



NAVY ZOUK

NAVIGATION

2022



NAVY ZOUK

EVENT SCHEDULE

Thursday (Aug 18)



Nowy Harem
Gdynia, 3 Maja 28

20:00



Nayara & Leandro
Basic technique - feet & basic step

21:00

Zouk Before Party

PRICE

Full & PartyPass Holders: 20 PLN/class, party for free

1:00

All Else: 60 PLN/ class+party, 30 PLN/party

Friday (Aug 19)

14:30

Sightseeing Tour
Little-known places
in Gdańsk

PRICE
Free for All

Meeting point 1 with Basia
13:20 - SKM Gdynia Stocznia. Please
have your train ticket ready! (Best
offer: Bilet Trójmiejski - 7.40 PLN)

Meeting point 2 with Aneta -
14:20 - SKM Gdańsk Śródmieście

16:30



Main Venue
Gdynia, Rotterdamska 9

19:30



Lina
Warm Up

Registration Start

20:00



Kim
Counterbalance /
Non-counterbalance - Moving
circular

21:00



Cleo & Viking
Variations of zouk beat/steps

22:00

Zouk Party

5:00



NAVY ZOUK

EVENT SCHEDULE

Saturday (Aug 20)



Main Venue

Gdynia, Rotterdamska 9

11:00



Junior

How to BE with a partner, not with the routines

12:10



Nayara & Leandro

Musicality

13:20



Junior

Grounding

14:30

Lunch

Free soup for Everyone!

16:00



Cleo & Viking

Tips & tricks, things I wish I would have known sooner

17:10



Nadia & Kássio

Passive head movements

18:20

End of Classes. Dinos go sleepy-sleepy before the party.

22:00

Zouk Party

Dino Outfits



5:00



NAVY ZOUK

EVENT SCHEDULE

Sunday (Aug 21)



Main Venue

Gdynia, Rotterdamska 9

11:00



Nadia & Kássio
Frame connection

12:10



Cleo & Viking
Evolution of a zouker

13:20



Nadia & Kássio
Laban technique into zouk

14:30

Lunch
Free soup for Everyone!

16:00



Nayara & Leandro
Head movements in different styles of zouk

17:10



Junior
Tricks important in dancing

18:20

End of Classes. Dinos go sleepy-sleepy before the party.

22:00

Zouk Party

5:00

Monday (Aug 22)



Oria Magic House

Gdańsk, Stara Stocznia 4/1

17:00

Zouk After Party

...?

PRICE: Free, please support the restaurant

Tuesday (Aug 23)



Story Club

Sopot, Kościuszki 14

21:00

Zouk After After Party

...?

PRICE: Free, please support the bar



WHERE YOU CAN SEE THE SEA OF ZOUK

We are very happy that you decided to spend the end of summer dancing zouk with us and exploring different zouk techniques but, above all, spend this time together with zouk family!

This year, as always, we prepared special surprises for you! We are very curious which one will be the most exciting for you. Remember we are at your disposal and we will always help if we are able to.

This year as we are finally able to dance after the whole post-pandemic situation, we would still like you to feel safe and stay healthy. We want to keep you protected - so please follow our terms and conditions, Dino.

Dino, did we just say "Dino"? You can be whatever you want - a Dino dancer or just a regular dancer. The most important is to take care of each other and be ready to dance until the sunrise!

Peace in our dinos' island is the most important for us. So, you don't have to be afraid of t-rexes, triceratopses or meteors. Everyone wants to dance with each other no matter how far they had to run to get here or how broad their zouk island is. Just feel the breeze.

Ahoy!

OUR MISSION

When we started dancing - zouk community welcomed us very warmly.

Zouk dancers were always smiling at each other and were happy to see new people who started dancing. We would love the standards that we got to know a couple of years ago on European dance floors to be the part of our zouk culture. Schedule of our Navy Zouk festival is aimed mostly for intermediate dancers but of course, dancers of all levels are welcome!

