

**INFOPACK**  
**7-9.10.2022, Warsaw (Poland)**

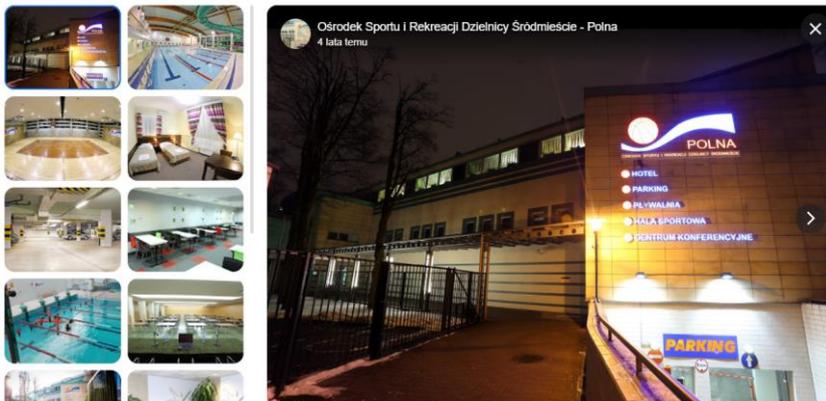
**Number of participants:**

- 7 people from Italy (2 double rooms and 1 3-people room)
- 5 people from the UK (4 +1, additional participant - Aleksandra Macintosh polish participant living in London) (2 double rooms and 1 single)
- 5 people from Portugal (2, 3 people in rooms)
- 5 people from Montenegro (2,3 people in rooms)

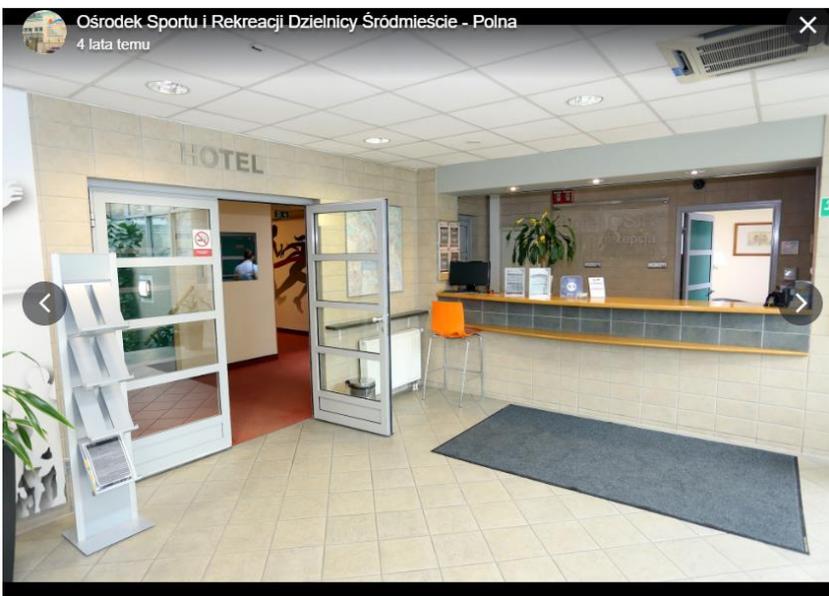
**Accommodation:**

Hotel in OSiR Polna (\*\*\*) (Hotel in the Sport and Recreation Center “Polna” – Śródmieście, Polna 7 Street, Warsaw. The hotel day begins at 2pm and ends at 10 am.

Google maps link to the meeting place: <https://goo.gl/maps/XcByj83qJJ5dVvM99>



The building of The Sport and Recreation Center “Polna”



The Reception of the Hotel that is situated on the floor.



Available rooms: double and triple rooms (TV, hair dryer, iron, WiFi, electric kettle, breakfast).  
**The price includes 90 minutes at the pool. The pool is opened from 6.00 am till 10.00 pm.**

### **ACTIVITY PROGRAMME**

Day 1 ARRIVAL DAY:

BETTER IF YOU ARRIVE IN THE MORNING

Afternoon: Official opening, activities.

