Express Magazine

ISF World Schools Swimming Championship
Poznan 2015

No 1
16/04/2015
A WORD FROM THE PRESIDENT OF POZNAN

It is my great pleasure to welcome everyone to the 2015 ISF World Schools Championship “Swim Cup”, a swimming event that for the first time in its history is to be held in Poland.

We in Poznań are proud to have the honour to welcome the world's youngest adepts of this outstanding sport, successes in which are associated with our city. Poznań, the capital of the Greater Poland District, was the hometown of Rafał Szukala, the first Polish European and World champion, a silver medallist at the Barcelona Olympics, and multiple Polish record holder.

The competition will take on the grounds of Termy Maltańskie, a modern facility located near the city centre that was opened less than four years ago. I am pleased that once again this will provide the arena for the discipline's highest-ranking competitors. Poznań feels honoured to have been entrusted with the organization of this event, and at the same time, sees it as a challenge, which the city is enthusiastic to meet. Poznań's citizens have often proved extremely capable of fulfilling the role of hosts, offering a degree of hospitality that leaves visitors keen to return. The city's population enthusiastically participate in various kinds of sporting events, cheering on participants and sharing with them the emotions of great sporting moments. And this time will be no exception.

I would like to wish all the participants a successful start, the strength to overcome their own personal limits, and an enjoyable competition held in a spirit of fair play, so that everyone has the chance to achieve their best and never lose heart. I wish you all the opportunity to proudly represent your countries and feel the joy of participating in this great sporting event. I hope that this visit to Poznań will be very successful for you and your trainers, so that you will always recall our city with nothing less than a smile.

Jacek Jaśkowiak – President of the City of Poznań

Welcome • Witamy • Welcome • Witamy • Welcome • Witamy • Welcome • Witamy

Dear Delegations, Dear Swimmers,

I would like to sincerely congratulate you for qualifying for the Swim-Cup World Schools Championship. I am proud to see that the young generation is eager to perform at such a high level. You, all, represent the next generation of leaders that will bring more tolerance, educational values and fair-play in the society.

I hope, you will make the most of the Championship and live an unforgettable experience. An experience combining all the Olympics values through sport competitions and Culture through the educational program of the ISF. Indeed, The Night of Nations will be the occasion to share your cultural backgrounds and open up to the beauty that the world can offer you in only one place. And finally, the Cultural Day will give you the occasion to learn from a City you might have never had the chance to visit under other circumstances. Time flies, but not memories. Enjoy it a maximum!

I am pleased to see Poznan being the host city for this Championship and I am very grateful for all the support that Poznan City offered to make it a success. Thank you to the Polish School Sports Association and their dedication. I have the upmost respect for all the organizational team that has been working hard to host all the delegation in the best conditions.

Thank you to each of you and I wish you all an outstanding week in this ISF World Schools Championship.

Laurent PETRYNKA,
President of the ISF
The city of Poznan is famous both for its trade fair facilities and rich commercial traditions, as well as some fascinating tourist attractions, original cuisine and a warm, welcoming atmosphere. The true heart of Poznan is the Old Market Square with its renaissance Town Hall and historic town houses – a natural meeting place for both residents and tourists. At midday, a sight definitely worth seeing is the Town Hall's Tower, with its mechanical goats butting their heads at the strike of twelve. Another attraction is St. Stanislaw's parish church on one of the streets leading to the Old Market Square. This is one of the most monumental baroque churches in Poland, whose rich interior is truly awe-inspiring. The sightseeing day will begin with the Old Town and all participants will have the opportunity to walk down St. Martin's Street, one of Poznan's main thoroughfares, as well as visit the Old Brewery centre – the city's modern arts and business centre situated in a renovated brewery, where commerce meets art in the form of painting and sculpture exhibitions, theatres and musical events. Not to be missed is the massive Imperial Castle, an impressive neo-Romanesque structure that dominates the surrounding buildings and when illuminated at night, is a sight to behold. The cathedral, built in 968, houses relics of Pre-Romanesque and Romanesque architecture. Its Golden Chapel features the crypts of the early Polish Kings Mieszko I and Boleslaw Chrobry. Those seeking experiences other than sightseeing should at all costs visit Malta Lake, situated about a kilometre from the Old Town. This artificial lake is surrounded by stunning recreational areas that form the venue for various sports competitions and is also the location of one of the event hotels.
ISF Swimming 2015 World Schools Championship Poznan/Poland

