Revitalization of Public Spaces of Health Resorts in Southern Poland Based On Selected Examples

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Abstract. The aim of the article is to present new activities in located in the south Poland health resorts focused to improve the quality of the public spaces in these resorts. In Poland, there are 45 spa resorts (mostly small towns and villages) half of them developed in the southern part of Poland and many of them are interesting examples of the transformations of the urban public space. The revitalization of the public spatial areas of spa settlements carried out in recent year’s means, primarily, activities aimed at increasing the attractiveness of these towns due to the strong competition on the spa and tourist market also growing the creation of new spas or wellness centers or large complexes developed based on thermal springs. Examples of localities with the dominant spa function chosen to trace the current trends in the area of contemporary development of public spaces in the city, which are also healing center of the spa. Spas such as: Rabka-Zdrój, Muszyna-Zdrój, Szcawnica-Zdrój, Iwonicz-Zdrój, Rymanów-Zdrój, located in the Carpathians area are very interesting and representative examples of changes in recent years in spa towns in Poland, after a period of stagnation caused by ownership transformations in health resorts. Recent activities undertaken in health resorts located in the south of Poland serve not only to improve the attractiveness of the town by improving the quality of public spaces. There are numerous activities to protect the cultural and natural heritage of the town, actions taken for the comfort of visitors and tourists, but also for the sake of residents as well as natural resources of mineral resources thanks to which the spa towns have been functioning for centuries.

1. Introduction
The region of southern Poland is hypsometrically much diversified area. From lowland river valleys of the Vistula and San by upland and sub montane areas of the Northern Carpathians to the mountain peaks of the Beskids, Tatras, Pieniny, Bieszczady Mountains. This characteristic variety of landscape and its attractiveness as well as the natural environment and geological structure became the cause of development of the spa and tourism in the area, [1].

Located in the regions of southern Poland spa resorts in the outstanding natural environment including landscapes, climate and above all in the water, confirm a number of studies and a long tradition of conducting treatment advances in medicinal uses of many diseases.

In Poland, there are 45 registered spas, located in different parts of Polish, but the most widely represented a group of the spa resorts, providing medical services in the field of balneology is along the southern border of Poland, [2].

Currently observed competition of traditional spas with new, independent spa-like assumptions as well as quite dynamically built large complexes based on thermal water sources and many-year omissions resulted in numerous activities carried out in the spa towns. Numerous revitalizations of
public spatial areas of spa towns carried out in recent years may be a material useful for constructing applications.

2. Object, purpose and method of research
The article based on urban and architectural research carried out in the last few years in several spas of southern Poland, mainly in the towns located in the Carpathian region. The problem of quality of treatment and equipment of healing spas in spas and observations of transformations is the subject of the author's research.

The issue of the quality of development and equipment of treatment areas in spas and observation of transformations occurring in it is the subject of the author's research. In spa towns, these spaces are often the main public spaces of the city and numerous parks, squares and promenades are not only for the bathers but also for a place of recreation for the residents and tourists visiting the town. Due to the ubiquitous fashion for a healthy lifestyle, the related interest of a lot of tourists and visitors staying in a spa resort there is considerable pressure on the authorities and investors to improve the state of the public space of the town. Numerous revitalization activities been carried out, initially focused on improving the technical infrastructure and, over time, improving the quality of public spas in the last 10 years are an interesting topic of research.

The aim of the article is to present activities carried out in health resorts located in the south of Poland and to improve the quality of public spaces in these towns. Numerous revitalizations of public spaces of spa towns carried out in recent years have mainly involved activities in the field of aesthetic and functional improvement of these towns, adapting them to modern standards, increasing the attractiveness of these towns due to strong competition on the spa and tourist market. The rivalry of traditional spa towns with new independent spa or wellness assumptions or large complexes developed based on thermal springs.

