

# Newsletter from Gdańsk, 6/03/2009, Poland

## Promoting an active citizenship

Welcome to Gdansk  
and let's go for skiing in Przywidz  
[www.nartyprzywidz.com.pl](http://www.nartyprzywidz.com.pl)



Only 20 min by car from Gdańsk there is the Winter's Sports Centre in Przywidz. The 600m ski slope is the longest in the Pomeranian region and additionally baby lift, snow tubing, snow park are available there. You can find there ideal features for ski training for beginners, families, seniors and for skiing technics improvement



### Latest news



[News at Gdansk University of Technology home page](#)

#### Meetings with computers for seniors at Gdansk University of Technology

Meetings with computers for seniors will be organised on Fridays till the end of the academic year. These meetings have their background in UE Lifelong Learning Grundtvig Partnership project "Connecting 55+" aimed to develop ICT skills among seniors' citizens. Course is free of charge and it is based on voluntary work.

Sopot Aqua Park  
[www.aquaparksopot.pl](http://www.aquaparksopot.pl)

Sopot Aquapark as the only of its kind in the Pomeranian province provides plenty of exciting activities on its grounds. The water attractions offered by Aquapark Sopot have been designed for people of all ages. For adults and youngsters we have recreational swimming pools, whirlpools, water massage, wild river and waterslides. For the youngest - a children's swimming pool with a slide and water toys.



There are special bridges and channels for easy communication in the swimming pool zone. A great attraction for summer season is a seasonal, outdoor swimming pool with a water play centre and wooden terrace with deck chairs.



Aquapark Sopot offers **5 relaxing pools with a water massage**. Two of them have pearl massage - in which air is routed to massage the whole body. The other three are used to massage with pressure from the whirling water.

Whirlpools are more and more popular thanks to their positive influence on body and mind. In the swimming pool area there are numerous places with **hydro massage**. The water stream flows with various pressure and strength.

**Invitation to**  
**EDEN 2009 Annual Conference**  
**10-13 June 2009**  
**Gdansk, Poland**

<http://www.eden-online.org/eden.php?menuId=410>