

# Prague Balfolk Weekend

30<sup>th</sup> of January – 1<sup>st</sup> of February  
2015



**Organisation team**

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# Schedule

## Friday

<b>Krásný Ztráty</b> (Náprstkova 10, Prague 1)	
19:00-22:00	registration
19:00-24:00	bal with Andreas Bothe (DE) and PBSP (EU)

## Saturday

<b>TJ Sokol Smíchov</b> (Plzeňská 27, Prague 5)		
time	beginners	advanced
09:30-10:00	registration & settling in	
10:00-11:30	Bal folk introduction (Eivile)	registration
11:30-13:00	Mateníks (Marie)	Mateníks (Marie)
13:00-15:00	lunch break	Dance in the body & with the body (Mája & Monika)
15:00-15:30	coffee-tea break	snack-lunch break
15:30-17:30	Zwiefachers (Ralf)	Zwiefachers (Ralf)
17:30-19:30	dinner break	dinner break
<b>Klub Biograf</b> (Plzeňská 210, Prague 5)		
19:30-02:00	bal with Té (NL), Lirio (NL) and ba.fnu (CZ)	

## Sunday

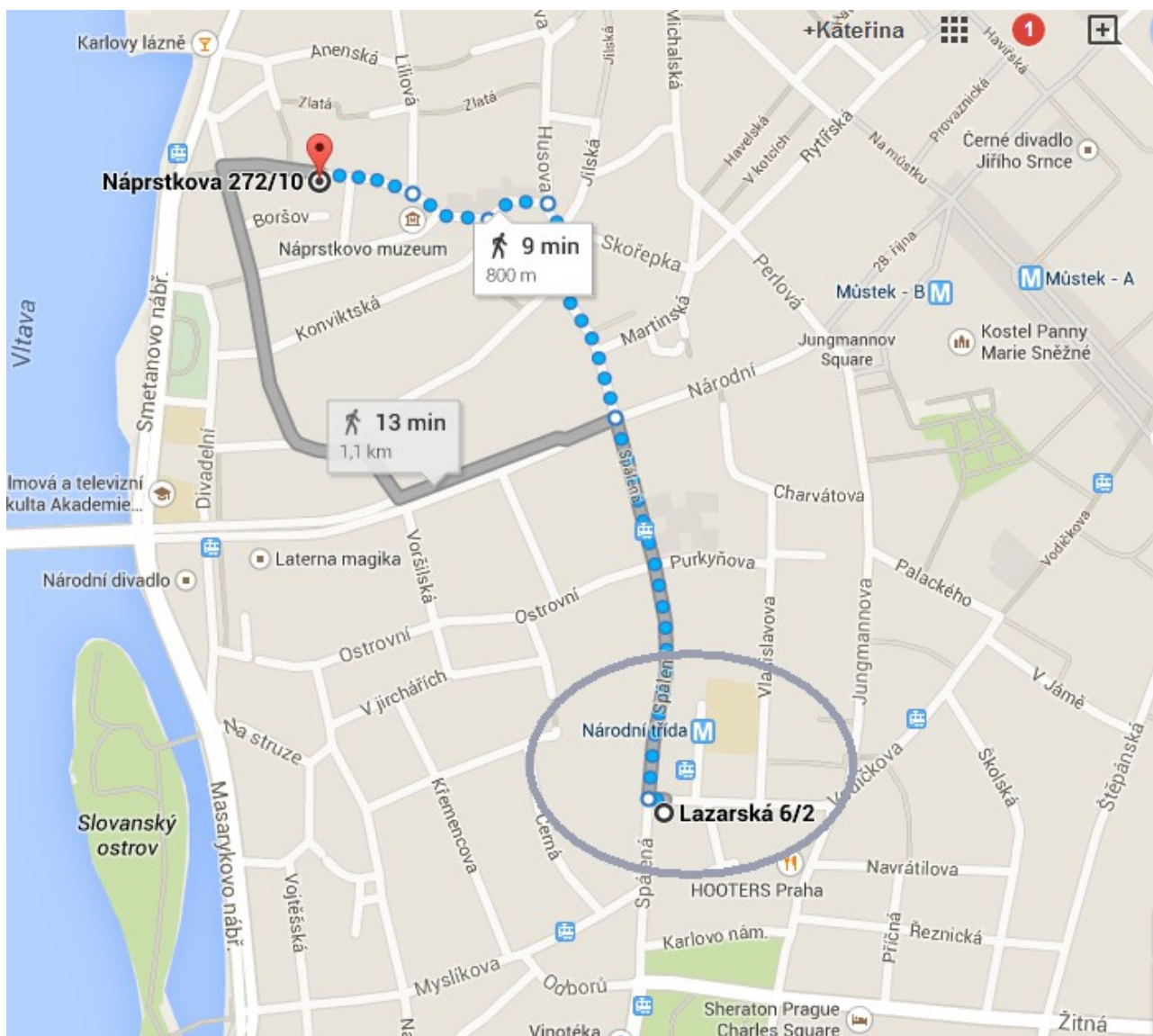
<b>TJ Sokol Smíchov</b> (Plzeňská 27, Prague 5)		
time	beginners	advanced
10:00-10:30	registration & settling in	
10:30-12:00	Breton dances introduction (Tomáš)	brunch time
12:00-14:00	lunch break	Scottish dances resonating in French army dances (Vincent)
14:00-16:00	Gavottes de Basse Cournouaille (Vincent)	Gavottes de Basse Cournouaille (Vincent)
16:00-16:30	coffee-tea break	coffee-tea break
<b>Klub Biograf</b> (Plzeňská 210, Prague 5)		
17:00-20:00	bal with M3 (CZ) and Vincent Michaud (BZH/FIN)	