YOU are very WELCOME to Poznan

Poland

Honorary patronage:
Mr Jacek Jaśkowiak - President of the City of Poznań

Honorary Committee:
Andrzej Biernat – Minister of Sports and Tourism
Marek Woźniak – the Marshal of the Wielkopolskie Voivodeship
Elżbieta Walkowiak – Wielkopolski Authority for Education
Wojciech Ziemniak – The President of Polish School Sports Association (SZS)
Jakub Jędrzewieński – Deputy Mayor of the City of Poznan
Ewa Bań – The Director of the Department of Sport of Poznan
Jerzy Krężlewski – The President of the Management Board „Termy Maltańskie”

The Organising Committee:
Zdzisław Urbanięczyk – The President of School Sports Association (SZS „WIELKOPOLSKA”) – finance and accounting – 604 161 287
Marcin Czałko – Polish School Sports Association – accommodation and transport – 888 799 997
Dariusz Abramuk – Polish School Sports Association – marketing and promotion – 601 662 661
Hubert Piotrowicz – Sport Department of city Poznań – VIP staff – 606 778 605
Andrzej Olszewski – „Termy Maltańskie” – technical operation – 601 789 576
Hanna Wilezek – The competition office – 660 429 009
Mariusz Frąckowiak – Express Magazine – 604 562 680
Waldemar Kilian – The Main Referee – 501 590 045
Wojciech Zabolocki – Electronic system services
Michalina Kapitan – The Head of Volunteers
Barbara Mendyka – Announcer and interpreter

ISF Delegates and The Technical Commission:
Jan Coolen (BEL) - ISF Secretary General
Avraham Zuchman (ISR) – ISF delegate
Fernando Delgado (PUR) – ISF Swimming Technical Commission President
Angeliki Douka (GRE) – ISF Swimming Technical Commission Member
Francoise Recoura (FRA) – ISF Swimming Technical Commission Member
Edina Szep (HUN) – ISF Swimming Technical Commission Member
Sandra Monteiro (POR) – ISF Swimming Technical Commission Member
Balemir Gurbuz (TUR) – ISF Swimming Technical Commission Member

The following countries will participate in this event:

Boys school teams (15): Austria, Brazil, China P.R., Chinese Taipei, France, Germany, Hungary, India, Israel, Portugal, Puerto Rico, Romania, Slovakia, Turkey and Poland

Girls school teams (17): Austria, Belgium Flanders, Brazil, China P.R., Chinese Taipei, France, Germany, Hungary, India, Israel, Luxembourg, Portugal, Puerto Rico, Romania, Slovakia, Turkey and Poland

Boys selected teams (10): Brazil, China P.R., Chinese Taipei, Hungary, India, Portugal, Puerto Rico, Romania, Slovakia and Poland

Girls selected teams (11): Belgium Flanders, Brazil, China P.R., Chinese Taipei, Hungary, India, Portugal, Puerto Rico, Romania, Slovakia and Poland

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www.isfswimming2015.eu

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ISF Swimming 2015 World Schools Championship Poznan/Poland

Swimming is a major sport that is often introduced to students by the school. It took quite some time for ISF to launch a competition amongst schools. The number of participating schools rises year after year since ISF launched the first competition event in Antwerp in 1998. Executive Committee has attributed the Swim-Cup 2017 to Hungary.

