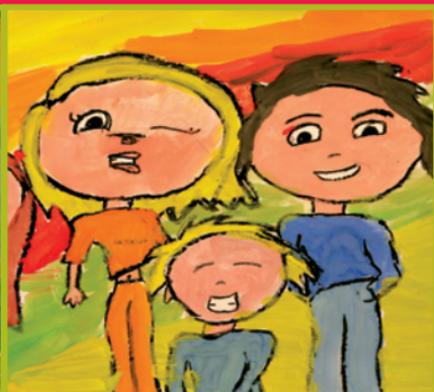




OLSZTYN

for Children



Let's find out
Let's play and relax
Let's learn
Let's get some
exercise
Other very useful
information

Whenever you dream of resting by a lake in the shade of Gothic castle walls and surrounded by greenery, think about Olsztyn – a town with history, sparkling lakes, good food, interesting things to see, comfortable hotels. Pay a visit and you will see that the spirit of Nicolas Copernicus hovers over the town the whole year round.

 Let's find out

3



 Let's play and relax

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 Let's learn

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 Let's get some

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 Other very useful information

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OLSZTYN

for Children



For children, younger and older ones, and for their parents – for their attention, satisfaction and better care of their kids' happiness – we have prepared this guide to the town of Olsztyn, to educate and amuse, to train the body and the soul, and to encourage everyone to explore the beauty of Olsztyn. And it does not matter how old you are – five, ten or fifteen.

Nor does it matter whether you live in our town or pay an occasional visit. What matters is that you would like to stay here for a while, or a little longer, or perhaps forever.

THE MAYOR OF OLSZTYN
Jerzy Matkowski
Czesław Jerzy Matkowski







LET'S FIND OUT

Begin to satisfy your curiosity of the world by finding more about your surroundings, learn about your town, its bygone days, historic buildings and its famous people – then expand your knowledge to other towns, regions and countries. The more you learn, the greater your curiosity of the world and the better your understanding of other people. Olsztyn is a unique place so find it out for yourself.

History is a life's teacher

Olsztyn – a town where Nicolas Copernicus resided in the castle, a town frequented by the bishops Martin Kromer and Ignacy Krasicki, a town where Napoleon Bonaparte stayed overnight while getting ready for yet another battle, and a town visited in our times by Pope John Paul II – has 650 years of exciting and colourful history. There were joyful moments, like arrivals of newly appointed bishops to Warmia and horrifying events, such as great fires, epidemics and wars, which decimated the population and ruined the town. Olsztyn was looted by Lithuanian raids in the 13th and 14th century. Later it suffered during the wars between Poland and the Order of Teutonic Knights, which ended with the Toruń Peace Treaty of 1444. Peaceful and prosperous years came to an end in the 17th century, when Swedish troops arrived at the town's gates. And then, following the first partition of Poland in 1772, Olsztyn was annexed by Prussia.



PROGRAMME

1. History

- a) Legends
- b) Historic buildings:
 - The Castle
 - St James's Church
 - The High Gate
 - The Old Town Hall
 - The New Town Hall
- c) Famous people
 - Jan of Łąjsy
 - Nicolas Copernicus
 - Feliks Nowowiejski
 - Erich Mendelsohn
 - Józef Glemp

2. Culture

- museums
- theatres
- libraries
 - Planeta 11
 - Abecadło

3. Science

- the Planetarium and Astronomical Observatory
- the Museum of Warmia and Mazury

4. Nature

- lakes
- rivers
- parks
- forests
- walking trails

In summer the town is flooded with flowers and joy



The coat of arms of Olsztyn above the entrance to the town hall.

THE COAT OF ARMS



Municipal seals over the centuries

For 306 years Olsztyn was subject of the Kingdom of Poland. Afterwards, for 173 years, it stayed within the borders of Prussia and Germany. In the 19th century Olsztyn flourished. Thousands of people were drawn to the town, which grew owing to the railway and road connections. Soon it became the second largest town in East Prussia, after Königsburg, the capital city of the province. In 1945 Olsztyn returned to Poland and became the capital of the Province of Warmia and Mazury. The town keeps growing. Today, with the population of nearly 200,000 people, it is also a university town, rich in magnificent historic buildings as well as various cultural and scientific institutions.

St James the Elder, patron saint of Olsztyn

Saint James the Elder, a protector of travellers and pilgrims, has been the patron saint of Olsztyn for 650 years. Saint James, one of the Twelve Apostles, was a fisherman and a disciple of Jesus Christ. For adhering to and spreading the new faith he was executed in 44 A.D., when Agrippa I, Herod the Great's grandson, was the king of Israel. The cult of St James spread all over Europe, reaching Prussia and Olsztyn. The image of the saint has always featured in the town's coat of arms, the municipal seals and in many sculptures and reliefs decorating the town's buildings. The attributes of St James are a shell – a symbol of modesty, virtue and a promise to satiate pilgrims' thirst, and a staff – a symbol of a wayfarer but also of power and distinction.

The coat of arms

The figure of St James has been in the coat of arms of Olsztyn ever



since the town was established. Over the ages the saint has been featured in different ways. Today is it a figure in a white robe, with a gold halo over the head, set against the blue background. In one hand he holds a golden shell and in the other – a walking stick.

The anthem

The Anthem of Warmia was composed by Feliks Nowowiejski to the poem 'Oh Warmia, My Beloved Land'. Each day at noon the anthem is chimed from the tower of Olsztyn's New Town Hall.



The bell in the town hall

Legends enrich history

Apart from facts, historic personages and dates, there are countless legends, which make the town's history more interesting and easier to remember. After all, don't we all enjoy fairy tales? Told by grannies, they pass from generation to generation. And when legends are told by poets and writers, they live much longer as they come in print.

A legend about St James – the town's patron saint

Years and years ago, Saint James set off on the Amber Tract. It was an arduous and exhausting journey. Many times the holy man stumbled over tree roots protruding from the ground or fell into deep ruts left by carts which merchants from ancient Rome, Greece or Byzantium drove to the Baltic Sea to buy precious amber [...]. And so is Saint Joseph walking forward. He sighs from time to time in the hope of meeting some

TRIVIA

- There is a legend passed among residents of Olsztyn that the High Gate has magic charm. Just walk through the gate saying your innermost wish, and it is bound to come true.
- Some other people believe that the Prussian Baba, a stone statue carved by pagan Baltic Prussians, can make your wish come true. Want to find out if it is true? Just hold the nose of the statue, say a wish ... and wait.



Olsztyn lies on the St James Trail to Santiago de Compostella





Maria Zientara-Malewska

IT IS WORTH KNOWING THAT

Maria Zientara-Malewska was born in 1894 in Brąszwald, a village near Olsztyn. She was a poet and a teacher. She loved children and children loved her. It was for children that she wrote her poems, fairy tales and legends about Warmia. She also helped set up Polish preschools in villages. By being active in Polish societies, she tried to strengthened links between residents of Warmia and Poland. She lived to be ninety.

OTHER LEGENDS:

- The Legend about Łyna
- Legends of Olsztyn Forest:**
- Beech Tree Circles
 - The Devil's Bridge
 - Mummel Lake
 - Justus's Bridge
 - Bismarck's Hill
 - The Spring of Love

people who would give the exhausted wanderer a roof over the head to catch some decent rest. Another night approaches and – alas, where will he hide from the chill? He sees a meandering river and sits on its banks, resting his head on a pine tree and Saint James begins to ponder. He feels a pang of hunger – so he reaches for his sack but it is completely empty – not a breadcrumb left. He nods his head sadly – will his days end here, in the midst of this deep forest? ‘Save me, my Lord!’ – he prays. Suddenly, he sees a lovely young maiden going out of the river. She gives him some water in a gourd – and then vanishes. The saint rinses the throat, washes his feet and sits back by the pine. But then, suddenly, there's some commotion in the forest. A brown bear treads heavily through the woods, holding a huge honeycomb in a paw [...].

Now Saint James ate his fill. Then he drank some water and lay down on soft moss. But autumn was in the air so the night was chilly and misty. Under his cloak Saint James was trembling from cold. ‘If I had a flint and steel’ – he thinks – ‘I'd make a fire and feel warm’. But he had lost his flint and steel somewhere during the journey ‘Oh, help me, my Lord’ – he pleaded. All of a sudden he heard the crackle of twigs. Raising the head he saw a beautiful large stag with its head lowered to the ground. The animal rubbed its large glistening antlers against a bunch of twigs lying in front of it. Soon brightly yellow flames shot out and the fire dispelled the darkness of the night [...]. Saint James could sleep safe and warm. In the morning he fried a large handful of mushrooms, which grew abundantly in the forest. He had also gathered some herbs and boiled them with honey to drink. Feeling much stronger the saint picked up his walking stick with the sack and set off. After a while he reached a clearing in the forest and there, above a hill he saw a faint trail of smoke. ‘If there's smoke,’ – he thought – ‘there'll be some people too.’ So he headed towards the hill and from its top, down in a river valley, he could see a small wooden village and fishing nets hanging from poles. There were some women on the river bank, washing clothes with paddles. He came up to them, bid them good morning and asked about the name of the village. ‘Our village doesn't have a name’ – they replied – ‘Nobody has thought of a name for it. We all say – I'm going home – and that's all.’ Saint James thought for a while and said ‘You have so many alder trees here. What do you call them in your language?’ ‘Olszyna’ – the women told him. ‘So why don't you call your village Olsztyn?’ – he said. The women dropped the washing and





ran to their cottages, telling everybody they met that a pilgrim had arrived from the wide world and invented a name for their village. Who knows what interesting things he was going to tell the villagers. The fishermen were sleeping after a night spent catching fish but when they heard their wives' loud voices, they jumped from their beds to see the wayfarer and hear his stories. Fishermen are not a talkative folk but they love listening to others. This time, however, when they saw how tired the stranger was, they first gave him some tasty fish to eat. [...]. Saint James told them about the faraway world, about his journey and hardship. The villagers in return talked about their everyday troubles and worries. As days passed Saint James began to feel so comfortable among those simple people and green alders that he stayed in the village for good. He loved the villagers with all his heart but he was not used to sitting idle all day, so he began to weave baskets and trugs. From time to time he sat on a fishing boat and went with the others to some distant lakes – Długie, Łukiel, Wadęskie – just to help them fishing. Now the people who lived in Olsztyn got used to the kind old man so much that they worried he could leave them one day. They thought and thought of a way to keep Saint James in their village. One day they came up with an idea. As soon as spring came, they started to make bricks but kept it secret from the saint [...]. Once they had enough bricks they started to build a church near the river bank. As they wanted Saint James to like the church, they did all they could for the building to be the most beautiful one in the world. When they finished their work, they asked Saint James to become patron saint of the church. Saint James saw the good hearts of the people and the beautiful church – he was so moved that he promised to stay in Olsztyn forever and to be the guardian of the church and the village. Many years passed since then. The village grew into the town and its residents placed the image of Saint James the Elder in the town's coat of arms as a sign of gratitude and love. Wearing a pilgrim's robe, holding a walking stick in one hand and a gourd with water in the other – Saint James looked just like the legend said. And then, when the town was surrounded with walls and a gatehouse was built – today known as the High Gate – the gate too was dedicated to the saint. And so, for many, many years, Saint James has been the patron saint of the church, the coat of arms and the gate to the town of Olsztyn.

Maria Zientara-Malewska



The statue of St. James – patron saint of Olsztyn

A LEGEND FROM OLSZTYN CATHEDRAL

The Cathedral Church of St James the Elder has a legendary chandelier with red deer antlers (16th century). Once, during a hunt in the woods around the town, a red deer chased out of the forest escaped to the town, reached the church, ran inside and dropped dead on the floor. To commemorate this unusual incident, a wooden chandelier was made featuring a stag's head,



Historic buildings



The Old Town Hall

The Castle – start your visit to Olsztyn Castle by saying a wish while grabbing the nose of the Prussian Baba, a stone statue standing in the inner ward. It is said to make wishes come true. The castle, built in the 14th century, was the largest fortress held by the Chapter of Warmia. In the past, the castle contained an armoury, baths, a coach house, horse stables, etc. Today it houses the Museum of Warmia and Mazury.

St James's Church – the church was built from 1315 to 1380. It won't be an exaggeration to say that the church has accompanied the town of Olsztyn since its earliest times. Although the exterior of the church was shaped for a few centuries, the building has well balanced proportions and a uniform style. The impressive belfry is nearly 70 meters tall. Since 1973 the church has had a function of a cathedral and in 2003 it was named a Cathedral Basilica by Pope John Paul II.