...in case of unexpected events, the schedule indicated may be subject to change.

# Bals and workshop venues

**Friday bal: Krásný Ztráty** (Náprstkova 10, Prague 1)

trams: 3, 9, 14, 24 (Lazarská), 17, 18 (Karlovy Lázně), metro: B (Národní třída)



**Getting there from the main railway station (Hlavní Nádraží), map above**

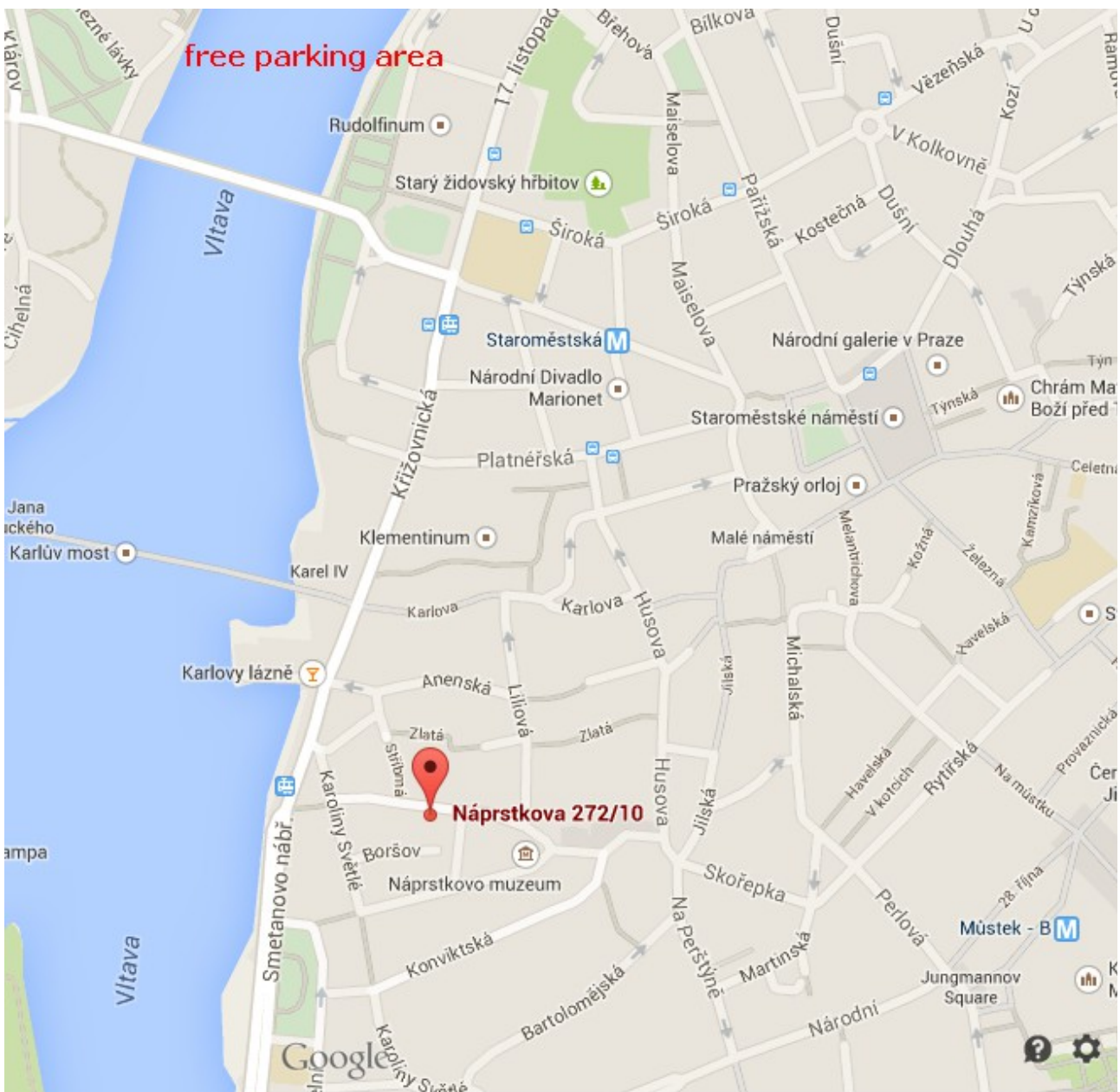
- **By tram:** from the main railway station (Hlavní nádraží) get out of the building, continue across the park in the same direction, cross the street at the same direction and take a little street Jeruzalémská, continue to the end to **Vodičkova street**, cross tram rails and take **any tram**, go three stops to **Lazarská**.
- Then walk about 10 minutes.

**Getting there from central bus station (Florenc), map above**

- Take **tram number 3** direction Sídliště Modřany, get off at **Lazarská**, walk a bit
- Or take the **yellow line metro (B)** direction Zličín, get off at **Národní třída** and walk a bit.

## Getting there by car:

- Follow **direction „centrum“ (centre)**.
- The venue is in the real city centre and **parking is not allowed** without a parking card (available for residents only). The nearest parking area is around **concert hall called Rudolfinum** (see the map below). In some of the streets in this area it is possible to park for free after 18:00 or 20:00. The underground parking spaces are usually for some money. It's about 10 minutes walk from the free parking area to the bal venue.



## Workshops: TJ Sokol Smíchov (Plzeňská 27, Prague 5)

trams: 4, 9, 10, 16 (Bertramka), metro: B (Anděl)



### By car

- From Karlovo náměstí, take Resslova street and **Jiráskův most** (Jirasek bridge) to cross the Vltava River, continue straight on (streets V Botanice and Kartouzská), when you get to overpass, take **direction Košíře / Plzeň** to get to Plzeňská street. Parking is possible anywhere in the area of Košíře, you don't need any special permission.

