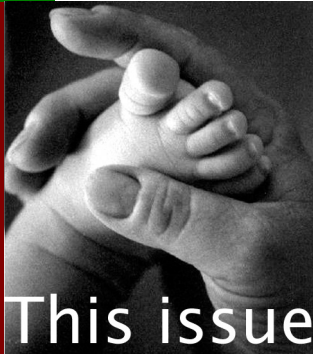




Mums & Tots of Warsaw



New year – new look

As you probably have noticed the newsletter looks a little different. However the idea of having a newsletter for mums and tots is still the same: To share information that can be helpful, informative or maybe even enlightening.

Thank you very much for all the emails we have received. Not all has been included in this edition, but will be used later.

Food - Quality food is a topic we explore in this issue. There is a long list of organic food stores in Warsaw, and for Valentines day we have found some nice romantic restaurants. /Helle (editor)

Activities

Monday

Mums and Tots weekly activities

(see Schedule at the end of the newsletter)

The Toddler Play Group meets on Mondays from 10:00am-12:00am at different mums' houses. The first Monday every month it is held in The English Playhouse. Address: ul. Plycwianska 14 A (off Idzikowskiego).

Coordinator is Valerie Colloredo Taittinger

Tuesday

The Tuesday Play Group meet in winter at:
HULAKULA. Ul. Dobra 56/66 (it is on -1. floor).
At 10.00 – 12.00.

For more information contact Oonagh Yeo

Wednesday

Preschool Play Group: Afternoon playgroup for children between 3 and 5 years of age. Venue: The English Playhouse; siblings are also welcome. From 3.30 pm – 5.30 pm. Address: ul. Plycwianska 14 A (off Idzikowskiego).

Organizer: Aga Strak

Baby Swim: at SGGW (College of Agriculture) - ul. Ciszewskiegou 10, Ursynow. Time: 10:00am - 11:30am. The price for mother & child is 21 PLN per hour.

Organizer: Oonagh Yeo

Thursday

Mini music: Informal musical playgroup in which mums take part.
Age: newborn to 3 years.
At 10 am – noon in different Mums Homes in Warsaw (see Schedule)

Organizer: Cornelia Preidelt

Friday

Bumps and babies. Age: Yet to be born to 18 months. In different Mums Homes in Warsaw (see Schedule). At 10:30 am - 12:30 pm

Organizer: Katia Roman-Trzaska

Event

Mums night out in February

The February Mums' night out is approaching fast.

Don't miss out on this unique opportunity to try out one of the best French restaurants in Warsaw for 100zl per person (everything included!).

Have a look at the website: www.prowansja.pl

When: Thursday February 1

Where: **Restauracja Prowansja**, Ul. Koszykowa 1 (near Al. Ujazdowskie)

If you want to join please send Marie Fahrenholz an E-mail:
mcmeynier72@hotmail.com

Hulakula

Christmas party at Hulakula

At the Mums and Tots Christmas party Santa Claus arrived. He had been travelling a long way and he had gifts for all the children in his bags. They were all brave and got up to collect their gifts, some even dared to sit next to him. It was a great success. Only poor Christian was a little sad that his dad missed out on seeing Santa ;-)



Eating out

Valentine's Day

Do you or - even better - your husband plan to celebrate Valentine's Day? If so, here is a list of some restaurants with a romantic touch. (You can always show it to your better half).

Restauracja Pod Gigantami

Al. Ujazdowskie 24,
tel 022 629 23 12

Grand style elegance is not very cosy but elegant, food is very good, quite unique place in Warsaw

Belvedere New Orangery in Lazienki Park

ul Agrikola, entrance from ul Parkowa,
tel 022 841 22 50

The decor is truly amazing and romantic, the food really good

Passe Partout

ul Zwyciezcow 21, tel: 022 616 2882 In Saska Kepa.
Cosy restaurant with "French inspired" food

St Antonio

ul Senatorska 37, tel 022 826 30 08
Good Italian and Polish food in a Comedia del Arte
decor

Villa Foksal

ul Foksal 3/5 tel 022 827 87 16
Nice decor and good pasta. Lovely dessert.

