



World Rowing Under 23 Championships

Spectator Guide

Poznan, Poland
July 25-29, 2018

Welcome to the 2018 World Rowing Under 23 Championships spectator guide. This document is designed to help supporters of U.S. National Team athletes on their way to see loved ones compete in an elite international regatta.

Important Dates

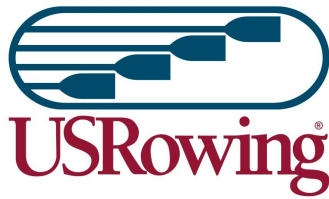
Please find the attached event schedule at the back of this packet. Please note that this schedule is subject to change. Please check FISA's website (worldrowing.com) for schedule updates.

From the U.S. Department of the State

- U.S. citizens can enter Poland without a visa for a visit of less than 90 days.
- Your passport must be valid for a minimum of three months past your intended departure date from Poland, but six months is recommended.
- <https://travel.state.gov/>

Safety & Security

- **We urge U.S. citizens to avoid all demonstrations.** Public demonstrations on a variety of political and economic issues are common in Poland.
- **Safeguard your belongings in public areas.** Thieves and pickpockets operate at major tourist destinations, railroad stations and public transportation.
- **Do not leave valuables in plain sight inside vehicles.**
- If someone indicates you should pull over or signals that something is wrong with your car, **continue driving until you reach a safe spot** (a crowded gas station, supermarket, or a police station) to inspect your vehicle.
- **Only change money at banks or legitimate exchange kiosks (kantor).**
- **Travel in a group**, especially after dark.
- If necessary, report crimes to the local police and contact the U.S. Embassy at + 48 (22) 504-2000.



Travel Information

- The closest airport to Poznan is Poznań Airport in Poznan, Poland. It is 17 km (11 miles) away from the racecourse.
 - **Rental Cars also are available at Poznan Airport** in Terminals 3.
- Warsaw airport is approximately three hours away by car and is a larger international airport than Poznan.
- Berlin airport also is three hours away and a larger international airport.

About The Venue

- ❖ Address:
 - Malta
Wiankowa 3
60-131 Poznań Poland
- ❖ Lake Malta regatta course is located in the centre of Poznan, which hosted the 2007 and 2015 European Rowing Championships, 2009 World Rowing Championships, 2016 World Rowing Cup III and 2017 World Rowing Cup II.
- ❖ Poznan is located in west-central Poland along the Warta River. It is the fifth largest city amongst one of the oldest cities in Poland. Its population is approximately 550,000.
- ❖ The origins of the first Poznan rowing club go back to the year 1904 founded by Maciej Wierzbinski. In 1924, Polish rowers took part in the ninth Olympic Games in Paris for the first time.

Event Ticketing

- The FISA Family Grandstand is an area of the grandstand allocated to the families and close friends of the participating rowers, offering them a prime position close to the finish and medal ceremonies. Tickets are 40€ each and are valid for all days of racing.
- To book tickets, please do so at:
<https://www.eventbrite.com/e/world-rowing-under-23-championships-2018-tickets-43944017740>
- A link to tickets also can be found at <http://www.wru23ch2018.com> at "Get Tickets for a Grandstand," which will direct you to the EventBrite website.



About Poznan

- Poznan was once the capital of Poland and is still the capital of the Wielkopolska region. Poznan lies midway between Berlin and Warsaw, which has helped make it an important town for centuries. Badly damaged in World War II, the city (especially its Old Town) has been beautifully restored.
- Poland operates using the **Polish złoty**
 - \$1.00 USD = 3.67 PLN
 - Electronic cards (Maestro, Visa Electron) can be used only in cash dispensers and at points of sale equipped with electronic card readers. Embossed cards (Eurocard/Mastercard/VISA) are not subject to such restrictions.
 - <https://www.poland.travel/en/useful-information/money>
- Poznan is in the Central European Summer Time Zone, which is **six hours ahead of Eastern Daylight Time**.
- There are **three options when looking to obtain a cell phone** in Poland:
 - **You can use your current cell phone**, if you have a GSM tri-band phone. If not, you will need to make special arrangements with your current cellular carrier. They will rent you a handset. Getting set up in this manner with your current service provider allows you to retain your U.S. phone number and receive and make calls anywhere in the world. Usually, there is a monthly fee for being able to use the service internationally, plus high roaming rates.
 - **You also can purchase a SIM card in Poland** that will give you a Bulgarian mobile number and allow you to make and receive calls and texts. This SIM card can be placed into any phone that has a SIM card slot. However, you may need to get your phone “unlocked” in the U.S. before you leave.
 - Alternatively, **you can buy a phone in Poland**. You will be paying local rates. In Poland, the calls are prepaid, so you never receive a bill nor do you need to sign a contract.

International Health Insurance

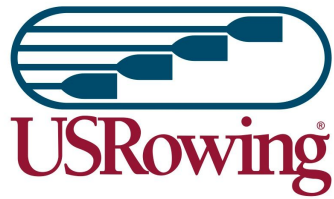
- All accredited members of the national team (and coaches) will receive a health insurance card from July 20-30, 2018, valid for emergency coverage in Poland.
- Family members who would like to purchase their own coverage during travel, or who would like to purchase international coverage for athletes beyond July 30, can



visit <https://www.uhcsafetrip.com/> for a quote. Prices are affordable, ranging from \$3-\$5 per person, per day of travel.

Emergency Contacts

- **For all types of emergency, dial 112.** English speaking operators are available.
- US Embassy:
 - Address: U.S. Embassy Warsaw, Aleje Ujazdowskie 29/3100-540 Warsaw, Poland
 - Telephone: 48 (22) 504-2000
 - Emergency telephone: +48 (22) 504-2000
 - General email: ACSWarsaw@state.gov
 - Website: [U.S. Embassy Warsaw](http://U.S.EmbassyWarsaw)
- U.S. Consular Agent - Poznan
 - Ulica Paderewskiego 8, 61-770 Poznan
 - Telephone: +(48) (61) 851-8516
 - Emergency After-Hours Telephone: +(48) (22) 504-2000
 - Fax: +(48) (61) 851-8966
 - Email: CAPoz@post.pl
- Consider Enrolling in STEP
 - The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.
 - <https://step.state.gov/step/>
 - Receive important information from the Embassy about safety conditions in your destination country
 - Help the U.S. Embassy, friends, and family , contact you in an emergency, whether natural disaster, civil unrest, or family emergency.



Team Policy

As in the past, it is U.S. team policy that friends and family do not stay in the same hotel as the team. We appreciate your cooperation with this rule. Friends and family are invited to meet with athletes in the hotel lobby. However, out of respect for other team members, friends and family are not allowed on athlete floors, in athlete rooms, or in team dining halls. Friends and Family are not allowed to use athlete transportation, but can use other venue transportation organized by the organizing committee, if available. Athletes are welcome to eat outside of the hotel with their friends and family, but must notify their coach if you intend to do so prior to the meal.