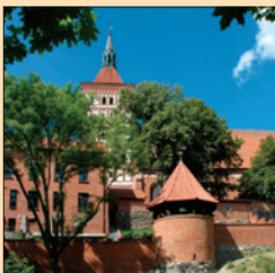
The High Gate – one of the three gatehouses to the town, also known as the Upper Gate. Over the centuries it has been used for various functions, for example an armoury and a prison. Once it gave shelter to the homeless. At present it houses a hotel.

The Old Town Hall – a former seat of the town's authorities, today a library and a venue of many interesting art exhibitions. After the renovation works completed in 2003, the Old Town Hall regained its original shape. The oldest part of the building dates back to the 16th century.

The New Town Hall – built in 1916, it houses the Council of Olsztyn. The site was formerly occupied by the Holy Cross Church (built in the 15th century) and a graveyard.



The High Gate



St James the Elder Cathedral Church



The Castle

Famous people

Jan of Łąsy – the founder of Olsztyn. He was appointed a lifelong mayor of the town, the position inherited by his heirs.

Nicolas Copernicus – a great Polish astronomer, who lived in Olsztyn Castle as an administrator of the Estates of the Chapter. He spent 40 years of his life in Warmia, including six years in Olsztyn. Here he pursued his scientific interests and determined the spring equinox. The instruments he used for astronomical measurements can be seen in the castle. Copernicus also practiced medicine, drew cartographic maps and described his work in documents, many of which have survived until the present day. Being the administrator of Olsztyn Castle, he prepared the fortress to defend against the Teutonic Knights.

Feliks Nowowiejski – a composer, lived in Olsztyn and played in a local military band; later he became an organ master in St James's Church. He composed 4 symphonies, 10 masses, symphonic poems and about 600 songs. He is v as the composer of the song 'O Warmia, My Beloved Land', which today is the anthem of Olsztyn.

Erich Mendelsohn – a son of a merchant from Olsztyn, a well-known architect, born in 1887 in Olsztyn, where he spent his childhood and graduated from a secondary school for boys. He became world famous by designing such buildings as the Einstein Tower in Potsdam. The house where he was born (at the corner of Staromiejska and St Barbara Streets) bears a commemorative plaque.

Cardinal Józef Glemp – the Primate of Poland, in 1978–1981 he administered the Diocese of Warmia as the bishop of Warmia.



Jan of Łąsy



Feliks Nowowiejski



Cardinal Józef Glemp



The celebrations of the 650th anniversary of the town's foundation started the tradition of James Parades, held in July, which are part of the annual festivities dedicated to the patron saint of Olsztyn, St James the Elder.



Concerts and shows, music and dance, colourful costumes and motion ... there is no time to feel bored in Olsztyn.



On summer Thursdays the great astronomer Nicolas Copernicus will show you around his castle

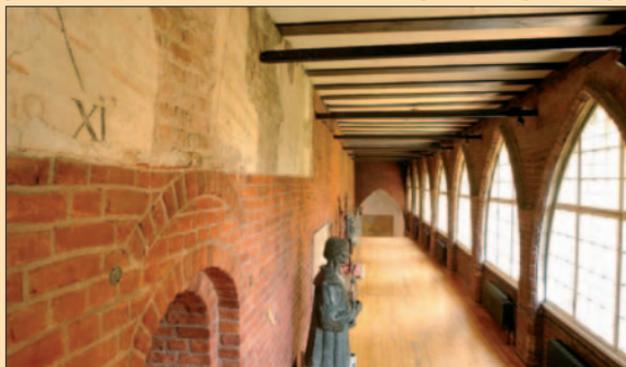
Culture

The cultural life in Olsztyn has been shaped since the town was established in 1353. It has been a long and complex process. Today culture is created by the people of Olsztyn – those who have lived here for many years and those who have arrived from different parts of Poland and decided to settle here. Culture – it's a variety of institutions such as theatres, galleries and museums. Culture – it's people like writers, artists, musicians, designers. And culture – it's also events, without which the town would be sad and boring.

Museum

Olsztyn has several branches of the Museum of Warmia and Mazury (the Olsztynska Newspaper House, the Museum of Natural History), but the most important seat of the Museum is the castle. Go there and you are bound to get involved in one of these:

- minting coins, climbing the castle tower, night visit to the castle, etc.
- 'Summer Thursdays with Nicolas Copernicus' – a face-to-face meeting with the castle's most prominent resident. This is an educational and entertaining event addressed to both residents of Olsztyn and tourists (July and August). The main attraction of the Thursdays is Nicolas Copernicus, who tells visitors about his discoveries and presents the astronomical instruments he used. The actor who impersonates the astronomer will take you around the Museum but he will also show you some nooks and corners of the castle which are not normally open to the public. Besides, you will have a chance to impersonate a medieval character, for example a coin minter – and produce yourself a commemorative coin called 1 copernicus. Or you can become an old-fashioned printer and print a copy



of a document in an antique printing press. You can turn into a medieval burgher trying on historic costumes. After that take a rest and sit in the shaded court of the castle, sipping coffee or chilled soft drinks, watching knights in combat or a show of the Korzunowicz Family Informal Animation Theatre, which presents historic figures connected with our town and the region. Special attractions are prepared for young children, such as a visual art plein air or a treasure hunt. Your attendance in a 'Thursday at the Castle' will be commemorated with a specially designed certificate

Theatres

- **Stefan Jaracz Theatre** has the status of a national theatre. Its history dates back to 1925. The building was raised as a gift of gratitude to inhabitants of Olsztyn, who chose Germany for their state in the plebiscite of 1920. It was named *das Treudank*, which in the German language means 'gratitude for being faithful'.
- **The Puppet Theatre**, beside staging interesting plays, runs many courses for children and teenagers about the history and theory of theatrical art. The Theatre Education Council gathers children from primary and secondary school.

Libraries

Among the many traditional libraries in Olsztyn, two places stand out:

- the **PLANETA 11** for teenagers (age 13 to as long as you feel young at heart). Exceptional, modern and breaching all stereotypes, this library is a place where you find information, education and entertainment. It offers more than good books. It is enjoyed by bookworms as much as by music lovers, computer game players, Internet maniacs and cinema goers.
- the **ABECADŁO** for very young children and pre-teenagers (age 3 to 13) – it is a multimedia library, containing traditional books and magazines, including speaking books, programmes, game books, films, music CDs, board and computer games. Loud reading, games and plays, and even birthday parties – all this happens in the Abecadło. The library has something to offer to parents – there are books on emotional, educational or school problems one may have when raising children. There are also meetings with parents devoted to children's problems.



A scene from the play 'Jimmy the Dragon' at the Puppet Theatre

IT IS WORTH KNOWING THAT:

- Since 1997 the Olsztyn Puppet Theatre has been organising an annual Olsztyn Puppet Theatre Review, a review of theatrical performances, interesting and highly varied in terms of form and aesthetic values, staged by Polish and foreign puppet theatres.
- Every week groups of schoolchildren, who come to Stefan Jaracz Theatre, can see the backstage and find out more about actors' work. Young children are especially fascinated – for them actors' dressing rooms are a magic place.
- Every day at 5.00 p.m. the Abecadło Library runs workshops on literature, visual arts, music, tourism and other subjects. Topics for workshops can be suggested to the librarians by participants.



Science – learning can be fun

Sitting over books for long hours is not the only way of acquiring knowledge. In historic places or cultural and scientific centres, learning can be fun and will help to combine theory and practice. And what can you achieve? Well, one day you may well win a knowledge competition!

The Planetarium (al. Piłsudskiego 38, tel. 089 533 49 51) – the Planetarium of Space Flights in Olsztyn was opened on the 500th anniversary of Nicolas Copernicus's birth (in 1973). In 1982 it was renamed to the Planetarium and Astronomical Observatory. For years thousands of people have admired the sky above Olsztyn through the telescopes in the Observatory and watched other astronomical phenomena under the dome of the Planetarium.

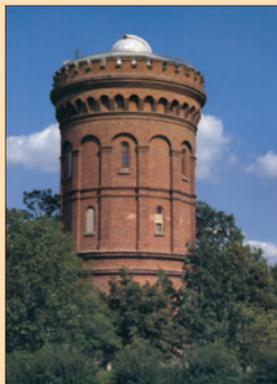
- Shows for children (Mister Astronomer's Tales, A Space Gallery, Tales about the Sky and Stars, the Earth in Space);
- Grades 1 to 3 of primary schools – the Earth in Space;
- Nature in primary schools and Physics in lower secondary schools (The Sun is a Compass, a Clock and a Calendar, the Rotary Movement of the Earth and Its Consequences, the Solar System), ;
- The Planetarium has several exhibitions (Matter from Space, Astronomical Instruments in the Times of Nicolas Copernicus, Sputnik I, the Lunar Opposition and Solar Eclipse of 31st May 2003) (in the Observatory) and a specialist library.

The Astronomical Observatory – (ul. Żołnierska 13, tel. 089 527 67 03) shows of starlit sky at night and spots on the sun during the day, views of the panorama of the town.



This could be a starting point to your space travel.

The photo above – the planetarium, below – the observatory.





The Museum of Natural History

The Museum of Warmia and Mazury

Lessons in the museum during the school year – teachers and pupils are invited to a more attractive form of education. The lessons are conducted using interesting tools to keep learners active, e.g. educational games and plays, worksheets, OHPs, multimedia presentations, contests, films. The following subjects are on the offer:

- Regional History – lessons held in the castle (sample topics 'Mysteries of the Battlefield at Grunwald', 'What Peasants Ate and Drank')
- Nature – lessons held in the Museum of the Natural History (sample topics 'Animal Trivia', 'What Tree Is It?')

Tickets for an unguided visit to any of these museums include a fee for a lesson in the museum.

Nature

The unique location of Olsztyn, set in a valley of the Łyna River, among forests, lakes and rolling hills, makes it a perfect place to relax or to pursue tourism and sports. The Łyna River cuts Olsztyn in two parts. The forests surrounding the town are rich in fruits of nature: mushrooms, wild strawberries and blueberries. They are also inhabited by wild animals, such as roe deer, European elk, foxes, racoon dogs and wild boar. There are about 150 species of birds in the woods of Olsztyn.



Lessons in the museum – first-hand experience in natural history

IT IS WORTH KNOWING THAT:

Lessons can be commissioned in person or by phone seven days prior to the planned date:

- **The Castle**
Museum Promotion and Education Office
tel. 089 527 95 96
extension 31
- **The Museum of Natural History**, tel. 089 533 47 80





The Municipal Beach on Krzywe Lake

IT IS WORTH KNOWING THAT

Guarded beaches are

- on Krzywe Lake – the Municipal Beach, ul. Jeziorna, buses 1, 6 and 11 (heading to Redykajny, Likusy) and 7 and 13 (heading to Dajtki);
 - at the Akwen Marina near the Novotel Hotel, ul. Jeziorna, buses 7 and 13 (to Dajtki);
 - the Słoneczna Polana at the Juvenia Sports Club, buses 7 and 13 (to Dajtki);
- on Kortowskie Lake, ul. Słoneczna, buses 3, 9, 15, 22, 30 (to Kortowo, Słoneczny Stok, Brzeziny);
- on Skanda Lake, ul. Plażowa, buses 5, 16, 19 (to Osiedle Mazurskie, Klewki).

Lakes

There are 11 lakes in the town, most of which lie in the western part of Olsztyn. The largest ones are **Krzywe Lake**, also known as Ukiel Lake (412 ha), **Kortowskie Lake** (89ha), **Track Lake** (58 ha) and **Skanda Lake** (51 ha). Krzywe Lake is one of the 100 largest Polish lakes. It has a municipal beach and many marinas for yachts and canoes, which create splendid conditions for swimming, sailing, windsurfing and other water sports. The lake is also liked by anglers, even very young ones.



Rivers

There are three rivers passing through Olsztyn. Two of them, the Łyna and the Wadąg, meet in the Municipal Forest. The largest one is the **Łyna River**. In the past it defended the town and provided the burghers with water. Until the first half of the 19th century the Łyna was a navigable river. Today the largest boat for travelling on this river is a canoe. The section of the Łyna that runs through Olsztyn is 17.5 km long. The **Wadąg** is the second largest river flowing along the borders of Olsztyn at a length of about 5 km. It is a right tributary of the Łyna. The **Kortówka**, 3.4 km in length, flows from Krzywe Lake, passes through Kortowskie Lake and falls into the Łyna.

