



SLOW BAL-LOVE WEEK 2026

@Stary Svet (Amerika 9, Votice, Czechia)

CONTACTS

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SHUTTLE BUS (from Prague to Stary Svet and back)

NEW THIS YEAR!!! Shuttle bus meeting point = subway station **ROZTYLY** (red line / C line)

- We will have shuttle bus leaving from **Prague ROZTYLY Station** to the WEEK venue on **Sunday 11.10.** at **16:00.**

Check-in 15:15-15:45 by the exit from the station. Search for Michaela.

- Please let us know in advance if your scheduled arrival to Prague is later than 14:00. Also let us know immediately when your flight gets any delay that may affect your time of arrival to the bus station. Message to Katerina or Michaela (number above).

- We will leave Stary Svet back to Prague on **Friday 16.10.** around **14:00**, so we will be at ROZTYLY station around 15:00

- If you go by car you can go directly to the week venue **Stary Svet** (<https://www.stary-svet.cz/en/contact>). You can park your car at Stary Svet for free.

- If you go by car please check the parking possibilities in Prague for the weekend. There is paid parking 24/7 right next to the Main train station.

How to TRAVEL from Prague Airport to the city centre:

AIRPORT EXPRESS from Airport / Terminal 1 to the Main train station / "Hlavní nádraží"

- The best way to get from Airport to Main train station is the AIRPORT EXPRESS (AE) bus

- It departs from the Terminal 1 at the airport - see attached pictures of the bus stop

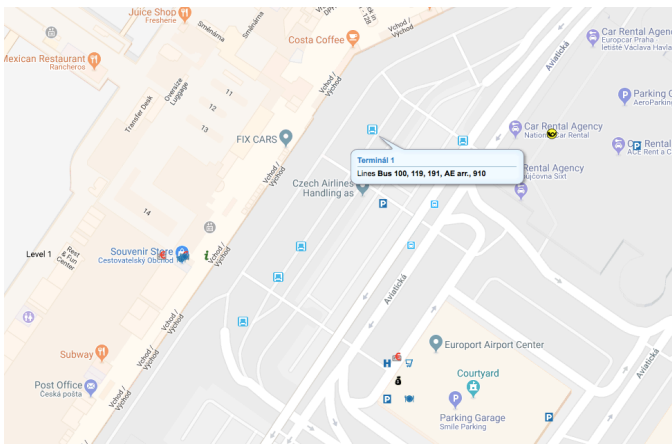
- It takes cca 45 minutes to get from the airport to Main train station

- It departs every 30 minutes

- More info at +420 296 191 817, <https://www.cd.cz/en/dalsi-sluzby/navazna-doprava/-27548/>

- You can also use other options of public transportations

- The shuttle bus to Stary Svet departs from the ROZTYLY subway station which is same line (red line / C line) as the Main train station



AE bus stop at Prague Airport



WEEK VENUE / [Stary Svet \(Amerika, Votice\)](#)

- All rooms are non-smoking.
- There is NO AC in the rooms.
- There is an AC in the ballroom, however if 40+ ppl dancing its not enough and the room gets humid and warm. So we will have little “fresh-air-breaks” during the evenings because we cant leave the doors/windows open after 22:00 (due to noise limits).
- The beddings, towels (white in your room and grey in the sauna/ poll area) and sauna sheets are included.
- There is always ONE key per room. We are the only one using the venue most of the time so locking your room is optional.
- Cleaning is NOT provided on daily basis. Please ask for extra cleaning at the bar if its needed.
- There is playground, swimming pool, sauna and whirlpool. Bring your swimsuit!
- **The price for food and accommodation is NOT included in your WEEK fee and will be charged during your check-in at the venue.** You can pay by cash (EUR or CZK) or by card.
- Meals (breakfast, lunch, dinner and second dinner) are served in the restaurant. All meals are buffet style and include variety of options. Vegetarian and vegan options are also available. If you need something more please don't hesitate to ask.
- Please do not bring the food outside the restaurant! There are no fridges in the rooms so the quality of the food later on cant be assured!
- Lunch and dinner includes also one non-alcoholic drink (Kofola, homemade lemonade, tap soda, coffee or tea)
- Water is available for free the entire time. Bringing your own reusable cup or bottle might be useful.
- There is a bar available for most of the day/evening. You will get a bill and will pay everything once you check-out.
- You are allowed to take the drinks from bar to the ballroom. **Please bring the glass back!**
- We will have small snacks for you during the sessions as well. However if you like anything specific please bring your own.
- There are no shops within the walking distance. Please bring everything you might need for the week.
- **Please keep quiet after 22:00 outside the ballroom/ venue.** Thank you.
- We will bring our iron so you can borrow that during the week.
- There are 3 hair dryers we can borrow from the venue.
- There is free wi-fi available.
- The laundry service is available at Stary Svet for small fee. The “laundry” days are not every day! More info upon the arrival.