Day 2 SPORT DAY:

Seniorada - our annual sport event dedicated to outdoor activities for the elderly people. Exchange of impressions about the outdoor activity.

Final conference.

Day 3 DEPARTURE Day.

### **How to get to Warsaw?**

The International Meeting will take place in central Poland - Warsaw which is the capital city.

### **Local airports:**

Warsaw Chopin Airport located only 10 km from the hotel.

Modlin Airport in Nowy Dwór Mazowiecki, approx. 40 km from Warsaw with convenient transport links to central Warsaw.

### **How to get from the Warsaw Chopin Airport to the venue „OsiR Polna” at Polna 7A street, Warsaw?**

### **TAXI**

The price of a one-way taxi from the Warsaw Chopin Airport to the city centre should not exceed 10 EUR during the day. Please note that this could be more at night.

Recommended taxi corporation which operates at the Warsaw Chopin Airport is ELE Taxi. Journey length about 15 mins depending on traffic.

Also uber is available.

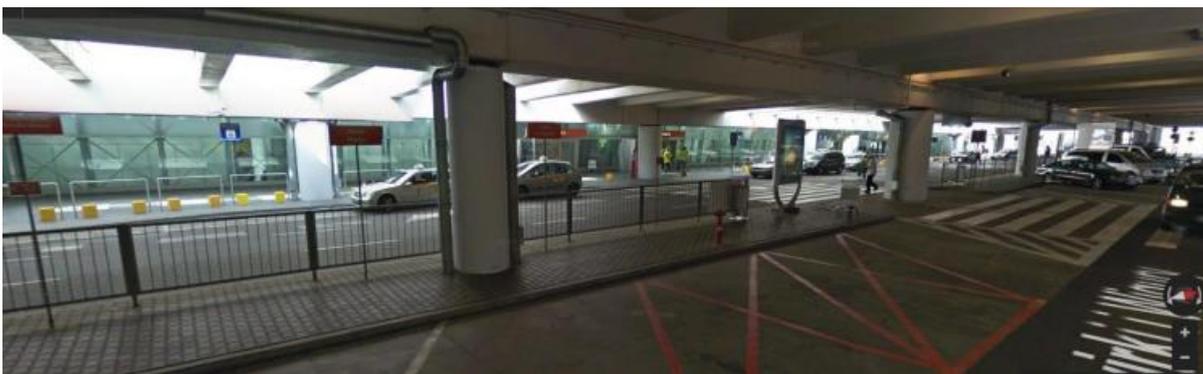
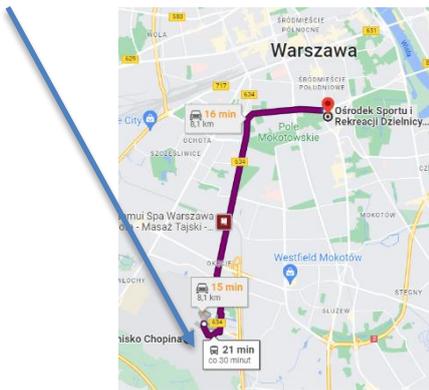
## PUBLIC TRANSPORT

You can use public transport. See options here <https://www.lotnisko-chopina.pl/en/public-transport.html>.

### Bus 188

Journey time approximately 27 minutes. 188 bus stop is located at the ground floor inside the car parking. The airport is its first stop so you can board any one.

Bus (21 min.)+2min. walk Approx. 27 min. to the hotel (depends on the traffic)



The ground floor

Please find the sign of public transport station and wait there for bus number 188 (there is only one direction).

