

*“We wanted to party
without having a hangover
the next day”*



DJ duo Niedzielni hold a regular Sunday-morning coffee rave in their hometown Warsaw, where the sober living movement is taking hold. We grab a latte and join in

Words by Ally Wybrew



Beneath human-sized Oscar statuettes and artsy film posters, a crowd of music-lovers pulses to an electro beat. Some are clad in neon tank tops with matching face paint, others in skintight athleisurewear. One woman sports hiking gear while she munches on a flaky *paszteciki* pastry. The rhythmic beats of Ultra Nate's 'Free' thump out from behind a low table, just loud enough that you have to strain your voice to be heard, while the dimmed lights hide the party space from Warsaw's sunlit streets outside.

It's 10am on a Sunday morning, and a couple of hundred people are dancing in the foyer of Kinoteka, the cinema inside the Palace of Culture and Science in the centre of the Polish capital. They're here because of longtime friends and DJ duo Niedzielni (meaning 'Sunday'), who are hosting one of their now-famous coffee parties - responding to a popular new social trend for sober raving.

"We wanted to make an environment for people to dance and listen to music, but also to meet each other - offline - and spend time together," DJ and Graphic Designer Damian Ziółkowski, one half of Niedzielni, explains. "That's why we started this party. I think people are tired of the nightlife. We wanted to try something new and without a rave hangover the next day."

The musicians describe their offering as a "morning dancers movement", and since beginning in February 2025, attendance at their events has surpassed expectations. Their first gathering drew close to 100 people, considerably

PHOTOS: NIEDZIELNI

more than the 15 or so they'd expected. "It was a very big surprise for us," DJ Miki Kudełka shares. "At that point we understood that maybe this was something people needed."

Clubbing has undergone a transformation in recent years. While coffee raves began popping up in London and New York as much as a decade ago, they're now proving popular all across Europe - no doubt accelerated by the lifestyle changes brought about by the Covid-19 pandemic. Endless queues, sticky floors and nocturnal opening hours are out, and communal events where dancers drink coffee, smoothies or simply water are very much in.

Today, health-conscious Gen Z is prioritising wellbeing, flocking to sober parties across the continent, and swapping alcohol and hangovers for a cup of joe after a good night's sleep.

While Gen Z undeniably provides a backbone for many of these gatherings, daytime party events also appeal to nostalgic clubbers heading into their 40s and 50s. On arrival at Kinoteka, the diversity of the audience is remarkable. There are pregnant women, people with





pets and dancers spanning at least three decades in age. Miki explains how the party started with a crowd of 30-somethings, but quickly expanded once word got out. “Everyone is coming,” he grins.

There’s a fair number of solo partiers here, too. Twenty-seven-year-old Darina came alone after seeing an online ad. She doesn’t drink alcohol and is having a blast. Magda, who recently turned 40, follows the DJs on social media and has come along with a pal. Her reason for coming? “I like music. I like people,” she says.

While coffee might have been the spark to set this new wave of partying alight, daytime dancing events have broadened rapidly into wellness hubs. In the UK, Daybreaker and Morning Gloryville run sober morning events while The Playhouse Project combines daytime parties with child-friendly activities, for a family-focused festival vibe. In Scandinavia, sauna raves

are taking off, while in the US, events booking company Eventbrite saw a 92% increase in searches for ‘sober-curious’ gatherings between 2023 and 2024. Attendance for running-based get-togethers there also increased by 146%.

Niedzielni are varying their offerings, too. On the floor of Kinoteka’s bar (which serves pastries, coffee and herbal teas, alongside alcohol) a woman has laid out mats and is guiding a group of partygoers through a session of face yoga, all while Miki pumps out MGMT’s ‘Electric Feel’ next door.

While the wellness benefits are clearly part of the appeal, the variety of venues adds a fun spark of spontaneity to each function. In 2025, Niedzielni hosted raves almost every other week in Warsaw’s trendy bars and coffee houses, a boutique Porsche dealership and the Centrum Bankowo-Finansowe, the former site of the Warsaw Stock Exchange. All are free to attend. The duo are now in such high demand that potential venues and brand partners approach them for collaborations. H&M, Brita and L’Oréal are among the labels lending their names (and finances) to the parties.

While Niedzielni have taken their events all over Poland – playing in places such as Poznań and Olsztyn – Warsaw is where they both call home, and is, in their opinion, the best place to play. “It’s a fast city,” Damian explains. “People get four hours to rest, to socialise, and then you have other activities. I think this is one of the reasons why [the parties] work better here than in other cities in Poland.”

For Miki, it’s also a case of quantity. “We have a lot of people from different small cities coming here to study and work,” he says.

The pair view their events as an opportunity for people to ‘rest’ and take a break from the responsibilities of day-to-day life – although it doesn’t seem to be something they are very good at doing themselves. In just one month last year, Miki played a staggering 21 gigs, and on arrival at Kinoteka, both he and Damian are working on two hours of sleep. The clubbing scene might be evolving, but the life of a DJ still has some catching up to do. [@niedzielni](#)

✈ **Wizz Air flies to Warsaw**



THE 0% CLUB

Amid a growing interest in sober living across Europe, Poland is leading the charge when it comes to alcohol-free brews. Poland is responsible for 10% of the EU’s total beer production and is one of the largest producers of non-alcoholic beers in Europe. Around 8% of all beer sales in Poland are now 0%.