SWIMMING PREVIOUS EVENTS

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<tr>
<th>Year</th>
<th>Country</th>
<th>City</th>
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<td>2005</td>
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SWIMMING RECORDS

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<th>Venue</th>
<th>Performance</th>
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<td>50m freestyle</td>
<td>Meylutye Ruta</td>
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<td>Greece</td>
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<td>50m breaststroke</td>
<td>Zachoszcz Paulina</td>
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<td>200m individual medley</td>
<td>Andreeva Ekaterina</td>
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BOYS

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<td>Martinez Aitor</td>
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SCHOOL TEAMS GIRLS

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<th>Place</th>
<th>Country</th>
<th>School</th>
<th>City</th>
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<td>1</td>
<td>Germany</td>
<td>Schul- und Leistungssportzentrum</td>
<td>Berlin</td>
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<td>2</td>
<td>Turkey</td>
<td>Anabilim Egitim Kurumları</td>
<td>Istanbul</td>
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<td>3</td>
<td>China P.R.</td>
<td>Exp. High School att. to Beijing Univ.</td>
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<td>4</td>
<td>Poland</td>
<td>ZSO Mistrzostwa Sportowego</td>
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<td>India</td>
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<td>Brazil</td>
<td>Colégio Santa Cecilia</td>
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<td>France</td>
<td>Lycée Raymond Naves</td>
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<td>Herzliya</td>
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<th>School</th>
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<td>1</td>
<td>Germany</td>
<td>Sportschule ‘Friederich Ludwig Jahn’</td>
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SELECTED TEAMS GIRLS

<table>
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<tr>
<th>Place</th>
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<td>1</td>
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<td>4</td>
<td>China P.R.</td>
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<tr>
<td>5</td>
<td>India</td>
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</tbody>
</table>
16.04 – Thursday (Day I)
8.00 – 24.00 Welcome / Accreditation / Housing of teams
17.04 – Friday (Day II)
9.00 – 10.20 Photo session of first 10 teams (Terny Maltańskie, venue - Hall)
9.00 Heads of Delegations Meeting (venue, conference room).
9.30 Technical meeting (venue, conference room)
10.30 Opening Ceremony (venue, swimming pool and spectators area).
All the countries are walking in English alphabet order (one boy and girl per country) + volunteer with information plate with the name of country (the last one is Poland)
11.30 – 12.20 Photo session of other 7 teams (venue - Hall)
11.30 – 13.30 Member can use relaxing zone on payment
12.00 – 13.30 Lunch – Heads of Delegations, ISF Officials and Guests, for Special Invitation from President of Poznan (“Rycerska” Restaurant on “Malta Camping”)
13.00 – 14.00 Lunch for Members of the competition (competitors, coaches, other people, staff (Terny Maltańskie, Restaurant))
14.00 Depart for “Olympian’s Day” to Racot Village (Heads of Delegations, ISF Officials and Guests) – for Special Invitation of Polish School Sports Association President
15.00 – 17.00 Training