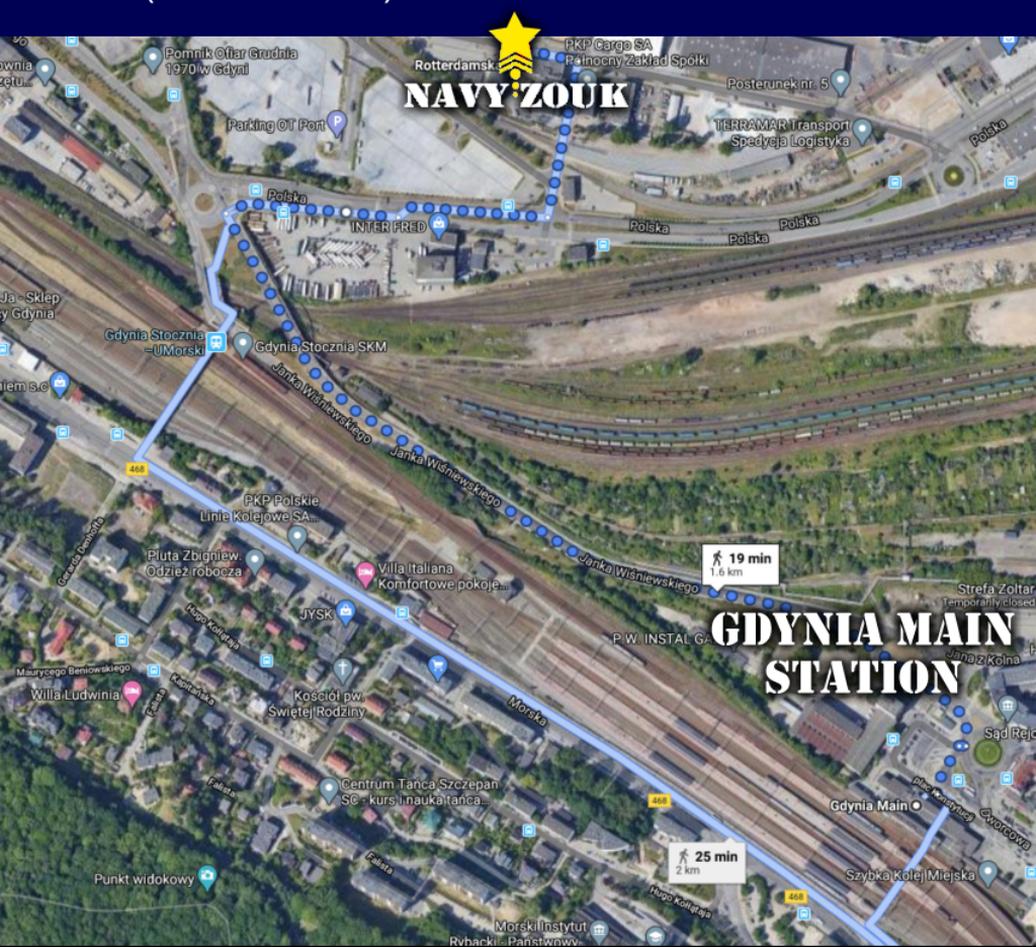
Navy Zouk 2022 takes place at **Zarząd Portu Morskiego Gdynia S.A.** at **Rotterdamska 9, Gdynia.**

The main spot at our event is the festival office at the venue entrance. You should go directly there if you need any help with festival questions and collect your pass. We are always open for you to give you a hand or just chat a little :)

