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Introduction

Internal assessment addresses the following objectives of the history course:

1. comprehend, analyse, evaluate and integrate source material critically as historical evidence
6. present arguments that are clear, coherent, relevant and well substantiated
8. plan, organize and present an individual historical investigation.

The following history internal assessment samples cover local history topics. They have been marked by senior examiners against the internal assessment criteria on pages 57–58 of the Diploma Programme *History guide* (February 2001).

Sample I

Criterion	Total marks available	Marks achieved	Examiner comments
A	2	2	The scope and plan of the investigation are entirely appropriate and clearly focused.
B	5	4	The investigation has been adequately researched. Supporting evidence has been produced and referenced. Some material on page 2 could have been clearer.
C	4	3	Origin, purpose, value and limitation are all addressed, but evaluation, although quite thorough, is not always appropriate.
D	5	3	Analysis is attempted for the evidence and the historical context, but it is rather short and tends to return to narrative. This could be because of a lack of crucial evidence.
E	2	2	The conclusion does answer the question by affirming that the evidence obtained indicated little resistance at Reading Abbey to its dissolution.
F	2	2	A comprehensive list of sources is included and the references show that they have been used well. The investigation is written within the word limit.
Total	20	16	This is a very interesting study, which has been carefully researched. Unfortunately it does not reveal how or why the abbot lost the king's favour and was put to death. This failure to fill in such details as the abbot's actions during the crucial period was no doubt due to a lack of evidence in the sources available to the candidate.

To what extent did the abbot and monks of Reading Abbey resist its dissolution?

A. Plan of investigation

The last abbot of Reading was Hugh Cook Faringdon (also called Farrington or Cook). This investigation will attempt to discover to what extent he and his monks went along with Henry VIII's plan for the changes to the church and the monastic system in England, and to what extent they resisted the dissolution of Reading Abbey.

I carried out my investigation as follows:

- Undertaking an internet search
- Visiting Reading Museum
- Visiting the Abbey ruins.
- Finally visiting Reading Library, borrowing books and doing research in the reference library.

First I will write about the evidence relating to the dissolution and the King's relationship with Faringdon. This will be followed by an evaluation of two of the main sources I used for this work. Then I will analyse the evidence and draw conclusions as to how much resistance the abbot and monks really did put up.

Word Count 152

B. Summary of evidence

King Henry VIII formed a friendship with Faringdon and called him his 'own Abbot' Faringdon worked hard at keeping a good relationship with the king and when the King was hunting in the neighbourhood the Abbot would send him gifts; '*a goodly present of great pikes, great carps, salmon, sturgeon and other goodly fish*' (Hinton p64).

When King Henry VIII decided to seek an annulment from Catherine of Aragon. Faringdon was loyal and helpful to the King. He was one of the clergy who signed a letter to the Pope in July 1530:

'pointing out the evils likely to result from delaying the divorce desired by the King' (Camm p363)

When Henry made himself Supreme Head of the Church of England. Faringdon went along with this too and in 1536:

'he signed the Articles of Faith passed by the Convocation which virtually acknowledged the King's supremacy of the Church of England. (pp 73-74 Hurry 1906).'

In 1536 King Henry decided to close 376 smaller religious houses which reduced the Church's power and provided the King with money. He presented this as a reforming act as so many smaller monasteries were deemed to be decadent and there were accusations

of immorality and superstitious practices. Reading Abbey was not believed to be guilty of abuses but remained a religious house.

This was very unpopular and led to an uprising in the north called the Pilgrimage of Grace. This was very dangerous to the King because different classes in society banded together to take an oath written by Robert Aske at York (Guy p150). Hugh Faringdon supported the King in suppressing the uprising, contributing men to fight the rebel forces (p74 Hurry).

It was soon the turn of the bigger houses and in April 1539 a bill was introduced. In 1538 Dr John London came to Reading Abbey to take an inventory of the treasures and have them locked away (p78 Hurry 1906). He wrote;

'I have required of my lord abbott the relykes of hys howse,' (p226 Wright)

The introduction of this bill was the opportunity for the Bishops and Abbots to argue their case in parliament but

'The mitred Abbots (who included Faringdon) sat silent in their place among the Lords for the last time in parliament which authorized the destruction of their proud and beautiful abodes (Dixon in Camm p379).