### By public transport from the main railway station (Hlavní Nádraží):

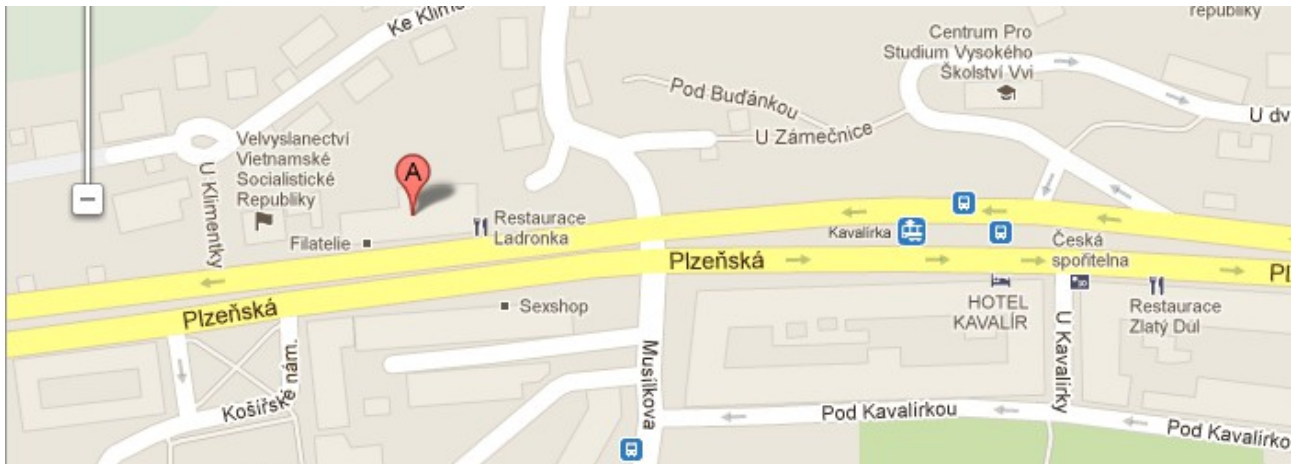
- Get out of the building by main exit, continue across the park in the same direction, cross the street at the same direction and take a little street Jeruzalémská, continue to the end to **Vodičkova** street and cross tram rails.
- Take **tram 9** (direction Sídliště Řepy), **stop Bertramka**.
- **Walk** about 4 minutes back the direction from where you arrived.

### By public transport from central bus station (Florenc):

- Take the yellow **metro line (B)** direction Zličín. Get off at the **Anděl** station, exit direction „tram centrum / Košíře / Řepy / Motol“, NOT Ženské domovy.
- Take trams **9, 10** (dir. Sídliště Řepy), **4** or **16** (dir. Kotlářka), stop **Bertramka**.
- **Walk about 4 minutes back** the direction from where you arrived.

## Saturday & Sunday bal: Klub Biograf (Plzeňská 210, Prague 5)

trams: 4, 9, 10, 16 (Kavalírka), night trams: 58, 59 (Kavalírka)



### By public transport

- Take trams **9, 10** (dir. Sídliště Řepy), **4** or **16** (dir. Kotlářka) to stop **Kavalírka**.
- **Continue walking** in the direction you arrived for a minute or two, **Klub Biograf** (Plzeňská 210, Prague 5) is on the right side, just after you pass the restaurant **Restaurace Ladronka**.

### By car

- From Karlovo náměstí, take Resslova street and Jiráskův most (Jirasek bridge) to cross the Vltava River, continue straight on (streets V Botanice and Kartouzská), when you get to overpass, take direction Košíře / Plzeň to get to Plzeňská street. Drive uphill for quite some time. When the hill gets less steep, you should pass the **tram stop Kavalírka** and **turn right** to the **street U Zámečnice** and **almost instantly left** to the small parking lot next to the **Restaurace Ladronka**. You can walk comfortably the last 50 meters to Biograf.

# Sleeping over

This year, we have two sleepover places, **Naboso** and **Rybalka**. Both are easily accessible by public transport. **Naboso** is a bit closer, therefore is intended **for the people, who also participate in the workshops**. Rybalka is open to anyone. Sadly, **Naboso** is available only for **Friday and Saturday** night, so if you need to stay also the Sunday night, be ready to be moved to Rybalka.

- Both venues will be **available after the first bal** on Friday.
- One of the organisers will be sleeping in the studio as well. He will be responsible for locking in the morning and opening in the evening/night.
- Before leaving for the sleepover place, **always check with Eva** if the organiser is already there and the sleepover place is open or not! We don't want you stuck in

the middle of the night in front of a locked door.