The research method based by the author's interpretation of the changes taking place in the spa towns. For detailed analyzes, a town with a predominant spa function such as: Rabka-Zdrój, Muszyna-Zdrój, Szczawnica-Zdrój, Iwonicz-Zdrój, Rymanów-Zdrój was selected. The research carried out by the author during the last 10 years of changes taking place in the spas of the spa and tourist resorts of southern Poland, the observation of numerous activities aimed at improving the quality of public spaces in these places became the basis of the article. The extensive cognitive material collected by the author justifies the need for the presentation of observed phenomena, their assessment as well as the inspiration to formulate conclusions, [1].

3. Characteristics of the spa towns of southern Poland
Spa settings of southern Poland created in very specific places characterized by unique climatic values, outstanding landscape values and occurrence of curative mineral resources. Most of the spa towns of southern Poland are located in the immediate vicinity, as well as within naturally legally protected areas. Surrounding the village with protected areas favors the protection of a health resort, isolation from pollution and often noise. [3]

The spas of southern Poland were mostly built in the 19th century, their spatial arrangement and architectural form of the first physiotherapy objects, though modeled on the Tyrolean or Swiss architecture, nevertheless complemented by elements of regional architecture. These specific resort buildings built around the center constituting the park layout, which is a place for walks, socializing, sunbathing or drinking mineral water. Significant spatial development of Polish spas occurred in the first half of the twentieth century and was associated with the increase in the wealth of the society and the development of tourism. At the same time, spa resorts were the only holiday resorts. The elite of society met in spas, using both the healing services and the rich cultural program offered in the spa. After World War II, there was a certain decline of spa towns, although they served to rehabilitate numerous been wounded and chronically ill patients, in the absence of expenditures for their ongoing
repairs, this led to the gradual degradation of many objects. The activities of socialist Poland's authorities have been intensifying, leading to the loss of many private owners of their property. The 60 and 70 of the twentieth century in the case of many, spas are times of very dynamic urbanization of the village, numerous buildings, which by its scale irretrievably changed the relationship between the buildings and the natural landscape.

Political and economic changes taking place in Poland after 1989 did not spare Polish spas. During the transition from a centrally controlled economy to a free market economy, many spa enterprises led to economic collapse, which in turn led to many objects to be ruined. After the reform of health insurance, a new client sought - interested in individual treatment in a spa and requiring a higher standard of services.

These changes also started the period of ordering the legal status of many properties across Poland, taken illegally by the state after 1945. Numerous and long-lasting court trials of current heirs, former owners with the State Treasury and numerous attempts by subsequent governments to sell spa companies did not have a positive impact on investments in Polish spas. At the same time, they worked on changing the regulations on health resorts, which in their assumptions were to prepare a new legal framework for the functioning of health resorts in the changed political and economic reality.

The centuries-old healing tradition has left a rich legacy of curative, guesthouse, hotel and sanatorium facilities as well as small architecture objects located in numerous parks, squares or on promenades, emphasizing the spa's spatial character.

Joining the European Union, on 1 May 2004, for many authorities of health resorts coincided with the time of commercialization of spa companies, anticipation of new legal regulations, combined with the hope for a rapid improvement of the situation for health resorts. The new spa act introduced, defined the principles of functioning of communes and spa companies. Nevertheless, statutory delegations in the form of ordinances appeared a bit later. Including precise provisions of regulations regarding the privatization of spas. [4]

The period from Poland's formal accession to the European Union changed almost entirely the modes and possibilities of obtaining and using local self-governments or spa companies to support investments with EU subsidies. This time has resulted in numerous activities in the field of improving the management of spa towns. Great progress been made in marketing and promotion of spas. In addition, many investments been made to improve the technical infrastructure, mainly sanitary, to improve the quality of the environment and to improve the quality of public spaces. [1]

3.1. Rabka-Zdrój

Rabka-Zdrój, located in a picturesque basin, formed by Poniczanka and Słonka streams flowing into the Raba River, at the foot of the Gorce and the Beskid Wyspowy, 500-600 m above sea level.