Faringdon's former relationship with the king was no help to him. According to Camm the evidence which was presented against Faringdon at his trial was as follows:

- At Reading copies of Aske's proclamation (see the Pilgrimage of grace) were distributed and at least one copy was made by John Eynon who was called the chief counsellor of the Abbot (Camm p369). *Side note?*
- In December 1537 rumours were circulating that the King was dead. The Abbot reported the rumours to Cromwell and to the Abbot of Abingdon. Repeating these rumours could be construed as a treasonable offence and the Abbot had to explain himself to a commission. He was pardoned, but the offence was remembered against him (Camm p372).

Faringdon was arrested in September 1539 and on the 19th of that month Reading Abbey was formally dissolved. The monks from Reading, John Ruge and John Eynon, were charged with being his accomplices. Although Faringdon was put on trial the verdict had already been decided. Along with the two monks: John Eynon was a priest who had borrowed a copy of Aske's proclamation in order to make a copy (Camm p371) and John Ruge. The monks confessed to treason, and rejected the Royal Supremacy, but still claimed to be loyal subjects of the King. Their protests of loyalty did not prevent them all being hung drawn and quartered.

We do not know what happened to the rest of the monks at Reading Abby but Elton tells us that most members of religious communities were dealt with reasonably. Most monks and nuns seem to have accepted their fate and made the best of things. Relatively few people were killed during the dissolution. but it appears that some monks were pensioned.

Word Count 681

C. Evaluation of sources

My first source is Dom Bede Camm's 'Lives of the English Martyrs' written in 1904. This source is biased in religious terms because it is a Catholic publication and was written to promote the Roman Catholic faith. Camm himself was a monk who edited the volumes on behalf of the Catholic Church. Therefore you have to sort facts from beliefs. For example, after Camm has told us that Faringdon had signed the Articles of Faith in 1536 he adds his own comment:

'It is evident that, like many another, he did so with a heavy heart, and that he bitterly repented his weakness' (p367 Camm)

On the positive side Camm uses lots of original and early sources about Farringdon, he has access to many original letters and papers in private hands and he also uses many early publications. The facts coincide with the other sources I used in this investigation. The text is also very well referenced.

My second source is by Jamieson B Hurry 'Rise and Fall of Reading Abbey (1906)'. Hurry was the son of an Anglican clergyman (Reading Chronicle 17th February 1978). Hurry was a General Practitioner and practised in Reading for 40 years. He wrote this book because he had a passion for local history especially Reading Abbey. As a 'man of science' Hurry might be expected to be more objective about the history than Camm but he too put his own prejudices and beliefs into his books, for example when he writes about Hugh Cook Faringdon's death:

'But even the prospect of a felon's death could not daunt his heroism. True to his conscience he chose death rather than dishonour; and as we look back through the centuries at the man who laid down his life, a martyr for the cause which he believed to be just, who does not feel a thrill of admiration?' (p51 Hurry (2))

But there is no doubt that Hurry was an expert on the subject of Reading Abbey and he also uses many original source materials.

One of the limitations of using these sources is that both authors probably share the same cultural perspective. The books were written within two years of each other and the authors were well educated Edwardian men who had a religious background.

I think that both of these books are very good sources of facts about what happened but it is important to separate the facts from the writers' opinions.

Word Count 412

D. Analysis

The Abbot worked hard at keeping a good relationship with the King. Faringdon was loyal and helpful to him and took the King's side during the whole divorce controversy. He, along with the other Clergy did not make a stand against the dissolution when they had the chance in 1539. Faringdon had the dilemma of being torn between being a good catholic and loyal to Henry. Hurry makes some assumptions about Farringdon's thoughts about this:

'he signed the Articles of Faith passed by the Convocation which virtually acknowledged the King's supremacy of the Church of England. But he probably never intended to reject Papal authority in spiritual matters (pp 73-74 Hurry 1906).'

The charges against the Abbot certainly look weak and we do not know why the King decided to proceed with the treason trials. He had previously had a very good relationship with the Abbot, the evidence against Faringdon was very flimsy, being mainly some involvement in the copying of Aske's proclamation, and repeating rumours of the King's death. In addition the trials took place too late to act as a warning to others.