17.30 – 19.00 Dinner (Athlets, Coaches, Additional Persons) - Terny Maltańskie, Restaurant - after the dinner transfer to accommodation
19.30 Departure to Hotels
2.00 Night’s rest
18.04 – Saturday (Day III)
9.30 – 12.30 Competition – heats (Terny Maltańskie, swimming pool)
12.30 – 14.00 Lunch for Members of the competition (Terny Maltańskie, Restaurant)
14.30 – 17.00 Competition - finals A & B (official medals ceremony after each 3 finals A for the top three places)
17.30 – 18.30 Dinner for Members of the competition (Terny Maltańskie, Restaurant)
18.30 – 22.00 Celebrity Splash TV Show, all Participants invited to special sector on spectators area. After the program transfer to accommodation
22.15 Departure to Hotels
22.45 Night’s rest
19.04 – Sunday (Day IV)
9.30 – 12.30 Competition - heats (Terny Maltańskie, pływalnia)
13.00 – 14.00 Lunch for Members of the competition (Terny Maltańskie, Restaurant)
14.30 – 17.00 Competition – finals A & B (official medals ceremony after each 3 finals A for the top three places)
17.15 Coaches’ meeting before the Friendship Evening and Relay - dragon boat
17.30 – 18.30 Dinner for Members of the competition
19.00 Friendship Evening (Terny Maltańskie, venue - Hall), after the party transfer to accommodation
22.00 Departure to Hotels
22.30 Night’s rest
20.04 – Monday (Day V)
9.30 – 12.00 Friendship Relay: dragon boats race – all competitors are divided in international teams (The Rowing Track “Malta”)
13.00 – 14.00 Lunch for Members of the competition (Terny Maltańskie, Restaurant)
14.30 Let’s meet Poznan – Championship city (a walk down the Old Town, Old Market Square, Business And Art Center “Stary Browar”, free time)
17.30 – 18.30 Dinner for Members of the competition (the AWF hall area, ul. Droga Debniska 10c)
19.00 Closing and Award Ceremony with medal decoration and flag transfer (Hall of Physical Academy of Education)
20.00 Farewell party - Disco (the AWF hall area). After the party transfer to accommodation
22.45 Departure to Hotels
23.15 Night’s rest
21.04 – Tuesday (Day VI)
8.00-18.00 Departure (teams having their own schedule)
13.00 Lunch
Programme Competition
Events for „School teams”
50m and 100m freestyle
50m and 100m breaststroke
50m and 100m breaststroke
50m and 100m butterfly
200m individual Medley
4x50m medley relay
6x50m freestyle relay
18.04 (Day III)
50m and 100m freestyle
50m and 100m breaststroke
50m and 100m butterfly
200m freestyle
4 x 100m medley relay
4 x 100m freestyle relay
School teams”
Heats and finals
100m freestyle
50m breaststroke
50m butterfly
6 x 50m freestyle relay
20.00 Night’s rest
19.04 – Monday (Day V)
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Programme Competition
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50m and 100m freestyle
50m and 100m breaststroke
50m and 100m breaststroke
50m and 100m butterfly
200m individual Medley
4x50m medley relay
6x50m freestyle relay
18.04 (Day III)
50m and 100m freestyle
50m and 100m breaststroke
50m and 100m butterfly
200m freestyle
4 x 100m medley relay
4 x 100m freestyle relay
School teams”
Heats and finals
100m freestyle
50m breaststroke
50m butterfly
6 x 50m freestyle relay
19.04 (Day IV)
School teams”
Heats and finals
100m butterfly
50m backstroke
200m individual Medley
50m freestyle
100m breaststroke
4 x 50m freestyle relay
Express MAGAZINE no 1: 16/04/2015 (Day 1)
TERMY MALTAŃSKIE - The most modern and largest water sports and recreational complex in Poland, located on the bank of the Malta Lake, in the heart of Poznań. On the area of 6,000 m², there are 18 sports and recreational swimming pools of a total water surface of 5,000 m². 14 rooms on the area of 1,000 m² create the World of Saunas. A professional spa with 17 treatment rooms on the area of 750 m² is the best spa in Poland. The Termy Maltańskie complex consists of 4 zones:

• Sports Swimming Pools is a complex of Olympic-size pools created for the biggest swimming events. A 50-metre Olympic-size swimming pool, a 10-metre diving tower and a special 5-metre diving pool suitable for synchronized swimming, water polo, diving, snorkelling and many others, are all in the zone. This exceptional place is perfect for amateurs as well as professional sportsmen.

• The WaterPark is a water world created by 16 smaller and larger, deep and shallow pools. Numerous water attractions can be found here. For those who enjoy speed and emotions, we offer 11 water slides at various difficulty levels. There are also a wave pool, wild rivers, Jacuzzi, salt water pools and numerous attractions for children. This place is perfect for active leisure as well as relaxation.

• The World of Saunas is a unique place to rest and relax. In 14 cosy rooms, everyone will find something interesting: dry saunas, steam and aromatherapy steam baths and exceptional outdoor saunas. Steam sessions allow you to relax in a comfortable environment. The zone is not only saunas. We offer a salt graduation tower, a snow room, an outdoor pool and a tepidarium, i.e. a relaxation room. This is a place where you will strengthen your body but also have a rest.

• Spa 1306 is the largest and the best spa in Poland. 17 professionally equipped massage rooms are ready for the most demanding customers. Magic ceremonies, that consist of many steps, such as Rasoul, Hammam or Ayurveda, will help you forget about the stress of everyday life and release your tension.
1. Hotel Novotel Poznan Malta***
(Austria, China, Puerto Rico, Portugal, Germany, Slovakia, Israel).
ul. Termalna 5, (Warszawa 64/66), 61-028 Poznań,
Tel: (+48) 61/6543100, Fax: (+48) 61/6543195,
E-mail: ho0525@accor.com

The Novotel Poznan Malta Hotel is situated in green surroundings, 1.6 miles (2.5 km) from the city center, by Lake Malta and next to the Termy Maltanskie Aquapark. Four fully equipped conference rooms and free WiFi make the hotel perfect for business travelers. Tourists visiting Poznan will enjoy the swimming pool, terrace and the option to hire bicycles. The hotel also offers a free fitness studio, restaurant and a large car park. The hotel’s green surroundings make it perfect for relaxing. Both adults and kids will enjoy unique and fun activities at AQUAPARK Termy Maltanskie leisure and sports complex which is surrounded by bicycle tracks, which are marked out and perfectly prepared for recreation, as well as walking tracks, both at the side of Natura 2000 programme. The whole Swarzędz Lake (79.4 hectares) is surrounded by bicycle tracks, which are marked out and perfectly prepared for recreation, as well as walking tracks, both at the side of Natura 2000 programme. The whole Swarzędz Lake (79.4 hectares) is

ul. Kościuszki 118, 61-717 Poznań, Tel: 61/6587105,
Fax: 61/6587115, E-mail: ikar@hotelewam.pl, www.hotelewam.pl

We would like to invite you to Hotel Ikar in Poznań and we would be delighted to provide you with accommodation and other hotel services. We do hope to see you among our most cherished guests. Hotel Ikar is a three-star hotel located in the city centre; close to the Old Market Square and Poznań International Fairs’ grounds. There are 145 comfortable equipped, comfortable rooms in the Hotel: 58 single-rooms, 80 double-rooms and 7 suits. Each room has its own bathroom and is equipped with a direct dial phone, cable TV, free Internet access and a fridge. The hotel also has a restaurant and a parking (extra paid).

3. EuroHotel*** (France).
ul. Cieszkowskiego 33, 62-020 Swarzędz,
Tel: 61/6474747, 61/8952020, Fax: 61/6474748,
E-mail: recepcja@eurohotel.swarzedz.pl

EuroHotel is a multi-function facility of high standard created in 2004. From then on it has hosted many thousands of satisfied visitors. We offer: 5 air-conditioned conference rooms with natural light and the possibility to entirely darken the room along with advanced equipment (sound system, screen, OHP, audio-video equipment); conference lobby; special events, banquets, wedding receptions; comfortably furnished room; exclusive apartments; monitored car park with 100 spaces. For you we make available comfortable single, double and three rooms along with two executive apartments. All of the rooms are fitted with a bathroom with shower, satellite television and Wi-Fi. The city of Swarzędz where the Hotel is situated is an essential point for domestic and international communication. The city lies by the international road E30 connecting Eastern Europe with the West. At the same time it is only 10 km away from the centre of Poznań. EuroHotel is a perfect location for work and leisure for the people of business and has become the sleeping accommodation for the visitors of Poznań International Fair. Tell us about your expectations and we will prepare a unique product tailored especially for you!

4. Hotel 3** (India).
ul. Św. Marcin 1, 62-020 Swarzędz, Tel: 61/6510244, 61/6510240,
Fax: 61/8172642, E-mail: reception@hotel3.poznan.pl,
http://www.hotel3.poznan.pl

Welcome to the Hotel 3, located in the picturesque region of Wielkopolska in Swarzędz, a town founded in 1638. The vicinity of sports grounds, Swarzędz Lake and a mere 100 metres from the Swarzędz Sports and Recreation Centre make our hotel an ideal base for those who look for active recreation after a whole day's work as well as ideal accommodation for sports clubs, wishing to organise training camps in our town. The Hotel 3 is adjacent to Swarzędz Lake and is close to the Cybina Valley, which nests bird habitats, rare animal and plant species, and the whole area is protected through the Natura 2000 programme. The whole Swarzędz Lake (79.4 hectares) is surrounded by bicycle tracks, which are marked out and adequately prepared for recreation, as well as walking tracks, both at the side of the town and at the other side of the lake. Swarzędz Lake is only second to Kierskie Lake as the biggest lake in the Poznań convolution, where a bicycle, kayak, boat and pedal boat lending point was opened last April. Soon it will be also possible to sail. Our hotel kitchen, praised by customers, comfortable and quiet rooms and attentive personnel will meet all your expectations.