- **You can leave your stuff** in the studios, no one else will be using them through the weekend.
- If possible, **bring your own mat**, there are some simple yoga-mats available in both Naboso and Rybalka, but most likely not enough for everyone.
- Both studios have only **one shower** each, please, take that into account when planning your morning leave.
- We should leave the studios in the state we found them. Your help with tidying up will be much appreciated!

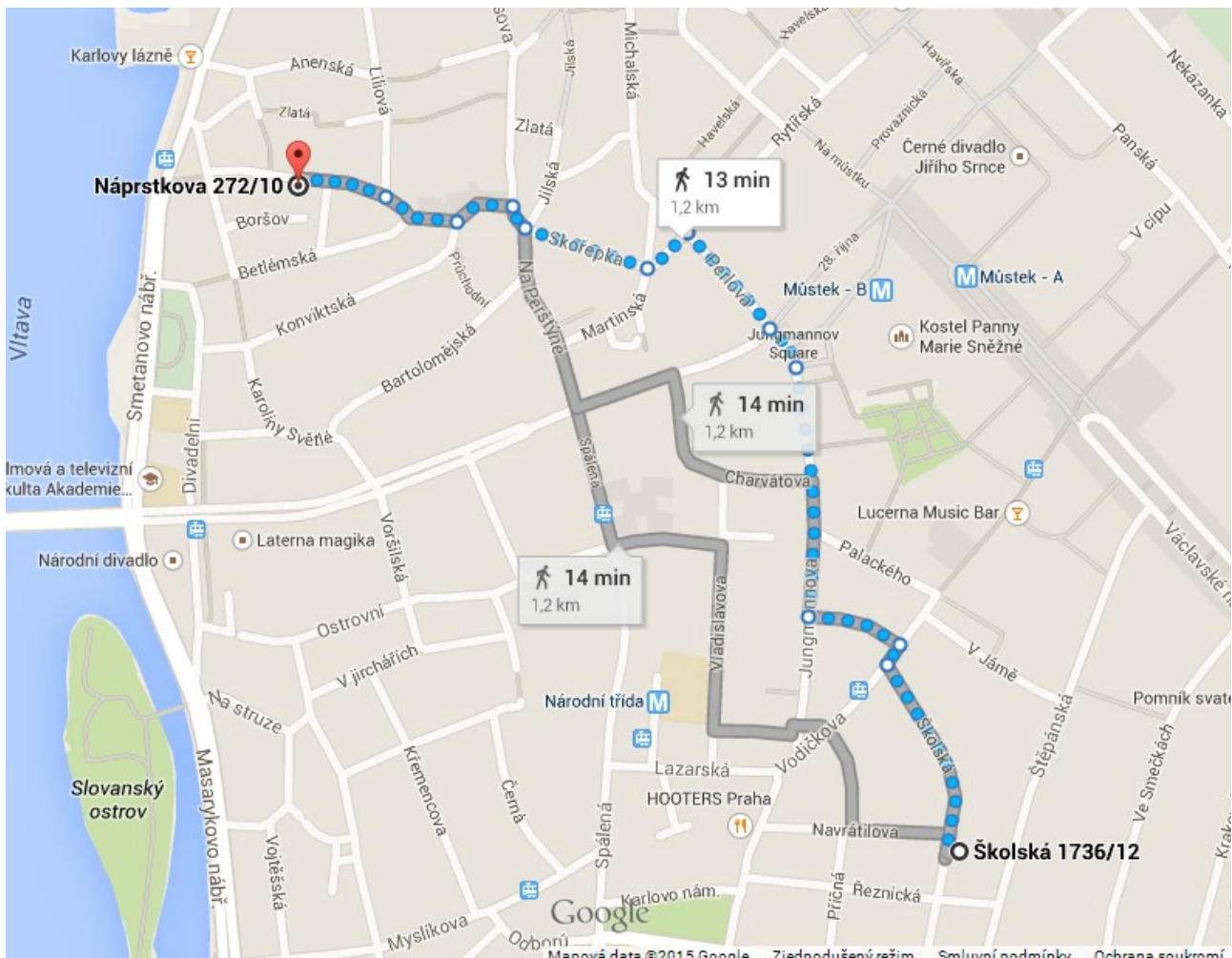
And again: leaving the bal and going to sleepover place, **always check with Eva** if the organiser is already there and the sleepover place is open or not!