The natural resources of Rabka-Zdrój are brine, which used in drinking, bathing and inhalation. The spa specializes in the treatment of diseases of the respiratory and circulatory systems, allergies, rheumatic diseases and neuroses. The spa resort is the Spa Park, which been revitalized in recent years. The park divided into two parts: the sun and shadow zone. The sun zone has a walking, representation and recreation function, while the shadow zone is a walking and reflection area and refers to the atmosphere of the English garden. [5]

Tourism is particularly important next to the main spa function in Rabka-Zdrój. The attractive location at the foot of the Gorce and the Beskid Wyspowy, makes it an excellent starting point for mountain trips. Many tourist routes run through the city and its surroundings. The recreational and sports offer of the commune also includes Nordic Walking trails, a skate park and a summer swimming pool.

In Rabka-Zdrój, two projects completed in recent years, which significantly contributed to the improvement of the quality of public space in this spa. Both of them focused on improving the public space in the area around the extensive spa park. As part of one of the projects, several new spa infrastructure facilities built and a concert shell and existing technical equipment elements installed in the spa park. (Fig.1)
A new saline graduation tower and a mineral water pump room build, as cylindrical objects similar in size and shape connected with a roofed batten. The pump room is a building on a circle layout with a main room for patients; the remaining area is a counter for dispensing water, facilities, a social room and toilets. (Fig.2)

Figure 1. Rabka-Zdrój. Spa Park after revitalization. (Photo by the author, 2017)

Figure 2 Rabka-Zdrój. Spa Park after revitalization. Saline graduation tower. (Photo author, 2017)

The area around the concert shell developed the roofs for the stage and the audience introduced. The amphitheatre was adapted to the needs of the disabled, the pavement of the audience, stairs, floors of
the main entrance were changed, there were also several additional benches, and new elements of amphitheatre technical equipment, including lighting and sound system purchased and installed. [1] The second action was a thorough revitalization of the rest of the spa park. After the revitalization, Spa Park has been adapted to new functions. Most walking routes been renovated; the whole park has been equipped with elements that increase its attractiveness for various groups of recipients.

As part of the project, the concert hut modernized along with the reconstruction of the surface of the square and development of the area around the gazebo, modernization of the fountain and alleys, thorough modernization of lighting, new elements of small architecture purchased. A revitalization of park greenery (12 theme gardens) was carried out; modernization of the health path (15 new devices), playground (new devices, safe surface, playground) and tennis courts. The revitalization of the parks in Rabka is a prominent example of a high-class spa public space serving the improvement of the quality of life of the inhabitants of Rabka-Zdrój, as well as serving the patients.

3.2. Szczawnica-Zdrój
Szczawnica-Zdrój located in the beautiful Grajcarek valley, a right-bank tributary of the Dunajec River between the Radziejowa and Little Pieniny Mountains at an altitude of 430 - 560 mn.pm. In the Polish-Slovak, border zone. Szczawnica-Zdrój lies on the border of two geological units of the Beskid flysch, built primarily of sandstones and shales, and the Pieniny Belt made of limestone. Geological conditions the spa owes its mineral waters. In the area of the Spa there are 12 sources of acidic water - sorrels, the values of which the first mention come from the 16th century. In the spa pump room, guests offered bicarbonate, sodium, iodide and bromide rich in mineral salts and numerous microelements. [5]

The spa specializes in the treatment of respiratory diseases, including chronic inflammation of the nose and throat, and disorders of the vocal apparatus; allergic diseases of the airways, bronchial asthma; diseases of the musculoskeletal system, i.e. degenerative diseases of the joints and spine, as well as rheumatic diseases and rheumatoid arthritis. About 2/3 of the area belonging to the city are forests, which has a beneficial effect on its microclimate. They protect the spa against the winds and provide clean air. In addition, high insolation and a small amount of rainfall create the perfect conditions for patients who want to improve their health. Szczawnica-Zdrój surrounded on all sides by protected areas, rich in natural and landscape values, and these are Pieniny National Park, PIENAP in Slovakia, Poprad Landscape Park.

