

MEDIA KIT

Introduce your readers, viewers, and listeners to a new and exciting option in European travel: cooking and cultural trips to Poland with *Poland Culinary Vacations*.



WHO: Poland Culinary Vacations, Inc.

Call Toll Free (888) 703-8130 or visit www.PolandCulinaryVacations.com to learn more about exciting culinary vacations in Poland.

WHAT: Cuisine, Cooking, Culture

Travel with *Poland Culinary Vacations* for a culturally rich, casually elegant, and truly unique Polish experience. Our world-class vacations let you indulge your foodie side with hands-on and demonstration-style cooking lessons. Itineraries include trips to local markets, farms, festivals, and visits with Polish bakers, farmers, and shop owners. Collect recipes from top chefs. Between culinary pursuits, including vodka and beer tastings, view art, architecture, and even sites on the UNESCO World Heritage List. Stay in comfortable, chic accommodations ranging from charming hotels to genuine castles, palaces and manors. Each trip is personally designed by Malgorzata (Sarna) Rose, a native of Poland now living in Florida with her American husband.

WHEN: May through September

WHERE: Silesia, Lesser Poland, Greater Poland, Pomerania, Mazovia, Podlattia, Mazuria regions of Poland

WHY: To explore Polish cuisine and culture through a “slow-vacation” approach.

HOW to sign up for *Poland Culinary Vacations* trips and learn more about the specific itineraries:

- ❖ www.PolandCulinaryVacations.com
- ❖ 1-888-703-8130 (Toll Free)

Contact Malgorzata (Sarna) Rose to set up an interview or obtain additional information: info@polandculinary.com or (772) 777-0571.

FOUNDER'S BIO

Malgorzata (Sarna) Rose, Founder and President of *Poland Culinary Vacations, Inc.*, is a native of Poland. She was born in Wroclaw, in the Lower Silesia region. *Poland Culinary Vacations* grew from her passion for travel and she turned her love of fine Polish cuisine into a first-class culinary travel company. She operates *Poland Culinary Vacations* from her personal philosophy:

“Travel helps us better understand and appreciate other people, ultimately leading to a more peaceful world. Nothing is more intimate, or more effective at breaking down cultural barriers, than cooking and sharing meals together.”

Fifteen years of extensive international travel, for both business and pleasure, plus a long and successful career in international business sales and marketing, gave her a solid foundation upon which to build *Poland Culinary Vacations*.

While growing up in Poland, she experienced great joy in cooking with family and friends. With her grandmothers, who used family recipes and fresh ingredients from their gardens, she prepared food for weddings, parties, and traditional holidays. Now she shares those experiences through *Poland Culinary Vacations*, and introduces travelers to the special people, hospitality, and traditions of Poland. Only a native can help you discover and fully experience the authentic Poland.

She currently lives in beautiful Vero Beach, Florida, with her American husband and son, who both enjoy trips to Poland.

Contact Malgorzata (Sarna) Rose:

Poland Culinary Vacations, Inc.
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Toll Free: (888) 703-8130 (outside US and Canada)
Cell: (772) 777-0571

RECENT PRESS RELEASES, ARTICLES, AND WEB SITES

For up-to-date list of articles, please visit our **PRESS ROOM**:

<http://polandculinaryvacations.com/news.php>

In English

SmartMoney – Luxury Trips for Less – Epicurean Tours

<http://www.smartmoney.com/cover/index.cfm?story=july2008-luxury-trips-slideshow&pgnum=2&hpadref=1>

ENTRÉE Travelers Newsletter – May '08 Issue

<http://www.entrepreneur.com/pages/SampleArticles04.html>

Polish Cuisine Is Highlight of Newly Created Vacations

<http://www.poloniatoday.com/culinary0408.htm>

A Culinary Vacation to Poland

Polish American Journal 05/08
[polamarticle_05-08.pdf](#)

Poland Culinary Vacations on Vagabond & Tango Diva Web sites

<http://www.vagabond.com/2967/>

<http://www.tangodiva.com/blog/2008/04/22/poland-culinary-vacation-its-no-joke/>

**Exciting New Products at EAT! Vancouver Food + Cooking Festival BC Place Stadium
Press Release 04/08**

<http://www.eat-vancouver.com/documents/Exciting%20New%20Products%20at%20EAT.pdf>

Savour the World at EAT! Vancouver Press Release 05/08

<http://www.pr.com/press-release/83245>

Poland Culinary Vacations Press Release 03/08

<http://www.prweb.com/releases/2008/03/prweb776734.htm>

Poland Culinary Vacations Press Release 04/08

<http://www.prweb.com/releases/2008/04/prweb842584.htm>

In Polish

Nasze Gospodynie Nauczają Gotować Australijczyków

<http://www.polskatimes.pl/591,23550.htm>

Kulinarne Wakacje na Klodzkiej Ziemi

http://www.ziemiaklodzka.pl/action.php?aid=21&art_id=154

Z Gminy Klodzko – Kulinarne Wakacje

<http://www.pl.info.pl/index.php?act=view&ktg=46&idt=626>