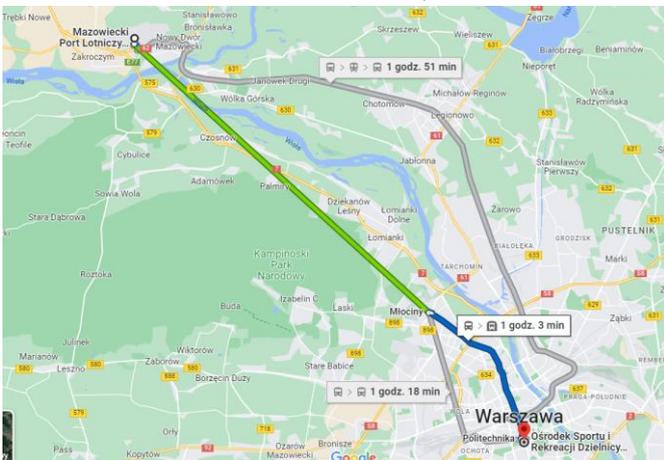


The place of the bus stop (188) – ground floor

You will need to get off in the METRO POLITECHNIKA stop and walk to OsiR Polna (Polna 7A street).

### How to get to „OSiR Polna” at Polna 7A Street from from the Modlin Airport?

Flixbus from the Modlin Airport ([the information about tickets](#)) to Warsaw Młociny.

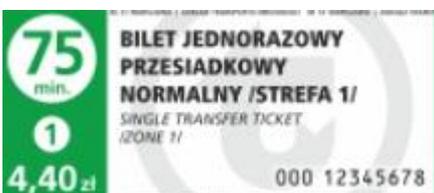


Journey time is approximately 1 hour and 5 min to get to the hotel.

When you get to Warsaw Młociny follow the signs for Metro (Metro Młociny, line M1). Get off at METRO POLITECHNIKA station and walk to OsiR Polna (Polna 7A street).

### Public transport fares

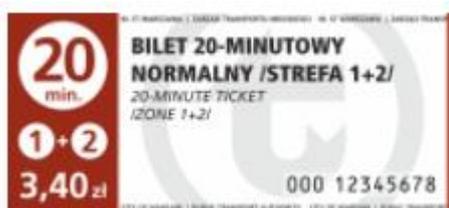
You can buy the ticket in the ticket machine (the green one 4,40 PLN -75 minutes, the red one 3,40PLN – 20 minutes) or in the store inside the airport. The ticket must be validated on the bus to avoid penalties.



STANDARD TICKET



REDUCED-FARE TICKET



STANDARD TICKET



REDUCED-FARE TICKET

You can buy also a 1-day or 3-day ticket entitling to an unlimited number of journeys within 24 or 72 hours. Learn more about urban transportation fares at: <https://www.wtp.waw.pl/en/ticket-tariff/>



Valid ticket in the validator inside the bus/tram/train

### WHAT TO BRING WITH YOU?

- Your passport or ID card

Your European Health Insurance Card <https://ec.europa.eu/social/main.jsp?catId=559>

(if you have it) or other health insurance;

- Any Medication you might require (anti-allergy pills, pain killers, aspirin etc.)

- water bottle

- All your travel documents

- Comfortable warm clothes and sport clothes, swimsuit (**should you wish to use the 90 min. in the pool which is included into the price**). We will spend most of Saturday outside so please be prepared!

### Important!!!

**Please do let us know as soon as possible your dietary requirements and possible allergies so we can plan for you.**

**Please, let us know by filling in this registration form:**

<https://forms.gle/AkPAtKQtTNGZ38dr9>

If you have any questions please email [marta.gaworska@gmail.com](mailto:marta.gaworska@gmail.com)

Or call Marta Gaworska on +48 600 546 989

We are looking forward to welcoming you in Warsaw!

Marta, Paulina, Ilona and ESPAR 50+ team

Good to know about Warsaw

More information about Warsaw can be found here: <https://warsawtour.pl/en/museums/>

or here: <https://warsawtour.pl/en/green-warsaw/>