"The common supposition that those notorious trials were intended to discourage resistance does not convince, if only because they took place in November-December 1539 when very few houses still stood" (p236 Elton)

It is difficult to know why Faringdon went so quickly from being one of the King's favourites to a horrible traitor's death. Perhaps he could have saved himself at an earlier time by actively supporting the King but we will never know. Dickens writes:

"Our knowledge of the charges against them(the Three Abbots) remains imperfect, though the first two (Abbots of Gastonbury and Reading) were regarded as implicated in the treason of the Poles (see Reginald Pole) and had supplied the Northern Rebels with money" (p133 Dickens).

There appears to have been no dispute that John Eynon had borrowed Aske's proclamation in order to make a copy (Camm p371). John Eyton and John Rugge confessed to treason, and rejected the Royal Supremacy, but still claimed to be loyal subjects of the King. Their protests of loyalty did not prevent them being hung drawn and quartered.

Word Count 363

E. Conclusion

I therefore answer the question; 'To what extent did the abbot and monks of Reading Abbey resist its dissolution?' by saying there was very little resistance either at Reading or throughout the country.

The Pilgrimage of Grace was certainly an act of resistance, but that seems to have been mainly led by the laity.

Hugh Cook Faringdon and the other Bishops and Abbots did not make a stand against the dissolution when they had the chance. If they had it might have resulted in a different outcome. Faringdon and the others religious leaders tried to appease the King. They did not make a stand against the King's marriage or against the closure of the monasteries and Faringdon, along with other Abbots and Bishops even signed the Articles of Faith and was helpful to Dr John London making an inventory of the relics and then allowing him to lock them away.

Faringdon stood true to his faith at the end but that had no effect on the Abbey which was closed by then. After they had been condemned Faringdon had nothing to lose and he made a speech in which he told the crowd the cause for which

'he and his companions were to die... ..fidelity to the See of Rome, which he declared was the common faith of those who had the best right to know what was the true teaching of the English Church' (Hurry Easter 1906)

Of John Eynon and Jonh Rugge the two men who were hung, drawn and quartered with him there is no evidence that they offered any resistance. I have found no record at all of any resistance from the other monks at Reading. They probably left to return to their families or earn a living while some of them received a pension.

Word Count 300
Total Word Count 1917

F. Bibliography:

Books

Camm Dom Bede Lives of the English Martyrs London; Burns and Oates Ltd 1904

Chadwick Owen The Reformation London Penguin 1964

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Phillips Daphne The Story of Reading Countryside Books Newbury 2004 (revised)

Slade Cecil The Town or Reading and its Abbey MRM Associates Ltd Reading 2001

Van der Merwe and Rhodes John A Guide to the Museum of Reading Addax Publishing Ltd, Kent c1994

Wright Thomas Letters Relating to the Suppression of Monasteries London; John Bowyer Nichols and Son 1843

Newspaper

Reading Chronicle 17th February 1978

Internet

www.readingmuseum.org.uk

Sample 2

Criterion	Total marks available	Marks achieved	Examiner comments
A	2	2	Good. A clear question and plan to be followed.
B	5	5	All the presented evidence refers directly to the question posed and has been considered in order to answer it. Good referencing.
C	4	3	The evaluation of sources is generally appropriate and adequate, but reference to their value should go further.
D	5	4	The analysis is clear and logical and results in a focused argument.
E	2	2	The conclusion is clearly stated and consistent with the evidence presented.
F	2	1	Investigation is within the word limit but the bibliography does not follow a standard method of listing.
Total	20	17	This is a carefully researched investigation. It is an example of how candidates can use local history. All the criteria are followed correctly and initiative is shown in an interview.

Internal Assessment in History (Higher Level)

How has the local government policy influenced the development of Sopot Spa since 1945 up to the present?

Words: 1951

Final examinations: May 2005

Original

A. PLAN OF INVESTIGATION

- (i) After World War II Sopot was under the rule of a communist local government which had virtually no power over the policy concerning the spa. Only in 1989, after the abolition of communist rule, did the modifications of the spa policy fall under the jurisdiction of local government. This work aims to evaluate the extent to which these two types of local government, the communist and the democratic, have influenced Sopot Spa.
- (ii) Methods used in the investigation:
 - Study of articles concerning the development of Sopot Spa
 - Selection and reading of books concerning the history of Sopot Spa
 - Research current city policy concerning the development of Sopot Spa
 - Interview with a current policy maker concerning Sopot Spa
 - Analysis of the influence of the authorities on Sopot Spa

B. SUMMARY OF EVIDENCE

(i). Sopot as a spa before 1945

Sopot is a Baltic Sea resort in the vicinity of Gdansk¹. It is surrounded by forests and as a spa it benefits from its brine springs and high air quality.