Restaurant Michel Moran Bistrot de Paris

Pl. Pilsudskiego 9, tel 022 826 01 07
A treat for the most demanding palates, ask for a
table in the alcoves if you can, as they are more romantic

Poezja

ul Ksiazeca 6
tel 022 622 67 62
Small and cosy Italian restaurant

Ristorante San Lorenzo

Al Jana Pawla II 36, tel 022 652 16 16
Elegant Italian restaurant with very good food

A trip out of Warsaw

The recently opened **Hotel Krol Kazimierz** in Kazimierz
Dolny has promotional offers for both Valentine's weekend and
Carnaval weekend,
it has a great SPA with a pool and also an bowling
alley. check their website for more information

<http://www.krolkazimierz.pl/eng/>

Food Health food stores

Whether vegetarian or not you will be pleased to know that there are many
"bio/organic/ health food" stores in Warsaw. Whatever the name you choose these
shops sell vegetables and fruits grown without pesticides, products not tested on
animals, home made foods and meats from local producers, as well as many
gluten-free, sugar free foods, cosmetics

The stock varies greatly and not just depending on location. Once you find your
nearby or favorite organic store ask about their delivery dates. Fruit and veg usually
come once/twice a week in the winter while meats such as organic chicken or
rabbit usually need to be "ordered" in advance. To do this ask:

"Chcialabym zamowic kurczaka/krolika" (I would like to order a chicken/rabbit)
and your name will be noted in a little book. You pay on the day you pick it up.

Below we compiled a list of health food stores in Warsaw. It is by no means a full
list. We encourage you to look around your neighborhood. Look for store names
such as:

"Zdrowa zywnosc", "Sklep ekologiczny".

Also look at your local market. Often the local farmers (and very old "Babcia's") who come to Warsaw from nearby villages have fresh, pesticide free foods simply for the reason that they grow very little.

We also found some organic shops on the internet which deliver everything to your home. Though the websites are all in Polish we encourage you to look at them dictionary in hand. Good luck!

Health food stores

BioEra - Al. Niepodległości 150

Dormi - sklep ze zdrową żywnością - ul. Wyzwolenia 3/5

EKOSMAK, King Cross - Praga - ul. Jubilerska 1/3

Eko-Fit in Arkadia Shopping Center - ul. Solec 81 B

Eko-sklep Tomasz - ul. Brazylijska 10

Ekovita - ul. Meander 1a

Gaja - al. Bora Komorowskiego 4

Gassio - ul. Moliera 2

Green Way Market - Al. Jerozolimskie 47

Green Planet - ul. Żurawia 32/34

Organic Market, Wola Park – ul. Górczewska 124

Natura - ul. Słowackiego 45

Natura - ul. Wołoska 42 (Bazar Wołoska - Odyńca paw. 62)

Organic Market - WOLA PARK - ul. Górczewska 124

Organic Market – Reduta Shopping Center - al. Jerozolimskie 148

Organic Market – Targówek Shopping Center – ul. Głębocka 15

Organic Market - Galeria Mokotów

Piotr i Paweł, Janki near IKEA - Plac Szwedzki 3

Piotr i Paweł, BlueCity - al. Jerozolimskie 179

Rajski Ogród, SadybaBestMall - ul. Powsińska 31

Rolnik Ekologiczny - ul. Turecka 1 tiny street off of ul. Belwederska past Chocimska

Smak Natury – al. KEN 19

Zdrowa żywność - ul. Złota 11

Zielone Oko - ul. Grójecka 75

Zielone Oko - ul. Targowa 66

Zielone oko - ul. Wąwozowa 36

Zielony Bocian – ul. Mickiewicza 38

Przystanek Zdrowie Żywność Wysokiej Jakości in „LAND”

- ul. Wałbrzyska 11

Skarby Natury - ul. Hoża 43 / 49 lok. 4 B

Zielona Oliwka - ul. Strumykowa 28

Sklep Ekologiczny Eko-Poly - Pasaż Ursynowski 7

Internet organic shops

www.e-zdrowie.abc24.pl

www.ekosfera.pl

www.greenplanet.pl

Online Takeaway

If you don't have the energy to make dinner one evening Roomservice may be a choice. <http://www.roomservice.pl/> is a website that makes home delivery.

You can choose from more than twenty five off Warszawa restaurants. Polish, Chinese, French, Spanish, Thai and more. The only thing to have in mind is that it

Culture

is probably not all kinds of meals that are suitable for Takeaway. Roomservice promise to deliver your meal within 60 minutes. The site is also in English and you can order by phone or online. They charge 9 -19 Zł. depending on where you live.

Fat Thursday

Thursday February 15 is a fun day in Poland. It's called "Fat Thursday" (Tłusty Czwartek) and it is the one-day a year when calories DON'T EXIST. You think we're kidding but just you wait to you see streets full of people eating "pączki" (round doughnuts). Lines circle pastry shops, people start and end the day with them, friends will ask you how many you had so far in the day, newspapers will publish ranking of best "pączki" places.

All this is to prepare us for the 40 days of Lent, which starts on the following Ash Wednesday. Therefore, starting on Fat Thursday, enjoy the last weekend of Carnival (called "Ostatki"), party, eat, dance and have all the fun you can!