### **Taneční studio NABOSO (Školská 12, Prague 1)**

trams: 3, 9, 14, 24 (Vodičkova), night trams: 58 (Lazarská), 59 (Vodičkova),  
metro: B (Národní třída), A (Můstek), C (I. P. Pavlova)

#### **Walking there on Friday night:**

- You have 3 possibilities of about the same length (see the map below). Or, if you are in for a romantic walk, you can go from Krásný ztráty to and along the riverside. At Národní divadlo just turn left to Národní třída and from there through Spálená, Lazarská, Vodičkova and up the Školská street.



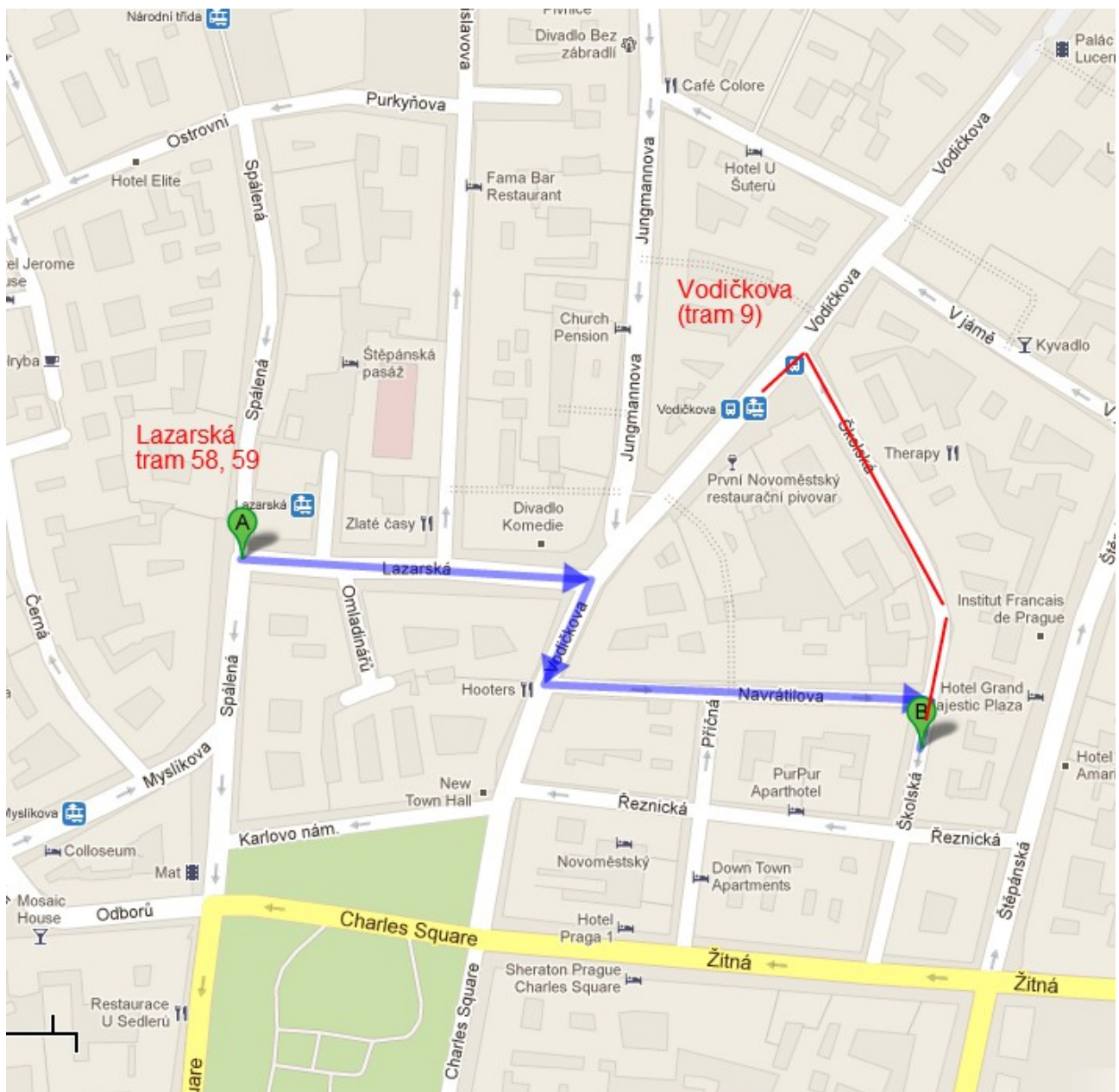
## Getting there by public transport on Saturday and Sunday

