

IMPORTANT AND USEFUL INFORMATIONS

MAZUR-SYRENKA CONFERENCE COMPLEX



MAZUR-SYRENKA OFFICE: +48-89-7421836

LOCAL ORGANIZING COMMITTEE MOBILE PHONE DIRECTORY

Marek Pietraszkiewicz, Chairman, general affairs: +48-692-605 004

Oksana Pietraszkiewicz, printing, DVD burning, edition: +48-606-935 532

IMPORTANT: PARTICIPANTS ARE SUPPOSED TO BE IN LECTURING ROOM AT LEAST 5 min. BEFORE THE LECTURES START. THE USE OF MOBILE PHONES, SMARTPHONES, IS NOT ALLOWED DURING THE LECTURES.

FIRE REGULATIONS: SMOKING CIGARETTES ONLY OUTSIDE THE BUILDINGS. FINE FOR SMOKING IN THE ROOM – 1000 PLN. SWIMMING IN KRUTYNIA RIVER IS THE SUBJECT FOR FINE: 500 PLN.

Drinking alcoholic beverages in public places in Poland (streets, squares, public transport) is the subject for fine – 100 PLN

LOCAL CONDITIONS IN KRUTYN

Generally, warm, it might be 18 - 30°C, nights cooler. Antimosquito sprays and sunscreens (factor 30 or more) can be available in local shops.

PRACTICAL OUT-DOOR SUGGESTIONS

Kayakers: be familiar with instructive video for kayak beginners at:

<http://www.youtube.com/watch?NR=1&v=BLB4VNEDd2g&feature=endscreen>

Take protective gloves to avoid blisters, while kayaking. Waterproof etui for mobile phones is recommended. Rain jackets might be useful. Waterproof bags are recommended for long-range advanced kayakers, as well as sun screens 30+. For long-range kayaking, water shoes and trip wire will be useful. **Since two years, the rescue jacket in the kayak is mandatory, available at MAZUR-SYRENKA.** You may not wear it, if you do not feel comfortable, however kayakers, who do not swim, must wear it. In 2014 there is new regulation for water sports, and “water” police may ask you for rescue jacket. The lack of it is the subject of fine. **Hikers:** take good trekking shoes and repellent against mosquitoes and deer-ticks. Always take a map, and keep going on marked-on-trees trails. You may explore unmarked forest paths, provided you have good experience and orientation in the forest. Nordic walking sticks can be hired at MAZUR-SYRENKA Reception Office. Try to avoid high grass, meadows, bushes. When coming back from the forest, take a shower and inspect your skin to check, if you did not catch a deer-tick. If this is the case, ask our medical doctor to remove it professionally. Our doctor is available on daily basis at 19.00-20.00, the main hotel at river. **Jogging:** recommended trail is along Krutynia River, against the current. This trail is marked in green on the trees. The length: ca. 4 km, both directions. **Horse riders:** taxi lift to Galkowo to be paid (20 PLN) at MAZUR-SYRENKA Office, 50 PLN/person in Galkowo. **Bikers:** ask the Reception Office. Maps for trails will be distributed to all participants, but you may buy even more detailed map at the Reception Office. **Ballooning:** this option is a real challenge, for adventurers. The cost is 100 EURO, or 450 PLN. In case of bad weather it may be cancelled.

PAYMENTS/CURRENCY EXCHANGE

It is recommended to take Polish currency to Krutyn, since there is no bankomat. Eventual payments can be done with credit cards in Mazur-Syrenka Office - minimum sum: 50 PLN. Cash can be available from bankomats in Ruciane (the nearest), ca. 12 km apart, and Piecki. Limited exchange can be also effected at Mazur-Syrenka Office.

TRAVEL TO WARSAW

Travel to Warsaw will be ensured by Organizers on June 20th early morning after breakfast at 8.00 sharp. Individual travels by taxi are possible – the cost is ca. 170 EURO. **Rapid buses are available from Piecki: 7.05, arrival to Warsaw:**

10.40 microbus, private line – not available on Sundays, 7.40, arrival to Warsaw: 11.45, public transport. Private microbus shuttle to Piecki: 50 PLN

INTERNET

Internet will be only available at the restaurant building in the bar area, ground floor, and should be used solely for scientific purposes. Large files should not be downloaded.

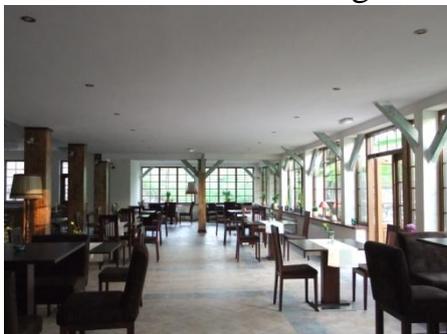
MEALS & BAR

Breakfast: 7.00-8.30, restaurant – 1st floor

Lunch: 13.00-14.00, restaurant – 1st floor

Dinner: 19.00-20.00, restaurant – ground floor

Bar available till midnight



OUT-DOOR, LEISURE ACTIVITIES AND SPA SERVICES

To make an effective guided and individual arrangements, please register for kayaking, boating, biking, Nordic walking, etc., during the coffee breaks. Tickets can be purchased in the restaurant - before, or during the lunch. Table tennis, billiard, and other games are on the ground floor of the Restaurant building. SPA services are available at the main hotel at Krutynia River. For individual services and costs ask the Reception Office.