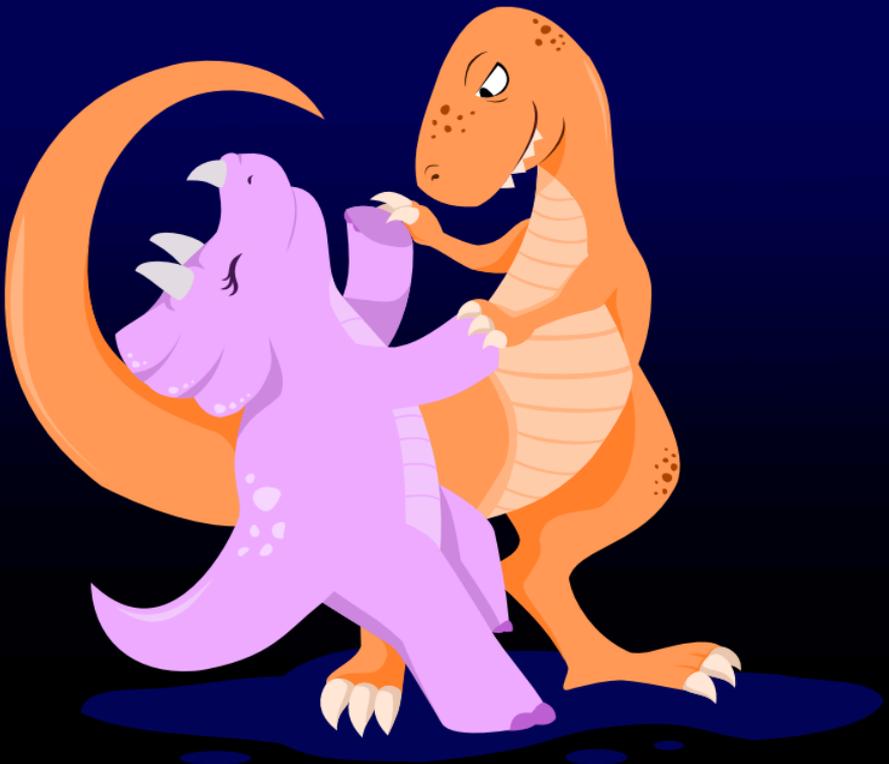
Gdynia Main Station

We will see each other on Rotterdamska 9 street in Gdynia. We can help you with navigation through the city.

There are some options to find the location:
on foot (around 19 min)