In Szczawnica-Zdrój, a health resort which in 2005 returned to the heirs of the previous owner. The heirs of Count Adam Stadnicki, the last owner of the spa, have begun work aimed at restoring the former splendor of the town. Thanks to cooperation with local authorities over the last dozen or so years, a number of investment activities implemented to improve the standard of living and treatment. Two projects have started to revitalize the town, which have significantly changed the visual reception of public spaces. A complete revitalization of the central public spas of the spa part of Szczawnica - Zdrój, from Dietl Square to the Natural Medicine Plant along with the reconstruction of the square itself, and the fountain was made centrally. (fig.3)

The new fountain refers stylistically to the architecture of the square and harmonizes with the whole premise of the spa center. Along the walking route, a new artificial river introduced, which along with a small waterfall fed entirely with water from a mountain stream. In front of the natural medicine plant, a fountain built with water flowing directly from the floor. A monumental staircase introduced leading from the central promenade to the renovated Inhalatorium. [1]

Szczawnica-Zdrój is also an example of revitalization; or rather, reconstruction of historical spa architecture made by private owners, a remarkable feature is the reconstruction of Guest Manor, which
completely burned down in 1962. In 2008, the heirs of Count Adam Stadnicki began to rebuild Guest Manor according to the original from old photographs. In 2011, there was a ceremonial opening and commissioning of a modern facility, which is currently the most luxurious hotel facility in the spa.

![Figure 3. Szczawnica Zdrój. Dietl Square. Spa Centre. (Photo by the author, 2017)](image)

After a few successful revitalizations, the village prepares new projects and soon we will see new projects - renewal of Jan Wiktor Street and subsequent works on the promenade along the Grajcarek stream.

### 3.3. Muszyna-Zdrój

Muszyna-Zdrój is located in the valley of the Poprad River and its two tributaries: the Szczawnik and Muszynka streams, at an altitude of about 450 m above sea level. The main part of the village is located on the right bank of Poprad, a small part called Zapopradzie is located in its bend on the left bank. Muszyna is located on the border with Slovakia (about 5 km) and about 11 km from Krynica-Zdrój. The spa treats diseases of the respiratory and digestive systems. The resources of curative mineral waters are the main wealth of Muszyna. They contain the necessary bio elements like magnesium, calcium, sodium, potassium, iron, selenium or lit. Muszyna-Zdrój meets the conditions for spa treatment of respiratory and digestive tract diseases. [1,5]

In the spa, from the very beginning, there was no spa park, except for small squares, a promenade connecting the spa with the city and a small space around the mineral water pump room. For several years, this is not the case. The main revitalization activities in the spa consisted in creating a modern, attractive park layout. A park project implemented in the spa part of the resort, which serves both residents, visitors and numerous tourists visiting this place. Walking lanes, bike paths and outdoor exercise equipment are marked out in the park. In its area, there are a stream with cascades, artificial ponds, gazebos, benches, stylish street lamps, and a barbecue grill. At the top of the hill, there is a lookout tower 11.5 m high. The park organized as the Garden of the Senses and divided into seven zones. The first one starts a rose alley and leads from the health garden. There are a variety of exercise equipment here, requiring a small amount of power, thanks to which they are intended especially for the elderly. While exercising, you can admire the panorama and compositions created from roses, spire, thistles, spruces, maples and hornbeams. Going further along the alleys, we reach the part called the garden of the fragrance. In this area, the plants selected in such a way that the intensity of the odors is more intense. For the blind, this
part of the garden will be a condensed herbarium - for cognitive and didactic purposes, they will be able to touch any plant, rub the leaves or flakes in fingers to obtain the aroma of essential oils. Among the hyacinths, lilies, spruces, first we find here kitchen spices - fragrant thyme, sage, mint, garlic. However, recognizing and getting to know the smells will be a great educational experience for everyone. All you need to do is close your eyes and guess at the fragrance of individual plants. The next stage of the journey is the sound garden. It is worth staying in it and listening to the gentle noise of trees, twittering birds, the murmur of water flowing in the stream, the crunch of gravel under your feet. All materials selected in such a way as to intensify the sounds around us. Dissolving our senses, we go to the fragrance-touch zone. Here, as in the previous parts of the garden separately, we also use the sense of touch and smell. Plants selected in such a way as to give off an intense smell and have a variety of textures and shapes of leaves and flowers.