Parks

There are 12 parks in Olsztyn, covering in total 75 ha. Trees and shrubs come in a rich variety of species – 190 in total, dominated by deciduous plants. Many of the species are foreign in origin. The parks are varied in the surface area, character and age of plants. The largest ones are:



Podzamcze Park

- Kusociński Park (a playground, a skatepark) – 16.8 ha,
- Jakubowo Park – 13.5 ha,
- Podzámce Park – 12 ha.

Four parks (Jakubowo, Jezioro Czarne, Kusociński, Podzámce) have ponds or small lakes. Podzámce Park is cut by the Łyna River. The parks are liked by both adults and children as a place for strolling, jogging, cycling or roller-skating. There are also playgrounds, fields for team games and tennis courts.

Two new parks are being planned. One, to be named Central Park on the Łyna, will have footpaths and bicycle lanes, a new amphitheatre with two thousand seats and a vantage point. There will also be a café and a square with a fountain, located behind the amphitheatre on the banks of the Łyna River. Strollers will be able to take a rest sitting near one of water ponds. There will be playgrounds for young children. The park will have a car park and toilets for dogs. There will be piers and a canoe jetty in the river bend with a tourist information centre nearby. There will be three footbridges to cross the Łyna. Another park planned in Olsztyn will serve sports and recreational purposes. It will be set up on the greens between the OSIR swimming pool and the Urania sports hall. It will feature a rock climbing wall, a skatepark and bicycle paths. There will also be a roofed building to house trade fairs, which on other occasions will be turned into a go-cart track. Other attractions will include an outdoor art gallery, an ice rink and a mini golf course as well as a site for live happenings and performances.



Kusocińskiego Park, where everyone will find something of interest



Jakubowo Park

**IT IS WORTH KNOWING
THAT**
The Municipal Forest

al. Wojska Polskiego 30b,
tel. 089 526 64 62,
www.lasmiejski.olsztyn.pl

Buses 7, 10, 17 and 23 will
take you to the forest informa-
tion boards and the Fortress.

Forests

Woods, which cover 1,867 ha in Olsztyn, are the wildest component of the town's green areas. Apart from the Municipal Forest, there are also a few privately owned woods and some areas of state-owned forests, which belong to the Olsztyn and Kudypy State Forest Districts. The most common tree species are Scottish pine, birch, Norway spruce, oak, alder and beech.

The Municipal Forest in the northern part of Olsztyn covers 1,054 ha area. It contains two peatbog nature reserves: Redykajny and Mszar. There are many bicycle and foot paths in the forest. For the youngest strollers there are information boards near 'The Fortress Playground', which were put up to give a view of the richness of the Municipal Forest, to awake respect to the surrounding nature and to develop eco-friendly attitudes among children.

Walking trails

The Warmia and Mazury Branch of the Polish Tourist and Sightseeing Society (in Polish: the PTTK) has set up and signposted four foot trails in the Municipal Forest. The network of footpaths enables visitors to discover the most charming places in the forest. The starting and finishing points are located near bus stops and terminals, which means

*Once you cross the threshold of the
Fortress, you are taken on a journey
to the past.*



they are easy to reach. Good signposting makes it easy to plan your route and find your way in the forest.

- **The Copernicus Red Trail** – to the water power plant (5.3 km). The trail starts in the centre of Olsztyn, at the PTTK building near the High Gate.

- **The Piotr Diernow Yellow Trail** (10,3 km). It starts at the terminal bus stop in Jakubowo Park.

- **The Strolling Blue Trail** (4 km). The shortest trail; begins at the cross-roads of Bałtycka and Leśna Streets and runs first on the pavement and then on a footpath near Długie Lake (0.25 km), where you can see a lovely view of the houses on the other side of the lake. There are two rest points on the trail – an Indian village, where children can play, and a cliff-top vantage point, where you can see one of the gorges on the Łyna River.

The blue and the yellow trails overlap for about 800 meters, leading to Jakubowo. The blue trail ends at the terminal bus stop.

- **The Alojzy Śliwa Black Trail** (4.5 km section is described). The trail starts at the PTTK building near the High Gate.

For a more detailed description of all the trails see the website of the Municipal Forest www.lasmiejski.pl



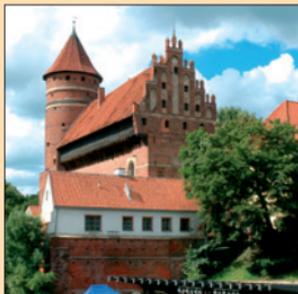
The nature information boards in the Municipal Forest



Horse riding is very popular.



An outing to a lake or a ride across the forest will be an unforgettable experience



THE MUSEUM OF WARMIA AND MAZURY

■ The Castle

ul. Zamkowa 2, tel.: 089 527 95 96.

Open daily (except Mondays) from 9.00 a.m. to 5 p.m. in the season and from 10.00 a.m. to 4 p.m. outside the season.

Exhibitions

- Nicolas Copernicus – a resident of Olsztyn Castle
- Collection of tinware
- Folk art in Warmia and Mazury
- Artistic and spiritual image of icons
- Silver- and gold-plated tableware and ornaments
- Baroque churches and chapels in Wilno
- Early collection, continued
- A Gallery of One Painting

Lessons in the museum

■ The Olsztyńska Newspaper House

Targ Rybny, tel.: 089 534 01 19.

Open: daily from 9.00 a.m. to 5.00 p.m. and from 11.00 a.m. to 7.00 p.m. on Mondays in July and August, from



9.00 a.m. to 4 p.m. (closed on Mondays) outside the season.

Exhibitions:

- The Olsztyńska Newspaper (1886–1939)
- Olsztyn from 1353 to 2003. Sketches from the town's history
- Pilgrimages in Warmia in the 19th and 20th centuries

Lessons in the museum

■ The Museum of Natural History

ul. Metalowa 8, tel. 089 533 47 80.

Open daily (except Mondays) from 10.00 a.m. to 4.00 p.m.

Exhibitions:

- The living world of the lakes in Warmia and Mazury – a photographic exhibition
- Animals in Warmia and Mazury

Lessons in the museum

THEATRES

■ The Olsztyn Puppet Theatre

ul. Glowackiego 17

tel.: 089 533 37 19 – office;

089 533 66 51 – reception,

089 533 54 40 – Customer Services

and box office; switched through the reception, extension 207.

■ Stefan Jaracz Theatre

ul. 1 Maja 4, tel.: 089 527 59 59,

089 527 59 58.

CULTURAL CENTRES

■ The Municipal Centre of Culture

ul. Rodziewiczówny 3

tel.: 089 527 09 64,

tel./fax 089 527 39 51.

- the 'Radość' Dance and Song Ensemble – conducted by Bogumiła and Wojciech Jeżewski. The ensemble gathers children and teenagers age 7 to 18. The programme is based on adaptations of Polish and foreign folk dances combined with classical and pop dance as well as elements of revue.
- Literary workshops (Wednesdays,



5.00 p.m.). Workshops for older children and teenagers (secondary schools). The workshops involve discussions about works of literature, writers and their techniques of writing, literary reviewers and their work as well as how to discover a good text, i.e. the work of book publishers and editors.

- Journalism workshops for teenagers, (Mondays, 4.30 p.m.).

■ The Youth Palace

ul. E. Plater 3,

tel. 089 527 32 69.

Workshops for children and teenagers.

Enrolment daily from 8.00 a.m. to 7.00 p.m., on Saturdays from 10.00 a.m. to 1.00 p.m. For more information contact the office.

- Visual arts ("Plastusie" – for the youngest children, age 5 to 6, Wed. 4.00–5.00 p.m., Art for primary school pupils, grades 1 to 4, Mon. and Tue. 4.00–5.00 p.m., 5.00–7.00 p.m., Wed. 7.00–7.00 p.m., Drawing and painting for lower secondary school pupils, Thurs. and Fri. 4.00–7.00 p.m.);
- History of art;
- Photography;
- Crafts;
- Keyboard music lessons (for beginners, intermediate and advanced learners);
- Guitar players (the programme involves teaching classical guitar with elements of solo, bass and chord guitar);
- The Classical Music Ensemble: the younger group consists of primary

school pupils, grades 1 to 4, who learn to play the recorder and perform music pieces for children with drum accompaniment; the older, more advanced group (secondary school pupils) plays Renaissance and Baroque music pieces as well as music composed by contemporary musicians and various folk dances; the instruments used are mainly soprano, alt and tenor flutes; The Olsztyn Town Boys' Choir (50 boys age 8–12)

- **singing groups:** signing children (age 7 to 11), a singing group for older children (secondary school), the "Arabeska" Girls' Singing Band (secondary school);
- **dancing groups:** "Skaczące Nutki" – a dancing group for children, "Rutka" – a folk dancing group for children age 6 to 12, "Margot" – a sports dance group for girls age 10–18

- a **journalism and literary team**

- **theatrical groups:** "Wesoła Gromadka" – for primary school children, "Wesołki" – for children age 8 to 11, "Coś" – for teenagers, the "Iskierka" Puppet Theatre

- a **tourism workshop;**
- **sailing** (PT lessons, sailing and swimming courses);
- **sports shooting;** model making; bridge, chess; language learning.

- **The Akces Housing Co-op Culture Centre,** the "Pojezierze" Housing Cooperative, ul. Pana Tadeusza 6 a, tel. 089 534 18 82.

- the "Smyk" Club for preschool children age 3 to 5, eurhythmic classes

- **clubs and activities for primary school children:** the "Takt" disco dance group, keyboard instrument and classical guitar lessons, visual art lessons, chess club, correctional gymnastics, acrobatics classes; the "Feniks" Olsztyn Scouting Group, ballroom dancing

- **clubs and activities for secondary school children:** aerobics, step-dance, relaxation and slimming gymnastics, the Mountaineering Club, relaxation and yoga classes.

- **The Astra Housing Co-op Culture Club,** ul. Sybiraków 2, tel. 089 526 55 56.

- the "Maluch" club for youngest children, age 3–5 (not attending preschool) – educational, visual art and music activities, gymnastics

- **The Club for young schoolchildren** – visual arts, gymnastics and dance classes.

- **art activities** for children (aged 7–11)
- **aerobics** with elements of latest trends in gymnastics for teenage girls
- **free of charge classes, activities, events and competitions** for all children during winter breaks and summer holidays.

- **The Alternatywa Housing Co-op Culture Club,** ul. Profesorska 15, tel. 089 527 69 19.

- the **Young Kids' Academy** (for children age 3–5);
- **visual arts classes:** group I (age 5 to 7), group II (age 8–11) and group III (secondary school)

- **music classes:** piano, guitar and keyboard lessons
- **table tennis**
- **free of charge activities** during winter breaks and summer holidays.

- **the Agora Culture Club,** ul. Żołnierska 45, tel.: 089 533 43 99.

- **the Akant Culture Club,** ul. Kanta 11, tel. 089 541 58 40.

- **the '17' Culture Club,** ul. Leyka 17, tel. 089 541 28 13.

- **the Na Górcie Culture Club** ul. Wańkowicza 9, tel. 089 543 55 99.

- **the Arka Daytime House for Children,** ul. Niepodległości 85, tel. 089 534 99 55.

e-mail: arka.dom@wp.pl

The "Arka" opened ten years ago at the Sacred Heart of Jesus Parish in Olsztyn. It gives care to about 100 children every year. The house is open to children, who can do their homework here, have a meal and spend time playing, all under care of voluntary and professional tutors. The 'Arka' also organises events for chil-

dren during summer and winter breaks. The 'Arka' can work owing to generous help, prayers and financial support of all People of Good Will

CINEMAS

- **The Helios, at the Alfa Shopping Centre,** al. Piłsudskiego 16 3rd floor, booking tel. 089 535 20 30 – five cinema halls, the latest films.

LIBRARIES

- **The PLANETA 11** – a multimedia library for children and young people, al. Piłsudskiego 38 (next to the Planetarium), tel. 089 535 44 88.

Open: Mon.–Fri. 10.00 a.m. – 8.00 p.m. and Sat. 10.00 a.m. – 6.00 p.m. The library users can access the Internet, make computer printouts and photocopies (the price list in the library). At the Planeta 11 you can also have coffee, read a newspaper or chat with friends, do homework, choose a suitable school for yourself, write a c.v., look for work. There are also books, CDs, DVDs, computer games, computer programmes and meetings with writers and artists.



- **ABECADŁO** – a multimedia library for children (the Alfa Shopping Centre, 2nd floor), al. Piłsudskiego 16, tel. 089 527 28 10.

e-mail: abc@abecadlo.olsztyn.pl
<http://www.abecadlo.olsztyn.pl>
 Open: Mon. – Fri. 11.00 a.m. – 7.00 p.m. and Sat. 9.00 a.m. – 4.00 p.m.