SPRAY AGAINST MOSQUITOES AND OTHER INSECTS

Repellent spray for mosquitoes and deer ticks is safe for bare skin and clothes. Before entering the forest, meadows, while jogging, please spray your body to avoid problems. Sprays can be purchased in local shops.

KAYAK TOURS



Gathering site to Rosocha
and "Morning Bird" kayaking

Gathering site for kayaks with
transport, bikes, horses, and departure buses

**"Morning Bird" kayaking at 5.00 a.m., free of charge!
Recommended option: up the river till Krutynskie Lake and
back – ca. 1.5 h**



MORNING BIRD KAYAKING AND RISING SUN...

Kayak without transport: 10 PLN/h

Krutyn-Rosocha 1.5 h, 40 PLN + transport

Krutyn-Ukta 4 h, 40 PLN/kayak + transport

Krutyn-Nowy Most 6 h, 50 PLN/kayak + transport

Krutyn-Iznota 8 h, 60 PLN/kayak, + transport

Ukta-Iznota 6h, 70 PLN + transport

Nowy Most – Iznota 2 h, ask at Reception Office

Babięta-Spychowo 5 h, ask at Reception Office

Zgon-Krutyn 4 h, 40 PLN + transport

(for two persons sharing the kayak the cost is divided by 2)

Bike: 7 PLN/hour, 25 PLN/Day

Boats: 1.5 h, 25 PLN/person

**IMPORTANT! For sports on water take a waterproof etui for mobiles.
Rescue jacket is mandatory in kayaks.**

Top-class ballooning: 100 €/person, provided that 6, or 12 persons will be interested.

Horse riding: to be negotiated, depending on demands, ask at Reception Office
Trekking: ask at Reception Office. Fishing: ask at Reception Office.

TIPS for restaurant staff

The services provided in the restaurant at MAZUR-SYRENKA Centre are seasonal. The staff can earn incomes only for a short seasonal period. The bar will be open till midnight. **Please, be generous for the restaurant staff in the form of tips collected in IKSS-marked box.**

EXCURSION

Several options will be offered in the mid-term of the summer school.

1. *Visiting “Wolfsschanze” post-war bunkers near Kętrzyn. Bus will be provided.*

These bunkers attract many tourists. The complex is the famous Hitler’s headquarters during the Second World War. This excursion will be guided with English-speaking guide.



2. *Guided trekking/Nordic walking in the Piska Wilderness at Mokre Lake.*

Participants who like trekking may select this option. Time for this excursion: 3-4 hours. Take good trekking shoes.



3. Long-range kayaking

The option for dedicated, well-trained kayakers. To be scheduled with Reception Office staff. Suggested options: Sorkwity-Babięta: ca. 6 hours, Spychowo-Krutyń: 5 hours (only in the absence of strong north wind, otherwise extremely dangerous on Mokre Lake – big waves), Babięta-Krutyń: 7 hours, (only in the absence of strong northern wind, otherwise extremely dangerous on Mokre Lake). Good kayaking experience is needed. No guides will be available. **Protective gloves are strongly recommended.**





4. *First-class ballooning*



Paid adventure: 100 EURO, or 450 PLN per person, after excursions before sunset. Timing to be given at the day of excursion.

5. *Individual plans*

If you are not interested in these three options, you may ask the Organizers, or Reception Office staff to schedule something on individual basis.

DISCOTHEQUE

June 16th at 20.00-24.00 in the bar after dinner



BONFIRE

June 18th evening at 20.00 till midnight. It may be cold by night. **All drinks are**



to be purchased at the bar.

LAUNDRY

For laundry services in “Mazur-Syrenka” ask at the reception desk.

MEALS

Breakfast: Swedish style. Lunch & dinner: local menu, water, or tea/coffee. Beer and wine can be purchased individually at the bar. **Vegetarians:** to be served with vegetarian food, pick up the label **VEGETARIAN** at the bar area, and put at the front of you on the table. Any other dietary problems should be notified to the Organizers.

HEALTH

Please, be aware that in all European forests there is a serious problem with small insects - “deer ticks” that attack animals and people, penetrating the skin. These insects are the carriers of serious infectious diseases (boreliosis, meningitis and other serious infections). While passing the forests, meadows, swamps, bushes, take suitable measures: spray your bare skin, trousers and parts of your cloths with respective spray. Take good trekking shoes. Avoid high grass on meadows. Cap or hat is suggested. While on return, take a shower, and inspect carefully your skin to be sure that you did not contract this insect. If it happens, report immediately to the MAZURSYRENKA Management to arrange professional removal of the insect. Do not try to make it yourself.

MEDICAL AID

Due to potential health problems, medical doctor will be available in the main hotel at Krutynia River at 19.00-20.00 each evening. Any health problems should be reported to the Reception Office.

ACCOMMODATION



Restaurant and accommodation



Hotel "Pruski"



Hotel at Krutynia River

WILDLIFE PROTECTION

Krutynia River, lakes, within reservation parks are protected by law. It is forbidden to:

- Smoke cigarettes while kayaking
- Cut water plants and flowers
- Frighten birds and animals
- Dump the rubbish to the river
- Making fire in the forest
- **Avoid close contacts with male swans – while nesting, they are particularly aggressive. They are capable to break multiply adult's arm!**