The culmination of the whole is the garden of taste. There are bushes and fruit trees growing here, thanks to which we can observe the annual plant vegetation most fully. In addition to their admiration and observation during the harvest, we will be able to enjoy the flavours of fruit - cherries, raspberries, apples, chokeberry fruit, or, if we are lucky, hazelnut. Taking pleasure in contact with nature, we reach the top of the hill where the gardens of the senses are located. From here, we will admire the entire palette of colours of the garden, as well as the panorama of Muszyna-Zdrój. [6]

3.4. Iwonicz-Zdrój

Iwonicz-Zdrój is a picturesque town located in one of the ecologically cleanest regions of Poland, in the Low Beskid, in the valley of the Iwonicz Stream, at an altitude of 410 m above sea level. The city is located in the Protected Landscape Area. The spa center surrounded by a beech-fir forest with rich undergrowth. There are numerous healing springs in the city, as well as sulphide waters are also drilling the iodine brine. [5]

Figure 4. Iwonicz-Zdrój. Dietl Square. Spa Centre with the fountain. (Photo by the author, 2017)

One of the natural curiosities of the spa is the Belkotka spring, from which with its characteristic gurgle water is emitted to the surface, and with it methane. Iwonicz-Zdrój is one of the oldest spas in Poland. The buildings in the spa center is an example of wooden architecture presenting a combination of the Swiss style with the late classicist mainstream of Polish architecture. Among them, the oldest monument is the Old Palace from 1837.

As part of the revitalization project of the historic city center of Iwonicz-Zdrój, the surface of pedestrian streets, squares, pedestrian routes along the Belkotka river valley was cleaned up, a fountain was built on the square between Dietl square and the Belkotka canal, the fountain on Dietl Square was rebuilt, a new wooden pergola was built. The pavilion over the sources of Amelia and Józef was renovated. (fig.4)
The gazebos, pergolas, pavement paths, flowerbeds and greenery along the main promenade carefully renovated. External stairs leading to a sanatorium of retaining walls, seating walls, balustrade pillars and protective barriers at pedestrian routes and along the Ionic stream, a decorative gate, were built. New arbors and new walking routes with places to relax were created along the Iwonicz stream. A romantic garden was created along with a pond in which fragrance plants grow.

The most interesting element of revitalization of the spa center is a fountain with light effects of 12 by 12 meters. There were also several hundred meters of paths, adapted for use by people with disabilities.

To the north and south of the Old Palace green areas were created, and between the centers of "Pod Jodłą” and "Klimat”, the turbot was cleaned, a wide pavement was created on it, a large pergola was built over the playground.

After revitalization, Iwonicz-Zdrój is a place full of charm, in which history and modernity are intertwined, which is why every year more and more people visit this place, not only spa residents, but also tourists.