LET'S PLAY AND RELAX

Active, varied, pleasant, no boredom – these are the words which will come to your mind when you think of relaxing in Olsztyn. The town offers exciting walking and cycling trails – a real pleasure. The lakes in Olsztyn are a place where you can indulge in water fun and sports – swimming, canoeing, sailing with your parents or friends. Need a swimming certificate, want to complete a sailing course? Or will you opt for horse riding? Forests, rivers and lakes – an ideal location for any type of pastime activity.



PROGRAMME

1. Recreation means active relaxation

- on land:
 - walking,
 - horse riding,
 - cycling.
- on the water,
- in the air
- important tourist sights near Olsztyn.

2. Let's play

3. Meals

4. Accommodation

5. Useful information

Recreation means active relaxation

Recreation in Olsztyn means active relaxation – there's no other way. You can't say no to many walking trails in the Municipal Forest, to cycling paths, horse riding tracts or to the charming lakes with forested shores. Don't waste your time – set off on a shorter or longer trip, on foot or by bicycle, whichever way – just remember – if you spend your free time actively, you will be fit and you will see the places you would never discover travelling by car or surfing the internet.



ON THE LEFT:

a bicycle trip to a nearby forest



ON LAND

Walking

The **Laurencja Family Club** – the Club has long been organising what is now part of the town's tradition, the **Seven League Boots** - walking excursions for kids aged 4 to 10 with guardian adults. The excursions take place once a month (10 times a year, excluding summer holiday) on different routes around Olsztyn (6 to 12 km) and traditionally finish with a bonfire. Participating children, depending on the number of miles they have covered, can be awarded a silver or golden **Seven League Boots** badge. The December excursion is known as 'A Seven League Boots Badge with Santa Clause' (an additional charge for Christmas presents for the children).



The **Regional Hiking Tourism Commission** organises excursions for school children guarded by adults held on every second Sunday of a month; various routes up to 15 km, e.g. 'A Trip with Friends', 'Let's Learn History', 'On the Trail of Independence', etc.

Horse riding

The **Janusz Kojrys Horse Stables**. The riding stables lie in a former village of **Redykajny**, now a suburb of Olsztyn, on a charming hill surrounded by forests and lakes. A perfect place for those who love horses, nature and folk art – all in an old Warmia-style farmstead, where about 50 horses are bred. Beside horse breeding, the stable owners organise folk entertainment and horse riding lessons. The stables are open all year to individual and group visitors.

After a long walk, a sausage fried over a bonfire tastes delicious



Horse lovers have ample opportunities to see those magnificent animals in Olsztyn





Two wheels and the world is an oyster

The Grądek Horse Stables near Trackie Lake. Apart from horseback riding and rides in horse-drawn coaches and carts, there are also bonfires with an accompanying music band and a place to organise family celebrations. Children can take part in special events for schools and in Christmas parties.

The Janczary Horse Stables. It is a dream place for a family holiday, just 10 km away from Olsztyn, among lovely forests on picturesque Wadąg Lake. Every day the stables attract lovers of horse riding, angling and, in season, mushroom picking. Other attractions: coach rides, organised games, horse riding, quad rides.

Cycling

The Kołodrom Active Tourism Society. The Kołodrom organises cycling events in and around Olsztyn, which can be joined by children and teenagers accompanied by adults. Summer cycling trips called "Bike, don't drive" are a chance to discover interesting places, people, historical facts and local traditions. The Mayor of Olsztyn Cup in Cycling, a family sports event, is organised for primary and secondary schoolchildren, whereas those cyclists who look for a more thrilling experience can take part in the Mini Down Hill contest.



The sooner the better



*In this town of lakes we are born
sailors ...*

ON THE WATER

Olsztyn offers marvellous conditions for water relaxation. The marinas and jetties have paddle boats, canoes and yachts on hire. The largest lake in Olsztyn, Krzywe Lake, holds a surprise for you – the first isthmus you will reach, named rather amazingly the Lion's Mouth, is so shallow that you can nearly walk on water. Canoeing on the Łyna River is an unforgettable experience – the seemingly slow river becomes faster and wider. Within minutes you will feel as if in the middle of a wild jungle rather than in the heart of a town populated by nearly 200,000 people.



... or canoeists

TRIVIA

Even young children, aged 4 and over, can take part in a flight – always under care and with parents' consent. A twenty-minute flight costs 440 zł.

IN THE AIR

A visit to the airfield in Dajtki is worth a while. There you can see gliders, small passenger planes and sports airplanes. In the sky you can watch aerial acrobatics of pilots and parachutists. Accompanied by an adult guardian you can also take a flight and see a bird's eye view of Olsztyn.



*Whoever feels attracted to the sky
expanse, will come to the airfield
in Olsztyn*

IMPORTANT TOURIST SIGHTS NEAR OLSZTYN

The arboretum in Kudypy – a specialist botanic garden, where forest trees and shrubs are grown for scientific and educational purposes.

The Strusiolandia African Ostrich Farm. Visitors can count on many attractions: guided tours, rides in an ostrich-drawn carriage, shows of ostrich rodeo, barbecue or bonfire parties in the Chata Warmińska Inn, unusual delicacies and local regional dishes. On offer: green schools, winter sledge rides, special occasion parties (St Andrew's Night, New Year's Eve, Valentine's Day), family celebrations (e.g. first holy communion), picnics, etc.

The Ethnographic Park in Olsztynek (the Skansen). There you will travel to the world a hundred years ago. A visit to the Skansen is a splendid time for all families to relax. Dozens of buildings representing traditional countryside architecture in Warmia, Mazury and some other regions, including cottages, a church, an oil press, a school classroom, a fire brigade station, a blacksmith's workshop, a potter's workshop, stables and windmills, stand among fields, meadows and pastures cut by a small river known as the Jemiołówka. There are exhibitions to be seen – of traditional craftsmanship and of contemporary art. The special atmosphere is created by the presence of farm animals and birds. Visitors can also see how farmers used to live and work in the past – they can try to write with a quill, eat some home baked bread, pluck feathers or do laundry on a washboard. They can find out secrets of some disappearing crafts, such as a blacksmith or a potter. The Skansen holds special events, for example Children's Day, Festival of Children Songs, Harvest Festival, Festival of Folk Art and lessons in the museum.



The Strusiolandia Ostrich Farm offers an unforgettable experience – a ride on an ostrich



The Skansen in Olsztynek

IT IS WORTH KNOWING THAT

- the 'Figlolandia' – an indoor play centre
ul. Barcza 12,
tel. 089 542 43 99.
Open: Mon. Fri. 9.00 a.m. – 8.00 p.m., at weekends: 10.00 a.m. – 8.00 p.m.
- the 'Malpi Gaj' – a recreational and athletics centre
ul. Dworcowa 68,
tel. 089 533 00 80.
Open: Mon. 9.00 a.m. – 7.30 p.m., at weekends 10.00 a.m. – 8.00 p.m.
- the 'Urwis' – an indoor playground, ul. Piłsudskiego 16 in the Alfa shopping centre, tel. 089 527 75 44.
Open: 9.00 a.m. – 9.00 p.m.

Let's play and relax

'What shall we do when we have tried out everything...' There are such places in our town where fairy tales, games and plays for kids are an everyday experience and sometimes sneak into lives of adults. The youngest children as well as those a little bit older love such places. So when you need some more fun, why don't you use up your energy in one of the games and plays centres, which offer equipment for active games. Kids love fairy tales and a birthday party can be a good opportunity to make a trip to the fairy-tale world. Let's discover those places together.

The Figlolandia – the largest play centre for children in the region. Open 7 days a week. The centre's biggest attraction is a structure with slides, multi-level mazes, ball pits, climbing walls, etc. Children can play with toy vehicles, cars, tractors with trailers, houses and dolls for kids. Face painting, a lollipop and a balloon for every child visitor. Birthday parties are held in three theme rooms: „Winnie the Pooh's Birthday Cake”, „A Witch's Castle” and „A Pirate Ship”. Special occasion parties held in any of these rooms will guarantee unforgettable memories (party games, a sweet gift for a child celebrating his or her birthday). A café for parents, fairy-like interior design and friendly staff will bring a smile on the face of every child.

The Malpi Gaj – a recreational and athletics centre. Attractions: a ball pit, slides, small cars, a jumping castle, face painting, a theatre, a stage, mini-playback shows, arcade games (additional fee), buffet and coffee bar with TV, parties for groups of children. Birthday parties: three rooms to choose (pink, planet and birthday cake), tableware, decorations, 20-minute games and competitions, a birthday present, face painting, use of the centre's facilities for playing, karaoke. Summer holi-



You can paint the town red!



day daytime care: at least 5 hours per day. Fancy dress costumes for hire (all year).

The Urwis – an indoor playground. Attractions: a ball pit, slides, mazes, play station games, Nintendo games, play structures with bridges, face painting. The fee covers child care. Birthday parties: 2 hours of fun for 150 zł (a group of 10). Special programme: 1.5 hour of fun for organised groups of children.

Meals

Bonfire or barbecue parties, good fun and long nights sitting by the lake and playing the guitar – this is more than a meal after an exhausting active day; this is also making new friends and being close to the nature. This is what we can offer to you, plus those warm memories to cherish during winter nights.

Accommodation

Younger children to stay overnight with their parents, somewhere near a lake or close to the Old Town; older children to accommodate in youth hostels or on camping sites – they all deserve a good night sleep, even though an early sunrise in summer won't allow you to have a lie-in. Rise and shine!

All hotels, guesthouses, B&Bs and camping sites are hospitable and friendly to children. The Novotel, located on Krzywe Lake, very close to a forest, beach and tourist trails, pays special attention to its youngest guests. Like other hotels in this chain, the Olsztyn Novotel has a Dolfi playground for children and a special menu for the youngest guests. There is an additional games space next to the reception.

Another place which offers very good conditions for children is the *Tawerna Pirat* (the Pirate Inn). Its modest size guarantees family-like atmosphere and quiet relaxation. Standing on the hotel's jetty you can admire one of the charming inlets on Krzywe Lake. The hotel owners have prepared a playground for children.

Those who prefer to rest away from the noise of a town are welcome to stay in one of the hospitality farms near Olsztyn: the *Ziołowa Dolina* (the Herb Valley) and the *Trzciniowa Dolina* (the Reed Valley) on the Wadąg River. Families and single tourists can stay there in all seasons of the year. Apart from good food and comfortable beds, they can enjoy lovely natural surroundings. The owners will make sure you have an attractive stay.



COSTUMES ON HIRE:

- „Wszystko dla dziecka” a second-hand shop, ul. Żeromskiego 23 b, tel. 0604 142 344.
- the 'Ania' Clothes Wholesale Centre, ul. Żeromskiego 23 j, tel. 089 526 07 80.
- the 'Malpi Gaj' ul. Dworcowa 68, tel. 089 533 00 80.

Time for some good night's sleep before another exciting day.





INTERESTING TOURIST SIGHTS:

■ **KUDYPY ARBORETUM**, Kudypy 4, tel. 089 527 90 90, fax. 0 89 527 89 58, e-mail:

kudypy.oel@olsztyn.lasy.gov.pl, www.olsztyn.rdlp.gov.pl/kudypy/ City bus 7; by car the Olsztyn–Ostróda route (Road 16), exit to Sząbruk. Open: daily 9.00 a.m. – 5.00 p.m. from May to Oct. Educational trips; weekdays prior booking.

■ **STRUSIOLANDIA**,

African Ostrich Farm, Bukwałd 49, 11-001 Dywity, tel. 089 514 07 09, 607 330 810.

■ **The Warmia and Mazury Branch of the PTTK**, ul. Staromiejska 1, tel. 089 527 36 65.

- The Laurencja Family Club – walking trips, family canoeing trips,
- The Regional Hiking Tourism Commission, walking trips

■ **Janusz Kojrys Horse Stables**, Olsztyn, ul. Wędkarska 93, tel. 089 523 88 02.

Events: a bonfire, visit to the farm, rides in horse-drawn coaches and on horseback, games and competitions (about 2–3 hours).



Types of events:

- family weekends (individual or group),
- the Baked Potato Festival, for families at weekends, for groups (school classes) on weekdays
- winter sledge rides,
- looking for the spring: for schools there is a contest to choose the best Marzanna (a rag doll representing winter), the drowning of Marzanna, free of charge horse riding lessons for the winning school, other contests
- picnics for families on Saturday mornings

The Janusz Kojrys Horse Stables co-work with a children's folk group called the Piwonie (folk dances, making folk costumes, embroidery).