WEEK SCHEDULE – check the web page [HERE](#)

MESSENGER CHAT

We started community chat for the week participants on Messenger. It will be used for quick updates. Please use this invitation link: https://m.me/cm/wLSaNMGdFzn0fnhR/?send_source=cm:copy_invite_link



WHAT TO PACK?

We won't offer a whole list of everything you need. But maybe a few little things not to forget:

- Pen or two (you might need it to write your notes)
- Headphones (if we watch clips on the phone it might be handy to have earphones not to disturb each other)
- Laptop (if you wanna watch the videos on bigger screen)

- Swim suit
- Rain clothes / umbrella (the ballroom is just a few steps from the main building but still...)
- Clothes for both hot and cold weather - it can be still nice and quiet warm but also cold and rainy during this time of the year.

- Clothes / shoes for sport activities (there is a playground for different types of sports and woods for nice walks / jogging)
- Something comfy for morning warm ups (they have yoga mats available so you don't need to bring that)

- Sleeping mask, ear plugs
- Basic medicaments
- Something for tired muscles :)
- **Hangers** (especially if you stay at dormitory)

Last night = DRESS-UP NIGHT

We would like to ask you to dress up for the last party of the week.

DEMO NIGHT:

Demo night at SLOW Bal-Love WEEK is your chance to take the floor in front of your peers and show us what you love about dancing.

Each demo couple will have 2 minutes to perform (usually two couples at a time) and will choose a theme for their dance — think: social dance, performance, mix and match, teachers demo etc, or anything else you dream up. You can also decide whether you want to choose your music or have it chosen for you, tempos, etc. This is your space to express, explore, and inspire.

Please note: participation in a demo is not mandatory, but we highly encourage it. It's a great opportunity to engage more deeply and share what you love in a space full of people with similar passions.

Also please note each of you can participate only in one demo. Unless you are helping someone who has no one to dance with (pls make sure everyone in your role is already participating before you take the “helping” role).

SAUNA TIME:

We have sauna ready for you every day from 18:00 to 19:00. As there are many ppl coming from all around the world and all regions have different habits for using sauna... We would like to ask everyone to **“cover”** when using sauna. There are sheets and towels for the pool area. No need to bring your own.



MASSAGES at the WEEK:

We will have massages available for you on Wednesdays afternoon.

You can sign up at the info meeting after your arrival to Stary Svet.

Please bring DRY TOWEL for the massage with you.

Price per 30 min = 20 EUR / 500 CZK (Payments in cash EUR/CZK or by Revolut).

SLOW BAL-LOVE WEEKEND

Your WEEK fee includes also the free entry to all WEEKEND parties. Fri, Sat and Sun party takes place in Autoklub CR, Opletalova 29, Prague 1.

Please remember you need to book your own accommodation for the WEEKEND! We do NOT provide that.

Please find all useful info about weekend on our web page. You will also receive the WKND info mail shortly.

Please check the web page www.slow-bal-love.com for more info. If you are still missing any info please let us know!

With (SLOW Bal) Love

Katerina, Andreas and Mickey