### Before midnight:

- Take **tram 9** (direction Spojovací) to **Vodičkova** and walk up the Školská street (see map, red lines).

### After midnight:

- **Tram 59** (every hh:09 and hh:39) to stop **Lazarská** or **58** (every hh:24 and hh:54) to stop **Vodičkova**.
- Walk through Lazarská to Vodičkova street, go right via Vodičkova, turn Left to Navrátilova and follow it to the Školská street (see map, blue lines).





## Rybalka (Rybalkova 55, Prague 3)

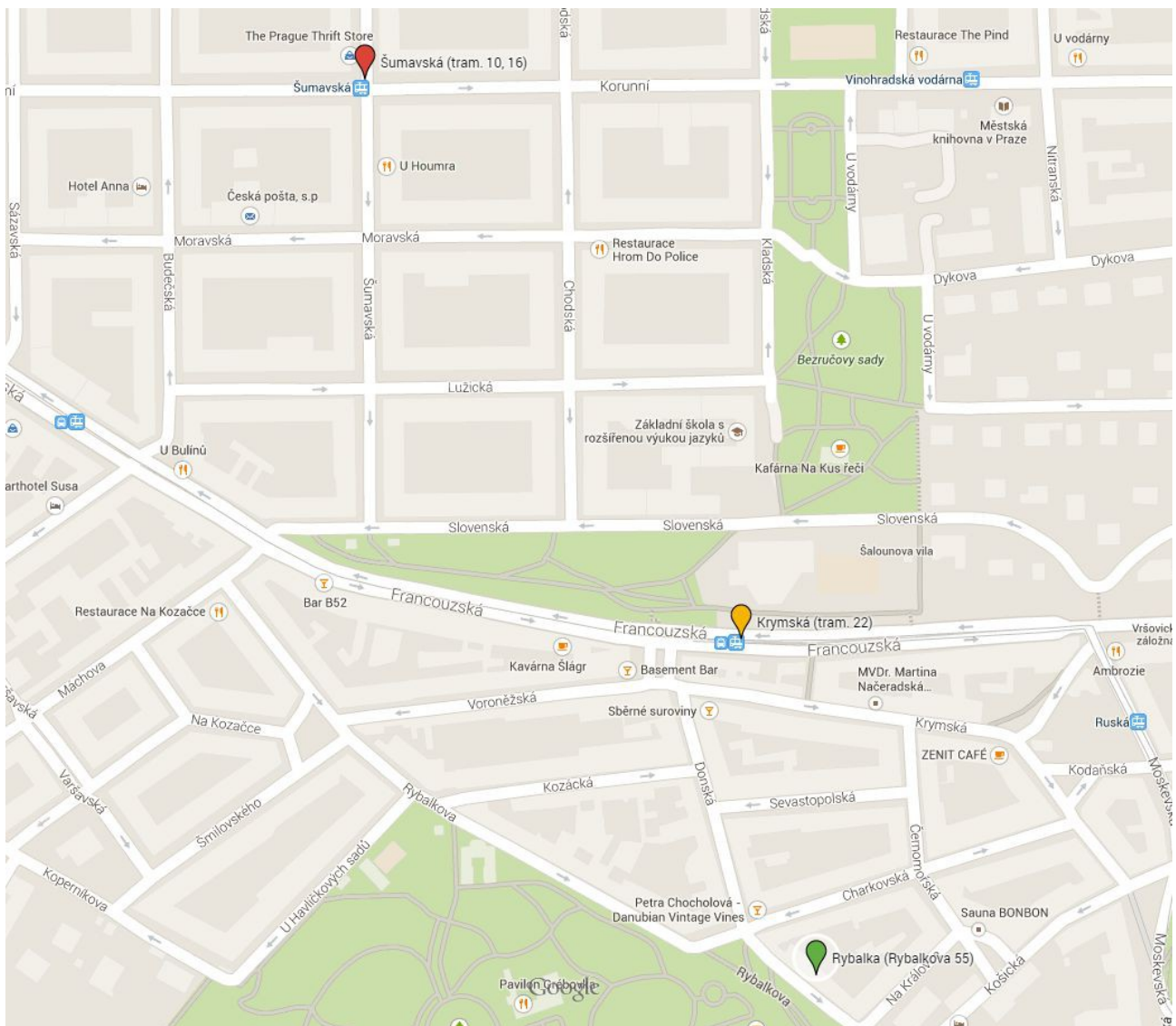
trams: 22 (Krymská), 10, 16 (Šumavská) night trams: 59 (Krymská), 51 (Šumavská)  
metro: A (Náměstí míru)