5. Hotel Astoria Romantica (Luxembourg, Belgium).
ul. Cieszkowskiego 106, 62-020 Swarzędz,
Tel: 61/8508720, Fax: 61/8508740, E-mail: info@astoria-romantica.pl,
http://www.astoria-romantica.pl

We welcome you to discover a brand new hotel in Swarzędz – Astoria Romantica. In Astoria Romantica we stop the time... We love things beautiful in its simplicity, we unveil the tradition again. Tastes checked by generations are gaining modern and fresh character. Astoria Romantica is a place in which you may spend wonderful moments with family and friends. „Stop over and taste it”. Looking through the hotels offers usually we are looking into price and level of hotels rooms comfort, we are guided by preferences that our hotel's rooms would be spacious and tidy, which rooms absorb much of sunrays which support rest. Internet access became a standard nowadays therefore we equipped the rooms in wireless and wired internet of high transfer. Astoria Romantica is the hotel in Swarzędz which care for room’s image and its comfort, therefore we keep big attention to beds and mattresses adjusted specially to standards. Choosing a hotel in Poznań or a hotel in Swarzędz, it’s keep attention to modern room’s and bathroom’s equipment, colors and aesthetic look. It is very important that these couple of nights spent in hotel wouldn't have any negative effect on our health and our comfort.

6. Hotel FairPlayce*** (Brazil).
ul. Bożydara 10, 61-607 Poznań, Tel: 61/8287904, 664715666,
E-mail: recepcja@fairplayce.pl

The hotel “FairPlayce” is part of a modern and multifunctional sports center with 7.000 square meters of indoor area which, together with the restaurant, is the perfect place where you can practice sport, organize all types of events and pleasantly spend free time. „FairPlayce” is located in a beautiful park in a quiet area of Poznań next to a picturesque stream. It is situated at a distance of 6 km from the centre of Poznań and 12 km from the airport. „FairPlayce” offers: Courtwall innovation squash courts, tennis courts, first-class badminton courts and professional tables for table tennis. Additionally, there is a well-equipped fitness centre with 3 rooms for group activities. The modern and comfortable hotel offers spacious, bright and comfortable rooms equipped with all the necessary amenities: very comfortable beds with high quality mattresses; air conditioning; TV; telephone; free WiFi; bathrooms with a shower; hairdryer; mineral water; free parking.

7. Hotel Naramowice (Romania, Poland).
ul. Naramowicka 150, 61-619 Poznań,
Tel: 61/8227543, Fax: 61/8202781

Hotel Naramowice is located near the Warszawa–Świecko (previously known as A2 highway), what guarantees simple access to all the customers. We can find the facility among picturesque landscape, which is so rare nowadays in new city's districts. There are 108 places for our Customers in 48 double rooms and 6 studio type apartments. Each room is equipped with: toilet. shower; TV; telephone; free WiFi hotspot.

**EMERGENCY PHONE NUMBERS:**
- European Emergency Number – 112
- The police – 61 997
- The State Fire Brigade – 61 998
- Emergency services – 61 999, 61/8660066
- Municipal Guards – 61/986, 61/8785218
- Information about which pharmacy is on duty – 61/9438
- LOT Polish Airlines Information – 801703703
- Poznan City Transport Information – 61/6335319, 61/8346126
- The City and Tourism Information Center, Ratajeckaza 44 Street, Tel: 61/9431
- Tourist Information in Poznan – Stary Rynek 59 / 60 Street, Tel: 61/8526156
- Polish telephone country PREFIX +48