Polish

Learning Polish

Are you tired of not understanding what the women behind the till are saying to you? Or off not being able to explain to the plumber that there is no hot water in the shower. Maybe it is time to give the Polish language a go.

We asked for your experiences with Polish private teachers and courses. Thanks a lot for all the helpful input.

Here are some comments and recommendations:

"I have a great Polish teacher at the moment. I have had many teachers but for me she is the best, very professional as well as being a lovely person. She has her own business called LECTOR -Polish for Foreigners and she teaches in your own home or office. Her name is Anna Kosinska, tel. 0606-679-209 or 022-851-39-64, email. ania.kosinska@wp.pl (she speaks English so if you are a beginner it can be helpful). (Oonagh)

"I had my courses at IKO (www.iko.com.pl). They've got a lot: normal courses (3 months long, twice a week) and intensive (3 weeks long, 5 days approx 3 hrs). I could recommend them to anyone. I thought that the the quality is worth the price/money". (Marjolain)

"For the Polish lessons I would strongly recommend the Polish language school IKO. ul. Kopernika 3 in the city centre - they are really very good, professional, applying the latest methodology and the classes are really efficient with the focus on speaking and communication between the group members. you start speaking day one and are able to practically use the language". (Andrina Sanne)

"I would like to recommend my Polish teacher Karolina, who is the specialist for "heavy cases". She speaks Polish, English and German (without any accent). Lessons normally take place in the student's house (or workplace). Phone Number 608-513207". (Christina)

"In Konstancin there is a language school on the main street that can arrange individual and group sessions. I have had very good experience being in a group setting there with other ex-pats in Konstancin. ul. Warszawska 29. tel. 22 756 3520 www.akademia-sjo.pl". (Birgitte)

Shopping

Car leasing

As you may know buying a car can be quite a challenge and time-consuming due

to Polish administrative procedures. There's a car leasing company in Poland, which recently developed a car-leasing product for expatriates. For many reasons this can be a helpful solution if you're in need of a car for only a couple of years.

The car-leasing company involved is Business Lease. Business Lease is situated in Warsaw. They offer both commercial and private car leasing contracts at sharp pricing through dealer-connections and they have English speaking back-up service office.

For further information call Radoslaw Walasek at 022 577 41 12 or by e-mail at r.walasek@businesslease.pl

Wine offer

Wineria is a specialised wine merchant company, importing directly from the New World, Spain and Portugal. The company offers a good selection of wines with next day free delivery. Customers who visit or contact Wineria and quote the "Mums & Tots" catchword will be eligible for a 15% discount on the internet store prices.

Wineria acts as the only Approved Programme Provider for the prestigious Wine & Spirit Education Trust® (UK), offering various courses to professionals and individual customers. www.wineria.pl or call 022 626 9635

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- in English
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**No plans for winter half-term
break for your child?**

**Join the Winter Club
at The English
Playhouse**

Dates	19-23 February 2006. Your child may join for the whole week or selected days.
Time	9 a.m. till 3 p.m.(hot lunch included at 1p.m.)
Theme	Polar Expeditions. Learn about both extreme ends of the Earth, their climates, animals, inhabitants, means of transport, day and night, etc. Build an igloo, take part in different winter games and go sledging. Follow the trail of Captain Scott. Construct your own Polar Station and much more.
Age	4-8 years old.
Payment	90 zł per day. Siblings 20% less for second child.
Registration	e-mail : office@theenglishplayhouse.com phone: 0 604 464 333.

Schedule

Mums and tots Schedule for February / Marts

Monday

The Toddler Play Group

At 10 until noon

05/02 the English Playhouse

12/02 Kadri Kerik

19/02 Ruta Bergmann

26/02 Marta Cross

05/03 the English Playhouse

Tuesday

The Tuesday Play Group in Hulakula

From 10 until noon

Wednesday

Preschool Play Group

The English Playhouse. From 3.30 pm – 5.30 pm

Thursday

Mini Music

At 10 until noon

Feb. 1 Dominika Pasterska

Feb. 8 Sylvia Luebke

Feb. 15 Paola Biondo

Feb. 22 Izabela Wilson

March 1 Sylvia Luebke

March 8 Christina Eggers

March 15 Catherine Hall

March 22 Marija Vuk

March 29 Janine Everitt

Friday

Bumps and babies

At 10:30 am - 12:30 pm

February 2 – Heike Vaupel - Wanda

February 9 – Helle Vigsoe Poulsen

February 16 – Celia Pozzecco

February 23 – Marjolein van Oosterbosch

March 2 – Mariselle Fettke