### Before midnight:

- For no transfers, but a longer walk, take **tram 10** (dir. Sídliště Ďáblice) or **16** (dir. Lehovec) to **Šumavská** and walk for roughly 15 minutes (see map, red dot).
- For shorter walk, you need to take off from 10 or 16 at **I. P. Pavlova**, change to **tram 22** (dir. Nádraží Hostivař) and go 4 stops to **Krymská**. Then walk for 5 minutes (see map, orange dot).

### After midnight:

- **Tram 59** (every hh:09 and hh:39) to stop **Krymská**. Then walk for 5 minutes (see map, orange dot).



# Eating

- On **Friday**, you can have a decent hot meal directly at the venue Krásný Ztráty.
- For **workshops**, **bring your own water** (and a snack, if you need one).
- For Saturday and Sunday **bals**, there is a fully equipped **bar** selling cold and hot drinks, also some simple snacks. For a full meal, there are some restaurants and bistros in a range of 5 minute walk on the Plzeňská street.

# Shoes

- For the **workshops**, be sure to bring some **clean, non-marking shoes!**
- For **bals**, anything you feel comfortable in is fine.

# Getting around & more

## Public transport:

- You can use the same tickets for the underground, the tram and the bus.
- Tickets **one by one** come in 2 tariffs:
  - **Basic** = **32 CZK** for **90 mins** of travel maximum
  - **Short-term** = **24 CZK** for **30 mins** of travel maximum
- ticket for 1 day (24 hours) 110 Kč
- ticket for 3 days (72 hours) 310 Kč

Ticket vending machines are installed in all metro stations and at some tram stops. You can also buy tickets in the shops called "**Trafika**" or "**Tabák**" and some grocery stores.

**Taxis:** Do not take those waiting in the touristical areas. Rather call (in English)

**Speed Cars** +420 224 234 234, **AAA** +420 222 333 222 or **Profi taxi** +420 14 015.

**Change and ATM:** 1 EUR = approximately 27,- to 28,- CZK

From Biograf, the closest ATM is over the street, next to the tram stop Kavalírka. You can also take any tram direction center to **Anděl**, there are several **banks** and **ATMs** there.

**English speaking doctors:** Canadian medical care center, Veleslavinská 1, Prague 6.  
Tel non-stop: +420 724 300 302.

**Emergency numbers:** Fire brigade 150, Ambulance 155, Police 158.

## Organisation team:

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