2. by local train (SKM) ~ 3 min - get off at Gdynia Stocznia-Univ Morski station

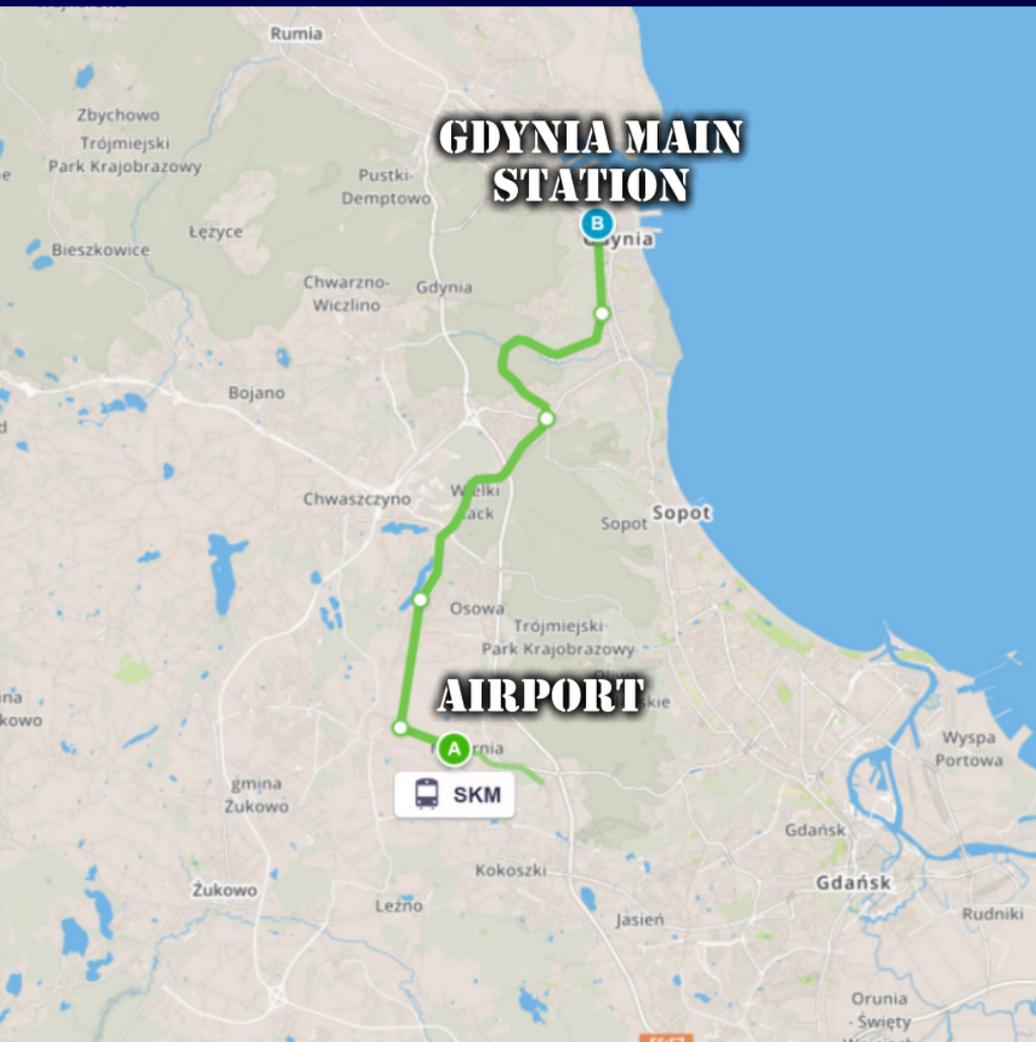


Train

From Gdańsk Airport passengers can get SKM train (Pomeranian Metropolitan Railway). Price of the ticket is 7.40PLN (normal ticket) for the regular fast train to Gdynia.

Here is a website where you can buy a ticket.

Tickets can be purchased at ticket offices and ticket machines. Be sure to validate the ticket before you enter the train.



FreeNow-Taxi App (cheapest one)



Android
App



iPhone
App

Taxi Neptun



Android
App



iPhone
App

Uber (prices may vary)



Android
App



iPhone
App

BOLT (prices may vary)



Android
App



iPhone
App



NAVY ZOUK

PUBLIC TRANSPORT IN GDYNIA

Ticket prices depend on the type of transport in Gdynia, you need to have different tickets for SKM train & different for local buses.

SKM train

Ticket prices are dependent on the number of stops you are travelling. Here is a [website](#) where you can buy a ticket.

Buses

Single-ride tickets cost usually around 5 PLN.

The most convenient ticket if you want to travel around is 72 h ticket – price is 40 PLN for buses in Gdańsk, Gdynia, Sopot & 60 PLN for buses & SKM train.

You can check most current prices for all types [here](#).

The most useful app to find your way around Tri-City public transport is [jakdojade.pl](#):

jakdojade (public transport routes)



Android
App



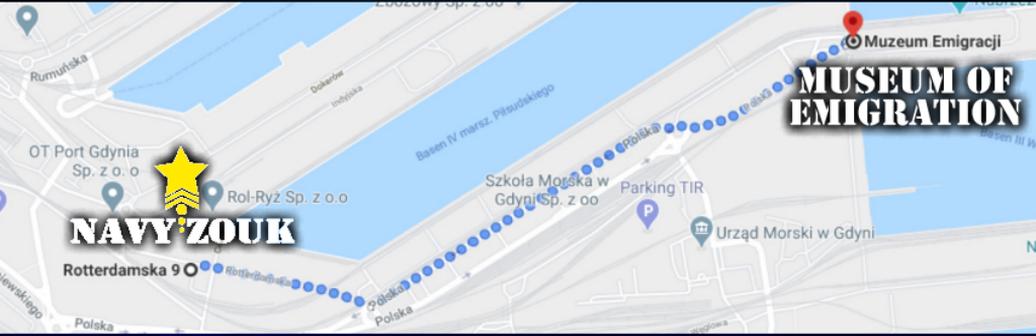
iPhone
App



PLACES TO SEE IN GDYNIA

Museum of Emigration

Polska 1, (21 min walk from the venue)



Gdynia Aquarium

al. Jana Pawła II 1 (30 min public transportation ride from the venue)