■ **The Grądek Horse Stables**,

A farm with rooms for tourists, ul. Lubelska 47, Olsztyn tel. 089 533 43 10, fax: 089 533 43 10, kom: 0 888 208 735

■ **The Janczary Horse Stables**, a farm with rooms for tourists, Barczewko 80, tel. 089 514 82 22, 0607 213 064.

■ **The Kołodrom Cycling Society**, tel. 603 952 051, www.jadenietankuje.pl/kołodrom

■ **Cruises on Krzywe Lake on the Cyranka boat**, from 15th May to 15th September, tel. 089 523 37 22, 603 85 54 47.

■ **Airfield, the Warmia and Mazury Aero Club**, ul. Sielska 34, tel. 089 527 52 40.

EQUIPMENT RENTALS:

■ **Sailing boats:**

- marinas:
- **Warmia Sports Club**, ul. Żeglarska, tel. 089 527 64 25,
 - **Juvenia Słoneczna Polana**, tel. 089 527 12 03,

- **Bryza Scout Water Sports Club**, ul. Jodłowa 9b, tel. 089 527 00 30,
- **Przystań Kortowska**, ul. Heweliusza 28, tel. 089 523 42 11;

■ **Canoes, rowing boats:**

- **the Municipal Beach**, ul. Jeziorna 8,
- **Olsztyn Canoeing Centre**, ul. Jodłowa 9b, tel. 089 527 01 42

ACCOMMODATION:

■ **Ziołowa Dolina** – an agritourism farm, Wilimowo 10A, tel. 089 523 90 63, email: ziolowadolina@wp.pl, www.dolina.hg.pl

You can spend there a few days, a holiday or a summer vacation. Individual tourists as well as organised groups are welcome. Attractions: rides in horse-drawn coaches and in military vehicles, canoeing, walking and cycling trips, herbal therapies, sports equipment, pet and exotic animals. Green school and preschools – a six-hour stay on the farm.

■ **Trzciniowa Dolina** – an agritourism farm, Wadąg 8, tel. 089 513 51 76.

Attractions: an inn, a wooden bathtub with a water heater (4–8 people), a bioenergetic therapeutic stone circle, a Japanese bridge to an island, a Japanese pond, a stone garden, a lagoon in the forest, a water bird and animal sanctuary, a golf course, waling, cycling and canoeing trails, beach ball.

■ **the NOVOTEL in Olsztyn**, ul. Sielska 4a, tel.: 089 522 05 00, fax: 089 522 05 31, e-mail: nov.olsztyn@orbis.pl



booking: rez.nov.olsztyn@orbis.pl

The hotel located off the road to Gdańsk, Toruń and Poznań. It has 97 rooms with telephone, satellite television and bath, 3 conference rooms and 2 boardrooms, a restaurant, a barbecue bar, a summer terrace with a view of the lake, a lake shore, roofed barbecue facilities, a playground for children. The hotel has facilities for disabled guests.

■ the Tawerna Pirat Hotel,

Olsztyn, ul. Bałtycka 95,
e-mail: pirat@pirat.com.pl,
office tel./fax.: 089 523 82 17,
reception tel./fax: 089 523 90 85.

Twenty-five beds. Rooms with bath and TV. Located in a suburb, on a lake. A great place for setting off to explore the whole region of Warmia and Mazury.

■ the Youth Hostel,

ul. Kościuszki 72/74, Olsztyn,
tel. 089 527 66 50,
e-mail: ssmolsztyn@pts.m.pl



MEALS

■ Restaurants:

• **the Gemini**, ul. Kanta 1 a,
tel. 089 542 58 60:

– dishes for children on the menu, a playroom for children with a mattress, furniture and toys for kids, high chairs for babies.

• **the SPHINX**, ul. Staromiejska 15,
tel. 089 522 96 36:

– dishes for children on the menu, crayons and colouring books, balloons, high chairs for babies

• **the MEDSUN S.A. – the Ready's Greek Restaurant**, ul. Staromiejska 16, tel. 089 527 93 72:

– dishes for children on the menu, a table and chairs for children, high chairs for babies

• **the Tawerna-Pirat**,

ul. Bałtycka 95, tel. 089 523 90 85:
– a small table and chairs for children to draw and colour, a playground next to the restaurant, high chairs for babies.

• **the Przystań**, ul. Żeglarska 3,
tel. 089 535 01 81:

– toys, crayons, colouring books, a playground at the entrance to the restaurant, high chairs for babies.

• **the Różana Cafe**,

ul. Targ Rybny 14, Stare Miasto,
tel./fax: 089 523 50 39:

– dishes for children on the menu, colouring books, high chairs for babies. Buffet meals: children less than 11 years of age – free of charge, teenager up to 15 years – 50% discount.

• **the Panorama, Best Eastern Plaza Hotels – Hotel HP Park**,

al. Warszawska 119,
tel. 089 524 06 04:

– dishes for children on request, small chairs, books for children, colouring books, high chairs for babies.

• **La Bocca**, ul. Stare Miasto 26/27,
tel. 089 527 08 26:

– a small table with chairs, toys, crayons, high chairs for babies.

• **the Zamkowa**, ul. Okopowa 25,
tel. 089 527 68 67

– dishes for children on the menu.

• **the Villa Pallas**, ul. Żołnierska 4,
tel. 089 535 01 15:

– dishes for children on the menu

• **the PIZZA HUT & KFC, American Restaurants Sp. z o.o.**

al. Marsz. Piłsudskiego 2/8,
tel. 089 527 49 14:

– 1 lunch set for children, high chairs for babies.

• **the Nowoczesna**, ul. Kołobrzeska 1, tel. 089 522 14 00:

– dishes for children on request, high chairs for babies.

• **the Corner Cafe**,
ul. Dąbrowszczaków 8/9,
tel. 089 527 57 26

– dishes for children on request, high chairs for babies.

• **the Staromiejska Cafe and Restaurant**, ul. Stare Miasto 4/6,
tel./fax 089 527 58 83:

– high chairs for babies.

• **the Golden Dragon Chinese Restaurant**, ul. Pstrowskiego 33 b,
tel. 089 533 42 48:

– high chairs for babies.

• **Mc Donald's**

– pl. Roosevelta 1,
tel. 089 535 91 91;

– ul. Lubelska 10b,
tel. 089 537 08 31:

– dishes for children on the menu, small toys and gadgets in Happy Meals, birthday parties, a playground next to the restaurant.

■ BIRTHDAY CAKES FOR CHILDREN

• **the Jagódka Cake Shop**

– al. Wojska Polskiego 46,
tel. 089 526 12 68;

– ul. Kościuszki 23,
tel. 089 533 66 64.

Birthday cakes in different shapes, e.g. Winnie the Pooh, Zorro, a football pitch, a car; photo-cakes with an edible photograph on top.

• **the Korona Cake Centre**
ul. Wilczyńskiego 25e lok. 13,
Jaroty, tel. 089 543 18 19.

Cakes in different shapes, e.g. a motorbike, a Barbie doll, a locomotive, photo-cakes





LET'S LEARN



PROGRAMME

Open up to your passions and dreams, develop your skills, train your mind, nourish and shape your talents – and your life is bound to be exciting, just as exciting as you will be to others. In Olsztyn, there are many opportunities to learn outside school – there are language classes, dance schools and other courses which develop your mind and body. Give it a go and then recommend your favourites to others. Olsztyn is a town of young people with a great potential. Think well what you would like to chose but don't worry if your interests change.

1. Foreign languages
2. Music lessons
3. Dance lessons
4. Other courses
5. Education
6. Useful information

Foreign Languages

Living in Olsztyn, Warmia, Poland, Europe, you must but know some of the languages spoken on our continent. Young Poles are now living closer to France, England, Germany or Italy – they are in touch with young Germans, French or Brits. Summer camps, holiday with parents, school and the Internet, which brings people together – they all motivate us to learn foreign languages and to test our skills.



At the Helen Doron Centre young children age 1 and over are learning English



The Callan method prevails in many foreign language schools in Olsztyn

Learning music

Music – whether classical or pop, rock-and-roll and jazz – broadens imagination and soothes the savage breast. Before you decide which type of music suits you best, you need to learn the basics and the best way is by playing music yourself. Many young music learners turn into outstanding musicians. This could be your career. And if not, you will at least become a music lover.

The YAMAHA Music School, for babies (4 months of age) to adults (getting used to music, a music preschool, learning to play the piano, violin, guitar from the age of 3, all classical key instruments, drums and keyboard).

The „Świerszczyki” – a music group – a group of children aged 3 to 18 playing the violin according to the Suzuki method. The group is affiliated with the 'Pojezierze' Social and Cultural Society. There are individual lessons once a week, group meetings, learning by playing, and concerts given by the whole group.

„Practice makes perfect” – why not practise by playing games





Enjoy yourself and learn – who knows, you may 'dance with stars' one day. Start by training at the Pavlovic Master Dance School.

Learning to dance

Olsztyn is a capital of dance. You must have heard this opinion. Tradition obliges so we must train dancing. Especially these days when dancing is so popular. People from all walks of life dance – actors, singers, politicians. We all dream to dance like Fred Aster or John Travolta. Dance with us!

The PAVLOVIC Master Dance School

Ballet (ballet workshops for girls in two age groups: 5–7 and 8–10); **Disco Dance** (lessons for children aged 6–12); **dance for children** (lessons for children age 4–13; age groups: 4–6, 7–8 and 9–13); **social dancesport** (lessons in the club for children age 7–14); **Break Dance** (7–14 lat); **Hip Hop** (9–13 lat).



The School of Dance and Charm, B. & W. Przemienieccy

'Przedszkolak' – for preschool children – an individual dance teaching programme for children age 4–6; **The 'Figo' Children's Dancing Group** (age 7 and over); **Summer dancing holiday** for young learners of dance.



Dance in groups or couples, standard or disco dancing – the choice at the Dance and Charm School of B. and W. Przemienieccy is enormous.

The Crea Dance Centre – Wasilewski and Felska

The Crea Dance is the latest method of teaching dance through playing techniques. It enables learners to use their natural skills, facilitates healthy development of a young body and shapes the figure.

Classes for children: the mini mini disco (age 0–4; on Thursdays), the Kids' Crea Dance Club (age 4–6, on Thursdays), the Hip Hop Kids (Wednesdays), The Olympic School of



Dance means developing children's ambitions and their sensitivity to beauty, aesthetic values and music.

Dance and Good Manners (age 6–10, Mondays at 4.30 p.m.). The Crea Dance Centre also organises dance lessons in primary schools in Olsztyn. The annual course covers one lesson a week (about 32 lessons a year).

Classes for teenagers: Social dance for beginners – solo and pairs, able to dance in any social situation: Wednesdays at 5.30 p.m. Video Clip Dancing – the latest music, the latest hits from VIVA and MTV as well as superb choreography. Hip Hop on Tuesdays, Break Dance on Fridays, Summer holidays and winter breaks (also for those not participating in our dance courses); birthday parties.

The Power Dance Club of DanceSport

For girls and boys aged 5 and over. Social and recreational dance for beginners (classes twice weekly); social dancesport for groups and couples in lower and higher dance grades, who take part in dance tournaments (classes 3 or 4 times a week).

The Oskar Social Sport Dance

Teaching dance to children in three age groups: to 7 years of age, 8-9 and 10-11. The programme includes Latin American, standard, disco and folk dances. Classes 2-3 times a week.

HI-LOW – dancesport for children

Various forms of modern dance: hip hop, disco dance, free style disco show. The course participants can take part in dance tournaments.



At the Crea Dance Centre children play together with parents



Classes held on Tue and Thurs 5.00–6.00 p.m. (intermediate group, age 8–10), 6.00–7.00 p.m. (advanced group, age 11), 7.00–8.00 p.m. (Hi-Low group).

The Warmia Song and Dance Ensemble

Learning Polish and foreign folk dances and songs in children and teenage groups, finding out about folk traditions in different regions of Poland. The ensemble takes part in shows and contests. Classes twice a week.



The Warmia Ensemble performs all around Poland

Courses

AKADEMIA NAUKI

Courses for children:

- English and German for children,
- 'Smart Kid' – an effective learning course for children age 7–11,
- 'Smart Kid' – a continuation course,
- 'Young Discoverer' – a course for preschool children in learning to read and developing intelligence.