Since the 19th century there was a growing interest in Sopot, which became a fashionable holiday resort. At that time the local Prussian government from Gdansk took an interest in Sopot and encouraged initiatives of people such as J.G. Haffner². The spa grew increasingly popular in the subsequent years. After World War I Sopot Spa was one of the most famous health resorts in Europe and was referred to as “the Baltic Pearl” or “Riviera of the North”. World War II and especially its conclusion brought great destruction to Sopot³.

(ii). Sopot Spa under the communist rule (1945-1989)

As after 1945 Poland was under the rule of communist government the situation concerning local government changed completely. Government was centralised and the local authority had virtually no power over policy concerning the spa⁴.

Moreover, social policy after World War II was mostly concerned with developing cheap tourism rather than spa treatment⁵. Just after the war the authorities wanted to change Sopot into a residential suburb for the growing shipyard and port agglomeration⁶. In October 1947 there was a plan to attach Sopot to Gdansk. The authorities wanted to cut all links with the “bourgeois” past of the spa and planned to destroy the Northern Park, the pier⁷ and the Spa House. However, thanks to work of Mieczysław Ciecślak, who was the head of

¹ For maps of exact location see Figure 1 and Figure 2 in the appendix.

² J.G. Haffner (1775-1830) was an Alsatian surgeon in the Napoleonic army. He came to Gdansk in 1808 and established baths in Brzeźno modeled on those in French Dieppe. He is considered the founder of Sopot spa. On 25.V.1823 Haffner signed a contract authorizing him to build baths in Sopot. After 40 days the main building was ready. He then proceeded to develop the town and turn it into a modern spa. He died of fever on 20.IV.1830. His wife then went on to govern the baths.

³ For example the historical Sopot Spa House, which was the centre of Sopot’s cultural life during the interwar period was destroyed by the Russian Red Army.

⁴ Theoretically, there existed a City Council set up on 21.IV.1945 and comprising 33 members, however all its decisions were completely dependent on the central policy.

⁵ On 21.VIII.1969 the Cabinet passed a resolution no 369 which stated that Sopot was to be the main seaside centre for relaxation and treatment of the working people.

⁶ Jerzy Cislak, *Sopocki kurort w latach 1947-1956 [Sopot spa in 1947-1956]*, „Sopot Annual”, 2000-2002.

⁷ The pier in Sopot is one of the greatest landmarks of the city. The pier is 515.5 meters long and is, therefore, the longest wooden construction of this type in Europe. The first pier in Sopot was built in 1827 and was 47 meters long. The current pier is constantly renovated and is a popular place for fairs and concerts as well as a nautical port. For a photograph of the Sopot pier see appendix Figure 4.

the Spa-Bath Institution, and other local activists Sopot Spa continued to develop⁸. Unfortunately, soon the hostile authorities set up the Municipal Enterprise of Communal Economy. This consisted of Municipal Cleaning Institute, Waterworks and Sewage System Institute and Balneology Institute⁹. From this time on the power of local government to invest in and develop Sopot Spa diminished. In 1965 Dr J. Titz-Kosko set up a Rheumatology Hospital in the building of Balneology Institute¹⁰ thus saving it from being turned into a laundry house as was planned by the authority. The institution, however, remained entirely medical with no interest in developing the spa. In the period 1980-1989 Sopot Spa witnessed slow degeneration¹¹ due to a lack of funds and adequate investment.¹²

(iii). The development of Sopot spa from 1990 up to the present

The democratic local government elections¹³ in 1990 completely changed the local policy concerning Sopot Spa. Immediately, recognising the pollution in Sopot, the local government allocated considerable funds to the improvement of the Sopot environment¹⁴. The City¹⁵ Council¹⁶ placed great emphasis on Sopot

⁸ Mr Cieślak managed, for example, to set up partnerships with Czech Spas, which increased the number of bathers in Sopot.

⁹ At that time the Balneology Institute was officially referred to as "the Bath House".

