

Elk is situated in the northeastern part of Poland. Its history dates back to 1396-1400, when Ulrich von Jungingen erected a wooden castle on a lake island which later in the XVII century transformed into a peninsula. The castle defended the Polish frontier. From here battles began, in particular against the Lithuanians. The town acquired its name from the River Elk, called in an ancient language Lek, which meant a water lily. At present Elk covers an area of 20 km<sup>2</sup> and is one of the biggest towns of Warmia and Mazury. The main advantages of this town are the picturesque location on a lake shore and a river as well as a great amount of greenery.

Elk has got an efficient network of railway and road transport. The distance between the town and Warsaw is about 230 km. As for the train service, it is the most convenient to take a fast train, however almost all the trains running from Central Warsaw to Elk need a change in Bialystok. On 28<sup>th</sup> June the following trains depart from Central Warsaw and are bound for Elk:

Central Warsaw departure	Bialystok arrival	Bialystok departure	Elk arrival
3:00	5:53	6:00	7:25
5:55	-	-	10:37
9:10	11:53	12:00	13:24
13:20	15:53	16:00	17:25
15:20	17:55	18:10	19:51

The red colour determines fast trains. Obviously, first class is much more comfortable than second class, but not all passenger trains have first class carriages. If someone is planning the journey at a different time than 28<sup>th</sup> June, they will have to check the timetable since some of the trains do not run daily. The timetable you can find on <http://rozkład.pkp.pl/bin/query.exe/>

You can also get to Elk by coach. It is much more comfortable and safely than travel by train. The ticket is about 70 zł. The phone number of information service and ticket booking is +48 87 621 50 91.

Warsaw –Okecie Station (terminal 2, arrivals) departure	Elk, Mickiewicza str.17 arrival
12:00	16:00
15:00	19:00
19:00	23:00

From the railway station in Elk you should take a taxi to reach the final destination – The University of Finance and Management /the cost is circa 7 zł/.

Address of your accommodation is Horeka Hotel, Pułaskiego str. 11 ( <http://www.horeka.elk.com.pl/> ). You will have an opportunity to check into the hotel just after your arrival in Elk. It will considerably simplify your journey. On 28<sup>th</sup> June 2007 from 18.00 to 20.00 you can check in at the Conference Hall in The University of Finance and Management, Grunwaldzka str. 1

The prices are given in Polish currency – zł, but on 02.06.2007, 1 Euro is 3,8 zł. Present currency exchange and more information about the stay in Poland is accessible on <http://www.staypoland.com/information-poland.htm>, whereas information about Elk and its sights you can find on <http://www.elk.pl/> .