Courses for lower secondary schoolchildren:

- a conversational English language course using the Callan method – learning to speak English quickly – a TECL examination course,
- a conversational German language course – learning to speak quickly,
- 'A Student with a Personality' – a course in effective learning and fast reading.

Workshops for parents of young children (aged 0–6) 'How to improve the intelligence of a young child'.



IT IS WORTH KNOWING THAT:

Akademia Nauki (the Learning and Teaching Academy) is an unusual school, which offers unique courses to children and teenagers, for example a course in effective learning. The programme comprises:

- improving the effectiveness and quality of reading,
- memory techniques, i.e. how to remember quickly and easily dates, numbers, facts, faces, names, etc.
- training concentration,
- educational kinesiology, i.e. body movements which improve the work of our mind,
- maps of thoughts – user friendly note taking,
- training to enhance self-confidence,
- creative thinking.

All those skills are taught by playing games.

Children find the unconventional methods very attractive

Education

St John Bosco Oratory

The Local Salesian Society 'SportSalos'. The oratory comprises many groups, open to all those who look for an individual, person-specific expression of their personality. Everyone is welcome to join in any of the groups (sport-Salos, singing group, altar boys, scouts) or clubs (missionary, visual arts, film, self-defence, theatrical or cycling clubs) and any time they choose.

The Polish Scouting Association, the Rodlo Scout Troop

Children and teenagers take part in the scouting movement in four age groups: boy and girl guides (6–10 years of age), boy and girl scouts (11–13), older boy and girls scouts (14–16), boy and girl wanderers (16–25). The activities involve impersonating someone or something (guides), games (scouts), searching games (older scouts) and service and challenge (in the oldest group of scouts).



The Nativity by children from St John Bosco Oratory



It has long been known that scouting is a good school of life.





FOREIGN LANGUAGES

■ **American Center**, ul. Rybaki 27, tel. 089 527 22 85 – English, the Callan method.

■ **British School** – English, German, French, Italian, Spanish, Russian for children aged 7 and over.

• the Sigma Office Building, 1st floor, ul. Piłsudskiego 44a (next to the Urania sports centre), tel. 089 533 88 22, fax. 089 534 55 82.

• the HB Centre, 2nd floor, ul. Wilczyńskiego 25e, tel. 089 541 20 68.

■ **the Polish-French Centre**, ul. Dąbrowszczaków 39 1p, tel. 089 527 63 73, French.

■ **Deutsch Direkt**, ul Reja 2/4/3, tel. 089 543 13 75, 542 55 38, tel./fax 089 543 07 69 – German.

■ **„Join” School of English**, ul. Piastowska 14/15 2nd floor, tel. 089 527 46 39, 0507 013 547, 0506 117 518, English for four-year-olds and over.

■ **King’s School of English**, ul. Piastowska 4, tel. 089 522 94 40/42, English, the Callan method, five-year-olds and over.

■ **the Olsztyn Association of the German Minority**, ul. Partyzantów 3, tel. 089 523 69 90 – German.

■ **EMPiK Foreign Language School**, ul. 1 Maja 18/19, tel. 089 535 24 44, 535 24 04 – English for children age 6–12.

■ **CONRAD the Polish School of Foreign Languages**, ul. Wilczyńskiego 6 F, tel. 089 543 79 10 – English for very young children and other children and teenagers, German for teenagers 12 years of age and over.

■ **Helen Doron Centre**, ul. Górna 9, tel. 089 535 08 84 – English for children (1–14 years of age) divided into age and language proficiency groups, courses for children age 1–3 with their parents.

■ **English Perfect**, ul. Warszawska 36, tel. 089 535 40 62 – English, German, French and Spanish for children aged 3 and over.

■ **Merlin English Language School**, ul. Mazurska 15a/12, tel. 089 523 76 70, 0 605 730 959 – English for children aged 8 and over.

■ **OSKAR**, ul. 11 Listopada 5, tel./fax 089 535 33 66, tel. 089 535 40 91, English, German and Russian for children 3 years of age and over.

MUSIC LESSONS

■ **the YAMAHA School of Music**, ul. Sikiryckiego 9, tel. 089 541 36 61.

■ **the “Świerszczyki” music group** headed by Dorota Objalska, tel. 089 527 69 78, mobile 0607 559 543.

DANCE LESSONS

■ **the PAVLOVIC Master Dance School**, ul. Gen. Z. Berlinga 2a tel. 089 543 83 83, 543 83 80, fax 543 83 82; taniec@pavlovic.pl; www.pavlovic.pl

■ **the School of Dance and Charm**, B. & W. Przemieniec, Olsztyn, tel. 0502 09 77 66.

■ **the CREA DANCE Centre** – Wasilewski & Felska, Olsztyn, ul. J. Piłsudskiego 54A, tel. 089 534 94 04, e-mail: wasilewski-felska@crea-dance.com.pl

■ **the Power Social SportDance Club**, ul. Janowicza 8/73, at the Agora Club, tel. 089 533 43 99.

■ **the Oskar Social SportDance**, ul. 11 Listopada 5, tel. 089 535 33 66.

■ **Hi-Low – sport dance** – the Centre of Wellness and Sport at the Olsztyn School of Higher Education, ul. Bydgoska 33, contact person: Edyta Jeżewska, tel. 661 929 717.

■ **the Warmia Song and Dance Ensemble**, ul. Parkowa 1, Olsztyn, tel./fax 089 526 49 38, mobile 501 216 990, e-mail: zpitwarmia@poczta.onet.pl

COURSES

■ **Akademia Nauki**, ul. Żołnierska 11c, tel. 089 521 87 45.



EDUCATION

■ **St John Bosco Oratory** ul. Bałtycka 135, tel. 089 523 84 07, e-mail: oratorium@salezjanie.olsztyn.pl., salosolsztyn@op.pl., www.oratorium.olsztyn.pl

■ **The Polish Scouting Association, the Rodło Scout Troop** ul. M. Skłodowskiej 9, Olsztyn, tel./fax 089 535 92 77, www.zhp.olsztyn.pl





LET'S GET SOME EXERCISE



PROGRAMME

'A healthy mind in a healthy body' – in Olsztyn, with a variety of sports facilities and events at hand, this is more than a proverb. Many successful sport champions who come from Olsztyn motivate young people and make some types of sport more popular than others but the truth is that you can become a master in many less known, undiscovered sport disciplines. You too can be number one and stand on the highest podium and it is entirely up to you – the town gives you a chance. There are tennis courts, football pitches, stadiums, a swimming pool or gymnastics halls open to you and in the near future there will be a new, large sports and recreational centre.

1. Outdoors and indoors
2. Water sports
3. In the countryside
4. Winter sports
5. Useful information

Indoors and outdoors – ball games for everyone

Individual and team sports – you can train all year round. There are many indoor and outdoor sports facilities to help you. Whether you want to play football – whose best days when the Stomil football team played in the Prime League are still remembered, or volleyball – which owing to the successful AZS team is having its best time – come to one of the sports club or ask your school sports coach. Other attractive sports, well worth your interest, are gymnastics, chess, tennis or combat sports. There are many sport champions in Olsztyn and the number of those who want to follow in their footsteps is on the increase. Practice makes perfect. Follow the masters.



Sweating out ...



Kids love playing in water.

SWIMMERS ON THE START LINE

Even a-few-month-old babies have their swimming lessons in a pool at the Swimming School for Babies. Children who get used to water early learn to walk sooner, are healthier and fitter. Being close to their parents during the swimming lessons, they find it easy to adapt to the new surroundings, are more outgoing and become curious about the world. Older children can swim in the pool or in one of the lakes in Olsztyn, on a guarded beach.

Water sports – catch the wind, set your sails.

When you live in a town scattered with lakes, you are bound to get interested in water sports. The marinas in Olsztyn and the water sports champions who come from our town offer canoeing lessons, sailing courses for beginners and diving courses.

Would you like to become a sailing champion like Karol Jabłoński? But first you need to learn swimming. The swimming pool in Olsztyn offers lessons to very young children and even a-few-month-old babies. And then, even if you never become a champion, swimming and sailing will give you many wonderful experiences and will shape your body.

In the countryside – go galloping on a horse

The forests and countryside around Olsztyn are a perfect place for horse riding, cycling or playing golf. There are many horse stables and riding centres around the town as well as miles and miles of trails in the forests, which are a paradise for horse lovers and equine sports enthusiasts. But before you set off, first you need to spend some hours training horse riding on a lunge, with an instructor to teach you how to keep safe.



Bicycle paths along the shores of Ukiel Lake and in the Municipal Forest as well as roads around Olsztyn are a perfect place to practice cycling. The Tour de Pologne bicycle race, which for the past four years has passed through our town, creates an opportunity to test your skills in smaller bicycle races for young cyclists, which accompany the main event.

The golf course in Naterki near Olsztyn is by no means reserved for adult players. Golf is gaining an increasing popularity in Poland, and young players are keen on acquiring the tricks of this game – golf practices your character and teaches you how to be patient. On top of this, it is very pleasant!

Winter sports – oh, what fun it is to ride...

It's fun to be outdoors in summer – but it could be just as pleasant to spend free time outside in the winter season, doing winter sports and taking advantage of the climate and landscape of our region.

Ice rinks invite you to take up skating; frozen lakes are host to ice boat racers and beautiful snowy forest trails attract cross-country skiers. If you do winter sports under the guidance of an instructor, this could be more than a pleasant pastime activity. You could be on a road to success.

After an exhausting training session, take a break and go on a horse sleigh ride across the forests near Olsztyn. Wouldn't it be great?



Two ice rinks in Olsztyn host future figure skating champions.

CYCLING IN OLSZTYN

- The campaign "Bike, don't drive" comprises various types of activities, including educational classes in schools (in total 100 hours) and cycling trips in the beautiful environs of Olsztyn, when participants can see charming places, meet interesting people and find out more about the local history and customs. The campaign is focused on children and teenagers attending primary and secondary schools. It is free of charge. www.jadenietankuje.pl

- The Mayor of Olsztyn Cup Cycling Competition – there are four runs of the competition on different dates, with the final event on the Leśny Stadium during the Safe Olsztyn Days. The finalists receive mountain bikes as prizes! The competitions nearly always begin at 10.00 a.m. They are organised in three age categories: primary, lower secondary and upper secondary schools.

- The Mini Down Hill contest – cycling downhill gives a rush of adrenaline to daredevils. All contents being at 10.0 a.m. They are organised in four age categories: primary, lower secondary and upper secondary schools as well as open age category.



TEAM GAMES

■ FOOTBALL

• the **NAKI**, Football School, ul. Grota Roweckiego 4/23, tel. 089 523 57 47, 604 532 547, www.naki.pl

– for boys age 6–10 (the school offers: professional trainings, participation in matches and football competitions, friendly atmosphere, summer football camps, teaching responsibility, team spirit and fair play).

• the **„Orzeł”** Sports Club, ul. Żiżki 2/18, tel. 661 854 633, – football training in Primary Schools no 18 (Dątki) and 7 (Al. Przyjaciół) for boys age 7 and older: a play group and footballer teams: Orliki, Żaki, Trampkarze, Juniorzy, Seniorzy

• the **„Warmia”** Sports Club for Schoolchildren, ul. Sybiraków 36, tel. 089 526 06 37
– trainings for boys age 8 to 19.

• the **„Rekord”** Sports Club for Schoolchildren, ul. Jeziolowicza 2, tel. 089 541 62 57,
– trainings for primary school pupils.

■ VOLLEYBALL

• the **„Warmis-Volley”**, School Sports Club, al. Piłsudskiego 56, tel. 089 533 70 44,
– girls’ teams from 1st graders of lower secondary schools. The younger teams meets 3 times a week at the Secondary Building Trade Schools, ul. Żołnierska 15

• the **„Tempo 25”** School Sports Club, ul. Wańkowicza 1, tel. 089 542 90 15

– for 4th and 5th graders in primary schools, trainings 3 times a week

• the **„Rekord”** School Sports Club, ul. Jeziolowicza 2, tel. 089 541 62 57

– for 6th graders of primary schools and 1st graders of lower secondary schools, trainings 3 times a week. Fees voluntary.

■ BASKETBALL

• the **„Trójczka”** School Sports Club, ul. Sybiraków 3, tel. 089 526 44 22

– for boys age 12 and older, depending on age and skills, trainings are 2 to 4 times a week.

• the **„Lotos”** School Sports Club, ul. Kołobrzaska 13 m, tel. 089 533 12 70,

– for girls age 9 and older, trainings 3 times a week, at a professional sport level. The Club takes part in sporting events all over Poland. It organises camps during summer holidays and sport activities during winter breaks. Under the auspices of the Mayor of Olsztyn, the Club organises an annual St James’s Golden Shell Contest.