¹⁰ The Balneology Institute is situated in the centre of Sopot in the vicinity of the pier. The current building, built in 1902, is now a part of the Voivodan Rheumatology Institute. It continues to offer a variety of treatments. These include diatherma, hydrotherapy, electropathy, massages, mud and brine baths, quartz radiation treatment, acid-carbon and oxygen baths in heated sea water and saunas. For a photograph of the Balneology Institute see appendix Figure 3 and Figure 4.

¹¹ Including 400 operating coal boilers, obsolete sewage system, polluted streams, closed beaches and watering-places, blocks of flats which clashed with the traditional architecture of Sopot, unused brine springs, degradation of buildings, inefficient health service and large budget deficit.

¹² However, in the „Assessment of the summer period of 1984 in Sopot” published by the Mayor of Sopot there are references to Sopot’s spa heritage and improvement of the environment. These references are, nevertheless, very brief and, in spite of the best intentions of the Mayor of Sopot, limited due to lack of funding and proper investment policy. The attempts of the Mayor of Sopot to develop Sopot Spa became more focused towards the end of 1980s when a work concerning the “Prospects for the development of Sopot Spa was published in November 1987.

¹³ These elections were based on a resolution concerning local government passed on 8th March 1990.

¹⁴ The measures aimed to improve Sopot’s environment included modernization of sewage system, cleaning of the Sopot streams and many more. The significant problem of air pollution was also tackled. The number of coal boilers was reduced from 317 to 47. Overall, the smog in Sopot was reduced by 45% up to the year 1999.

¹⁵ Sopot, in spite of its comparatively small area (17,31 km²) and population (41,000), is considered a city since on 8th October 1901 it was awarded *city rights* from the German Kaiser (at that time Sopot was under Prussian rule), which significantly increased the jurisdiction of local government.

¹⁶ This is a body, which is chosen in democratic elections every four years. Deciding on policy concerning the spa and development of Sopot both fall under its jurisdiction.

acquiring status of a spa with the approval of local community¹⁷. By 1993 the beaches of Sopot were already reopened to the public¹⁸. In 1995 the City Council accepted a long-term strategic plan which describes the prospects for the future of development of Sopot until 2045. In 1999 the Ministry of Health and Social Welfare recognised Sopot as an official spa. In 1999 Sopot joined the Association of Spa Communities.

In 2002 the revised version¹⁹ of the “Strategic Plan of Growth” was published by the City Council. In it the mission of Sopot is to make the city “a safe spa town with a high standard of tourist, recreational, congress and cultural facilities”²⁰. The most important strategic aim is to develop a “healthy city, in which the qualities of nature and scenery are maintained and used to develop the town as a spa, which will then improve the condition of work and life of the citizens of Sopot”. Policy of the local government has led Sopot to receive an award for the city with the highest development potential.²¹

¹⁷ In 1990 a survey was conducted, whose purpose was to “inquire the opinion of the local community concerning the direction of development and functioning of the town”. The inhabitants gave 80% support to the pro-ecological program stressing the role of Sopot as a spa

¹⁸ Since then, as a result of the city’s environmental policy Sopot has received the title of the safest and the best seaside resort in the North of Poland.

¹⁹ Important changes to the “Strategic Plan of Growth” were connected with the fact that Sopot achieved the official spa status and the environment was significantly improved.

²⁰ The mission of Sopot is exactly the same in both “Strategic Plans of Growth”

²¹ Title awarded by the Regional Investigatory Centre and the national daily „Rzeczpospolita”.

C. EVALUATION OF SOURCES

- **Jerzy Cisałak, *Sopocki kurort w latach 1947-1956 [Sopot Spa in years 1945-1956], „Sopot Annual”, 2000-2002***

The article is printed in the “Sopot Annual”, which often prints articles with memories of former citizens of Sopot in a section “Memories”. Jerzy Cisałak is the son of the director of Sopot Spa-Bath Institute and later head of the Municipal Enterprise of Communal Economy – Mieczysław Cisałak. The article is, therefore, based on personal experience so it might be slightly biased. The author’s purpose for writing this article was to inform people about those times and share his experiences. Cisałak has not written anything else about Sopot other than the above-mentioned article. Moreover, Cisałak’s article was not printed in full, so some details relevant to the topic might have been omitted. The author, who was born in 1947, learnt of some of the events indirectly and, therefore, some of them would need attesting. However, his memoirs are one of few from that period and are worth investigating.

