victims, protecting the facilities and documenting the history of the camp. There are about 70 historical objects on the premises of the Museum. One of the five prisoner fields and some administrative and farm buildings have been preserved in the original.

'Grodzka Gate–NN Theatre'

The mission of this place is to remember Lublin Jews. The Nazis wanted to erase all traces of the Jewish inhabitants, but they failed to do. Over the years, employees of the Centre have documented the fate of individual people, families and buildings. As a result, recordings are now available, from which you can learn on which street one could get the best challah before the war or what was the price of one bucket of water. Nearby the Grodzka Gate, there is the **Lamp of Memory**. It never goes out in commemoration of the victims of the Holocaust.



Open-Air Village Museum

At the Open-Air Village Museum, you can look inside rural thatched cottages, visit old craftsmen's workshops in a **preserved provincial town** and see goats and geese walking along country paths. There are also two wooden churches full of beautifully painted angels and saints. The calendar of the Open-Air Village Museum is full of traditional events. There is also an inn here, with local delicacies, such as cucumbers with lard.

Zemborzyce Lake

The bank of **Zalew Zemborzycki** (Zemborzyce Lake) is full of green areas and a sandy beach for picnics and barbecues. In the season, enthusiasts of water attractions will find pleasant places such as the **Słoneczny Wrotków** complex and a water amusement park with pools and slides. There is also water equipment and kayak rental, a rope park and a bicycle path running around the lake.



Improve your health at the Lublin Medical Upland

Lublin, the capital of the Lubelskie Voivodeship, hosts a strong expert community in the area of health and medicine. Providers of medical services, are reference centres for the region and for Poland in many medical specialisations.

It is also a centre of medical education thanks to the Medical University of Lublin with the largest and most modern Medical Simulation Centre, and a place where many entities operating in this area concentrate.



pict. Beauty Dental Clinic

Lublin Medicine in numbers:

24 public and private hospitals

Over 400 dentists

Over 2 650 doctors

Almost 4 500 economic entities (both private and public)

Cooperation within the ecosystem is coordinated by the **Lublin Medicine Cluster** which associates over 160 members (incl. 10 hospitals and over 50 private Medical Services Providers).



lublin medicine
medical & wellness cluster

Experts on inbound medical tourism from all over the world meet in Lublin at international conferences to discuss developmental challenges in this area, e.g. at the Health and Medical Tourism Summit - Eastern Europe 2018 and at the International Health Tourism Forum 2019.

Patients from home and abroad use services in the following areas:

- Diagnostics;
- Dentistry (incl. dental implants, crowns and veneers);
- Plastic Surgery and Aesthetic Medicine;
- Hair loss treatment incl. Hair Transplant;
- Orthopaedics;
- Ophthalmology;
- Gynaecology and obstetrics;
- Neurology and neurosurgery;
- Oncology;
- Rehabilitation.

Services are carried out with the aid of state-of-the-art technologies, teleconsultations, telemedicine and sometimes even virtual reality.



plCC Łukasz Głaczkowski SPSK Nr 4 w Lublinie

What makes us special?

- high quality and professional medical services;
- medical staff experienced with patients from abroad;
- medical staff speaking foreign languages;
- competitive prices;
- infrastructure and medical equipment;
- local airport;
- excellent road communication, among others, with Warsaw.



pict. Łukasz Głaczowski SPSK Nr 4 w Lublinie

What is Lublin Medicine famous for?

- Centre for education and competence building in the field of dentistry (Dental Clinical Centre of the Medical University of Lublin) which educates the staff for public and private clinics;
- Maxillofacial Surgery Clinic – Endoscopic Maxillofacial Surgeries;
- Eastern Centre for the Treatment of Cardiovascular Diseases;
- Neurosurgeries and NanoThermotherapy in the treatment of brain tumours;
- Gynaecology and obstetrics – pioneering clinical research and treatment;
- Fertility Treatment Centres;
- The first branch of the European School for Advanced Studies in Ophthalmology (ESASO) in Lugano, Switzerland in Europe and the second one in the world;
- Bone marrow transplantation from an unrelated donor;
- Vascular surgeries and angiology (hybrid operation room, virtual reality);
- Minimally invasive technics in general surgeries;
- The use of autologous umbilical cord blood stem cells in the treatment of diseases of the nervous system in children;
- Gene therapy in the treatment of spinal muscular atrophy in children;
- A Full scale, highly specialized oncology centre in Eastern Poland.



pict. Zakład Lecznicy Uzdrawisko Nałęczów

Spa & Wellness

If you come to Lublin for treatment, you can recover both in our City and in the region.

The Nałęczów Health Resort, known for its microclimate which is beneficial for people with cardiovascular diseases, offers more than a hundred kinesitherapy, physiotherapy, hydrotherapy and diagnostic treatments for an effective health improvement.

Tourists can benefit from packages:

- Stays for people after oncological treatments;
- Rehabilitation stay for patients recovering from COVID;
- Week for the Heart;
- Health for Seniors;
- Rehabilitation after orthopaedic surgery.

Find out more: www.uzdrowisko-naleczow.pl

Krasnobród Health Resort - in the area of the health resort there are deposits of therapeutic chloride – sodium – bromide waters. The local climate is characterised by the highest insolation in Poland, while the surrounding forests saturate the air with essential oils.

The resort specialises in the treatment and rehabilitation of children and adults with diseases of the respiratory system, the treatment and rehabilitation of orthopaedic and neuromuscular systems, diseases of the nervous system including cerebral palsy, as well as rheumatological diseases.



pict. Zakład Lecznicy Uzdrawisko Nałęczów

Do you need more information about the offer of entities from the Lublin Medical Upland?

Would you like to inquire about a specific procedure and its conditions?

Contact **Clinic Hunter** (Member of the Lublin Medicine Cluster) - which connects patients with clinics - via the website: www.clinichunter.com or call the UK number: +44 7483 155311



pict. Zakład Lecznicy Uzdrawisko Nałęczów

Lublin Medicine Cluster

- Do you have more questions about the entities in the Cluster or would you like to establish a B2B cooperation?
Send your enquiry to: **info@medycyna.lublin.eu**
- Would you like to be kept informed about activities, successes and offer of the entities from the Lublin Medicine Cluster?
We invite you to follow our website: **www.medicine.lublin.eu**
and Facebook fanpage: **facebook.com/KlasterLubelskaMedycyna**



**Tourist Inspiration Centre
in Lublin**


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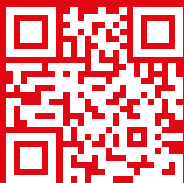
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Lublin
Medicine Cluster



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