• the **Olsztyn Volleyball Sports Club**, (the OSiR Sports and Recreation Centre, the Sports Halls at 27 Głowackiego Street) Contact person: Tomasz Sztąberski, tel. 502 512 237,
– girls’ teams: age 7–12, 13–15, 13–14, 15–16, 17 and older; trainings 3–5 times a week, sports classes in Primary School no 34 and Lower Secondary School no 13.

■ RUGBY

• the **Olsztyn Municipal Rugby Sports Club**, ul. Artyleryjska 3, tel. 602 693 406,

– for teenagers age 13 and older. Trainings take place at the Olsztyn School of

Higher Education, ul. Bydgoska 33, in a fitness club and a swimming pool.

COMBAT SPORTS

■ WRESTLING

• the **„Budowlani”** Sports Club ul. Grunwaldzka 9 (contact person: Michał Staszewski tel. 505 781 975)

– groups of boys age 10–11, trainings on Mon. and Fri. 3.00–4.30 p.m., Thurs. 4.00–5.30 p.m.; age 12–16 trainings 3 times a week. Fee: 10 zł per month.

■ TAEKWONDO

• the **„Start”** Housing Co-op Sports Club, ul. Pana Tadeusza 4a, tel. 089 543 23 24,

– the WTS taekwondo: for children age 6–7, trainings twice a week for beginners and 3–5 times a week advanced; the ITS taekwondo: – for children age 10, trainings twice a week for beginners and 3–5 times for advanced.

■ KARATE

• the **Olsztyn Kyokushin Karate Club**, contact person: Marek Wiczorek, tel. 665 990 337, 604 339 373, www.karate.olsztyn.pl e-mail: karate@kyokushin.olsztyn.pl

– for children age 6 and older, different age groups, trainings 2–3 times a week.

■ AIKIDO

• **AAI – Polska**, ul. I. Kanta 15, contact person: Tomasz Krzyżanowski, tel. 501 015 335, www.aai-polska.pl trainings for children age 5 and older.

■ JUDO

• the **„Gwardia”** Sports Society, al. Piłsudskiego 5, tel. 089 522 32 80,
– for children age 7 and older, trainings 3 times a week.



• the „**Rekord**” School Sports Club, ul. Jeziołowicza 2, tel. 089 541 62 57, – for children age 7 and older. Fees voluntary.

■ FENCING

• the „**Szable Olsztyn**” School Sports Club, the Secondary Schools no 9, ul. Wańkowicza 1, contact person: Adam Sobczyk, tel. 602 32 42 96, – for girls and boys age 6 and older; 3 age groups; trainings on Tue. and Thurs. at 3.00 and 4.30 p.m. The training programme includes basic sabre fencing, general gymnastics, agility exercise, reflex and orientation training, sabre fencing, the First Step Tournament, games and plays.

INDIVIDUAL SPORTS

■ BADMINTON

• the „**Warmia**” School Sports Club, ul. Sybiraków 36, tel. 089 526 06 37, sport groups age 8 to 20. Recreational groups for children of all ages.

■ TABLE TENNIS

• the „**Olimpijczyk**” School Sports Club, ul. Pieczewska 10, tel. 089 541 96 89 extension 20, – for primary school pupils in two groups: grades 1–3 (beginners), grades 4–6 (intermediate players).

• the „**Tempo 25**” School Sports Club, ul. Wańkowicza 1, tel. 089 542 90 15
– for primary and lower secondary school pupils.

■ SQUASH

• Cthe Centre of Wellness and Sports at the Olsztyn School of Higher Education, ul. Bydgoska 33, tel. 089 535 85 36.

■ TENNIS

• the „**Skanda**” Club at the Society for Promotion of Physical Culture, ul. Wyszyńskiego 12a, tel. 089 533 02 15, 600 353 378, – tennis school (age 7–16). Tennis lessons from May to Oct. on Mon., Wed. and Fri. from 4.00 to 5.30 p.m. on outdoor tennis courts.



• the „**Budowlani**” Sports Club, ul. Grunwaldzka 9, contact person: Mirosław Umbras, tel. 600 168 531, – lessons for children age 6–15, 2–3 times a week, indoors during winter; fee: 100 zł per month; children up to 10 years of age can rent the equipment.

• the „**Absolwent**” School Sport Club, ul. Jasna 2, contact person: Janusz Rączkiewicz, tel. 089 533 13 05, – lessons for children age 6 and older on tennis courts at Lower Secondary School no 3. Equipment rental. Trainings 1–2 times a week, free of charge.

■ GYMNASTICS

the Centre of Wellness and Sports at the Olsztyn School of Higher Education Centrum, ul. Bydgoska 33, instructor: Beata Lewalska, tel. 601 741 866,

• general gymnastics with elements of dance: on Mon. at 5.00–6.00 p.m. for beginners (age 5–7), at 6.00–7.00 p.m. for intermediate learners (age 8–10) and at 7.00–8.00 p.m. for advanced learners.

• general gymnastics with elements of acrobatic and agility workout: Tue. and Thurs. at 5.00–6.00 p.m. for beginners (age 5–7), at 6.00–7.00 p.m. for intermediate learners (age 8–10) and at 7.00–8.00 p.m. for advanced learners.

• corrective gymnastics, instructor: Katarzyna Prokopowicz, tel. 089 514 50 01 05, Mon. and Fri. 6.00–7.00 p.m. (age 9–12).

■ CYCLING

• the „**Art Print**” People’s School Sports Club, ul. Kętrzyńskiego 10. Contact person: Zdzisław Troja, mobile 609 037 737, – for boys and girls age 11 and older; trainings 2–4 times a week.

WATER SPORTS

■ CANOEING

• the **Olsztyn Sports Club** ul. Jodłowa 9a, Mon. 8.00 a.m. – 3.00 p.m, contact person: Janusz Milewski, tel. 602 444 008
– canoeing school for children age 9 and older, general gymnastics, fitness and swimming pool in winter; from April canoeing in uncapsizable canoes.



■ SWIMMING

The OSiR Sports Compound,
ul. Głowackiego 27,
tel. 089 527 71 28, 089 534 07 81.

• Swimming School for Babies „Water Fun – Bąbelki Pływają” (Bubbles Swim),

www.babelkiplywaja.pl

– lessons for children all ages; the youngest ones (age 3 months to 3 years) learn swimming (lessons with parents), older children improve their swimming skills or learn to swim in an older age group.



• Swimming lessons – courses

Courses last for 1.5 month, 3 half-hour lessons a week:

– children age 6–9, lessons in the small swimming pool at: 4.30, 5.00 and 5.30 p.m. (beginners), and at 6.00 and 6.30 (advanced); fee: 200 zł;

– children age 9–13, lessons in the large swimming pool at 8.30 p.m.; fee: 250 zł;

– teenagers age 13 and older and adults, lessons in the large swimming pool at 7.00 p.m.; fee: 250 zł;

– accelerated courses during winter breaks and summer holidays; 10 lessons; fee: 100 zł.

• The „Kormoran”, Swimming Society, www.mtpkormoran.pl

– sport swimming for children who can swim; age 10 and over; from swimmer classes in Primary School no 10, Lower Secondary School no 7 and Lower Secondary School no 3 (lessons daily, intensive trainings).

■ DIVING

• the Warmia and Mazury Diving Centre, ul. Kościuszki 30/2, Jacek Kołakowski, tel. 601 690 124, course: junior diver KDP/CMAS (PM). For children and young teenagers age 10 to 14; theoretical and practical lessons (8 to 24 hours, depending on a child's age), including: diving with an instructor in a swimming pool, lake or sea to 10 m depth. Participants must have a doctor's certificate of fitness and be able to swim.

• the Aquamania – Diving School ul. Dąbrowszczaków 5/1, tel. 089 527 35 90

– a course: Open Water Junior Diver (licence to dive to 12 m depth with an accompanying adult). Groups of 4 persons. Lessons every two weeks on Tue. or Thurs. in the afternoon. Fee: 1250 zł. The fee covers: 5–6 theoretical lessons, a student's book, hired wetsuit and diving equipment, 5–7 dives in a pool, 4 dives in a lake, a certificate. Discounts possible

• the Scuba Discovery – Diving School, ul. Górna 9

Kamil Iwankiewicz (instructor), tel. 501 596 193

e-mail: kamil.iwankiewicz@wp.pl

– the Bubblemaker diving programme is a wonderful underwater play for children (age 8 and older). The programme quickly teaches children tricks of diving while 'making bubbles underwater'. Unforgettable experience and great fun.

– Open Water Diver Junior (age 15 lat and older). The course completed with an international PADI certificate.



■ SAILING

• the Rumszewicz Sailing, ul. J. Wengris 32, Olsztyn, tel.: 609 04 25 28, 089 524 40 22, e-mail: info@obozy.net.pl

– sailing summer holidays for children age 14 and younger, water sports camps for teenagers age 15–19, with additional attractions: canoes, mountain bikes, windsurfing, sport games and plays, sunbathing, swimming, bonfires, discos. Price: 1 480 zł.

• the „Warmia”, School Sports Club, early sailing education, contact person: Kazimierz Burgat tel. 089 527 64 25

– for children age 6 and older, learn-



ing to sail in an Optimist sailing boat, lessons 1–2 times a week (the Warmia Sports Club Marina, ul. Żeglarska 7). In summer lessons on the water; in winter theoretical lessons, general gymnastics, swimming pool, games. Three sailing camps held every summer. Participation in sailing regattas and competitions (e.g. "The Blue Sails").

• the „Przystań Wodna”, Warmia Sports Club Marina, ul. Żeglarska 7, Olsztyn, tel. 089 527 64 25,

– yachtsmen courses for children age 12 and older, helmsmen courses for teenagers age 16 and older.

• sailing courses are also organised by: the Palace of Youths, the AZS Olsztyn, the Bryza Scouts' Marina, the Kotwica Sea League, the Sailing Tourism Club, the Kaper Sailing Club.

WINTER SPORTS

■ SKATING

• the „Art. Print”, People’s School Sports Club, contact person: Zdzisław Trojga, tel. 609 037 737, ul. Kętrzyńskiego 10, – short-track – speed skating on a short track in winter, speed roller-skating in summer. For children age 6 and older. Trainings on the ice rink in ul. Jeziolowicza, Tue. and Thurs. 2.30–4.00 p.m., Sat. and Sun. 7.30–9.00 a.m.

■ ICE RINKS

• in winter season at the Urania Sports Hall (al. Piłsudskiego 44) and in ul. Jeziolowicza (Jaroty). Open 8.00 a.m. – 10.00 p.m.



■ SKIING

• Ruś near Olsztyn, available by bus no 29, three chairlifts, an hour lesson with an instructor – fee: 50 zł, equipment rental – charge: 15 zł/h. .

OTHER SPORTS

■ SPORT SHOOTING

• the „Gwardia” Sports Society, al. Piłsudskiego 5, tel. 089 522 32 80, – for children age 7 and older, trainings 3 times a week.

■ MOTOBIKES

• the Motoklub, al. Wojska Polskiego 17, tel. 089 534 78 62,

– free of charge trainings for children and teenagers age 8 to 15; general development exercise and motorcycling lessons. Own equipment necessary.

■ CHESS

• the „Trzydziestka” School Sports Club, ul. Pieczewska 10, tel. 089 541 96 89, – for children age 8 and over, classes twice a week, annual fee: 60 zł.

■ CHEERLEADERS

• the „Soltare” group, the OSiR Olsztyn Sports and Recreation Centre, classes in a fitness club, ul. Głowackiego 27, contact person: Ewa Szemplińska tel. 880 363 284, – for girls age 7 and older, 3 age groups, classes 2–3 times a week.

■ BOWLING

• the Olsztyn Bowling Centre ul. Kromera 3, tel. 089 535 42 84.

■ HORSE RIDING

• the „Grądek” Horse Stables ul. Lubelska 47, tel. 089 533 43 10, mobile: 888 208 735, – available by buses no 1, 6, 14, 18 and O.K. minibuses. Mon.–Thurs. from 3.00 p.m. to dusk, Fri.–Sun. from 9.00 a.m. to dusk; 30 recreational horses, horse riding lessons with instructors, in an outdoor sand school, lunge lessons, rides in the country.