- **Wojciech Fułek, *Sopot jako miejscowość uzdrowiskowa a strategia rozwoju [Sopot as a spa and the strategy of growth], „Sopot Annual” 2000-2002***

The article was written by Wojciech Fułek the current vice-president of Sopot and author of many books about the town (e.g. “Sopot: season, time, moments”), who is very familiar with the present state of the spa. The purpose of his article is to inform people about the history of Sopot up to the present. In his article Fułek emphasises the role of local government in the rapid post-communist development of Sopot Spa. His article investigates the past, present and future of the city. The author presents great erudition on the subject referring to the climate of the town, its history and evolution of spa-related laws. He also explores the current actions of the City Council. However, his account might not be objective as he is a member of this body and, therefore, unlikely to disagree with its actions. Nevertheless, his article is a source of first-hand information.

D. ANALYSIS

Before analysing the role of local government policy in Sopot it is vital to mention that in the period under consideration there was a change in the political system in Poland, after which the local government had very different powers. Before 1990 policy concerning the spa was closely connected with the ideology of the authorities. As the communist government was mainly concerned with providing holiday resorts for working class people and, consequently, put the role of Sopot Spa aside. The democratic local government, which assumed power in 1990, was more focused on Sopot reclaiming the status of a well-known spa²².

It must be stated that during the period 1945-1989 there was some investment in the development of the Sopot health resort. This included the building of a new Spa House and the functioning of the Balneology Institute. From 1953 the policy connected with the Sopot Spa was completely abandoned due to the formation of Municipal Enterprise of Communal Economy. In 1966 central government passed a new resolution, which virtually abolished the term "spa" replacing it with "health treatment". Therefore, this inconsistent policy, together with the emphasis on the development of factories, contributed to the decline of Sopot as a spa. It reached its nadir in the 1980's when the beaches were closed to the public due to very serious pollution. However, there were some attempts during this period on the part of the local authority restore Sopot spa status²³. Unfortunately, these failed due to the reasons mentioned above.

Since the first local government elections in 1990 the town policy concerning the spa has changed completely. Despite the unfavourable 1966 resolution, which was only slightly modified since²⁴, thanks to the determination of the local authority Sopot regained official spa status. This success is mainly due to the clearly focused town policy specified in the "Strategic Plan of Growth". In this plan both the long-term and short-term goals revolve around the development of Sopot as "a popular, fashionable, healthy and modern health resort". The aims in the plan include "offering spa services using the brine

²² Wojciech Fulek, *Sopot jako miejscowość uzdrowiskowa a strategia rozwoju [Sopot as a spa and the strategy of growth]*, „Sopot Annual” 2000-2002

²³ Wojciech Fulek, *Sopot jako miejscowość uzdrowiskowa a strategia rozwoju [Sopot as a spa and the strategy of growth]*, „Sopot Annual” 2000-2002

²⁴ So far (May 2004) this law has not been changed even though several bills concerning the issue are still pending in the government.

deposit²⁵, properties of the sea and forest and other therapeutic means²⁶ and “the developing of health resort treatment and accommodation”²⁷

This policy of the City Council is entirely backed by the opinions of the citizens of Sopot. According to several surveys up to 56% believe that “the gaining by Sopot of official status of a spa is the success of local government which most contributed to the development of the city”²⁸

The local government must be recognised for realizing the importance of investments for the development of Sopot spa²⁹. The improvements made to the tennis courts, building of hotels³⁰ and gentrification of the main streets³¹ are carried out with the approval of the City Council. Among other investments ones directly related to the development of the spa include Sopot Centre Development Project, which aims to completely alter the centre and the beachfront area of Sopot and “restore the health resort to the glory of its past”³² and building of a Balneology Complex³³, which would specialise in physiotherapy services³⁴.

An important role in current Sopot spa policy is working together with foreign spas³⁵, which not only promotes Sopot Spa in Europe but also helps to obtain funds for causes such as the environment.

No matter what local government policy, the spa resources of the city remain. Sopot is in 60% made up of forests. In 1972 a spring of brine was discovered and named “Sopot

²⁵ The brine deposit was used in the indoor swimming pool in the Balneology Institute opened in 1997, where patients with various diseases are currently treated, and in a fountain near the Sopot pier (for a photograph see appendix Figure 5).