Marina of Gdynia

Al. Jana Pawła II 13A (30 min public transport from the venue)



Museum of Gdynia City

Zawiszy Czarnego 1 (30 min public transport from the venue)



Kościuszkó Square + Fountain + Seaside + Boulevard

al. Jana Pawła II 1 (30 min public transportation ride from the venue)





PLACES TO SEE IN GDYNIA

Kamienna Góra (Stone Mountain) with a park

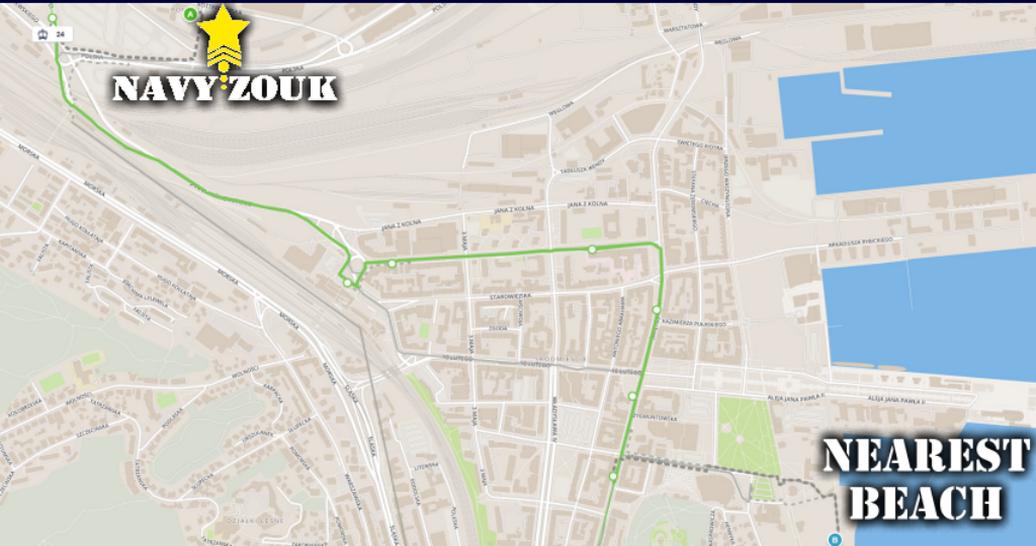
(30 min public transport ride from the venue)



Nearest Beach

(30 min public transport ride from the venue)

The easiest way to get to the nearest beach is taking bus **24**. The bus journey is ca. 10 min **from Węzeł Ofiar Grudnia '70 04 stop to Wybickiego 02 stop.**





NAVY ZOUK

SHOPS, RESTAURANTS, ETC.

Shops

To find the closest shops you will need to cross the train lines and go to **Morska Street**.

You will find **Żabka, Arti** & some other small local shops.

On Sunday 21.08.2022 most shops will **NOT** be **open**.

Restaurants

Krowa Cała

Dworcowa 11 - VEGAN

Czerwony Piec (Pizza)

Starowiejska 40c

Bistro & Delikatesy ATELIER SMAKU

Bytomska 36 – GLUTEN FREE

Honolulu Wise food

Starowiejska 40A

McDonalds

Morska 58

Mr. Pancake Gdynia

Mściwoja 3

Trattoria "Di Strada"

Morska 42

Śródmieście

Mściwoja 9

Serwis Smaku

Wolności 3

Mondo di Vinegre

Polska 1





NAVY ZOUK

NAVY ZOUK RULES

1. It's important to smile a lot!
2. If you have any problems - ask for help!
3. Free water will be available from Friday classes till Sunday night party's end. Use your own bottle/mug instead of plastic bottles or plastic cups. Be ECO during Navy Zouk!
4. During daytime workshops we will deliver you a free hot meal to give you strength and energy to keep on dancing. You will not go hungry with us!
5. Wash your hands often and use hand sanitizers - you will find them near the festival office & around.
6. Carry your pass on your wrist all the time at the event. Without the pass, you won't be able to enter the event.

We wish you an unforgettable zouk journey!

Navy Zouk Team