• the Janusz Kojrys Horse Stables, ul. Wędkarska 93, tel. 089 523 88 02, – over 50 horses, horseback riding with instructors, an outdoor sand school, lunge lessons, rides in the country, a horse riding school for children age 5 to 18

• the University of Warmia and Mazury, ul. Prawocheńskiego 2, tel. 089 523 33 96,

– 15 recreational horses, riding lessons with instructors, a sand school, lunge lessons, rides in the country. Children age 10 and older. For beginners an obligatory 15-minute riding lesson on a lunge line. Horse riding on Wed. and Fri. 4.00–6.00 p.m. and Sat. and Sun. 10.00 a.m. – 12.00 p.m. (horse trimming, one-hour ride). Additional horse riding possible on Fri. at about 5.30 p.m. and on Sat. and Sun. at about 11.30 a.m.

OTHER SPORTS

■ the „Wiktorja” Inter-school Sports Club, ul. Turowskiego 3, tel. 089 542 82 33, – sports divisions: karate self-defence, volleyball.

■ the „Chemik” School Sports Club, ul. Kolobrzaska 29, tel. 089 533 19 83, – sport divisions for lower secondary school pupils: boys’ volleyball, boys’ football. Trainings in the Urania sports hall.

■ the „Warmia i Mazury” Sports Club in Olsztyn, ul. Mickiewicza 17/3, tel. 089 527 22 11, – classes for children with eye impairment and other disabilities. Selection of sport activities: swimming, bowling, chess, chequers, sport bridge, tandem cycling, canoeing, shooting.

■ the M. Bublewicz Sports Schools no 5, ul. Gietkowska 12, tel. 089 526 83 12, – primary school, lower and upper secondary school, sports gymnastics for women, canoeing, taekwondo WTF style, football.

■ the Polish Angling Society, ul. Bałtycka 2, tel. 089 527 34 60, – organises an annual angling competition on Children’s Day (1st June) in different age categories (age 10 and older); conducts examinations for an angling licence for children age 14 and older.



OTHER VERY USEFUL INFORMATION



PROGRAMME

1. Do you know Olsztyn now?

2. Useful information

- holy mass services for children and teenagers
- taxi services for children
- childcare
- shops for children
- medical help

All other, very useful information which we couldn't fit in any of the previous chapters is in this part of the guide. It is just as useful or perhaps even more helpful as it concerns the matters of soul, childcare, shopping and other special services.

You can feel safe in Olsztyn while exploring its attractions. Your safety is guaranteed by the systems of cameras in the Old Town and other popular places in Olsztyn. And when the summer season draws to an end, on the second Sunday of September, come to Jakubowo Park to a all family festival called Safe Olsztyn Festival. You'll have a great time and get a lot of valuable advice before the school year begins.

And now a little quiz before you set off on a trip round the Old Town or go hiking or cycling in the forests near Olsztyn.

MISCELLANEOUS INFORMATION

„Dziecinada” – a series of radio programmes every Sunday from 9.00 to 11.00 a.m. on Radio Olsztyn (103.2 Mhz).



Once a year Radio Olsztyn invites children to a public book reading.

Do you know Olsztyn?

1. Name three historic buildings in Olsztyn.
 2. How many lakes are there within the administrative boundaries of Olsztyn?
 3. Where in Olsztyn did Nicolas Copernicus live?
 4. Who is the patron saint of Olsztyn?
 5. Describe the coat of arms of Olsztyn.
 6. Name two rivers which flow through Olsztyn
 7. What is the so-called Prussian Baba?
 8. Do you know any legend connected with Olsztyn?
 9. What museum in Olsztyn exhibits a European bison, a wolf or a beaver?
 10. What is the name of a hiking trip for children?
 11. Where in Olsztyn can you ride an ostrich?
- You can find answers to all these questions in our little guide.



The Olsztyn Artistic Summer has a rich offer for children.



Holy mass services for children and teenagers at the Roman Catholic parishes of:

- Our Lady of Mercy, ul. Pana Tadeusza 16 a; 1.00 p.m. (children), 10.00 a.m. (teenagers)
- Sacred Heart of Jesus Christ, ul. Mickiewicza 10, 12.00 p.m. (children), 10.00 a.m. – (teenagers)
- Our Lady of La Salette, ul. Morska 29, 11.30 a.m. (children)
- St James the Elder, ul. Staszica 12, 12.30 p.m. (children), 9.00 a.m. (teenagers)
- St Joseph, ul. Jagiellońska 41, 12.00 (children), 10.00 a.m. (teenagers)
- Blessed Franciszka Siedlińska, ul. Bp. T. Wilczyńskiego 7, 11.30 a.m. (children)
- Virgin Mary, Mother of the Church, ul. Podgórna 1, 1.00 p.m. in the upper church hall – a mass service for younger children (preschool to 4th graders), 8.30 a.m. – for older children and teenagers
- Christ the King, ul. Wyspiańskiego 5, 11.00 a.m. (children), 9.30 a.m. (teenagers)
- Christ the Redeemer, ul. Kard. S. Wyszyńskiego 11, 1.00 p.m. (children), 10.30 a.m. (teenagers)
- Our Lady of the Rosary, ul. Żytńska 68, 11.00 a.m. (children)
- * Holy Virgin Mary, Help of Christians, ul. Bałtycka 74A, 1st Sunday of a month at 12.00 p.m. (children)
- St Laurence, ul. Bałtycka 135, 12.00 p.m. (children)
- St Adalbert, ul. Gałczyńskiego 28, 10.00 a.m. (children), 6.00 p.m. (teenagers)

- Our Lord of Mercy, ul. Barcza 2, 10.00 a.m. (children's mass), 3.15 p.m. (teenagers)
- Our Lady of Fatima, ul. Bajkowa 15, 10.00 a.m. (children), 8.30 a.m. (teenagers)
- St Francis of Assisi, ul. Dybowskię 2, 11.00 a.m. (families)
- St Anna, ul. Morwowa 2, 10.30 a.m. (children and teenagers)

TAXI FOR CHILDREN

- NAJ-Taxi – driving children to school, tel. 96 66



- TAXI-NET – driving children to school and preschool, tel. 96 69.

BABY AND CHILDCARE

Parents looking for a babysitter will find helpful information on the following websites:

- www.niania.pl;
- www.mojania.pl

A list of public and private preschools can be found on the webpage:

- www.um.olsztyn.pl under: Biuletyn Informacji Publicznej.

SHOPS FOR CHILDREN

Among many shops in Olsztyn which sell things for children, there are specialist shops, dedicated to child customers only. Here's the choice:

- **the Jakub Shopping Centre pl. Jedności Słowińskiej 1** – clothes, shoes and toys for children;
- **„Jazzybaby”, ul. Rolna 96, www.jazzybaby.pl** – an Internet shop: clothes for babies and children, cosmetics, toys, accessories. Your order can be picked in person when you are in Olsztyn;
- **„Bubumarket”, ul. Hallera 3/4, www.bubumarket.pl** – an Internet shop: clothes for babies and children, cosmetics, toys, accessories. Your order can be picked in person when you are in Olsztyn;
- **„Smyk” in the Alfa Shopping Centre, ul. Piłsudskiego 16**; clothes, shoes and toys for babies and children;
- **„J&J” Children's Centre, ul. Pieniężnego 18 b, ul. Krasickiego 1 b** – things for children;
- **„Maluszek”, ul. Wyszyńskiego 11**, clothes for babies and children, cosmetics, toys, accessories;
- **„Maluch”, ul. 1 Maja 14**, clothes for babies and children, cosmetics, toys, accessories.

MEDICAL HELP

■ **The Specialist Hospital for Children, ul. Żołnierska 18, tel. 089 539 34 55.** Admits young patients in several wards, clinics and out-patient surgeries.

■ **The Hospital Emergency Ward** in emergencies call 089 539 33 05/07. A paediatric emergency ward is open all night, from 6.30 p.m. to 7.00 a.m

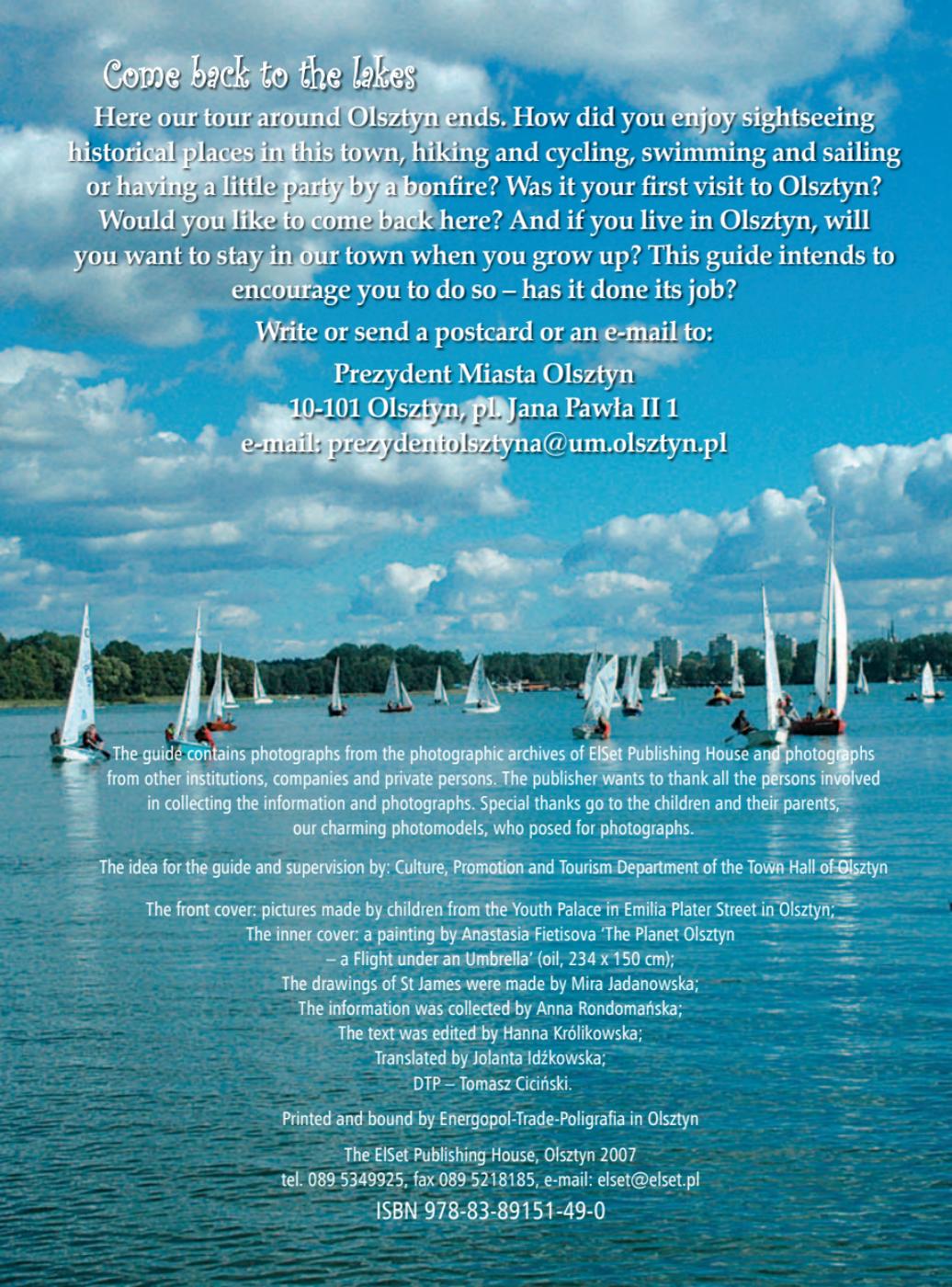
Other 234 surgeries, hospitals, clinics, emergency wards, general practitioners for children in Olsztyn can be found on: <http://szukaj.služ-bazdrowia.pl/szukaj/20,1.html?frazy=Olsztyn+dzeci>.

Come back to the lakes

Here our tour around Olsztyn ends. How did you enjoy sightseeing historical places in this town, hiking and cycling, swimming and sailing or having a little party by a bonfire? Was it your first visit to Olsztyn? Would you like to come back here? And if you live in Olsztyn, will you want to stay in our town when you grow up? This guide intends to encourage you to do so – has it done its job?

Write or send a postcard or an e-mail to:

Prezydent Miasta Olsztyn
10-101 Olsztyn, pl. Jana Pawła II 1
e-mail: prezydentolsztyna@um.olsztyn.pl



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The inner cover: a painting by Anastasia Fietisova 'The Planet Olsztyn
– a Flight under an Umbrella' (oil, 234 x 150 cm);

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