3.5. Rymanów-Zdrój

Rymanów-Zdrój, a village that lies on the border of the Low Beskids and the Bukowski Foothills, in the Tabor Valley, is about 3 km away from the center of Rymanów. The spa was founded in 1876 after the discovery of sources of natural healing waters there. Rymanów-Zdrój is a submontane spa (370-430 m above sea level), moderately stimulating and unique climate that combines the features of the mountain climate, and - due to the significant content of iodine - features of the marine climate. The health of the patients also influenced by the higher than average content of ozone and salt as well as the proper humidity of the air. The healing profile of the spa based not only on the qualities of the local climate, but also on the use of therapeutic mud and healing waters.
the outside, but also inside. It is brighter and more cozy in it now. Soft pillows appeared on the seats, tables and chairs were placed. You can drink here not only the water from one of the three Rymanów-Zdrój springs, but also delicious coffee or tea made on its basis. (fig.5) In Rymanów-Zdrój, thanks to previously carried out inventory works in the field of wooden spa architecture of Rymanów, a number of new facilities have been designed and constructed. Among the new objects referring in form and detail and carpentry elements to the remaining objects of the wooden architecture of Rymanów, a small pavilion is a roof over the graduation tower located next to the building of the mineral water pump room. (fig.6)

Figure 6. Rymanów-Zdrój. Spa Park. Graduation tower. (photo by the author, 2017)

All built objects refer to the former spa architecture. The inspiration for the designers was original elements of wooden architecture and old postcards. Patients walking along the paths will be able to rest in gazebos or sit on benches, enjoying the eyes of the flowering pergolas. After the recent revitalization, the Rymanów-Zdrój health resort invites to walks and rest. It is also worth taking an inhalation at the newly established brine graduation towers, which has a beneficial effect on many respiratory diseases (sinusitis, emphysema), but also helps with allergies or hypertension, as well as builds immunity.

4. Results and discussions
Activities undertaken in health resorts located in the south of Poland serve not only to improve the attractiveness of the town (or a village) by improving the quality of public spaces, but also the comfort of staying in it, the tourist resting in the town and numerous visitors. In resorts where the public space of the spa is also the main public space of the city, the changes have a very positive effect on the residents’ life.

Numerous activities analyzed in order to protect the cultural heritage in the field of architecture. Specific space management related to the spa character of the town. Actions taken for the comfort of visitors and tourists also characterized by great concern for the natural landscape of the town and rational use of mineral resources thanks to which the spa towns they have been functioning for centuries.
Observed in each of the aforementioned spas, the ordering of public spaces from numerous random forms, leaving the spatial chaos in favour of a uniform form referring either to the local form or material, or to classic forms, or moving ready, tested patterns and forms. The changes in the quality of public spaces noticeable in resorts and the improvement of their technical infrastructure are the result of proper management, for not only the financial result but also the funds obtained from the European Union for costly investments manifested in effective obtaining subsidies by municipalities and spa companies. However, they also contribute to the further economic development of these towns.

Opportunities received and used by health resorts and their authorities in connection with Poland's accession to the structures of the European Union and the involved decision makers of spa companies manifested in the aforementioned investments to improve the public space in the spa significantly contributed to improving the quality of public spa resorts. Well-designed and carried out revitalizations of public spaces in spas will help improve the reception of these towns as very attractive places for curing, beautiful places to live.

5. Conclusions

- Investments in improving the public space in the spa increase the quality of entire towns, spa communes, contribute to the image of the health resort and the entire southern Poland as an extremely attractive tourist area. They stand out on a national scale with a comprehensive offer combining landscape, curative, and tourist, cultural and geographic values.

- The increase in the attractiveness of the spa towns visible in the health resorts of southern Poland will fuel the further economic development of these towns, although these towns compete with each other on the local market. Each such manifestation of activity strengthens the position of the spa region among other.

- Skilful use of own funds and EU subsidies for activities in the field of technical infrastructure improvement and numerous investments aimed at improving the quality of public spas in the spa are primarily improving living conditions for permanent residents. As well as attractions for numerous spa visitors and tourists.

- Investments in improving public spaces also include numerous jobs. Both in the period of direct implementation of these investments for local companies but it is also an investment in future jobs for local residents due to the increase in tourism and spa traffic in the city.

- Maintaining in good condition both large areas of decorated greenery, architectural objects, including numerous unique monuments, technical infrastructure serving the residents as well as bathers requires from the villages of the spa towns of great care, commitment and very large financial outlays.

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