²⁶ *Sopot Strategic Plan of Growth*, Department of Strategy of Development, Sopot City Council, Sopot, 2002.

²⁷ Ibid.

²⁸ *Survey among the citizens of Sopot*, Local Public Opinion Research Centre, carried out in May 2002, Sopot, 2002.

²⁹ Hanna Frackiewicz, *Sopot Folder*, Studio Plus, Bydgoszcz, 2002 (Information Booklet on Sopot for potential investors)

³⁰ These include luxurious four star hotels “Haffner” and “Rezydent” in town centre.

³¹ The recent renovations made to the main tourist street of Sopot, Bohaterów Monte Cassino Street, leading from the city centre to the sea, have changed it into the most representative and attractive street in the city. A good example of the modern architecture of Sopot is “the Crooked House” (for a photograph see appendix Figure 6) – a shopping centre with a restaurant and a café located in the centre of Sopot.

³² *Information on projects under construction*, Nederpol Development & Investment Inc, Official Website (www.nederpol.pl), 2004.

³³ The Balneology Complex is planned on an area of 4 hectares in the vicinity of the St Wojciech spring. It is to include not only a clinic but also parks and bicycle paths.

³⁴ Sławomir Ziemiło, *Interview with Jacek Karnowski (current Mayor of Sopot)*, „Warsaw Voice” (www.warsawvoice.pl), 2003.

³⁵ These partner cities of Sopot in 1999 included Ashkelon (Israel), Frankenthal (Germany), Karlshamn (Sweden), Naestved (Denmark), Peterhof (Russia), Raizenburg (Germany), Southend-on-Sea (United Kingdom) and relations with many other cities all over the world are still being developed.

IG-1". This spring, now called St. Wojciech Spring is a part of Voivodan Rheumatology Institute and is widely used in the treatments offered by the Balneology Institute³⁶. This enormous spa potential was not used, in fact it was somewhat damaged by lack of environmental protection policy, during the communist regime. Since 1990 the policy concerning the environment has helped to make the most of the natural merits of Sopot³⁷.

There are many sports facilities in Sopot³⁸. Sopot arguably has the greatest ratio of sporting facilities to population of all Polish cities. Therefore, in the future development of the Sopot spa the City Council should focus on specialising in treatment and prophylaxis of sport injuries. Furthermore, since a NATO Naval Base is planned in Gdynia it would be advisable to set up some clinics of an international standard³⁹.

³⁶ Elżbieta Walczak, *Walory Uzdrawiskowe Sopotu [Spa merits of Sopot]*, „Jantarowe Szlaki” Nr 1(247), 1998

³⁷ The 2004 city budget assigns 10,44% of the total expenditures on Municipal Services and the Protection of Environment

³⁸ These include athletic stadium, several football fields, tennis court complex, horse race tracks, nautical port, mini golf court, indoor swimming pools and the recently opened Aquapark – the biggest swimming pool complex in the north of Poland

³⁹ *Interview with Tomasz Michalski – Geological Expert at the Sopot City Office, May 2004*

F. CONCLUSION

Between the years 1945 and 2004 Sopot was under the rule of two utterly different regimes. Due to the ideology behind the communist policy the idea of seaside spa was considered “bourgeoisie”. Nevertheless, the local authority made some effort to maintain and develop the health resort potential. Unfortunately, these attempts were soon abandoned. Moreover, damaging industrial policy contributed to the terrible state of the Sopot environment in the 1980s. At the same time Sopot was proclaimed the leading holiday centre for the working class. Overall, the inconsistent policy led to the loss of the status of Sopot Spa.

After the 1990 local government elections the importance of developing Sopot’s potential as a spa was recognised by the new City Council. The local policy focused on improving the environment and restoring Sopot’s official spa status. Conscious and planned policy of the local government and the continuous investments and renovations encouraged by the City Council are certain to turn Sopot into a fashionable and modern spa, or “the Baltic Pearl”, once again.

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SOURCES:

- photographs made by Agnieszka Smoleńska (fig. 3, fig. 5, fig. 6)
- internet sources:
 - internet source:
www.pilot.pl (fig. 1, fig. 2)
 - internet source:
www.sopot.pl (fig. 4)